

Leadership SPOTLIGHT

CAPT. TOM GRESBACK Director of Public Affairs

"Here comes the PAO Run for cover"

A bit of an exaggeration, but there is a sentiment among some military personnel that Public Affairs is associated with, "The Media" - so therefore, they must be in the same camp. Let's look at the media and their role in the military's ability to communicate with its various audiences.

In the short 240 years of our democracy, we have

THE ROLE OF THE MEDIA IN MILITARY OPERATIONS

experienced three ages; an Agricultural Age, where our society was driven by an agrarian economy; the Industrial Age, where we were driven by a manufacturing and robust building phase; and now the Information Age, where information and technology are the backbone of our daily lives. Academics now indicate we have moved from an Information Age to a Digital Age.

Although a free and open press is the bedrock of our democracy, it was not until the '50's through the '70's where events such as the McCarthy hearings, the civil rights movement, the conflict in Vietnam and the Watergate scandal tested the "Watch Dog" function of the media. It's this rapid advancement in technology that propelled us to the Information Age. During World War I and World War II, the media very much fell in line in supporting the government's mission to halt the growth of fascism and communism.

Since Vietnam and Watergate, the media has played, at times, an adversarial role with today's military and government establishment. The watch dog role the media plays is critical in this experimental form of government we call "democracy." The media holds leadership accountable.

In a free and open press society, the U.S. military has an obligation to communicate with the American public. We use mass media as a tool to reach our citizenry. Through timely release of accurate information and imagery to domestic and international audiences, we assist in creating informed perceptions about military operations.

Some might point to the fact that the news media is able to come visit the Joint Task Force, ask questions, take pictures and write stories as a sign of transparency. It's just as much about our form of government and way of life as it is about transparency. The media plays an important role in our free society, and I am proud that we provide as much access as possible. We owe it to our citizens to communicate the Safe, Humane, Legal and Transparent operations we conduct here at JTF GTMO. Let's leverage the Information Age to achieve our communications objectives.

Public Affairs is the means by which we speak to our various constituencies and use the media to tell our story. The next time you run into a PA professional I hope you'll have a more thorough understanding of our mission and won't "run for cover."

Article by **CAPT. TOM GRESBACK** Director of Public Affairs

JOINT TASK FORCE GUANTANAMO



SAFE



HUMANE



LEGAL



TRANSPARENT





In his book, "Don't Throw in the Towel," Simon Schrock wrote, "Discouraged? Misunderstood? Slandered and ready to throw in the towel? Hold it right there. Don't move another inch toward the slippery path of despondency and despair. Don't allow Satan the freedom to keep you handcuffed to the prickly, uncomfortable juniper tree."

God doesn't want us to throw in the towel. A prominent rabbi, Harold S. Kushner said "Human beings live in a world of good and bad, and that makes our lives painful and complicated."

There are numerous challenges and circumstances we face, but when we talk to someone or look to our higher power, we will thrive and succeed.

The first thing we must do is realize that God has us here at Guantanamo for a reason and that can help you not to throw in your towel.

The Bible says, in Psalm 119:105, "Your word is a lamp to my feet and a light to my path." This means that your deployment to GTMO is not an accident. God has a particular plan for your time here.

In Esther 4:13-16, the Bible speaks about how timing is certainly everything. As we read the book of Esther we see how God worked things out, as Esther recognized there was a reason for the events in her

Take time to enjoy GTMO and where we are. Hopefully one day you'll look back and be able to thank God for your time here.

Article by 1ST LT. FRANK HOUGHTALING JTF Staff Chaplain



Have you ever felt like life has dealt you a bad hand

Perhaps this is your first deployment or you have

or you were stuck in a position that seemed like the

enemy flanked you on every side? Maybe your MOS/

a situation with a fellow Trooper that seems less than

perfect. There are numerous things we deal with that

Rate isn't quite what the recruiter said it would be.

could possibly lead us down the wrong road. However, most of us have heard the saying, "don't throw in the







COMMAND & CHAPLAIN

When you see public affairs coming don't hide from them. Our public affairs director explains the importance of media's role in the military. The JTF chaplain uses scripture to encourage us to never give up.

GTMO NEWS

This week in GTMO news, local woman promotes community, JTF celebrates Navy Reserve 100th, JTF warriors tutor students, service members compete for spurs.



PHOTO STORY / COVER PHOTO

Sailors, Marines, Coast Guardsmen put friendly rivalries aside to accomplish training that is unique to GTMO and helps each branch expand their ability to do their missions.



ENTERTAINMENT

This week in entertainment reviews, Will Smith's role in "Focus" takes him across the globe in this romantic comedy, Kevin Costner stars in "Black or White," and "Project Almanac" takes us through time.



SPORTS

The Fútbol Weekly column and MMA updates provide the latest up-todate scores and highlights from your favorite teams and fighters after each weekend of action.



With an entire bay and the Caribbean coast at our disposal, our fitness guru guides us into the depths of swimming as a total body, low-impact workout that can cut and sculpt every muscle group.

MOTIVATOR OF THE **WEEK**

PETTY OFFICER 2ND CLASS DEVON LISS

COMMAND ELEMENT

SGT. ROGERS ARREY 423RD MP CO

MALWARE IS EVERYWHERE!

Malware has continued to proliferate with an average of 42 new malware strains being created every minute. Most of the new malware created are Trojans (68.34 percent), followed by viruses (16.02 percent), worms (11.69 percent) and adware (2.58 percent). Trojans remain popular because they are the ideal tool for cyber crooks to steal user data, providing the largest financial return to threat creators. Protect yourself online – be careful when surfing the web. Make sure your virus protection software is up to date and remember 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.



/ joint**task**force**guantanamo**







COMMAND STAFF

Commander / NAVY REAR ADM.

KYLE COZAD

Deputy Commander/ AIR FORCE BRIG.

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Sergeant Major / MARINE SGT. MAJ.

JUAN HIDALGO, JR.

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Director / TOM GRESBACK

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WAYNE CAPPS

Command Information ARMY 1ST LT.

Officer / MACARIO MORA

STAFF

Senior Editor / SGT. 1ST CLASS

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Copy Editor / STAFF SGT. DARYL

MADRID

Layout Editor / SGT. CHRIS MOORE

Photo Editor / SGT. ADRIAN

BORUNDA

Staff Writer / SGT. REBA

BENALLY

Social Media / SGT. CHRIS MOORE

Staff Broadcaster / SPC. MONIQUE

QUINONES

Staff Writer / SPC. AMBER

BOHLMAN

Staff Writer / SPC. LIZ SMITH

COVER PHOTO

SGT. 1ST CLASS ROBERT FREESE



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HQ Building, Camp America Guantanamo Bay, Cuba Commercial: 011-5399-3651 DSN: 660-3651

E-mail: thewire@jtfgtmo.southcom.mil www.jtfgtmo.southcom.mil/wire/wire.html

TROOPER ON THE STREET

WHAT DO YOU DO TO RELAX DURING DOWN TIME ON THE ISLAND?



PETTY OFFICER 3RD CLASS HANS BROWN

"I've been tossing the rugby ball around a lot with people every Thursday night, gets me to look forward to something



PVT. CRISTAL FIGUEROA

"I go to the beach and lay there to relax and read a book."



STAFF SGT. JAMES EMERSON "I hit the gym to help me relax.

LUNCHEON FOR THE LADIES OF GTMO



A spread of Middle Eastern desserts was offered at a luncheon hosted by the Joint Task Forces cultural advisors wife, which happens every year.

When you are in the military or living on a military base, community and morale are a big deal. There are always different programs and events going on around you. Specific to U.S. Naval Station Guantanamo Bay, we have 5k runs and marathons, across the bay swims, comedy shows and we even had performers 3OH!3 Come play for us.

One woman here on base has her own way of boosting morale and promoting community - her own way of showing gratitude to those who work hard here.

"This is just to say thank you to the teachers, moms, wives and the women who work over on the Joint Task Force side and show the different cultures around us," "Amy," the wife of JTF GTMO's cultural advisor said.

Amy hosts a ladies luncheon every year for the women of GTMO. It's here that you can find a wonderful spread of Middle Eastern food and belly dancing.

"This is for fun, you never see this kind of stuff at other parties, there is no drinking, no alcohol, we just dance. That's what we do and everyone leaves with a smile and a good memory," Amy said.

Different stresses and challenges pop up everywhere in our everyday lives. It's the little things that make those challenges and stresses easier to bear, even just having a good hot meal.

"We cook all Middle Eastern food. Usually, I make

everything homemade but this year I had help. Some of my good friends brought some of the dishes for me and I picked out the music for the belly dancing. Everyone wants to hear something different but I like to have something ready," Amy said.

There was a good turnout of women that came to the luncheon Amy hosted.

"I just like having the participation from everyone who comes to these lunches, I like to see everyone come in and be happy and leave smiling. That is my goal with this, no one walks through that door without a smile on their face," Amy said.

If belly dancing and Middle Eastern food is something you are interested in, or like, be on the lookout for one of Amy's luncheons coming up this next year.

Story by SPC. LIZ SMITH

Photo by

CAPT. AMANDA HAMMOND

JTF GTMO CELEBRATES NAVY RESERVE 100TH



Sailors from Joint Task Force Guantanamo meet at the Camp America Galley Mar. 3, to celebrate the 100th birthday of the U.S. Navy Reserve.

Service members from the Army, Navy, Air Force and Coast Guard were on hand to celebrate the centennial anniversary of the U.S. Navy Reserve at Joint Task Force Guantanamo, Mar. 3.

The reserve component of the Navy was created as a response to the outbreak of World War I, in 1914. Due to efforts by then Secretary of the Navy, Josephus Daniels, and a young Assistant Secretary of the Navy named Franklin D. Roosevelt, Congress passed legislation creating the Naval Reserve Force on Mar. 3. 1915.

The short celebration here took place on the patio of the JTF GTMO's Camp America Galley.

Petty Officer 3rd Class Robert Pulido, a corpsman with the JTF GMTO's Joint Medical Group, was happy the celebration here included Sailors from the active duty component as well as service members from other branches.

"We have active duty, but we also have the reserve side, which go hand-in-hand. Some things about us are different, but nonetheless, we are part of the same team. That's what we're here to celebrate," Pulido said.

Pulido joined the Reserve to go to school and defend his country.

Petty Officer 1st Class Scott Soots, the training lead petty officer for the JMG, and an active duty Sailor joined the celebration.

WHEN YOU THINK ABOUT THEM DOING IT PART TIME, THEY **REALLY BLEW AWAY** ANY PRE-CONCEIVED **NOTIONS THAT THEY** CAN'T RUN WITH THE **BEST OF US**

"We're all intertwined out here," he said. "This is my first time working with any reserve component. Everything is so different, but it's a good learning experience, so I want to be a part of this - a 100th birthday only comes around once."

Soots is highly impressed with the professionalism

of the Navy's reservists.

"When you think about them doing it part time, they really blew away any pre-conceived notions that they can't run with the best of us." Soots said. "It's been a pleasure working with them and they come from many other walks of life beside the normal active duty way of seeing things so they bring more to the table."

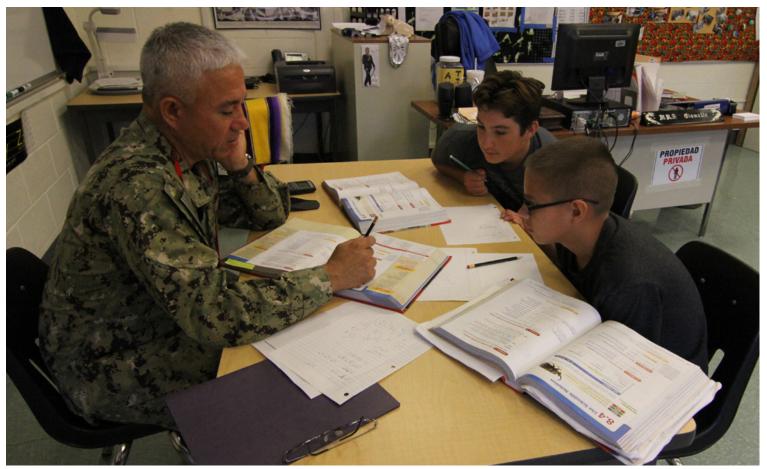
Petty Officer 1st Class Eric Cuccaro, an information systems technician for J2, and a career reservist said he saw how the reserves were able to step up to the plate after 9/11 while he was on an overseas training exercise in Naples, Italy. He said he was able to witness, first-hand how the Navy Reserve jumps into gear to accomplish their mission.

"They're top notch. Most of the reservists are handpicked for this job, so we have the crème of the crème here." Cuccaro said.

Currently more than 108,000 Sailors are serving the country with the Navy Reserve.

Story and photo by SGT. 1ST CLASS ROBERT FREESE

PREPARING FOR A SUCCESSFUL FUTURE



Senior Chief Petty Officer Kenneth King, Maritime Security Detachment senior enlisted leader, going over Algebra I problems with AVID students Feb. 26. Students in the AVID program are given one class period a week to go over work they are assigned with a tutor, which is usually a volunteer from the community.

When it comes to learning, students are often known for being placed in one of two categories; there are the children who are considered gifted and those who need an extra helping hand in certain academic areas.

There is a group of children who are often forgotten – those who fall in the middle. U.S. Naval Station Guantanamo Bay, W.T. Sampson middle and high school adopted a program many years ago that is widely known throughout the United States. AVID or Advancement Via Individual Determination, which closes the achievement gap by preparing students for college readiness.

"It's a course for kids in the middle," said Mrs. Denise Giamelle, AVID and Spanish teacher. "They score very high on standardized tests, so they have the potential to do great things, but they just need a little help."

Part of the AVID program involves a block of time during their regular school week where the students get to work in small groups with tutors in the specific area they excel in.

"The eighth graders take a course that's a year higher than them. We support them with tutors and they get extra time once a week for tutorials, and the rest of the time we work on writing and reading, and discussing things we've read," Giamelle said.

Giamelle said one of the things that is good about the program is the students are able to hear different strategies to solve problems through their assigned tutor.

"Just hearing it from someone else other than their teacher makes it a different kind of learning strategy," she said

Being a tutor is not about having all the answers. Master Chief Petty Officer Kenneth King, Maritime Security Detachment senior enlisted leader, knows just that.

King said that when he first arrived on island, he was asked if he would be interested in becoming a part of the AVID team. As his first career as a police lieutenant came to a close late last year, King decided that he wanted to look into pursuing teaching secondary math. So what better way to dip his toes in the water than to take the opportunity he has here to tutor students.

It gives him the chance to assist and learn with the students because sometimes King has to tell them, "I don't have any idea how to do this problem, but we'll figure it out together," and they'll sit down and work out

the problem together.

Giamelle said she is very grateful for the few tutors that she currently has, and is searching for someone who would be interested in tutoring one of her students in Spanish.

"I'm the only one who takes Spanish in this classroom and none of the tutors speak Spanish, so it would be helpful if I had a tutor that did," said Riley Salvatore-Henson, AVID student.

Giamelle said that a tutor would give Salvatore-Henson the same opportunity as the other students, because they are able to learn from someone other than their teacher.

The program is easy to get involved in. Interested volunteers should go to the front office at W.T. Sampson middle and high school to grab a volunteer packet. King said that it took a couple of weeks to process and now he is on his third week of volunteering.

Story and photo by SPC. AMBER BOHLMAN

CAVALRY TRADITION SHARED



Prospective silver spur candidates are water-logged by the Caribbean tide in order to earn their acceptance into The Order of the Spur Feb. 28 at Windmill Beach here. A Spur Ride is a time honored cavalry tradition that focuses on the candidates passing numerous physical and mental tests.



Sgt. James Abood participating in a team building exercise at Windmill Beach during the 2nd Annual Guantanamo Spur Ride held here Feb. 28. During this station Abood and his team simulated throwing and identifying grenades, worked as a team to keep the log in the air and ended up getting a little wet.

Twenty-four hours — 24 painstakingly long, skill testing, miserable hours.

That is the amount of time it took for 126 participants to dwindle down to 107. That's the number of service members who completed the 2nd Annual Guantanamo Spur Ride and earned the right to wear their silver spurs.

Service members from almost every branch gathered at 4 a.m. Feb. 28 to participate in a time honored cavalry tradition known as The Order of the Spur.

"The spur ride is a tradition that encompassed seven events, builds camaraderie and teamwork and esprit de corps. Physically and mentally challenging the candidates to have what it takes to earn their spurs," said Sgt. 1st Class Jeremy Robertson, first sergeant of Crazy Horse Troop, 1st Squadron, 3rd Cavalry Regiment.

"As a cavalry organization, we believe in following and upholding the traditions of our organization and our regiment. The multi-services that are here at Joint Task Force GTMO provided us an opportunity to open that history and tradition up to not only the Army, but also the Navy and not only to the cavalry and infantry

IT FEELS AMAZING, TO FINALLY HAVE MY SPURS

Soldiers but also to MPs, supply, and intelligence Soldiers." Robertson said.

This is the second time in GTMO history that a spur ride has been opened up to members of other services. Crazy Horse Troop made sure to leave their mark, changing the event from 12 hours to 24 and modifying the events to suit their skill sets.

"Having it open to other branches and duty positions (other than cavalry and infantry) kind of emphasizes what we do at Guantanamo Bay, it's a joint mission, so we have every branch here working and kind of sharing the duties," said Sgt. 1st Class Ronald Wycoff, Crazy Horse Troop operations sergeant.

Spur holders from all different units gathered

together, reminiscing about the day they earned their spurs, encouraging the spur candidates to not give up and to prove that they deserve to wear them, Wycoff

Robertson was astounded by the service members that participated. "We saw some outstanding examples of Soldiers that weren't even in our unit that spent hours upon hours studying that guide and literally came to our station and out of 113 questions probably got almost 100 of them correct."

As the day came to an end, or rather a beginning (as it was 6 a.m. on Mar. 1) 107 participants walked away with certificates giving them the right to don their silver spurs. Six participants, now spur holders, were picked out and awarded their spurs.

"It feels amazing, to finally have my spurs, I worked hard, we all did and we all saw the results," said Spc. Andrew Schuler, assistant to the training noncommissioned officer.

Story and photos by SPC. AMBER BOHLMAN

SAILORS, MARINES, COAST GUARDSMEN MERGE IN THE BAY

Before the sun rose on Feb. 22, warriors from the Navy, Marine Corps and Coast Guard were up training together and learning from each other.

Coast Guardsmen from Joint Task Force Guantanamo's Maritime Security Detachment, and U.S. Naval Station Guantanamo Bay's Harbor Security, transported three squads of Marines from C4 Fast Company, Marine Corps Security Forces Regiment. The Marines conducted a field operation focusing on infantry tactics that included patrols and resupply drills. The two-day exercise was part of a month-long series of training here, designed to prepare the Marines for deployment to Bahrain later this year.

Transportation to the area the Marines trained at was a key part of their success, said Cpl. Zachariah Logston, a team leader with C4 Fast Company, who was previously stationed at GTMO with Marine Corps Security Forces Company.

"Building branch cohesion is always a good thing," Logston said. "We might not always have Marine or Navy transportation, so it's good to get the training with other branches to be prepared for all kinds of missions."

Navy personnel involved in the exercise agreed that joint operations, like these, are beneficial and transcend rivalries that exist between the branches of service.

"It's surprising, because we always give each other a hard time. Like, 'Oh they're squids,' and other little nicknames, but when it comes down to training together, we mesh extremely well – and I love that," said Petty Officer 2nd Class Dana Yusten, a master-at-arms and coxswain for GTMO Harbor Security.

Lt. Garrett Hawk, the operations officer for MARSECDET, said that working with other services expands all of their resources giving each branch the ability to do more.

"The Naval Station knows we're here for them and if they have a request and we can fulfill it, they know we'll step up. We're both good neighbors and we both appreciate the relationship that we've built," Hawk said.

Capt. Todd Sturgill, the platoon commander for C-4 Fast Company, said the Coast Guard and Navy interface with his Marines was very professional.

"The interaction between the Coast Guard and the Marines was excellent. We wanted to improve upon the cross-coordination between different agencies. When we do this with the Navy or Coast Guard in the future, it makes it a little bit easier," Sturgill said.

Sturgill added that the help received from the Navy and Coast Guard, assisted the Marines conducting realistic training and was beneficial to the success of the exercise.

Overall, the combined training benefited all three branches and gave many Sailors, Marines and Coast Guardsmen new training experiences that are unique to GTMO.

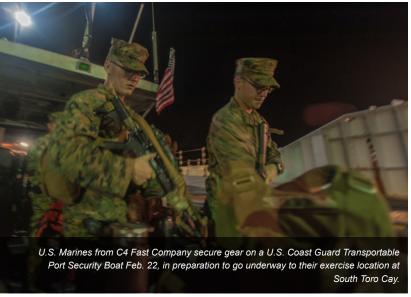
"I've never gotten to beach a boat, but those are the kinds of things you have to do from experience. So, I think this training really helped out with the procedures all the personnel involved are supposed to do," Yusten said. "I thought it was really fun."

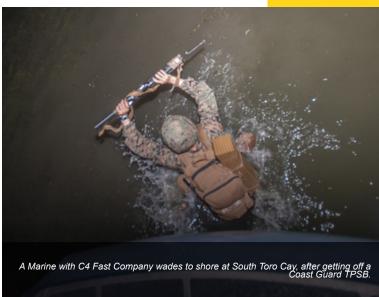
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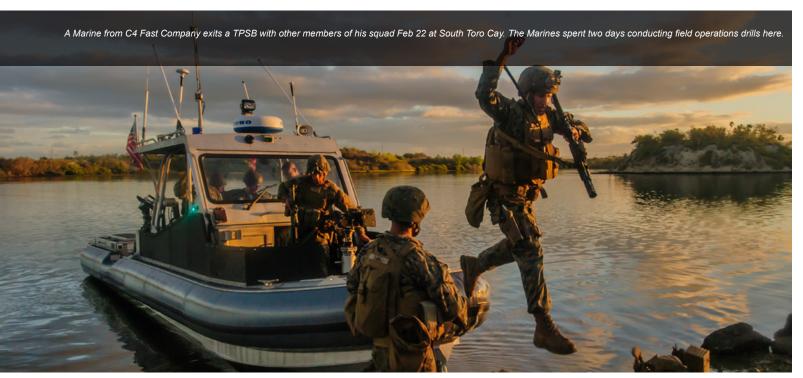
SGT. 1ST CLASS ROBERT FREESE

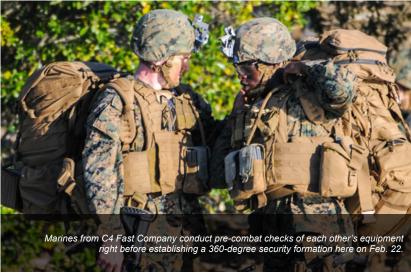


Photo **STORY**











MOVIE REVIEW / BLACK OR WHITE











"Black or White" is the story of Elliot Anderson, (Kevin Costner), a man who is suddenly left to care for his granddaughter Eloise (Jillian Estell) after losing his wife. Shortly after, a battle of custody ensues when the girls' paternal grandmother, Rowena (Octavia Spencer), comes into the picture.

This film does a good job of holding your attention and is an entertaining drama. However, it doesn't completely grasp the real story the movie is based on

The story is about Eloise, although we don't seem to get much of a view from her.

Rowena is portrayed almost as the evil grandmother that will stoop to any level to get custody of her granddaughter. When in reality she's just a grandma who wants the best for her granddaughter.

The battle for custody of the little girl started after Rowena suggests that she and Elliot share custody of their granddaughter. Rowena's brother Jeremiah (Anthony Mackie) is an attorney and has agreed to represent Rowena.

Elliot has his law firm backing him, however. At first, Eloise is content staying where she is with her grandfather, but the tension growing between the two grandparents starts to cause her a significant amount of

confusion and stress.

Rowena and Elliot go to different lengths to show the court who will be the best guardian for their granddaughter.

On the other side of the coin, however, Rowena brings her son, Reggie (Andre Holland) back into her home and changes the petition for custody to his name. By doing this, she is hopeful that the courts will want to give custody to her son since he is Eloise's biological father.

The problem with having Reggie around is he has a criminal past which includes drug use. Spencer insists he no longer has the problems he had before, which leads you to wonder if she really has her granddaughter's best interest at heart. She seems to put an undue amount of faith in her son and his potential.

"Black or White" definitely shows you that no matter your social station or race, everyone has problems – no one is safe from fighting their own demons, whether those demons are alcoholism, battling drug abuse or being blind to the addictions of those around you, love can be a powerful thing that overcomes many things. I give it three stars.

Movie review by SPC. LIZ SMITH

MOVIE REVIEW / PROJECT ALMANAC











If you have seen the "Butterfly Effect," with Ashton Kutcher, then you have seen a better version of this movie. Also, if you didn't like the "Blair Witch Project" or "Clover Field" and you aren't a fan of the beyond shaky shots and first person vantage, you are not going to like this movie. Now, I know what you're saying, "but it's a PG-13 movie, you can't be too judgmental." Well I'm here to tell you that it should've been better — at least technically speaking.

This is supposed to be a semidrama action flick. Just because your target audience is teens and young adults, and your cast is young adults, doesn't mean you should treat the movie like a home movie project. Ok, #RantOver.

As expected within the time travel genre, the main question of the movie is how do you keep track of time if you keep messing with it? And how many ripples can one decision really make?

The answer is a lot. Teen semi-genius David Raskin (Jonny Weston) has been accepted to the Massachusetts Institute of Technology or MIT, but there's one problem, his family can't afford it. So we are introduced to what would seem is a viable option, time travel.

Raskin and friends find his dad's schematics for a time machine entitled; you guessed it, "Project Almanac."

Raskin and company go about building this contraption to the best of their abilities. But as soon as they've reached success they behave exactly how teenage highschoolers would – cheating on tests, one-upping bullies and in Raskin's case, getting the girl he's had a crush on.

It's only when they start to spend more and more time in the past that they begin to change the future, which is their present (stay with me), only it's not for the better.

Each trip to the past continually messes up the future and it's left to Raskin to try and figure it all out.

The story line will keep you entertained and not make you start to question the time theory but instead make you wish you were at Lollapalooza.

The ending leads you to a rather predictable closure but might leave the door open for the statement I'm about to make — I wish that I knew what I know now when I was younger.

Movie review by SGT. ADRIAN BORUNDA

IN THEATERS THIS WEEK

	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
DOWNTOWN	Jupiter Ascending (NEW) PG 13, 8 p.m. Focus R, 10:15 p.m.	Chappie (NEW) R, 8 p.m. Project Almanac PG13, 10:15 p.m.	Seventh Son (NEW) PG13, 8 p.m.	Black or White PG13, 8 p.m.	Taken 3 (LS) PG13, 8 p.m.	The Wedding Ringer (LS) R, 8 p.m.	The Boy Next Door R, 8 p.m.
BULKELEY	Chappie (NEW) R, 8 p.m. Seventh Son (New) PG13, 10:15 p.m.	Jupiter Ascending (NEW) PG13, 8 p.m. Focus R, 10:15 p.m.	Project Almanac PG13, 8 p.m.	LYCEUMS CLOSED	The Wedding Ringer (LS) R, 8 p.m.	LYCEUMS CLOSED	Black or White PG13, 8 p.m.

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.



MOVIE REVIEW / FOCUS



I was initially excited about seeing "Focus," Will Smith's latest romantic caper staring Smith and love interest Margot Robbie ("The Wolf of Wall Street"). After the weekend's box office results, it seems that I am not the only one who was a little excited to see this film – it was number one at the box office and brought in a modest \$19 million during the opening weekend.

However, the \$19 million opening was far below the expectations of the \$50 million dramedy that will hopefully make up for Smith's recent bomb, "After Earth," where Smith acts opposite his son Jaden Smith ("Karate Kid").

The casting was excellent, bringing relative newcomer Robbie into the spotlight. Smith and Robbie's on screen chemistry was amazing, proving he has better chemistry with a perfect stranger than with his own son.

"Focus" is a globe-trotting heist film from the writerdirector team of Glenn Ficarra and John Requa ("I Love You Phillip Morris" and "Crazy, Stupid, Love"), that looked fantastic but lacked in overall sizzle.

Nicky (Smith) meets Jess (Robbie) on the job, so

to speak, when she tries unsuccessfully to scam Nicky, one of the top con men in the country. Nicky then takes Jess under his wing, providing a much needed tutorial on the art of pick-pocket and misdirection. Shortly thereafter in New Orleans, Jess proves herself an adept pupil, impressing Nicky and friends with her impressive skills in depriving French Quarter revilers of their money and just about everything else not bolted down.

At the film's mid-way point, the action shifts to three years later in Buenos Aires, where Nicky flourishes in the world of Formula 1 racing and develops a scheme to heist the arrogant team-owning Garriga (Rodrigo Santoro). Nicky poses as a disgruntled Garriga employee willing to sell a secret fuel formula to the competition. But, to his dismay, pretty boy Garriga's girlfriend turns out to be a blast from the past – Jess, who insists to Nicky that she's now "out of the game."

Suspecting he's being played, Garriga reacts, creating a chain reaction filled with twists and turns that you will almost certainly see coming, even the big final twist in the end. I know I saw it coming a mile

away.

However, the unsung star of this film, besides the chemistry between Smith and Robbie, has to be Adrian Martinez ("American Hustle" and "The Secret Life of Walter Mitty"), Nicky's over-sized and hilarious partner in crime. Martinez plays Farhad, a shining example of what a little witty (and sometimes not so witty) comedy can add to a film to propel it to the next level

While "Focus" was not earth-shattering or a huge summer must see movie, it was certainly entertaining and worth watching — especially with the mediocre caliber of films Hollywood is releasing these days. I would normally give a film like "Focus" three stars, but because of Martinez and the many one liners, I have to bump up the rating to four stars. Go see it. I promise you will have fun.

Movie review by

MAJ. WAYNE CAPPS

MWR 2015 SPORTS **SCHEDULE**

MONTH / DAY ACTIVITY

March 14 Softball Tournament March 28 Sprint Triathlon Softball League March 30 April 6 Flag Football Color Run April 11 April 13 Basketball League April 20 Golf League Olympic Triathlon April 25 May 9 JPJ 5 Miler May 15-16 Captain's Cup Event May 24 Fitness Festival June 8 Racquetball League June 13 NE Gate 12 Mile Run June 15 Soccer League June 22 Sand Volleyball League July 4 Softball Tournament July 4 Ridgeline Trail Run July 13-16 Walleyball Tournament July 20 Badminton League July 25 Relay Race August 8 Cable Beach Run August 22 Sprint Triathlon September 5 Wood-bat Tournament September 14 Co-Ed Softball League September 26 **Trail Triathlon** September 28 Flag Football League October 5 **Basketball League** October 24 Paddle, Pedal, Paintball November 14 Duathlon November 26 T-Day Half Marathon December 11 Army / Navy Game

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

Holiday Basketball

Jingle Bell Fun Run

Contact the MWR for more information on each event or to sign up. x77262

NOTICE **FISHING SEASON CLOSURES**

Swordfish:

December 19

December 24

Closed from Mar. 1 - May 31

All species of Grouper:

Closed until April 30

Mahi-Mahi:

Closed from Feb. 1 - Sep. 1

Lobster:

Closed from Feb. 1 – Aug. 6

BLACK HERITAGE BALL UNITES ONE AND ALL



Loleeta Lewis, left, and Joyce Lewis, the eldest and youngest members of the GTMO Black Heritage Organization, cut a cake during the 2015 BHO ball Feb. 28 at the Windjammer Ballroom. This year's colors were red and black and the program featured keynote speaker Navy Lt. Cmdr. Efland H. Amerson, several live performances and a

Christopher Caton ran around like a busy bee making sure the program during the Black Heritage Organization Ball at the Windjammer went off without a hitch Feb. 28, and that is exactly what happened, as attendees left with ear to ear smiles.

Caton, who is in his fifth year with the GTMO BHO, is the president and has been working tirelessly to make sure the ball was as successful and inviting as it could be

"We actually tend to be more of a multicultural organization," Caton said. "We have other nationalities that are members and we basically try to share each other's cultures with each other and the community."

The ball was representative of that message of diversity as members from across GTMO came out to enjoy the entertainment and education.

"I expected it to be entertaining but they exceeded my expectations and set the bar very high," said Willie Battle, who attended the ball.

The night's entertainment included a fashion show of traditional clothing from different regions of Africa, stepping, a cake cutting ceremony, and a ball wouldn't be complete without music and a little dancing.

"You could see that everyone came in for rehearsal and they knew their cues," Battle said. "The biggest example of that was when the ladies came out for the step portion - it was truly amazing and unique."

The stepping raised the crowd to their feet and led

to a thunderous applause.

Another highlight of the night was the fashion show in which volunteers donned traditional clothing and proudly walked the length of the ballroom for all to see.

"The fashion show was my favorite part of the night," said Seaba Taylor, a ball attendee. "It was so fun and I was like, 'Oh my god everyone looks so nice!' I left learning a lot more than I thought I would."

It was also a night of education, as speakers read poetry from significant black poets, and some gave commentary on the status of African Americans today and how to go forward and promote black success in all walks of life.

"Tonight I'll provide you with Vitamins A, B, and yes C," said Lt. Cmdr. Efland H. Amerson, the keynote speaker and a doctor with Joint Task Force Guantanamo. "A is academic achievement. B is benevolence, C is commitment to excellence."

It was Amerson's hope that all the attendees leave the night's festivities with those ideas in mind and with the courage to practice those tenets through their communities.

Story and photo by SGT. ADRIAN BORUNDA



THIS WEEK IN THE ITALIAN SERIE A LEAGUE

TORINO VS. NAPOLI

Torino made it to eighth in the league when they faced off against 3rd place Napoli and won on Sunday. What was expected to be a rather easy victory for Napoli, turned into a great weekend for Torino.

Torino captain Kamil Glik made the difference halfway through the second half after a forgettable start. Napoli could only watch as their hopes to catch Roma in second place faded away for the time being.

As soon as the second half started, it seemed as though those tired legs were beginning to show for Torino as they labored to keep Napoli strikers at bay.

Just as dismay started to set in on the Torino bench, they caught a lucky break and earned a corner kick – this is where Glik made his contribution.

Gilk came forth with a header in to the net past Mariano Andujar to put Torino up 1-0 halfway through the second half.

In the end, Torino left the pitch victorious with a win over Napoli, but with a motivational win earlier in the week, that for the moment, has risen the club up.

INTERNAZIONALE VS. FIORENTINA

Fiorentina holds on to the fifth spot on the Serie A table as they beat Internazionale 1-0 on Sunday.

It was Mohamed Salah who made the difference for Fiorentina, with a goal at the 55th minute. But it was not the last proverbial nail in the coffin.

Fiorentina would go on to lose two players to injuries and have to defend itself for survival.

Both Nenad Tomovic and Stefan Savic would exit the match early, one from a head injury, which left Fiorentina two men short going in to six long minutes of stoppage time.

Inter would try again late, with a header from Rodrigo Palacio and a cross from Fredy Guarin that was poked away, leaving Inter no chance to equalize.

Article by

SGT. ADRIAN BORUNDA



UFC 184 was a great build up to the main event of Ronda Rousey against Cat Zingano. There were a few fights that were surprising.

The fight that I had expected to go in favor of the experienced Gleison Tibau, also ended in the Brazilian Tibau getting choked out by Tony Ferguson in the first round via a rear naked choke.

Tibau seemed to be doing better in the stand up, going punch-for-punch – perhaps he should've kept it there.

The next fight pitted veteran Josh Koscheck against Jake Ellenberger. Ellenberger came out tentative and let Koscheck walk into his jab, which forced Koscheck to take the fight to the ground. Not his best decision.

Ellenberger soon caught him in a bad position in the second round and ended it with a north-south choke.

The co-main event featured stand up specialist Holly Holm vs. Raquel Pennington.

It was Pennington who ended up landing more strikes and pushing the action while Holm did enough to stay unhurt and earn the split decision.

There is plenty of talk that Holm should be Rousey's next opponent but her performance against Pennington did little convincing of that statement.

Now on to the main event, the Ronda Rousey vs. Cat Zingano fight. It was short, very short.

In all honesty the hype probably got to Zingano as she came out of her corner with a flying knee. It surprised Rousey. Zingano took the opportunity to kind of hip toss her opponent to the ground where a scramble ensued.

Zingano came to posture on her knees trapping one of Rousey's legs. This wasn't a problem for Rousey. As soon as Zingano's arm was trapped, all Rousy had to do was fall back, apply pressure, and tap, tap, tap. It was over.

A total of 14-seconds for Rousey to defeat Zingano in her signature, albeit improvised, arm bar.

Article by SGT. ADRIAN BORUNDA

SERIE A TOP 20

No.	TEAM NAME	Standings
01	Juventus	(17-1)
02	AS Roma	(13-6)
03	Napoli	(13-6)
04	Lazio	(13-8)
05	Fiorentina	(13-8)
06	Sampdoria	(11-5)
07	Genoa	(9-4)
08	Torino	(9-6)
09	Internazionale	(9-7)
10	AC Milan	(9-8)
11	Palermo	(8-7)
12	Sassuolo	(8-7)
13	Udinese	(6-8)
14	Empoli	(7-10)
15	Hellas Verona	(5-7)
16	Chievo Verona	(7-11)
17	Atalanta	(6-12)
18	Cagliari	(5-12)
19	Cesena	(4-13)
20	Parma	(3-18)

POUND TOP 10

No.	NAME	Record
01	John Jones	21-1
02	Jose Aldo	25-1
03	Chris Weidman	12-0
04	Anthony Pettis	18-2
05	Demetrious Johnson	21-2-1
06	Cain Velasquez	13-1
07	Anderson Silva	33-6
80	Daniel Cormier	15-1
09	Robbie Lawler	25-10,1NC
10	Johny Hendricks	16-3



"Just keep swimming." - Dory

DITCH THE TRACK!

Some workouts target your upper body, some your lower body and some your core. Then there are others that can hit your entire body at once. Sounds like it might help save you some time, right? Just a few laps in the pool can help sculpt your back, tone your arms and still remain easy on the joints.

An hour of moderate swimming burns about 500 calories. This type of workout will boost your metabolism and continue to burn calories even after you're done. Because swimming requires much more breath control, it is even more of an aerobic activity than running.

Not only do we have pool access here on Guantanamo Bay, we have a beautiful ocean. Open water swimming can be fun, but there is a slight risk. Staying safe is the most important part of your health.

One thing to keep in mind for open water swimming is to wear goggles. Not only will they protect your eyes, they will also help you maintain good navigation.

Matt Dixon, author of "The Well-Built Athlete," said swallowing some water is inevitable. One way to help reduce the amount is to ensure you breathe out entirely when your head is in the water.

If you participate in any open water races, you should take the time to familiarize yourself with the course.

"In open water races, most amateurs start too hard, almost in a state of panic," Dixon said. "Instead, build your effort throughout."

If you are not a big swimmer, it could be an exciting change for you!

Article by

SPC. MONIQUE QUINNONES



TEST SUCCESS

For most of us, career success will, at some point, depend on the ability to pass a written test. This evaluative process appears to be the universal manner in which organizations decide how to rank their candidates. For some individuals, the equation for success is as simple as studying, taking a test and doing well. For others who experience higher levels of anxiety or fear before and during an exam, this process leaves them feeling flustered, overwhelmed and ultimately performing worse than anticipated.

Ample and appropriate preparation is the key to success. Whether in school or trying to reach the next pay grade, this is a significant step in achievement. First, try to find others who are studying the same topic. Having that added perspective and discussion on the subject is beneficial.

Second, avoid "cramming." Studies have shown that cramming before tests is not effective. Creating planned study

times before an exam is significantly more effective.

Third, remember to eat healthy, exercise regularly and ensure you're getting enough sleep. Studying while sleep deprived makes it infinitely harder to retain information. You must "feed" your brain to keep your mind sharp.

Taking the test, use earplugs to limit distractions. Pace yourself, take minibreaks and use slow deep breaths to keep your mind clear and ease tension. Before you know it, the test will be over and you'll be telling yourself, "Hmm, that wasn't so bad!"

Article by

PETTY OFFICER 3RD CLASS RANDALL KELLY

PETTY OFFICER 2ND CLASS ROBERT MCQUEEN

AFTER WORKOUT SNACKS

Post-workout is a time for refueling with healthy carbs and a boost of protein!

TRY THESE SNACKS:

- A glass of chocolate milk
- -Hummus with pita chips
- -A protein bar
- -Half a turkey sandwich on whole grain bread

Tax Time

JTF Office: Wednesdays 8 - 11 a.m.

NAVSTA Legal Office: MON-FRI

8 - 11 a.m. & 1 - 4 p.m.* *Closes at 3 p.m. on Friday

The U.S. Naval Station Guantanamo Bay legal office is providing Joint Task Force members a way to prepare their own tax returns online with the assistance of IRS-certified volunteers at the JTF Satellite Office, building 2525, Each client will need to have all tax related documents with them including W-2s and any 1098s/1099s/ etc. Reservists and National Guard will also need to obtain W-2s from any civilian employers. Any questions about eligibility or to schedule an appointment call NAVSTA legal at 4692.



THE U.S. ENTERS CUBA: GUANTANAMO 1898



The battleship USS Massachusetts was at Guantanamo Bay during the Battle of Santiago.

During the Spanish-American War, the U.S. Navy fleet attacking Santiago needed shelter from the hurricane season. That spring, U.S. Marines landed with naval support in Guantanamo Bay, chosen because it was an excellent harbor and a good location to provide support for the invasion of Cuba. The Spanish-American War ended that same year resulting in the collapse of the Spanish Empire.

Article by SPC. LIZ SMITH Photo courtesy of WWW.HAZEGRAY.ORG

JTF PRAISE BAND

You're the resource! We need you!

Community hours for volunteer service medal.

> Players needed for: Guitar Basses Electric Piano Trumpet Saxophone

Weekly practice on Sundays

To volunteer, Contact the JTF Chaplain Office at x2218

ROMAN CATHOLIC (NAVSTA CHAPEL)

Saturday* 1700 Sunday* 0900

(Side Chapel) Mon-Thurs* 1730

PROTESTANT SERVICES (JTF TROOPERS' CHAPEL)

Sunday* 0900 1900

PROTESTANT SERVICES (NAVSTA CHAPEL)

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

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 19	
Pentecostal	Sunday	0800	Annex Room D	
	Sunday	1700	Annex Room D	
JTF Bible Study*	Monday	1900	Cuzco Block H	
	Sunday	0640	JTF Troopers' Cha	apel
	Wednesday	1900	JTF Troopers' Cha	apel
Beginners Bible Study*	Thursday	1130	JTF Deputy Chapl	ain's Office
New Christian's Inquiry*	Saturday	1900	JTF Troopers' Cha	apel
Christian Fellowship	Sunday	1800	Main Chapel	(Non-denominational)

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

(SATURDAY & SUNDAY ONLY)

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

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 THROUGH 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

UTILITY BOAT

FERRY WINDWARD 0730/1330 **LEEWARD** 0800/1400

WINDWARD 1030/1530/1730/1830/2030/2230 **LEEWARD** 1100/1600/1800/1900/2100/2300

