

THE WIRE



ARMY NAVY GAME

THE LONGEST RIVALRY
IN FOOTBALL HISTORY,
SPANNING 120 YEARS

BECOME A MILLIONAIRE

FINANCIAL ADVICE THAT
COULD CHANGE YOUR
OPINION ON SAVING

CLAY IN THE BAY

POTTERY CLASSES
FOR ANYONE WILLING
TO LEARN

GUNNY BRINGS JIU-JITSU

LEARN PERSONAL
DEFENSE AT ANY TIME
AND AT YOUR OWN PACE

STAYING ETHICAL

DO'S AND DONT'S OF
GIVING DURING THE
HOLIDAY SEASON

DECEMBER 19, 2014



1ST SGT. CONRAD E. QUEEN
FIRST SERGEANT, 423RD MP CO

I've walked through many of this installation's night establishments. Many times, I've given rides and listened to problems as though I were a cab driver.

PROFESSIONALISM: IT DOESN'T END WHEN THE UNIFORM COMES OFF

I've watched human behavior as if I'm a psychologist. I've given advice like a parent. Some of what I have encountered is as old as time itself, and some of it is new, but sometimes I wonder, who are these stumbling, slurring, cursing people?

It seems as if at midnight a metamorphosis occurs, and normally rational people demonically transform into unrecognizable caricatures.

During the day, they are the pleasant co-workers; at night they become 'That Guy' or 'That Girl,' and a very quick four drinks later they're a belligerent idiot.

But they're not idiots — everyone here is a functioning part of a machine that performs a thanklessly unexciting task in winning this long war.

In fact, they, and we, are professionals. You may run from it or refuse to accept it, but if you wear a uniform of this nation's armed services, you are a professional — even off-duty.

A professional has a drink or two, and a few chuckles with each. A professional dresses appropriately (I saw you guys in button-up shirts

and bow-ties, nice work). A professional doesn't grope her butt three-seconds into the dance. A professional may slip an occasional profanity, but doesn't curse everything from the lobby floor to the ceiling.

I see professionals everywhere I look. The professionals influence 'That Guy or Girl,' not the other way around. Officers are ladies and gentlemen; but whether enlisted, contractor or civilian, you don't have to be an officer to act like a lady or a gentleman.

Article by
1ST SGT. CONRAD QUEEN
JDG FIRST SERGEANT

JOINT TASK FORCE GUANTANAMO



SAFE



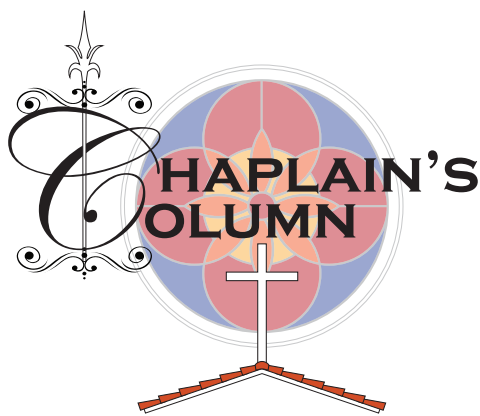
HUMANE



LEGAL



TRANSPARENT



YOU ARE **NOT ALONE**: DON'T LEAVE LOVED ONES TO PICK UP THE PIECES

pick up the pieces. There are his parents, whose hearts are broken. There are his friends, who would give anything to have him back. There are his co-workers, who are wiping away tears as they also try to stand in the gap. All of us have something in common – grief. One friend I spoke to is angry. Another is in shock. Yet another is feeling guilty, wondering if there were any tell-tale signs he missed.

Chances are that many of us have been affected by a suicide of a loved one or friend. When someone we care about takes their own life, it affects us for years to come. If this shoe fits you, please make the time to speak to a chaplain or a good friend. Sharing your grief with someone you trust can make all the difference.

If you are contemplating the idea of taking your own life, you also need to reach out to a chaplain or a trusted friend. Despite feelings you may be having

to the contrary, you are not alone. There are people who care about you and love you. Most importantly, there is a God who cares about you. He sent His Son to earth long, long ago on that first Christmas. He was born to give you hope. "Mary gave birth to her firstborn, a Son. She wrapped Him in cloths and placed Him in a manger, because there was no room for them in the inn." (Luke 2:7)

You are not alone.

Article by
LT. CMDR. TIM FOSTER
JTF DEPUTY COMMAND CHAPLAIN

I received word the other night that a friend of mine had taken his life. He was a gifted musician, a valued employee, a faithful Christian, and, without a doubt, one of the gentlest souls I've ever known. So why did he do it? Of course, we'll never know for sure. We can make a few guesses – he was in pain much of the time as a result of back trouble; he and his wife had recently divorced; he had struggled with depression off and on over the years.

Those he leaves behind are doing their best to

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01 **COMMAND & CHAPLAIN**

Don't be "That Guy or Girl." Professionalism doesn't stop once the uniform comes off, representing your service and country is a 24/7 responsibility.

03 **GTMO NEWS**

This week in GTMO news, 'The Wire' features GTMO's pottery class where memories are molded, financial advice that could make you a millionaire, and SJA offers tips on how to stay ethical through the holidays and always.

06 **PHOTO STORY / COVER PHOTO**

The oldest rivalry in football, if not necessarily GTMO, the Army vs. Navy game was held Friday night on Cooper Field. Check out the details of the closely contested men's and women's games.

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Our movie gurus reviewed a new biblical epic by Ridley Scott, 'Beyond the Lights' and the holiday classic 'Rudolph the Red-nosed Reindeer.'

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13 **LIFE & FITNESS**

Last week our fitness expert talked about participating in a fitness competition. This week she helps explain the muscle-building process you need to get started.

MOTIVATOR OF THE WEEK

SRA MALCOLM HAMILTON
BEEF


SPC STELLA VERA
423RD MP CO



HOLIDAY OPSEC!

It's Christmas once again and everyone's anxious to talk to family and friends. Most communication traffic is likely to include some form of personally identifiable information. Things like your name, social security number, phone number, address, home of record, birthday, place of birth and mother's maiden name are all considered PII. Putting this type of information on social media or other websites can put you at a greater risk of financial fraud, credit theft and identity theft. Any information that's tied directly to you or could be used to identify you should be protected. Many people don't think about the need to protect this information until it's too late. Don't let it happen to you or your family. Use OPSEC to protect your PII, and enjoy a Merry Christmas.

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

SGT. ADRIAN BORUNDA



VOLUME 17: ISSUE 08

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FAVORITE HOLIDAY DISHES

TROOPERS AT JTF-GTMO SHARE CUSTOMS CLOSE TO THEIR HEARTS



**PETTY OFFICER 2ND CLASS
CRYSTAL ANDERSON**

"I would say that my favorite holiday food for someone to make would have to be gumbo; it's always made during Thanksgiving and Christmas."



SPC. CATHERINE WHERRY

"My favorite thing to make during the holidays is homemade cookies; I always used to make them with my mom."



SGT. DAMIAN ELLSWORTH

"Everyone loves my mom's spaghetti, so spaghetti would have to be my favorite. My mom makes spaghetti with corn; it's like a special homemade recipe, and she makes it every Christmas."

POTTERY: CLAY IN THE BAY



Danny Manuel, the ceramics instructor for MWR, teaches a group of students how to make pottery Sunday at the Arts and Crafts shop here.

The activities to do throughout Guantanamo Bay are endless. Most of those activities are hosted by MWR. There are many facilities where these events are held, like the Arts and Crafts shop. The shop has classes for all ages that include woodshop, canvas painting and scrapbooking.

Danny Manuel, an art instructor, teaches the basic and advanced pottery class for MWR and will teach anyone who is willing to learn.

"I want my customers to be happy, if he or she cannot learn, I tell them that I'm here for you to learn," Manuel said. "That's the one I'm always telling everyone, if you're not listening to me, I'm not going to stop and push you to learn. I'm doing that through my mom; I'm realizing that my mother is right. I want to share this to all my customers who want to learn basic pottery classes. I'm here 110 percent to help you. I always want to be correct with my pottery."

Manuel was taught by his mother as a child and was always encouraged by her to continue pottery as a student and as an instructor.

"In 1995, I came over here as a customer. I started to show people my technique, and it was very different," Manuel said. "After that, the management here hired me and I started working here as a part-timer because at the time I was still a contractor. Now, I'm lucky. I'm a regular in the Arts and Craft [shop] since 2003."

The basic pottery classes are held twice a

month and advanced classes are held upon request. Signing up for the classes are usually held on the first week of the month or you can call and reserve your slot.

In the beginning of the class, students are given a 25-pound bag of clay that they can use to their advantage. There are dozens of molds to choose from to create their own design. The majority of previous students created plates with 'Guantanamo Bay 2014' as a souvenir. From start to finish, the students must come back multiple times in order to finish their art piece.

"There (are) many molds that we have to choose from – choose something easy," said Kathy Marks, a Joint Task Force contractor. "Flatten the clay, put the clay either on the inside or outside of the mold. Then let it dry, come back next week, take the clay off the molds, you sand it, then they fire it and you come back and paint it."

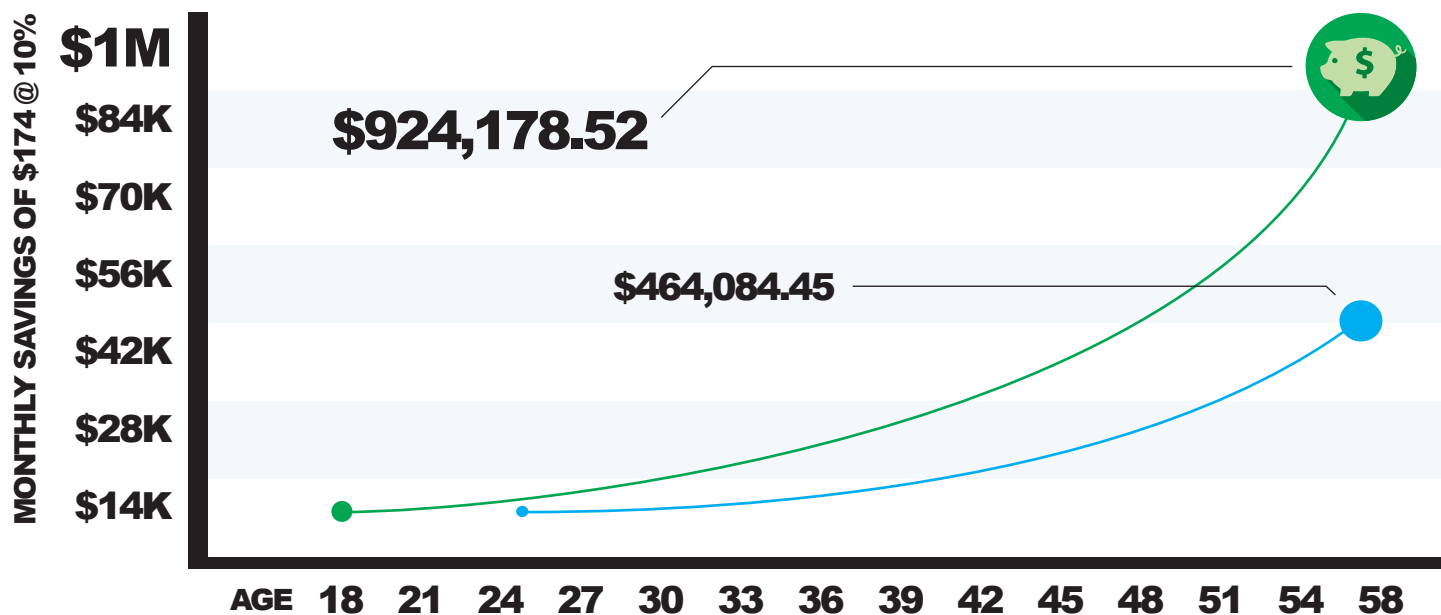
Manuel's number one priority is to make sure that everyone leaves with a great piece of art and a smile.

"The people [who] are interested in learning basic pottery class just come by here and you can see the programs. You can learn, everybody wants to learn; I'm available to teach everyone," Manuel said. "I want my customers to be happy that's my goal."

Story and photo by

SGT. REBA BENALLY

SO YOU WANT TO BECOME A MILLIONAIRE?



Many find it hard to believe becoming a young military millionaire is possible because they haven't heard or know any military millionaires; nevertheless don't believe the hype. It is very easy; however, the time to start is now!

By taking a few steps in the right direction, turning your military pay and allowances into a million dollars can be simple. Many service members are confused over the ins and outs of their military pay and allowances. This lack of understanding prevents warriors from having a one-up on retiring early, by starting and following simple strategies.

ESTABLISH A PLAN

Creating a spending plan is an essential component of responsible money management, but it won't solve all your problems. Nevertheless, it is an important step to determining your financial health and achieving financial independence - regardless of what the economy is doing. Spending plans provide insight to where your money is going, how to effectively manage it and how to get a grip on your spending.

Spending plans are realistic and flexible financial plans you create based on income, expenses, and goals. Whether you just have a few bills, or you're responsible for paying all the household expenses, understanding how much money you have and knowing where it's spent is the first step.

By controlling your spending habits, by keeping living expenses below 70 percent, keeping debts below 20 percent, and by paying yourself first by putting money into a savings account to cover the "what if" in life (minimum of 10 percent), you will set

yourself up to make regular automatic investments that could lead you to an early retirement.

“**INTEREST IS ON YOUR SIDE**”

SAVE MONEY

The first step to becoming a millionaire is to form a simple savings plan. Pay yourself first by putting money in an investment before you start spending your paycheck. Paying yourself first will benefit you throughout your life and will help you retire young.

By starting young, the power of compounded interest is on your side. Compounded interest is when a deposit earns interest and is added to the original amount, which in turn earns more interest, and that interest plus the initial deposit continues to earn more interest. This means that every year you are making money from money your deposit has already paid you. Compounded interest is like a snowball rolling down hill.

For example:

- By investing \$174 a month at 18, you could be a millionaire at 58.

- By investing \$800 a month at 25, you could be a millionaire by 50.

INVEST YOUNG AND CONSISTENTLY

You may not have been taught how to invest in high school but don't let that stop you. Some basic military investment strategies, like the Thrift Savings Plan, offer a great way for beginning investors to profit. TSP offers various investment vehicles that are perfect for new investors. There are lower-risk investments that offer the potential for small long-term gains and higher-risk investments that offer potential for big short-term gains. Diversity of investments can help you vary your portfolio.

Becoming financially savvy can help give you the luxury of being able to retire young. The sooner you take steps to plan, save and invest, the sooner you can become a young military millionaire.

For more personal financial information, please contact Mike Rivera FFSC's Personal Financial Specialist at 4050/4141.

Article by

MIKE RIVERA

ACCREDITED FINANCIAL COUNSELOR,
FLEET & FAMILY SUPPORT CENTER

Illustration by

SGT. RICK HOPPE

On a colder than usual and wet Friday night on Cooper Field, the best GTMO Soldiers and Sailors met on the gridiron to prove who is the best and earn bragging rights for another year – in a respectful manner of course.

On the eve of the annual Army vs. Navy game, pitting the U.S. Military Academy at West Point against the Midshipmen of the U. S. Naval Academy's football teams, Soldiers and Sailors know they're continuing an inter-service game that goes back 124 years, in which Navy leads with 58 wins, 49 losses and seven ties.

Over 200 Service members and civilians turned out to watch the local game, which featured male and female teams. The Soldiers and Sailors had to try out in order to represent their service on the field.

"The way it is here, the Army is a bit separated from the Navy day-to-day but in the end, it's a small island, and we all come together because the game is fun and getting everyone out is fun and to get together as an island is a good experience," said Blair Stone, head coach of the Army female team.

The game is a team versus team event in which no one player can be depended on to win the game for everyone. This idea of camaraderie and teamwork was echoed in the persistence of all those on the field.

"This was my second time coaching the Army team, and I couldn't be more proud. It was hard, and the Navy put up a good fight, and it was close in the end. It was everyone's resilience and the ability not to quit and count on their teammates," Stone said.

That ability paid off big for both Army teams as they ended up beating both Navy teams to win the hard earned bragging rights.

"It was actually pretty awesome coming to GTMO and seeing how big this game is here. It's great for us because this is a Navy station, but we came in and practiced, and beat them on their home field and showed them," said Juan Hurtado, one of the Soldiers on the male team.

It was the comeback night for Army as both teams were down early but rallied on both offense and defense.

"I was very excited to play. It's a big moment, we are expected to make big plays, at first we didn't start out as hot, but once we got our heads back in it we were all ready to go," said Maurice Brown, one of the Soldiers on the male team.

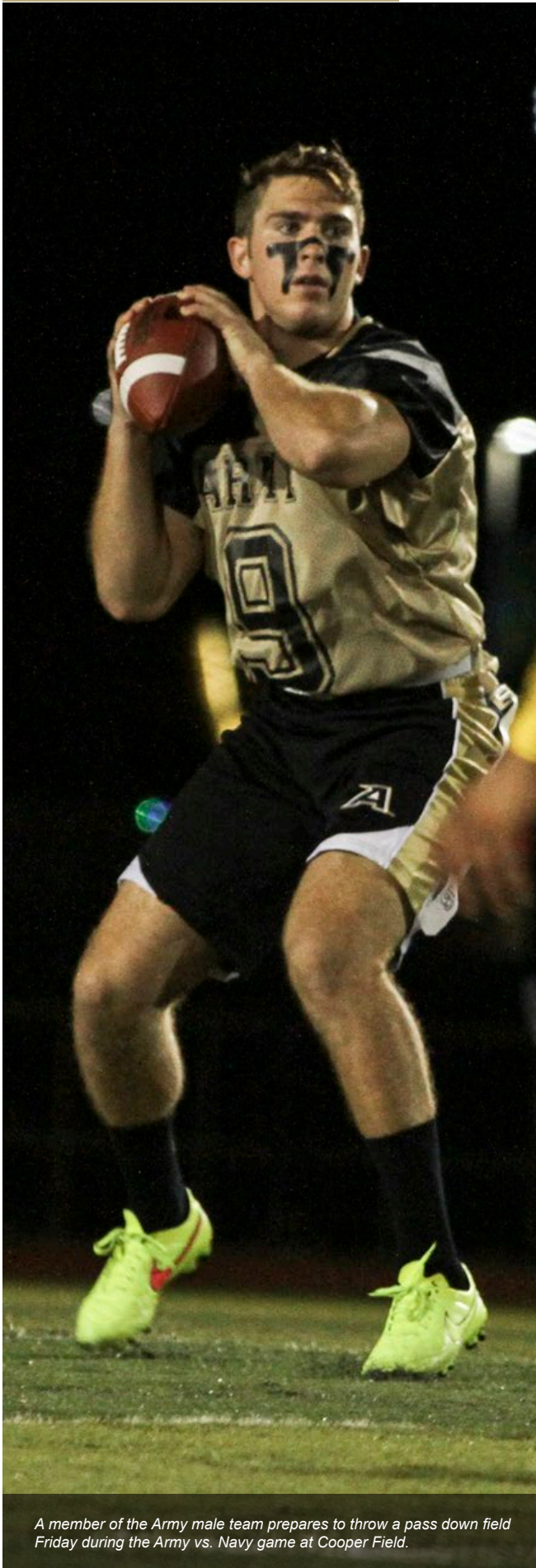
At the end of regulation, both the Army teams walked away victorious. The manner in which all teams conducted themselves, with honor and respect, is not an easy feat between competitive services.

"It is a time honored tradition to represent the Army. We represent all the Soldiers, those currently serving in harm's way and those who have just put on the uniform. We represent them all," said Martin Rivera, the head coach of the male team.

Story and Photos by
SGT. ADRIAN BORUNDA

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ARMY VS NAVY GTMO STYLE



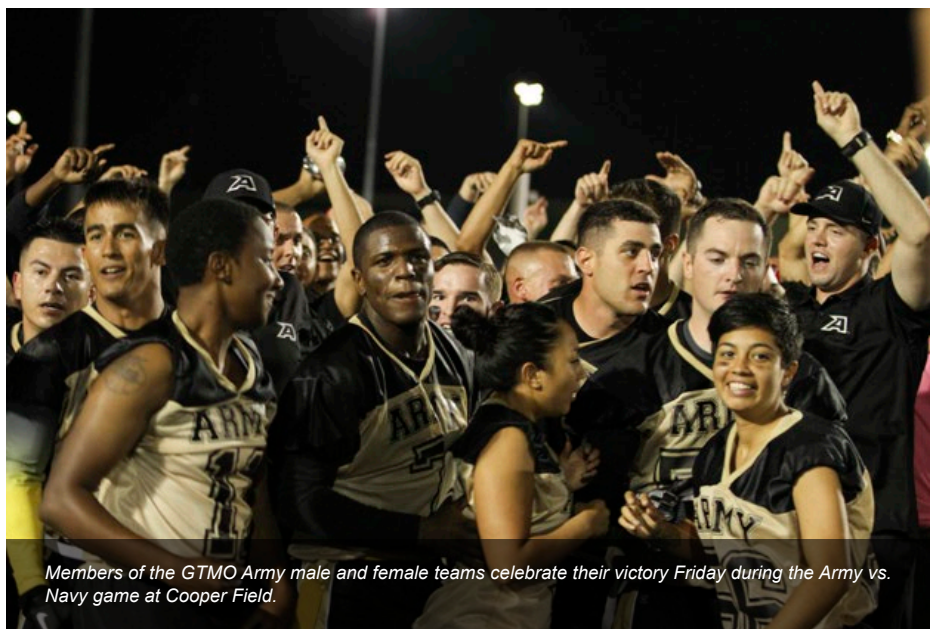
A member of the Army male team prepares to throw a pass down field Friday during the Army vs. Navy game at Cooper Field.



Members of the Navy team huddle up and listen to their coach during a time out Friday during the GTMO Army vs. Navy game at Cooper Field.

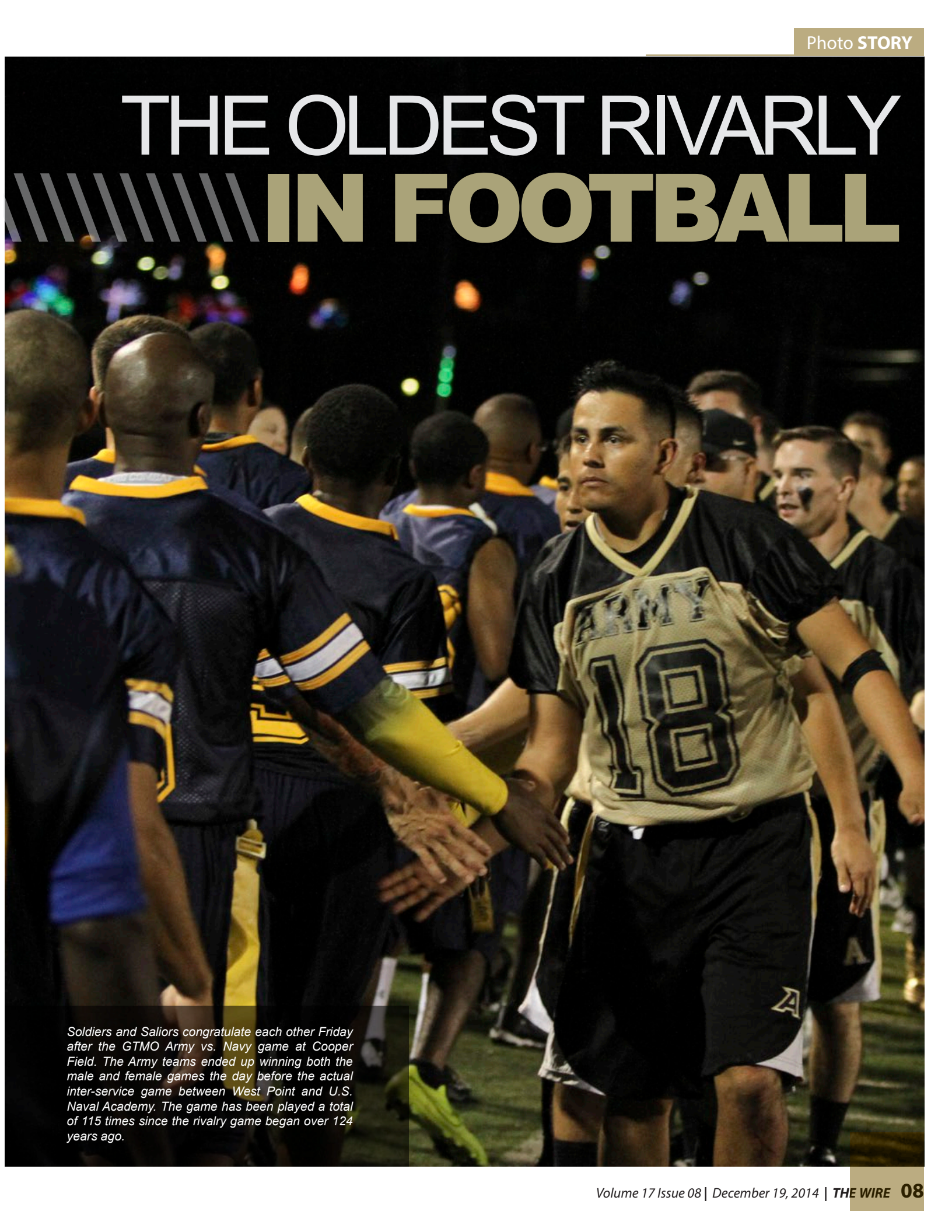


A member of the Navy male team runs past Army defenders Friday during the Army vs. Navy game at Cooper Field.



Members of the GTMO Army male and female teams celebrate their victory Friday during the Army vs. Navy game at Cooper Field.

THE OLDEST RIVARLY IN FOOTBALL



Soldiers and Sailors congratulate each other Friday after the GTMO Army vs. Navy game at Cooper Field. The Army teams ended up winning both the male and female games the day before the actual inter-service game between West Point and U.S. Naval Academy. The game has been played a total of 115 times since the rivalry game began over 124 years ago.

REVIEW / **BEYOND THE LIGHTS**

Once upon a time there was this girl who was a singer, but she was stressed out by the pressures of stardom, until she met an up-and-coming local politician who sweeps her off her feet, and despite everybody's advice for them to follow their careers instead of their hearts, they exceed their parent's dreams and not only have their proverbial cake, but they eat it ... too. Yawn.

That's the stereo-typical synopsis of "Beyond the Lights," a romantic drama written by Gina Prince-Bythewood, who wrote and directed "Love & Basketball" (which was a good movie, because it starred Sanaa Lathan) and directed the screen adaptation of Toni Morrison's novel "Disappearing Acts" (which despite starring Sanaa Lathan, was horrible – plus, Wesley Snipes is best as a Day Walker or as Nino Brown).

Despite the movie's moral of not listening to the expectations of people (even if those people have experienced far more than you and truly care about you), but embracing the deep inner being that is the "real you," everyone in this movie is Hollywood-pretty and Hollywood-superficial. Gugu Mbatha-Raw played the part of Noni Jean, a young singer starting her career. Nate Parker played her cop-turned-politician boyfriend, Kaz Nicol, and spent almost more time shirtless than dressed appropriately for politics. See, beautiful people are important – homely to average people are irrelevant.

Even Noni's mom, played by the beautiful Academy nominee Minnie

Driver, is a shallow, one-dimensional character as the mother who wants her daughter's success at the cost of her happiness.

I will say the music scenes were well-done. However, there was one scene that made no sense at all. Some people see Noni hanging from a balcony (don't ask me why – I was daydreaming about more important things during this part), and so this hot, but newcomer to the music industry holds a major press conference. Seriously, the king of pop himself, Michael Jackson, didn't do anything more than issue a written statement when he held little Prince Michael II over the hotel balcony in Berlin. I'm pretty sure a B-list singer would have nobody at her little press briefing.

Here's my real problem – the movie is hypocritical. It preaches "keep it real" all while keeping it flashy. The visual message is that looking good to others and showing off your bare chest every chance you get is more important than staying true to who you are. If you want a movie that actually matches that ethical message to its visual story, watch the Disney masterpiece "The Lion King."

Due to the amount of trite shopworn, unimaginative, hominy this film serves up, I can't give this movie any more than a couple of cans of sweet corn – I mean two stars.

Movie review by

SGT. 1ST CLASS ROBERT FREESE

REVIEW / **RUDOLPH**

"Rudolph the Red-Nosed Reindeer" was adapted to a stop-motion made-for-TV special in 1964 from Robert May's children's story, written in 1939.

Much like a red-haired step-child, Rudolph is taunted mercilessly by his peers for being different and looking funny. This means he is not allowed to play in all the reindeer games. Of course, when you don't practice a sport you don't get any better, and so even when you are allowed to play, you get picked last, which is no better than not getting to play at all! But I digress – actually growing up as a skinny, red-head makes it easy for me to identify with a red-nosed reindeer's childhood confidence problems.

Rudolph has a very athletic father who is pretty disappointed in his son and hides his nose. This makes Rudolph instantly popular, and a young doe named Clarice takes a liking to him. When Rudolph gets overly excited about Clarice's interest his disguise fails him, and the other reindeer children do like children are so good at doing and utterly destroy poor Rudolph's self-esteem.

Rudolph then meets Hermey, an elf who has dreams of pursuing a career in dentistry rather than making toys. Hermey is also teased by his peers, who are actually older and should be more mature than they are. Perhaps those are the only kind of riff-raff Santa is able to recruit for an extreme remote deployment location like the North Pole.

Together Hermey and Rudolph decide the North Pole is no place for a couple of odd balls who don't

fit in. They end up running away with Clarice, who it turns out actually likes red-heads ... I mean red-nosed.

During the trio's travels, they meet some misfit toys and a prospector named Yukon Cornelius. The group is attacked by the Abdominal Snowman, who is actually another misunderstood character who only wants to be loved, like everyone else.

Under the surface, the story of Rudolph is about winning hearts and minds. Rudolph sets in motion a major paradigm shift at the North Pole making it not only OK to be different, but creating an environment where unique differences are exploited for the benefit of the entire community.

In Steven Covey's book, "The 7 Habits of Highly Effective People," he writes, "Albert Einstein observed, 'The significant problems we face cannot be solved at the same level of thinking we were at when we created them.'" This is the moral of the Rudolph story – looking at issues, and people differently.

When Santa finally recognizes the importance of having a reindeer with a luminescent nose, he is able to "save Christmas."

So, in the words of Sam the Snowman, voiced by the legendary Burl Ives, "Maybe misfits have a place, too."

Five stars because I can relate to overcoming societies biased attitudes toward those who are "different!"

Movie review by

SGT. 1ST CLASS ROBERT FREESE

IN THEATERS THIS WEEK

	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
DOWNTOWN	The Hobbit: BoFA (NEW) PG13, 7 p.m. Beyond the Lights PG13, 9:30 p.m.	Annie (NEW) PG, 7 p.m. Birdman (NEW) R, 9:15 p.m.	Night at the Museum: Secret of the Tomb (NEW) PG, 6:30 p.m. Exodus: Gods & Kings PG13, 8:30 p.m.	Nightcrawler (LS) R, 7 p.m.	St. Vincent (LS) PG13, 7 p.m.	A Christmas Story PG, 7 p.m. Hunger Games: MJP1 PG13, 9 p.m.	The Hobbit: BoFA PG13, 7 p.m. Four Christmases PG13, 9:30 p.m.	DOWNTOWN
BULKELEY	Birdman (NEW) R, 8 p.m. Annie (NEW) PG, 10:15 p.m.	The Hobbit: BoFA (NEW) PG13, 8 p.m. Night at the Museum: Secret of the Tomb (NEW) PG, 10:30 p.m.	Beyond the Lights PG13, 8 p.m.	LYCEUMS CLOSED *	Nightcrawler (LS) R, 8 p.m.	LYCEUMS CLOSED *	Exodus: Gods & Kings PG13, 8 p.m.	BULKELEY

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

* Concessions closed until further notice

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

REVIEW / EXODUS: GODS AND KINGS



You might remember this story from, well, the Bible. The story where Moses, with the help of the Hebrew God, stands against the Egyptian Pharaoh Ramses in order to set free 600,000 Hebrew slaves, spanning back 400 years. However the movie was able to complete this task in a mere 150 minutes.

The film was directed by Ridley Scott (Prometheus), stars Christian Bale (The Dark Knight films) and was co-written by Steve Zaillian (The Girl with the Dragon Tattoo). With that, you may be expecting quite an eye-opening take on this epic. I was expecting the same myself, until I saw the theatrical trailers. I was caught off guard by some very Hollywood style,

typical 3-D effects and what seemed like a poorly chosen cast, aside from Bale of course. I thought what the heck – I’ll give it a chance.

During the film, Bale delivers the goods like he always manages to, holding back only in scenes where his emotional improv could’ve proven powerful. Many of the supporting actors and actresses like Joel Edgerton (Ramses), Sigourney Weaver (Ramses’ Mother) and Ewen Bremner (Ramses’ expert advisor) all played their roles as if the film was made for TV. Everyone lacked height and intensity. What happened here? All these actors and actresses have amazing history, yet they failed to deliver?

One theory for such a tragedy could be the combination of Scott’s age and the amount of work he’s been taking on. Scott is currently working on 12 titles, another four have been announced. Included in these is an “Untitled Blade Runner Project” as well as “Prometheus 2.” Could Scott, now 77 years old, be slipping under such a heavy workload? Or have we all been spoiled with many of his other ground-breaking films like “Gladiator” and “Aliens.”

I also can’t ignore the fact that this film had four writers. Well known writer Zaillian can’t take the full blame here. Three other little known writers, whose best films can’t be combined to equal any one of Zaillian’s previous

works, were brought in for help.

In the end, while most angles of this film were good, they couldn’t deliver an epic. But if working hard to manage a flock is to blame for one goat slipping through the fence, so be it. I’ll take it simply, as a film putting a new semi-gritty spin on a biblical story, giving me some insight into a greater thought and a reason to get out of my cube for a bowl of popcorn on a beautiful GTMO night.

Movie review by
SGT. RICK HOPPE

MWR

SPORTS STANDINGS

BASKETBALL LEAGUE

01	391st Paladins	11-1
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04	Grizzlies	10-2
05	BEEF	9-3
06	Shottas	8-4
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09	Philipinas	6-6
10	Daywalkers	6-6
11	Thunder	6-6
12	Busting Shots	5-7
13	Cousy's	3-9
14	Odd Balls	3-9
15	Beserkers	3-9
16	Deadball	3-9
17	GTMO Talent	1-10

RACQUETBALL LEAGUE

SINGLES - MALE

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

SINGLES - FEMALE

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

DOUBLES

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



GUNNY BRINGS JIU-JITSU TO GUANTANAMO BAY



Gunnery Sgt. William Loushin assists his student, Petty Officer 1st Class Timothy Hayworth, on how to properly conduct a shrimping drill. Loushin spends the first 15 minutes of class making sure his students are properly warmed up before starting his lessons.

Martial arts has been a way of life for Gunnery Sgt. William Loushin for nearly 20 years. The discipline and dedication to his training has positively impacted every aspect of his life, and for that, he felt it was important to bring Jiu-Jitsu to the GTMO community.

Loushin created the Kaizen Martial Arts School here about four months ago initially only offering it to children who he believed would benefit from the discipline and exercise involved in learning a martial art. Adult classes are now available Tuesday and Thursday at 7 p.m., with the children's classes starting at 6 p.m. The classes will be held at Marine Hill Fitness Center and are available to the entire GTMO community.

Jiu-Jitsu, created in Japan and modified by Helio Gracie to become the popular version utilized today in the UFC – Brazilian Jiu-Jitsu – focuses on technique, allowing a smaller person to defend themselves from a larger attacker.

Students from various branches, ages and skill levels have begun dedicating their energy and time to learning BJJ.

"There is no start date or end date; it's just whenever you want to come in," Loushin said. "You don't have to be here every day, what we teach on Tuesday we usually go over again on Thursday, so if you can only make one of the days then don't worry too much."

His classes are open to all levels and anyone who may be interested is encouraged to try it.

While the adult's class focuses on learning new techniques to submit their opponent, the children's is primarily about attributes they think are important in a person.

"For beginners this is great, this is the place to start. Whether you've been training since you were 10 like myself or you think 'hey this looks cool' this is the place for you," said Petty Officer 2nd Class Cassandra Osen, assistant instructor for the children's class. "He is very personable and is able to get on your level to help you out."

Loushin said he originally started this class because he didn't see anything like this here for kids. He thought it would be great for not only them, but their parents, since it's a great way to get exercise right before bed.

The class not only offers physical and mental benefits for its students, it has the potential to change the way they live.

"Jiu-Jitsu is almost like a lifestyle," Loushin said. "When you really get the Jiu-Jitsu bug, everything you do tailors toward it; your diet changes; what you do in your free time changes; your fitness changes. All you have to do is get started and nine out of 10 times you'll get addicted."

For more information, contact Loushin at 84512

Story and photo by
SPC. AMBER BOHLMAN



With the playoffs looming, teams vied to clinch post season berths. The New England Patriots clinched the AFC East beating Miami 41-13, the

Denver Broncos clinched the AFC West by defeating the Chargers 22-10, the Colts clinched the AFC South beating the Houston Texans 17-10, and the Arizona Cardinals are the only NFC team to clinch a playoff berth with a win against St. Louis 12-6. Dallas is much closer winning their division by defeating a tough Eagles team 38-27 on the road. The Lions sit atop the NFC North after defeating the Vikings 16-14, San Francisco continued its freefall after falling to a resurgent Seahawks team 17-7, the Jets beat the Titans 16-11, Pittsburgh beat the Falcons 27-20, the Giants beat Washington 24-13, Kansas City beat Oakland 31-13, Baltimore beat Jacksonville 20-12, and though the Bills are second to the Patriots in their division, I didn't foresee them beating the Packers 21-13, but sure enough, it wasn't Aaron Rodgers' day. The Panthers won 19-17 against Tampa Bay, and the Bengals shutout Cleveland 30-0. 'Monday Night Football' featured a hapless Bears getting routed by the Saints 31-15.

GAME SPOTLIGHT

The Seattle Seahawks are red hot and look more each week like the defending Super Bowl champions. Seattle hosted a troubled but still competitive San Francisco. While both teams struggled early on, offensive picked up in the second quarter when Frank Gore ran in for a touchdown after an 11-play drive making it 7-3 at the end of the first half. The Seahawks vamped up their offense in the second half when Marshawn Lynch rushed 4-yards for the Seahawks touchdown, giving them the lead 10-7. For good measure, the Seahawks scored again on the opening drive of the fourth quarter with a short pass to Paul Richardson for the touchdown making it 17-7. San Francisco was halted on fourth down conversions by the tough Seahawks' defense during the next two drives. All that was left was for Russell Wilson to run the clock out, and moved them closer to the playoffs. Pete Carroll's team is turning things around after a rough start to the season. Next week, the division champions will be decided when the Seahawks meet an injury ravaged Cardinals team that hangs onto the division lead by a thread.

Article by

SGT. ADRIAN BORUNDA

NFL PLAYOFF STANDINGS

NATIONAL FOOTBALL CONFERENCE

No.	TEAM NAME	Record
01	Arizona	11-3
02	Detroit	10-4
03	Dallas	10-4
04	New Orleans	6-8
05	Seattle	10-4
06	Green Bay	10-4

AMERICAN FOOTBALL CONFERENCE

No.	TEAM NAME	Record
01	New England	11-3
02	Denver	11-3
03	Indianapolis	10-4
04	Cincinnati	9-4
05	Pittsburgh	9-5
06	Baltimore	9-5

COLLEGE TOP 25

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



There was only one college football game for fans to enjoy this past weekend. And though the outcome had no significance in overall standings, or the inaugural College Football Playoffs, there is always a ton of pride on the line in "America's Game." However, though the final score was closer than most predicted, the Navy Midshipmen extended their winning streak to 13 over the Army Black Knights with a 17-10 victory.

The winning streak is the longest by either team in their storied rivalry, one that dates back to 1890 and is the longest running rivalry in college football. The win also pushed Navy coach Ken Niumatalolo into the record books as he became

the winningest coach in Midshipman history with his 55th victory.

The bowl season is finally upon us, and this weekend there are five games to choose from. None of the teams are exactly college football's best, but if you're from the respective schools or state it's your last chance to see your team in action until next year.

Nevada takes on Louisiana-Lafayette in the R+L Carriers New Orleans Bowl; Utah State plays UTEP in the Gildan New Mexico Bowl; Utah plays Colorado State in the Royal Purple Las Vegas Bowl; Western Michigan plays Air Force in the Famous Idaho Potato bowl, and South Alabama takes on Bowling Green in the Raycom Media Camellia Bowl. Yes, lame, but football is better than no football. I'll save my predictive powers for next week when teams I've actually heard of face off.

Fear the Fork!

Article by

1ST LT. MACARIO MORA

Stop holding yourself back. If you're not happy, make a change.

SET YOUR GOAL AND GET BUSY

Last week, I wrote about preparing for the Fitness and Figure competition. That competition is only five months away and if you haven't started your fitness regimen yet, today is the day!

The first half of your training will include muscle building. The majority of your focus needs to be on nutritional habits. If you are going to boost your caloric intake, it should be in stages of 500 calories at a time. With that, it's important to make sure you are not over eating – just eating clean. The next important part of building muscle is getting enough

protein. Joseph Belt, MWR fitness director, says "Protein is required by the muscles to grow and repair themselves. It can be found in meat, eggs, fish and poultry."

Finally, you should always drink plenty of water. You can figure out how much you need by multiplying your body weight by .6 oz.

Your workouts should be low repetitions with heavier weights (3-8 reps). You should also limit the training session to under an hour, due to the intensity of the workout. It may help to vary your routine every 4-6 weeks, and it's important to focus on the entire body. This includes legs! Joseph Belt suggests having a medium, light and heavy day each week to prevent overtraining. Belt says,

"Limit the cardio training due to the fact that it can limit muscle growth by burning up much needed amino acids and glycogen."

Wanting to get in shape is a great first step, but it helps to have a specific goal in mind. Working toward being in a competition is a perfect way to set a deadline for yourself and have a way to measure your results in the end.

ARTICLE BY

SPC. MONIQUE QUINONES

JTF MEDIA RELATIONS

WORKOUT:

LEG DAY

RECOVERY

- Myo-fascial Release (Foam Roller)
- Static Isolated leg stretches

PILLAR MOVEMENTS

- Single Leg Alphabet 40 Sec. each leg
- Pillar Lateral Bridge 40 Sec. each side

MOVEMENT PREPARATIONS

- Traveling Lunges 40 steps each leg
- Sumo Squats (4 sets of 10)
- Hamstring curls (4 sets of 6)

STRENGTH SESSION

- 4x10 Goblet squats (female 25lb kettlebell/Male 40lb)
- 4x10 Single Leg RDL (Same weights)
- 4x6 Full ROM Body weight squats



JSMART SPOT

▲ JSMART HELPER: TITAN

NEW BEGINNINGS

We take a moment to reflect on all the positive things we have experienced over the last year as the New Year approaches and focus on lessons learned to make resolutions for the coming year. For many, the New Year signals a fresh start. We can't change the past, but we can prepare for the future.

John F. Kennedy said, "Change is the law of life. And those who look only to the past or present are certain to miss the future." What do you want to accomplish this year?

To prepare a resolution, use the acronym "SMART" goals. A "SMART" goal is defined as one that is specific, measurable, achievable, results-focused and time sensitive. Goals should be simple and clearly defined: What are you trying to do? This is the what, why and how of your goal. Goals should be measurable, so you have tangible evidence. Goals

should be achievable. While they should make you feel challenged, they should be reasonably attainable. Goals should also be "result-focused" in that you note outcomes, not activities. Lastly, goals should have a timeframe, giving a sense of urgency.

The following is how to use a "SMART" goal: A regular goal, "I am going to eat better this year." A "SMART" goal, "By March 15, I will lose 15-pounds by eliminating eating out twice a week, attending four fitness classes per month, for three months, and keeping a weekly tracker of pounds lost."

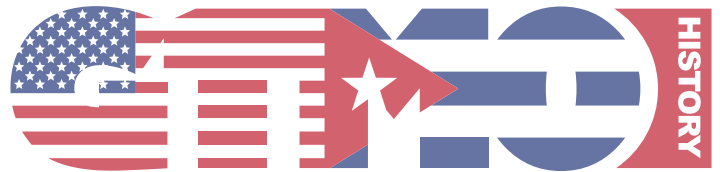
If you follow these steps you may achieve any resolution you set for yourself. Your JSMART team wishes you good luck with your goals and a very Happy New Year!

Article by

PETTY OFFICERS 2ND CLASS

ROBERT MCQUEEN &

ARIANNA LOAIZA



GUANTANAMO DECEMBER 1963



Rear Adm. John D. Bulkeley became the eighth Commander of U.S. Naval Base Guantanamo Bay, until June 1966. He was a decorated hero of World War II, having been awarded the Medal of Honor as a lieutenant, for engineering the evacuation of Gen. Douglas McArthur's family and 22 Army generals and their staff personnel from Corregidor and Bataan in the Philippines to Mindanao Island, on March 11, 1942. In addition to the MoH, other awards he received for his historic

and selfless acts during World War II included the Navy Cross, the Army Distinguished Service Cross with Oak Leaf Cluster, the Army Silver Star, and the Republic of the Philippines Distinguished Conduct Star. He said in an interview in 1987, "I was sent down here by President Kennedy to stop the shanghaiing of Navy Sailors while on liberty, to square up the base, and to ensure we did not yield this base to the government of Cuba, or be driven out by whatever means they chose to take," he said.

Article courtesy of

STACEY BYINGTON

USN HOSPITAL GTMO PAO



RELIGIOUS SERVICES

ROMAN CATHOLIC (NAVSTA CHAPEL)

Saturday*	1700
Sunday*	0900
Mon-Thurs*	1730

PROTESTANT SERVICES (JTF TROOPERS' CHAPEL)

Sunday*	0640
	0900
	1900

PROTESTANT SERVICES (NAVSTA CHAPEL)

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

OTHER SERVICES

Islamic Prayers	Friday	1315	Annex Room 2	
7th Day Adventist	Saturday	0900	Annex Room 1	(Sabbath School)
	Saturday	1100	Annex Room 1	(Sabbath Service)
Latter Day Saints	Sunday	0900	Annex Room 2	
Pentacostal	Sunday	0800	Annex Room D	
	Sunday	1700	Annex Room D	
JTF Bible Study*	Monday	2000	Cuzco Block H	
New Christian's Inquiry*	Wednesday	1900	JTF Troopers' Chapel	
	Saturday	1900	Troopers' Chapel	
Christian Fellowship	Sunday	1800	Main Chapel	(Non-denominational)

*These services are conducted by Army or Navy chaplains

TRANSPORTATION SCHEDULES

BUS SCHEDULE

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

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

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

BEACH BUS

(SATURDAY & SUNDAY ONLY)

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

FERRY SCHEDULE

MONDAY THRU SATURDAY

FERRY

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

UTILITY BOAT

WINDWARD	1630/1730/1830/2030/2230/2330
LEEWARD	1700/1800/1900/2100/2300/0000

SUNDAY & HOLIDAYS

FERRY

WINDWARD	0730/1330
LEEWARD	0800/1400

UTILITY BOAT

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

Photo by David M. Valdez

PARTING SHOT



'SUNSET ON THE WATER' PHOTO BY PETTY OFFICER 2ND CLASS DAVID M. VALDEZ.
FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE
SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE
WIRE

