



SGT. 1ST CLASS ADRIAN FULMORE 525th Military Police Battalion

Here at U.S. Naval Station Guantanamo Bay, you'll notice many branches of military service. I have pride in my country, my branch and myself. So, when I see Soldiers, Sailors, Airmen, Marines and Coast Guardsmen walking around as if they lack pride, it

PRIDE IN SERVICE

hurts. You may be wondering what I mean by that. Well, I'm sure every branch of service has standards and regulations that guide them, especially the standards by which we wear our uniforms. No matter what branch of service you're in there is a standard for wear and appearance of your uniform.

As a senior leader, I feel it's an implied task to approach a Soldier wearing their uniform improperly. That's too easy for me, but when it comes to other branches of service, it's a challenge. The challenge comes from not knowing the standards of the other branches. I decided to combat this issue by correcting anyone who looked wrong to me.

Most of the Service members who wear their uniforms improperly are young and wild. They are away from home for the first time in their lives and with this super nice tropical weather here, it seems like a really nice vacation.

The fact of the matter is we still have to maintain the standards of our uniforms regardless of what branch of service we belong to or where we are. Just like a parent, we must be a shining example for our young. As senior leaders, we must make sure that our future leaders are properly groomed to take over our

Long ago I was told that our uniforms are traditional and carry a great deal of pride. At that time, I didn't understand what that meant, but today as I get closer to retirement it's very clear.

All the men and women who served our country in every branch have made the ultimate sacrifice wearing the uniforms that we wear today. So it's not just a uniform, it's a bridge from one generation to the next. We are charged each and every day of service to wear our uniforms with pride and to ensure our seniors, peers and subordinates do the same.

No matter what branch of service you're in be proud of it. Wear your uniforms with pride! Salute your country's flag with pride! Serve your country with pride! We are representatives for our country and should always display the pride that our fellow Americans show us.

Article by SGT. 1ST CLASS ADRIAN FULMORE 525th Military Police Battalion

JOINT TASK FORCE GUANTANAMO



SAFE



HUMANE



LEGAL



TRANSPARENT











HAPLAIN'S

Oftentimes, our work areas become extremely noisy. At the flightline we are deafened by the roaring jet engines. At the weapons qualification range you have to utilize ear-protection. At the Barber Shop you're trying to listen to the TV, only to be rudely interrupted by the buzzing clippers. You are ordering at the McDonald's drive thru as a clangorous gator passes by to disrupt your request.

Recently, I visited a tumultuous vehicle repair

LISTEN CLOSELY

garage. One mechanic was replacing tires on a massive truck. He was using an ear-splitting power tool to remove lug nuts. A different mechanic attempted to share some instructions with me; however, due to the surrounding noise, I couldn't hear him. I needed to hear his instructions in order to get my vehicle fixed. In order to defeat the clamor, I had to lean in toward

Followers of Christ get easily deafened by the surroundings of life while attempting to listen to the voice of the Lord. Commentator Mark L. Strauss points out some noisy distractions in life: the constant quest for human relationships, material things and distractions like drug addiction, alcohol, gambling and sex ("Exegetical Commentary of the New Testament: Mark" Gen. Ed. Clinton Arnold, Zondervan, 2014).

What can followers do to hear God's voice above the distracting noises in life? Jesus appealed to the imagination of his disciples and applied a common idea of sheep husbandry. The concept is that we are

the sheep, and Jesus is the shepherd. Commonly in Eastern cultures, sheep develop a bond with their shepherd to the point where they recognize the shepherd's voice. There is a connection, a familiarity, closeness and awareness. We can overcome distracting noise when we lean in closer to the Lord, our Shepherd.

Followers can hear the voice of the Lord if they move closer to him. Our relationship with Christ must be intimate. If it is your desire to hear God's voice and defeat the clamor of life, then lean in closer to the Lord. The closer we get to the Shepherd the more we will hear his voice. (John 15; James 4:8)

Article by

CAPT. FRANK VALENCIA

391st Military Police Battalion Chaplain



COMMAND & CHAPLAIN

The military uniform is a battle-worn testament of the sacrifice fellow Service members have made in the past, present and will in the future. It should be worn with pride!



GTMO NEWS

This week in GTMO news, 'The Wire' covers GTMO's newest 5K run/fundraiser, the installation's newest Port Security Unit conducts a joint exercise with Devil Dogs, local high school students remember holocaust victims, and beware of homegrown terrorism.



PHOTO STORY / COVER PHOTO

GTMO residents' hobby turns into a passion as he develops into a brewmaster concocting recipes for all beer enthusiasts.



ENTERTAINMENT & REVIEWS

Two new movies previewed this past weekend, with memoir turned feature film "Wild" starring everyone's favorite girl-next-door Reese Witherspoon, and Thor (or rather Chris Hemsworth) stars in a hacking thriller, "Blackhat."



SPORTS

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



LIFE & FITNESS

The G.J. Denich Gym continues to offer more competitions. Our fitness guru details the newest competition: the Max Performance Games, essentially a Crossfitter's dream.

MOTIVATOR OF THE **WEEK**

PETTY OFFICER 2ND CLASS JOLENE SCARLETT

PSU 308

SPC. GIOVANNI LEYVACOMMAND ELEMENT

WHO HAS THE 'NEED TO KNOW'?

Have you ever had someone ask you questions that you thought were unusual or were a bit too personal? Questions from strangers about our job, family or private life can make us feel uncomfortable. So how do we know what to say? How much information do we give about ourselves? Use the "Need to Know" principle. Ask yourself why this person might be looking for information, and then ask yourself, "Do they have the need to know?" Some people do need to know things about us. For example, our work supervisors, doctors, even security personnel might need to know things as a part of doing their jobs. But does the person next to you in line need to know how you do your job? Does the guy at the Laundromat? How about the next door neighbor? Think before you speak. Don't just give out information because someone asks for it. Use "Need to Know" as your quide. Use OPSEC.

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TROOPER ON THE STREET

WHAT RECREATIONAL ADVICE WOULD YOU **GIVE TO NEW TROOPERS** ARRIVING AT GTMO?



PETTY OFFICER 1ST CLASS **DANIELLE SALIB**

"I would recommend to anyone who comes to GTMO to take advantage of the beautiful water that we have here and do some snorkeling."



SPC. RICHARD SMITH

"I would recommend getting your boating license right away. There is a lot to do on the water as far as fishing and water sports."



LANCE CPL. MICHAEL SMITH

"I've had the most fun paintballing, so if that's something you like to do, there is a course here."

COMMUNITY EFFORTS BRING SUDS TO GTMO



Members of the Guantanamo Bay community take off at the start of the first ever Reef Raiders' 5k-benefit run for SUDS here, Saturday. Nearly 100 people ran or walked to show their support and raise money to help pay for the SUDS' trip here Feb. 12 to 19.

Throughout history, Service members have been injured in war, some physically incapable of enjoying activities they enjoyed prior to their injuries. The community of Guantanamo Bay recognizes their sacrifices and hosted the first-ever Reef Raiders 5K-benefit run here Saturday to raise funds for the Soldiers Undertaking Disabled Scuba's trip to GTMO Feb. 12 to 19.

Every year, SUDS comes to GTMO with seven or eight injured Service members. The trip gives them the opportunity to dive for an entire week with all expenses naid

"This was our first-ever Reef Raiders' run, so we could raise some money for a group that was coming down here called SUDS and to raise awareness for other wounded Service members as well as the group that comes here and locally joins us," said Jessie Keenan, Ocean Enterprises manager.

More than 110 people in the community preregistered for the event and another 30 to 40 registered the morning before the race, bringing the net profit of the event to \$1,800.

"As soon as you mention Wounded Warriors, people come out of the woodwork. They realize what they have sacrificed. They're the reason why we're here, why we're free, and they're the reason why we're here on the island doing what we're doing," said Mary Aubuchan, spouse and event organizer.

Rosa Soto, a spouse visiting her husband on

leave, said that it felt good to have the opportunity to run in support of wounded veterans.

The community is full of residents and visitors who know and appreciate the wounded Service members' sacrifices.

"It feels good to give back. I've been on a couple deployments. I didn't have any injuries like they might have, but I know some of the stuff they may have went through," said Staff Sgt. Johnny Iturralde, event participant.

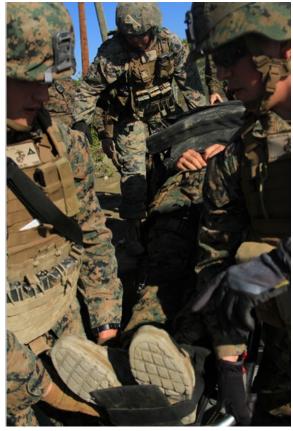
Keenan hoped the entire base would show up and support the cause, and she was overwhelmed by the amount of community support.

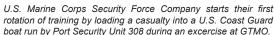
"I was pleasantly surprised about the many different types of people coming down here to show their support today; from the children, to the base residents, to a lot of the Joint Task Force Service members," Keenan said. "So many people have volunteered with the set up, making the burgers to the T-shirts. The participation from the community was absolutely amazing."

Aubuchan said that this is just the start of it. Reef Raiders will bag groceries for donations at the Navy Exchange Sunday, and they will be donating the proceeds to the cause as well.

Story and photo by SPC. AMBER BOHLMAN

PSU KEEPS TROOPERS SOUND AND SECURE







Port Security Unit 308 brings back members of U.S. Marine Corps Security Force Company to their starting point after finishing the first rotation of training that included transporting a casualty to the hospital here.

Saturday morning started bright and early for Port Security Unit 308. They began their morning with a training exercise responding to a call from the U.S. Marine Corps Security Force Company to transport a casualty to the hospital.

"We're doing underway training with the Marine Corps. The joint evolution, overall I thought it went well; it was mainly to prepare us in the event that something did happen, we could respond in a timely manner," said Petty Officer 2nd Class Larry Derouen, a tactical coxswain.

The PSU sat patiently waiting at the boathouse for a call asking for assistance from the Marines.

"This is our first time doing this, and I think it went well on both ends. We can see how we work together. They can do their training, and we can do ours," Derouen said.

The first call they received was for two Marines, one on a litter and one ambulatory. PSU 308 moved quickly and made their way to the injured Marines. Once there, they picked up the two Marines and transported them to the hospital.

"This is good training because the last group that we replaced did four actual MEDEVACs, and it comes down to life or death. This is critical because this drill right here might save a life, so we want to do that, and also build a rapport with the Marines," said Lt. Garrett Hawk, an operations officer with PSU 308.

Once the first part of the training was completed,

... IF **SOMETHING DOES HAPPEN WE WILL MOVE** SMOOTHLY.

the two Marines were dropped off to continue their training while the PSU moved on to the next point to get a good idea of the area where they would tie the boat off and the easiest way for the Marines to get their injured onto the boat.

"Training went great, both the Marines and us learned a lot of good stuff. This was our first time doing it. That's why we put most of the boat drivers and even some of the crew members on the boat – so they can get their approaches and how they were going to moor up," Hawk said.

Once they finished with that they moved back to the boathouse to wait for the next call. When the call came a short while later, the PSU once again moved quickly and made their way to the dock to pick up the next two injured Marines.

"I got positive feedback from the Marines. They have a new platoon that's only been on island for two days, and they were shadowing the unit they were getting ready to replace," Hawk said.

Because of earlier pre-planning, they were able to smoothly pull up to the dock and retrieve the Marines with no issue.

"The joint mission got to show the Marine Corps how we operate and show us, the Coast Guard, how they operate. So we can combine what we did wrong, what they did wrong, talk about it together and from there we know if something does happen we will move smoothly," Derouen said.

Story and photos by SPC. LIZ SMITH

STUDENTS PERFORM HOLOCAUST TRIBUTE



Nelson Arroyo, Ahna Parker, the main actress of "I Never Saw Another Butterfly" and Kaitlin Rice take a bow with other cast members during a standing ovation after their performance of the moving play about Terezin, a showcase ghetto during the Holocaust.

During the horrors committed by the German government during World War II, promises were made of a special ghetto where health care and entertainment would be guaranteed. Many sold all they had to the government to get special housing in this camp. Despite the promises, conditions deteriorated after the Red Cross visited the camp and most of the residents were transported to a death camp.

The town was Terezin, and middle and high school students here at U.S. Naval Station Guantanamo Bay told the story of Jews at Terezin, through the eyes of children, in the production of the one-act play by Celeste Raspanti titled "I Never Saw Another Butterfly" last weekend.

"It was used by the Nazis as a model camp to show it off to the Red Cross, and they sent all the musicians, the actors, the writers, the creative type people to that camp. It was supposed to be kind of a special place," said DeAnna Shaw-Berget, the drama teacher at W.T. Sampson High School. "In the end everybody left there to go to Auschwitz."

The play is based on a collection of drawings and poems of the children at Terezin, which was published into a book with the same name. The name of the book was taken from one of the poems written by Pavel

Friedman, a young man incarcerated at Terezin and later killed at Auschwitz.

OUR FUTURE GOAL IS TO PROVIDE SOME TYPE OF ANNUAL SCHOLARSHIP FOR THE SCHOOL

Before the play started, the United States Army Warrant Officer Association gave a \$250 check to the Student Activity Fund at the school, which will go to the drama department.

"It gives the students the opportunity to have extracurricular activities in the area of the arts," Shaw-Berget said.

"Our goal is to raise money for the GTMO community," said Tyron Bumpus, president of USAWOA, Iguana Chapter. "Mostly to support the high school students."

USAWOA plans to expand their charitable relationship with the high school.

"Our future goal is to provide some type of annual scholarship for the school," Bumpus said.

The students took what they learned about Terezin to deliver stellar performances. They all seemed to genuinely care about portraying their characters accurately and their passion showed throughout the production.

"We did very well; we pulled together," said Ahha Parker, who played the main character, Raja Englanderova. "I love acting. It gives me a chance to express myself."

Story and photo by

SGT. 1ST CLASS ROBERT FREESE

HOMEGROWN VIOLENT EXTREMISM: EDUCATION AND AWARENESS



Last December, reported gang member Ismaaiyl Brinsley allegedly assassinated New York City police officers Rafael Ramos and Wenjian Liu in Brooklyn. Brinsley fatally shot himself in the head after officers chased him through a New York subway station. Prior to the shooting, Brinsley wrote Instagram messages calling for revenge attacks in response to the police killings of Eric Garner and Michael Brown. Earlier that day, Brinsley allegedly shot his girlfriend in Maryland.

The Brinsley case is one of the most recent cases of Homegrown Violent Extremism. However, the threat continues due to the wide range of ideologies that inspire extremists, their increasingly sophisticated use of the Internet and social media, and their willingness to attack soft targets, like schools.

The International Association of Chiefs of Police defines homegrown violent extremists as "those who encourage, endorse, condone, justify or support the commission of a violent criminal act to achieve political, ideological, religious, social or economic goals by a citizen or long-term resident of a Westem country who has rejected Western cultural values, beliefs and norms."

Preventing violent extremism is complex and best handled by state and local agencies.

"Programs at these levels provide the best opportunities to mitigate the radicalization process,

with sensitivities for regional and local realities as well as the ability to address accompanying social and psychological issues," said George Selim, Director for Community Partnerships, White House National Security Staff in a statement given in 2011.

The best defense is quality education, combined with focused education targeting local areas prone to recruitment.

In a 2013 meeting on the role of education in countering violent extremism, held by the Center on Global Counterterrorism Cooperation, the expert consensus was that quality education plays "a critical role in helping young people distance themselves from extremism."

The attendees of CGCC also stated that tailoring education programs specifically to communities where youth are vulnerable to violent extremism should fit the local context.

Government agencies on all levels are also committed to reducing the HVE threat.

The Department of Homeland Security has designed an approach to countering violent extremism that focuses on information sharing between federal, state, local, territorial, tribal, private, civilian and international entities working to counter the threat.

DHS also provides terrorism alerts through the National Terrorism Advisory System, which provides

timely, detailed information about terrorist threats to the public, government agencies, and first responders. DHS hosts the NTAS website at www.DHS.gov/alerts, and NTAS has a social media presence on Facebook and Twitter

Warriors here at Joint Task Force Guantanamo should make sure they are aware of alerts, and that they pass relevant information on to their families.

An awareness brief put out by the U.S. Department of Justice Office of Community Oriented Policing Services, states that local law enforcement and the community can work together, using social media, to help identify, prevent, and counter HVE by educating community members, engaging community members across diverse issues, and by engaging youth in that education.

Some of the DOJ recommended programs for youth are police athletic leagues, youth police academies and youth advisory councils.

Article by
SGT. 1ST CLASS ROBERT FREESE
Photo Illustration by
SPC. AMBER BOHLMAN

Creativity **MAN'S GARAGE**

The sound of laughter and cheerful conversation flowed from the garage of U.S. Naval Station Guantanamo resident, Bob Schaffeld. It appears like any garage until the door swings open, and the smell of barley and hops wafts through the air; instantly your sense of smell comes to one conclusion — beer. This isn't an ordinary man cave; it's a place where creativity brews.

Refrigerators line one wall; sinks line the other, and directly in between are steaming stainless steel pots filled with grains and berries cooking into a concoction that will soon become beer.

Schaffeld said for years he had expressed interest to his wife about wanting to learn how to brew beer. Finally, she relented. She purchased a homebrew starter kit for his birthday in 2008; a passion was born.

Brewing beer takes hours: it's an art. To master the art, a brewer must ensure the beer is at the right temperature throughout the process and concoct the right recipes to excite his taste buds and those of his beer connoisseur friends.

"I love the creativity. I don't drink beer to get drunk. I like sour beers; beers that can take one to two years to be able to drink," Schaffeld said. "More of the creative side, not so much beer for drinking but just coming up with a recipe, kind of like a chef kind of thing."

Lt. Cmdr. Loren Standley, Schaffeld's friend and an administrative director, agrees with Schaffeld that the Art of Brewing is only limited by a Brewmasters imagination.

"There is no limit to what you can make beer out of," Standley said.

Schaffeld wants everyone to know that his garage is always open for those who are interested in the magic that goes on within.

"People drive by, and they stop and come in. People kind of just come out of the woodwork," he said

There are about five or so men who get together; they jokingly think of themselves as the Brewmasters of GTMO. They are able to look at the creative side of each beer as well as enjoy the different tastes and the company of those who also enjoy a good brew.

"Everyone is invited. The thing about beer is that it brings all walks of life together," said Petty Officer 2nd Class Danny Rodriguez, corpsman. "I've never met one person who doesn't enjoy a beer. It doesn't matter what your status is. Two people can come together, and enjoy a beer together and have a good time with it."

The Brewmasters of GTMO are a prime example of a hobby evolving into a passion and now possibly becoming a dream come true.

"Thanks to Bob and Stephen Prestesater, Morale Welfare and Recreation food and beverage is in the process of trying to open their own microbrewery here," said Mike de Andrade, MWR hospitality director.

Story and photos by

SPC. AMBER BOHLMAN



Multiple times a month, Petty Officer 2nd Class Danny Rodriguez, Stephen Prestesater, Lt. Cmdr. Loren Standley, Bob Schaffeld and Chief Petty Officer Matt Dierlam get together to let their creativity brew. Schaffeld and Standley both hope to someday open their own brewing companies after they return home.



After the mash is created, it's mixed with hot water and malted barley for two hours where the starches in the malted barley are converted to sugar and create wort. Schaffeld drains the wort into stainless steel canisters to gather as much fermentable wort as possible.



The wort is placed into a kettle and boiled for an hour. During the boiling, the wort evaporates, leaving only sugars and destroying any enzymes left over from the mashing stage. Hops are also added during the boiling stage for flavor, bitterness and aroma.



Standley shows what the hopped wort looks like after its been boiled and the liquid has been drained. It can be used for composting and animal feed in order to repurpose it.

REVIEW / BLACKHAT













The newest blockbuster film, "Blackhat" follows a misfit FBI cyber-terrorism team trying to stop an elusive and unknown hacker. The hacker causes a meltdown at a Chinese nuclear power-plant and a spike in the Wall St. Stock Market in New York, all part of a larger, more destructive agenda.

The FBI team is comprised of furloughed prisoner Nick Hathaway (Chris Hemsworth), his best friend from his MIT past; Chen Dawai (Leehom Wang), who now works for the People's Republic of China, Dawai's sister; Chen Lien (Wei Tang), who is a computer networks specialist of some kind, and FBI agents Carol Barrett (Viola Davis) and Mark Jessup (Holt McCallany), who helps Barrett and watches over Hathaway. The team tracks the hacker all over the world, from Los Angeles to Malaysia and China, encountering resistance along the way from tactful mercenaries and hard-to-follow communication techniques.

Directed by Michael Mann (Public Enemies, Collateral and Heat), "Blackhat" had many characteristics of a typical Mann film. It was stylish, eerily serious and was riddled with quietly compelling scenes. Unlike Mann however, it lacked scene depth and excitment. Though good, most scenes couldn't deliver the edge-of-your-seat expectations we've come to expect from a Mann film.

Mann's reputation will doubtfully suffer any credible losses however. Instead, rookie writer Morgan Davis Foehl will most likely take the fall. "Blackhat" was Foehl's first actual film-writing gig. He was only previously mentioned in the editorial department on a few Adam Sandler films and several TV series from 2004-2006. Why Mann brought Foehl onboard with so little experience is unknown, but for Foehl, it'll be a hard lesson learned. Sorry Foehl, maybe Adam Sandler needs some help with "Click 2."

Hemsworth did a decent job as Hathaway throughout the film. Even though his character did go full ex-convict toward the end, letting all that MIT tech experience go to waste. Davis relied on her oh-so-famous serious gazes you might recognize from "Law & Order." McCallany's character hid in the background during most of the film, until a game changing scene about two-thirds of the way through where he turns into a complete mad-man with pin-point accuracy. This

is where I refrain from going into further detail to avoid possible spoilers.

The real stars of this film were the locations. Mann was able to show off some amazing city and landscapes from around the world, including China and Malaysia. These locations, along with Mann's quietly intense filming style and his use of size relationship, made these scenes quite breathtaking.

On the other hand, the villain became the films largest let-down. Keeping his identity hidden throughout the entire film by out-smarting Hathaway at every corner, the villain finally gets pushed against a wall, forcing him to make a rather disappointing appearance. Showing why he's considered a B-list actor at best, with his inability to measure up to the film's genius, terrorist hacker.

"Blackhat" receives three stars for its failure to live up to its advertised hype. Put it behind you Hemsworth, we'll see you soon in "Avengers: The Age of Ultron."

Movie review by SGT. RICK HOPPE

IN THEATERS THIS WEEK

	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
DOWNTOWN	The Gambler (NEW) R, 7 p.m. Blackhat R, 9 p.m.	Strange Magic (NEW) PG, 7 p.m. Woman in Black 2 (NEW) PG13, 9:15 p.m.	Join us at 3:30 p.m. at the Downtown Lyceum for Super Bowl XLIX and pre-game tailgate party	Top Five (LS) R, 7 p.m.	Annie (LS) PG, 7 p.m.	Wild R, 7 p.m.	American Sniper R, 7 p.m.
BULKELEY	Woman in Black 2 (NEW) PG13, 8 p.m. Wild R, 10 p.m.	The Gambler (NEW) R, 8 p.m. Blackhat R, 10 p.m.	Strange Magic (NEW) PG, 8 p.m.	LYCEUMS CLOSED	American Sniper R, 8 p.m.	LYCEUMS CLOSED	Top Five (LS) R, 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.

REVIEW / WILD





Based on the Cheryl Strayed memoir "Wild: From Lost to Found on the Pacific Crest Trail"



Reese Witherspoon plays Cheryl Strayed in this film based on her memoir about hiking the Pacific Crest Trail in the wake of her divorce, the death of her mother, and her recovery from heroin addiction.

Director Jean-Marc Vallée (Dallas Buyers Club) crafts a story that puts Witherspoon alone in the wilderness to fight, and to walk past her demons she has accumulated. Flashbacks of having an abusive alcoholic father, coping with the loss of her mother, and extramarital affairs, break up life on the trail with a jarring affect that pulls the audience out of the beauty of the wilderness into back-alley sexual encounters and drug-filled affairs that eventually lead to the dissolution of her marriage. For all these reasons Strayed, a novice hiker, takes on a 1,110 mile challenge that ranges from the southern border of California to Oregon.

It's along the way these flashbacks begin to fill out the puzzle as to who Strayed has become over the years. Initially challenged by watching her mother in an abusive relationship, she grows to be an intelligent college student who eventually has her

mother as a fellow student. Vallée and Witherspoon form a character, which by all standards would be a social outcast and ignored by most, into a redeemable fledgling of a woman.

She puts her body through the physical and emotional demands of living mostly in solitude and learning from the land what is truly necessary and what is not. As a side note, remember to ensure the hiking boots you buy fit properly - it will save you a few toenails.

Vallée takes us through some of the most beautiful countryside west of the Mississippi River, yet does nothing but place Witherspoon in it and hope that is enough to make a shot. It was not. There was a significant effort to show Witherspoon in the struggles of hiking alone, but that solitude could've been emphasized with a bit more creativity in shot selection or landscape cinematography.

Although there are expansive shots, there were never really any scenes that screamed, "You're alone and all you have is your wits!" She survived the Mojave desert, and really that's all anyone can do, but I was

waiting for a timelapse of stars in expansive cloudless sky at night, or an over head shot of nothing but Witherspoon but alas, nothing, wait, there was the occasional bush.

"Wild" is a story that is relatable in the end. Maybe not that exact extreme, but as we all know, the passing of loved ones is an inevitable part of life that requires healthy coping.

Strayed's story can be a cautionary tale that mixes the illicit reality of drug use and the visceral need for connection with another human, and it plays to that story well, but it's more than that. It's a story of loss. Loss of love, loss of loved ones and of one's self, but it's how we get back to being whole that is important. "Wild" allowed itself to be spelled out for the audience but, I think that was the point. We know the general idea of where this is going but that allows enjoying the trail that is traveled. Four stars for "Wild," so go see it and don't bring the kids.

Movie review by

SGT. ADRIAN BORUNDA

MWR 2015 SPORTS SCHEDULE

MONTH / DAY ACTIVITY

January 17 Softball Tournament January 20 M&F Soccer League January 26 Indoor Volleyball February 7 Full/Half Marathon Kickball League February 9 February 21 10 Mile Trail Run February 23 Tennis League March 14 Softball Tournament March 28 **Sprint Triathlon** March 30 Softball League Color Run April 4 April 6 Flag Football April 13 Basketball League April 20 Golf League April 25 Olympic Triathlon JPJ 5 Miler May 9 May 15-16 Captain's Cup Event May 24 Fitness Festival Racquetball League June 8 June 13 NE Gate 12 Mile Run June 15 Soccer League June 22 Sand Volleyball League Softball Tournament July 4 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** Flag Football League September 28 October 5 Basketball League October 24 Paddle, Pedal, Paintball November 14 Duathlon November 26 T-Day Half Marathon December 11 Army / Navy Game December 19 Holidav Basketball

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

Jingle Bell Fun Run

December 24

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

SWINGING FOR THE FENCES



Andrea Green, left, and Leslie Swart, both members of the Trailer Park All Stars softball team, look on from the dugout Saturday during the MWR softball tournament at Cooper Field.

The sound of cleats clacking on the side walk, softballs rolling out onto the field and the swish of practice swings with bats were the precursors of the MWR Softball Tournament.

Teams representing different units, ranks and services competed Saturday for the MWR trophy and bragging rights as the best softball team in the land – well at least Guantanamo.

Co-ed teams went head to head in a bracket-style tournament that truly tested the skill and endurance of the participants as the event started at 10 a.m. and did not finish until a champion was crowned after 8 p.m.

The skill levels ranged from novice to former collegiate level baseball players. One of those players was Huey Miller, with the Trailer Park All Stars team.

"The tournament has an awesome atmosphere, and there are a lot of teams represented. Almost all the units here are represented, and everyone is very sportsman like," Miller said. "They put on a good show, the music is great and the concessions are great, and it's overall a great atmosphere in comparison to other military softball tournaments I've been in."

Although the bragging rights are sought after by all teams, it's not the only part Miller looks forward to.

"I love the camaraderie," he said. "I love everyone getting together to play the sport. It's different playing with the military. Everyone is motivated; everyone works hard. You can see the military work ethic come

out, and everyone is professional that they hold a high level of sportsmanship."

Andrea Green, another tournament participant, was happy to get her fellow teammates out on the field.

"There have been some guys who have played before in the unit, and it wasn't hard to get a team together," Green said. "They've come out and practiced a couple of nights a week. A lot of them have played before, so just getting them out here on the field and moving was key."

Hard hits, acrobatic catches and fast running weren't the only things on display out on the field.

"I love to see the leadership displayed at all levels, at all ages," Green said. "These guys are enthusiastic, and they've built that much of a stronger team at work."

As the sun lowered and the mosquitoes swirled around, one team after another was eliminated, the agony of defeat and the jubilation of victory thinned the herd to the remaining few.

In the end it was the GTMO Regulators who ended the day with hands raised in victory as the top softball team.

Story and photo by

SGT. ADRIAN BORUNDA



THE PRO BOWL AND #DEFLATEGATE

Sunday was the NFL Pro Bowl, or as I like to call it, "The I wasn't good enough to make it to the Super Bowl, so here's another opportunity to make some more money" Bowl. As if we needed another reminder of the awesomeness of pro football players, they don't even lose like the rest of us. Instead of ranting about the pointlessness of the Pro Bowl, I'll break it down.

Michael Irvin and Cris Carter were the opposing coaches who dueled in Glendale, Arizona as the NFL broke with the traditional AFC vs. NFC Pro Bowl game held in Hawaii. Each coach drafted players four days before the game, and they played on the same field the Super Bowl will be played on Sunday. As for the actual game, well it was more of a "street game" as Drew Brees put it. With a rule against blitzing and no real defensive effort brought by any team, it was a show up and have fun game. And that was exactly

what happened as J.J. Watt reportedly led the crowd in dances during commercial breaks. The players on the winning side earned \$55,000 apiece, losers \$28,000. All and all a great reason that begs the question in my head, why have this pointless game anyways?

Oh yeah, team Irvin won 32-28.

#DeflateGate

There's a saying heard over and over again among my fellow Warriors. It's a statement that holds true in moments like these, "You weren't there!" As much as we would all love to throw in our two cents about the recent controversy that has engulfed the New England Patriots organization, we weren't there, and until any investigation has proved any knowingly and willful act of cheating, and that's what this is, we can only hold on to "innocent until proven guilty." My second point is one that has reverberated throughout this onslaught of media coverage – deflated balls or not, there is no way that the Colts stood a chance in the AFC Championship game. They needed more than perfectly inflated balls to win that game.

Article by

SGT. ADRIAN BORUNDA



Before a crowd of 30,000 countrymen in Stockholm, Alexander Gustafsson attempted to secure his spot as the No. 1 contender for Jon Jones and the Ultimate Fighting Championship light heavyweight belt. Unfortunately for the Swede, someone forgot to tell his opponent Anthony Johnson that it was his night to shine.

Johnson clipped Gustafsson with a right hand that dropped him to his knee. Johnson was relentless with follow-up punches as Referee Marc Goddard gave Gustafsson every chance to recover, but one last uppercut snapped the Swede's head back, and the referee had seen enough. At 2:15 of the first round, Anthony "Rumble" Johnson laid claim to the No. 1 contender status in a shocking upset that left the Tele2 Arena in Stockholm completely silent. Johnson, who has won nine consecutive bouts, is perhaps the scariest man in the UFC.

The co-main event ended even quicker as Gegard Mousasi finished Dan Henderson in little over a minute in their middleweight bout. Henderson, a former two-division champ in the Pride Fighting Championship, has now lost five of his last six fights. Though Henderson argued the stoppage was premature, the legendary fighter, now 44 years old, is undoubtedly a shell of his former self.

Also on the main card, Arizona State alum Ryan Bader took on "Mr. Wonderful" Phil Davis in a pivotal light heavyweight matchup between two Top 10 fighters. Both wrestlers, Bader a two-time All American and Davis a collegiate champion, cancelled out each others' strengths throughout much of the fight, which turned into a bit of a snooze fest. Bader took home a split-decision victory, but the performance isn't likely to move him up the rankings much.

This Saturday UFC 183 will feature the return of Anderson Silva and Nick Diaz. Silva, widely considered the greatest fighter of all time – yes including Bruce Lee – returns after a yearlong absence after suffering a broken leg in his attempt to recapture his middleweight belt from Chris Weidman. He gets the always exciting but undersized Nick Diaz in his welcome back fight.

Article by
1ST LT. MACARIO MORA

SUPER BOWL XLIX SUNDAY, FEBRUARY 1

Tune in this Sunday from 4-6 PM for Touchdown Tommy & Crew's Super Bowl Special on Radio GTMO 103.1

POUND TOP 10

No.	NAME	Record
01 02 03 04 05 06 07 08	John Jones Jose Aldo Chris Weidman Anthony Pettis Demetrious Johnson Cain Velasquez Anderson Silva Daniel Cormier	21-1 25-1 12-0 18-2 21-2-1 13-1 33-6 15-1
10	Robbie Lawler Johny Hendricks	25-10,1NC 16-3



MAX PERFORMANCE GAMES

The G.J. Denich gym is offering many options for you fitness fanatics to test your hard work. The 1000LB Club has started, so go see Fitness Coordinator Joseph Belt for more information. Once you do that, you can also begin planning for the Max Performance Games in March!

The Games will include three team events and one final round for the top four teams. Event 1, the "Chipper 500 Ladder," will test competitors on box jumps, kettle bell swings, wall ball, air squats and burpees.

One member of your team will begin by performing 15 box jumps, then rest while member two performs 15, and so on until the team completes 100 total jumps. The goal is to complete all 500 exercises in the shortest amount of time.

To start preparing for the Games, you can attend the Max Performance or Speed Agility/Quickness classes at the gym.

"The event is mixed with routines that you would find in both classes," Belt said.

Space is limited for these Games. Only 16 teams of four will be allowed to compete. Get your team together now and be prepared to register on Feb. 16!

Article by

SPC. MONIQUE QUINONES

JTF Media Relations

CHOCOLATE CARAMEL & COFFEE PROTEIN SHAKE

from muscleandstrength.com

Ingredients:

2 scoops of Chocolate Whey protein powder

8 ounces of coffee

8 ounces 2% milk

2 tbsp caramel creamer

Directions

This shake recipe takes seconds to make and turns protein shakes into something a bit more satisfying. Simply place 8 ounces of brewed coffee and 8 ounces of milk into a shaker cup. Next add 2 tablespoons of caramel creamer. International Delight Caramel Macchiato flavor, for example, is a great choice. Finally add in 2 scoops of your favorite chocolate.

"To be number one, you have to train like you're number two." – Maurice Green



RETURN & REUNION

Reintegration is the stage of the deployment cycle characterized by a Service member's reentry into the daily life they experienced prior to deployment. Deployments can be stressful, which may lead one to fantasize about a perfect return home. However, many people fail to realize that reintegration back to one's home life can also be stressful.

For months, family and loved ones had to function and live life without the deployed Service member. Children may not run into your arms upon arrival and significant others may have rearranged household goods and furnishings. It is normal to feel out of sync with family upon arrival. Everyone must readjust after a deployment, not only Service members. The period of readjustment for families after deployments can take four to six weeks. It's important to communicate with loved ones prior to reintegration.

Make sure you speak about reunion expectations, including pick-up times and welcome home festivities. Make sure

you think positively, and compliment your significant other on how he or she has handled taking care of the home and the children. Resist the temptation to go on a spending spree to celebrate your return or to make up for lost time. The extra money saved during deployment may be needed later for unexpected household expenses. Realize that while most family members are excited for your arrival, they may not know how to express it. Don't try to rush reintegration – it takes time.

For more information on returning home, stop by JSMART or the Fleet and Family Service Center, which specializes in post-deployment reintegration. Tune into JSMART Radio Fridays from 12-1400 on 102.1 FM. Email any questions about JSMART the Spot or Radio content to jsmartradio@outlook.com

Article by

PETTY OFFICERS 2ND CLASS ARIANNA LOAIZA

and

ROBERT MCQUEEN



BULKELEY HALL DEDICATED

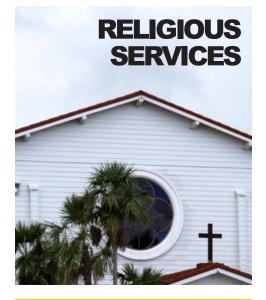


Bulkeley Hall, on the NAVSTA side of U.S. Naval Station Guantanamo Bay, was dedicated 28 years ago this week.

Bulkeley Hall, the new Fleet Training Group headquarters, was officially dedicated, Jan. 31, 1987. Cutting the ribbon was Rear Adm. John D. Bulkeley – Medal of Honor recipient from his heroic actions during World War II, and former commander of U.S. Naval Base Guantanamo Bay, for whom the building is named – and RADM Thomas Emery, Commander of Training Command, U.S. Atlantic Fleet.

Article courtesy of
STACEY BYINGTON
USN Hospital GTMO PAO

Photo by SGT. 1ST CLASS ROBERT FREESE



NOTICE!

The NEX gas pumps will be closed February 7-9 for gas pump repairs. Please notify your fellow Troopers and plan accordingly.

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* Contemporary*	Sunday Sunday	0930 1100	Annex Room 1 Main Chapel	(Liturgical Service)
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	
Pentecostal	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' Cha	apel
	Saturday	1900	Troopers' Chapel	
Christian Fellowship	Sunday	1800	Main Chapel	(Non-denominational)

^{*}These services are conducted by Army or Navy chaplains

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

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

:11/:31/:51

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

DOWNTOWN LYCEUM

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

