

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

THE WIRE

December 24, 2015



BUSTING THE MYTH: ENHANCING RECYCLING

WHAT YOU CAN DO TO HELP
GTMO'S GREEN INITIATIVE

MILITARY POLICE PUSH THEIR BODIES TO THE LIMIT

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TROOPERS ON EDGE OF SEATS
FOR HOLIDAY SPECIAL

PHOTO STORY

COMMANDER'S HOLIDAY MESSAGE

Over the course of the last few weeks I've heard many Troopers say they find it difficult to believe we are in the holiday season. Warm weather and no unbearable traffic or maddening crowds at the mall make this season different from what most of us experience during the holidays at home. More importantly, that feeling may come from being separated from families and friends.

In the face of that feeling, I offer some thoughts kindled by the recent community Christmas parade. On that night filled with decorations and music our community came together to enjoy the magic of the season. It was a reminder that some of the most valuable gifts in our lives are time spent with other people. So, even if we are not able to be with family and friends at home this season, we are still together with our JTF GTMO family. We are fortunate to serve alongside men and women who daily demonstrate an amazing

commitment to our mission, a willingness to volunteer and make the community better, and who embody great teamwork.

I encourage each of you to take time to reflect on the true meaning of the holiday season and share that gift with your battle buddies, wingmen, shipmates, spouses, parents, friends and leaders.

In that spirit, I offer my THANKS TO EACH OF YOU FOR WHAT YOU DO – for your service and sacrifice to keep us safe here and at home. I wish you peace, joy and all the best this wonderful holiday has to offer. May this incredible time of giving and spending time together bring you joy and fill your heart with blessings for the entire year.

Merry Christmas and Happy Holidays!

Article by

NAVY REAR ADM. PETER J. CLARKE

Commander, JTF GTMO



NAVY REAR ADM. PETER J. CLARKE

Commander, JTF GTMO



YE OLDE HOLIDAY TRADITIONS – THE UNTOLD STORY

It's the most wonderful time of the year, trees are decorated with tinsel, fireplaces crackle with light, people rush around catching up on last-minute shopping, carolers practice their best renditions of "Silver Bells" and snow blankets the ground. Well, maybe not that last one, at least not at U.S. Naval Station Guantanamo Bay, Cuba. Every year, even in the tropics, we participate in traditional holiday activities, but just how traditional are they, and who's tradition?

Take Christmas trees: you would be hard pressed to find a more recognized symbol of Christmas than an evergreen clad in silver and gold. Folks might be surprised to learn that "Christmas" trees far pre-date Christmas, or even Christianity in Europe. In fact, pre-Christian Europeans decorated and celebrated the Tannebaum (fir tree) as part of the Winter Solstice, the celebration of the "rebirth" of the sun each year.

The Solstice takes place annually Dec. 20-23, marking the lengthening of days in the Northern hemisphere. Evergreens were

considered divine because even as the days became shorter and darker leading up to the solstice they did not "die," they remained green instead. They represented the eternal nature of the gods and were decorated out of reverence.

The solstice was just one part of a larger celebration, known as Yule, which the pagans of Europe practiced prior to Christianization, a process that ultimately resulted in many pagan traditions being integrated into Christian practice. We can still see evidence of this today, especially those which have kept "Yule" as part of their name.

Yule Log has come to mean a type of rolled cake, often decorated to look like a wooden log. However, the Yule Log was originally an actual log, generally from an ash tree as that species holds special significance for pagans, being the same as Yggdrasil, the World Tree. The log was burned to celebrate the longest night of the year, as well as to celebrate the future lengthening of days. Several rules governed the log, but two were of particular

importance. The log must never be bought, it could only be a gift to be received or harvested from one's own lands. Secondly, a piece of the log must be saved each year and then used to light the next year's log.

"Yuletide Carols" will also be familiar to most readers, yet again, they stem from ancient Nordic tradition. The practice of yulesinging, also known as wassailing, has been described in pagan texts written as early as 400 A.D. and was referred to as ancient even at that time. Wassailing traditionally consisted of toasts and singing to promote goodwill, good health, prosperity and bountiful harvests.

So what does this mean for today's celebrant of Christmas? Nothing! Enjoy the season, say Happy Holidays, drink eggnog and wear ugly sweaters. Perhaps though, armed with new appreciation for the season's history, we can see how it really has drawn people across cultures together.

Article by

ARMY SGT. IAN WITHROW



LEADERSHIP & HOLIDAY

The JTF Commander offers his thoughts on the holiday season to Troopers. Learn about ancient origins of modern holiday traditions.



GTMO NEWS / COVER PHOTO

Troopers were challenged physically and mentally in the Best Warrior Competition. Read part three in a series highlighting GTMO's recycling program.



PHOTO STORY

MWR hosted Cirque Guantanamo where performers seemingly defied gravity. The holiday-themed event wowed more than 300 attendees.



ENTERTAINMENT

"Star Wars VII" reawakens the passion of the series' fans. Three stars come together in an outrageous Christmas tale of friendship and debauchery.



HEALTH & JSMAART

Room cleanliness is essential especially during a deployment. Read tips for a tidy space. JSMAART warns us of using food for comfort during the holidays and offers healthier options.

MOTIVATOR OF THE WEEK

**DUE TO THE HOLIDAY NO MOTIVATORS WERE SELECTED
HAPPY HOLIDAYS!**

HOLIDAY OPSEC!

It is the holidays once again and everyone is anxious to talk to family and friends. Most communication traffic is probably going to include some form of PII. PII is an acronym that means "personally identifiable information." Information such as your name, social security number, phone number, local address, home of record, birthday, place of birth, and mother's maiden name are all considered PII. Putting this type of information on Facebook, Twitter or other internet websites can put you at a much greater risk of financial fraud, credit and identity theft. Any information is tied directly to you or could be used to identify you should be protected. Many people do not think about the need to protect this information until it is too late. Do not let this happen to you or your family. Use OPSEC to protect your PII. Happy Holidays!

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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MILITARY POLICE PUSH THEIR BODIES TO THE LIMIT



A Soldier with the 525th Military Police Battalion completes an obstacle course at U.S. Naval Station Guantanamo Bay, Cuba on Dec. 22-23, as part of the Best Warrior Competition.

The Soldiers of the 525th Military Police Battalion defined “warrior” during their Best Warrior Competition at U.S. Naval Station Guantanamo Bay, Cuba on Dec. 22-23.

At 1 a.m., Dec. 22, Soldiers gathered at the Cooper Field Complex, signed in, and weighed their rucksacks before their first event: a modified Army Physical Fitness Test.

Unlike the standard APFT in which soldiers wear the Army Physical Fitness Uniform, the warriors competing wore their Army Combat Uniforms instead. Additionally, the events were modified to make them more challenging. The push-up event was changed to a decline push-up. Competitors had their feet raised approximately two feet off of the ground. The sit-up event was changed to require competitors to hold a metal 25-pound weight while completing their repetitions. The standard two-mile run was doubled and competitors were required to carry both their M9 pistol and M4 rifle. All participants were graded on the 18-21 male age group, regardless of age or sex.

“The run was definitely made more challenging by carrying our weapons,” said Army Sgt. Douglas Alexander, an MP with the 525th MP Bn.

A fourth event, pull-ups, was added to the PT test.

“It (the PT test) was a little different, but as far as getting

through it, it went pretty smoothly,” said Army Pfc. Rayshawn Moore, a MP with



A Soldier with the 525th Military Police Battalion qualifies with his M4 rifle at U.S. Naval Station Guantanamo Bay, Cuba on Dec. 22-23.

the 525th MP Bn.

The competitors were just getting started; however, as they made their way to the parking lot beside Cooper Field where they conducted the Gator push-and-pull event. Soldiers carried loaded ammo cans, dragged a 165-pound dummy, and pushed and pulled a Gator across a parking lot as quickly as possible.

“I did really well on the Gator push and pull event,” said Alexander, who also said it was his best event.

A short 1.5-mile ruck march from Cooper field was the next challenge before the Marine Corps obstacle course at GTMO’s Marine Hill.

The course consisted of various wooden and metal walls, bars and other obstacles, culminating in a free-hanging rope. Most Soldiers completed the initial obstacles, but the rope was a challenge for already muscle-fatigued Troopers.

Immediately following the obstacle course were the “trauma lanes,” a pair of dummies used to practice combat medicine and casualty care. Soldiers were presented with a dummy and given a diagnosis, then handed a kit with a variety of first aid items. The goal of this event was for each Soldier to correctly treat

challenge, a 10-mile ruck march across the rolling hills of GTMO toward Windward Range. With temperatures reaching more than 100 degrees and the blazing sun beating down on them, Troopers toiled for nearly three hours to reach their last destination. Mile markers were accompanied by water stations and roving vehicles with ice water patrolled the course, offsetting the hazards of the tropical heat and keeping Troopers safe.

The ruck march was by far the hardest event, said Moore. He added, like many other competitors, he had to stop several times to rest.

“My main goal was to finish and I definitely did that,” said Alexander.

Once at the range, Troopers took standard weapons qualifications tests with both of their weapons, and did the weapons box challenge. Large plastic bins were filled with four disassembled weapons, all mixed together, which competitors had 10 minutes to assemble.

The last event of the competition was a written exam, administered at the Bulkeley Lyceum, which encompassed a wide variety of basic Soldier skill information.

the casualty for the wounds.

By 9:30 a.m., participants began perhaps their most demanding

Article and photos by
ARMY SGT. IAN WITHROW



A Soldier with the 525th Military Police Battalion, passes the ninth mile marker during a 10-mile ruck march on Dec. 22-23.

BUSTING THE MYTH: ENHANCING RECYCLING



Editor's note: This story is the third in a three-part series highlighting the recycling center here and its mission.

Every action has potential positive or negative consequences. Sometimes people do not realize the consequences their actions may have on themselves, others or the environment. This is especially true when discarding plastics, metals and other recyclables at U.S. Naval Station Guantanamo Bay, Cuba. Some Joint Task Force Guantanamo Troopers may not think twice about what happens to a plastic bottle after they are done, or worry about a soup can after they have enjoyed their meal; but what happens to these objects affects all of GTMO.

Once an item is thrown away, it is taken to the landfill where it is most likely going to get burned, said Army Lt. Col. Khalid Chaudhry, the officer-in-charge of preventative medicine for JTF GTMO. Service members need to know why it is important to keep recyclables from being burned. Plastics produce byproducts that are harmful to humans when inhaled.

To combat this persistent problem, steps have been taken to enhance the recycling program here.

The NAVSTA Public Works Department has purchased more than \$55,000 of recycling containers to place around the JTF and NAVSTA, said David Balog, the environmental protection specialist with the NAVSTA PWD.

"We are doing what we can and now we

are trying to do more," said Balog.

In addition to purchasing containers, recycling education and awareness are being promoted by employees with the PWD and JTF's preventative medicine. Chaudhry, an environmental scientist with the 744th Military Police Battalion, has taken the initiative to disseminate information throughout the command.

“WE ONLY HAVE ONE EARTH AND WE HAVE TO PROTECT THAT”

Education is a key component of an effective program, said Chaudhry, who added that plans to brief service members about the recycling program at GTMO's Newcomer's brief are in the works.

JTF's senior leadership is also involved in promoting awareness of the recycling program.

"We recognize excellence every week by motivator of the week, maybe we can create some kind of recycling incentive," said Army Command Sgt. Maj. David Carr, the senior enlisted leader for the JTF. "Anything to

encourage the program. By virtue of their positions in the military most people are very competitive, so I think if we had a reward system based on unit vs. unit, that would be a very smart thing to do. Service members like to win."

The Navy Exchange also offers incentives for recycling. When customers use a reusable bag they are given five cents off of their purchase for each bag.

Balog also said he would be willing to give service members a tour of the recycling plant and landfill in order to educate them and show them the problems and efforts associated with recycling here.

Carr said he has faith in service members and he knows they can make a difference.

"Recycling is one small thing we can do to extend the life of earth," said Carr. "We only have one earth and we have to protect that. Every single one of us needs to do their small part."

Choosing whether or not to recycle affects everyone, so think before you throw something away.

For more information or to find out how you can help enhance the recycling program, contact Balog at David.Balog@gtmo.navy.mil.

Article by

SPC. JUSTIN LE MALONE

Photo illustration by

ARMY SGT. CHARLIE HELMHOLT

AERIAL ACTS DEFY GRAVITY DURING CIRQUE GUANTANAMO PERFORMANCES

An enthusiastic crowd energized the performers during Cirque Guantanamo at the Downtown Lyceum on Dec. 19, at U.S. Naval Station Guantanamo Bay, Cuba. Service members from both NAVSTA and Joint Task Force Guantanamo attended the event to support the Florida-based artists.

The group known as AntiGravity, previously performed at two military bases in Japan, and used various acrobatics and aerial events to entertain the GTMO crowd of approximately 300.

"I think it was a great event," said Elizabeth Leonard, the Morale, Welfare & Recreation fitness facility manager. "I think it was one of the best events I've seen in GTMO and a great opportunity for the community to experience something new."

Troopers were excited to see the event and reminded them that the holidays were just around the corner.

"The Christmas theme really helped make it feel like Christmas," said Army Sgt. Gabrielle Bernal, the mailroom supply clerk, with the 525th Military Police Battalion. "I was really impressed. I didn't expect them to bring this to GTMO."

Bernal said she would not have the opportunity to see aerial acts during the holidays back at home and appreciated the opportunity to see the performance. The holiday themed event allowed her to feel closer to home during this time of the year.

The AntiGravity performers were excited to put on the show for GTMO residents and used a mix of holiday music for their show.

"It was so much fun," said Sarah Ivory, principal aerialist for AntiGravity. "The audience seemed

to love it. They clapped for us and cheered for us and gave us the energy to perform tonight."

The artists of AntiGravity created the performance for the Troopers with the holiday season in mind. The set was decorated with red curtains and the costumes were designed for a holiday or Christmas theme.

"We felt we were coming here for a Christmas season, so we wanted to give a little bit of a Christmas feel," said Heather Dodt, principal aerialist for AntiGravity. "That is how we came up with the order tonight."

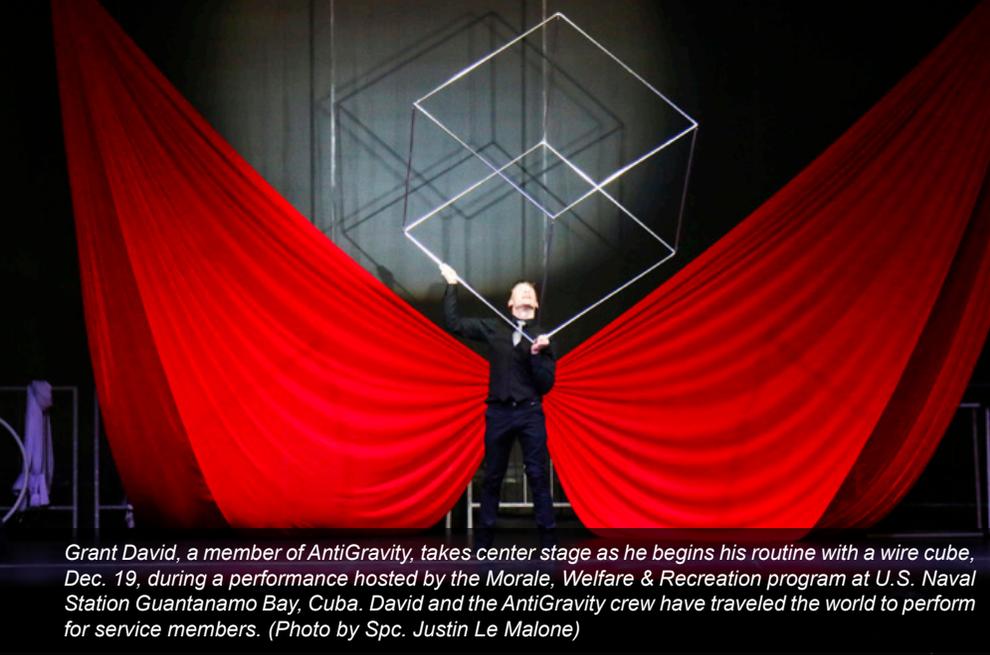
According to Dodt, the performers have trained their entire lives to get to where they are now. Training and rehearsals for each new event are difficult and take time. To maintain and perfect their routines, Dodt said they conduct 25 classes each week.

It has been more than three years since the AntiGravity performers have been at GTMO and the crew was excited to be here. The performers thanked the Troopers for their support and service.

"I really love doing stuff for the troops because I know you guys don't get as much stuff out here," said Cory Tabino, a principal performer for AntiGravity. "You guys are some of the best audiences we have ever worked for and I thank you all for your service. This is probably one of the best ways I can personally do that."

After the show, the performers spent time with audience members to thank them for their service, shake hands, and take pictures to mark a memorable evening.

Article by
ARMY SGT. RYAN L. TWIST



Grant David, a member of AntiGravity, takes center stage as he begins his routine with a wire cube, Dec. 19, during a performance hosted by the Morale, Welfare & Recreation program at U.S. Naval Station Guantanamo Bay, Cuba. David and the AntiGravity crew have traveled the world to perform for service members. (Photo by Spc. Justin Le Malone)



Sarah Ivory, a principal aerialist for AntiGravity, goes through her performance routine. (Photo by Spc. Justin Le Malone)



Grant David, a member of AntiGravity, spins on an oversized metal hoop. (Photo by Spc. Justin Le Malone)



Sarah Ivory, a principal aerialist for AntiGravity, does a split mid-air as she electrifies the crowd. (Photo by Army Sgt. Ryan L. Twist)



Cory Tabino, a principal performer, performs a hand balancing act. (Photo by Spc. Justin Le Malone)



Spectators watch and enjoy the performance put on by AntiGravity. Troopers and children of all ages enjoyed the aerial stunts and exciting show of strength. (Photo by Spc. Justin Le Malone)



AntiGravity members wave to the crowd after their performance for Troopers and Guantanamo Bay, Cuba, residents. (Photo by Spc. Justin Le Malone)

MOVIE REVIEW / **STAR WARS EPISODE VII**

Let me start out by saying, the movie, “Star Wars Episode VII: The Force Awakens” isn’t perfect. Contrary to its five-star score, it has issues. Most of those stem from story and character function. I’m not blind to them, but ultimately this movie could have been a disaster in so many ways. Instead it was a great movie that kept me entertained and had me feeling like I did as a kid - first discovering the force.

Beginning with the problems I saw in the movie: a new super weapon, much more powerful than the original death star, despite being presumably built by a smaller entity than the Galactic Empire; the fact that our inexperienced force-using protagonist was able to stand her ground against the much more seasoned Kylo Ren; and a few other little nuances that can be found with some digging. That’s it.

I was thoroughly entertained. There was so much that J.J. Abrams had to do in one movie and so many ways he could have really screwed it all up. He had 30 years to cover all that happened in the galaxy, introduce a host of new characters and fuse their stories with the old cast. Plus, and probably more importantly, he had to set the stage for not just this story but for the next movie or two to come. Check, check and check.

There were other things I didn’t care for, like the fact that five planets are just wiped out with nary a nod from anyone, but that is really digging. It all comes down to the look, polish and feel of the movie. I remember episodes I, II, and III, and the almost embarrassment I felt for them. This was so different. It felt like the original “Star Wars.” Sure, there is a lot we don’t know, but ignorance is not necessarily damning. We don’t know all that happened with Luke, but I’m really interested in learning what did take place. We don’t know much about the Order of Ren but I am amped to find out more about them. How much more powerful will Kylo Ren become? We

just have to accept that we don’t have all the answers and will have to wait to find them out; and that’s okay, they will come, I promise.

This movie had everything a “Star Wars” movie should have had. It appeals to every generation of fan, those from the 1970s, to those kids who will get their first taste of “Star Wars” in “The Force Awakens.”

The characters were played extremely well. Not only was there no Jar Jar character archetype, but also every character seemed fleshed out and real. Each character was believable and a great addition to the franchise. The cast was far less wooden and has the feel of the original films. Consequently, if you just sit back and allow yourself, it is far easier to go along on their journey. The directing of the film was as flawless as it could have been. Abrams is a master storyteller of near-Spielberg quality.

We are unanimous here at “The Wire” about defending the five-star rating we are giving “The Force Awakens.” We also understand you may disagree. While we certainly find your lack of faith disturbing, there is not enough space in every edition of “The Wire” to have this debate.

The solution: send us your concerns on our Joint Task Force Guantanamo Facebook page or Twitter @JTFGTMO and we will enlighten you with a nerdy, in-depth response. Through our dialogue we may learn something.

I give this movie five banana rats out of five.

“Star Wars Episode VII: The Force Awakens” is rated PG-13 for Sci-Fi action violence.

Movie review by
ARMY SGT. CHARLIE HELMHOLT



IN THEATERS THIS WEEK

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

Concussion (New) PG13, 7 p.m. Point Break (New) PG13, 9:30 p.m.	The 33 PG13, 7 p.m. The Night Before R, 9:30 p.m.	The Good Dinosaur PG, 6:30 p.m. Burnt (LS) R, 8:30 p.m.	Star Wars: Episode VII The Force Awakens PG13, 7 p.m.	The Peanut Movie G, 7 p.m.	Spectre (LS) PG13, 7 p.m.	Alvin and the Chipmunks: The Road Chip PG, 7 p.m. In the Heart of the Sea PG13, 9 p.m.
12/25 FRIDAY	12/26 SATURDAY	12/27 SUNDAY	12/28 MONDAY	12/29 TUESDAY	12/30 WEDNESDAY	12/31 THURSDAY
The 33 PG13, 8 p.m. The Night Before R, 10:30 p.m.	Concussion (New) PG13, 8 p.m. Point Break (New) PG13, 10:30 p.m.	Spectre (LS) PG13, 8 p.m.	LYCEUM CLOSED	Burnt (LS) R, 8 p.m.	LYCEUM CLOSED	The Good Dinosaur PG, 8 p.m. Star Wars: Episode VII The Force Awakens PG13, 10 p.m.

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

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

MOVIE REVIEW / THE NIGHT BEFORE



Ethan (Joseph Gordon-Levitt), Isaac (Seth Rogan) and Chris (Anthony Mackie) come together for their last Christmas hurrah before they enter the next phase of their lives: career, family and responsibilities. "The Night Before" is a merry tale of three friends who were brought together after Ethan suffered a tragedy 14 years ago that his friends helped him cope through massive quantities of drugs and alcohol. Fast forward, more than a decade and the three friends have finally decided their yearly tradition of drunken debauchery on Christmas Eve around New York City must end, with Isaac expecting a child and Chris in the twilight of his football career.

The three friends travel around the city, to all the same places they visit every year, including a few detours along the way. Isaac is given a holiday basket of drugs by his wife so he can end his tradition with a bang. In typical Rogan-character fashion, Isaac happily wanders

through the movie with his buffoon-like, drug-induced hallucination antics getting into one debacle after another. Ethan, however, is most interested in spending the last big night with his friends and wishing them well into the new phases of their lives.

For Ethan, this year had to be different, it had to be big. Then, as if a Christmas miracle lands on his lap, he serendipitously comes across the most elusive tickets to the best Christmas party in the city, The Nutcracker Ball, with exactly enough tickets for him and his friends – convenient, I know. Ethan knew Christmas was magical and this year was going to be the best.

As soon as the three amigos begin their festivities, Isaac begins his drug-binging, Chris wanders off with a hipster chick that plays the Grinch and to find drugs to impress his NFL buddies and Ethan works to keep the three together. All while trying to figure out what he will do with his life and whether he can rekindle a recently lost love.

"The Night Before" is the Christmas version of every movie Rogan has ever played: drug binging, hallucinations and friends getting into and out of trouble. The film dances between comedy and serious issues of maturation and responsibility. There's an element of love and friendship and many instances of outrageousness that tie it all together. This is not a holiday classic by any stretch of the imagination, but it is entertaining and does not dwell on any one issue for very long. If you enjoy seeing Rogan and Gordon-Levitt making fools of themselves and the occasion cameo by James Franco and Tracy Morgan, then you may enjoy this film.

To be clear, it was entertaining but not great. This film will be forgotten like every other Rogan film. It employs his classic buffoon comedy and his drug-induced "trips" that everyone generally laughs at and then goes on with their lives. Nevertheless, in the spirit of Christmas generosity, I give "The Night Before" three banana rats out of five. It will keep you entertained and laughing, but I doubt you will take this movie out and watch it every year.

"The Night Before" is rated R for drug use and language throughout, some strong sexual content and graphic nudity.

Movie review by
ARMY SGT. CHRISTOPHER A. GARIBAY



KEEP CLEAN, HYGIENIC ROOM TO RID BUGS, OTHER UNWANTED PESTS

Hygiene and keeping your room clean is important in general, but when you are in a deployed environment, cleanliness becomes even more imperative. Many times on a deployment, space is shared with one or more people. Keeping a messy and unhygienic room can lead to outside pests invading such as cockroaches, ants and sand fleas, as well as an unhappy roommate.

Each room has a level of pollutants and other particles, but we can keep them to a minimum by practicing good hygiene. Simply keeping your bedding and clothes washed can keep critters away.

A clean room can lead to a better night's sleep, a more productive and creative environment, as well as a happy roommate.

To start, we are all adults and do not have our parents to do our cleaning for us, so it is a personal responsibility to keep a tidy room. Serving in any branch of the military means inspections are a fact of life. Keeping a clean room means you are always prepared at anytime.

Finding items in a clean room is a much easier task and can be a money saver. For those who lose things and simply re-purchase them, a clean and tidy room can help.

There are many ways to keep a clean room, but here are some tips to get started. First, do not hoard useless items; throw unused items away. Prioritize by taking care of the most obvious things first. Put all dirty clothes in a laundry basket or bag, wash dirty dishes, and make your bed. Put personal items away, in drawers or cabinets. When your room is in order, it is also easier to take care of deep cleaning. Cleaning the floors, walls, sink and tables are much easier when things are put away. Last, but certainly not least, trash can make a small room smell bad, take your trash out daily.

Article by

ARMY STAFF SGT. ALEAH M. CASTREJON

"Take care of your body. It's the only place you have to live." - Jim Rohn



JSMART SPOT

JSMART HELPER: DIEGO

HOLIDAY BLUES: FEEDING YOUR EMOTIONS

The holidays are the time of year for plenty of feasting, cookies, candy and desserts. During this time, we would all like to be spending time with our loved ones at home, but instead we are apart and working hard on the mission at hand. This can make us feel down and some negative emotions can arise.

We all enjoy the feasts and sweets, which are accessible throughout the holidays on island. Indulging as a celebratory means is not necessarily bad. It could also lead to emotional eating, however, as a way to cope and distract from negative emotions.

Emotional eating is often maladaptive and can result in binge eating or the overeating of high caloric foods. While it might provide temporary comfort by triggering the release of "happy" chemicals in our brain, it is usually followed by feelings of guilt and irritability after coming down from the "sugar high" and anxious mood.

Also, be aware of your portion

sizes during this time of year. This will help you find a healthier way of coping and not to use emotional eating, start small and go back for seconds, if you are still truly hungry.

So, instead of filling the "holiday blues" void with comfort foods, try to make use of your time in a more positive way. Spend time taking a walk, going to the gym, talking to a friend or battle buddy, creating something at the Arts and Crafts center, communicating with your loved ones, taking advantage of one of the many (usually free) MWR activities, or relax in a way that works for you.

Stop by JSMART for more information regarding stress management, positive coping and relaxation techniques.

Article by

**NAVY PETTY OFFICER
3RD CLASS
JONNI GILLISPIE**
Joint Medical Group

MILITARY HISTORY

AMPHIBIOUS OPERATION IN REVERSE

Editor's Note: When looking at historical events that happened at Dec. 24, one might only be able to think of Christmas Eve. However, there is more to Dec. 24.

Generally described as an "amphibious operation in reverse", the evacuation of Hungnam, that ended Dec. 24, 1950, encompassed the safe withdrawal of the bulk of UN forces in eastern North Korea. It was the largest sealift since the 1945 Okinawa operation. In nearly two weeks, more than a hundred-thousand military personnel, 17,500 vehicles, and 350,000 measurement tons of cargo were pulled out of theater. In comparison with the retreat in central and western Korea, little was left behind. Even broken-down vehicles were loaded and lifted out. Also departing North Korea through Hungnam were some 91,000 refugees, a large number, but not nearly as many as had gathered to leave.

The first major unit to go was the First Marine Division, which arrived in Hungnam on Dec. 10-11, after its successful fighting withdrawal from the Chosin Reservoir area. The Marines were followed by Republic of Korea troops, the U.S. Army Seventh Division and Third Division. The ROK First Corps landed at Mukho, on the Korean east coast below the Thirty-eighth Parallel. U.S. forces were mainly taken to Pusan, where the influx initially overwhelmed that port's capacity.

Though the Chinese did not seriously interfere with the withdrawal, the potential threat they represented necessitated a vigorous bombardment by aircraft, artillery ashore and ships' guns.

Courtesy article by

**DEPARTMENT OF THE NAVY-
NAVY HISTORICAL CENTER
WEBSITE**

RELIGIOUS SERVICES

ROMAN CATHOLIC (NAVSTA chapel)

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

PROTESTANT SERV. (JTF Troopers' chapel)

Sunday* 0900&1900
 Friday 1900

Friday night movie

PROTESTANT SERV. (NAVSTA chapel)

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

OTHER SERV. (NAVSTA chapel)

Islamic Prayers Friday 1315 Annex Room 2
7th Day Adventist Saturday 0900 Annex Room 1 (Sabbath School)
 Saturday 1100 Annex Room 1 (Sabbath Service)
Latter Day Saints Sunday 0900 Annex Room 19
Pentecostal Sunday 0800 Annex Room D
 Sunday 1700 Annex Room D
*Christian Fellowship** Sunday 1800 Main Chapel (Non-denominational)
Jewish Study Friday 1900 Call JTF Chaplain for location*

BIBLE STUDIES (JTF Troopers' chapel)

Monday 1900 JTF Troopers' Chapel
 Wednesday 1900 JTF Troopers' Chapel
 Saturday 1900 JTF Troopers' Chapel

Game Night

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

Tuesday 1900 Taught by Navy Chaplain

ALCOHOLICS ANONYMOUS MEETINGS

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

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

BUS SCHEDULE 05:00 - 01:00

Camp America :00/:20/:40
 Gazebo :01/:18/:21/:38/:41/:58
 Camp America NEX :02/:17/:22/:37/:42/:57
 Camp Delta :04/:13/:24/:33/:44/:53
 Camp 6 :07/:10/:27/:30/:47/:50
 HQ Building :55/:15/:35
 TK 1 :01/:17/:21/:37/:41/:57
 TK 2 :02/:16/:22/:36/:42/:56
 TK 3 :03/:15/:23/:35/:43/:55
 TK 4 :04/:13/:24/:33/:44/:53
 CC :00/:19/:20/:39/:40/:59
 JAS :14/:34/:54
 Windjammer / Gym :02/:17/:22/:37/:42/:57
 Gold Hill Galley :04/:15/:24/:35/:44/:55
 NEX :06/:13/:26/:33/:46/:53
 NEX Laundry :07/:27/:47
 C Pool :10/:30/:50
 Downtown Lyceum :11/:31/:51

EXPRESS BUS SCHEDULE 09:55 - 19:55

Camp America :48/:55
 TK 1 :05/:36
 Windjammer / Gym :11/:31
 Gold Hill Galley :14/:29
 NEX :16/:27
 Downtown Lyceum :17/:25

BEACH BUS (Saturday & Sunday only)

Windward Loop / E. Caravella: 0900/0930/1200/1230/1500/1530/1800/1830
 SBOQ / Marina: 0905/0935/1205/1235/1505/1535/1805/1835
 NEX: 0908/0925/1208/1225/1508/1525/1808/1825
 Phillips Park: 0914/1214/1514/1814
 Cable Beach: 0917/1217/1517/1817
 Return to Office: 0940/1240/1540/1840

FERRY SCHEDULE

Monday - Saturday

FERRY

Windward:

0630/ 0730/ 0930/ 1030/ 1130/ 1330/ 1530/ 1630

Leeward:

0700/ 0800/ 1000/ 1100/ 1200/ 1400/ 1600

UTILITY BOAT

Windward:

1630/ 1730/ 1830/ 2030/ 2230/ 2330

Leeward:

1700/ 1800/ 1900/ 2100/ 2300/ 0000

Sunday & Holidays

FERRY

Windward:

0730 / 1330

Leeward:

0800 / 1400

UTILITY BOAT

Windward:

1030/ 1530/ 1730/ 1830/ 2030/ 2230

Leeward:

1100/ 1600/ 1800/ 1900/ 2100/ 2300

SHOW OFF YOUR WIRE KNOWLEDGE: WIN A PRIZE!

Love "The Wire?" Love Trivia?

Submit your answers on below questions regarding stories in this week's edition by Dec. 29, to thewire@jftgmo.southcom.mil and be entered to win a prize.

1. What Joint Task Force battalion level unit participated in the Best Warrior Competition?
2. Who can you contact for information on how to enhance the recycling program?
3. What is the dog's name in the JSMART column this week?



SOLDIER IS PROMOTED TO SERGEANT UNDERWATER

Spc. Ian Withrow, a public affairs specialist with the Joint Task Force Public Affairs, is promoted to sergeant, in an underwater promotion ceremony off the coast of Cuba on Dec. 6, by Army Sgt. 1st Class Rob Fafoglia, public affairs chief, also with the JTF PAO. (Photo by Army Sgt. 1st Class Marie Schult-Slosser)

Photo by Brian Ozden

PARTING SHOT



'IGUANA ON GOLF COURSE' BY BRIAN OZDEN. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE WIRE

