

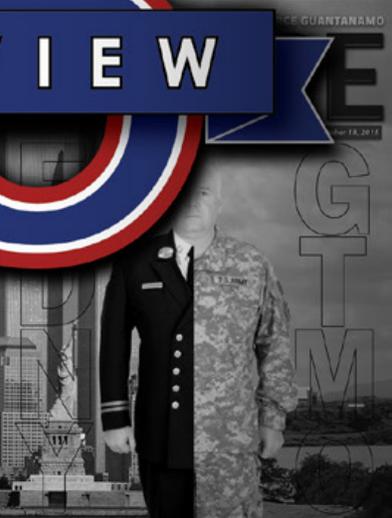
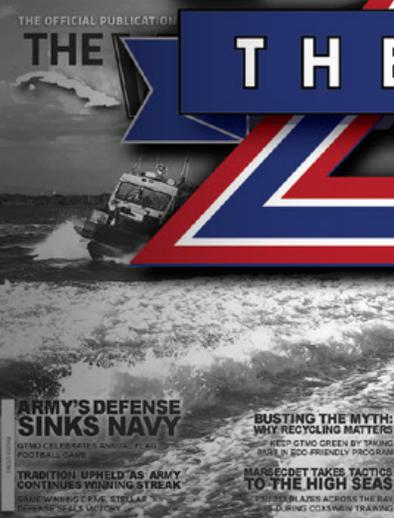
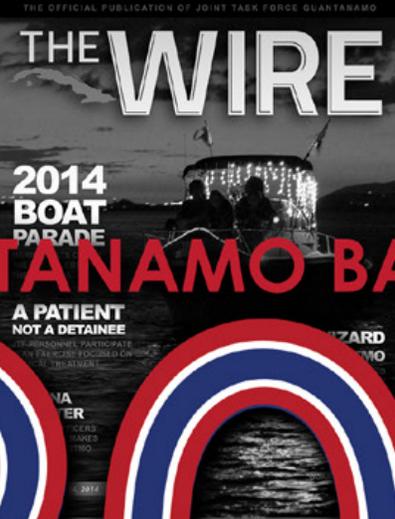
THE WIRE

December 31, 2015

GUANTANAMO BAY

2015

THE YEAR IN REVIEW



2015 MWR SPORTS & ACTIVITIES LIST INSIDE!

NIMS - NEW RESOURCE FOR TRUSTED PROFESSIONALS

While we are on the same team and serve the same purpose, sexual assault and sexual harassment have been a common, unacceptable, problem in the military. However, the Army has come up with classes and blocks of instruction to make service members aware, teach them what to look for, and prevent it from happening. A new tool includes "Not in My Squad", better known as NIMS.

The newest tool is a web-based resource accessible to all Soldiers. Initially the tool was specifically used for sexual assault and sexual harassment, and while that is still the main purpose of the resource, the web-based tool has expanded. NIMS empowers senior leaders to assist junior noncommissioned officers to be better leaders in all areas including leadership, training, physical fitness and the prevention of sexual assault.

The goal of the sergeant major of the Army's project of, "Not in my squad. Not in our Army. We are trusted professionals," according to www.tradocnews.org, is to empower first line leaders to fight sexual assault in the ranks. The resource is also intended to inspire and encourage junior leaders to take ownership of solutions.

The tool is designed to rate a series of statements about the condition of your team or

squad when you first visit the site, according to www.armytimes.com. The statements cover topics, which include trust, standards, discipline and esprit de corps, to name a few. This allows the team and squad leaders to assess the way the troops view the leaders and offer areas of improvement on their end.

Not only does the tool assess each individual squad, it provides results to compare your unit with other units who have also NIMS. You can use the results to make improvements to your team, squad, unit and the Army.

While NIMS is not mandatory, I highly suggest leaders use this tool to improve themselves and their subordinates. Sexual harassment, sexual assault, lack of trust and low esprit de corps can destroy a unit. We are all professionals fighting the same fight; this web-based tool can track many areas of improvement and ensure we are constantly tracking our progress and succeeding.

The resource can be accessed through the website at <http://cape.army.mil/not-in-my-squad/#>.

Article by

**ARMY COMMAND SGT. MAJ.
DAVID W. CARR**

Command Sergeant Major, JTF GTMO



**ARMY COMMAND SGT. MAJ.
DAVID W. CARR**

Command Sergeant Major, JTF GTMO

SETTING GOALS FOR BODY WELLNESS

with all your mind and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these."

What I gather from this passage is that to be completely healthy we must focus on the health of our body, our mind, and our faith as well as to love those around us. The physical body is likely the simplest to work on while at GTMO. We have access to medical clinics, fitness centers, exercise classes, trainers, a dietitian, and a number of water activities. A Trooper need only seek and they will find ways to improve the health of their body.

For a healthy mind, we must find ways to challenge ourselves mentally. GTMO has many opportunities for this as well. These opportunities include a wood shop, an arts and craft shop, an education center, a writing workshop and much more. However, another simple way to challenge your mind is to simply find a new route to work or to find a new way to perform a common task, remembering to

always follow SOPs, of course.

Last, but not least, the health of our faith is also essential for whole body wellness. The easiest way to incorporate faith into our lives is through prayer, which is a part of many religious traditions. Another healthy activity is fellowship with others who share your faith or beliefs. The chaplains here do a great job of providing services and other meetings for a variety of faiths, but if you do not see a group that reflects your faith, just ask your chaplain about starting one. Chances are that you are not alone.

So get out there and improve your wellness. By focusing on whole body wellness we should all be able to find ourselves better connected with our faith as well as achieving better overall health.

Article by

**ARMY CHAPLAIN (CAPT.)
ROBERT E. HOSKINS**

JTF GTMO Chaplain



When I received orders to Guantanamo Bay, Cuba, I began to put together a list of possible goals for my time here. One of these goals is to attempt a state of whole body wellness. Along with a desire to achieve an overall healthier lifestyle, I hope to reach this goal as a way to better connect with my faith.

In Mark 12: 28-31, some people asked Jesus "of all the commandments, which is the most important?" Jesus responded by citing Deuteronomy: "The most important one," he answered, "is this: 'Hear, O Israel: The Lord our God, the Lord is one. The most important one is to love the Lord your God with all your heart and with all your soul and



LEADERSHIP & CHAPLAIN

The JTF command sergeant major introduces a new resource available for leaders. Chaplain explains how setting goals is important for physical, mental and spiritual wellness.



GTMO NEWS

Long-awaited cable brings “blazing” internet speeds to GTMO. Troopers look forward to better communication. Learn how the Cypress cutter helped boaters safely navigate the bay.



PHOTO STORY

Take a look at our year in review photo spread. The photographs highlight JTF Troopers during work and play throughout the past year.



ENTERTAINMENT

The Jingle Bell Jog helped make the holiday festive and memorable. Will Smith does it again in “Concussion.” Read one person’s perspective on this phenomenal film.



HISTORY & JSMART

Many historical events happened on this day in history. JSMART gives advice on how to maintain your New Year resolutions. Stay safe from shore breaks when venturing out to the beach.

MOTIVATOR OF THE WEEK

**DUE TO THE HOLIDAY NO MOTIVATORS WERE SELECTED
HAPPY NEW YEARS!**

CASUAL CONVERSATION CAN CAUSE CHAOS!

Have you ever told someone information was “off the record?” While you are at Joint Task Force Guantanamo, there is no such thing as “off the record.” You are a JTF Trooper 100 percent of the time, in or out of uniform, around family, friends, media or other base visitors. Perhaps you said, “You didn’t hear this from me...” and gave out information you were told not to share. This type of casual conversation is a violation of OPSEC and can compromise an operation. Ensure sensitive information you have been entrusted with stays off the record. Practice rock solid OPSEC!

The Wire is an authorized publication for members of the Department of Defense. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF GTMO. The contents of The Wire are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the U.S. Army, Air Force, Navy, Marines or Coast Guard. The editorial content of this publication is the responsibility of the Joint Task Force Guantanamo Bay Public Affairs Office. The Wire is printed weekly by the Defense Logistics Agency Document Services with a circulation of 1,025. It is distributed free to all personnel assigned to the Joint Task Force and is published online.

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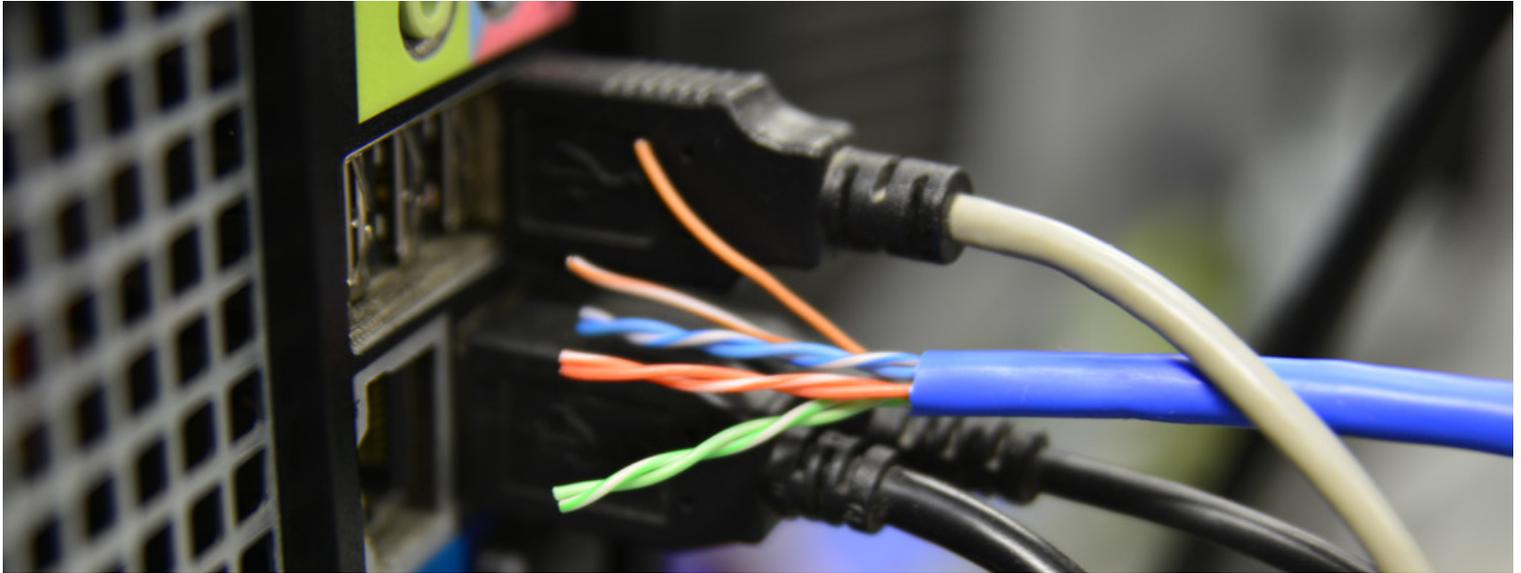


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FASTER INTERNET - LONG WAIT BECOMES REALITY



The long-awaited high-speed fiber optic internet cable is coming. No, really, it is. Approximately 2,100 Joint Task Force Guantanamo personnel will be seeing speeds up to 2.5 times faster by January, said Army Capt. William Johnson, the J6 Network Operations officer-in-charge. After a few months of testing the bandwidth, Johnson expects those speeds to increase.

“Faster communications means better up and download speeds and gives us options to improve the services we provide,” said Air Force Capt. Amanda Chivers, the previous J6 Network Operations officer-in-charge. “The thing people will notice the most is the latency in downloading web pages and conducting video teleconferences will decrease significantly.”

Not only will the faster internet speed improve working conditions at U.S. Naval Station Guantanamo Bay, Cuba, service members will also reap the benefits in their room later next year, when the base awards contracts to internet service providers, said Johnson.

Spc. Andrew Chang, a paralegal specialist for the military justice staff judge advocate with the 744th Military Police Battalion, said faster internet speeds would eliminate his need to rely solely on the Morale, Welfare & Recreation internet located in the Liberty Centers. Having the ability to video chat in his room would allow him to contact his family more often.

Additionally, the cable will provide an area code for GTMO, making it easier for Troopers to call home, said Navy Petty Officer 1st Class Joseph Rodriguez, an equipment operator diver, who is with

Underwater Construction Team One from Little Creek, Virginia.

Many obstacles have contributed to the long wait for faster internet speeds.

Justifying the \$40 million project was the biggest one, said Chivers. The uncertainty of the duration of the Office of Military Commission and the Joint Task Force made decision-makers hesitant to commit to a major project such as this one.

“**...ONE OF THE BEST PROJECTS ...ESPECIALLY BRINGING BETTER MORALE**”

Since the project was approved, the Navy Underwater Construction Team One, worked from Oct. 19 to Nov. 9 to lay more than 1,300 kilometers of double-armed undersea cable, extending from Dania Beach, Florida, to GTMO.

Although, the divers’ job was no easy feat, they reveled in the challenge.

“This was probably one of the best projects we were able to come and do, especially bringing better morale,” said Rodriguez. “Hopefully for the near future for everybody that’s stationed here to make

life a little bit easier to contact family.”

In addition, they laid split pipe, which protects the fiber optic cable, said Johnson. The team also dug trenches for the cable in shallow waters to ensure boats and submarines would not hit it.

Xtera Communications, a Texas company, took on the task of laying the cable on land.

“This trench will terminate at a manhole, which must be dug and secured,” said Johnson. “A concrete pad must be laid to facilitate a Cable Landing Station where the cable itself will terminate and join our local infrastructure. The contractors must dig these trenches, create these manholes, lay the concrete and drop the pre-fabricated CLS onto the pad.”

After securing the CLS to the foundation, the contractors must prepare the interior for network connection, said Johnson. Then they must dig trenches from current fiber optic infrastructure to the CLS, lay new cable and connect all cabling at the CLS.

Right now, the project is in its last stage, said Chivers. The cable is undergoing testing to ensure no damage was done during the cable-laying process.

After the testing, the project will be considered finished, but one more challenge stands in the way of faster internet; GTMO’s aging infrastructure may need some revamping in order to provide the best service possible to troopers, said Chivers.

Article by

**ARMY SGT. IAN WITHROW AND
SPC. NICOLE NICOLAS**

Photo illustration by

ARMY SGT. CHARLIE HELMHOLT

CUTTER AIDS GTMO MARINERS' NAVIGATION

The Coast Guard Cutter Cypress, based in Pensacola Naval Air Station, Florida, visited U.S. Naval Station Guantanamo Bay, Cuba on Dec. 16, to conduct Aid to Navigation maintenance on two buoys, ensuring local mariners can continue to safely navigate the waters in the bay. The ATON mission is part of scheduled maintenance conducted to buoys within the Gulf of Mexico and Caribbean, the area where the Cypress operates.

The cutter crew invited about a dozen members of the Joint Task Force Guantanamo to tour the ship and see another capability of the Coast Guard. They boarded the ship through a watercraft ride by the Port Security Unit 313 Maritime Security Detachment and had an opportunity ask questions about the distinctive missions the Coast Guard undertakes. Additionally, JTF Troopers were able to see the crew load and unload buoys onto GTMO waters, which is not part of the MARSECDET mission.

"This is a great opportunity for members of the PSU community. They never get the chance to see the other side of the Coast Guard," said Coast Guard Lt. Cmdr. Paul Pukis, deputy commander of the MARSECDET. "It's neat to see how our members observe and

relate what happens here to what they do in their PSU job. Anytime we can showcase the good work the Coast Guard does to anyone is a great opportunity."

Pukis said the goal was to allow other JTF personnel who have never spent any time with the Coast Guard to see some of the work that gets done and gain an appreciation for what the Coast Guard is all about.

Members of the JTF jumped at the opportunity to board a ship and see firsthand what the cutter crew did in the waterways.

"When the offer was presented to me I did not know what to expect but I was glad to say yes for the experience," said



Chief Petty Officer Jay Leatz, chief boatswain mate; Petty Officer 3rd Class Collin Stoddard, boatswain mate third class; and Seaman Diana Brown, pull a buoy, which indicates wreckage debris, to another area in order to warn boaters of potential hazards, Dec. 17. (Photo by Army Sgt. Christopher A. Garibay)

Army Sgt Steven Waite, awards noncommissioned officer with



Coast Guardsmen, with Joint Task Force Guantanamo, board the U.S. Coast Guard Cutter Cypress during an Aid to Navigation mission along the bay, Dec. 17, at U.S. Naval Station Guantanamo Bay, Cuba. (Photo by Army Sgt. Ian Withrow)

the J1 Directorate, Personnel and Manpower. "The operation of the Coast Guard, prior to

of the cutter Cypress. "Our job is to ensure the waterways are marked in the best way possible for safe navigation. Normally we'll go into a port every couple years to do servicing on aids, but you're always going to find out something discrepant or isn't working."

Florentino said they were able to use the NAVSTA dive team to help guide the marker and avoid obstructions. She said they regularly use divers to reach areas of the GTMO that are too shallow for the cutter to navigate through.

Coast Guard Lt. j.g. Paul Dellisola, executive officer of the Cypress cutter, said the cutter takes part in 10-15 trips a year, traveling all across the Gulf of Mexico and Caribbean.

"Every buoy has to be visited once a year to ensure it is still in place," said Dellisola. "Standard buoy trips are one to two weeks, but the longer trips, like those out here, are 21 days."

Dellisola said, in addition to ATON missions, it also conducts search and rescue missions, law enforcement missions to include drug and alien deterrence, and pollution response.

Article by
ARMY SGT. CHRISTOPHER A. GARIBAY



Members of the U.S. Coast Guard cutter Cypress prepare to hook up a buoy to conduct maintenance on a broken light. (Photo by Army Sgt. Christopher A. Garibay)

today, went unnoticed in my eyes. (Their mission) was a great example of teamwork and leadership."

The cutter is tasked with maintaining navigation markers around the Gulf of Mexico and even along areas in the Caribbean to include Haiti. While at GTMO, the Cypress crew also marked wreckage debris along the ferry lane to warn boaters of potential hazards in the water.

"Each navigation work is full of challenges because you never know what you're going to find on scene," said Coast Guard Cmdr Amy Florentino, captain



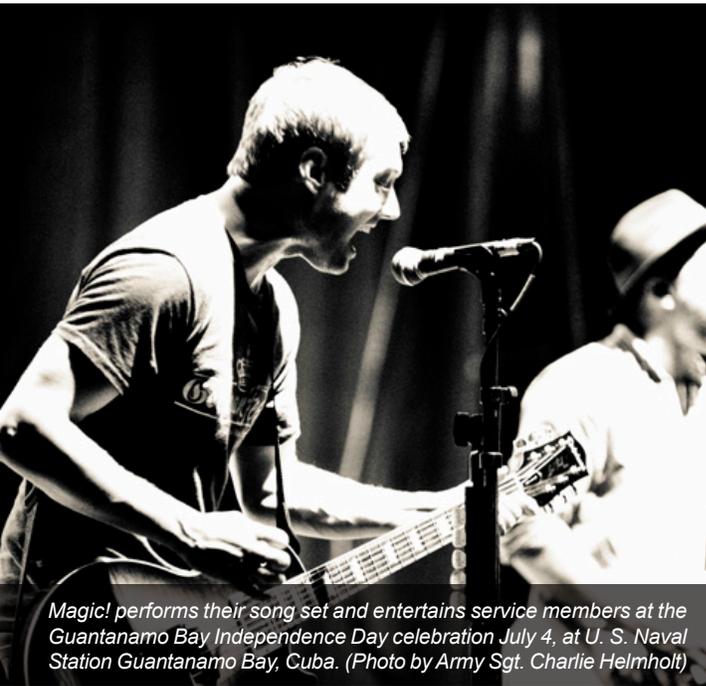
A U.S. Coast Guard Jayhawk races alongside two 32-foot transportable port security boats during a training exercise held by the 308th Maritime Security Detachment at U.S. Naval Station Guantanamo Bay, Cuba on July 8. (Photo by Spc. Justin Le Malone)



Army Lt. Col. John A. Fivian, commander of the 525th Military Police Battalion, addresses Soldiers with the 525th MP Bn., who participated in a 74-mile relay run in celebration of the MP Corps 74th birthday Sept. 25-26 at U.S. Naval Station Guantanamo Bay, Cuba. (Photo by Army Sgt. 1st Class Marie Schult-Slosser)



THE YEAR IN



Magic! performs their song set and entertains service members at the Guantanamo Bay Independence Day celebration July 4, at U. S. Naval Station Guantanamo Bay, Cuba. (Photo by Army Sgt. Charlie Helmholt)



A Marine from C4 FAST Company exits a MARSECDET boat with other members of his squad, Feb. 22, at South Toro Cay. The Marines spent two days conducting field operations drills here. (Photo by Army Sgt. 1st Class Robert Freese)

JOINT TASK FORCE GUANTANAMO'S INTERESTING FACTS OF 2015

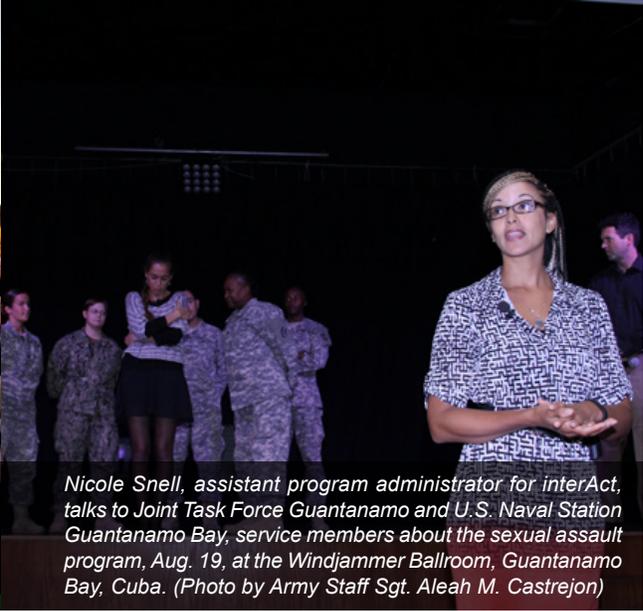
- Detainees population decreased by 20
- 2 JTF changes of command
- First JTF Air Force commander
- 64 Media personnel visited



Navy Rear Adm. Peter J. Clarke, Joint Task Guantanamo commander, receives the colors during a change of command ceremony at the Naval Station Chapel at U.S. Naval Station Guantanamo Bay on Nov. 4. (Photo by Army Sgt. Ian Withrow)



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. (Photo by Army Sgt. Ian Withrow)



Nicole Snell, assistant program administrator for interAct, talks to Joint Task Force Guantanamo and U.S. Naval Station Guantanamo Bay, service members about the sexual assault program, Aug. 19, at the Windjammer Ballroom, Guantanamo Bay, Cuba. (Photo by Army Staff Sgt. Aleah M. Castrejon)



The 2015 Navy Ball guest speaker, Beth L. Lambert, joins the oldest and youngest Sailor at the ceremony, Cmdr. Sheri Coleman and Seaman Apprentice Kaitlynn Watson, respectively, in tasting the first bite of the celebratory cake at the Navy Ball, held at The Windjammer Ballroom on Oct. 10. (Photo by Army Sgt. Charlie Helmholt)

REVIEW 2015



Senior Airman Sebastian Gonzalez sits while his face is painted and Senior Airman Matthew Lane poses for a photo in his costume. The Airmen, both with the Prime BEEF, dressed up for their unit's haunted house attraction. (Photo by Army Sgt. Charlie Helmholt)



Joint Task Force Guantanamo Troopers smile for a group picture while enjoying their Thanksgiving meal at the Seaside Galley on Nov. 26. (Photo by Spc. Justin Le Malone)



A corporal with the 525th Military Police Battalion performs pushups as members of his team encourage him at the challenge at the quarterly Vigilant Warrior challenge on Aug. 25, at U.S. Naval Station Guantanamo Bay, Cuba, held by the 525th MP Bn. (Photo by Army Sgt. Ryan L. Twist)



Members of the Joint Task Force Guantanamo pose with members of the Castillo Band after their performance at the Morale, Welfare & Recreation Library on July 23. The group performed classic Mariachi songs, along with contemporary music including classic Disney songs. (Photo by Army Sgt. Christopher A. Garibay)

JINGLE BELLS, JINGLE BELLS, RUNNERS ON THE WAY



Joint Task Force Guantanamo Troopers pose for a photo before participating in the Morale, Welfare, & Recreation sponsored Jingle Bell Jog 5K on Dec. 24, at U.S. Naval Station Guantanamo Bay, Cuba.

Christmas Eve was a combination of festive cheerfulness and fitness for Joint Task Force Guantanamo Troopers and base residents during the “Jingle Bell Jog” hosted by Morale, Welfare & Recreation at U.S. Naval Station Guantanamo Bay, Cuba on Dec. 24.

Five kilometer runs are not unusual here; however, this particular run was different. In addition to being held at dusk, and participants being provided glow-in-the-dark glasses, many Troopers this race held a special meaning. When asked, the

Troopers who participated said this was the first time they were away from their families during the holidays and the run helped to keep spirits high, despite being apart from loved ones.

The Jingle Bell Jog put people in the spirit, said Robert Pant. This event gave many residents a reason to get out during Christmas and keeps morale high, especially this time of year.

The 3.1-mile run took place starting at the base of the Christmas tree on Sherman Avenue and ended at Cooper Field.

Participants navigated their way through the holiday-lit streets soaked in holiday cheer as spectators encouraged them and volunteers provided water.

“I came here to celebrate Christmas and run with my battle buddies,” said Brandon Moye, when asked why he decided to participate in the Jingle Bell Jog. “This event is a great way to spread holiday cheer and enjoy Christmas as much as I can since I am not with my family back home.”

Participants of the race were also encouraged to wear holiday-themed clothing. Many wore Santa hats, some wore tutus and others wore festive t-shirts.

Bryan Hoffman added, “These runs really build camaraderie.”

Many have participated in the MWR races before, like the Zombie Run for Halloween. Themed races are the best, said Pant, who enjoyed seeing everyone dressed up.

Some Troopers chose not to run, but to give back through volunteering at the race.

“This is my way to help people enjoy the holiday time,” said Patrick DeGeorge, when asked why he volunteers. “Everyone is away from their families and everyone wants to get together and do something fun to celebrate the holiday here. This is my way to take part in that.”

Although the event was not timed, Shawn Jenkins finished the run first, and the rest of the joggers made it shortly after proving the course was no match for them providing the participants a memorable way to celebrate the holiday.



Participants smile for the camera as they run in the Jingle Bell Jog 5K on Dec. 24. Runners were encouraged to wear holiday-themed clothing. The Jingle Bell Jog put people in the spirit, said Robert Pant, a participant.

Article and photos by
ARMY CAPT. ALANNA WOOD

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.	Krampus (New) PG13, 7 p.m. Daddy's Home (New) PG13, 9 p.m.	In the Heart of the Sea PG13, 6:30 p.m. The Night Before R, 9 p.m.	The 33 (LS) PG13, 7 p.m.	Spotlight R, 7 p.m.	The Peanut Movie (LS) G, 7 p.m.	Creed PG13, 7 p.m.
1/1 FRIDAY	1/2 SATURDAY	1/3 SUNDAY	1/4 MONDAY	1/5 TUESDAY	1/6 WEDNESDAY	1/7 THURSDAY
Trainwreck R, 8 p.m.	American Ultra R, 8 p.m.	Crying Games R, 8 p.m.	LYCEUM CLOSED	The Man from U.N.C.L.E. PG13, 8 p.m.	LYCEUM CLOSED	Southpaw R, 8 p.m.

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

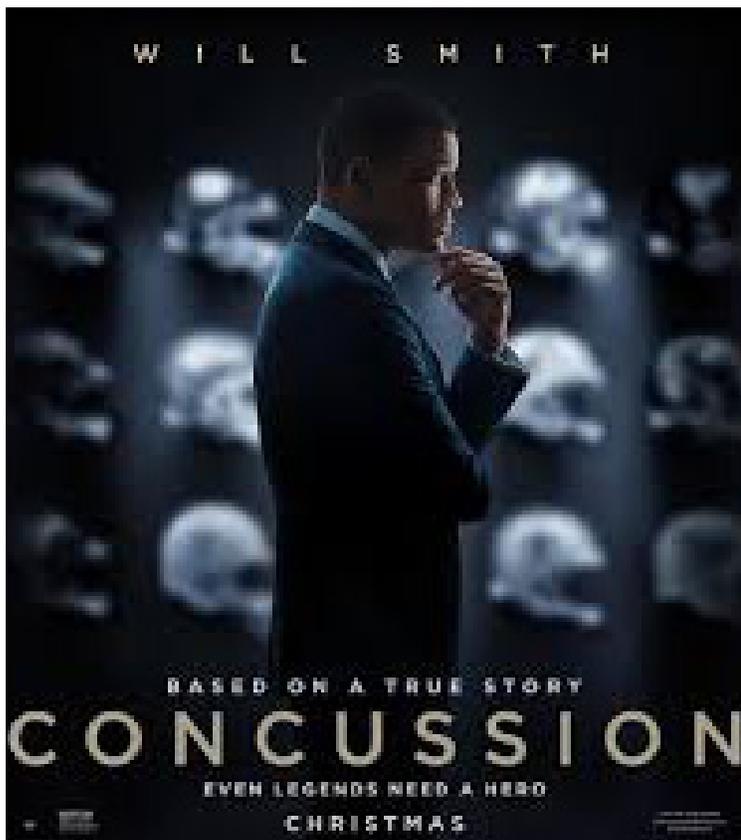
*Want to write a movie review for The Wire? Send your movie review to: thewire@jftgmo.southcom.mil

MOVIE REVIEW / CONCUSSION



"Concussion" was a mind-blowing movie. See what I did there? Seriously though, "Concussion", starring Will Smith, is definitely a must-see movie. The story could have been better at certain points but the acting was nothing short of phenomenal.

The movie is based on the true story of Dr. Bennet Omalu (Will Smith) and his discovery of chronic traumatic encephalopathy in NFL players. Omalu is a Nigerian-American forensic pathologist working with the Allegheny County Coroner's Office in Pittsburgh. His quiet life changes when he meets Mike Webster, (David Morse) a well-known, former Pittsburgh Steelers center, who dies tragically at the age of 50.



While conducting Webster's autopsy, Omalu discovers something odd. He notices there is neurological deterioration similar to Alzheimer's disease in Webster's brain. Wanting to know more, Omalu has the brain examined further, despite being advised to the contrary. After doing so he realized that Webster's brain was critically damaged, causing him to go insane and eventually commit suicide. Soon, multiple cases of former NFL players, committing suicide with similar brain damage, surfaced. After doing multiple autopsies, Omalu concludes and publishes in a medical journal that the head trauma NFL players deal with during their careers lead to CTE and their eventual death.

Naturally this discovery didn't sit well the NFL. Omalu's discovery led to a dangerous head-to-head battle with the powerful athletic institution. From there, the movie embarks on an emotional roller coaster as Omalu fights desperately to raise awareness on CTE.

Going in, I didn't expect much out of the movie but much to my surprise it was interesting, although at times the story dragged and I admittedly struggled to keep my eyes open.

That said, Smith delivered one of his strongest performances ever. His depiction of a man from Africa, struggling for acceptance in America was amazing. Smith really laid it all on the line for this movie, if nothing else, the movie is worth watching just because of his performance. Every line was convincing and his emotion was more than believable, much like his performance in "Ali." Smith hands down deserves to be considered for an Academy Award for Best Actor.

The movie wasn't perfect but it's worth seeing. It really reminded me that all that glitters isn't gold. It also raises a lot of moral questions. It made me question myself. For example, if you had information the world needed to know but raising awareness would ruin your life, would you say something or remain quiet? I give this movie four out of five stars.

"Concussion" is rated PG-13 for thematic material including some disturbing images and language

Movie review by
SPC. JUSTIN LE MALONE

MILITARY HISTORY

ON THIS DAY IN HISTORY: JAN. 1

On this day in 45 B.C., the Julian calendar took effect for the first time. In 1001, Grand Prince Stephen I, of Hungary, was named the first king of Hungary by Pope Silvester II.

During the Middle Ages, under the influence of the Christian Church, many countries moved the start of the year to one of several important Christian festivals, Dec. 25 - the Nativity of Jesus, March 1, March 25 - the Annunciation, or even Easter. Eastern European countries, most of them with populations showing allegiance to the Orthodox Church, began their numbered year on Sept. 1 from about 988.

In England, Jan. 1, was celebrated as the New Year festival, but from the 12th century to 1752, the year in England began on March 25, Lady Day. For example, the Parliamentary record records the execution of Charles I, occurring in 1648, as the year did not end until March 24, although modern history adjusts the start of the year to Jan. 1 and record the execution as occurring in 1649.

Most western European countries changed the start of the year



JSMART SPOT

JSMART HELPER: DIEGO

NEW YEAR, NEW PERSPECTIVE, NEW RESULTS

"Out with the old, in with the new." The start of a new year always brings a sense of transformation and a chance to start fresh. We make promises to ourselves to do better this year and become a better person. We make resolutions that include going to the gym, losing weight, quitting smoking and perhaps being nicer to others.

Albert Einstein once said, "You can't solve a problem with the same mind that created it." Not that our lives are a problem, but it is not guaranteed we will become better people simply because the clock strikes midnight and it is a new year. We have to do something else.

A change in perspective may help. Perspective taking is a powerful tool, which allows us to see situations differently, such as standing in a room and seeing a bare wall. However, if you change your position in the room, maybe you will be looking out a window to beautiful foliage.

To come up with a new solution

to an old problem, we often need to look at the problem differently.

If we do the same things, we will get the same results. If you get into an argument with someone at work, take a step back and try to see things from their point of view. Most people are not trying to upset us, but we tend to believe our own thinking 100 percent, whether or not it matches the reality of the situation. Take a step back and check in with the other person. Say, "this is what I am taking from what you said. Is that what you meant?"

Miscommunications and resulting negative emotions are avoidable by taking perspective and checking the facts. Make a vow to yourself to see things differently and not believe you are 100 percent right 100, percent of the time.

Article by

NAVY PETTY OFFICER

3RD CLASS

JONNI GILLISPIE

Joint Medical Group

to Jan. 1, before they adopted the Gregorian calendar. For example, Scotland changed the start of the Scottish New Year to Jan. 1, 1600. England, Ireland and the British colonies changed the start of the year to Jan. 1, 1752. Later that year in September, the Gregorian calendar was introduced throughout Britain and the British colonies. These two reforms were implemented by the calendar, New Style, Act 1750.

In 1800, the Dutch East India Company was dissolved and in 1847, the world's first "Mercy" hospital was founded in Pittsburgh by the Sisters of Mercy, the name will go on to grace more than 30 major hospitals throughout the world.

In 1863, the Emancipation Proclamation took effect in Confederate territory during the height of the American Civil War.

Ellis Island opened on this day in 1892 to begin processing immigrants into the U.S.

It was this day in 1899, that saw the end of Spanish rule in Cuba, and this same day exactly 60 years later would see Fidel Castro overthrow Fulgencio Batista during the Cuban Revolution.

In 1908, a ball was dropped for the first time in New York City's Time Square to signify the start of the New Year.

Article by

ARMY SGT. CHARLIE HELMHOLT



SHORELINE SAFETY IS KEY- SWIM WITH BUDDY

A day at the beach is a relaxing pastime. It is one of the most readily available and certainly one of the cheapest recreational activities at U.S. Naval Station Guantanamo Bay, Cuba. With a half-dozen or so warm Caribbean beaches to choose from, as well as generally clear waters and an abundance of wildlife and aquatic plants to view, it's easy to see the appeal of spending your free time in the sun and surf.

As with everything in life, however, there are risks involved.

Most beach-goers are aware of the common pitfalls: sunburn, dehydration, drowning and the like. Less common rip currents, also called riptides, are also fairly well known to seasoned beach-goers. However, there is another, less visible danger that can take even experienced swimmers by surprise, with ugly results - shore breaks.

A shore break is when a wave breaks directly into shallow water, rather than breaking on a sandbar or

an underwater feature. According to the National Oceanic and Atmospheric Administration, shore breaks can knock unsuspecting swimmers to the ground with great force. Adding to the danger is that these waves occur in shallow water, which can lead to neck and back injuries, collisions with rocks and even death.

These are a bit more common as the gradient along the shorelines is generally steeper just inside the water than along most east coast beaches. However, it is still deep enough for swells to be deceiving and pop up at the last minute, creating powerful waves.

So how do you stay safe from shore breaks? Avoid shallow water when waves are high, keep your wits about you and always mind when a wave may be coming up behind you, and always swim with a buddy.

Article by

ARMY SGT. IAN WITHROW

RELIGIOUS SERVICES

ROMAN CATHOLIC (NAVSTA Chapel)

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

PROTESTANT SERV. (JTF Troopers' Chapel)

Sunday* 0900&1900
 Friday night movie Friday 1900

PROTESTANT SERV. (NAVSTA Chapel)

Traditional* Sunday 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
 Game Night Saturday 1900 JTF Troopers' Chapel

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

Tuesday 1900 Taught by Navy Chaplain

ALCOHOLICS ANONYMOUS MEETINGS

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

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

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

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

BEACHBUS (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

WIRE KNOWLEDGE TRIVIA WINNER

Congratulations to Spc. **Morgan Tunnell** for winning last week's Wire Knowledge Trivia Contest! Please contact Army Capt. Alanna Wood at x75019 to claim your prize.

Thanks to all Joint Task Force Troopers who participated! Here are the answers to last week's "Wire" Knowledge Trivia. Stay tuned for future trivia contests and your chance to win!

1. What Joint Task Force battalion level unit participated in the Best Warrior Competition?
 A: 525th Military Police Battalion
2. Who can you contact for information on how to enhance the recycling program?
 A: David Balog
3. What is the dog's name in the JSMART column this week?
 A: Diego



Photo by Keith W. Vershay

PARTING SHOT



'WINDMILL BEACH SNOWMAN' BY KEITH W. VERSHAY. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE WIRE