

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

# THE WIRE



January 15, 2016



PHOTO STORY

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## U.S. NAVY ADM. KURT W. TIDD IS NEW SOUTHCOM COMMANDER

U.S. Navy Adm. Kurt W. Tidd, assumed duties as commander of U.S. Southern Command, from U.S. Marine Corps Gen. John F. Kelly during a formal change-of-command ceremony, Jan. 14, at the command's headquarters.

Kelly retired after more than four decades of distinguished military service as a Marine infantry enlisted man and commissioned officer, including combat tours in Iraq as assistant division commander of the 1st Marine Division and commanding general of the I Marine Expeditionary Force (Forward).

Upon assuming command of SOUTHCOM on Nov. 19, 2012, Kelly worked closely with civilian and military leaders from the U.S., South America, Central America and the Caribbean to counter transnational organized crime, strengthen security and defense capabilities, and promote regional cooperation. During his command, Kelly also had oversight of detention operations at Joint Task Force Guantanamo at U.S. Naval Station Guantanamo Bay, Cuba.

Tidd's presidential nomination for assignment as SOUTHCOM commander was approved by the U.S. Senate on Dec. 16. He received his fourth star in a private military

promotion ceremony before assuming duties as SOUTHCOM's 23rd commander.

He comes to SOUTHCOM from the Pentagon, where he has served as assistant to the Chairman of the Joint Chiefs of Staff.

Tidd previously worked with naval and maritime security forces from South America, Central America and the Caribbean while commander of U.S. Naval Forces Southern Command, U.S. 4th Fleet, headquartered at U.S. Naval Station Mayport, Florida, from Aug. 5, 2011 through June 22, 2012.

A 1978 graduate of the U.S. Naval Academy, his career included command and operational assignments aboard U.S. Navy aircraft carriers, destroyers and frigates, including command of Carrier Strike Group 8 aboard the aircraft carrier USS Dwight D. Eisenhower during a combat deployment supporting coalition forces as part of Operation Enduring Freedom from 2004-2005.

Tidd also served tours of duty at the National Security Council Staff in Washington, D.C., headquarters North Atlantic Treaty Organization in Brussels, Belgium, and U.S. Naval Forces Central Command, 5th Fleet in Manama, Bahrain.

He completed graduate degrees with



**NAVY ADM. KURT W. TIDD**  
*SOUTHCOM Commander*

the University of Bordeaux, France, and the Armed Forces Staff College in Norfolk, Virginia.

*Article courtesy of*  
**SOUTHCOM PUBLIC AFFAIRS OFFICE**



I don't do New Year resolutions. Not because I fail to keep them, I generally have a good record of accomplishment on the things I set out to complete, but because I simply do not see the significance of one day over another. Sure, a new year does provide a time to reflect and make plans, but every morning is a new day for me.

There is an old hymn, "Great is Thy Faithfulness," based on the words of Lamentations 3:22-23. The lyrics say, "Morning

## FAITHFULNESS IS MORE THAN RESOLVE

by morning, new mercies I see." Each day I have a chance to start afresh. Each day I am given the opportunity to make a commitment – a resolution if you will. As a friend of mine used to remind me, "I do good to get through today. Tomorrow has yet to come. When it arrives, it will be today, and I will do my best to get through it."

Another hymn sings out, "One day at a time, sweet Jesus, that's all I am asking from you." The lyrics of this song acknowledge our humanity, without using it as an excuse. It asks Jesus to provide strength for the day, realizing that tomorrow may never come. To quote one of my favorite philosophers, Winnie the Pooh, "Today is my favorite day."

Perhaps though, the biggest reason I do not do resolutions goes back to the first hymn I mentioned, "Great is Thy Faithfulness." The hymn declares, as does the Lamentation, God's faithfulness is great and it is God's consistency that allows us to live each day.

The Lamentor of that scripture comes to this conclusion, "Therefore I will hope in God."

Like the Lamentor, I have found that God's resolve is far greater than my own. God's faithfulness is greater than any resolution that I can make. So instead of trusting in my own resolve, I have chosen to trust in God's. The ending to the refrain of "Great is thy Faithfulness" says this: "All I have needed Thy hand has provided. Great is thy faithfulness, Lord, unto me!"

I encourage all of you to search and trust whatever you find hope in each day, for each day is a new beginning. Trusting in something greater than oneself can be a powerful source of strength.

*Article by*  
**ARMY CHAPLAIN (CAPT.)**  
**TOBY LOFTON**  
*JTF GTMO Chaplain*



## LEADERSHIP & CHAPLAIN

The new SOUTHCOM commander takes charge during a change of command ceremony, Jan. 14. The chaplain advises that every day be a resolution, not just New Year's.



## GTMO NEWS / COVER PHOTO

JTF GTMO has a new DA photo lab for Soldiers. Read the second in a three part series highlighting support functions of the JTF. The Coast Guard performs an AFTP mission.



## PHOTO STORY

Dr. Peter J. Tolson, a former Marine, works to keep endangered species alive and well. Read how Tolson and his team care for Cuban Boas.



## ENTERTAINMENT

Saoirse Ronan gives a stellar performance in the film, "Brooklyn." Two countries, two loves, one heart, Ronan has a big decision to make.



## SPORTS

The Max Performance class is a hit with many Troopers at GTMO. Read about the newest coach, Samantha Pacheco, and why she chooses to teach this particular class.



## HEALTH & HISTORY

In the health column this week, learn the importance of breakfast. JSMART gives you an acronym to follow when making New Year's resolutions. Learn about this day in history.

# MOTIVATOR OF THE WEEK

**ARMY SGT.  
JENNIFER PALMER**  
HHC, 744 MP BN

**SPC. MATHEW SPENCE**  
HHC, 525 MP BN

## SITUATIONAL AWARENESS

There has never been a more urgent time to practice OPSEC than the current environment we are in now. The adversary now understands they do not need all of our secrets. All they need is minimal information about you and your mission. Adversaries, such as ISIS have been able to accomplish much because of social media sites like Facebook and Twitter. For them, it is as easy as just viewing your page, without even having to hack your account, and they may have what they need. Take five minutes out of your day to review your privacy settings. Use and think OPSEC!

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**ARMY SGT. IAN WITHROW**



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## DEPARTMENT OF THE ARMY PHOTO LAB OFFERS OPPORTUNITIES



Army Sgt. Zachary B. Zimmerman, a public affairs specialist, prepares to take a Department of the Army photograph of Army Sgt. 1st Class Marie Schult-Slosser, both with the Joint Task Force Guantanamo Public Affairs Office at U.S. Naval Station Guantanamo Bay on Jan. 8.

With a large portion of Joint Task Force Guantanamo being Army Soldiers, it may come as welcome news that there is now a Department of the Army photo lab at U.S. Naval Station Guantanamo Bay, Cuba.

Recently, JTF Army Command Sgt. Maj. David W. Carr, the senior enlisted leader for JTF, weighed in with his thoughts on the new DA photo lab.

"I see this as a huge benefit! For starters, I have always been told that the individual Soldier is the best manager of his or her career," said Carr. "With that being said, it is up to each individual Soldier to ensure their DA Photo is a quality representation of him or herself in uniform."

Army Sgt. Zachary B. Zimmerman is the Soldier primarily responsible for setting up the photo lab. He said it didn't happen overnight and couldn't have come to fruition without some planning.

"It took a long time to get the True Blue Savage number 75. That's the only backdrop DA photo policy allows," said Zimmerman. "Then it was just about finding a studio space and a time in order to do it."

The DA photo lab is distinct from the command photo lab run by Army Sgt. Ryan L. Twist.

Though they work out of the same studio space, building 2525, here, on the JTF affords them the convenience of being able to



Army Sgt. 1st Class Marie Schult-Slosser previews potential Department of the Army photos with Army Sgt. Zachary B. Zimmerman, Jan. 8.

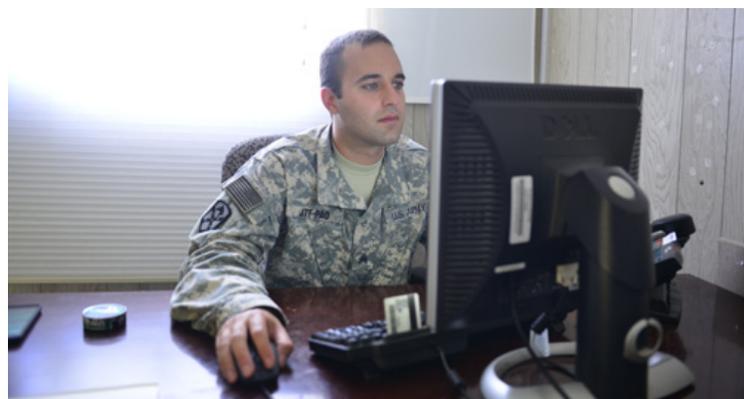
two are different in their scope. All branches of the JTF can use the command photo lab, while only Army personnel require a DA photograph.

"A Soldier needs a DA Photo when they are eligible for promotion consideration," said Carr. "Furthermore, an individual will need a DA Photo whenever there is a significant change with awards or decorations on the uniform."

Having a DA photo lab here now saves Soldiers' who need their picture taken from having to take leave and travel off-island.

"Having a DA photo lab

accomplish that right here, and not having to work through the complications of having it done



Zimmerman edits a photo he took for the JTF, as the new Department of the Army photographer, Jan. 8.

off-island," said Carr.

Zimmerman is a full-time DA photographer as a civilian and is a deployed National Guard Soldier in the JTF Public Affairs Office here.

"It was nice that my command allowed me to put this together," said Zimmerman.

Zimmerman and the JTF PAO have reached out to their replacement unit to continue the new photo lab when Zimmerman departs.

The DA photo lab has been open for only two sessions and has already provided photos for 10 Soldiers. Zimmerman said the schedule is filling up quickly, as word gets out.

"There has been a need for this for a long time, but I think the circumstances prevented it from being a reality," said Carr. "In my opinion it is long overdue and will provide great convenience for all who benefit from its services."

Carr and Zimmerman both agree soldiers should get with their leadership and refer to AR 670-1 to ensure their uniforms are up to standard before showing up to their appointment.

DA photo appointments run in intervals of 15 minutes on Thursdays from 12:30 p.m. until 2:30 p.m. and can be made by contacting Zimmerman at x75039.

Article and photos by  
**ARMY SGT. CHARLES HELMHOLT**

# J4 TRANSPORTATION AND HOUSING KEEP JTF WHEELS TURNING



*Spc. William Ragland, a mechanic with the 525 Military Police Battalion; and Army Sgt. 1st Class W. Michael Tilton, a motor pool sergeant with the 525th MP Bn., both attached as support to J4 transportation, install a new windshield to a mule at the J4 Motor Pool, Jan. 12.*

*Editor's note: This is the second of a three part series profiling support functions of Joint Task Force Guantanamo.*

The J4 logistics directorate is one of the most complex organizations in Joint Task Force Guantanamo, consisting of several components aimed at ensuring the command can continue its mission with few disruptions. The J4 transportation and J4 housing sections of the directorate keep Troopers on the move and sheltered during their time here.

J4 transportation ensures that JTF movements and commissions' security operations run efficiently. They manage 500 cars, trucks, mules and other vehicles. Other vehicles include the mobile watch towers used during commissions, which ensure the safety and security of the operational area.

The J4 transportation serves as the vehicle rental, repair and maintenance arm of the JTF, said Army Staff Sgt. Jennifer Davis, noncommissioned officer-in-charge of J4 transportation. She encouraged Troopers to be patient with the process, considering there are more Troopers than available vehicles.

"We're critical to the JTF mission, which mostly consist of (General Services Administration) vehicles, watch towers, light sets and water buffaloes," said Army Command Sgt. Maj. Lincoln A. Hamilton, senior enlisted leader of J4 Transportation. "We use them to enhance and support JTF missions, which include demobilizations, mass movements via rotations and watch towers for commissions and all the basic needs to complete the mission."

Hamilton said J4 transportation constantly analyzes how vehicles are dispatched ensuring they meet the needs of the various missions. For example, the buses that ensure Troopers can travel around the naval station.

With regard to the smaller unit vehicles, Hamilton encouraged Troopers to conduct preventative maintenance checks and services regularly.

"The vehicles are not ours; we lease them," said Hamilton. "Report any issues you may have in a timely manner because parts get shipped in by the barge. Bring the vehicle and let it be inspected by Centerra (contract company) and they will determine if it will continue to drive."

While mobility is imperative to the task force's operations, housing for Troopers is also important. That is where J4's housing

office comes into play.

The J4 housing section of the directorate is responsible for accommodations for anywhere from 1,700 – 2,000 Troopers on a rotational basis at GTMO. The four-person housing team oversees five areas, consisting of mostly single service members deployed here.

"Our day-to-day workload consists of taking care of reservations, work orders and maintenance issues, but we are also responsible for back-to-back rotations of transient personnel," said Air Force Capt. Edmund Ward, J4 housing officer-in-charge. "We ensure those who rotate in and out of GTMO have somewhere to go, and that there are enough bed spaces for larger unit rotations."

Ward said the challenges J4 housing encounters include unusable tents, which take away bed spaces from personnel rotating into their roles in the JTF.

"The overarching issues we face are the age of the facilities we have here," said Ward. Most of them have met or exceeded their life span of 7-10 years. In the (Tierra Kay and Windward Loop housing), the buildings are being renovated but sewage pipes are old and tree roots are growing into them."

The Cuzco barracks and Bay Hill housing were built as temporary facilities, so it may come as no surprise that they have issues, said Ward. He said that service members should notify his office of any issues, such as leaks during rainy days.

"Let us know if there's an issue, and although it may take a while to get parts here on the island, we can't fix what we don't know about," said Ward.

The next challenge for J4 Housing will be the JTF's reorganization of housing arrangements the units, otherwise known as the "unit integrity move".

"There has been a directive by the (JTF commander) to gain unit integrity and we were put to the task to accomplish that," said Ward.

He continued, since units were in the process of transitioning out, this created an opportunity for Troopers to start moving into their new rooms this month. Ward said the entire move should take two months to complete.

To improve the process, he encouraged Troopers to thoroughly clean their rooms to make things easier for the next person. The checkout process will be left at the senior leader level to ensure rooms have met cleanliness standards.

*Article and photos by*  
**ARMY SGT. CHRISTOPHER A. GARIBAY**



*The J4 housing maintains the Cuzco Barracks, which houses Troopers across Joint Task Force Guantanamo on Jan. 12.*

# USCG PATROLS EVER-PRESENT IN GTMO'S WATERWAYS



*Crew members of the Marine Security Detachment prepare for an Anti-Terrorism Force Protection Patrol at U.S. Naval Station Guantanamo Bay, Cuba on Jan. 8.*

The hum of powerful inboard motors announce the arrival of a 30-foot patrol boat to the Maritime Security Detachment's "boat house" as members of the Port Security Unit 313 return from an Anti-Terrorism Force Protection Patrol outside of Area of Operations Honor, at U.S. Naval Station Guantanamo Bay, Cuba on Jan. 8. The crew of the vessel pulls into the floating dock and proceeds to unload their heavy armament, cleaning their weapons and their boat, preparing for their next patrol.

During a typical shift crewmembers rotate, take a couple of hours to patrol, and then are relieved as another crew takes to the waters, said Coast Guard Petty Officer 2nd Class William Diepenbrock, a boatswain's mate and tactical coxswain with PSU 313.

It is an often overlooked job. However, it is a vital mission, critical to the success of JTF operations. In the seas beyond the southern boundary, you will find members of the MARSECDET, vigilantly watching the waters outside of GTMO.

Members of the MARSECDET protect naval assets, any high-value asset, such as cruise ships, and establish security zones around those assets, said Coast Guard Petty Officer 2nd Class Natalie Crane, a maritime security enforcement specialist, and tactical crewmember with MARSECDET.

Patrols operate in all weather conditions every day, ensuring unauthorized boats, whether tourists or potential enemy combatants, do not enter the protected waters around the installation.

"During ATFP we go out past the southern boundary and our

jobs are to run a security zone out to a three mile marker," said Diepenbrock. "For the most part it's tugboats and freight vessels that come through."

So far, the most common intrusions are made by people who just happen to be nearby and are unaware they have stumbled into U.S. military waters, said Crane.

"Long story short, we have to tell them to leave," said Diepenbrock. "Recreational sailors will occasionally stray near to the security perimeter, but they are generally compliant when asked to leave," said Diepenbrock.

To take on such an important mission, members of the MARSECDET must have special training, and only the crewmen who have achieved a certain level of tactical expertise are able to take part in the mission.

If a ship goes past the southern boundary, all members of its crew have to be at least tactical crewman, said Coast Guard Petty Officer 2nd Class Matthew Chien-Hom, a maritime enforcement specialist and tactical coxswain-in-training with THE MARSECDET.

Unlike other branches of service, crewmembers of Coast Guard vessels can have more than one job. A crewman aboard a Coast Guard vessel can be a gunner by rate and a coxswain by function.

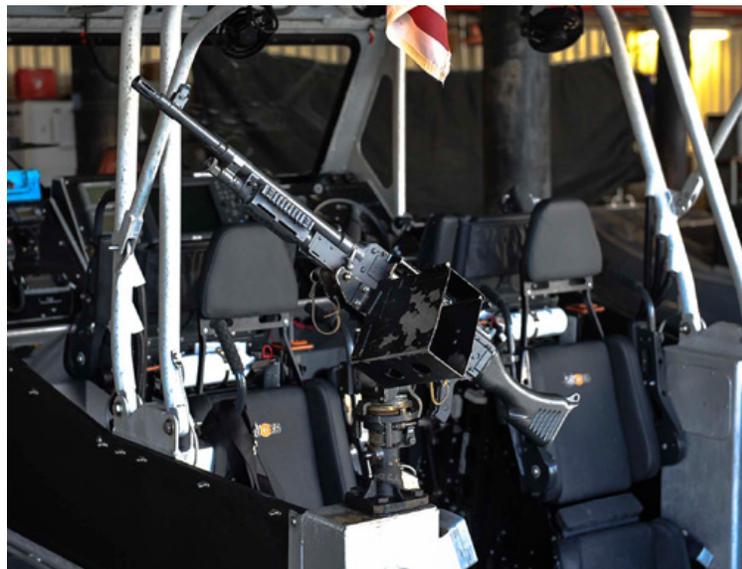
"Any rate can hold that qualification," said Crane. "Usually we have machinery technicians, boatswain's mates and maritime enforcement specialists. Tactical crewmember is integrating the tactical maneuvers of the boat and understanding the weapons systems and different missions that we do."

Training to advance from crewman, through engineer and coxswain to tactical crewman and eventually tactical coxswain can take quite a while, depending on the availability of training. Some of this training can be conducted right here within the bay.

The patrols, while often uneventful, have their upsides, said Diepenbrock. Leaping dolphins, swimming sea turtles, and unparalleled views of the stars at night help the crews deal with the long hours at sea.

*Article and photos by*

**ARMY SGT. IAN WITHROW**



*A weapon system sits in the boat. Crew members of the Marine Security Detachment prepare for Anti-Terrorism Force Protection Patrol. Patrols are conducted 24 hours a day, seven days a week.*

# CUBAN BOAS MAKE THEMSELVES AT HOME IN THE MIDST OF HISTORIC MILITARY BASE

A young Marine marches through thick brush looking for one of his favorite apex predators. Sweat glistens all over his body as the heat from the sunbeams down upon him. He continues to walk, pushing and shoving his way through high grass, brush and trees. He sees something moving ever so slightly and approaches a small patch of grass. He calmly reaches down and spreads the grass to see what lies underneath. He smiles. He has finally found it, a Cuban Boa.

In the late 1960s, Dr. Peter J. Tolson, was that young Marine stationed at U.S. Naval Station Guantanamo Bay, Cuba, he found the Cuban Boas here and fell in love with them, so much so that he dedicated his professional career to studying reptiles and other wildlife. After his time in the military, Tolson pursued his dream and eventually earned his doctorate in ecology and evolution from the University of Michigan. Now, decades later, Tolson often returns to NAVSTA to continue his research on Cuban wildlife. During his latest visit to NAVSTA, he focused on the Cuban Boas in particular.

Tolson, the director of conservation and research at the Toledo Zoo in Toledo, Ohio, normally visits GTMO twice a year, once in the spring and once in the fall, he said.

During the spring, the boas begin to mate, which provides ideal opportunities for Tolson and Joe Madison, the natural and cultural resources manager with the NAVSTA Public Works Department, to find more snakes.

The boas mate and stay together for approximately three weeks, said Madison. Ideally, he and Tolson try to find the boas that have radio transmitters implanted in them and hope they are paired with a snake that does not, which provides the

opportunity to track more boas. There are 13 boas currently being tracked.

In the fall, Tolson returns to help track and capture the pregnant females so their young can be born safely in captivity. The baby boas are then measured and weighed before being released back into the wild.

Tolson is currently assisting Madison in constructing a species management plan, a written document that addresses the specific management of single species. In this case the Cuban Boas.

“... THIS IS THE BEST PLACE TO STUDY THESE ANIMALS”

“It’s a thorough account of a given species and what, if anything, natural resource managers should do regarding the species,” said Madison. “The species management plan will look at the specifics of a given species in the area of concern. The management plan will spell out how the species and/or its habitat will be managed to reach a determined management objective that is spelled out in the management plan. It will also have recommendations or requirements to help protect habitat, if that is a concern.”

Needless to say, to have a species management plan you have to know a fair amount about the species, said Madison. You have to know what

habitats they are using, what they are eating and about their reproductive cycle. All of this helps us know how to protect a species and its habitat, he said.

The protection of the Cuban Boa is imperative because their population is dwindling, said Tolson.

“These Cuban Boas aren’t on the other side of the fence,” said Tolson. “They are heavily persecuted because they eat the poultry and they are a source of food. So this is the best place to study these animals.”

If a Joint Task Force Guantanamo Trooper happens to come across one, it is important to leave the animal alone, said Garrett White, a natural resource specialist with the NAVSTA PWD. Observe from a distance and leave it be. Cuban Boas will not strike you unprovoked.

Tolson said his main goal for the species management plan is to reduce the boas’ mortality rate.

The boas play a crucial role in the ecosystem, said White. They help maintain the hutia, also known as the banana rat, population. Without the boas, the hutia population could increase enough to have a negative impact on the vegetation and affect all GTMO residents.

Just about all ecosystems have been altered to some degree by humans, said Madison. However, natural, unaltered habitats, or the closest proximity thereof, provide the best habitat conditions for the native species that evolved in a particular area. As a result, when you start altering the ecosystem, it is difficult, and often impossible, to recognize the true impacts to that ecosystem and the wildlife species that rely upon it.

Article and photos by  
**SPC. JUSTIN LE MALONE**



*Joe Madison, the natural and cultural resources manager with the U.S. Naval Station Guantanamo Bay, Cuba, Public Works Department, uses a tracking device to locate a pregnant Cuban Boa, Sept. 15. Madison often checks on the boas to make sure they are healthy and thriving.*



*Dr. Peter J. Tolson, the director and conservation and research at the Toledo Zoo in Toledo, Ohio, uses a GPS to mark the exact location of the boas as he tracks them, Oct. 6. When enough information is built, Tolson and Madison will be able to determine the boas' home ranges and get a sense of their movements.*



*A Cuban Boa moves across a field, heading back to its home, Sept. 15. When encountering one of these animals, it is important they are left alone, said Garrett White, a natural resource specialist with the NAVSTA PWD.*



*Tolson handles the head of a 14-foot pregnant Cuban Boa after tracking her, Oct. 6. "Even when startled, Cuban boas will simply move along and continue with their business," said White. "They pose no threat to those that respect them."*



*Army Capt. Brittany Marble, Army Pfc. Samuel Ewing and Tolson handle a 14-foot Cuban Boa, the largest species in its genus, days before she gave birth at the NAVSTA Veterinary Clinic on Oct. 5. Cuban Boas are among the few snakes that give live birth to their young.*



*A litter of newborn boa is placed inside of a Plexiglas chamber, which is used to anesthetize them in order to administer anesthesia to the litter, Oct. 8 at the NAVSTA Veterinary Clinic. The anesthesia was administered in order to safely measure their body length, tail length, weight and determine their sex.*



*A litter of newborn Cuban Boas lie inside a Plexiglas chamber as the initial anesthesia is administered, Oct. 8. Cuban Boas are one of the few snakes in the world to give live birth to their young.*



*Madison measures a newborn, Oct. 8. The information gathered was recorded and used to determine which of the baby boas would receive a transmitter.*



*After the initial anesthesia has taken affect, a small tube is placed in the trachea to continue to provide anesthesia to the boa during surgery. After the Cuban Boas gave birth to their young, the larger newly born snakes were picked to receive radio transmitters.*



*Tolson inserts a radio transmitter into one of the larger newborn Cuban Boas on Oct. 8. The larger of the snakes were chosen because they have a higher chance of survival.*



*After being measured and weighed, the largest of the baby snakes were safely put to sleep so a small tracker could be inserted in order to track their whereabouts.*

# WIRE KNOWLEDGE TRIVIA: SHOW OFF YOUR WIRE KNOWLEDGE FOR A CHANCE TO WIN A PRIZE!

Submit your answers on the below questions by Jan. 19, to [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil) and be entered to win a prize. All questions relate to stories in this week's issue of "The Wire."

How many banana rats did the movie review, "Brooklyn" receive?



What is Max Performance?



What is the difference between a command photo and a DA photo?



Who is one of Chaplain (Capt.) Toby Lofton's favorite philosophers?



Who is the SOUTHCOM Commander?

What does S.M.A.R.T. stand for?

What is one short term effect of skipping breakfast according to the Centers for Disease Control?



What branch of the military did Dr. Peter Tolson serve in?



What type of crewman must a Coast Guard member be to conduct anti-terrorism patrols?



Who directed the "unit integrity move?"



# 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.

<b>Ride Along 2 (New)</b> PG13, 7 p.m. <b>Daddy's Home</b> PG13, 9:30 p.m.	<b>Sisters (New)</b> R, 7 p.m. <b>Point Break</b> PG13, 9:30 p.m.	<b>Star Wars: Episode VII The Force Awakens</b> PG13, 6:30 p.m. <b>Creed</b> (LS) PG13, 9 p.m.	<b>Concussion</b> PG13, 7 p.m.	<b>The Good Dinosaur</b> (LS) PG, 7 p.m.	<b>Krampus</b> PG13, 7 p.m.	<b>Spotlight</b> R, 7 p.m.
<b>1/15 FRIDAY</b>	<b>1/16 SATURDAY</b>	<b>1/17 SUNDAY</b>	<b>1/18 MONDAY</b>	<b>1/19 TUESDAY</b>	<b>1/20 WEDNESDAY</b>	<b>1/21 THURSDAY</b>
<b>Dope</b> R, 8 p.m.	<b>Get Hard</b> R, 8 p.m.	<b>Pixels</b> PG13, 8 p.m.	<b>LYCEUM CLOSED</b>	<b>Kingsman: The Secret Service</b> R, 8 p.m.	<b>LYCEUM CLOSED</b>	<b>Maze Runner: Scorch Trials</b> PG13, 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](mailto:thewire@jftgmo.southcom.mil)

## MOVIE REVIEW / BROOKLYN



The movie, "Brooklyn", begins in Ireland in the 1950s, and portrays a fair-skinned Irish girl by the name of Eilis Lacey (Saoirse Ronan), who works for a horrid woman at a local grocery store. While Ireland is beautiful and her family lives there, Eilis is stuck in an awful job and she heads off to Brooklyn, New York. Rose Lacey (Fiona Glascott), Eilis' older sister, worked out a plan with a priest in Brooklyn, for Eilis to live in a boarding house and for her to have a job to start as soon as she arrives. Eilis and Rose are very close and Rose, being the older sister, wants more for Eilis.

Eilis has a horrible experience on the boat to the U.S. but finds a well-traveled woman who helps her get to Brooklyn. I enjoyed this part of the movie, as it tied in to the end of the movie perfectly.

When Eilis arrives in the U.S., she begins her job as a clerk in a department store, where her boss watches her closely for not being

friendly enough to the customers. Off to a rough start, the priest enrolls Eilis into an evening class where she learns bookkeeping.

Later in the movie, the girls from the boarding house go to a dance where Eilis meets a nice Italian boy, Tony, and they quickly fall for each other. It is at this point in the movie I sighed and thought this is just another love story but as it turned out this movie has a slight twist.

Tony takes her out on a few romantic dates and as their relationship evolves he introduces her to his parents. She begins to enjoy her time in New York, her work performance improves as well as her outlook. The couple swims at the beach together and make adorable memories, until Eilis receives awful news, which requires her to go home and be with her mother.

Before she returns to Ireland, Tony asks Eilis to marry him before she leaves, and the newly married Eilis, travels back to Ireland.

When she gets there, it seems to be a different place, and she finds herself wishing she had this life before she moved to the U.S. She is torn with her decision to return to her husband in the U.S. or stay and build a life in Ireland.

I loved the twist in this movie and the tough decisions she had ahead of her, between family, country and love. However, what I enjoyed the most about this movie was the time period it took place in and the young love of a gentle-eyed, beautiful Irish girl and a passionate young Italian man.

My favorite scenes were ones that included the rolling hills of Ireland and I enjoyed the acting of each character, especially Ronan as Eilis.

I enjoyed the scenery of Ireland, the streams and the beach. Ireland is a beautiful place to film a movie. New York looked clean and old-timey. The women wore fitting outfits for the time and the men wore suits or work-type outfits.

I enjoyed this romantic historical period drama and give it four banana rats out of five.

"Brooklyn" is rated PG13 for a scene of sexuality and brief strong language.

Movie review by  
**ARMY STAFF SGT. ALEAH M. CASTREJON**



## MAX PERFORMANCE CLASS COMBINES STRENGTH, CARDIO



Joint Task Force Guantanamo Troopers and other residents conduct warm-up drills to begin the Max Performance class, Jan. 5, at the Cooper Field Complex at U.S. Naval Station Guantanamo Bay, Cuba.

*Editor's note: This is the first of a three part series on alternative fitness classes of Joint Task Force Guantanamo.*

Four, three, two, one, next round. Troopers prepare themselves to begin their next group of exercises. Some individuals prepare to do nine push presses and nine burpees while others set up for their own designated movements. Three groups of workouts, two minutes to complete each, then start over with the beginning set of drills. Service members do as many rotations as they can in the designated time available for the evening.

Joint Task Force Guantanamo Troopers and civilians come together five nights a week to maximize their strength and improve cardio fitness in the Max Performance class held at the Cooper Field Complex, at U.S. Naval Station Guantanamo Bay, Cuba. The Max Performance class, which began in November 2014, is held Monday through Friday, 6:30-7:30 p.m.

"Max Performance is a

beginner-type CrossFit workout regimen," said Troy Seger, the Morale, Welfare & Recreation Max Performance instructor. "It's a mix of weightlifting for speed and high intensity for cardio conditioning. You never see the same workout twice."

He creates his workouts by picking random muscle groups

to create two or three movements, said Seger. For example, box jumps and push press. Then, Seger would determine how to complete each workout, whether done in repetitions, as many rounds as possible or a given amount of time.

According to Seger, the program is designed for everyone

who wants to learn. Thursdays are a good day to check out the program, for those interested. On this day, there are no regular workouts, only skill training, which consists of proper technique and form.

One student worked her way to being a coach and now assists other instructors.

In August, Samantha Pacheco, who has attended the class since her arrival to the island in April, was asked to become a coach and gladly accepted the new responsibilities. Coaches workout prior to each class; in order to focus on each Trooper and ensure the exercises are done properly to prevent injury.

Pacheco has improved her physical training since May, crediting the max performance program for her success.

"I help coach the class," said Pacheco. "I feel really passionate, because you are helping other people; people that are out here are trying to get better, physically. It is a good feeling helping others."

As the coaches are watching and motivating, the camaraderie during the training allows service members to work together to finish each evening's events.



Clifford Boothe executes a power snatch move, which consists of a ground to overhead all-in-one movement, while Jason Reisenbichler waits his turn, Jan. 5.



Samantha Pacheco, a coach for the Max Performance class, encourages Troopers as they finish the ring push-ups during the class, Jan. 6.

Austin Mowalt, a max performance participant, said he brings a group of friends to the class to keep each other motivated, pushing him to work harder toward his goals.

“(The class) has a lot more structured workouts with a coach here who knows a lot about CrossFit, Olympic weightlifting,” said Mowalt. “It helps me out. What you put into it is what you get out of it. This stuff is a good workout and I hope it stays here for a while. I hope it grows.”

The Max Performance coaches want Troopers to try a new experience.

“I would say come by (and) try it out once,” said Pacheco. “Try everything once, if

you don’t like it then that’s fine. Not everyone likes the same type of workout. Just come and try it out, don’t say no until you have tried it.”

Three, two, one. Finally, after service members complete their last repetition, they step away feeling accomplished. Sweating profusely, they congratulate each other on a great workout and a job well done.

For more information about the class, there is a closed group Facebook page, search for GTMO Max Performance, or contact the G.J. Denich Gym at x77262.

Article and photos by  
**ARMY SGT. RYAN L. TWIST**



Troopers perform toe touches during the Max Performance class, Jan. 5. The class began in November 2014 and is held every Monday through Friday, 6:30-7:30 p.m.

# MWR

## 2016 SPORTS SCHEDULE

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

### MONTH / DAY ACTIVITY

<b>January 23</b>	Softball Tournament
January 25	Soccer League starts
January 30	Full & Half Marathon
<b>February 1</b>	Kickball League starts
February 6	Fitness & Figure Comp.
February 13	Adult 1 Mile Swim
February 16	Basketball League starts
February 20	GTMO Mudder
February 27	Sprint Triathlon
<b>March 12</b>	Northeast Gate Run
March 12	Max Performance Games
March 14	Ultimate Frisbee League
March 19	Lucky Dog 5K
March 26	Aquatics Easter Egg Hunt
<b>April 2</b>	April Fool's Softball Trnmnt.
April 4	Softball League starts
April 11	Flag Football League starts
April 16	Youth Swim Meet
April 18	Golf League
April 23	Olympic Triathlon
<b>May 7</b>	Color Run
May 9	Indoor Volleyball League
May 14	Adult 500 Yard Swim
May 14-15	GTMO Golf Open
May 20-21	Captain's Cup Events
<b>June 4</b>	Max Performance Games
June 11	JPJ 5 Miler
June 18	Youth Summer Splash
June 25	Power Lifting Meet
June 27	Soccer League starts
<b>July 2</b>	Softball Tournament
July 2	Ridgeline Trail Run
July 4	Golf Tournament
July 11	Basketball League starts
July 16	Cable Beach Run
July 23	Adult Swim Sprint 300 Yard
July 25	Badminton League starts
<b>August 6</b>	Duathlon
August 8	Beach Volleyball League
August 13	Paddle, Pedal, Paintball
August 20	Back to School Splash
August 20	Fitness & Figure
August 22	Ultimate Frisbee League
August 27	All-Night Softball Trnmnt.
<b>September 3</b>	Sprint Triathlon
September 5	Golf Tournament
September 6	Co-Ed Softball League
September 11	9/11 Memorial Run
September 13	Flag Football League starts
September 17	Adult 100 Yard Swim Meet
<b>October 22</b>	Glow Run
October 29	Zombie Run
<b>November 5</b>	Olympic Triathlon
November 19	Max Performance Games
November 24	Thanksgiving Half & 5K
November 26	Across the Bay Swim
<b>December 3</b>	Power Lifting Competition
December 9	Army vs. Navy Game



## JSMART SPOT

▲ JSMART HELPER: HARLEY

### SMART SOLUTIONS TO RESOLUTIONS

Another New Year has come and many people have set their resolutions. Every resolution we may make is actually a goal we set. Whether we make the resolution for just that year, short-term, or for many years to come, long-term, it is important in life to set goals. Goals allow us to accomplish our dreams. Our biggest achievements do not happen overnight; it takes planning and changing our behaviors to accomplish what we want. Goals propel us forward, help us turn mountains into molehills, help us believe in ourselves, and tell us what we truly want.

When setting a goal we need to examine it by breaking it down into a framework that will help make it more concrete and achievable to increase our chance of success. We do this by using the SMART goals technique; specific, measurable, action oriented, realistic, timely.

Goals should be specific, such as losing five pounds in one month and not simply losing weight. They should also be measurable, such as

measuring your progress by weighing yourself every Monday morning. Goals should be action oriented in all the steps you will take, such as working out on Monday, Wednesday and Friday with a friend; limit yourself to two ice cream sandwiches per week and so on. Goals should also be realistic, such as losing five pounds in one month rather than losing five pounds in one week, which could potentially be unhealthy and unrealistic. Lastly, goals should be timely by setting a start and end date. For example, start on the first of the month and lose five pounds by the first of the next month.

By using the SMART goals technique, you are more likely to achieve your goals and stick to your resolution. This will provide you with a sense of accomplishment and boost your self-esteem, which will in turn propel you to set even more goals!

Now think about some goals you would like to complete during your time at Guantanamo Bay, Cuba. Maybe it is to complete your Military Outstanding Volunteer Service Medal, complete a half marathon, or learn a new skill. Stop by JSMART for more information about goal setting.

Article by

**NAVY PETTY OFFICER 3RD CLASS**

**JONNI GILLISPIE**

*Joint Medical Group*

# HEALTH

### ROUGH DAY? DON'T SKIP BREAKFAST

Having a case of "the Mondays?" Tired, cranky, or having trouble focusing? Find yourself binging on sweets and snacks throughout the day? Ask yourself this, did you skip breakfast for a couple minutes of extra sleep? The two could be more related than you think.

A recent study, conducted by Harvard, which followed nearly 27,000 participants for more than 16 years, has strengthened ties between skipping the first meal of the day and health risks.

Researchers believe that by prolonging your nightly fast, you may be increasing the stress on your body, potentially leading to complications such as diabetes and high blood pressure.

Skipping breakfast can have significant short-term effects as well. According to the National Institutes of Health, failure to feed your body can result in hypoglycemia or low blood sugar levels, which can leave you feeling drained, irritable or ill.

The Centers for Disease Control reported skipping breakfast also negatively affects cognitive performance, definitely not an area in which Joint Task Force Guantanamo Troopers can afford to be lacking.

Also potentially disastrous, is the link to bad moods. According to a report compiled by the BBC in 2002, up to 26 percent of individuals experienced large mood improvements when adding breakfast to their daily routine. In an environment like U.S. Naval Station Guantanamo Bay, Cuba, and in a high profile, no-fail mission like the JTF, a bad mood or a poor decision can wreak havoc.

So here's the skinny; find a way to work breakfast into your daily routine and odds are you will be feeling good about your choice in no time.

Article by

**ARMY SGT. IAN WITHROW**

# MILITARY HISTORY

### ON THIS DAY IN MILITARY HISTORY

On this day, Jan. 15, in 588 B.C., Nebuchadnezzar II of Babylon laid siege to Jerusalem under Zedekiah's reign. The siege lasts until July 23, 586 B.C.

In 1493, Christopher Columbus sets sail for Spain from Hispaniola, ending his first voyage to the New World.

In 1865, during the American Civil War, Fort Fisher in North Carolina fell to the Union, cutting off the last major seaport of the Confederacy.

It was also this day in history in 1870, which saw, for the first time, a political cartoon drawn by Thomas Nast for "Harper's Weekly," symbolize the U.S. Democratic Party with a donkey.

In 1919, a large molasses tank in Boston burst, and a wave of molasses rushed through the streets, killing 21 people and injuring 150 others, becoming known as the Boston Molasses Disaster.

In 1973, citing progress in peace

negotiations, President Richard Nixon announced the suspension of offensive action in North Vietnam.

The international community recognized the independence of Slovenia and Croatia from the Socialist Republic of Yugoslavia in 1992.

In 2007, Barzan Ibrahim al-Tikriti, former Iraqi intelligence chief and half-brother of Saddam Hussein, and Awad Hamad al-Bandar, former chief judge of the Revolutionary Court were executed by hanging in Iraq.

Finally, in 2009, U.S. Airways Flight 1549 made an emergency landing in the Hudson River shortly after its takeoff from LaGuardia Airport in New York City. The plane, an Airbus A320, was piloted by Captain Chesley B. "Sully" Sullenberger. All passengers and crewmembers survived.

Article by

**ARMY SGT. CHARLIE HELMHOLT**

**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

**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

**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



*Photo by Mireille Bartolomei*

## **PARTING SHOT**



'BAT' BY MIREILLE BARTOLOMEI. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: [THEWIRE@JTFGTMO.SOUTHCOM.MIL](mailto:THEWIRE@JTFGTMO.SOUTHCOM.MIL)

**THE WIRE**