

Happy Birthday, U. S. Coast Guard

*By Navy Petty Officer 2nd Class
Jim Brown*

JTF-GTMO Public Affairs Office

The United States Coast Guard celebrates its 216th anniversary today. In honor of the day, here are some interesting Coast Guard facts:

- The U.S. Coast Guard originated under the name "Revenue Cutter Service." Its primary duty was to ensure ships in U.S. waters paid import taxes. This revenue was very important to the growing nation.

- The Coast Guard rank of ensign was developed so vessels would recognize the cutter's authority to request to board. The white on the ensign rank stands for purity and light, the red symbolizes youth and blood for liberty's sake, and the blue represents justice and a covenant against oppression.

- U.S. Coast Guard Capt. Francis Saltus Van Boskerck wrote the words and music to the standard "Semper Paratus." Boskerck was also the first Coast Guard officer to spot a German submarine off the coast of the Atlantic during World War II.

- The ceremonial title "Ancient Mariner" is given to either the enlisted person or officer who has been qualified as a cutterman the longest. For the award, one must have at least 10 years of sea service.



Photo by Navy Chief Petty Officer (Select) Timm Duckworth

Coast Guard Petty Officer 2nd Class Christopher McNamara, from Port Security Unit 305, climbs aboard the United States Coast Guard Cutter Tahoma after crossdecking from a Coast Guard fast boat escort from PSU 312 underway in Guantanamo Bay, Cuba during a recent port visit by the USCGC Tahoma. McNamara was welcomed aboard the USCGC Tahoma as a genuine "plank owner" as part of his being on the original crew commissioning the USCGC Tahoma in 1988.

The title, "Ancient Albatross," is awarded to the senior aviator.

Whether combating enemies during war, policing our nation's ports, responding to environmental disasters, perform-

ing drug interdiction operations or saving the lives of people at sea who are in distress, the Coast Guard has answered our country's call, admirably and with honor. Happy Birthday, USCG! ■

Jamaican Independence Day Celebration scheduled for noon on Saturday, August 5 at Phillips Park.

Leaders and subordinates

By Army Capt. Matthew Shanks

Commander, JTF External Security Company

To our subordinates we owe everything we are or hope to be. For it is our subordinates, not our superiors, who raise us to the dizzyest of professional heights, and it is our subordinates who can and will, if we deserve it, bury us in the deepest mire of disgrace. When the chips are down and our subordinates have accepted us as their leader, we don't need any superior to tell us; we see it in their eyes and in their faces, in the barracks, on the field, and on the battle line. And on that final day when we must be ruthlessly demanding, cruel and heartless, they will rise as one to do our bidding, knowing full well that it may be their last act in life.

Colonel Albert G. Jenkins
Confederate States of America
8th Virginia Cavalry

All too often as leaders we forget that we are also subordinates and are all members of a larger team. Each and every leader, at all levels is a subordinate to someone within the larger organization. The question often arises; "What does it mean to be a good subordinate?"

A large part of being a good subordinate is supporting the chain of command and motivating our teams to support the larger organization. While assigned to JTF-GTMO there are many decisions made and orders issued we don't always agree with. The manner in which we support these decisions and orders is what has the largest effect on our organization.

The manner in which we present information to our troops after decisions are made by our leaders drastically affects whether or not they will take ownership and support the decision. If we go to our team and say, "I don't think this is a good idea, but were going to do



it any way," we undermine the chain of command and teach a very dangerous lesson. Ultimately, we are teaching our troops they can pick and choose which orders to pursue diligently and which orders not to.

What many of us don't realize is that we are damaging our own credibility with our troops. If our troops believe we are willing to be disloyal to our superiors, they also will question if we will be disloyal to them. If we are going to be successful leaders and subordinates we must support our leaders' decisions as if they were our own. You will see a major difference by communicating with enthusiasm, confidence and energy. So the next time you are faced with a challenging situation you have to support, remember it is the way you support it that will gain you the best results.

In the end, it is our subordinates who make us successful and we as subordinates make our leaders successful. The dedication to duty and professionalism of the Troopers assigned to JTF-GTMO has consistently portrayed the leadership in a positive light globally. We owe this success to the loyalty demonstrated by the men and women who serve in this challenging mission.

Honor Bound! ■

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525th MP BN's chief warrant officer promoted to CW4

By Army Spc. Philip Regina

JTF-GTMO Public Affairs Office

Army Chief Warrant Officer (CW3) Charles J. Moss was promoted to CW4 in a promotion ceremony at Windmill Beach Tuesday.

Moss is one of a select few chief warrant officers assigned to the Joint Task Force. He is the property book officer of the 525th Military Police Battalion.

Moss has been a chief warrant officer for the last 12 years and has served 20 years in the Army collectively.

This is Moss' fifth deployment and he is proud to be a part of the JTF.

"Being a part of the JTF is one of the most unique experiences I've had since I've been in the service. Working with the different services truly makes it a 'joint' task force," explained Moss.

Army Col. Wade Dennis attended the ceremony. He explained that for as long as Moss has been a chief warrant officer his family has not been able to be involved with any of his promotion

ceremonies.

"It's a shame that Moss' family couldn't be here, but the fact that Moss is here, serving away from his family, epitomizes what it is to be a soldier," explained Dennis.

Although Moss' family couldn't at-

tend the ceremony, he is both grateful and relieved to be promoted.

"It (promotion) has been a long time coming. Even though my family wasn't here to be a part of the ceremony, it doesn't take away from the experience," added Moss. ■



Photo by Navy Petty Officer 2nd Class Stephen Watterworth

Army Chief Warrant Officer (CW4) Charles Moss (center) proudly displays his promotion certificate with Army Col. Wade Dennis (left) and Army Staff Sgt. Sharon Andrews (right).

Security bulletin: The stinkin' badges

By Frank Perkins

JTF-GTMO Special Security Office

"Badges? We ain't got no badges. We don't need no badges. I don't have to show you any stinking badges!"

--Gold Hat, as played by Alfonso Bedoya
"The Treasure of the Sierra Madre" (1948)

Sometimes, security procedures, policy and practices seem to be viewed as inconveniences best left to others to follow who have the time and less important, more mundane things to do. For example, all permanent party, temporary duty and visitors to the Joint Task Force (military, civilian and contractor) are required to have a JTF security badge. Most folks are not interested in the mechanics of the badge process, and don't want to waste time in that process. But hopefully they understand the

importance of the security badge.

JTF security badges denote one's affiliation; they indicate which doors are open, those that must remain closed, and where one can or cannot be. The badge is a means of controlling access to spaces and facilities. You are required to wear your badge above the waist on the front of the body (on the torso) with the photograph and access eligibility clearly visible.

Your badge is the property of the U.S. Government. As such, it should be appropriately protected to prevent loss or theft and should be safeguarded just as you would any item of value, such as your wallet or credit cards. It will not be used as a means of personal identification at non-JTF locations. Store your badge in a secure location prior to departing or going on extended leave or temporary duty travel. It should not leave the island. Sharing or giving your badge to another individual to gain access is not only wrong, it is a security violation!

The point of contact for this information is Frank Perkins at ext. 9824.

Remember, mission first, security always! ■

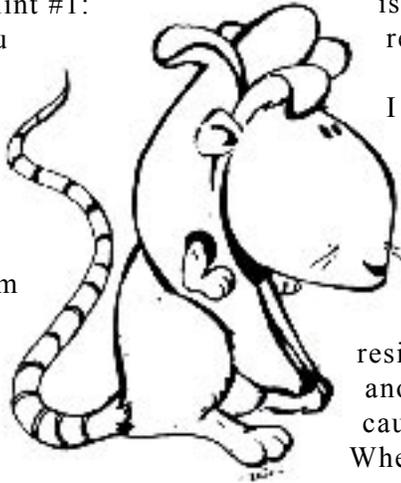
Banana Rat Tales: a beach story

By **Army Sgt. Christina Douglas**

JTF-GTMO Public Affairs Office

Riddle me this: what do you hear almost every day of your military career? Hint #1: It's something you have to consume to survive. Hint #2: The Army considers it a medical solution to everything. Do you know what I'm referring to?

Despite the constant reminders from our chain of



command, our friends, and even our own bodies, people continue to not drink enough water. I know, I know, you're tired of hearing it. Me too! But the truth is that we need to be reminded.

This past weekend I was in the hot sun all day at a volleyball tournament. The sand scorched my feet and clung to my sweaty skin. It was hot, but to GTMO residents, it was just another day. This is what caught me off guard. When I woke up that

morning, I drank an entire bottle of Gatorade. Once I arrived at the beach, I continued to drink sips of water here and there, but it wasn't enough!

After playing a high-intensity sport for merely 20 minutes, my body became weak. I felt exhausted quick, but I couldn't figure out why. Finally, everything became cloudy. I saw a table in the shade a few feet away and that's all I could think about. I thought, "I have to make it to that table."

Well, I made it and I gratefully enjoyed some recovery time. So here I am, writing to tell you once again, DRINK WATER! ■

Network News

GTMO deploys Windows XP baseline

By **Air Force Capt. Troy Townsend**

JTF-GTMO Information Assurance Officer

After many long days of configuring software, dozens of cases of Mountain Dew and extensive testing of the end product, the J-6 (Command, Control, Communications and Computers) team has created a Windows XP baseline that is ready to be deployed to the JTF-GTMO network. It has already been deployed to the J-6 (work centers and will soon find its way onto your desktop computer. What kind of changes will this mean for you?

The two biggest differences that users will notice is a cleaner look to the desktop and the appearance of Microsoft Office 2003. For those of you who have been using Office 2000, there are some slight differences to Office 2003 that will take a little getting used to. All the basic functions remain the same, but Office 2003 brings some more advanced features to your spreadsheets, PowerPoint presentations and Word documents that were previously unavailable. An additional benefit of XP is that it is pre-loaded with loads of drivers, which makes it more compatible with third party software or hardware.

On the network security side of the house, the

upgrade to Windows XP is a welcomed sight. The new baseline has locked down many of the vulnerabilities that were identified in Windows 2000, making it a more secure operating system. Additionally, Windows XP is a more robust system which improves the stability of the computer. In other words, unlike Windows 2000, with XP, your computer is less likely to crash if something goes wrong.

Lastly, for our system administrators, XP provides a more flexible Active Directory structure, allowing us to manage accounts and groups more easily than with Windows 2000. Not something that users really care about, but it makes life a little easier for the people taking care of your network.

All in all, the new upgrade will mean better software, a more reliable computer for you, easier administration and a more secure network for us.

If you have a topic that you'd like us to address in an upcoming column of Network News, send your request to: j6-ia@jtfgtmo.southcom.mil. ■

NOTE: Please do not insert the Sony BMG music CDs that have the Extended Copy Protection (XCP) loaded on them into your government computer. It disables your computer's ability to play audio CDs and requires us to wipe the hard-drive to remove the software.

The Wild West of Diving

By Army Capt. Bruce Roberts

Office of Military Commissions

You are stationed at Guantanamo Bay, Cuba and just became a certified Open Water Diver, now what? You have heard all these wild stories from your instructor and your friends about sheer drop-offs into the abyss, swimming with Sea Turtles, shark encounters, and deadly undertows ... exciting and a little scary. Your instructor tells you, "Go out and have a great time. Dive!" But the four short open water dives you completed under the close supervision of instructors and divemasters in swimming pool-like conditions at Phillips Dive Park seem a paltry resume to match against your fellow divers' stories of daring-do and the likes of the legendary SLOT!

So why is GTMO the Wild West of diving? Because, you are free to explore a unique dive frontier with few restrictions and without the hassle of crowds of tourists competing for the same slice of Caribbean paradise. Additionally, there is really little supervision required for new divers. You have the freedom to dive when and how you want. So it's up to you to dive responsibly.

The first difference you will notice between GTMO and other places is the price. At GTMO, if you rent a couple tanks (\$5 each) and a MWR boat for the afternoon (\$6-12 per hour), you have a total of about \$30-50 invested for a two-tank boat dive.

Navy Petty Officer 1st Class Josh Tolleson, a Professional Association of Dive Instructors master scuba diver trainer said, "Depending on your scrounging, you're looking at spending \$60-200 for a two-tank dive back in the states. Down here, if you have your own gear, all you need to worry about is time off and transportation."

The next thing you will notice is the level of supervision. Dive resorts have no way to evaluate the ability or experience level of the average diver, and not all divers are created equal. I have heard many a diver spin amazing tales of diving the Great Barrier Reef with Jacques Costeau, only to pick up their regulator and try to attach it backwards. You will sign liability waivers and rarely be left to dive on your own, frequenting docile dive sites and going on dives that are typically guided by professionals. Resorts must minimize their risk, which in turn, minimizes your diving freedom.

Now, let's look at GTMO. Once you are certified, no one has to brief you the first time you dive at Cable Beach. You heard it was a great place, so you go. Diving is easy; you throw your gear in your "GTMO Special" and hit the beach. There's no divemaster or guide, no

instructor looking over your shoulder, it's just you and the unexplored deep! What happens if you blow an o-ring? You fix it! How do you get to the wall off of Pebble Beach? You go look for it! You've seen other divers entering the water at Kittery Beach in 5 ft. waves. How do you assess conditions? Whose experience do you rely on?

In your Open Water Dive class your instructor will tell you that the decision to dive ALWAYS lies with the individual. No one can force you into the water; it's ultimately up to YOU. Shark wranglers may choose to chum the water and have a shark rodeo, but you don't have to join them.

At GTMO, the only certifying agency is PADI, and they have standards that divers are supposed to conform to in accordance with their education and experience level. Your PADI instructor is responsible for providing standardized training, but they cannot imbue you with good judgment.

Since all diving takes place on the Naval Station, the Navy has instituted Instruction 1711.1 to regulate safe diving without making it inconvenient for the diver. For some of us who have been diving for a while, the requirements of the instruction can seem a bit cumbersome. Think of naval security as the U.S. marshals of our frontier - here to regulate.

As Tolleson observes, the presence of the "marshals" limits accidents, "Since you have to call-in your dives and have a presence to enforce the rules, you don't see as many people attempting inherently dangerous activities involving scuba diving."

The unique situation divers face at GTMO requires additional safety measures which are meant to take the place of the supervision provided at your average resort. This is the Wild West of diving; the freedoms that this scuba frontier provides are unprecedented. So let's keep it that way, follow the rules (NAVSTA and PADI), employ safe diving practices, and use common sense.

"This is a place where people don't realize how good they have it until they go someplace else," promises Tolleson.

Resorts are going to tell you when your dive is over, they are going to tell you not to wear gloves (because they don't want you to touch anything) and as for spear fishing, FORGET IT! The rest of the GTMO dive community is relying on you, the brand new diver, to keep GTMO a unique dive experience. So get out there, cowboy, and explore the Wild West! Just remember, always have your buddy watch your back, no rustling goliath groupers, and stay within your experience level. ■

Dare

TO BE A BETTER PHOTOGRAPHER LESSON #2

BY ARMY SPC. JAMIESON POND



Photo by Army Spc. Eric Tagayuna



Photo by Army Spc. Eric Tagayuna

◀▲ **Use of repetitive patterns is a useful way to create compelling photographs.**

Hopefully you have practiced the methods you learned about photography from the last edition of 'How to become a better photographer,' because now it is time to learn some more techniques. It is time to build upon the knowledge you have gained and now advance your photography skills to the next level.

No one wants to be inundated with too many new techniques, so only three new techniques will be introduced. These techniques should not overwhelm anyone and it should be just enough to keep you busy with practicing them.

Leading lines, patterns and simplification are the techniques we will focus on. A photo will be provided with an example of each technique.

Leading lines is a great way to lead the viewer's eye into the subject. You do not have to have a subject at the end of the leading lines. The leading lines can be the main focus of the photo as well. With leading lines your eyes follow a path on the image that the photographer wants you to follow. This technique can be a great way to captivate a viewer and really suck them into your photo. Be sure to remember the techniques you have already

learned, such as rule of thirds and angles to make a truly visually compelling photo.

The human eye is attracted to repetition and that is exactly what the technique of patterns does. Patterns is a pretty simple technique used to make for a unique photo. There really is not much complexity when it comes to taking a photo using this technique; all that is needed is repetition of a pattern. When using this technique with the right pattern it truly can be an appealing photo.

Simplification is the last technique we will discuss and it is as easy as the name describes. The method of simplification simplifies the photo by getting rid of any distraction in the background and keeping the subject the focus of the photo. Keep the background simple and you can't go wrong.

Now these are all pretty simple techniques that should be easy to practice with any kind of camera. Don't forget to combine these new techniques with the techniques you have already learned. Also, don't forget the weekly photo contest. Submit your best photos. The winner will have their photo published in the 'Around the JTF' section of the paper. Good luck and keep practicing. ■



Photo by Army Spc. Eric Tagayuna

▲ Different photographic elements and techniques can be combined to create something truly unique.



Photo by Army Spc. Jamieson Pond

▲ Photographers can employ simplification in order to convey their message through images.



Photo by Army Spc. Jamieson Pond

▲ Leading lines are used to lead the viewer's eyes into the subject and is an excellent photographic technique that draws viewers into the image.

2006 MWR Summer Baseball League results

By Army Sgt. Maj. Oscar Diaz

JTF-GTMO Public Affairs Sgt. Maj.

The 2006 MWR Summer Baseball League at Guantanamo Bay, Cuba just concluded its last game Sunday here at GTMO. The league consisted of four teams: the Lugnuts, Cubs, Marlins



Photo by Navy Chief Petty Officer (Select) Timm Duckworth

Navy Petty Officer 2nd Class Wesley Barker, from the JTF-Joint Detention Hospital, keeps an eye on a towering fly ball, Sunday, July 30, 2006, during the final game of the GTMO Summer Baseball League.



Photo by Navy Chief Petty Officer (Select) Timm Duckworth

MWR Summer Baseball League winners, the Lugnuts are (front row, left to right) Navy Petty Officer 2nd Class Robert Alvarado, Navy Petty Officer 3rd Class Frank Lennon, Navy Petty Officer 3rd Class Creed Piel, Allen Sutton, (back row, left to right) Navy Seaman Constantine Holtzman, Navy Petty Officer 1st Class Levi Gustafson, and Army 2nd Lt. Keith Herzog. Also part of the team but not pictured are Navy Seaman Ryan Decoster, Navy Petty Officer 3rd Class Dana Long, and Nick Basel.

and the Giants. The ballplayers participating on the different teams were from the NAVSTA, JTF, and Cuban migrants at GTMO. The short six game season was almost over as fast as it started for the teams the Lugnuts beat up throughout the season.

The Lugnuts went undefeated to claim the undisputed championship trophy which was awarded to them Sunday.

A combination of very good pitching and powerful batting was too much for the other teams in the league. The Lugnuts concluded their undefeated season by pounding on the Cubs.

The Lugnuts went into the last game in sole possession of first place and playing only for an undefeated season, which they achieved. The Cubs also were playing for a better record, since they were guaranteed sole possession of second place, heading into the last game of the season.

Still up for grabs was third place between the Marlins and the Giants who both entered their last game at 1-4. The Marlins took third place when the Giants forfeited the game due to lack of players.

“Winning Isn’t Everything” was very evident in this league. There was great competition and great sportsmanship amongst all the teams. Real rewards come from teamwork and playing the game unselfishly as a team. The season might have been short, but the memories of playing baseball at GTMO will be long lived. ■

Sports standings as of Wednesday: Co-ed volleyball

Place/Team	Won	Lost
1) DHS-PPI	5	0
2) GTMO Sharks	3	0
3) Bubble Gang	4	1
4) The Unreliable	3	1
5) NEX Striker	2	1
6) Six Pack	2	1
7) GTMO Packers	3	2
8) ARB Lords	3	3
9) JIG Is Up	3	3
10) Waa Gawn	1	2
11) Devils	1	2
12) JMG	1	3
13) Pirates	0	2
14) Thunder CKN	0	5
15) Just 4 Fun	0	5

Baseball Summer League

Place/Team	Won	Lost
1) Lugnuts	6	0
2) Cubs	3	3
3) Marlins	2	4
4) Giants	1	5

Movie Summaries



“Cars”

Lightning McQueen is a hotshot racecar rookie, driven to become the youngest car ever to win the Piston Cup Championship. But when the contest ends in a three-way tie, McQueen must travel to California where a tie-breaking race will determine the winner. McQueen’s journey to California takes him through dusty, old Radiator Springs and introduces him to a life beyond trophies, fame and sponsorships. As he gets to know the town’s offbeat characters, he learns the importance of teamwork and friendship and discovers that life is about the journey, not the finish line.

Rated: G, 114 min. ■



“Lady in the Water”

Cleveland Heep is an apartment superintendent who rescues what he thinks is a young woman from the pool he maintains. He discovers that she is no human, but rather a character from a bedtime story who is trying to make the journey back to her home. Cleveland and his tenants try to protect their new friend from the creatures that are determined to keep her out of her own world. Rated: PG13, 110 min. ■

Phil and Louie’s movie review will return in a future issue. In the meantime, enjoy some brief summaries of current and upcoming feature films showing at the MWR theaters.

MYTH BUSTERS

COMPILED BY ARMY CAPT. KIRK BLACK AND ARMY CAPT. RICHARD BOGGS

1. Most lipstick contains fish scales. Yum.
2. A rat can last longer without water than a camel.
3. Most scorpions will glow under black (ultraviolet) light.
4. Birds have the right of way on all Utah highways.
5. Bats always turn left when exiting a cave.
6. Dachshunds were originally bred in 1600 to hunt dachs, which is German for badgers. (Historically speaking, 1600 was a slow year.)
7. A cat has 32 muscles in each ear.
8. An ostrich’s eye is bigger than its brain.
9. Tigers have striped skin, not just striped fur.
10. A goldfish has a memory span of three seconds. (As noted by a reader: “The reason a goldfish swims back and forth and back and forth across the fish bowl all day long every day is because by the time it gets to one side of the bowl it forgets what’s on the other side of the bowl. Every trip is a new adventure! (Hey, I wonder what’s over there!.... Hey! I wonder what’s over THERE!)” :))

MOVING FROM COMPASSION TO COMFORT

By Navy Chaplain (Lt. Cmdr.) Tim Johns

Joint Detention Group Chaplain

What if the remedy doesn't work? What if there is no solution to the problem? What do you do? We want to keep trying remedies, but some things cannot be fixed. One day a little girl got one of those big helium balloons. All of the sudden, it went POP! The big balloon was nothing but a wet rubber blob. Her face turned to gloom and then, as if something struck her, she picked up the glob of blue rubber and started cheerfully hopping and skipping over to her daddy. Holding it out to him, she said, "Here, fix it."

What do you do when you can't fix it? You have to move from compassion to comfort. I believe there is a difference between compassion and comfort. Comfort is putting compassion into action. Compassion leads to taking an initiative. I have heard that because of his deafness, Beethoven found conversation difficult. When he heard of the death of a friend's son, overcome with grief, he hurried to the house. He had no words of comfort to offer, but he saw a piano in the room. For the next half-hour he played the piano, pouring out his emotions in the most eloquent way he could. When he finished playing, he left. The friend later remarked that no one else's visit had meant so much. Beethoven did what he could.

Let me illustrate it in another story. A little boy was suddenly aware of the puddle between his feet and the front of his pants was all wet. How could it have happened? Embarrassed, he wanted to die. The guys will never let him forget it; the girls won't ever speak to him again. "Please, dear God," he prayed. "I'm in big trouble here. I need help now." Suddenly, a classmate named Suzie loses a grip on the goldfish bowl she is carrying. It tips over, right in the boy's lap. "Thank you, dear God." He silently rejoiced. He pretends to be angry with little Suzie, and now she becomes the center of classroom scorn. He is rushed to the office for a pair of dry gym shorts. After school, the two are waiting for the bus. Suzie is standing off by herself, but he goes up to her and whispers, "You did that on purpose, didn't you?" Suzie whispers back, "I wet my pants once, too."

Comfort is not arguing the facts but

acknowledging the feeling. Faith is not about an answer, it is about God. Faith is assurance that God loves you. Comfort is being honest enough to say, "I don't understand it either, but I know God loves you." Comfort is doing what you can. Comfort is giving part of your heart instead of a piece of your mind. Comfort cares even when there appears to be no cure.

So if you see me in trouble this year, help me. As you go through your tour at GTMO and you discover that there is no fix for a problem put your compassion into action and offer comfort to those in need. You never know you may be the one who needs a bowl of water spilled on them. ■



Photo by Army Spc. Jason Kaneshiro

CAMP AMERICA WORSHIP SCHEDULE

Sunday	9:00 a.m.	Protestant Service	Troopers' Chapel
	6:00 p.m.	Confessions	Troopers' Chapel
	6:30 p.m.	Catholic Mass	Troopers' Chapel
	7:30 p.m.	Evening Prayer	Troopers' Chapel
Wednesday	7:30 p.m.	Soul Survivor	Camp America North Pavilion

NAVAL BASE CHAPEL

Sunday	8:00 a.m.	Pentecostal Gospel	Room 13
	9:00 a.m.	Catholic Mass	Main Chapel
	9:00 a.m.	Church of Jesus Christ of Latter-day Saints	Sanctuary A
	9:30 a.m.	Protestant Sun. School	Main Chapel
	10:00 a.m.	Protestant Liturgical	Sanctuary B
	11:00 a.m.	Protestant Service	Main Chapel
Monday	1:00 p.m.	Gospel Service	Main Chapel
	5:00 p.m.	Pentecostal Gospel	Room 13
	7:00 p.m.	Prayer Group Fellowship	Fellowship Hall
Tues. to Fri.	7:00 p.m.	Family Home Evening	Room 8
	12:00 p.m.	Daily Mass	Cobre Chapel
Wednesday	7:00 p.m.	Men's Bible Study	Fellowship Hall
Friday	12:30 p.m.	Islamic Prayer	Sanctuary C
Saturday	4:00 p.m.	Confessions	Main Chapel
	5:00 p.m.	Vigil Mass	Main Chapel

Jewish Shabbat Services held every second Friday at 7:30 p.m. in the Naval Base Chapel complex Room 11.

15 Minutes of Fame with Coast Guard Seaman Katie Flohr

By Army Spc. Philip Regina

JTF-GTMO Public Affairs Office

The still seas of Guantanamo Bay sit silent as the morning sun peaks along the horizon. This silence is soon shattered with the roar of a viper boat as it cuts a swath of whitewater through the bay.

The 312 Port Security Unit is conducting its morning patrol and Coast Guard Seaman Katie M. Flohr keeps her eyes alert for anything out of the ordinary, ready to maintain port security of GTMO.

Flohr is the newest member of the 312 PSU. She is 24 years old and has only served for six months. She received last minute word of her deployment but took the news with enthusiasm and a positive attitude.

"I look at this deployment as a great opportunity to learn more about what it is to be in the Coast Guard. The things you can accomplish here in six months would take years in the reserves. Being deployed truly gives you an opportunity to immerse yourself in the service that you're in," explained Flohr.

Flohr is honored to have the opportunity to be a part of the Joint Task Force mission and is enthusiastic and excited with the duties she performs for this mission.

"I definitely enjoy what I do here. We're on the water for the entire shift and we get to see a lot of GTMO that most individuals don't see. Even though I've only been here two months, I don't think I'll get tired of performing



Photo by Army Spc. Philip Regina

The newest member of the 312 Port Security Unit, Coast Guard Seaman Katie Flohr gains the skills to perform her JTF mission to protect the waters around Guantanamo Bay.

my duties, hopping on the boat and exploring the obscure corners of the bay," said Flohr.

"It's great to know that everyday I do my part to ensure the success of the JTF mission. It's a privilege to be a part of it. I am also thoroughly impressed with the way the different services, Army, Navy, Air Force, Marines and Coast Guard, work together to fulfill this great mission," added Flohr.

Flohr hopes to take what

she learns here and utilize it effectively when she returns home.

"I want to get into law enforcement when I get home. Doing the port security duty is a great tool to aid me in my civilian endeavors," said Flohr. ■

15 Minutes of Fame

Know a Trooper worthy of being highlighted in "15 Minutes of Fame?" Call Army Sgt. Christina Douglas at ext. 3593.



Photo by Army Spc. Philip Regina

◀ Navy Petty Officer 3rd Class Jarrod C. Miller (left) and Navy Chief Petty Officer Richard L. Trantham (right) of the Joint Detention Group cut the ribbon for the new Morale Welfare and Recreation Office at Tierra Kay 57 here.

AROUND THE JTF



Photo by Navy Petty Officer 2nd Class Stephen Watterworth

▲ Members of the Headquarters, Headquarters Detachment 525 Military Police Battalion, Army Sgt. Ricardo Amador and Army Sgt. Raphael Pickens (fourth and fifth from the left of the front row) were promoted to their current rank of sergeant. Others received unit coins for excellence in service.

▶ Army Capt. Eric DeForest, commander of the 189th Military Police Company, leads his Troopers during the 525 Military Police Battalion run that took them to Windmill Beach here Thursday.



Photo by Navy Petty Officer 2nd Class Stephen Watterworth



Photo by Army Spc. Philip Regina

▶ Army Sgt. 1st Class Sean Leuenberger performs sit-ups during a diagnostic Army Physical Fitness Test at the W.T Sampson High School track here.