Troopers performed “magnificently”

By Navy Petty Officer 1st Class
Lacy D. Hicks
JTF-GTMO Public Affairs Office

Joint Task Force guard force and medical Troopers responded swiftly to events inside Camp Delta May 18, including a coordinated suicide attempt by detainees in Camp 1 and an ambush on the guard force in Camp 4.

In a press briefing held Friday, Rear Admiral Harry B. Harris, Jr., commander of JTF-Guantanamo, commended the fast action of the guards and the medical team.

“I believe the American Guard Force, performed magnificently, showing remarkable restraint in the face of considerable danger,” said Harris. “They were, in fact, heroic. The young men and women here are doing a magnificent job and I am proud of each of them,” Harris told reporters.

Harris also spoke on the outstanding work performed by the medical staff: “Equally tremendous work was done by the Medical Group. Thanks to them, they saved the lives of the two would-be suicides,” said Harris.

Troops responded swiftly to a morning medical emergency after a detainee in Camp 1 was discovered unconscious. That afternoon, Troopers found a cache of drugs hidden in the toilet of a detainee, and another detainee was discovered frothing at the mouth due to an overdose.

Other detainees had apparently saved and transferred their prescribed drugs to designated suicide victims in support of a martyrdom operation.

Later that afternoon, a suicide attempt was staged in Camp 4, a medium-security facility where detainees live in a communal-living arrangement. It is considered to be the most dangerous camp because detainees have the opportunity to plan and act in groups.

JTF policy is to intervene to save the life of a detainee, but the guard force trains for the possibility that a suicide attempt may be used by the detainees to create an opportunity to assault, take hostage or kill the guards.

When the guard force entered the compound, the detainees assaulted them. The detainees had slickened the floor of the block with feces, urine, and soapy water in an attempt to trip the guards. Detainees then assaulted the guards with broken light fixtures, fan blades and bits of metal.

The altercation itself lasted about four-five minutes. Minimum force was used to quell the disturbance, using a continuum beginning with verbal commands to Oleoresin Capsicum Pepper Spray to physical force and finally, non-lethal crowd control measures. Over the next hour, the area was secured and the detainees were examined for injuries. Six detainees were treated for minor injuries. No servicemember was injured.

Harris concluded his remarks to the media, stating, “This illustrates to me the true nature of the men we have detained here. They are dangerous men and committed jihadists willing to die and order others to commit suicide.”
Courage, Discipline, Compassion

By Navy Rear Adm.
Harry B. Harris Jr.
Commander, Joint Task Force-Guantanamo

Last Thursday, Joint Task Force Troopers in Camp Delta responded to an extraordinary event, a coordinated double suicide attempt in Camp 1, followed by a false suicide that was, in fact, a ruse to lure Troopers into an ambush in Camp 4.

The detainees in our custody are dangerous men, and their actions last Thursday underscore this fact. The world now knows their true nature. Without doubt, these men are enemy combatants willing to go to any lengths to further their desperate goals. To them, death of detainees in a martyrdom operation and deadly harm to Americans are simply means to achieve their extremist ends.

The guard force performed magnificently, showing remarkable restraint in the face of considerable danger. They were, in fact, heroic. The young guard force leaders took swift and decisive action to quell the violence and ensure the safety of both Americans and detainees.

Equally outstanding work was done by the Joint Medical Group. They saved the lives of the two would-be suicides in Camp 1. And they treated the very detainees who moments before attacked the guard force in Camp 4 with compassion and precision.

The actions of the Troopers from across the JTF last Thursday reflect the highest ideals of courage, discipline, and compassion. I am honored and privileged to be your commander. Bravo Zulu!

“Bravo Zulu”

Bravo Zulu \'brā, ˈzil-ˌ, ˈzē-ˌ, ˈžā-ˌ\ – 1: This is a naval signal, conveyed by flaghoist or voice radio, meaning “well done”; it has also passed into the spoken and written vocabulary.

There are some “myths and “ legends” attached to this signal. The one most frequently heard has Adml. Halsey sending it to ships of Task Force 38 during World War II. He could not have done this, since the signal did not exist at that time. (Admnl. William “Bull” Halsey led the Battle of Leyte Gulf.)

“Bravo Zulu” actually comes from the Allied Naval Signal Book (ACP 175 series), an international naval signal code adopted after the North Atlantic Treaty Organization (NATO) was created in 1949. Until then, each navy had used its own signal code and operational manuals. World War II experience had shown that it was difficult, or even impossible, for ships of different navies to operate together unless they could readily communicate. The Navy adopted the International Civil Aviation Organization alphabet in March 1956 and what was “Baker Zebra” previously, finally became Bravo Zulu as we know it for “well done.”
Voting Assistance Program kicks off at JTF

By Army Capt. Jon Eskelsen and
Army Sgt. Paulette Ocampo

JTF-GTMO Legal Assistance Office

Over the next several weeks, each member of the Joint Task Force will have an opportunity to exercise their rights through the Voting Assistance Program. The VAP provides a number of services by fostering voter participation by Troopers and civilians stationed with the JTF, providing an easier way to apply for an absentee ballot and voting overseas.

Every JTF component agency has been given the task of assigning a Voting Assistance Officer to every company-sized element within their jurisdiction. The unit VAO will provide each Trooper with access to the ballot and information on how to find out what your elected representatives have done while in office.

Voting is a privilege all citizens of our country have over 18 years old. Voting is a fundamental right that each of us should hold dear. Indeed, much of the constitution itself and nine amendments specifically focus on the ability of United States citizens to vote.

Each of us has family or friends who right now are in Iraq or Afghanistan and have assisted millions of people in those lands obtain the right to vote. During recent elections in Iraq, over 65 percent of Iraqi citizens voted by walking great distances as vehicles were banned to stop suicide bombers. They challenged the dangers of being maimed or killed by foreign snipers as they walked isolated dirt roads towards voting places. And yet, they voted overwhelmingly for freedom resulting in a new Iraqi government.

Additionally, each of us has a real interest in choosing who our elected leaders on both the federal and state levels will be. The choices we make this year will have a direct impact on what happens to Guantanamo Bay both in budget and operational authority. It is in our interest to ensure we participate fully in the electoral process and get the representation in congress and the states that represent those of us serving our country abroad.

If you have any questions regarding the VAP please contact your unit VAO or contact the Legal Assistance office. Voting makes a difference in how our country works, so register and vote.

Army Capt. Jon Eskelsen is the Chief of the Legal Assistance Office in Camp America. The JTF Legal Assistance office which is open Monday through Friday from 8 a.m. to 5 p.m. He can also be contacted at ext. 3561.

Security Bulletin: For Official Use Only Information

By James Parker

JTF-GTMO Special Security Office

For Official Use Only information is unclassified information that may be withheld from the public because disclosure would cause harm to a national interest. It is protected by one or more exemptions to the Freedom of Information Act.

FOUO information may be disseminated within DoD to conduct official DoD business. It may be disseminated to departments and agencies of the executive and judicial branches to fulfill a government function, except to the extent prohibited by the Privacy Act. FOUO information may not be released to foreign nationals without specific disclosure authorization from a Foreign Disclosure Officer.

Records containing FOUO information shall be transported in a manner that precludes disclosure of the contents. It may be sent via first-class mail or parcel post. Bulky shipments, such as distributions of FOUO directives or testing materials, that otherwise qualify under postal regulations may be sent by fourth-class mail.

During normal working hours, FOUO information shall be placed in an out-of-sight location if the work area is accessible to non-governmental personnel. At the close of business, FOUO records shall be stored to preclude unauthorized access. FOUO information must be stored in a locked drawer, file cabinet, room, or building.

The originator shall terminate For Official Use Only status when the information no longer requires protection from public disclosure. Within JTF-GTMO, FOUO materials that are no longer needed must be destroyed in the same manner as classified material.

The unauthorized disclosure of FOUO records does not constitute an unauthorized disclosure of classified information. However, appropriate administrative action will be taken to fix responsibility and appropriate disciplinary action will be taken against those responsible. Unauthorized disclosure of FOUO information may also result in civil and criminal sanctions against responsible persons.

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

Remember, mission first, security always!
U.S. Coast Guardsmen win JTF NCO and Trooper of the Quarter

By Army Pfc. Philip Regina
JTF-GTMO Public Affairs Office

A Trooper and Non-Commissioned Officer of the Quarter Board was held here May 17.

The Troopers who participated in the board were all members of the Joint Task Force who were selected by their respective units. The Troopers were then graded on military bearing, basic military knowledge, knowledge of U.S. History and current events.

By the end of the competition Coast Guard Petty Officer 1st Class Sheldon A. Harley was named NCO of the Quarter and Coast Guard Petty Officer 3rd Class Richard H. Jones, was named Trooper of the Quarter. Both Troopers are members of the 305 Port Security Unit.

Harley and Jones used almost every spare moment they had to prepare for the board.

“We did a lot of studying. Seeing as how the board quizzes you on such a variety of things, we had to make sure that we had almost every angle covered,” explained Harley.

The previous NCO of the Quarter was Coast Guard Petty Officer 1st Class Robert Pester, a fellow member of their close-knit unit. His experience at the board helped prepare Harley and Jones immensely.

“Pester told us what to expect. He showed us the things that needed the most preparation. I could imagine that going to that board not knowing what to expect could be pretty stressful. I mean, I was pretty nervous beforehand, but the advice Pester gave me made things that much easier,” added Jones.

Pester’s win at the previous board set a standard of excellence for the Coastguardsmen.

“Although no one really said it to us outright, winning was expected. I’d say it’s a reflection of our unit and the standard that we set for ourselves. Be it at work or in front of a board, we all strive to do our best,” added Harley.

Harley and Jones’ unit, the 305 PSU have spent nearly seven months here and will be leaving for home by the middle of June. During their unit’s stay here they have developed a strong sense of brotherhood and teamwork.

“Being here with these guys has taught me a lot. The critical mission that we perform here has showed us the necessity of working cohesively in order to achieve the mission. Harley’s an engineer and I’m port security, so we take the boats out to the bay and break them, while he stays here and fixes them. Everyone does his or her part and we all work together. I don’t think we would have been so successful at the board without the support our buddies have shown us,” explained Jones.
Staying mentally fit at GTMO

By Navy Petty Officer 2nd Class Wesley Barker
and Navy Petty Officer 3rd Class Deanna Kleine

JTF-GTMO Combat Stress Control Team

With command physical training, a 24-hour gym and no place to go when off-duty, we have time to maintain physical fitness here at GTMO. However, our mental fitness may be more difficult to regulate. How do you stay mentally fit you might ask? One way is to manage stress. In this article we would like to re-introduce the Combat Stress Control Unit and its purpose. We will identify what “stresses out” our Troopers and give tips for our Troopers to use to manage stress effectively.

Combat Stress Control is here to support the troops, inside and outside the wire. We are here to provide services such as individual counseling and training in useful skills such as basic relaxation, stress, anger and sleep management. At CSC we strive to keep Troopers fit for full duty in mind and body at all times. However, if there are circumstances preventing Troopers from working, we at CSC will provide the support to return Troopers to work as quickly as possible. We will also equip Troopers with knowledge to help them through their deployment.

During deployment, overall well-being of the Trooper is essential. A trip to CSC is a visit that will help you stay on that path. While we work together to help you stay on that path, our staff remains committed to confidentiality. As in Vegas, whatever is said here stays here.

Stress can be defined as any demand on the body. CSC can help you deal with the source of your stress such as dealing with detainees, problems sleeping, difficult personalities at work, difficult personalities in your berthing, missing loved ones at home, a death in the family, children, finances, getting short notice before deployment, etc. When stress becomes overwhelming or too much to handle on your own, come to CSC and talk about it with us. CSC will help you to cope with your stress. By helping you to cope, we at CSC will help you to manage stress and regulate or “check” your emotional responses to that source of stress.

Sometimes when we are “stressed out” all we need is an extra moment to check our emotional response, in order to deal with whatever is causing that stress. Some tips on managing yourself during times of stress:

1) Breathing exercises to interrupt your train of thought, thereby quieting mental noise. First, walk away from the situation (temporarily). Second, inhale deeply. Third, exhale slowly and count silently “one.” Continue repeating these steps until you have counted ten.

2) Visual meditation helps bring a calmness within which you can develop insight into your experience. First, walk away from the situation (temporarily). Second, find a quiet place to sit. Third, imagine you are in your favorite place. Think of what you can touch, see, smell and hear in this favorite place. Hold this image for 3-5 minutes.

If you feel that these tips might be helpful, we have those and much more to offer at CSC. Call ext. 3566 to sign up for Basic Relaxation, Stress, Anger or Sleep Management training, or to make an appointment for individual counseling. We are located in Camp America in building 3206A. We take walk-ins and appointments. Our after duty hours Psych. Tech. phone ext.8-4450 for emergencies only.

We are now offering the following training:

Stress Management:
Tues. 9-10 a.m.

Anger Management:
Wed. 9-10 a.m.

Basic Relaxation:
Wed. 6:30-7:30 p.m.

Sleep Management:
Thurs. 9-10 a.m.

Please call ext. 3566 to sign up for training.
Miles Away From Ordinary

Our GTMO Coastlines...
There are a number of beaches here at GTMO for Troopers to enjoy. Windmill Beach is the most popular, with cabanas, volleyball courts and picnic tables. If you are trying to avoid a crowd, Girl Scout Beach may be a more appropriate choice. Cable Beach is a nice hybrid between the expanse and popularity of Windmill Beach and the seclusion offered by Girl Scout Beach. The beauty of the naturally occurring sea glass that sparkles in the sun at Glass Beach is also a nice place to relax.
Nextel Cup Race for the Chase

Dale Earnhardt, Jr. returns to Nextel Cup top 10

By Army Staff Sgt. Brian Scott
JTF-GTMO Public Affairs Office

After 11 races of the Nextel Cup season, one pleasant surprise so far this season is the return of Dale Earnhardt, Jr. to the top 10 in the Nextel Cup Race for the Chase. After a disastrous 2005 season, “Junior” is back with Tony Eury, Jr. as his crew chief and running well on both short tracks and super speedways. Junior is currently fifth in points and only 226 points behind leader Jimmy Johnson. Watch for Junior to continue his strong run and be a big factor in the race for the final standing.

Jeff Gordon is back in the chase this year and he’s right behind Junior in points. After a strong second place at Darlington it looks like the DuPont Number 24 team is back and will have an impact in the final standings.

With five drivers in the Race for the Chase last year, a team missing from the top 10 is the Roushkateers. Only two of the team members are currently in the top 10 and the Roush team has only two wins to this point in the season. Greg Biffle’s first place finish at Darlington puts him back on the map and set to make a move toward the top 10 in points. Matt Kenseth and Mark Martin are currently third and fourth in points and don’t look for that to change.

The group of rookies this year is a very impressive group. Led by Denny Hamlin and Clint Bowyer, they are sitting right outside of the top 10 in the Race for the Chase, with Hamlin leading the charge. With a second place finish at Richmond and three other top 10 finishes so far, Hamlin has to be the frontrunner for Rookie of the Year. Another rookie to keep an eye on is Clint Bowyer, after signing on with Richard Childress Racing after only one year in the Busch series, has three top 10’s and one top five finish this year.

The longest race of the season looms ahead this Sunday at the Lowe’s Motor Speedway in Charlotte. The track has been resurfaced and Goodyear has brought in a harder tire, but after watching the All-Star Challenge, once again tires could be an issue in this year’s race. The obvious favorite going into the race is Jimmy Johnson, but I think the crowd will be chanting, “Junior, Junior, Junior,” after six hundred miles of racing.

Joe Nemechek leads a pack of cars into a turn during Sunday’s NASCAR Nextel Cup race at Las Vegas Motor Speedway in this undated photo.
From its opening sequence to its final frame, “Mission Impossible 3” grabs you by the throat and refuses to let go.

As in its predecessors, M:I 3 involves the exploits of Ethan Hunt (Tom Cruise). This time, however, Hunt has apparently retired from the danger that is the Impossible Mission Task Force (IMF) in order to marry his girlfriend, Julia. He chooses, however, to take one last job before he hangs it up for good. The impossible mission before him is to take down devious arms dealer, Owen Davian (Philip Seymour Hoffman), but as he pursues Davian, all that he holds true unravels before his eyes and that which he holds most dear is put in danger.

I don’t remember watching the last two Mission Impossible movies, but if they were half as good as this one was, I’m going to have to rent them. The pace of the movie started off at a dead sprint and never relented. I’ve never seen a movie that started with high-volume action and maintained it throughout the entire movie.

Although Cruise may be getting older, you can’t tell from the stunts he pulled off in this movie. He moves as if he was half his age.

The recent Academy Award winner, Hoffman, shows his acting chops in Davian. I had my doubts about him playing such a ruthless character, but he played the role effortlessly.

I’d recommend this movie to anyone looking for two hours of straight action. I promise you, there is not a moment in the movie in which your eyes will dip from the screen.

“Inside Man” is about a bank robbery, but don’t let that fool you; it’s definitely not your typical bank robbery movie. Instead of just an action packed, no frills attached shoot-em-up, this movie has quite a lot of substance.

The characters in this movie are trying to pull off the perfect bank robbery; one in which every possible angle is considered, and every option is carefully planned out. If bank robbing were an art, the “Inside Man” would be its Leonardo Da Vinci.

What I expected from this movie when I saw the previews and what I actually got were two totally different things. I thought it would be all intense thrill adventure with extreme action scenes, but instead it was dialogue driven and thoughtful. You have to pay careful attention in order to know what’s going on in this story.

With all that said, this is one of the best movies I’ve seen this year. It’s full of suspense, so much so, that once the movie begins you won’t want to get out of your seat for anything. So be sure to order plenty of refreshments and use the restroom before the movie begins! It keeps you on the edge of your seat and you just won’t want to miss a moment of it.

The idea of this movie is well thought out and was very well written. I highly recommend this to all who want a little more substance to their movies.
The Process of Fission: Splitting the Spiritual Atom

By Army Chaplain (Capt.) Joseph Evans, Ph.D.

Joint Medical Group Chaplain

A writer has said this about the nature of an atom: “Matter is made up of billions of tiny particles called atoms. Each atom has a center, or nucleus, consisting of protons and neutrons. In some types of atoms, the nucleus is unstable and breaks up, releasing the neutrons. When the neutrons hit other atoms, these atoms also split, a process known as fission, releasing more neutrons along with heat.” This process of fission shares similar aspects with how spiritually wanting form and grow. As they bump into each other, the unstable gravitate toward stability along with heat. It’s the process of splitting the spiritual atom.

Since arriving, we began splitting the spiritual atom by distributing more than 500 bibles to sincere believers and seekers of an unassailable peace provided by the gentle strength of Jesus Christ. Commissioned to preach His gospel to the wanting through the expositor, this gospel was first proclaimed to some 30 persons in attendance.

It was Palm Sunday, the first Sunday that the preacher proclaimed the Word of God; but six weeks later, our worship attendance averages more than 100 people. How do we account for this remarkable increase? We are splitting the spiritual atom and finding that at its center is an inert energy. We define this energy as relational faith and practices that seem to be at the center.

We have sent out people as neutrons between the wanting and waiting neutrons and we are meeting them. We have met them in their work environment, in their hospitals, in their dining facilities, in their housing units, wherever they habitat, we going alongside of them. Not imposing, not loudly but simply, quietly, we are present in his presence. We call this the ministry of presence. All chaplains are comprehensively working together:

Now after this the Lord appointed seventy others, and sent them in pairs ahead of Him to every city and place where He himself was going to come. And He was saying them:

“The harvest is plentiful but the laborers are few; therefore, beseech the Lord of the harvest to send out laborers in his harvest. Go; behold, I send you out as lambs in the midst of wolves” Luke 10:1-3

We are believing that wanting to know the unconditional love of Jesus Christ, manifested in his Word, personified and recognized in the compassion of His receiving people, the Church.

What instrument are we using to split the gospel atom? We preach the word of God as precisely and accurately as we can but with heat. We acknowledge that the heat of the Holy Spirit attracts and moves as He did hovering over the waters of creation: “In the beginning God created the heavens and the earth. The earth was formless and void, and the darkness was over the surface of the deep, and the Spirit of God was moving over the surface of the deep - Genesis 1:1-2”

We strategically attempt to invoke and await the dynamic energy that splitting an atom releases, its light, its warmth, its excitement, its sentiment, its pause-causing awestruck presence. It’s worship! Nevertheless, we are committed to splitting more atoms and sending out more neutrons, bumping into more waiting neutrons!

| **CAMP AMERICA WORSHIP SCHEDULE** |
|-------------------------------|-----------------|
| **Sunday**                    | **Wednesday**   |
| 9:00 a.m. Protestant Service   | 7:30 p.m. Soul Survivor |
| 6:00 p.m. Confessions          | Troopers’ Chapel |
| 6:30 p.m. Catholic Mass        | Troopers’ Chapel |
| 7:30 p.m. Evening Prayer       | Troopers’ Chapel |
|                               | Camp America    |
| **Naval Base Chapel**         | **North Pavilion** |
| **Sunday**                    | **Monday**      |
| 8:00 a.m. Pentecostal Gospel  | 7:00 p.m. Prayer Group |
| 9:00 a.m. Catholic Mass        | Fellowship Hall |
| 9:00 a.m. Church of Jesus Christ of Latter-day Saints | Room 8 |
| 9:30 a.m. Protestant Sun. School | 7:00 p.m. Family Home Evening |
| 10:00 a.m. Protestant Liturgical | Fellowship Hall |
| 11:00 a.m. Protestant Service  | 12:30 p.m. Islamic Prayer |
| 1:00 p.m. Gospel Service       | Sanctuary C     |
| 5:00 p.m. Pentecostal Gospel  | 4:00 p.m. Confessions |
|                               | 5:00 p.m. Vigil Mass |
| **Tuesday to Fri.**            | **Saturday**   |
| 12:00 p.m. Daily Mass          | 4:00 p.m. Confessions |
| 7:00 p.m. Men’s Bible Study   | 5:00 p.m. Vigil Mass |
|                               | Staff Duty Hall |

Jewish Shabbat Services held every second Friday at 7:30 p.m. in the Naval Base Chapel complex Room 11.
The blazing sun of the 1-18th Cavalry Regiment has long since set along the Guantanamo horizon and the yin and yang of the 29th Infantry Division have ardently taken its place. From western coasts to eastern shores, each rotation of new Troopers to the Joint Task Force brings change. Yet, much like the 1-18th’s eternal monument, the memory of the professionalism and dedication forever remains here and for one soldier the 1-18th is more than a memory…it’s his unit.

Army Sgt. John R. Antes is the last enlisted Trooper from the 1-18th who still remains at JTF-GTMO. Antes is the non-commissioned officer in charge of detainee mail operations. He has been here for nearly 14 months.

Although his tour was scheduled for merely a year, Antes was asked to stay a few months longer.

“Army Maj. Gen. Jay Hood asked me personally to stay a little longer. It seems a replacement couldn’t be found in time for me to leave on time. So, no complaints, I said okay for two extra months,” explained Antes.

Antes’ job involves daily interaction with the detainees. He facilitates the issuing of their mail and instructs the Troopers under him on proper conduct. He was not originally intended to perform this job, but he is thankful for the opportunity.

“It’s been a good tour. I did a job that I wouldn’t usually do. I’m a supply sergeant, but I had the clearance, so they gave me this job. I’m truly thankful though, because it was an opportunity to experience something new,” added Antes.

Antes’ tour was a long and extended one and Antes has nothing but gratitude for the opportunity to take part in this essential mission.

“For all the newly arrived Troopers, I have a few words of advice: always remember the importance of the mission that you are taking part of. I know that as you go about your daily tasks, it’s hard to see the fact that what you do here matters. But I know that when I go home and watch the news and see GTMO in the headlines, I’ll appreciate everything that I did here,” said Antes.

Most of the Troopers have not been here more than three months and the nine more to go may seem like an eternity. Antes has a bit of advice for the Troopers looking at this deployment as simply a year away from home.

“I’ve been here for 14 months and all I have to say about this place is to enjoy it and use your time wisely. Spend every bit of free time you receive doing everything you can out here. Morale, Welfare and Recreation has so much to offer here, boating, scuba diving and fishing, there’s just so much you can do. You have 12 months, better make the best out of it,” added Antes.

As Antes gears up to reunite with his 1-18th brothers, he looks back at his experience with gratitude and looks forward to the future with his replacements and wishes all the best for the Troopers here now and in the future.
Army Lt. Col. Lora Tucker wins this week’s Photo of the Week contest with this entry of a honeybee hovering near a cactus flower.

Coast Guard Petty Officer First Class Joseph Scarbrough relaxes outside his room in Camp America. The flag flying above him was given as a gift to a fellow Coast Guardsman in a unit grab bag exchange at Christmas in 2005.

Defense Automated Production Service employee Errol A. Chisholm (left) stacks recently cut welcome packets while Errol A. Parkes (right) folds them in preparation for distribution at the print shop here.

Coast Guard Petty Officer 3rd Class Angel Pla heads out to the range early in the morning as they prep for live fire.