

# JOINT REGION EDGE

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## MSRON 7 sharpens skills

By Jesse Leon Guerrero

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Maritime Expeditionary Security Squadron (MSRON) 7 conducted a biannual Unit Level Training Assessment-Sustainment (ULTRA-S) exercise for operations certification at U.S. Naval Base Guam Feb. 26.

The exercise lasted five days, during which nearly 100 of the command's Sailors protected a campsite from simulated hostile forces.

"They're surpassing expectations with the things they're accomplishing out there," said Master-at-Arms 1st Class (EXW/SW) William Groomes, who helped coordinate the exercise as a command training team member.



Although the MSRON 7 personnel maintained control of entry points along the perimeter of the camp with mounted machine guns and small arms, Groomes said they have to show restraint through weapons discipline and the ability to escalate and de-escalate any use of force. Groomes added not all of the different exercises were known to the tested personnel, so there was an element of surprise they had to overcome.

"We work harder here," Groomes said. "That way when we go downfield, no matter what situation comes, we're ready to go."

Groomes said it's the first time MSRON 7 trained together both Detachments Delta and Echo, previously known as Detachments 711 and 712 respectively.

Aside from guarding the camp's control entry points, Sailors also trained on providing a protective service detail for VIPs and vehicle convoys.

Master-at-Arms 2nd Class (EXW) Todd Smith said his three years of experience and training with MSRON 7 combined with his previous service as a Marine helped him in the

Training: Master-at-Arms 2nd Class (EXW) Todd Smith, of Maritime Expeditionary Security Squadron (MSRON) 7, operates an M2 heavy-barrel machine gun in support of other MSRON 7 forces guarding a training campsite during the Unit Level Training Assessment-Sustainment (ULTRA-S) exercise at U.S. Naval Base Guam Feb. 26. (U.S. Navy photo by Jesse Leon Guerrero)

See MSRON 7, page 8

## 36th Wing Safety holds confined spaces training

By Airman 1st Class Julian North

36th Wing Public Affairs

You're doing your job, everything seems to be going fine, until suddenly you can't breathe and you can't escape. For most of us in the Air Force this scenario is highly unlikely, however, for Airmen in certain career fields it is an ever-present concern.

Thanks to Senior Master Sgt. Jeffrey Oyer, 36th Wing Safety, a good number of these airmen are better prepared to handle such situations. On Feb. 2, Wing Safety held confined space training as part of the yearly requirement at the 9100 series. The 36th Communication Squadron, 36th Civil Engineering Squadron, and 554th RED HORSE Squadron all participated in the training.

The confined space training consisted of practicing self-rescue and non-entry rescue techniques. It also trained the participants to pay attention to their "atmospheric readings" by evaluating whether the area they enter is

For more photos about 36th Wing Safety's confined spaces training, go to page 11.

oxygen enriched, oxygen deficient or toxic. All of these readings are crucial and can help prevent work-site fatalities.

When asked whether he felt the participants were better prepared or not sergeant Oyer responded, "Definitely. They know exactly what they are getting into. They know the signs and symptoms of harmful exposure; maintaining lines of communication and not being distracted. [This] will let you know if something is right or wrong and how to react in either case."

Training: Members of the 554th Red Horse Squadron participate in confined space training here on Feb. 23. The confined space training is an annual requirement for certain Airmen and was held by 36th Wing Safety. (U.S. Air Force photo by Airman 1st Class Julian North)



### INSIDE

- NBG CO meets with business community leaders, page 2
- AF legal assistance Web site launched, page 13



**Sacrifice Honored**  
WWII veterans visit the Nimitz House en route to Iwo Jima.

SEE PAGE 9



**Time for Saving**  
Airmen and Sailors celebrate Military Saves Week.

SEE PAGE 5



**Top Performer**  
Airman 1st Class Martin

PAGE 3

# 36th Wing Safety holds confined spaces training

Confined Space: 36th Wing Safety held confined space training on Andersen Air Force Base as part of yearly requirement at the 9100 series. The 36th Communication Squadron, 36th Civil Engineering Squadron, and 554th RED HORSE Squadron all participated in the training.

In the photos, members of the 554th RED HORSE Squadron participate in the training Feb. 23. (U.S. Air Force photos by Airman 1st Class Julian North)



## USMAP lets service members receive DoL certifications

By Ensign Peter Lee  
Naval Education and Training  
Command Public Affairs

Sailors, Marines, and Coast Guardsmen interested in completing civilian apprenticeship requirements can do so through the United Service Military Apprenticeship Program (USMAP). As of Feb. 23, USMAP is helping more than 40,000 service members earn their professional certificates.

USMAP works with the U.S. Department of Labor (DoL) to provide nationally recognized apprenticeship programs that result in journeyman-level Certificates of Completion for members of the sea services. During their apprenticeship, military members further their professional development through documented work experiences while performing their regular military duties. Earning this DoL Journeyman Certificate is free and normally does not require working additional off-duty hours.

"It's about quantifying what you've accomplished," said Tom Smith, Naval Education and Training Command (NETC) Enlisted Learning and Development coordinator. "Service members are already doing the work; it's just a matter of documenting what they do. Now they have their work 'on the record' and an apprenticeship completed has additional recognized accomplishments, which looks good to promotion boards. Certifications can also open doors once one decides to hang up the uniform."

USMAP is a registered apprenticeship program which provides formalized and structured training. It combines on-the-job training (OJT) and related technical instruction in which the apprentice would receive practical and technical training. All the individual is required to do is regularly document the hours worked in the various skill areas either in a hard-copy log or through the Web and have it verified by their

supervisor. In addition, the service member submits a report every six months, and a final report once all OJT is complete.

"Each apprenticeship requires anywhere between 2,000 and 10,000 hours of on-the-job work and training," said Marybeth Whitney, USMAP registrar. "Working a typical 40-hour week, an individual can complete an apprenticeship within a year. The 123 trades available range from aircraft mechanic to X-ray equipment tester and over 96 percent of Navy enlisted rates, 85 percent of Coast Guard enlisted rates, and 232 Marine Corps military occupational specialties are eligible for these programs."

USMAP's apprenticeship programs apply to virtually all members of the sea services, including those who have been serving for several years.

"Pre-registration credits can be awarded to those who have time-in-service and can even be applied

towards college credits", added Smith. "The maximum credit a service member could possibly receive is 50 percent of the required OJT. For example, an E-6 with ten years of service and is interested in an 8,000-hour program can receive a maximum of 4,000 credits towards their apprenticeship, cutting their requirements for hours of logged OTJ in half."

Since 1976, USMAP, a program managed by NETC, has awarded nearly 37,000 certificates.

"The program continues to grow within the military while maintaining its recognition in the civilian sector," added Whitney. "The certificates provide the civilian sector a way to translate what military members are doing within their jobs."

Any active-duty Sailor, Marine, or Coast Guardsmen can become an apprentice as long as they have been designated in a rating, have sufficient time to complete the program while on active duty, possess

a high school diploma or GED, and the selected trade must be their primary job at their command.

"No service member, either officer and enlisted, should cheat themselves out of this program," said Ken Ledbetter, USMAP marketing and outreach coordinator. "Anyone can do it but to further one's work expertise takes that extra motivation. Each trade program is tailored to enhance knowledge of that job and an individual's enthusiasm to be a professional does not go unnoticed. They owe it to themselves."

For more information about the United Service Military Apprenticeship Program, visit <https://usmap.cnet.navy.mil/>.

For more information about the Naval Education and Training Command, visit <https://www.netc.navy.mil/>.

For more news from Naval Education and Training Command, visit [www.navy.mil/local/cnet/](http://www.navy.mil/local/cnet/).

# NBG CO speaks with business community leaders

By Jesse Leon Guerrero  
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Capt. Scott Galbreath, commanding officer of U.S. Naval Base Guam, spoke to Guam's business leaders about the importance of the Navy's forward presence in the Pacific at a luncheon hosted by Rotary Club of Guam at Guam Marriott Resort & Spa Feb. 25.

Galbreath spoke about the capabilities of aircraft carrier strike groups to maintain security and stability for the United States and its allies through seapower.

A strike group typically consists of a the nuclear-powered aircraft carrier and its air wing of approximately 70 aircraft and also a mix of accompanying ships, which might include a fast combat replenishment ship, two Los Angeles-class attack submarines, a Ticonderoga-class Aegis cruiser, and two Arleigh Burke-class destroyers.

Galbreath explained that carrier strike groups are key tools in carrying out national strategy and many elements of the Maritime Strategy, which applies maritime power to the crucial responsibility of protecting U.S. vital interests in an increasingly interconnected and uncertain world. Signed for the first time by the service chiefs of all three sea services, the strategy draws the Navy, Marine Corps and Coast Guard even closer together in working to protect and sustain the American way of life.

Galbreath also showed a short video explaining the elements of the Maritime Strategy.

Galbreath said that carrier strike groups routinely provide presence and engagement around the world and stand ready to ensure battle space dominance and to strike at sea and ashore. He explained that battle

space dominance means ensuring that another force is unable to succeed in hostile action across a broad area, in the air, on land, and on and under the sea.

"We should never rest confident in our ability to do it, as technology developments can quickly leap beyond our defensive capabilities," Galbreath said. "Sheer numbers can overwhelm, but the carrier strike group is built to be very good at battle space dominance."

Galbreath said the strike group also supports the Maritime Strategy through its engagement with communities to which its Sailors make port visits. He explained the crews of strike groups act as ambassadors of U.S. goodwill and that they often volunteer for community relations projects.

"It can include opening up a ship to our hosts it can also include cooperative training with foreign militaries," Galbreath said. "Engagement is valuable in fostering mutual understanding and open communication, which in turn reduces the likelihood of conflict."

Following a question-and-answer session with Galbreath, Duncan McCully, Rotary Club of Guam past president and current board member, said it was important for them to have the meeting because the military is a growing part of Guam's population. McCully added that such outreach can help bridge any separation between the local and military communities, especially in anticipation of an increased military presence on island.

"We're a business organization, so I think generally our membership is more optimistic and looking forward to the buildup," McCully said. "We've had a lot of speakers talk about it and that's always a topic of interest."



Talking Business: Capt. Scott Galbreath, commanding officer of U.S. Naval Base Guam, speaks with Rotary Club of Guam members about an aircraft carrier strike group's role in performing Navy operations and missions worldwide at a luncheon at Guam Marriott Resort & Spa Feb. 25. (U.S. Navy photo by Jesse Leon Guerrero)

## I am an American Airman: One perspective on the Creed

By Airman 1st Class Joe McFadden  
 1st Special Operations Wing Public Affairs

As someone who enlisted after the creation of the Airman's Creed in 2007, I can understand the repeated efforts of more experienced Airmen to memorize it. To some, it seems like something confined solely to promotion boards or, at the very least, yet another list to recite when called upon.

But for those of us who recently went through Basic Military Training, there was a specific purpose behind each recital - be it at each physical training session, classroom briefing and finally at graduation.

As one of those Airmen, I'd like share what it means to me, one year after enlisting: "I am an American Airman. I am a warrior. I have answered my nation's call."

As I stepped off the bus that carried 54 other young men and me to the 321st Training Squadron Feb. 24, 2009, I'm sure each one of us tried to figure out how exactly we had arrived at this situation.

Everyone on that bus had come from different backgrounds and undergone unique ex-

periences, but for whatever reason we had all reached the same conclusion to serve something larger than ourselves when we decided to enlist in the Air Force.

We got on that bus as civilians, but we left it as trainees of Flight 303: bound to become different, yet stronger, people at the end of the next eight-and-a-half weeks.

"I am an American Airman. My mission is to fly, fight and win. I am faithful to a proud heritage, a tradition of honor, and a legacy of valor."

From the classrooms to the drill pads and even in the dorms, we learned about both the privileges and responsibilities that came with being called an Airman. We recognized the significance and the implications of the U.S. Code of Conduct and realized the integrity and the consequences and of the Uniform Code of Military Justice.

We understood the vital role of the Army Air Corps in World War II and appreciated the strategic impact of air power in the following decades. And, more importantly, we knew the task of continuing the success of those mis-

sions would soon depend on what we would one day do.

"I am an American Airman. Guardian of freedom and justice. My nation's sword and shield. Its sentry and avenger. I defend my country with my life."

While some of us grew up marveling over the fantastic feats of comic book superheroes and professional athletes, we were later humbled by the heroic sacrifices of the men and women who had gone before us to serve our nation.

We admired the graceful strength of their families and knew full and well that the blessings we enjoyed at home were guaranteed by the character of Airmen like Senior Airman Jason Cunningham, Airman 1st Class Elizabeth Nicole Jacobson, and Chief Master Sgt. Duane Hackney.

And we felt the tremendous trust invested in us to join the ranks of those Airmen who had gone before us to protect and defend our way of life - even if it meant with our own life.

"I am an American Airman: Wingman. Leader. Warrior. I will never leave an Airman

behind. I will never falter, and I will not fail."

No matter how far we had come, our flight could not have graduated if we didn't pick each other up and move together as a team.

This was the point behind everything our Military Training Instructors were demonstrating to us: the success of the flight, squadron, or wing depended on each member looking beyond themselves, overcoming challenges, and striving for excellence.

That understanding carried us from when we got off the bus through the inspections, the obstacles course and Basic Expeditionary Airman Skills Training right to the moment eight-and-a-half weeks later when our MTI handed us a coin and called us "Airman."

As I conclude my first year in the Air Force, I've seen firsthand through the selfless actions of medics, maintainers, aircrew, police, service specialists and others - all Airmen - what it takes to live up to what the Creed symbolizes.

As a result, I'm grateful to them for having a better understanding of what it means to be an American Airman.

# Airman Martin a go-getter for Andersen AFB

By Senior Airman  
Shane Dunaway

36th Wing Public Affairs  
timothy.dunaway@andersen.af.mil

Whether they're working in family practice or flight medicine, medical technicians in the 36th Medical Operations Squadron make a direct impact on the quality of life of everyone they serve.

One Airman in particular has established a strong work ethic and was recently recognized as a 'Top Performer' by Master Sgt. Stephen Demers, 36th Medical Group first sergeant.



Airman 1st Class Mike Martin, 36th MDOS medical technician, works as an emergency responder, providing emergency care for 911 calls on-base, supporting base events such as the monthly wing run and 5K runs, and assisting with aerovacs for patients.

"Martin is a go-getter," said Staff Sgt. Katherine Caraballo, 36th MDOS flight medicine shift supervisor. "He's a great follower with leadership potential. He always has a positive attitude no matter what is asked of him. He tackles each task with utmost enthusiasm and professionalism, and his 'can-do' attitude is infectious in the unit."

A Denver native, Airman Martin joined the Air Force Dec. 16, 2008. After basic training at Lackland Air Force Base, Texas, and technical training at Sheppard AFB, Texas, Airman Martin arrived here August 26.

Before joining the Air Force, Airman Martin earned a bachelor's degree in criminal justice from the University of Northern Colorado. Despite his pre-Air Force successes, he decided he needed a change.

"I lived in Colorado my entire life," Airman Martin said. "I wanted to get out, travel and see the world."

Airman Martin also contributes to Team Andersen through volunteerism. He has participated in the Airman Against Drunk Driving program and currently serves as the Medical Group's First Four president.

In his off-duty time, Airman Martin said he spends much of his time participating in outdoor activities including golfing, camping, hiking and snorkeling.

Airman Martin is relatively new to the Air Force and while he has not made a firm decision on continuing his Air Force career past an initial enlistment, he's already noticed the benefits of being part of the Air Force family.

"I like how close-knit everyone is



Operation: Airman 1st Class Michael Martin, aerospace medical technician assigned to the 36th Medical Group, operates one the 36th MDG's newest pieces of equipment, the high-deck patient loader here on March 2. (U.S. Air Force photo by Airman 1st Class Julian North)

here, how involved people are in family events and people help make others feel at home even though they're so far away from most of their family and friends," Airman Martin said.

Despite being recognized for his active involvement throughout the wing in such a short time, Airman Martin took the modest approach in response to his recognition.

I work with a lot of good people

in the med group and a lot of young Airmen in the fire department who are hard workers and really smart," Airman Martin said. "It's very flattering to be singled out like this."

# CNIC selects MA1 Ortiz as Sailor of the Year

From Commander Navy  
Installations Command

Commander, Navy Installations Command (CNIC) Vice Adm. Michael C. Vitale announced the selection of Master-At-Arms 1st Class (SW/AW) Johnny Ortiz as the 2010 CNIC Sailor of the Year (SOY) Feb. 25.

Ortiz, a native of Holyoke, Mass., is stationed at Naval Air Station, Sigonella, Italy. He serves as the security department operations leading petty officer and was chosen as the No. 1 Sailor from among CNICs 11 regions and 76 installations.

Upon being named SOY, Ortiz, a 12-year veteran said, "I am very proud for my family and the Sailors of my command. Representing Re-

gion EURAFSWA [Europe, Asia and Southwest Asia] was a tremendous experience and the highlight of my career."

"It was a hard choice," said CNIC Force Master Chief Steve Markum, "These were three of the best Sailors I have ever had in front of me on a board."

Ortiz, and the other two finalists Aviation Structural Mechanic 1st Class (AW) Marlon Deniega representing Region Northwest and Yeoman 1st Class (SW/AW) Amy Osieck representing Region Southwest, were treated to tours of many of Washington's landmarks during their week long visit.

Ortiz will represent CNIC at the Vice Chief of Naval Operations' Shore SOY competition to be held later this year in Washington, D.C.

Established on Oct. 1, 2003, Commander, Navy Installations Command (CNIC) is the Echelon II command under the Chief of Naval Operations responsible for Navy-wide shore installation management. CNIC has overall shore installation management responsibility and authority.

Sailor of the Year: Master-At-Arms 1st Class (SW/AW) Johnny Ortiz accepts the Commander, Navy Installations Command (CNIC) 2010 Sailor of the Year award from Vice Adm. Michael C. Vitale, CNIC, during the annual ceremony, Feb. 25. Ortiz currently serves as security department operations leading petty officer, U.S. Naval Air Station Sigonella, Sicily. (Photo courtesy of Commander, Navy Installations Command)



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# NAVFAC awards first fiscal year 2010 construction contract

By Catherine Cruz Norton

U.S. Naval Facilities Engineering Command Marianas Public Affairs

U.S. Naval Facilities Engineering Command (NAVFAC) Marianas awarded a \$3.5 million contract to Fargo Pacific, Inc., a Hub Zone-certified Guam business, to construct a training facility for the Air Force Feb. 12.

Commando Warrior Operations

Facility will be a single-story building designed to complement mission critical capabilities of the Commando Warrior Flight, and is another step toward the completion of the Pacific Regional Training Center at Northwest Field, Andersen Air Force Base.

"The new facility frees up critical classroom space for our electronic security systems and Antiterrorism/Force Protection Level

II courses. It also provides a space for ground combat skills headquarters track students to conduct planning operations for the field training exercises," said Maj. Kirk Hughes, commander of the 736th Security Forces Squadron (SFS). Hughes said the building will add much needed office space for the instructor personnel assigned to Commando Warrior.

Commando Warrior is an 18-

day pre-deployment training course for U.S. Pacific Air Force's security forces airmen hosted by the 736th SFS.

"This contract award to a Hub-Zone certified Guam-based company continues to demonstrate our commitment to our local small business community," said Cmdr. Matt Suess, NAVFAC Marianas executive officer. "It further demonstrates the military's com-

mitment to the island of Guam," Suess said.

The project is expected to be complete in August 2011. The exact amount of the contract award is \$3,490,000.00, and is one of several task orders issued against the Hub Zone design-build multiple award construction contract (DB MACC) awarded in June 2009.

## News Notes

### Job Announcements

Interested individuals can view the vacancy listings at <https://www.cnic.navy.mil/Marianas/index.htm> or at <https://chart.donhr.navy.mil>. For more information, call 339-4222/6210.

### Joint Region Marianas, Guam

Human Resources Specialist  
Regional MWR Manager, closes March 9

Naval Hospital, Guam  
Nurse (clinical)

Andersen AFB (Naval Support Activity, Andersen)  
Child Development Program Technician, closes March 10

Personnel Support Activity Detachment Guam  
Supvy Traffic Management Specialist, closes March 9

Employment Opportunities  
Looking for a part time job? 36th Force Support Squadron offers multiple employment opportunities. Current job vacancies and job descriptions within 36th Services are available online at [www.36thservices.com](http://www.36thservices.com) by clicking on HRO jobs. For more information, visit the Human Resources Office (HRO) or call 366-6141.

U.S. Naval Base Guam Main Gate Temporarily Closed  
The main gate of U.S. Naval Base Guam will be temporarily closed March 8-31 for repairs.

Access will be through the back gate of U.S. Naval Base Guam, located along Shoreline Drive. This gate will provide around-the-clock access to the base for authorized motorists.

A second gate at X-Ray Wharf will be open from Monday through Friday, 5:30 a.m. to 7 p.m., and is located behind the Navy Housing Office and the T. Stell Newman National Park Visitor Center. Electronic signs will be in place to provide traffic directions. Motorists should anticipate traffic congestion in the area.

### Town Hall

Andersen Air Force Base town hall meeting is scheduled for March 11, 6 p.m. at Meehan Theater. Topics on the agenda include construction projects, Year of Air Force Family programs, and a question-and-answer session.

U.S. Naval Base Guam will hold a town hall meeting March 11, 6 p.m. at the Big Screen Theater.

### Seabee Birthday, NAVFAC Anniversary Ball Tickets

The annual birthday and anniversary celebration in honor of the Seabees, Civil Engineer Corps (CEC) and Naval Facilities Engineering Command (NAVFAC) is scheduled for March 6, 6 p.m.-midnight at the Hotel Nikko Guam in Tumon. The Seabees will be celebrating 68 years of auspicious "We Fight, We Build" service, and the CEC and NAVFAC will be honoring 143 years of its rich history and proud existence. The theme for this 2010 event is "Preserving our Past, Building Our Future." NAVFAC Pacific Commander, Rear Adm. Michael A. Giorgione will be the honorary speaker. Military service members and civilian personnel are invited to attend this grand celebration and encouraged to purchase tickets in advance. For ticket information and prices, please contact Ensign Matt Pine at 339-2167.

### AFSA Elections

The Air Force Sergeants Association (AFSA) Chapter 1560 council elections for the upcoming term will be held March 19, 11:30 a.m. at the Top of the Rock ballroom. Any rank can fill any position! If you are interested in running for a position, please let me know. If you're not a member and wish to run we can set up your application before election day. If you are interested in running for a position, please contact Tech. Sgt. Lisa Parr, president of AFSA Chapter 1560 at 366-5817. You can also visit the AFSA SharePoint for election and position information.

### Women's History Month

"Writing Women Back into History" is the theme for Women's History Month, March 2010. The Guam Veterans Center, U.S. Department of Veterans Affairs is seeking information and pho-

tographs of women who have or are currently serving in the U.S. military and who are interested in documenting their stories. The month's celebration will include a Women Veterans Conference on March 26, 7:30 a.m.-4 p.m. at the Outrigger Guam Resort. All interested parties are invited to contact Cathy Illarmo at the Guam Veterans Center for information at 472-7161.

### Annual Air Force Chess Tournament

The Hotspot will host the annual Base Chess Tournament March 27, 9 a.m. in the HotSpot gym. The tournament will have two age groups: Youth, ages 6-18, and Adults. If the winner is an active-duty service member, he or she may be eligible to compete in the Air Force Chess Tournament in May at Wright-Patterson AFB, in Ohio. Sign up at the HotSpot, or call 366-2339 for more information.

### 2010 Navy Chess Team

Applications are now being accepted for the 2010 Navy Chess Team through April 23. Interested active-duty personnel in the U.S. Navy, U.S. Coast Guard or U.S. Public Health Service may apply. All applicants must be U.S. Chess Federation (USCF) member in good standing with an established USCF rating. Additional eligibility requirements and the team applications are available on the Navy Chess Web site at <http://www.mwr.navy.mil/mwrprgms/chess.htm>. The top 12 applicants will be invited to the Navy Chess Qualifier, June 11-13 at Naval Support Activity South Potomac in Dahlgren, Virginia, to compete for a spot on the six-man Navy Chess Team. Navy Chess Team members will advance to the Interservice Chess Championships at Naval Station Great Lakes, Aug. 2-6. At least one Navy player will advance from there to the NATO Chess Championships in Koege, Denmark, Oct. 18-22.

### Save Money

Enroll in the Savings/Investing or the Thrift Savings Plan class at the Airman & Family Readiness Center. Call 366-8136 for more information and to learn about financial planning and budgeting. Pick up commissary coupons from the Airman & Family Readiness Center, Airman's Attic, or the Commissary. On Guam, coupons can be used six months

past the expiration date at the commissary.

Purchase items at yard sales or the flea market. The 36th Force Support Squadron has a monthly flea market. The next flea market will be held March 20 from 8 a.m.-noon at the HotSpot/Community Center Gym. Visit the Airman's Attic to obtain free items. The Airman's Attic hours are Wednesdays from 1-3 p.m. and Fridays from 9-11 a.m. for E-5 and below. All ranks day is the last Friday of every month from 9-11 a.m. The Airman's Attic is located in the old Base Exchange. Track your daily spending to see how much you are actually spending. Look for ways that you can save money, e.g., bringing your lunch to work.

Put the money that you are receiving for COLA into a savings account. This will help build up your emergency fund. Visit <http://www.militarysaves.org> to learn about other great ways to save!

### Air Force Teen Aviation Camp

The 2010 Air Force Teen Aviation Camp will be held June 5-10 at the Air Force Academy in Colorado Springs, Colo. This camp features a residential 6-day program which provides youth a glimpse of what Cadets attending the U.S. Air Force Academy experience. Activities include a stay in dorms, high and low ropes courses, a tour of Academy, flight simulators, and a Cessna flight. Teens interested in aviation and leadership and who are sophomores or juniors in the fall of 2010 are eligible to apply. Applications are available at the Youth Center and must be received by Headquarters Services no later than April 2. For more information, contact Maryvel Jones at 366-3490.

### My Air Force Life Video Competition

Create a "My Air Force Life" video short and you could win a 2009 Apple computer with iWorks pre-loaded and a Panasonic HDC-HS250K video camera. Total prize package is valued at \$2,000. Just submit a short video (maximum of 60 seconds) on either of these themes: "What Your Air Force Life Means to You," or "Air Force is a Great Place to Live, Work, & Play." There are two categories of competition: youth, ages 12-17, and adult, ages 18 and up. Entry deadline is April 4. Go to [www.MyAirForceLife.com](http://www.MyAirForceLife.com) for all necessary information regarding this competition.

# How do you save money?

Joint Region Edge asked service members on Guam how they save money. Here is what they said:



**"The way I save money with my four kids is by shopping clearance racks and buying produce that is on sale."**  
-Staff Sgt. Danielle Haynes, 36th Wing



**"I have a separate bank account that's not here on Guam. I have an allotment of such and such money going to that bank, so that way I'm not tempted to spend it. I don't have an ATM card. That money is just straight there and I'm not tempted to spend it."**  
-Interior Communications Electrician 3rd Class (SW) Tiffany Hamilton, USS Frank Cable (AS 40)



**"Don't spend it! Basically, make priorities. You say, 'OK, this month, I can do such and such and I'm going to put a little bit away so that I'll have something for next month.'"**  
-Machinery Repairman 2nd Class Sydney Ehman-Vail, Personnel Support Detachment Guam



**"I save money by saving half of my paycheck, putting half in my savings and the other half in my checking and only spending money out of my checking account."**  
-Information System Technician 3rd Class Larry Andrews, USS Frank Cable (AS 40) Guam



**"The way I save my money is to carpool with people every day to work."**  
-Airman First Class Daniel Poggi, 554th RED HORSE Squadron

## 'Start Small, Think Big' when it comes to savings



Spending Advice: Pilar Pangelinan, Fleet and Family Support Center personal financial management specialist, talks to Guam High School (GHS) students Feb. 25 about her profession and techniques students can implement on how to save money. (U.S. Navy photo by Oyaol Ngrairikl)

By Oyaol Ngrairikl

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Events aimed at improving finances were held on U.S. Naval Base Guam and Andersen Air Force Base to promote Military Saves Week, which was celebrated Feb. 21-28.

Military Saves is a Department of Defense (DoD)-wide financial readiness campaign to persuade military service and family members, as well as the wider military community, to reduce debt and save money, thereby ensuring personal financial readiness and positively impacting the nation's personal/household savings rates. The campaign was launched throughout DoD in 2007.

Fleet and Family Support Center (FFSC) representatives were at Guam High School (GHS) and the U.S. Naval Base Guam (NBG) Youth Center Feb. 26.

The theme of this year's campaign is "Start Small, Think Big," which Pilar Pangelinan, FFSC personal financial management specialist, said is particularly suitable for children who can learn the habits and discipline to start saving now for college, their first car or bigger dreams.

At GHS, Pangelinan talked to students about her career as a financial specialist and what students could do to help their parents save money, such as using coupons at the grocery

store. FFSC has coupons readily available for families to use at the Orote Commissary.

She also talked to patrons of the Youth Center about money saving techniques.

"You could start as early as 8 or 9 years old — when you get your first cash money birthday present or you start getting an allowance for your chores and what not," Pangelinan said. "Those little savings is the starting small, which in the long run can be big for them."

Pangelinan said parents can influence their children to be financially savvy.

"[To] parents, try and live a lifestyle that you want to see your kids emulate because they are sponges and pick up everything you do," she said. "You don't want to be penny-pinching, but you want to be frugal and also make wise decisions with your money."

At Andersen AFB, tours were held at the Commissary from Feb. 23-27.

The tour was designed to provide customers with information on saving by using coupons; buying generic brands versus brand named items; and showing participants that certain vegetables are cheaper purchased whole rather than pre-cut. The tour consisted of walking them through the Commissary to view the items and spot items that are on sale.

The Airman & Family Readiness Center also set up booths at the

Commissary and the Andersen AFB exchange Feb. 23-26 in conjunction with Military Saves Week. Pledge cards were available for the customers to complete.

Part of the national America Saves campaign, Military Saves' strategies include "The Saver Pledge," a commitment to exercise good financial habits and encourage other Americans to do the same. Savers who enroll online receive electronic newsletters and e-Wealth Coach advice. Military Saves also invites DoD credit unions and military banks to aggressively promote automatic deposits to savings accounts, and asks military and private organizations to promote saving and debt reduction to members, employees, and customers.

In addition to the events held during Military Saves Week, there will be other opportunities to save money. A monthly flea market will be held March 20 from 8 a.m.-noon at the Hot Spot/Community Center on Andersen AFB. Airman can also visit the Airman's Attic to obtain free items. The Airman's Attic hours are Wednesdays from 1-3 p.m. and Fridays from 9-11 a.m. for E-5 and below. All ranks day is the last Friday of every month from 9-11 a.m.

For more information about how to save, call Fleet and Family Support Center at 333-2056 or the Airman & Family Readiness Center at 366-8136, or visit [www.militarysaves.org](http://www.militarysaves.org).

# Hospital Sailors celebrate diversity, heritage

By Oyaol Ngrairikl  
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U.S. Naval Hospital Guam Sailors celebrated the Navy's diversity with an African-American History Month presentation at the hospital Feb. 25.

February was African American/Black History Month. The presentation was organized by the Naval Hospital Guam Diversity Committee.

"It's not so much just a presentation on African-American history," said Hospital Corpsman 1st Class (SW/AW) Shironne Willoughby, committee chairperson. "I think it's important to recognize these characters because the reality is these characters make up the Navy and made the Navy what it is. Just looking at how diversity has been embraced and how much the Navy has done and how much our nation has accomplished because of it. I think because of our diversity we've truly become a force to be reckoned with."

Hospital Corpsman 2nd Class (SW) Daniel Lamb did his presentation on Master Chief Carl Brashear, the first African-American Navy diver.

"He was my childhood hero and it was because of him that I wanted to join the Navy and I'm now working to become a diver just like him," Lamb said. "I think it was his determination to succeed and to overcome boundaries that really drew me. We all have hardships in life

but if you work really hard, if you continue to push to be the best, you can achieve your dream."

Hospital Corpsman 2nd Class Karyn Tomaneng did a presentation on Lt. Jenine McIntosh-Menze, the first African-American, female aviator in the U.S. Coast Guard.

"I'm Filipina, so the fact that she was a double minority like I was, and yet was able to achieve what so many people told her just isn't possible is fuel for perseverance," Tomaneng said. "I think Lt. McIntosh-Menze and so many others like her opened the door for the people of future generations to do so much for themselves and for the nation and our Armed Forces, regardless of race and gender."

Today, 13 African-American admirals serve on active duty and one serves in the Reserves, and more than 50 percent of African American naval officers graduated from historically black colleges and universities. In 2009, the Navy earned a top Diversity Council Award and the Optimas Award for excellence in personnel management.

Hospital Corpsman 1st Class (FMF/SW) Courtney King, who attended the presentation, said African-American men and women in past generations contributed a lot to the Navy, breaking down racial and gender barriers and continue to represent the strength of the nation's diversity and its ability to directly support the Maritime Strategy and national defense.

"It was very informative and inspiring," he said. "I'd like to think



Above: Hospital Corpsman 2nd Class (SW) Daniel Lamb, left, with U.S. Naval Hospital Guam, answers questions from Hospital Corpsman 1st Class (FMF/SW) Courtney King following the African American History Month presentation at the hospital Feb. 25. (U.S. Navy photo by Oyaol Ngrairikl)

Right: Hospital Corpsman 2nd Class (SW) Daniel Lamb, left, is photographed with one of his childhood heroes, Master Chief Carl Brashear, the first African American Navy diver. Lamb did a presentation on Brashear during an African American History Month event at U.S. Naval Hospital Guam Feb. 25. (Photo contributed by Hospital Corpsman 2nd Class (SW) Daniel Lamb)

that the same strength that propelled these historic figures remains with the current generation so we can continue to build on their achievements."

African-American History month originated as a single week in February called Negro History Week. The weeklong observance was founded in 1926 by Carter G. Wood-

son, an African-American historian. In 1976 it was expanded into a month-long celebration.

For more information on African-Americans in the Navy, visit the "African-American Navy Experience" at the Naval History and Heritage Command Web site: [www.history.navy.mil/african-hist.htm](http://www.history.navy.mil/african-hist.htm).



African-Americans in the Navy

- On March 15, 1947, Ensign John W. Lee became the first African-American to be commissioned into the regular Navy.
- The Centennial 7 were the Black officers who commanded submarines during the 20th century.
- Rear Adm. Michelle Howard is the first African-American female to lead a combined task force in the 5th Fleet, serving as commander during the Maersk-Alabama piracy incident off the Somali coast, which led to the successful rescue of Capt. Richard Phillips.
- Force Master Chief Laura A. Martinez was awarded the 2009 Pioneer Award from the National Women of Color for achievements that include leading 500 corpsmen in providing health services for 15,000 U.S. and allied troops while deployed to Kuwait in 2003.

# Sailors D.A.R.E. students to overcome peer pressure

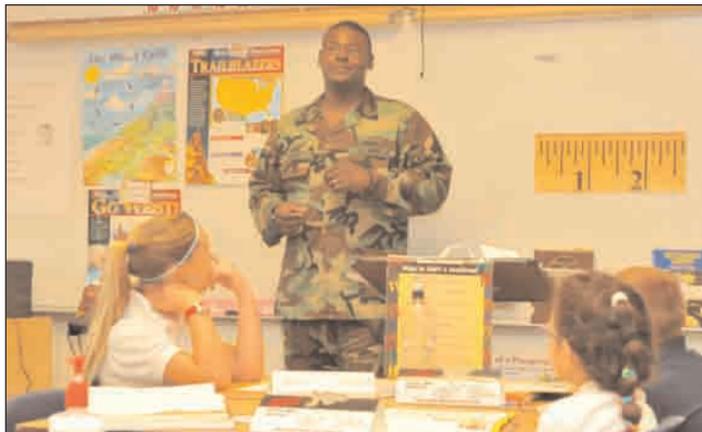
By Oyaol Ngrairikl  
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Sailors from U.S. Naval Base Guam (NBG) Security started a Drug Abuse Resistance Education (D.A.R.E.) course at Commander William C. McCool Elementary/Middle School Feb. 23.

D.A.R.E. is a national program that teaches kids how to recognize and resist the pressures influencing them to experiment with alcohol, tobacco, marijuana and other drugs so they can live productive drug- and violence-free lives. The program at McCool will last for 10 weeks.

"The idea is to teach the kids what's wrong and what's right, as well as explaining to them why it's wrong or right so they can understand and use that knowledge to make positive life decisions," said Master-at-Arms 1st Class (SW) Jermaine Glover, of NBG Security. "We also encourage them to get involved with different activities in school or in the community, such as sports teams, or volunteer opportunities."

Glover and fellow D.A.R.E. instructor Master-at-Arms 1st Class (SW) Patricia Camacho talked to fifth-grade students about the negative effects of alcohol and drug abuse on a person's behavior and health. They also discussed scenarios such as underage drinking at a party, or kids getting pressured to



Empowerment: Drug Abuse Resistance Education (D.A.R.E.) program instructor Master-at-Arms 1st Class (SW) Jermaine Glover, of U.S. Naval Base Guam (NBG) Security, talks to Commander William C. McCool Elementary/Middle School fifth-graders Feb. 23. Glover and another D.A.R.E. instructor are offering a 10-week course to help empower students to resist peer pressure and live drug- and alcohol-free lives. (U.S. Navy photo by Oyaol Ngrairikl)

try drugs, and what kids can do to avoid or get out of such situations.

Camacho said teaching students to focus on their strengths and potential helps them fight negative peer pressure, which only increases as kids get older.

"We're focusing on elementary school-aged kids because we're hoping to help them build the foundation they need to resist peer pressure in middle and high school," she said.

Camacho said D.A.R.E. also establishes positive relationships be-

tween students and parents, teachers, law enforcement officials, and other community leaders.

Virginia Santos, a McCool fifth-grade teacher, said she's been teaching for 13 years and has seen students' positive reactions to community members who visit classrooms to talk about preventing drug and alcohol abuse.

"Students respond to authority figures and they see the D.A.R.E. instructors as the authority on keeping their minds, bodies and communities safe from drugs and alcohol



Instruction: Drug Abuse Resistance Education (D.A.R.E.) program instructor Master-at-Arms 1st Class (SW) Patricia Camacho, U.S. Naval Base Guam (NBG) Security, and Commander William C. McCool Elementary/Middle School fifth-graders discuss ways to avoid or get out of situations that involve underage alcohol drinking Feb. 23. (U.S. Navy photo by Oyaol Ngrairikl)

abuse," Santos said.

Santos said the fact that Glover and Camacho are from base security emphasizes their authority.

"The kids know that these folks aren't joking around when they say there are consequences to breaking the law," she said.

Glover said the program also empowers kids to effect change in their homes and communities.

"We have feedback from parents who said their kids, who are participating in D.A.R.E., had gone home and shared what they learned," he

said. "We had one student who is talking to his parents about the dangers of tobacco smoking and it's actually succeeded in helping that parent stop."

Glover said in addition to classroom instruction, they have been invited to presentations at different venues, including the NBG Teen Center and Youth Center.

Those interested in scheduling an event can call Glover at 339-3414. To learn more about D.A.R.E., visit the program's Web site at [www.dare-america.com](http://www.dare-america.com).

# Guam school honors NCTS, NAVFAC Marianas Sailors

By Jesse Leon Guerrero

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Vicente S.A. Benavente Middle School on Guam recognized Sailors who participated in a tutoring program during an awards ceremony Feb. 27.

The 19 Navy volunteers, who represented Naval Computer and Telecommunications Station (NCTS) Guam and Naval Facilities Engineering Command (NAVFAC) Marianas, completed the school's Saturday Scholars Program, which is a six-week mentoring program that helps students improve their basic math, reading and language arts skills.

For their efforts as tutors and mentors, the Sailors were presented certificates of appreciation and commendation from both the school and the Guam Legislature.

Cmdr. Bill Chase, commanding officer of NCTS Guam, congratulated the Navy group for sharing their time and encouraged the more than three dozen students who benefited from the program to become lifelong learners.

"As Sailors, we learn that we don't have all the answers and someone may know how to do things better or how to do it faster," Chase said.

Lt. Ryan Carey, of NAVFAC Marianas, started his guest speaker remarks by advising the student body to continue studying, complete their homework and create opportunities for themselves.

"Reading opens doors for you and math opens doors," Carey said. "Right now, what you're doing helps you see the future to accomplish what you want to do."

Aurora Reyes, the school's Saturday Scholars Program coordinator, was appreciative of the Sailors' willingness to guide students.

"To my military partners, without your help, this program couldn't exist," Reyes said.

After receiving his awards, Builder 2nd Class (SCW) Carle Spragle, NAVFAC Marianas, said the program gave him the opportunity to talk about other important lessons he hopes the students will consider. Spragle explained education can involve sports, outdoor recreation and many other positive activities on Guam.

"They're just kids, so be kids," Spragle said, talking about what he told the students. "Enjoy life and don't grow up too fast."

Following the ceremony, the school hosted a luncheon for the Sailors, students and other volunteers.



Appreciation: Information Systems Technician 1st Class (SW) Brenda Jackson, right, of Naval Computer and Telecommunications Station Guam, accepts a certificate of appreciation from Beth Perez, left, principal of Vicente S.A. Benavente Middle School, following the end of the Saturday Scholars tutoring program Feb. 27. Also pictured is Lt. Ryan Carey, center, of Naval Facilities Engineering Command Marianas. (U.S. Navy photo by Jesse Leon Guerrero)



Above: Information Systems Technician 1st Class Christopher Castillo, left, and Senior Chief Information Systems Technician (SW/AW) Steven Dupree, both from Naval Computer and Telecommunications Station Guam, complete the Saturday Scholars tutoring program at Vicente S.A. Benavente Middle School Feb. 27. (U.S. Navy photo by Jesse Leon Guerrero)

Left: Builder 2nd Class (SCW) Carle Spragle, right, of Naval Facilities Engineering Command Marianas, shares his life experiences with students from Vicente S.A. Benavente Middle School, following the end the Saturday Scholars tutoring program Feb. 27. (U.S. Navy photo by Jesse Leon Guerrero)

## Helping Your Children Eat Healthy

Children learn their habits from their parents and other care givers, to include including the habit of trying new and healthy foods. As such, adults should be good role models and teach children how to appreciate nutrition and enjoy healthful eating. March is National Nutrition Month, as established by the American Dietetic Association in 1983. In support of that health campaign, here are some good tips on how to help your children develop a taste for healthy food:

- Eat healthy foods and offer them to

your children. You can give them opportunities to learn to like a variety of nutritious foods.

- Offer your children as many new foods as possible, as early in life as possible. It takes much longer to accept new foods when you are older.
- Introduce fresh foods that are available locally in your meal plans. It's amazing what kids will try. Some they will like and some they won't; but it sets up good habits for the future.
- Involve your children in grocery shopping and meal preparation as much as

possible. Kids are more likely to try new things if they are involved in choosing and preparing them.

- Develop a healthy relationship with food as a life skill with your children. When children are in the kitchen with their parents, they are learning.
- Make meal preparations fun and interactive. When your children are old enough to prepare meals on their own, they won't view time in the kitchen as a negative.
- Encourage children to use cookbooks or look online for recipe ideas. It makes

meal preparation more real for children if they can find recipes themselves.

- Offer healthy foods and eat them yourself, rather than lecture your children. If you do it with a smile on your face, your children are sure to follow. For more information, visit the American Dietetic Association at [www.eatright.org](http://www.eatright.org) or contact your local dietician or diet therapist: U.S. Naval Hospital Guam: 344-9241 Andersen Air Force Base: 366-2494/3199

# MSRON 7: Command trains to provide security

**Continued from Page 1**

in the exercise. While manning a heavy-barrel machine gun for anti-armor cover fire, Smith said these exercises allow Sailors to support each other.

"I'm the first line of defense if they get overran," Smith said, while looking at the forward-control entry point. "It is a good exercise."

About 20 Sailors from Naval Mobile Construction Battalion (NMCB) 1 also participated in the

exercise, role-playing local militia. Chief Utilitiesman (SCW) James Masserang, of NMCB 1, said the partnership helped both groups.

"While we're on island, we're mostly working on our construction skills and this keeps our mili-

tary skills sharp, too," Masserang said.

MSRON 7, which was commissioned in May 2004, provides rapidly deployable forces to conduct or support anti-terrorism and force protection missions. The squadron

also promotes the Maritime Strategy by providing security for American citizens through the application of seapower and by strengthening partnerships with allied nations.



Wathing the Perimeter: Master-at-Arms 3rd Class Kenneth Wright, of Maritime Expeditionary Security Squadron (MSRON) 7, scans for potential hostile forces at the perimeter of a training campsite during the Unit Level Training Assessment-Sustainment (ULTRA-S) exercise at U.S. Naval Base Guam Feb. 26. (U.S. Navy photo by Jesse Leon Guerrero)



Staying Sharp: Master-at-Arms 3rd Class Michael Mayers, of Maritime Expeditionary Security Squadron (MSRON) 7, stays mission-ready at the end of a five-day Unit Level Training Assessment-Sustainment (ULTRA-S) exercise held at U.S. Naval Base Guam Feb. 26. (U.S. Navy photo by Jesse Leon Guerrero)

# WWII veterans remember Iwo Jima

By Oyaol Ngirairikl

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World War II veterans and their families visited the Nimitz House Feb. 28 as part of the 65th Anniversary Reunion of Honor on Iwo Jima Tour.

Veterans enjoyed a luncheon at the Nimitz House, which overlooks the Asan Beach Unit of the War in the Pacific National Historical Park, one of the landing sites for U.S. forces during the island's liberation. Following the war, Fleet Adm. Chester Nimitz, commander in chief of Pacific Fleet and Pacific Ocean Areas, built his headquarters on Nimitz Hill and a home nearby. What is now known as the Nimitz House has served as a home to the re-

gion's commanders since.

John Powell, tour leader, said the annual tour offers veterans and their guests an opportunity to return to Guam and Iwo Jima for a unique pilgrimage to some of the most fascinating battlefields in American history. Part of the tour was a visit to the Nimitz House, which Powell said of the World War II battles. "The memory needs to be alive. It's part of our culture. It's part of our history."

The Battle for Iwo Jima was a 36-day campaign between the United States and Japanese militaries, lasting from Feb. 19-March 26, 1945. Thousands of service members on both sides of the war died.

Hubert Bachtel Jr. was a 17-year-old U.S. Marine Corps private when he first landed on the shores of Iwo Jima. This is his first time to return to Iwo Jima.

"I was raised in California, but I grew up in the Pacific, and I learned more in my one year in the Pacific than I had in 17 years as a civilian," he said, adding he remembers wondering what was next when he first saw the shores of Iwo Jima. "Being the young 17-year-old, I figured well I'm going to take care of this pretty quick. But it didn't work out that way. I figured out I needed some help."

Donald Farnham was a private first class in the 2nd Battalion, 3rd Marine Division when his battalion stormed the shores near Adelup Point on Guam July 21, 1944. It was another

three weeks before U.S. troops declared the island secure.

Farnham said he's been back to Guam twice since World War II and notes some things haven't changed, such as the patriotism of island residents. Other things seem oddly different, however.

"It seems funny to see the ocean with no ships on it because back then we could have fired anything and hit something because so many ships were out there," he said.

Farnham said being able to visit the island with fellow veterans and his family makes it special for him.

"I've got two of my daughters here, so I can show them what the old man did when he was younger," he said. "It's great to be here."



Remembering: World War II veterans and their families take pictures at the Nimitz House Feb. 28. They were on Guam as part of the annual tour that takes veterans through Guam en route to Iwo Jima. The Nimitz House overlooks the Asan Beach Unit of the War in the Pacific National Historical Park, one of the landing sites for U.S. forces during the island's liberation. (U.S. Navy photo by Oyaol Ngirairikl)



Honoring: Capt. Alan Moore, Joint Region Marianas chief of staff, thanks Richard Rothwell, a retired U.S. Marine Corps colonel and Battle of Iwo Jima veteran, for his service to the nation during an event at the Nimitz House Feb. 28. Rothwell was among the more than 20 World War II veterans that visited Guam as part of the 65th Anniversary Reunion of Honor on Iwo Jima Tour. (U.S. Navy photo by Oyaol Ngirairikl)

## Army sergeant retires after 21 years

By Jesse Leon Guerrero

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The U.S. Army held a retirement ceremony for Sgt. 1st Class Chris Syffus, senior police advisor for 3rd Battalion, 196th Infantry Brigade, at Ramada Hotel and Suites in Tamuning Feb. 24.

Friends and co-workers of 3rd Battalion, nicknamed the "Spartans," attended the luncheon in honor of Syffus' contributions on Guam and his more than two decades of service to the nation.

Lt. Col. Lance Patterson, battalion commander for 3rd Battalion, praised Syffus for his leadership and professionalism, and called him a "tremendous soldier."

"He is truly a spectacular non-commissioned officer and I am honored not only to be his commander, but also to be his friend," Patterson said.

Syffus first enlisted in the U.S. Army in June 1989, first serving

with the New York State National Guard. In 1990, Syffus began an active-duty career in the Army, which would take him to Germany, Japan, Korea, Fort Benning, Ga., and Fort Jackson, S.C.

In addition to coordinating and planning exercises and training for 3rd Battalion, Syffus also fulfilled duties as readiness advisor to all Reserve component forces in Guam and Saipan.

Patterson presented Syffus with the Legion of Merit medal in recognition of his exemplary performance and contributions.

After receiving the Army certificate of retirement as well as awards of appreciation from attendees, Syffus thanked his family and fellow soldiers for their support. He described his feelings after the event as bittersweet.

"It's good and bad in a sense," Syffus said. "I mean it's good that I completed my tour of duty in the military, but it's bad that I'll be leav-

ing some of my friends, and I won't see them for quite a while."

Syffus said he enjoyed every minute of his career.

"After going through the National Guard, I really liked it," Syffus said. "So about a year later I went active duty and came for four years to try it out, and stayed the extra 16. So it's been a wonderful ride."

Syffus said he will most likely return to his home state of South Carolina as he pursues a post-retirement, civilian career with the Department of the Army.

Legion of Merit: Lt. Col. Lance Patterson, left, battalion commander of 3rd Battalion, 196th Infantry Brigade, pins the Legion of Merit medal to the uniform of Sgt. 1st Class Chris Syffus, senior military police advisor for 3rd Battalion, at Syffus' retirement ceremony at Ramada Hotel and Suites Feb. 24. (U.S. Navy photo by Jesse Leon Guerrero)



# Supply Corps: 215 years of supporting Navy

By Oyaol Ngirairikl

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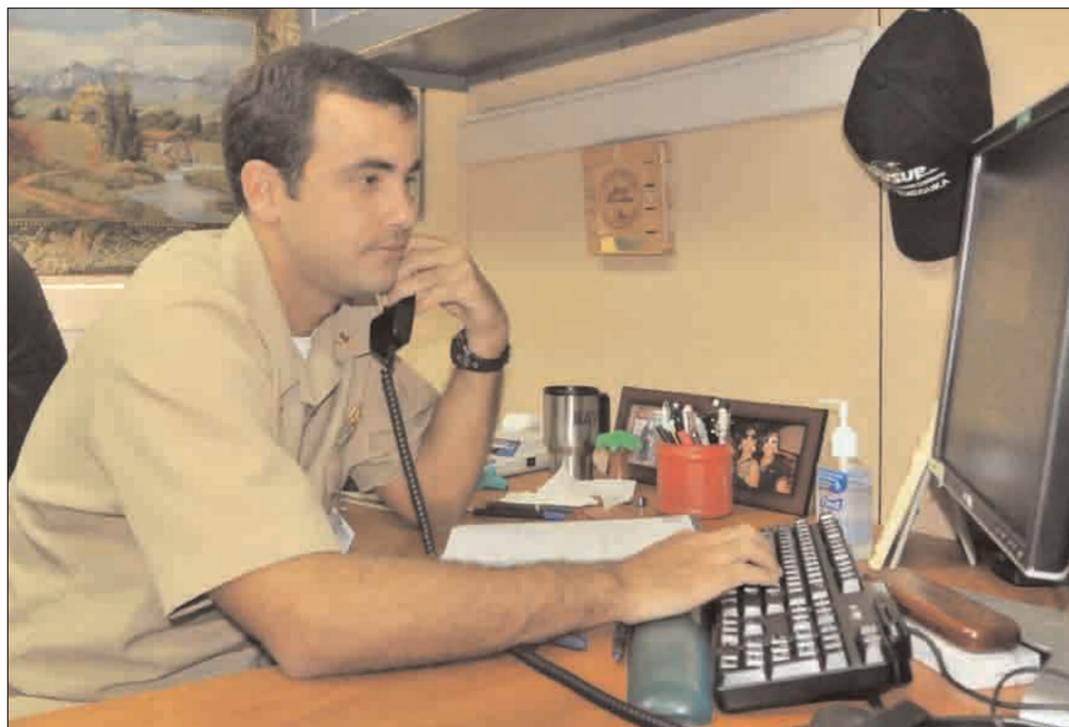
Navy Supply Corps is celebrating 215 years of supporting Navy missions around the world.

The Supply Corps plays a vital role in executing the Maritime Strategy by delivering logistics and business capabilities to the Navy and joint warfighter, ensuring the success of the military's diverse missions. It performs the key function of managing the global logistics support network to supply the Navy with items essential to the operation of ships, aircraft, facilities and expeditionary forces.

On Guam, there are Supply Corps personnel at several commands, the greatest number of which are at U.S. Fleet and Industrial Supply Center (FISC) Detachment Guam and USS Frank Cable (AS 40).

Capt. Michael Uva, officer in charge of FISC Detachment Guam, said there are two groups of Navy logisticians on Guam: one concentrates on afloat supply support and the other on ashore operational activities.

"Like our fellow Supply Corps officers around the world, we support the mission capability of our fleet and warriors by providing products and services they need," Uva said. "The Supply Corps motto is 'Ready for Sea,' which reflects the



Mission Essential: Lt. William Buffington, of U.S. Fleet and Industrial Supply Center (FISC) Detachment Guam, checks information for one of his projects Feb. 25. Buffington is one of the Supply Corps officers working on U.S. Naval Base Guam, managing a logistics support network to supply Navy fleet and warriors with mission-essential items. (U.S. Navy photo by Oyaol Ngirairikl)

Supply Corps' longstanding role in sustaining warfighting along with the dedication and professionalism of the men and women who are members of the corps."

The Supply Corps dates back to Feb. 23, 1795, when President George Washington appointed Tench Francis, a Philadelphia businessman, as the country's first pur-

veyor of public supplies. He was tasked with overseeing the construction, outfitting and operational support for the Navy's six frigates.

More than 200 years later, the

men and women of the Supply Corps remain at the forefront of the U.S. Navy as logistics professionals.

Today, the Supply Corps has 2,701 active component (AC) and 882 Reserve component (RC) officers. More than 3,500 AC and RC Supply Corps officers serve as force multipliers for the warfighter. At any given time, 30 percent of these officers are employed in afloat and expeditionary billets leveraging their operational logistics expertise across all theaters.

This is evident today in Haiti where Supply Corps officers serve on the ground supporting Navy, Defense Logistics Agency and Army missions in support of Joint Task Force-Haiti.

Uva added Supply Corps officers are professionals who exemplify professionalism, resourcefulness and moral courage as the Navy's military logisticians and business professionals.

"Our career paths allow us to grow in diverse business concentrations learning to support joint, bilateral and coalition partners throughout the various unified theaters," Uva said. "We work hard to ensure our fleets are mission ready and I look forward to many more years of supporting our nation."

To learn more about the Supply Corps, visit [www.navsup.navy.mil/navsup](http://www.navsup.navy.mil/navsup).

## USS Houston visits Philippines



Arrival: A tugboat comes alongside USS Houston (SSN 713) during its arrival in Subic Bay, Philippines for a port visit Feb. 26. (Official U.S. Navy photo)

## Beware of fire hazards in the home



Hazard: This is the result of a recent fire in a dorm room on Andersen Air Force Base. The cause is still under investigation but was likely the oscillating fan seen in this photo. There are many steps Airmen can take to prevent fires in their living quarters, whether on base or off. Some of these are: Don't allow open flames in the dorms, they are not permitted; never tamper with smoke detectors, they are often the last line of defense and can mean the difference between life and death. Check them for proper operation regularly; keep fire extinguishers in known locations and inspect them regularly; and finally, when all else fails, try to obtain renters insurance. A fire is a life-altering event and worrying about how to replace personal belongings shouldn't add to the stress. For more information, individuals can contact their local fire department or fire prevention office. (U.S. Air Force photo by Airman 1st Class Julian North)

# New Air Force legal assistance Web site launched

## From 36th Wing Public Affairs

Next time you need a will, power of attorney, or just have a legal question, visit [www.aflegalassistance.com](http://www.aflegalassistance.com). The Air Force Judge Advocate General Corps unveiled the new Air Force Legal Assistance Web site worldwide on Feb. 1, 2010. The website is designed for active duty and reserve component members, retirees, and dependents.

The Web site was created to increase efficiency and track client satisfaction with the Air Force legal assistance program. Because it is a public site, clients may access the site's features from the comfort of their homes without a common access card. The site's features in-

clude:

**Legal Topics:** Short papers on common legal assistance topics such as wills and family law issues. It also contains links to other helpful sites.

**Legal Worksheets:** Access to online questionnaires for wills, living wills, and powers of attorney. After completing the online worksheet, the website provides each client a unique "ticket number." Data entered by clients is secure and may be accessed only after clients visit their local legal office and provide their ticket numbers to legal office personnel.

**Online Survey:** Following a visit to the legal office, clients are encouraged to provide feedback con-

cerning the professionalism and helpfulness of our legal professionals.

Many clients have visited a legal office to obtain a will or other legal document, and realize after arriving that they need to gather more information or documents from home. Sometimes a client realizes he needs to speak with his spouse about an issue. Completing an online worksheet will help minimize these multiple visits. By filling out an online worksheet, clients will be able to consider critical issues online prior to visiting the legal office. After receiving a ticket number, a client may take his ticket number to the legal office. A legal office professional will then access a client's data with the

ticket number. This will reduce the amount of information the client needs to bring with him, and allow the legal office to streamline the process to some degree.

While the Web site increases convenience for clients, everyone should note the following:

Information on the website is for educational and informational purposes only. The website cannot replace consultation with your local JAG, and Airmen should never rely solely on the website when making decisions.

Clients will not have the ability to print a legal document (will, power of attorney, etc.) from the website. Clients will need to visit the legal office and provide their ticket num-

bers to obtain their legal documents.

The website is designed for client convenience, but no one is required to use the Web site prior to visiting the legal office.

We look forward to continuing to serve the Andersen Air Force Base community's legal needs and sincerely hope you find this Web site helpful. Again, take a look at the Web site next time a legal need arises, and feel free to visit the legal office during our legal assistance hours of Monday thru Friday from 7:30 a.m. to 4:30 p.m. We value your feedback concerning the website and the services we provide as we continue to look for ways to better serve you. See you soon - and don't forget your ticket number!

# NAVFAC Marianas focuses on work, home, community safety

## By Oyaol Ngirairiki

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U.S. Naval Facilities Engineering Command (NAVFAC) Marianas started distributing its Safety and Health Handbook to employees Feb. 23.

The handbook is a pocket-sized reference guide that covers the essential elements of safe work practices, using a foundation of operational risk management and a culture of personal ownership. It contains information for various work environments and covers general safety information, high-risk activity safety, office safety, home and recreation safety, and how to give a safety talk.

The handbook supports NAVFAC's plan for 2008-2014, which includes safety as one of NAVFAC's major strategic imperatives. On the cover of the bright orange handbook is the phrase "Know Safety, No Mishaps."

Tony Sholing, NAVFAC Marianas safety office manager, said the handbook underscores NAVFAC's focus on protecting the command's greatest assets.

"We want to help ensure the safety of our people in the workplace," he said. "If you know safety, and you embrace it, you embed it in everything you do, then there will be no mishaps. And that is the enduring goal."

Sholing said NAVFAC Marianas has achieved zero mishaps in its internal operations for the last five years.

### Safety Tips

To help ensure your safety at work, here are some tips:

- Attend all required safety training and apply that training when on the job;
- Properly wear all required personal protective equipment (PPE) at all times when an operational hazard exists;
- Attend all required medical surveillance appointments and follow prescribed mitigation strategies;
- Report unsafe or unhealthy conditions;
- Actively engage in safety process improvement;
- Practice operational risk management at all times and follow applicable procedures; and
- Do not tolerate unsafe acts.

Source: U.S. Naval Facilities Engineering Command Marianas



"We're challenged with service contracts, as well as construction contracts, to also keep that number down to zero," he said.

NAVFAC Marianas oversees all military construction contracts for the base and region including construction, maintenance and operations support, and service contracts on Guam.

Sholing said NAVFAC Marianas continuously emphasizes safety for all their contracts. Their persistence

Safety First: Tony Sholing, second from left, safety office manager for U.S. Naval Facilities Engineering Command (NAVFAC) Marianas, talks to his staff about distributing the NAVFAC Safety and Health Handbook to NAVFAC Marianas employees Feb. 24. Handbooks are being disseminated at all NAVFAC locations across the world as an initiative to embed a culture of safety throughout installations and commands. From left Joe Taisipic, safety specialist; Sholing; Mellissa Cruz, safety specialist; and Patrick Rivera, safety specialist. (U.S. Navy photo by Oyaol Ngirairiki)

and cooperative work with contractors resulted in a .07 mishaps rate for fiscal year 2009.

"That's way below the industry average," he said. "And we're continuing to work hard at getting our contractors on board, and to pass

along that safety culture that we have established in house."

For a copy of additional information about the Safety and Health Handbook, NAVFAC Marianas personnel can contact Sholing at 339-2018.

For additional information about safety, military personnel can call the regional or installation safety offices: Joint Region Marianas, 333-4780; U. S. Naval Base Guam, 339-7233; and Andersen Air Force Base, 366-7233.

# Are you packing your student off to college? TRICARE goes, too

## By Shannon Gentry

TRICARE Pacific Marketing

When it's time for your child to go to college, you'll face many decisions as a family. Continued health care coverage is one of them. TRICARE covers your eligible student until he or she turns 23, or graduates, whichever comes first, as long as they attend school full time. One decision you will have to make is determining which TRICARE option will work best for your child. Although you and your family may be enrolled in TRICARE Overseas Program

(TOP) Prime, this may not be the best choice for your college-bound son or daughter.

If your student's college or university is located in an area where TRICARE Prime is offered, you can transfer their TOP Prime enrollment. It is not necessary to have all family members enrolled in the same region. To assist in determining if there is a provider network in the area where the college is located, simply type in the zip code at <http://www.tricare.mil/mhshome.aspx> to locate network providers. Then proceed to TRICARE REGIONS TAB to locate

the region where your child will reside and download enrollment forms.

Retirees should keep in mind that although Prime is not an Outside Continental U.S. (OCONUS) option, it may be available in the region where your child will reside. However, there is an enrollment fee for Prime for retirees and their family members. Be sure your student understands the rules in the new TRICARE region pertaining to pre-authorization for care. Failure to abide by these rules could result in point-of-service charges.

While traveling to the new re-

gion, your child is covered by TOP Prime traveling procedures for emergency and urgent care. Routine care should be accomplished after enrolling at the new region.

If TRICARE Prime is not available where your student will be living, TRICARE Standard may be the option of choice. With TRICARE Standard there is no enrollment required but your child will need to be disenrolled from TOP Prime. TRICARE Standard is a fee-for-service option that allows your student to see any TRICARE authorized provider they choose. You will be responsible for annu-

al deductibles and cost-shares. Claims are submitted to the region where your student is located for payments and reimbursements.

When your child returns during the summer, you may transfer their enrollment back to your home region. There is no charge and no restriction on the number of times an active-duty family member can transfer enrollment to a different region. Retiree family members are allowed one transfer from and one transfer back to the original region within a 12-month period.

# Pacific Angel Airmen help thousands in Philippines

By Capt. Genieve David

13th Air Force Public Affairs

Operation Pacific Angel 10-1 officially ended Feb. 22 after seven days of civic assistance projects here that provided medical care to nearly 14,000 patients, veterinary care to more than 3,300 animals, and new classrooms for approximately 480 local children.

Operation Pacific Angel is a joint and combined humanitarian assistance operation conducted in the Pacific area of responsibility to support U.S. Pacific Command's capacity building efforts.

This humanitarian and civic assistance program is aimed at improving military-civilian cooperation between the United States and the host nation.

The Philippine national police, the armed forces of the Philippines, local civilians, and nongovernmental organizations worked side-by-side with more than 50 U.S. Air Force and Army members during the operation.

"Initially the operation seemed like a daunting task, but without the assistance from the non-governmental organizations, the armed forces of the Philippines and the Philippine national police, the success of this operation could not have been possible," said Lt. Col. Al Alana, the Operation Pacific Angel 10-1 mission commander.

Each medical program focused on general medicine, dental and optometry cases. Some of the more common medical care included treatment for upper respiratory illnesses, flu-like symptoms, previously sustained injuries, decayed

teeth and cataracts.

In addition to the medical piece, two engineering civic assistance events, providing thousands of dollars in renovations and totaling 3,500 hours of work, were conducted concurrently at Apaya and Caaocan Elementary Schools here.

Engineers from the U.S. Air Force, as well as the Philippine army and air force, conducted masonry, carpentry, electrical and utility infrastructure work to restore two classrooms for children in the local area.

"The full scope of work includ-

ed contracted replacement of the entire roof at both schools," said Capt. Frank Blaz, the 254th RED HORSE Squadron officer in charge deployed from Andersen Air Force Base, Guam. "We completed the drop ceilings, installation of electrical wiring, lighting and fan circuits, new sinks, renovation of a restroom facility, installation of new wall and floor tile, to name a few."

Alongside the medical, dental, optometry and engineering projects, two mobile veterinary services teams were sent to more than 41 local villages throughout the city. They

provided de-worming and vitamin vaccinations to more than 3,300 cattle, goats and caribou.

According to the Laoag Department of Health, the rabies virus is rampant in the Philippines, so the combined veterinary team also provided rabies vaccinations to hundreds of dogs and cats.

The city honored the hard work the combined Pacific Angel team provided the citizens here by hosting an appreciation dinner for more than 200 participants from the United States and the Philippines.

"To touch approximately 10 per-

cent of the Laoag population and have an effect of that magnitude is overwhelming," said Colonel Alana, who is deployed from Joint Base Pearl Harbor-Hickam, Hawaii. "It was a very heartfelt experience and everyone put their blood, sweat, and tears into it."

Operation Pacific Angel is a recurring Pacific Air Forces joint and combined humanitarian and civic assistance operation led by 13th Air Force officials at JB Hickam. Three more iterations of Operation Pacific Angel 2010 will take place in Vietnam, Sri Lanka and Bangladesh.

# Service members support GHS career day

By Oyaol Ngirairikl  
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Service members on Guam spoke to students about employment opportunities available through the U.S. Armed Forces during a career day event at Guam High School (GHS) Feb. 25.

Tech. Sgt. Scott Vermeire of 736th Security Forces Squadron was among the more than dozen Navy and Air Force personnel that discussed personal experiences and responsibilities in the military. The squadron, which falls under the 36th Contingency Response Group at Andersen Air Force Base, supports contingency missions in the region.

Prior to the class, Vermeire said his goal was to help open students'

minds to the world of possibilities beyond high school and college.

"There are so many careers these young individuals can get into," he said. "It's good that they get as much information as possible so they can make better informed decisions for their future — from the classes they need to take in school to the college they should attend."

Hospitalman 2nd Class Christina Villa, who works at the U.S. Naval Hospital Guam mortuary, said she wanted to demonstrate how education is a critical component of having a successful career in any field.

"I try to promote education and let students know that what I do ... is not only a skill but it is something that has to be developed through continued education and training," she said. "I love the sciences itself,

the chemistry, biology, and anatomy that are all a part of (my job). I felt I could connect the job with the students in that way, talking about how the knowledge and skills we learn in our classes can really come to play in their future careers."

Tessa Lynn Byrd, a GHS senior, said she appreciated the career day presentations. She said seeing the presenters and the fields they represent was eye-opening.

"It's neat being able to listen to the presenters talk about their jobs and the education requirements as opposed to reading about the job online," Byrd said. "You're able to talk to someone who's in the field and ask them questions and get them answered. Being able to see the broad spectrum of careers is a great tool when you're trying to make deci-

sions that will impact your future."

Christine Taitano, one of the GHS counselors who helped coordinate the event, said they had almost a hundred presenters attend the day's event.

"Having the presenters here to talk about how they like their jobs, how long it took them to get to their positions, and the challenges they faced — that's information that students really need and really comes best from professionals in the field," Taitano said. "I think it helped to make this a truly successful career day for our students."

Taitano said students or parents who have additional questions about careers can stop by the GHS counselors' offices or call the school at 344-7410.



School Bulletin aims to promote educational activities in the Navy community. If you know of an education-related event that you would like to include, send it to [jointregionedge@fe.navy.mil](mailto:jointregionedge@fe.navy.mil) or call 339-7113.

## Navy College Office

• The Navy College Office Guam will no longer accept any paper tuition-assistance applications after March 26. The only exception is Sailors stationed on submarines. Sailors can find the online applications at <https://myeducation.netc.navy.mil> or <https://eta.cnet.navy.mil>. For more information, call 339-8291.

• SAT proctored exams will be administered March 9, 16 and 23. To make your appointment or for more information, call 339-2485.

## McCool Elementary/Middle School

• Parents are encouraged to attend the McCool Parent Teacher Organization meeting March 10, 8:30-9:30 a.m.

• TerraNova Testing for students grades 3-8 at the school March 15-19. Parents and students are asked to be prepared by ensuring students get a good night sleep, have a good breakfast and are at school on time.

• School bands will perform at the Tumon Bay Music Festival March 16 at the Hyatt Regency Guam Resort and Spa. Beginning Band plays at 6 p.m. and Advanced Band plays at 7 p.m.

## Guam High School

• Booster Club meeting March 4, 6 p.m. at the GHS Information Center.

• School Improvement Team seeks parents and sponsors to attend weekly School Improvement Team meetings held every Monday, 2:15-3 p.m. For more information, contact [mike.schoebinger@pac.dodea.edu](mailto:mike.schoebinger@pac.dodea.edu)

## DoDEA Phone Numbers:

Andersen Elementary School: 366-1511  
Andersen Middle School: 366-3880/5793  
Commander William C. McCool Elementary/Middle School: 339-8678  
Guam High School: 344-7410  
Department of Defense Education Activity office: 344-9160  
Navy College Office: 339-2485  
Andersen Education Office: 366-3170



Military Path: Tech. Sgt. Scott Vermeire, of 736th Security Forces Squadron, talks to Guam High School students about his job during the school's career day Feb. 25. (U.S. Navy photo by Rey Rabara)



Anatomy of a Career: Hospitalman 2nd Class Christina Villa, a U.S. Naval Hospital Guam mortician, talks to students about how she uses her knowledge of anatomy and chemistry in her job. Villa was one of more than a dozen service members who participated at a Guam High School career day Feb. 25. (U.S. Navy photo by Oyaol Ngirairikl)

# Sailors celebrate African American History at McCool

By Jesse Leon Guerrero

Joint Region Edge Staff  
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Sailors from several commands volunteered as guest speakers for a Learnabration event at Commander William C. McCool Elementary/Middle School on U.S. Naval Base Guam Feb. 26.

The Learnabration was started last year by the Guam Greek Council, a collective of different fraternity and sorority members on Guam, as a way to honor African American History Month and broaden students' knowledge of African American culture and history.

More than a dozen adult volunteers from the Navy and civilian community gave presentations on civil rights and African American contributions to culture, science, art, health, and other fields.

Yeoman Seaman Christopher O'Neal, of Joint Region Marianas, spoke to students about notable African American actors and directors such as Denzel Washington, Spike Lee, Will Smith, and Dorothy Dandridge, who in 1954 became the first African American nominated for a Best Actress Academy Award.

"When somebody can look back and say, 'They did this, [so] why can't I do this, why can't I do that?' that's so important because I know I've had inspiration from people doing things in the past," O'Neal said.

Senior Chief Legalman (SW/AW) Carla Smith, of U.S. Naval Legal Service Office Pacific, Detachment Guam, helped the students understand how Black slaves in the United States communicated with each other and maintained their culture by singing spirituals such as "He's Got the Whole World in His Hands" and "Swing Low, Sweet Chariot."

"They sang the songs to express how they felt about the conditions of slavery and they sang the songs to lift up their spirits as well," said Smith, who wore traditional African mud cloth dyed with intricate designs. "They used them to express how they felt, as far as wanting a better life in Heaven, basically."

Lt. Cmdr. Rashad Wilkerson, of U.S. Naval Hospital Guam, spoke to the students about Dr. Charles Drew, who advanced medical technology by increasing the storage life of blood kept for transfusions.

Without the contributions of that doctor, it would be much harder to assist patients today, Wilkerson said.

"Part of this is to inspire the children to do more and be more, and understand within every single culture, there are people who really had an impact on the world, and Dr. Drew is one of those people who had a significant impact," Wilkerson said.



Breakthrough Artists: Yeoman Seaman Christopher O'Neal, of Joint Region Marianas, talks about the contributions of actress Dorothy Dandridge, who was the first African American nominated for an Academy Award, during a Learnabration event at Commander William C. McCool Elementary/Middle School Feb. 26. (U.S. Navy photo by Jesse Leon Guerrero)



Medical Pioneer: Lt. Cmdr. Rashad Wilkerson, of U.S. Naval Hospital Guam, discusses the life and contributions of Dr. Charles Drew, an African American who advanced medical technology by increasing the storage life of blood kept as plasma, during a Learnabration event at Commander William C. McCool Elementary/Middle School Feb. 26. (U.S. Navy photo by Jesse Leon Guerrero)



Follow the Leader: Senior Chief Legalman (SW/AW) Carla Smith, of U.S. Naval Legal Service Office Pacific, Detachment Guam, sings "When the Saints Go Marching In" as she demonstrates the march done at funerals in New Orleans, while participating in a Learnabration event at Commander William C. McCool Elementary/Middle School Feb. 26. (U.S. Navy photo by Jesse Leon Guerrero)

# McCool students take walk through NBG history

By Jesse Leon Guerrero

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Fleet and Family Support Center (FFSC) representatives gave more than 100 third-grade students from Commander William C. McCool Elementary/Middle School a tour of historical sites on U.S. Naval Base Guam Feb. 23-24.

Teresa Thorp, a Navy spouse, said she has lived on Guam for more than two years, but had never gone on an organized tour of the base. Thorp helped chaperone her 9-year-old son's class Feb. 23.

"It's just a great opportunity for

all the kids to get to see it, especially the first-timers like myself," Thorp said.

Separated by class, each of the groups left the school campus early along a route that took them to the U.S. Navy World War II Memorial Park, Sumay Cemetery, Japanese defense cave fortifications, Our Lady of Guadalupe Church marker, Clipper Landing District, Trans-Pacific Cable Station, War Dog Cemetery, Japanese Prisoner-of-War Steps, and a Japanese gravesite.

Amata Hutcherson, of FFSC's relocation assistance program, described what life was like for local residents and military personnel

working and residing at the former Sumay village before it was invaded and occupied by Japanese army forces at the onset of World War II on Guam. After the liberation of Guam by the U.S. military, the villagers relocated to neighboring Santa Rita.

"Most of this area had stores, they had schools, they had a restaurant, so it was a little booming town here before the Japanese arrived," Hutcherson said.

Hutcherson added Sumay was also home to a hotel and landing zone for Pan-American clipper planes, which is the origin of Navy Morale, Welfare and Recreation's Clipper

Landing restaurant's name.

At the War Dog Cemetery, Navy spouse and Lockwood Housing resident Leigh Lewis described the experience of living in a history-rich environment as "monumental." The cemetery displays a stone memorial honoring the bravery of 25 specially trained dogs that died serving the Marines on Guam as messengers, scouts, and sentries during World War II.

Lewis said it was an advantage for her 8-year-old daughter to learn about what had happened at these tour sites.

"It really hits home what our families are doing... how they spend

their time and their careers," Lewis said. "It definitely just brings it home to your heart."

Kim Simpson, a McCool third-grade teacher, said the tour was an idea brought up by former McCool principal Stanley Chop before his retirement. Although it's their first history tour in partnership with FFSC, Simpson said she hopes to continue them as a supplemental activity for the school's social studies program.

"It's valuable that they actually come and see the sites, instead of just [having that information] coming from a book or coming from a slideshow," Simpson said.



Historical Tour: Students and parents from Commander William C. McCool Elementary/Middle School and representatives from Fleet and Family Support Center (FFSC) stop by the U.S. Navy World War II Memorial Park as part of an FFSC-sponsored historical tour of U.S. Naval Base Guam Feb. 23. (U.S. Navy photos by Jesse Leon Guerrero)

Touching History: Students from Commander William C. McCool Elementary/Middle School get a close-up view of the War Dog Cemetery during a Fleet and Family Support Center-sponsored historical tour of U.S. Naval Base Guam Feb. 23. The cemetery and its memorial honors the 25 dogs that died in World War II, serving as scouts, sentries and enemy cave explorers for U.S. Marines. Also pictured is Ike Cruz, right background, a work and family life consultant with FFSC.



## FREE

### U.S. Marine Corps Band

The U.S. Marine Corps Battle Color Detachment will play live at the Asan Beach Unit of the War in the Pacific National Historical Park March 7, 3 p.m. Admission is free and the show is scheduled to last about an hour. For more information, visit the band's Web site at <http://drumcorps.mbw.usmc.mil/> or call Thelma Hechanova at 355-2334.

### St. Paddy's Day 5K/10K

March 12, 5:30 p.m. at Ebbett Field, U.S. Naval Base Guam. Free admission. Shirts will be sold for \$5. Register at Charles King Gym or on race day. For more information, call 339-1301/2.

### Illusionist Rob Lake

Armed Forces Entertainment presents illusionist Rob Lake March 24, 6:30 p.m. Big Screen Theater on U.S. Naval Base Guam. For more information, call 564-1830.

## Umatac Discovery Day Trip



Learn about the Spanish explorer Ferdinand Magellan's first contact with the Chamorro people. Meet at Rec N' Crew at March 14, 12:45 p.m. Free admission and transportation, bring money for food and beverages. For more information, call 564-1826.

### St. Patrick's Coloring, Crossword, Vocabulary & Trivia Contest

Join the NBG Library for their St. Patrick's Day contest. Pick up your materials at the library today. Contest submissions are due March 17, 3:30 p.m. For more information, call 564-1836.

### New Child Development Home Orientation

Event is March 22-26, 9 a.m.-4 p.m. at NBG Child Development Center and is open to active duty spouses residing in Navy Housing. For more information, call 564-1844 or 688-3753.

## UNDER \$10

### Holler for a dollar at Gecko Lanes

From 6 p.m.-closing March 11, enjoy \$1 game, \$1 shoe rental, \$1 draft beer, \$1 fountain soda and music. For more information, call 366-5085.

### Hike to Cetti's Seven Falls

Rated medium-very difficult. Show at Rec N' Crew at 1 p.m. March 11. Cost is \$5 per adult and \$3 per child age 5-11. Sign up at Rec N' Crew by March 10. For more information, call 564-1826.

### Hike to Alamagosa

Rated medium. Show at Rec N' Crew at 8:30 a.m. March 13. Cost is \$5 per adult and \$3 per child age 5-11. Sign up at Rec N' Crew by March 12. For more information, call 564-1826.

### Hike to Double Reef Beach & Tweed's Cave

Join Outdoor Recreation on March 13 for a 2.4-mile hike to one of the most remote beaches on Guam, Double Reef Beach.

Departure time is 7:45 a.m. Water conditions permitting, you'll be able to swim, snorkel or just relax on the beach. You'll also get to explore a number of small caves, including the one Navy Radioman George Tweed hid from Japanese forces in during WWII. Difficulty rating is medium-difficult. Minimum age is 12. Cost is \$5.00 per person. Sign up in advance or call 366-5197 for more information.

### Zumba Party '80s Style

Mark your calendars for this rhythm-filled event scheduled for 6-9 p.m., March 20 at Top O' the Mar. Cost is \$5 per person on the day of the event. Purchase tickets at Charles King Gym. Come in your best dressed '80s outfit and win a prize! There will be prizes for best dressed adults and children. For more information, call 564-1856.

### Mongolian BBQ Wednesday

At Café Latte. Base price of \$2.95 for adults and \$1.50 for children ages 6-12. All condiments are 75 cents per ounce. Mongolian BBQ is also available for take out. For more information, call 366-6166.

# Military invited to Discovery Day festival

By Jesse Leon Guerrero

Joint Region Edge Staff

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Every year, the residents of Umatac reenact Guam's first recorded contact with the European world with a Discovery Day festival. This year the village will hold the festival over a span of two weekends, and village residents are inviting all members of the military and local communities to attend.

The festival will be held March 5, 6 p.m.-midnight; March 6-7, 10 a.m.-midnight; March 12, 6 p.m.-midnight; and March 13-14, 10 a.m.-midnight. The reenactments are scheduled for March 7 and 14, noon-1 p.m. at Umatac Bay, which can be found by driving south on Route 2.

Discovery Day refers to when Ferdinand Magellan, a Portuguese explorer who sailed for Spain, landed in Umatac March 6, 1521. Although the events surrounding that point in history are considered by some to be a sensitive topic, Magellan's landing introduced those 16th century Chamorros to the outside world and had a significant impact

on the island's political status and cultural identity.

The Discovery Day celebration will feature a wide range of game booths and activities for the entire family to enjoy. The event is free, but attendees can purchase fiesta plates with red rice, chicken klaguen and other popular Chamorro foods or pick up a handcrafted gift as a souvenir.

"Since March is Chamorro Month, we'll be doing contests like coconut husking and grating and some other exhibitions," said Joey Aguon with the Umatac Mayor's Office. Dance performances and other cultural exhibitions are also planned for the festival.

Aguon added a boat and jet ski race will take place after the reenactment, while the nearby Spanish bridge will overlook a motor-cross competition.

"Bring your family and friends, leave the house and head down south," Aguon said. "You'll find the hospitality is nice down here."

For more information, call the Umatac Mayor's Office at 828-2940 or 828-5252.



Point of Discovery: To Guam's south, past the village of Agat, lies Umatac Bay. The explorer Ferdinand Magellan, sailing on behalf of Spain, landed there March 6, 1521, introducing the Chamorro people to the European world for the first time. Umatac residents will reenact that historic moment March 7 and March 14, noon-1 p.m. as part of a Discovery Day festival. This festival will feature games, contests, cultural performances, food booths and more throughout both weekends. (Joint Region Edge file photo)

## OVER \$10

### Windsurfing Lessons

Outdoor Recreation will offer windsurfing lessons, March 14, departing Outdoor Recreation at 7:45 a.m. Cost is \$45.00 and includes lesson, transportation, gear and lunch. Participants must be at least 16 years of age and be able to swim. Be sure to bring bathing suit, towel, water, sunscreen, sunglasses and change of clothes. Sign-up deadline is March 8. Payment of class fee is due at time of sign-up. For more information, call Outdoor Recreation at 366-5197.

## On a Budget

### \$28 March Lube Special

The Auto Hobby Center is offering a \$28 Lube Special throughout March. For \$28 our service personnel will drain and replace up to 5 quarts of standard motor oil, replace oil filter with a standard oil filter, check and advise on current engine oil condition, lubricate chassis (if applicable), check tires, power steering fluid, windshield washer fluid, radiator fluid, brake/clutch fluid, coolant, inspect wiper blades and service lube if needed. Make your appointment by calling 366-2745. This service is for pas-

senger vehicles only; price may vary depending on vehicle size. Price does not include fluids and parts. If vehicle requires more than five quarts of oil, additional charges will be applied.

### Orote Point Lanes Family Deal

Family Value Package at Orote Point Lanes everyday, cost is \$40 per lane with a limit of five people. Package not available Monday-Thursday, 6-9 p.m. (League Nights). Fee covers two hours of bowling, shoe rentals for five people, one large single topping pizza, and one pitcher of soda. For more information, call 564-1828.

### Lunch at Top of the Rock

Got a big appetite? Grab your friends and enjoy the tantalizing Smoker Menu, which features dishes like the St. Louis ribs served with our own fried bread and honey butter, pulled pork sandwich, brisket quesadilla with all the extras and a hickory chicken Caesar salad. Want a lighter lunch? Feast on Soup and Salad Bar for only \$6.95. Hours of operation: Monday-Friday, 10:30 a.m.-1:30 p.m.; Saturday-Sunday, 10:30 a.m.-12:30 p.m. For more information, call 366-6166.

# THEATER

## FRIDAY, MARCH 5

7 p.m.: *When in Rome* • PG-13

## SATURDAY, MARCH 6

2 p.m.: *When in Rome* • PG-13

7 p.m.: *Legion* • R

## SUNDAY, MARCH 7

7 p.m.: *Legion* • R

The movie schedule is subject to change due to circumstances beyond Meehan Theaters on Andersen Air Force Base. **The Meehan Theater hotline is 366-1523.**



## FRIDAY, MARCH 5

7 p.m.: *Leap Year* • (PG)

9:30 p.m.: *Legion* • R

## SATURDAY, MARCH 6

1 p.m.: *Alvin and the Chipmunks* • PG

3:30 p.m.: *Avatar* • PG-13

7 p.m.: *Sherlock Holmes* • PG-13

## SUNDAY, MARCH 7

1 p.m.: *The Spy Next Door* • PG

3:30 p.m.: *The Lovely Bones* • PG-13

7 p.m.: *The Book of Eli* • R

The schedule is subject to change due to circumstances beyond the theater's control. **The Big Screen Theater hotline is 564-1831 or visit [mwr Guam.com](http://mwr Guam.com).**

*(Source: Navy Morale, Welfare and Recreation Office)*

**HOURS OF OPERATION:**  
Bar Hours  
Fri/Sat: 2 p.m. to 11 p.m.  
Sun: 2 p.m. to 8 p.m.  
Food service starts at 5 p.m.

Phone: (671) 653-9814  
Located at Tarague Beach

**www.36thservices.com**

## Chapel Schedule

### Naval Base Guam

Office Hours: Monday-Friday 7 a.m.-4 p.m.

Roman Catholic Mass  
Monday-Wednesday, Friday  
11:40 a.m. Weekday Mass  
Saturday, 5:30 p.m. Mass  
Sunday, 9 a.m. Mass  
CCD Sunday, 10:15 a.m.  
Choir Practice  
Wednesdays, 6 p.m.  
Protestant Worship  
Service  
Sunday, 10:30 a.m.  
Protestant Sunday School  
Sunday, 9 a.m.

Women's Bible Studies  
first & third Wednesday  
8:30 a.m.

Women's Studies  
Second & fourth  
Wednesdays, 6:30 p.m.

Choir Practice  
Tuesdays, 6 p.m.  
Jewish Shabbat  
Fridays, 6:30 p.m.

### Naval Hospital Guam

Roman Catholic Mass  
Sunday, 9 a.m.  
Monday-Friday, 11:30 a.m.  
CCD  
Sunday, 10:30 a.m.

### Andersen Air Force Base

Roman Catholic Mass  
Chapel 1  
Saturday, 5 p.m.  
Sunday, 9:30 a.m.  
Monday-Thursday, 11:30  
a.m.

Sunday Protestant  
Worship  
Chapel 2  
General Worship 9 a.m.  
Inspirational Gospel 11:30  
a.m.

Sunday Religious  
Education  
Chapel 2  
Catholic R.E., 8 a.m.  
Protestant R.E., 10:30 a.m.

*Schedules subject to  
change without notice. To  
confirm times or for more  
information about the pro-  
grams, call the chapels at  
the following numbers:*

Andersen Air Force Base  
366-6139  
Naval Base Guam  
339-2126  
Naval Hospital Guam  
344-9127

# Life's lessons are not always easy

By Lt. Aaron T. Miller

U.S. Naval Hospital Guam

Why is it that we rarely learn something of value without a struggle? It seems that everything we need to grow, to be better, comes at a price.

As children, the vital aspects of life take years to understand and learn. Speaking, walking, eating with a fork and even finding the "potty" comes only with much effort and many mistakes.

Then for some reason we forget how hard it was to learn that lesson and take it for granted that we have the ability to shovel a mouthful of beans into us without spilling (well most of us).

To make matters worse, we even look down or get frustrated with others who don't perform to our standard, as if we came from the

womb with our skills refined.

Don't even get me started on the emotional and relationship lessons.

Believe it or not, I would venture that none of us have really learned these lessons well and what we do know has only come after much struggle and pain.

Those cherished lessons we do learn are just as easily forgotten or taken for granted so we must learn them again or "refresh" our memory how important they were.

Take love for example. At first it comes so easy, we feel something, then, we react upon that feeling. As time goes on love requires effort and constant nurturing to continue to grow.

If we are not careful we take for granted those around us who we care for, they in turn grow tired of us and we wake up one morning re-

alizing that the thing you care about the most, have spent the most time on, is about to be gone.

I don't know how many times I have stood with grieving families who feel regret because they lost someone and feel as if they took the time they had for granted or worry that they did not treat their lost love better.

It would be nice if we learned without struggle, if we just heard a wise person say to us, "love your neighbor" and, bam we did.

But that just is not how we do things; no we must realize the power of that simple statement only through many life lessons.

It would be nice if we could hold on to our lessons without effort, if we didn't have to be reminded, for example, that we cherish our children and we need to act like it.

As nice as it would be for things to come easy I don't believe that we are designed this way. We need to experience to learn. Life is not a

simple map that we follow to get to the prize at the end. It is a journey, one that we must navigate and experience to make it worthwhile. In that journey we will fall, grow, learn and yes forget.

I believe it is this process that makes us truly better, not simply because in the end we have learned to act the right way, but because we believe it to be right.

The key is to understand the journey, to embrace it and allow yourself to understand the lessons and act upon them. As time goes on we get better and better at them. To not only learn from our lessons but to let that learning sear itself upon our souls.

Enjoy the journey of life, embrace the lessons it has to offer and strive to allow those lessons to make you better. Seek God and His guidance for after all He is guiding these experiences we so desperately need.



# Typhoonz ready to impact island swimming

By James Fee

Joint Region Edge Staff  
james.fee.ctr@fe.navy.mil

Members of the Navy Morale, Welfare and Recreation (MWR) Typhoonz swim team hit the U.S. Naval Hospital Guam pool for practice Feb. 25.

MWR offers the team to eligible patrons ages 6-18 at a cost of \$60 per month. The team meets every week, Monday, Wednesday and Thursday, 4-6 p.m. at the Naval Hospital pool in preparation for upcoming Guam Swim Federation meets. These meets are monthly and the first for the team is tentatively scheduled for early April.

This was the fourth week of practice for the Typhoonz, but registration is open continuously, said the team's coach, Meg Schappert, MWR swim instructor.

Members must be able to swim freestyle, breaststroke, backstroke and butterfly before signing up. In addition, they must be able to do a flip turn and a short dive.

Practice consists of drills focusing on components of each stroke and swim sets bringing those components together.

"The goals for the team are to improve individual technique in the strokes, to increase their speed, to improve their fitness level overall," Schappert said.

Her goals for the team also include fostering a sense of community and camaraderie amongst members.

Schappert, a lifelong competitive swimmer, said swimming is a life skill, and growing up she enjoyed the sense of community the sport gave her—a sense she already sees developing among the members of Typhoonz.

"It helps forge friendships — especially at this age," Schappert said. "They'll all eventually become pretty good friends. Even though it's quite an individual sport, they find ways to come together as a team and to cheer each other on and support each other when they're having a bad day."

For more information about the Typhoonz, call 564-1861.



Above: A few young members of the Navy Morale, Welfare and Recreation (MWR) Typhoonz swim team finish a drill at the U.S. Naval Hospital Guam pool Feb. 25.

Left: Members of the Navy Morale, Welfare and Recreation (MWR) Typhoonz swim team swim laps at the U.S. Naval Hospital Guam pool Feb. 25. (U.S. Navy photos by James Fee)

Bottom: Meg Schappert, coach of the Navy Morale, Welfare and Recreation (MWR) Typhoonz swim team, gives her squad guidance during practice at the U.S. Naval Hospital Guam pool Feb. 25.



## Sports Shorts

The following is a list of sports and health-related activities held on U.S. Naval Base Guam. To submit your sports note, e-mail [jointregionedge@fe.navy.mil](mailto:jointregionedge@fe.navy.mil).

### AC Racquetball Doubles Tournament

The registration deadline is March 8. The event date is March 12-13. For more information, call 564-1861.

### St. Paddy's Day 5K/10K

The event is March 12 at Ebbett Field. Show time is 5:30 p.m. and go time is 6 p.m. Admission is free. T-shirts are \$5. Register at Charles King Gym or at Ebbett Field on race day. For more information call 339-1301/2

### Command Fitness Leader Certification

The course will be held March 8-12 at Camp Covington. All command fitness leaders and assistants are encouraged to attend. For more information, contact Stacey Neill at 339-1302.

The following is a list of sports and health-related activities held on Andersen Air Force Base. To submit your sports note, call 366-2228.

### Golf Get Ready Program

Palm Tree Golf Course will soon offer the Golf Get Ready program for adults. This program is designed to get you ready to hit the links in no time at all. You'll have two 5-session classes to choose from. The first 5-session class will be held April 6, 13, 20, 27, and May 4. The second 5-session class will be held on Saturdays April 10, 17, 24 and May 1 and 8. The cost of the program is just \$99, plus all participants will receive two free rounds of golf — a \$50 value. Sign up soon, as we can only take eight students per class. For more information, please call 366-4653.

### Youth Martial Arts Classes

Youth Programs now offers martial arts classes. Here's the schedule and fees: Tuesdays and Thursdays, 2:30-3:00 p.m. for ages 5-6, at a cost of \$ 40.00 a month; Tuesdays and Thursdays, 3:30-4:30 p.m. for ages 7-13, at a cost of \$ 60.00 a month. Youth must have a current sports physical to enroll in the class. For more information, call the Youth Center at 366-3490/91.