

# JOINT REGION EDGE

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## VCSAF visits Andersen AFB

By Tech. Sgt. Mike Andriacco

36th Wing Public Affairs

Air Force Vice Chief of Staff Gen. Carrol "Howie" Chandler stopped here Aug. 2 through 4 to see firsthand how the 36th Wing furthers regional security in the Pacific theater.

Chandler was joined on his trip by Pacific Air Forces Vice Commander Maj. Gen. Douglas Owens, himself a 36th Wing commander from October 2006 to September 2008.

As a former PACAF commander, Chandler is no stranger to the mission of the 36th Wing. He said he sees it as a critical component to a secure Asia-Pacific region, both now and into the future.

"There is no doubt that Guam will continue to be important to us in helping maintain regional stability," he said. "Modern aerospace technology has dramatically increased the power and range of our aircraft, but it has not eliminated the need for presence."

The Continuous Bomber Presence began in 2004. Since that time there have always been bombers de-

ployed to Andersen, whether they are B-1 Lancers, B-2 Spirits or B-52 Stratofortresses.

Operations tempo at Andersen is also high due to rotating fighter aircraft units as part of the overall Theater Security Package. Both TSP and CBP help keep the region secure thanks to Andersen's key location in the Pacific, Chandler said.

"Our current posture reflects this reality and relies on our presence on Guam and the Northern Marianas," Chandler said. "Andersen Air Force Base is a key component of our long-term commitment to the region."

Chandler also highlighted the important part Andersen plays in humanitarian assistance and disaster relief operations. The location of the island serves as an ideal jumping off point for these types of missions.

Operation Pacific Angel, in which the United States works with local authorities to help underserved areas with medical and engineering assistance, typically stages from or goes through Andersen.

"First and foremost, humanitarian

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Operations: Lt. Col. Peter Fesler, right, 27th Expeditionary Fighter Squadron commander, discusses F-22 Raptor operations at Andersen Air Force Base with Air Force Vice Chief of Staff Gen. Carrol "Howie" Chandler Aug. 3. General Chandler stopped at Andersen while traveling through the Pacific region. He was accompanied on his visit by Pacific Air Forces Vice Commander Maj. Gen. Douglas Owens, a former 36th Wing commander. (U.S. Air Force photo by Tech. Sgt. Mike Andriacco)

## Military doesn't cut corners teaching motorcycle safety



Motorcycle Techniques: Jeffrey Brown, left, U.S. Naval Base Guam (NBG) installation safety traffic program manager, instructs Army Warrant Officer 1 Eugene Garcia, of Western Pacific Defense Veterinary Clinic, on proper motorcycle weaving techniques, during the Installation Safety 2nd Annual Motorcycle Rodeo Safety Event at the Orote Point Motorcycle Range on NBG July 30. The event allowed motorcyclists to test and refine their skills, share their experiences, and test out the motorcycle simulators. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

By Airman 1st Class Anthony Jennings  
36th Wing Public Affairs

and Mass Communication Specialist 2nd Class (SW) Peter Lewis

Joint Region Edge Staff

Motorcycle riders on Guam itching to turn corners at realistic speeds, but in an environment conducive to learning what their bike can and can't handle, got a real treat during Advanced Rider Track (ART) Day on the flightline at Andersen Air Force Base July 27, and the Installation Safety 2nd Annual Motorcy-

cle Rodeo Safety Event at the Orote Point Motorcycle Range on U.S. Naval Base Guam (NBG) July 30.

According to the 13th Air Force Safety Office, 80 percent of motorcycle mishaps occur on corners, and 92 percent of those mishaps are due to excessive speed in a corner. This is the reason the office, in conjunction with the 36th Wing and Joint Region Marianas Safety Offices, brought the California Super Bike School (CSBS) to Guam — to give riders the opportunity to turn corners like they would on the streets.

The course was the first of its kind to be introduced in the Air

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**Top Performer**  
Navy Diver 3rd Class Jamison McCrackin

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# VCSAF: Gen. Chandler thanks Airmen



Forum: Air Force Vice Chief of Staff Gen. Carrol "Howie" Chandler eats breakfast with chief master sergeants and first sergeants at the dining facility at Andersen Air Force Base Aug. 3. Topics discussed in the open forum included uniform concerns, fitness and mentorship. Chandler was accompanied on his visit to Andersen by Pacific Air Forces Vice Commander Maj. Gen. Douglas Owens, a former 36th Wing commander. (U.S. Air Force photo by Tech. Sgt. Mike Andriacco)

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missions like Pacific Angel let us help those in need around the Asia-Pacific region," Chandler said. "In doing so, these kinds of missions allow us to work with partner nations."

When the United States works together with other nations, such as the Philippines, Vietnam and Bangladesh in recent Pacific Angel missions, it builds friendships that are vital to maintaining a peaceful and stable region, Chandler said.

During his visit here, Chandler viewed infrastructure projects set to improve the working environment, as well as initiatives geared toward improving quality of life and readiness.

A notable stop was at the new Hangar 6, destined to support the RQ-4 Global Hawk mission scheduled

to begin this fall.

"Global Hawk operations will enhance Andersen's and PACAF's total force structure in the Pacific," said Col. Tod Fingal, the 36th Wing vice commander. "The Global Hawk can be used to address common challenges such as humanitarian assistance and disaster relief efforts, piracy, and terrorism in the Pacific region."

After spending a few days at Andersen, Chandler said he was leaving impressed by the professionalism and the esprit de corps of those stationed and deployed here.

"It is clear that Andersen's Airmen understand the important role they play in the region, and that they are truly dedicated to the mission," Chandler said. "I just want to say 'thank you' to all the Airmen and their families who continue to serve proudly at Andersen."

# Motorcycle: Riders learn tricks of the trade

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Force. Where most other courses focus on slow speed turns and the basics of riding, the ART was intended to teach riders how to turn corners in a safe and competent manner, but at realistic speeds they would encounter during recreational riding.

"It is intended to supplement the basic, experienced and military sport bike rider course," said Lt. Col. Michael Benham, 13th Air Force chief of safety. "They're all excellent courses, but they're relatively slow-speed courses. Even the sport bike course gets up to maybe 20 to 25 miles per hour, which is just where bikes begin to handle and is certainly well below where most riders tend to ride. People buy sport bikes to go fast."

Instructors with the CSBS coached riders as they navigated the course, pulling them off to the side to give them tips on the fly.

"The curriculum is based around riders walking away from this program with an understanding and ability to apply throttle control, and calculate their entry speed and lean angle," said Kristi Martel, CSBS coach class two.

The instructors also provided tips on how to properly maintain a motorcycle.

"Riders have to keep in mind the upkeep of their bike," Martel said. "That means making sure they have tires that provide adequate grip, making sure their bike has oil, and ensuring their chain is properly maintained and has the proper length without too much slack so it doesn't interfere with the rear suspension."

The course wasn't just for riders with sport bikes. Cruisers and mopeds were also welcome. Col. Alan Wieder, 36th Mission Support Group commander, brought his classic-style cruiser and got something out of the course, even though he's been riding a motorcycle longer than some Airmen have been alive.

"For me, I'm picking up a lot of



Track Day: Kristi Martel, California Super Bike School coach class two, instructs a rider how to improve his turning techniques during the Advanced Rider Track Day event on the Andersen Air Force Base flightline July 27. The 13th Air Force, 36th Wing and Joint Region Marianas safety offices worked together to bring the CSBS here to teach Guam motorcycle riders how to safely execute a turn at realistic speeds. (U.S. Air Force photo by Airman 1st Class Anthony Jennings)

confidence in what my bike can do," Wieder said. "I think this course will help out any rider, wherever they ride; whether it is Guam or back in the states. I encourage all riders to take advantage of every opportunity you have to learn more about your bike and handling it."

Several service members, dependents, and Department of Defense civilian personnel showed up to the Orote Point Motorcycle Range to test and refine their skills, share their experiences, and test out the motorcycle simulators.

According to Lelani Quenga, of NGB Installation Safety, the rodeo provided an opportunity for refresher training, mentoring, and network-

ing, and let riders practice and share their experiences with safety and operating techniques.

"The event provided an opportunity for riders of all experience levels to learn firsthand from safety experts about riding safely," she said. "Many novice riders picked up real life situational awareness and lessons learned from experienced riders."

The cyclists agreed that the event was a good way to interact with other bike enthusiasts, and pick up some "tricks of the trade."

"Getting advice from the instructors and some of the more experienced riders really helped to boost my confidence," said Army War-

rant Officer 1 Eugene Garcia, of Western Pacific Defense Veterinary Clinic. "I think I have a better understanding of what my bike is capable of, and that will definitely make me a better driver."

The riders had the opportunity to try out the Honda Safe Motorcyclist Awareness and Recognition Trainer (SMART), a traffic simulator, which mimics real-world driving conditions.

"The SMART bike definitely points out some safety concerns that we should all be aware of on the roads," said Marine Master Sgt. Troy Barlow, of the Joint Guam Program Office. "The machine made

me aware of some of my bad habits while riding, and from now on I'll definitely try to be more cognizant of what is around me when I'm on my bike."

Obstacle courses set up at the event allowed operators to test their basic skills at riding and handling, including braking, cornering, short stops, and body positioning.

"Riders were able to test their skills on four different obstacle courses," Quenga said. "They mostly tested clutch control and navigation skills. I think cyclists were surprised at how difficult it is to maneuver gracefully between obstacles."

Many of the riders agreed that the obstacle course presented an unexpected challenge.

"It's harder to make the sharp turns at slow speeds on the course than I would have thought," said Aviation Electronics Technician 2nd Class Alan Hubin, of Naval Airborne Weapons Maintenance Unit 1. "This was definitely a good learning experience."

Jeffrey Brown, NGB Installation Safety traffic program manager, said that the event was a success, and he feels that motorcyclists who attended will definitely be more aware of the streets of Guam.

"I think that at the end of the day, the riders left with a greater appreciation of the skills required to effectively operate a motorcycle under the various conditions that they encounter everyday," Brown said. "I hope everyone enjoyed themselves and learned a lot, and that they'll come back again next year."

For more information on motorcycle safety, contact NGB Installation Safety at 339-5734 or 36th Wing Safety Office at 366-SAFE(7233).

For more news from Andersen Air Force Base, visit <http://www.andersen.af.mil/>.

For more news from U.S. Naval Forces, Marianas, visit [www.navy.mil/local/guam/](http://www.navy.mil/local/guam/).

# Airmen volunteer to spruce up Apaca Point

Historical Park: Deployed members of the 506th Expeditionary Air Refueling Squadron recently volunteered their time to clean up War in the Pacific National Historical Park Apaca Point. The cleanup effort was a project coordinated with the National Park Service to beautify the historic beach site. The focus of the day was to clear entrances and walkways at the park so future visitors can enjoy the WWII relics, such as the Japanese pill box gunner stations used during the battle of Guam. The cleanup proved to be a great success as the deployed team worked well

together in the heat to accomplish their goal of improving the already scenic and historic site at Apaca Point. These volunteer events are a regular endeavor for Andersen's deployed units, and offers them a great opportunity to give back to the community they are a part of while on Guam for their rotations. The joint venture between Andersen and the Park Service was a great success and ensured that Guam's rich history can be enjoyed by future generations. (U.S. Air Force photos by Airman 1st Class Jeffrey Schultze)



# First-class third class NBG Diver

By Mass Communication Specialist  
2nd Class (SW) Peter Lewis  
Joint Region Edge Staff

Navy Diver 3rd Class Jamison Kelly McCrackin joined the Navy one year and eight months ago. He said it is an honor to serve and defend his fellow citizens, and to be a part of the greatest military force in the world.

"I joined the Navy because I wanted to serve my country and belong to an elite group of professionals," he said. "I like that every single day presents a new set of challenges. It forces you to stay on top of your game."



McCrackin said that he loves diving and was overjoyed when he found out that he could turn his hobby into a career.

"I picked my rate because the Navy trains the world's best divers," he said. "I wanted to be a part of that select group and I got my wish."

The deep sea diver works at the U.S. Naval Base Guam Dive Locker. There, he uses the hyperbaric facility and recompression chamber to treat diving related casualties, perform hyperbaric oxygen therapy, and support a variety of scientific diving operations.

"I like that we are a life saving entity," McCrackin said. "I receive a great deal of support from the command to accomplish our mission. There is a great deal of camaraderie between all the divers."

The young Sailor said he also appreciates all the opportunities to improve his knowl-

edge and skills that have been presented to him since enlisting.

"I was recently able to attend Emergency Medical Technician (EMT) School and became a nationally certified EMT," he said. "It is amazing that I now have the knowledge to save a life. It's a blessing."

In addition to performing above standards in his military duties, McCrackin's superiors said he has been an asset to the local community as well.

"McCrackin has been assisting the local Navy recruiter in the recruitment of Naval Special Warfare (NSW) candidates for diver, explosive ordnance disposal technicians, and sea, air and land (SEAL) teams," said Senior Chief Navy Diver (DSW) Dan Chaplinski, McCrackin's supervisor. "He also assisted in completing physical screening tests on 14 NSW applicants and four candidate recompression pressure tests."

Based upon their satisfactory completion of the tests, four candidates were recommended for Navy Diver, Explosive Ordnance Disposal (EOD) and SEAL schools. One of the candidates was selected for the EOD pipeline and is currently in basic training.

Chaplinski added that McCrackin also visits local Guam schools to regularly interact with students, and provide them with a positive role model.

"He planned and coordinated high school presentations for eight classes of 25 students at Okkodo, Southern, Guam, and George Washington High School, for a total of 800 high school students," Chaplinski said. "He also volunteered at McCool Elementary/Middle School as a science fair judge, and tutors students at Guam High School. This kid really wants to help the community."

McCrackin, who was selected as his command's Junior Sailor of the Quarter for the second quarter of 2010, said that he gets his in-



In Control: Navy Diver 3rd Class Jamison Kelly McCrackin controls the operation console for the recompression chamber at the Dive Locker on U.S. Naval Base Guam July 30. The deep sea diver uses the recompression chamber and hyperbaric facility to treat diving-related casualties, perform hyperbaric oxygen therapy, and support a variety of scientific diving operations. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

spiration to do great things from the stellar examples set by his shipmates.

"In the military, all of my deep sea brothers are role models. We are constantly learning from each other up and down the chain of command," he said. "I am influenced daily by all of my teammates. They serve as positive role models. Watching their example inspires

me to be a better person and a better Sailor."

McCrackin had a piece of advice for other Sailors hoping to achieve success at their commands.

"The key to my success is that I am part of a great team," he said. "We cannot complete our mission as individuals. But when working together, we're unstoppable."

# Shore commands prepare for E-Leave

By Mass Communication Specialist  
2nd Class (SW) Corwin Colbert  
Joint Region Edge Staff

Command Leave Administrators (CLA) at Guam shore commands recently began sending in requests to Personnel Support Detachment (PSD) Guam to set up and implement the Electronic Leave (E-Leave) system for their duty stations.

E-Leave allows Sailors to electronically route leave chits through the chain of command for approval. Once CLAs complete initial setup within the Navy Standard Integrated Personnel System (NSIPS) application, Sailors will be able to utilize E-Leave.

This transition is in accordance with

NAVMIN 252/10, which states that all shore commands will use E-Leave exclusively to request, track and manage leave documentation by Oct. 31.

According to Chief Personnel Specialist (SW/AW) Percy Barroquillo, assistant officer in charge, PSD Guam, the actual way leave chits will be processed hasn't changed, except for the fact that it is now paperless.

"A service member will be able to go to their Electronic Service Record (ESR) and click on the leave request link and fill in the information. Then the chit will electronically go through the service member's appropriate chain of command for processing," he said. "The chain of command member will receive an email to log onto the Navy Standard Inte-

grated Personnel System account and approve the chit. After the chit is fully approved, the service member will receive a message of approval, and can then access the chit and print out a copy of it before going on leave."

E-Leave will automatically check-out Sailors on leave 24 hours after the initial start date and will automatically check-in Sailors 72 hours after the return date. CLA or ESR self-service users will also have the ability to request an extension.

If a service member returns from leave early, they must notify their CLA for proper action. CLAs will have the capability to manage E-Leave transactions, including making corrections and cancellations.

Barroquillo said E-Leave will increase a

command's ability to accurately account for leave, with minimum PSD assistance.

"Sometimes leave is not adjusted or routed in a timely matter. With E-leave, a leave request can be quick," he said. "This will be especially helpful for emergency leave, and should eliminate most errors the previous method had."

It is now mandatory for all active-duty and Reserve personnel to establish and maintain an ESR self-service account, as the Navy phases out paper service records. Sailors who have not yet established their web ESR Self-Service access can do so at <https://nsips.nmci.navy.mil>.

For more information about E-Leave, contact your command's administration office or your respective CLAs.

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Rear Adm. Paul J. Bushong, USN,  
Commander, Joint Region Marianas

Brig. Gen. (Sel.) John Doucette, USAF  
Deputy Commander, Joint Region Marianas

Joint Region Marianas Public Affairs

Lt. Jodie Cornell, USN,  
Public Affairs Officer  
339-4055  
jodie.cornell@fe.navy.mil

Coleen R. San Nicolas-Perez  
Deputy Public Affairs Officer  
339-3209  
coleen.perez@fe.navy.mil

Theresa Merto Cepeda  
Public Affairs Director, DZSP 21 LLC  
339-6114  
theresa.cepeda@fe.navy.mil

Reporters  
Mass Communication Specialist  
2nd Class (SW) Peter Lewis  
339-4476  
peterlewis1@fe.navy.mil

Mass Communication Specialist  
2nd Class (SW) Corwin Colbert  
339-4376  
corwin.colbert@fe.navy.mil

Jesse Leon Guerrero  
339-5207  
jesse.leonguerrero.ctr@fe.navy.mil

Oyaol Ngirairiki  
339-2115  
oyaol.ngirairiki@fe.navy.mil

Photographers  
Reynaldo Rabara  
339-8423  
reynaldo.rabara@fe.navy.mil

Raymond Torres  
339-8423  
raymond.torres@fe.navy.mil

Write to us at:  
Joint Region Marianas  
Public Affairs Office  
PSC 455 Box 152, FPO AP  
96540

36th Wing Public Affairs

Lt. Col. Jeffrey Robinson  
Chief of Public Affairs  
366-4202

Reporters  
Tech Sgt. Mike Andriacco  
366-2228

Staff Sgt. Jamie Lessard  
366-4202

Senior Airman Shane Dunaway  
366-2228

Senior Airman Isaac Garden  
366-2228

Senior Airman Nichelle Anderson

366-2228

Airman 1st Class Courtney Witt

366-2228

Airman 1st Class Jeffrey Schultze

366-2228

Airman 1st Class Julian North

366-2228

Airman 1st Class Anthony Jennings

366-2228

Airman Whitney Amstutz

366-2228

# MSRON 7 improves readiness through Monster Mash

By Jesse Leon Guerrero

Joint Region Edge Staff

Maritime Expeditionary Security Squadron (MSRON) 7 held its quarterly Monster Mash exercise to test its Sailors physically and mentally at U.S. Naval Base Guam (NBG) July 30.

More than 70 Sailors separated into groups of eight to tackle the exercises at training stations spread over the nine-mile course, which started at the command's compound. Each of the six stations challenged participants with specific tasks focused on combat skills and other

training required of MSRON 7's personnel.

"It's a little more high speed than I thought it would be and we haven't even made it halfway through," Master-at-Arms 2nd Class Jabril Muhammad said after hiking from Dadi Beach to near the Orote Airfield. "We're actually going over skills that we do in the field and that we do on missions."

Muhammad and his teammates on Team 1 took several minutes at the Orote station to write out answers to questions dealing with rules of engagement, justifications for the

use of deadly force, radio communications, and other subjects.

Other stations required navigating with map coordinates, utilizing tactical movements to secure routes, applying first aid and transporting a simulated victim with injuries, assembling and using a multiband radio, and disassembling and assembling different firearms. All of the teams' performances were based on how fast they could complete the tasks and without errors, which would add penalty minutes to their overall time.

Master-at-Arms 2nd Class Mau-

rice Speaks said it was his fourth time to participate in a Monster Mash.

"We get to show off our physical skills along with what we've been learning in training," Speaks said. "It's a collaboration, putting it all together. It works out and it's a good test."

Chief Master-at-Arms (EXW/FMF) Glen Golden said the Monster Mash will help prepare the command for Unit Level Training Readiness Assessment certification tests in October. The teams have to prove they can properly clear a road, go on patrol, and safely conduct other tasks

that rely on their individual combat skills.

"Individual combat skills are basic unit skills that are required for any environment we work in," Golden said.

MSRON 7, which was commissioned in May 2004, provides rapidly deployable forces to conduct or support anti-terrorism and force protection missions. It promotes the Maritime Strategy by providing security for American citizens, through the application of sea power, and by strengthening partnerships with allied nations.



At Arms: Engineman Fireman Matthew Pearson, left, and Master-at-Arms 3rd Class Tim Cravetts, both of Maritime Expeditionary Security Squadron (MSRON) 7, assemble one of the Navy command's M240 machine guns during a Monster Mash exercise at San Luis Beach on U.S. Naval Base Guam July 30. (U.S. Navy photo by Jesse Leon Guerrero)



Taking Point: Master-at-Arms 1st Class (EXW/SW) Jason Falls, second from left, of Maritime Expeditionary Security Squadron (MSRON) 7, takes point as a group of MSRON 7 Sailors secure a roadway at Dadi Beach on U.S. Naval Base Guam during a Monster Mash exercise July 30. More than 70 Sailors participated in the morning exercise. (U.S. Navy photo by Jesse Leon Guerrero)



Medical Support: Master-at-Arms Seaman Ian Miller, left, and Master-at-Arms 2nd Class Jabril Muhammad, right, both of Maritime Expeditionary Security Squadron (MSRON) 7, lead a stretcher detail transporting a "casualty" at a medical support station, which is part of a Monster Mash training exercise held on U.S. Naval Base Guam July 30. (U.S. Navy photo by Jesse Leon Guerrero)



Transmit: Master-at-Arms 3rd Class Phillip Channer, left, of Maritime Expeditionary Security Squadron (MSRON) 7, transmits a message through a multiband radio he and other MSRON 7 Sailors, pictured, assembled at a communications training station during the command's Monster Mash exercise on U.S. Naval Base Guam July 30. (U.S. Navy photo by Jesse Leon Guerrero)

# Airman's career comes full circle

By Airman 1st Class Anthony Jennings

36th Wing Public Affairs

It's not often an Airman gets the chance to bring his career full circle and end it with a deployment to the very base where it all started for him.

Master Sgt. Charles Kuhn, 506th Expeditionary Air Refueling Squadron crew chief, began his tenure with the Air Force at Andersen 38 years ago, where he witnessed and took part of Operation Linebacker I and II.

Linebacker was the Seventh Air Force and Navy Task Force 77 aerial interdiction campaign against the Democratic Republic of Vietnam from May 9 to Oct. 23, 1972. It was the first continuous bombing effort performed against North Vietnam since President Lyndon B. Johnson halted bombing in November 1968.

Linebacker II followed in December and saw the largest heavy bomber strikes launched by the U.S. Air Force since the end of World War II. Its emphasis changed to attacks by B-52 Stratofortress bombers instead of tactical fighter aircraft.

Andersen played a key role in the campaign with more than 200 B-52 Stratofortress bombers dispatched here. Kuhn recalls his role in the effort as a 19 year old crew chief fresh out of technical school.

"Well, I got here in May 1972 just as they were beginning to bring



Through the Years: Master Sgt. Charles Kuhn, 506th Expeditionary Air Refueling Squadron crew chief, began his Air Force career 38 years ago on this very base. Now a member of the Air National Guard, Kuhn is deployed here and plans to retire shortly after his tour is over. Kuhn witnessed and took part in Operation Linebacker I and II during his 15-month tour here and had many stories to pass on to the younger Airmen. (U.S. Air Force photo by Airman 1st Class Anthony Jennings)

all the bombers in," Kuhn said. "As the months went on, the whole ramp filled up."

"Every parking spot you see out there had a bomber on it," he said, pointing to a map of the runway to illustrate. "Seeing all those planes lined up as a 19 year old kid from a

small town in Ohio was just unreal."

By the time Operation Linebacker II began, Kuhn soon realized the seriousness of the campaign.

"In the middle of December it was decided by the higher-ups to begin bombing," he said. "On that

day, we had more than 50 B-52's launch at once. Seeing that many planes take off, well there was nothing like it."

Seeing the aircraft take off is one thing, watching them return with battle scars or not returning at all put into perspective the nature of

war for the then 19-year-old.

"It was a 12-hour mission there and back and you would see some come back with bullet holes so you knew they were being shot at," he said. "Some of them wouldn't come back at all, which hit home how serious things were out there."

Despite a high ops tempo, the possible conclusion of the war was the motivation that kept the young crew chief and his fellow Airmen from losing sight of what they were fighting for.

"We were all pumped up even though we were working 12-hour shifts with no days off for three weeks," he said. "Christmas was coming up and everyone was hoping this would be the end of it; that we would bomb them into submission so a peace treaty could be signed."

Eventually a treaty was signed and after Kuhn's 15-month tour here and he was stationed at Wright-Patterson AFB, Ohio. In 1975 he joined the Air National Guard in Pennsylvania with the 171st Air Refueling Wing where he has spent the rest of his military career. He also works as a civilian crew chief and plans on retiring from the military after his deployment here ends.

"The military has been good to me," Kuhn said. "I've been in all but three years of my adult life. I'm glad I had the chance to bring everything full circle to where it all began."

## HSC 25 rescues stranded hikers on Guam

By Mass Communication Specialist 2nd Class (SW)

Peter Lewis

Joint Region Edge Staff

Helicopter Sea Combat Squadron (HSC) 25 conducted a search and rescue (SAR) operation and recovered four civilian hikers on Guam July 28.

According to Lt. Cmdr. Mark Dennison, HSC 25 operations officer, the command received a request for assistance from the Guam Fire Department's Fire and Rescue Services (FRS) around 6 p.m., saying that four civilians were stranded on a ridgeline in the area of Cetti Bay in Agat, Guam.

"When we got the call from Guam Fire and Rescue, we were in

the middle of exercises," Dennison said. "But we dropped everything, and within 15 minutes we had a chopper on sight, and eyes on the stranded hikers."

Four of the most senior air crewmen at the command were dispatched for the rescue. The team included Dennison, who piloted the helicopter; Lt. Cmdr. Brent Moore, co-pilot; Aviation Warfare Systems Operator 1st Class (NAC/AW) Billy Price; and Aviation Warfare Systems Operator 2nd Class (NAC/AW) Roy Black.

"The hikers all had on brightly colored clothing, which made it easy for us to spot them," Dennison said. "After doing a quick sweep of the area, we hovered and lowered a rescue swimmer to check on the hikers."

Black, who ascertained the hikers' condition, said that the female and her three male companions were "a little shaken up, but otherwise OK."

"I checked the four teenagers' conditions. They didn't have any major injuries," he said. "We raised them into the chopper and took them to the hospital. It was a pretty straightforward SAR mission."

The experience of the crew led to a quick rescue, which ended about 45 minutes after HSC 25 received the request. The hikers were taken to U.S. Naval Hospital Guam. No major injuries were reported.

"It's great that there's such effective communication and cooperation between the local and military emergency services," Dennison said. "Thanks to that kind of teamwork,

missions like this go smoothly and lives are saved."

Guam Fire Department officials said that the partnership between the Navy and local community is a benefit to the island.

"Having this relationship with the military provides airborne search and rescue capabilities that we wouldn't have otherwise," said Fire Service Specialist Joey San Nicholas, of Guam FRS. "It's a real advantage to the locals on Guam."

Black added that it was a great feeling to be able to help a group of local residents and show the Guam community that the military is here to help in any way possible.

"It was an awesome feeling to help out those scared kids. I am sure their parents are happy to have them safe at home," he said. "This is what

I joined the Navy for, and this is why I love my job."

The mission of HSC 25 is to deploy helicopter detachments to conduct operations for the Navy and for national defense, and to provide logistics, search and rescue, force protection and disaster response to Guam and the Northern Marianas Islands.

HSC 25 is the Navy's only forward deployed MH-60S expeditionary squadron. As a part of Helicopter Sea Combat Wing Pacific, it provides an armed helicopter capability for U.S. Seventh and Fifth Fleets, as well as detachments to various commands covering a diverse mission set.

For more information on HSC 25, visit the command's website at <http://www.hsc25.navy.mil/>.

## Buy energy efficient office supplies, equipment

By Kevin D. Evans

Joint Region Marianas Energy Manager

All of us in the region use office equipment or supplies, but only some of us buy the office equipment or supplies. Did you know that if you specify or order energy-using equipment for the office or work

space, that there are rules to only purchase energy efficient or sustainable products? Here are a couple of rules:

Department of Defense purchasers are required to order equipment that meets ENERGY STAR or Federal En-

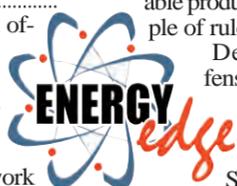
ergy Management Program (FEMP) guidelines.

Here is a good website to begin [http://www1.eere.energy.gov/femp/technologies/procuring\\_eeproducts.html](http://www1.eere.energy.gov/femp/technologies/procuring_eeproducts.html). Recent federal government office supply e-procurement initiatives require federal offices to procure sustainable or "green" office supplies.

All federal procurement officials are required by Executive Order (E.O.) 13101 and the Federal Acquisition Regulation (FAR) to engage in Environmentally Preferable Purchasing (EPP), the practice of buying products and/or services that have a lesser or reduced impact on the environment and human health, when compared to competing prod-

ucts or services that serve the same purpose. Here is the website: <http://www.epa.gov/oppt/epp/>.

Purchasing energy efficient and sustainable office products not only is the law, but also makes sense for a sustainable future and helping us achieve our mandated energy reduction goals. Buy smart, efficient, and "green."



# AFOSI seeks to recruit the best

By Airman Whitney Amstutz  
36th Wing Public Affairs

The Air Force Office of Special Investigations is seeking hard-working individuals who are dedicated to upholding the integrity and security of the United States Air Force.

The AFOSI was established in 1948 and is an organization comprised of individuals committed to a very specific mission: to identify, exploit and neutralize criminal, terrorist and intelligence threats to the Air Force, Department of Defense and the U.S. Government.

An incredible degree of skill and commitment is required to accomplish this mission and the AFOSI is looking for servicemembers who are willing to accept the challenge.

“We are always looking to recruit the best and the brightest,” said Special Agent Eric Beebe, a member of AFOSI Detachment 602, Andersen AFB, Guam. “Our job requires a very specific set of skills. Agents have to be comfortable talking to anyone in any situation. We look for confident, intelligent individuals.”

Air Force personnel who make it through the application process go on to earn their badge and credentials at the Federal Law Enforcement Training Center (FLECT) in Glynnco, Georgia. FLECT provides services to state, local and international law enforcement agencies.

“At FLECT the candidates go through 13 weeks of criminal investigator training and another eight weeks of the AFOSI basic academy course,” said Special Agent Nicole Armstrong. “Candidates also have a strict physical training schedule and are expected to be in great health.”

Upon successful completion of AFOSI training course, new agents enter into a one-year probationary period. If agents meet standards and excel in their new work environment they are given the opportunity to receive specialized training.

“Some agents apply for additional specialized



Training: Special Agents Martha Ward and Bryan Schmelzer, Forensic Science Consultants, 2nd Field Investigations Squadron, Air Force Office of Special Investigations Region 7, depart from a house they used for training on Langley Air Force Base, Virginia. Agents have the opportunity to acquire extensive training in a variety of different fields. (U.S. Air Force photo by Senior Airman Renae L. Kleckner)

courses,” Agent Armstrong said. “There is training in everything from economic and computer crime, to anti-terrorism and counterintelligence.”

The AFOSI provides individuals a chance to challenge themselves and become fully en-

gaged in a career field that is both exhilarating and critical to the success of the Air Force. With agents in more than 40 overseas locations and 160 units worldwide, the AFOSI provides investigative services to commanders of all Air Force activities at a professional level.

The AFOSI is continually seeking to recruit and train individuals who stand out among their peers and thrive under pressure.

For more information about the Air Force Office of Special Investigations, call the Andersen Air Force Base OSI office at 366-2987.

# Five ways to stay up to speed on area weather

By Lt. Roland Clark  
Joint Region Marianas Staff  
Meteorologist

.....  
“So are there any storms coming our way?” I must get asked that question three times a week, minimum. It’s a good question. Understandable considering how often Guam sees tropical storms and typhoons pass through. If you’ve been reading this series over the past few weeks you’ve seen that we get three tropical storms and one typhoon within 150 miles of Guam each year, on average, so constant vigilance is justified. Let’s take a look at five ways that you can stay informed about area tropical weather. Where can you turn for information when you hear that distant thunder?

- weather.gov: The first place you should look to is National Oceanic and Atmospheric Administration’s (NOAA) own National Weather Service Office located right here on Guam at the International Airport grounds in Tiyan. You can get the latest information directly from their duty forecaster through the internet at <http://www.prh.noaa.gov/pr/guam> and from there you have links to live animated satellite, radar imagery and tropical cyclone information as well.

- 211: Away from your computer? Don’t worry, our friends at the National Weather Service also provide a voice recorded weather forecast with summaries of tropical cyclone activity. Just pick up your cell phone and dial 211. Pretty simple.

- MCV cable: No Internet and the phones are out. That can certainly happen during a typhoon passage. Or perhaps you just want to keep an eye on the weather satellite picture. Just turn your cable TV to channel 2. This is Guam’s own weather channel and while you watch it, you’ll most often hear K57 (AM 570) radio which is, in itself, a good frequency to listen to for updated news and weather. Putting these two together makes a fantastic resource during heavy weather.

- NOAA Weather Radio: Never go boating without a weather radio. If you are out on your boat and an unexpected squall pops up (please tell me you wouldn’t actually go out during a typhoon) turn to 162.400 in the vicinity of Guam and 162.550 if you’re near Saipan. This broadcast comes in directly from the NWS Tiyan office.

- weather.com: Are you heading back to the states or just want to see if you’re granny in Florida might be the way of a hurricane? The Weather Channel that is so popular in the states isn’t offered in Guam but you can get all you need to know about U.S. weather at [www.weather.com](http://www.weather.com). Especially important this time of year as the Atlantic hurricane season is getting very busy.

This article is the sixth in a series on education, awareness, and tips to help you and your families get typhoon ready. Keep in mind that although awareness is great, it’s all useless without adding the key ingredient that only you can provide: action.

# Dental Clinic receives highest class one rating

Clinic: Members of Team Andersen are fortunate to have access to the best medical clinic in the Pacific Air Forces (2008 and 2009). One facet of the clinic that contributes to its success is the Dental Clinic. The Dental Clinic is also the

best in the PACAF, receiving the highest class one rating. It offers services ranging from restorative oral surgery to prosthodontics and endodontic services. They also provide prophylaxis treatments and have a dental hygienist. A dental

lab is available to make crowns, mouth guards, and more. With its dedicated and experienced staff, the Andersen Dental Clinic is an asset to members of Team Andersen and is an ideal resource for all dental assistance. (U.S. Air Force photos by Airman Julian North)



# Program helps Team Andersen stay mission ready

By Airman Whitney Amstutz  
36th Wing Public Affairs

Charged with the responsibility of safeguarding our nation and its citizens, members of the armed services are expected to be in fighting condition at all times.

The Fitness Improvement Program helps members of Team Andersen who are having difficulty maintaining these standards get back into shape and begin a healthier lifestyle.

Senior Airman Britney Robin-

son, a FIP instructor, believes that it is possible to achieve significant results with the right attitude.

"I've noticed that the program works for people who come here ready to try their best and make a real effort," Robinson said. "What you get out of FIP is a direct result of what you put into it."

Work-out sessions take place at the Coral Reef Fitness Center three times a day and are half an hour long.

"We have three classes a day at 6:30 a.m., 11 a.m. and 4 p.m.,"

Robinson said. "On average, there are about 15-20 participants in each class."

In order to keep members motivated, FIP instructors incorporate a variety of different exercises and challenging activities in each session.

"If you do the same thing every day, members are definitely going to lose interest and it becomes harder for them to stay engaged," Robinson said. "We do lots of different things so that doesn't happen. We do everything from cardio, to muscle toning

and core strengthening exercises."

In addition, FIP works closely with the Health and Wellness Center to ensure participants are receiving the guidance they need to succeed in the present, while enabling them to maintain a high level of fitness in the future.

"The Fitness Improvement Program coincides with HAWC," Robinson said. "They teach participants how to eat foods that will help them stay in shape and have lots of energy. The goal is to help people make lifestyle changes, not just pass

a physical training test."

Staff Sgt. Matthew Hamblen, an aircraft service technician with the 734th Air Mobility Squadron, began attending FIP classes in March, and has continued to attend after passing his most recent PT test.

"This class keeps me going," Hamblen said. "Seeing the weight come off and the run times go down is proof enough for me that it works. The Air Force is changing and I have made up my mind to change with it."



Work Out: Members of the Fitness Improvement program attend a work-out session at the Coral Reef Fitness Center on Andersen Air Force Base July 27. The program incorporates many different exercises and teaches participants to lead healthy lifestyles. (U.S. Air Force photo by Airman Whitney Amstutz)



Cool Down: Senior Airman Britney Robinson, center, Fitness Improvement program instructor, leads cool-down stretches after a work-out session at the Coral Reef Fitness Center on Andersen Air Force Base July 27. The program helps individuals to pass physical training tests. (U.S. Air Force photo by Airman Whitney Amstutz)

## Support your Navy Birthday Ball

By Mass Communication  
Specialist 2nd Class (SW)  
Peter Lewis

Joint Region Edge Staff

Sailors from U.S. Naval Base Guam (NBG) and their dependents participated in a volunteer-driven car wash July 31 to raise funds for the upcoming Navy Birthday Ball.

The ball is scheduled for Oct. 9 at Leo Palace Resort in Yona.

Lt. Gale White, of NBG Chapel, and other Sailors lined up with signs on Marine Corps Drive in Asan to encourage passersby to stop, get their vehicles cleaned, and donate money to make the ball a grand event.

"This is our second carwash, and we are slowly and steadily raising the funds we need," White said. "Hopefully more people will donate and help make this year's ball a success."

Chief Master-at-Arms (EXW/SW) Jim Rose, of Maritime Expeditionary Security Squadron 7, said that he enjoyed volunteering at the carwash, and was glad to see

people willing to donate money to support the ball.

"It's good to volunteer some time and give back to the Navy since it's given me so much," he said. "And it's nice to know that our efforts will go toward making the Navy Birthday Ball more enjoyable for all the service members on Guam who decide to attend."

White said that NBG has several other upcoming events, during which the volunteers hope to reach their \$12,000 goal.

"We'll have a 5K fun run on Aug. 7th and another carwash on the 14th," she said. "We'll also be having two golf tournaments at the Admiral Nimitz Golf Course; one on the 25th and another on Oct. 2nd."

White stressed that the fundraisers cannot succeed without volunteers, and she said she hopes that many more Sailors will come out to volunteer and support the Navy Birthday Ball.

"We can always use more volunteers," she said. "It's going to take a team effort to make the ball the best it can possibly be."

Chief Engineman (SW) Mishal

Langston, of NBG, and one of the fundraiser coordinators, said the Navy Birthday Ball will be a great opportunity for Sailors of all ages to celebrate their Navy heritage, share experiences, and build camaraderie.

"The theme for this year's ball is 'Honoring the Past, Preparing the Future,' and that's exactly what we'll be doing at the ball," she said. "We want to reflect on the great things the Navy has done over the past 235 years, and make sure our junior Sailors are doing well."

According to White, tickets for the ball will be on sale by the third week of August.

"If you want to go to the ball, see your command representative for tickets," she said. "Everyone is invited to come out and enjoy the night. So feel free to bring a friend or two to celebrate our heritage."

For more information on upcoming fundraisers, how to volunteer, or the Navy Birthday Ball, you can contact White at 339-2126, or Langston at 339-8110.

You can also follow the Guam Navy Birthday Ball Committee on Facebook.

# USS Blue Ridge, 7th Fleet concludes



Vitals: Ensign Neil Petersen, assigned to U.S. Naval Hospital Guam, smiles as he records vitals for a toddler at the Southern Community Health Center July 28, as part of Pacific Partnership 2010. (U.S. Navy photo by Mass Communication Specialist 2nd Class Daniel Viramontes)



Community Project: Sailors embarked aboard the U.S. 7th Fleet command ship USS Blue Ridge (LCC 19) assist a Palauan during a community service project at Palau High School on the island of Koror, Palau, as part of Pacific Partnership 2010 July 26. (U.S. Navy photo by Mass Communication Specialist 3rd Class Melvin F. Orr III/Released)



Reaching Out: Culinary Specialist Seaman Apprentice Marco Hannel, assigned to the U.S. 7th Fleet command ship USS Blue Ridge (LCC 19), receives a coconut from a Palauan man during a community service project at Melekeok Elementary School on the island of Babeldaob, Palau, July 27. (U.S. Navy photo by Mass Communication Specialist 3rd Class Melvin F. Orr III)

By Mass Communication Specialist 2nd Class Steven Khor  
USS Blue Ridge Public Affairs

USS BLUE RIDGE, At Sea (NNS) (NNS) — Pacific Partnership 2010 (PP-10) departed Palau July 30 marking the conclusion of a four-day endeavor to provide humanitarian and civic assistance ashore.

“It is hard for me to believe that just four days ago Pacific Partnership 2010 opened in Palau,” said Commander, Joint Region Marianas, Rear Adm. Paul Bushong during the PP-10 closing ceremony. “Since then, many people; doctors, dentists, engineers, volunteers, patients, visitors a tremendous amount of medical supplies and medicines have crossed the pier or passed through the sky on our helicopters and taken their spot in the history of Pacific Partnership.”

Sailors and Marines from Commander, U.S. 7th Fleet and its flagship USS Blue Ridge (LCC 19) donated more than 1,000 man hours to 14 community service projects since arriving July 26, including two beach cleanups, renewing basketball and volleyball courts at five Palau schools, and restoration on the stairs and benches of the 66-year old Bloody Nose Ridge WWII memorial in Peleliu.

“It was really good. It boosted the morale of the Palauans and showed them that we care about their country,” said Operations Specialist Seaman Chazz Brown. “Even small things like painting lines on a basketball court made a huge difference in the community.”

Along with the community outreach, the combined medical and dental teams treated more than 1,900 patients across the three Palauan states of Koror, Peleliu and Angaur, and



Dental Clinic: A Hospital Corpsman assigned to U.S. Navy command ship USS Blue Ridge (LCC 19), laughs with her patient at the Southern Community Health Center, Koror, Palau July 27. Blue Ridge is in the Republic of Palau for Pacific Partnership 2010, the fifth in a series of annual U.S. Navy partnerships with host nations and partner nations. (U.S. Navy photo by Mass Communication Specialist 2nd Class Jevon Jones/Released)

provided expert advice to local health care professionals on topics ranging from pre-natal care to health clinic management.

“It was an amazing opportunity to help people out with much needed medical and dental assistance,” said Hospital Corpsman 2nd Class Jevon Jones. “I felt honored to be a part of the whole experience.”

In Peleliu, engineering teams provided diagnostic water testing at

source water sites and water treatment plants. Subject matter experts worked closely with local officials on proper treatment and in his closing ceremony, Rear Adm. Bushong indicated that the mission could lead to a potential long-term civic action program.

In addition to the humanitarian and civic assistance, Pacific Partnership 2010 also provided opportunities for the



Check-up: Ensign Neil Petersen Shawn, assigned to U.S. Naval Hospital Guam, checks a young boy's pulse at the Southern Community Health Center July 27. (U.S. Navy photo by Mass Communication Specialist 2nd Class Daniel Viramontes)

# U.S. Pacific Partnership 2010 Palau



U.S. Naval Hospital Guam, embarked aboard the U.S. 7th Fleet command ship, provided dental services at a free dental clinic supporting Pacific Partnership 2010 in Palau. The clinic was conducting medical and community service projects as part of the Pacific Partnership 2010. (U.S. Navy photo by Mass Communication Specialist 2nd Class Cynthia...

and at distribution centers. Experts worked with local officials, instructing them on treatment procedures, and ceremony remarks, and that their results will be beneficial engineering program for next year. Providing humanitarian assistance, Pacific Partnership provided valuable information to the Sailors to learn

from their civilian counterparts. This experience helped ensure the U.S. military and partner nations were better prepared to respond to emergencies in the future.

"The whole experience helped the staff of the Blue Ridge have a better understanding of humanitarian assistance, and how to operate and manage emergency response. I feel that we now have a better understanding of how to deal with mass casualty

situations," said Hospital Corpsman 1st Class Shannon Jackson.

Sailors also had a unique opportunity to immerse themselves in the rich culture, music, cuisine, sports activities and diversity that Palau and its residents had to offer.

"I particularly enjoyed conversation with a local Palauan whose father was a retired Palauan Marine Corps Veteran from the Vietnam era," said Senior Chief Religious Program Specialist Q. M. Scipio.

The fifth in a series of annual U.S. Pacific Fleet humanitarian and civic assistance endeavors, Pacific Partnership 2010 was aimed at strengthening regional relationships with host nation and partner nations. While this was Palau's first visit by Pacific Partnership, Capt. Rudy Lupton, Blue Ridge commanding officer and PP-10 Palau mission commander, said that much more will be gained through the visit than just providing assistance to those in need.

"Together, we represent an incredibly talented and diversified partnership, with the sole purpose of humanitarian and civic assistance," Lupton said. "The U.S. Navy wants to create an opportunity to return to the Asian-Pacific region each year to continue to foster relationships, strengthen ties, and build lasting relationships."

Blue Ridge serves under Commander, Expeditionary Strike Group (ESG) 7/Task Force (CTF) 76, the Navy's only forward deployed amphibious force. Blue Ridge is the flagship for Commander, U.S. 7th Fleet. Task Force 76 is headquartered at White Beach Naval Facility, Okinawa, Japan, with an operating detachment in Sasebo, Japan.

For more news from USS Blue Ridge (LCC 19), visit [www.navy.mil/local/lcc19/](http://www.navy.mil/local/lcc19/).



Closing Ceremony: From left, Capt. Rudy Lupton, commanding officer, USS Blue Ridge (LCC 19) and mission commander for Pacific Partnership 2010 Palau; James A. Panos, Charge d' Affairs, U.S. Embassy of the United States, Koror; Rear Adm. Paul Bushong, Commander, Joint Region Marianas; and the Hon. Dr. Stevenson Kuartei, minister of health, Republic of Palau, are recognized during the closing ceremony of Pacific Partnership 2010 in the Republic of Palau. (U.S. Navy photo by Chief Mass Communication Specialist Michael Ard)



Water Samples: Hospital Corpsman 1st Class Lee Cortez, assigned to U.S. Naval Hospital Guam, takes water samples at a local well to determine PH levels July 27. (U.S. Navy photo by Mass Communication Specialist 2nd Class Daniel Viramontes)



U.S. Naval Hospital Guam, takes vitals from a Palauan woman as her son watches. (U.S. Navy photo by Mass Communication Specialist 2nd Class Daniel...



Working Together: Coast Guard Fireman Chris Gibson, assigned to USCGC Washington, tapes a basketball backboard before painting while Andrew Watanbe jokes with him during a joint community service project at Ngchesar Elementary School on the island of Babeldaob, Palau, July 29. (U.S. Navy photo by Mass Communication Specialist 3rd Class Melvin F. Orr III)

# Benefits of breastfeeding your baby

By Cheryl Q. Castro  
U.S. Naval Hospital Guam  
Certified Lactation Educator

One of the first questions a pregnant mother gets asked is if she is going to breastfeed or bottle-feed. Sometimes this question is asked even before a mother has thought about what kind of nutrition is best for her baby. With so much information and public opinion circulating about breastfeeding it can be quite overwhelming.

If you have considered breastfeeding your baby or wondered what the benefits to breastfeeding are, the following facts may help in your decision. According to the American Academy of Pediatrics, breastfeeding helps bring about the best health, developmental, and psychosocial outcomes for the infant.

There is evidence that breastfeeding decreases the incidence of colds, ear and bladder infections and sudden infant death syndrome. Breastfeeding also appears to offer health

benefits to the mother such as decreased risk for postpartum depression, bleeding and breast cancer. Beyond the health advantages, there are the cost savings that come with breastfeeding. Several hundreds of dollars can be saved from not purchasing formula. Additionally, because breastfed infants get sick less often, their parents miss fewer days of work. These are just a few of the many reasons parents choose to breastfeed.

U.S. Naval Hospital Guam's

Mother Baby Unit staff has prepared for new parents the materials and resources needed to make the decision whether to breast or bottle feed. Improved education and discharge packets are making it easier for mothers, with the support of their families, friends, and healthcare team to become successful in breastfeeding.

If you have decided to breastfeed your infant and would like to know more about feeding cues, positioning, pumping and storing breast

milk, know that there are classes available to help you begin this important health journey. Naval Hospital offers a breastfeeding class every fourth Wednesday of the month at 1 p.m. in the OB GYN clinic, with the hopes of introducing new and experienced mothers to the womanly art of breastfeeding. Preparing for childbirth classes are offered monthly as well.

For more information, call the Naval Hospital OBGYN clinic at 344-9775.

# Soaking up safety during rainy season

By Mass Communication Specialist 2nd Class (SW) Corwin Colbert

Joint Region Edge Staff

The first month of rainy season is over. Though most residents are weary of typhoons, vehicle accidents and personal safety mishaps during the season are much more common.

Heavy rain water can flood the roads, especially in the southern half of Guam, due to the absence of sewer drains.

Poor road conditions and large potholes, which can blow out tires, decrease tire friction, and ultimately cause a loss of automobile control, increase these dangers. Older

coral top roads may also become very slippery during precipitation.

"There are many factors to remember when driving on the roads during the rainy season," said Rich Sussman, U.S. Naval Base Guam (NBG) installation safety director. "You need to worry about hydroplaning, downed power lines, and low visibility."

Luckily, there are several precautions that can be taken at home and while on the roads to minimize the risk of injury.

Sussman said that during poor visibility and weather precipitation, drivers should rely on their instinct and drive as cautiously as possible.

"If it is down-pouring, lower your speed to make up for the loss of traction or visibility," he said. "If a power

line falls onto your vehicle, stay put and call for help. You don't want to be a victim of electrocution. If you are driving and notice a downed power line, steer clear of the site."

Home safety during the rainy season involves simple tasks to keep you and your family safe during turbulent climate.

Having your children play in the yard instead of the street following rainfall decreases the chance that a motor vehicle will cause personal injuries due to unsafe road conditions.

Securing or putting away unstable items such as toys, tents, tables and barbecue equipment protects people and homes from the sudden squalls that are common on Guam during rainy season. A squall is a

sudden, sharp increase in wind speed, which is usually associated with active weather such as rain showers and thunderstorms.

"It's simple. Anything that can be a flying projectile should be secured," said Sussman. "Also, if you are playing golf or basketball and see lightning, leave the area immediately."

Even though rainy season only lasts from July to December, it rains year-round on Guam. So following these safety tips during dry season will still help to keep you and your family safe.

For more information, call NBG Safety Office at 339-SAFE (7233) or Andersen Air Force Base Safety at 366-SAFE (7233).

## News Notes

### Job Announcements

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

### Joint Region Marianas Protocol Specialist

**Naval Base Guam**  
Physical Security Specialist, closes Aug. 9  
Program Assistant, closes Aug. 9  
Secretary, closes Aug. 9  
Security Assistant, closes Aug. 9  
Security Guard

**Naval Hospital Guam**  
Financial Tech, closes Aug. 9  
Management Analyst, closes Aug. 9  
Supvy Nurse, closes Aug. 9

**Naval Facilities Engineering Command Marianas**  
Civil Engineer, closes Aug. 9  
Contractor Industrial Relations Spec, closes Aug. 9  
Electrical Engineer, closes Aug. 9  
Electrician, closes Aug. 10  
Interdisciplinary Engineer, closes Aug. 9  
Mechanical Engineer, closes Aug. 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.

**Boonies Officers' Lounge to Re-open in August**  
Boonies Officers' Lounge is re-opening this month. Details to come! All other areas within the Top of the Rock, i.e. Café Latte, Hightides, Catering, Cashier's Window and Administration Office will maintain normal hours of operation. For more information, call 366-6166.

# Reading voyage ends with celebration

By Oyaol Ngirairiki

Joint Region Edge Staff

U.S. Naval Base Guam (NBG) Library's summer reading program ended its voyage with an awards celebration July 28.

The summer reading program, themed "Voyage to Book Island," drew more than 120 readers of all ages. The goal of the program was to encourage a love of reading during the summertime.

"I think we met that goal," said Jessica Carbon, librarian at NBG Library. "This is the sixth year we've held the event and each year it's grown bigger - this is our biggest attendance."

During the event, participants filled the library and were treated to

## Check it Out

Andersen Library Hours of Operation  
Monday-Thursday, 9 a.m.-8 p.m.  
Friday-Saturday, 9 a.m.-5 p.m.  
Sundays, Closed  
Wednesday Reading Program is held twice a day at 10 a.m. and 3:30 p.m.

Naval Base Guam Library Hours of Operation:  
Tuesday-Friday, 10 a.m.-7 p.m.  
Saturday and Sunday, 9 a.m.-7 p.m.  
Mondays, Closed  
Wednesday Story Hour starts at 3:30 p.m.

a story, which was followed by the presentation of awards. All readers were given certificates and award bags, which included books, bookmarks, pencils and other gifts. Participants ranged in age from 2 months to adults.

Aubrey Garcia, Army spouse and mom to three of the participants,

said she and her children thoroughly enjoyed the competition.

"I really enjoy programs like this, especially during the summer because it helps kids stay active mentally and not just physically," Garcia said. "Reading is such an important skill and I was really excited because the library is taking it

and making it into a competition. That really spurred the kids to read as much as they could because they wanted to win."

Her son, Isaiah Garcia, read 27 books over the summer. His book list included various titles but many focused on his favorite reading subject: reptiles.

"They were really cool, but I think my mom likes that I learned a lot too," he said. "But that's fine because I like to read."

Another parent, Machinist's Mate 2nd Class (SW) Roberto Segura, of USS Frank Cable (AS 40), said he appreciates everything the library does to promote literacy.

"They make it fun for the kids, which is important because a lot of times the kids can get tired of study-

ing but when you make learning fun like this, they can really get into it," he said.

Segura, who was born in Peru and moved to the United States as an adult, said he's glad his children have the opportunity to participate in "such inspiring programs."

"Growing up, I didn't have a library and events like this to enjoy," he said. "It's good to know that there are people here who care about the kids and their education. I feel like this is a great foundation for my kids' education and success."

To learn more about reading programs at NBG Library, call them at 564-1836. To learn more about reading programs on Andersen Air Force Base, call 366-4291.



Young Reader: Army spouse Aubrey Garcia and her daughter get ready to check out books following U.S. Naval Base Guam Library's awards presentation for their summer reading program July 28. (U.S. Navy photo by Oyaol Ngirairiki)



Guest Reader: Patrons listen to Navy spouse Samantha Massengill also known as "The Little Mermaid" read "Smiley Shark" by Ruth Galloway at the U.S. Naval Base Library's summer reading program awards celebration July 28. More than 120 patrons participated in this year's summer reading program, themed "Voyage to Book Island." (U.S. Navy photo by Oyaol Ngirairiki)

## Preparation key to successful middle school years

By Oyaol Ngirairiki

Joint Region Edge Staff

The transition from elementary to middle school can be scary and exciting, but parents can help ease children into their new environment by taking an active role in their education even before the school year begins.

The new year for Department of Defense Education Activity (DoDEA) Pacific Guam middle schools starts Aug. 30.

"Middle school is a whole new culture," said Missy Gingrich, Commander William C. McCool Elementary/Middle School assistant principal. "There are not only new rules, but now, instead of staying in one class for most of the school day, you're moving to another class six times throughout the day. On top of that, you have seven teachers you have to answer to, and we haven't even started to talk about the new social expectations. It's a lot to deal with."

Gingrich said parents and students should attend orientation and get familiar with the curriculum standards. The standards are available on the DoDEA website at [www.dodea.edu](http://www.dodea.edu). Click on "curricu-



Band: Middle school band members from Commander William C. McCool Elementary/Middle School, Luis P. Untalan Middle School, Andersen Middle School and Harvest Christian Academy play together under the direction of McCool music instructor Jan Goldhorn during the Friendship Festival April 23. Participating in school sports and other extracurricular activities can make students' middle school years a success. (Joint Region Edge file photo)

lum."

"And then, as you think of new middle school students, it is very appropriate to allow children to take a role in determining their school schedule," Gingrich said. "There's so much outside of their control and by empowering them in making

their course selections for their electives, they'll get to choose courses they enjoy but also get to feel like they're in control of, at least, a portion of this new environment."

At home, parents can help their children prepare for the new social expectations by role playing.

"They can come up with different scenarios, like kids trying to force them to choose between two groups of friends. What should they do?" Gingrich said. "It really helps because not only does the role-playing and the discussion that goes with it guide the student but it also shows them how mom and dad would react - and that's great positive role-modeling."

Another thing parents can do is encourage their children to participate in extracurricular activities.

Jan Goldhorn, McCool music instructor, said DoDEA schools have sports, school band, and clubs like Academic Challenge Bowl, which can help not only ease the transition into middle school, but can help make middle school a success.

"Extracurricular activities offer students an opportunity to meet other students in the school and at other schools that share their interests," she said. "Band is just one example of that. Not only do our students get to make new friends with fellow classmates, but they meet fellow student-musicians from other schools when they attend competitions or programs like our annual Friendship Festival, which includes participation from four schools."

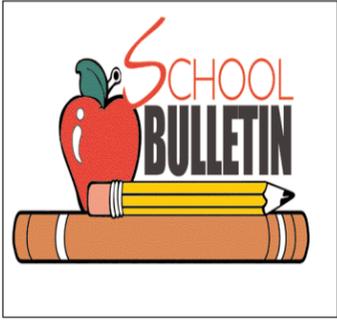
Deborah Krull, Andersen Middle School (AMS) principal, said parents also want to ensure their children are properly registered.

"This way students can go straight into class and participating in that sort of first-day ritual when all the students and teachers are getting acquainted, instead of sitting at the office waiting for their schedule," she said.

Krull said parents should talk to their children about the opportunities he or she will have to excel during the middle school years.

"We're talking about electives where they can expand their talents or find new ones, as well as academic classes that challenge them," she said. "DoDEA schools have what's called classes of rigor, such as Algebra 1, that have a curriculum similar to a high school class. And these classes can help get a student excited about doing something new that requires them to really challenge themselves. And not only that, these rigorous classes can also help set up a smoother path for their transition into high school."

To learn more about McCool and AMS, visit their websites, both of which can be found at <http://extranet.guam.pac.dodea.edu>.



School Bulletin aims to promote educational activities in the Navy and Air Force communities. If you know of an education-related event that you would like to include, send it to jointregionedge@fe.navy.mil or call 339-7113.

### Department of Defense Education Activity

Classes for school year 2010-2011 start Aug. 30. Parents can

call schools for school supplies lists and other information.

### Andersen Elementary School

School office is open Monday-Friday from 8 a.m.-4 p.m. Families new to the island are encouraged to register new students at their earliest convenience.

#### Orientation Dates

Aug. 23, 9 a.m. and 11 a.m.: New parent orientation, pre-kindergarten to second grade  
Aug. 24, noon and 2 p.m.: New parent orientation, third to fifth grade

Orientation will be held at the school's Dolphin Theater.

### Andersen Middle School

School officials are reminding

parents to register new students or to ensure all information is updated. Office hours are Monday-Friday from 7 a.m.-4 p.m.

#### Orientation Dates

Orientation will be held at the school's Dragon Theater on the following dates and times:

Aug. 18, 8 a.m.: Sixth grade  
Aug. 18, 1 p.m.: Seventh and eighth grade

Andersen Middle School is hosting Meet the Principal sessions in the school's Dragon Theater at 1 p.m. on the following dates: July 30, Aug. 6 and 20.

### Commander William C. McCool Elementary/Middle School

Orientation will be held at the school cafeteria. There will be

two orientations each for elementary and middle school grades to help accommodate parents: Aug. 19, 9 a.m.; and Aug. 20, 1 p.m.: New parent orientation, first to fifth grade  
Aug. 19, 2 p.m.; and Aug. 20, 10 a.m.: New parent orientation, sixth to eighth grade

School supply lists for all grades are available at the school and at Navy Exchange. Parents can call or stop by the school between 7 a.m.-3:30 p.m.

### Guam High School

Orientation is aimed for new families though all parents and students are also welcome to attend. Orientation will be held at the school cafeteria at the following dates and times:

Aug. 20, 9 a.m.: Ninth grade  
Aug. 23, 9 a.m.: 10<sup>th</sup> to 12<sup>th</sup> grade

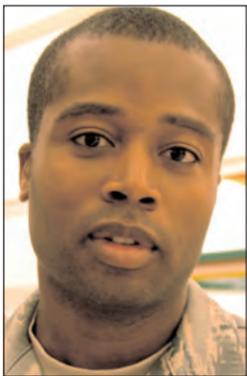
Students interested in participating in first quarter sports must provide the school with an updated sports packet for 2010-2011. The packet requirements are: Parent consent form  
Code of conduct  
Notarized medical power of attorney  
Copy of passport  
Current sports physical

### 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

# What do you enjoy most about fiestas?

The month of August features fiestas from Piti, Tamuning, Agat and Barrigada. Joint Region Edge asked its readers what they enjoy about fiestas.



**“It’s the people and the interaction that makes it memorable. But no fiesta is complete without the food.”**  
 — Tech. Sgt. Roberto Guerrero  
 644th Combat Communications Squadron material control



**“The best part of a fiesta is food. There is an endless supply of food. Once the food gets low, it always replenished until the last person leaves.”**  
 — Construction Mechanic 3rd Class (SCW) Davina Allen  
 Naval Mobile Construction Battalion 11



**“It’s a great time and (they) have delicious local food. I love the kebabs.”**  
 — Sarah Stannard  
 Charles King Gym fitness instructor



**“It’s all about the food — local barbecues, cooking ribs with meat that falls off the bone. The culture and dance are great but it’s mainly about the food. That’s why a lot of people go to fiestas — to eat.”**  
 — Senior Airman Patrick Cotterillo  
 36th Medical Operations Squadron mental health technician



**“Meeting new people, bonding friendships and the open arms of the Guam people make fiestas great.”**  
 — Equipment Operator 1st Class (SCW) Joshua Brand  
 Naval Mobile Construction Battalion 11

## Guam fiestas offer a taste of local traditions

By Jesse Leon Guerrero  
 Joint Region Edge Staff

Few things on Guam capture the essence of Chamorro hospitality as well as a village fiesta. Although it’s a practice adopted from a time when the Spanish governed the island, fiestas showcase the strong feelings of togetherness, sharing, and an appreciation of food that represent the Chamorro culture.

Fiestas allow village residents a chance to come together and celebrate their patron Catholic saint once a year. The central village of Tamuning celebrated its 2010 feast of Saint Victor at the Saint Anthony and Saint Victor parish church July 31.

The parish faithful celebrated Mass in the afternoon and then marched in a procession line through the village streets before the fiesta tables were opened. The procession is an important part of the event that reaffirms the parishioners’ convictions.

As with most Chamorro gatherings, cousins, aunts, uncles, grandparents, nieces and nephews usually are all involved and it’s common for family friends to also contribute their money and time for preparations. This makes putting together a fiesta easier and more capable of accommodating hungry fiesta-goers.



Procession: A group of altar servers leads a procession of Catholic parishioners as they celebrate a fiesta in honor of Saint Victor in front of the Saint Anthony and Saint Victor church, background, July 31. After circling the neighborhood block, the parishioners shared a dinner of Chamorro red rice, chicken kelaguen, pickled mango, and other local-style meals. (U.S. Navy photo by Jesse Leon Guerrero)

In the Chamorro culture, it’s better to have too much food than not enough.

Tamuning Vice Mayor Louise Rivera said the fiesta welcomed all

local, military and other guests because it’s a time for togetherness. Fiestas, traditionally, are also always free of admission.

“This is the best way to interact

with the community, so I recommend the military to get involved,” Rivera said. “You get down to earth with people and their emotions. These are all good people you’d like

to meet.”

Every family and church that hosts a fiesta will have their own distinct menu for the day, but there are traditional foods common to most setups. Red rice, which is usually white rice cooked and flavored with a water-and-achote-seeds mix, makes up the starch selection along with breadfruit.

Another popular dish is kelaguen, which is a mix of chopped barbecued chicken, green onions, salt and peppers. Depending on the size of the fiesta, one might find kelaguen made with beef, fish or other meats.

Since Tamuning has a diverse population, their church fiesta offered Korean and Filipino dishes, such as pancit bihon, which is a mix of thin noodles, vegetables, and diced chicken.

“It’s so international because Tamuning is an international village,” Rivera said. “We have a variety of foods and it really depends on what the parishioners want to bring, especially with what our elders can make.”

All foods are welcome if they’re delicious, so a fiesta is a quick way to learn more about what people love not only on Guam but throughout the Pacific.

For more information about upcoming fiestas, call your village mayor’s office.

# Chonka: A Chamorro board game

By Jesse Leon Guerrero

Joint Region Edge Staff

When Chamorros indulge their competitive spirit, it usually involves outdoor sports and activities at the beach. But here and there, in family homes, community centers and social halls, the board game called chonka gives people the chance to outdo each other in friendly competition.

Chonka, also known as chonga or chongka, is a game for two people. Both players choose a playing side on a narrow, wooden board that is usually about 28 inches long. Seven shallow holes, each about two inches wide, run across each player's side. A much larger hole, also known as a till, takes up the ends of both sides of the board. The shallow holes are filled with seven small objects such as pebbles, marbles, or shells. The objective is to capture the most items on the board.

Carmen Aguigui, an Agat resident, said she still gets a chance to play with friends or family members.

"I remember this from when I was about 5 or 6 years old," Aguigui said. "Our teacher at school would bring it out. It passes the time and it's fun."

Elsie Gines, also an Agat resident, said chonka is an important part of Guam's history and would like to see the tradition continue.

"This is what Chamorros had back then before Nintendo and those video games," she said. "It's chal-



Chonka Challenge: Carmen Aguigui, left, and Elsie Gines, both residents of the Guam village of Agat, play a game of chonka at the Agat Mayor's Office July 29. The object of the game is to control the most items, such as the seashells pictured in the board's holes, by moving them from the opponent's side. (U.S. Navy photo by Jesse Leon Guerrero)

lenging, and for me it's kind of like checkers."

There is no definitive timeline for when chonka first appeared on Guam. George Fritz, a German commander in chief of Saipan in the 1900s, described the game as early as 1904.

The game is considered easy to play. Moving clockwise, players

have to pick up and move the objects on their side into each hole by dropping them one at a time into each following hole. The pieces are not dropped into the opponent's till.

A move can end if the last piece from a handful is dropped into an empty hole. If that empty hole is on the opponent's side, the contents from the opposite hole are captured.

Captured objects are moved to the player's till. When one of the players no longer has enough objects to continue, the player with the most objects wins.

Chonka boards are sometimes available for purchase from arts and crafts or wood carvers and occasionally at flea markets and souvenir shops.

## FREE Free Movie Night

The free movie that will be shown is Jack and the Bean Stalk, 7:30 p.m., Aug. 14 at Arc Light Park. For more information, call 366-2339.

## Spades Tourney

U.S. Naval Base Guam Single Sailor Sanctuary is hosting a Spades tournament Aug. 9, 7-8 p.m.

Open to all active-duty single Sailors and active-duty geo bachelors. For more information, call 564-2280.

## Trip to Piti Fiesta

U.S. Naval Base Guam Single Sailor Sanctuary is hosting a trip to the Piti fiesta. Van leaves at 11:30 a.m. Open to all active-duty single Sailors and active-duty geo bachelors. For more information, call 564-2280.

## Free Golf Clinic

Learn the fundamentals of golf every Saturday and Sunday, 9-10 a.m. at Admiral Nimitz Golf Course in Radio Barrigada. No need to register. For more information, call 344-5838.

## UNDER \$10 Coastal Trek

Grand Coastal Trek beginning at 7:45 a.m., Aug. 14 Cost is \$5 per person. Take a journey through time on a 7.5 mile trek across the Southern Isle starting at Nimitz Beach and working our way south along the coast while taking in the beauty of the beaches, bays and coral reefs.

Discover ancient Chamorro and Spanish settlements where original artifacts still remain. Bring plenty of water, sunscreen, lunch, and old but sturdy shoes. Minimum age is 15. For more information, call Outdoor Recreation at 366-5197.

## Hike Mount Lam Lam

Rated medium. Meet Rec-N-Crew Aug. 19, 8:15 a.m. Patrons are asked to register by Aug. 18, 1 p.m. For more information, call 564-1826.

## Hike and Snorkel Double Reef

Rated medium. Meet at Rec-N-Crew Aug. 12, 8:15 a.m. Cost is \$5 for adults and \$3 for children ages 5-11. Additional cost for snorkeling gear. Register by Aug. 11, 1 p.m. For more information, call 564-1826.

## Game Time

Begin or end your day with a delightful meal at Game Time Sports Grill. The overlook of the golf course offers a relaxing atmosphere for breakfast, lunch or dinner. Breakfast specials are served daily ranging from \$4.50-\$5.50. Breakfast hours are 6-10:30 a.m. Lunch specials are also served daily and are only \$6.95 with fountain soda. Lunch hours are 10:30 a.m.-3 p.m. Also enjoy 18 holes of golf and a lunch package available at the Pro Shop for \$46 per person. For more information, call 344-5838 or 734-2155.

## Breakfast at Top of the Rock

Starts below \$10. Breakfast hours are Monday-Friday, 6:30-9:30 a.m.; Saturday-Sunday, 7:30-9:30 a.m. For more information, call 366-6166.

## 2 for 1 at Gecko Lanes

Get two games for the price of one and have twice the fun Monday-Saturday, 6-10 p.m. For more information, call 366-5085.

## Mongolian BBQ at Cafe Latte

Mongolian Dinner at Cafe Latte is every Wednesday, 5:30-7:30

p.m. 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.

## \$10 AND UP Jazzy Sundays at Willie's

Sundays from 5-8 p.m. at Willie's Beachside Jazz on Andersen Air Force Base. Enjoy a relaxing evening at the beach while you listen to great jazz music. If you get hungry, you can order one the delicious offerings from our Bamboo Willie's menu. For more information, call 366-6100.

## Orote Point Lanes Family Deal

Family Value Package at Orote Point Lanes available on the following days and times: Sunday, 10:30 a.m.-10 p.m.; Monday-Thursday 10:30 a.m.-6 p.m. and 9-10 p.m.; Friday and Saturday 10:30 a.m.-midnight. Cost is \$40 per lane with a limit of five people. 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.



FRIDAY, AUGUST 6

7 p.m.: Grown Ups • PG-13

SATURDAY, AUGUST 7

2 p.m.: Grown Ups • PG-13

7 p.m.: Knight and Day • PG-13

SUNDAY, AUGUST 8

7 p.m.: Knight and Day • PG-13

WEDNESDAY, AUGUST 11

6 p.m.: Special Presentation Princess and the Pea

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, AUGUST 6

8 p.m.: Special Presentation "My Boys" TV Comedy Tour

SATURDAY, AUGUST 7

3 p.m.: Special Presentation Princess and the Pea

5:30 p.m.: Special Presentation Princess and the Pea

SUNDAY, AUGUST 8

1 p.m.: Toy Story 3 • G

3:30 p.m.: Grown Ups • PG-13

7 p.m.: Knight and Day • PG-13

MONDAY, AUGUST 9

3 p.m.: Shrek Forever After • PG

TUESDAY, AUGUST 10

3 p.m.: Marmaduke • PG

WEDNESDAY, AUGUST 11

3 p.m.: The Karate Kid • PG

THURSDAY, AUGUST 12

3 p.m.: Furry Vengeance • PG

FRIDAY, AUGUST 13

7 p.m.: The Last Airbender • PG

9:30 p.m.: Killers • PG-13

The schedule is subject to change due to circumstances beyond the theater's control. **The Big Screen Theater hotline is 564-1831 or visit mwrquam.com.** (Source: Navy Morale, Welfare and Recreation Office)

## Chapel Schedule

### Naval Base Guam

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

### Roman Catholic Mass

Weekday Mass: Monday-  
Wednesday, Friday,  
11:40 a.m.

Saturday Mass: 5:30 p.m.

Sunday Mass: 9 a.m.

Sacrament of Reconciliation:  
Saturday, 5 p.m.; and Sunday  
8:30 a.m.

### Protestant Worship Service

Sunday Worship Service:  
10:30 a.m.

Women's bible Studies:  
Monday, 9 a.m.

Choir Practice: Thursday,  
6 p.m.

### Jewish Shabbat

Friday, 6:30 p.m.

### Naval Hospital Guam

#### Roman Catholic Mass:

Monday-Friday, 11:30 a.m.

Chapel of Hope: Sunday, 9  
a.m.

### Andersen Air Force Base

#### Roman Catholic Mass (Chapel 1)

Weekday Mass: Tuesday-  
Friday, 11:30 a.m.

Saturday Mass: 5 p.m.

Sunday Mass: 9:30 a.m.

Sacrament of Reconciliation:  
Saturday, 4:30-4:50 p.m.

Catholic Women's Group:  
First and third Wednesday of  
the month, 7 p.m.

Catholic Youth: Second and  
third Wednesday of the  
month, 6 p.m.

Choir Rehearsal: Sunday 8-9  
a.m.

### Protestant Worship Service

(Chapel 2)

Praise Service: Sunday, 9 a.m.

Gospel Service: Sunday,  
11:30 a.m.

Protestant Women's Group:  
Second Monday of each  
month, 6:30 p.m.

Protestant Men's Group:  
Wednesday, 7 p.m.

Protestant Young Adults:  
Thursday, 7 p.m.

*Schedules subject to change.  
To confirm times or for infor-  
mation about other pro-  
grams, call the chapels at:*

Andersen Air Force Base:  
366-6139

U.S. Naval Base Guam:  
339-2126

U.S. Naval Hospital Guam:  
344-9127

# Take a minute for friendships

By Lt. James Rutan

U.S. Naval Base Guam

Often the articles we Chaplains write are aimed at the audience that we most associate with our ministry; the Sailor, the Soldier, the Airmen, Marine, or Guardian. While each uniformed soul is important, military families are important too. For that reason, I wish to write primarily to the spouse; the mom or dad who is most responsible for the success of the home and hearth while the military member is called away.

Military spouses are some of the most resourceful, loyal, and long-suffering people I have ever been privileged to serve. It takes a great

deal of commitment to love and support a man or woman that is gone nine to 18 months at a time. It is even more difficult to face single parenthood alone, even when it's

only temporary. As much as each of you want to support your Sailor and be self-reliant, it's important to recognize that reaching out and allowing others to reach out to you is an essential part of being a military spouse.

At times we all need someone who is not a toddler or a teenager to talk to. When the going gets tough and the deployments get long, somehow, "shared suffering" or commiseration seems to make those times easier to bear. Sometimes

when the spirit gets heavy, we covet the faithful prayers of our friends. The real shame of the military lifestyle is that even though we need these friendships perhaps more than any other group, we often get so busy that we neglect them. If you find yourself agreeing with my assessment and feeling the pain of this anemia in the quality of your relationships, I have a few suggestions for you.

Keep some stationary on hand. Even though you may be too busy to get out to visit, let your friends know that you are alive and well and that they are on your mind. Who among us doesn't like to receive mail? Perhaps in the digital age you might be more inclined to send an e-mail or flash a message to a friend on Facebook. Whatever you do, make an effort to connect even when your schedule is tight.

Turn a mundane task into an

opportunity for fellowship. The average credit card debt of most Americans tells me that we all need to shop. Next time you're going to the grocery store or the hardware store, call a friend and invite them along. Consider making your workout into a social time. Find a friend that likes to run, swim, cycle, etc. and gab while you sweat.

Plan mealtimes with friends. We all need to eat sometime. Getting together doesn't always call for a three course meal, a clean house, and an elaborate dessert. If you have children, make a picnic play date with another mom or dad or head over to a local fast food place for a quick bite.

Whatever you determine to do, make time for others and when you need friends most they will be there for you. There is no such thing as unconditional love; you must give a little to receive a little.



## Still Moments



Congratulations: Andersen Air Force Base's (AFB) newest Chief Master Sgt. James Slisik is congratulated by fellow Andersen chiefs on Andersen AFB July 30. Slisik was pinned on during the July monthly promotion ceremony. Slisik joins an elite group that represents one-percent of the Air Forces enlisted force. (U.S. Air Force photo by Airman 1st Class Jeffrey Schultze)

# CKG patrons spin away excess calories

By Mass Communication Specialist 2nd Class (SW) Corwin Colbert

Joint Region Edge Staff

It's possible to burn 800 to 1,000 calories in an hour, according to Sheila Litty, Charles King Gym (CKG) fitness director. The secret is the "Cycling with Sarah Stannard" classes offered on Mondays, 5:30 p.m. and Fridays, 8:20 a.m. at CKG.

Litty said if you're looking for a challenge, the cycling class is definitely the way to go.

"Our cycling class offers an intense hour of high- and low-impact cardiovascular workout," she said. "The best thing about cycling is that it's a great cross trainer for running and swimming."

For people who are on the heavier side, cycling can prove to be beneficial. It helps in managing weight, trimming the waistline, and getting rid of unwanted fat.

Besides losing calories, Litty said cycling will improve cardiovascular and muscular endurance. A few miles of cycling per day help build trimmer and toned legs and glutes. This is because your muscles all get an intense workout.

"It will increase leg muscle strength, improve your sprint speed,



Cycling Class: Sarah Stannard, left, the Charles King Gym (CKG) cycling instructor, encourages patrons to keep moving during a grueling one-hour cycling class at the gym on U.S. Naval Base Guam July 30. CKG offers cycling classes on Mondays at 5:30 p.m. and Fridays at 8:20 a.m. Commands may call to request a cycling class for their organizational physical training at any time. For more information, contact CKG at 564-1824. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

and build endurance, whether it's for preparing for a run or just getting through the workday," she said.

The American College of Sports Medicine recommends three to five days of cardio per week, for 30-60 minutes each time. This frequency

and length of aerobic exercise has been shown to provide great benefits to the body including weight loss; increased energy levels; stronger heart and lungs; decreased risk for heart disease; increased bone density; better sleep; and improved

cholesterol and triglyceride levels.

There are many different reasons why patrons enjoy cycling. Jessica Weiner, a Navy spouse and substitute cycling instructor, said cycling helps take her mind off lonely feelings when her spouse is deployed.

"I like to stay in shape and it keeps me active while my husband is deployed," she said. "Also, now that I am pregnant, I want to keep myself in shape even more."

Stannard said those interested in attending the class should not be interested and encourages them to try it out.

"You can go at your own pace. It is not about what everyone else does, it's about your personal best," she said. "That's the beauty of cycling."

Litty said that, although she doesn't teach the normal cycling class, she does instruct command-based cycling classes, and she feels Guam commands are buying into the benefits of cycling.

"As of right now the cycling is popular. I instruct many different active duty and reserve commands from the Army reserves to base security," she said. "Commands may call to request any of our fitness formats."

Litty said she encourages everyone to try out the high tempo class.

"Bring some comfortable workout gear and join us," she said.

For more information about cycling classes, call Charles King Gym at 564-1824.

## Getting fit can be simple

By Luis Martinez

U.S. Naval Hospital Guam  
Health Promotion/Wellness Division

Physical fitness is one of the secrets to feeling better, reducing the chances of suffering from a number of serious diseases, dealing with stress, preventing depression, and managing weight. Yet, we sometimes shy away from becoming fit because of a misconception it can be accomplished only by doing intense exercise. While vigorous exercise can certainly lead to fitness, another path can bring us to the same destination.

The American College of Sports Medicine defines fitness as the ability of the heart, lungs, blood vessels, and muscles to carry out daily tasks and occasionally perform unexpected physical challenges with a minimum of fatigue and discomfort. In a general sense, it's having the reserve to do all that one wants/needs to physically do, and more. So, if one does not have some kind of exercise program, fitness can begin to occur as a result of simply moving more and more often. One of the easiest ways to accomplish this is by walking 25-30 min-

utes a day, five to six days a week. Interestingly, the 25-30 minutes of walking a day does not have to occur all at once, as several daily short walks of at least 10 minutes in length have the same health benefit as a single longer walk.

In addition to walking, an important ingredient to becoming fit for those who do not have a regular exercise program is to focus on increasing regular physical activity on a daily basis. This means regularly taking advantage of as many opportunities as we can to move more often, including taking the stairs instead of the elevator; parking further away from the store entrance; doing yard work instead of hiring the neighbor's kid to do it; playing more often with our kids/grandkids; and carrying reasonable loads of groceries to the car instead of using a cart.

A key component to increasing regular physical activity is mindset, i.e. developing the attitude that we want to, and will, actually enjoy moving more as we go about our daily tasks. Surprisingly, just being willing to develop such an attitude often causes us to soon acquire it, the result of which is we might one day

look forward to not just walk up the stairs, but actually sprint up them.

For both walking and increasing regular physical activity it's very important to start with a reasonable intensity to avoid injury or serious discomfort. Initially this means limiting exercise to not more than five sessions a week, keeping them under about 45 minutes at a time, and avoiding working too hard. Keep it light and easy at the beginning until you feel comfortable enough to do a little more or go a little longer. Fitness is a lifelong goal, so we need to be comfortable with not only starting the trip, but also continuously keeping on our path. Seeking advice from professional trainers, such as are available through Navy Morale, Welfare and Recreation or at fitness centers in the local community, can help with figuring out a good way to start and or increasing the frequency and intensity of our activities to improve.

Getting fit is about becoming excited about starting and enjoying getting there while realizing the journey always goes on. Think about finding time to start with a walk today: it could be fun.

## 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).

### Ultimate Frisbee

Ultimate Frisbee games are played at Sampson Softball Field (near pool) on U.S. Naval Base Guam. League games are played Tuesdays and Thursdays, 5:30 p.m. Pick-up games are played Tuesdays and Thursdays, 6:30 p.m. For more information, call 339-2365.

### Flag Football

Captain's Cup Flag Football registration deadline is Aug 27 at Charles King Gym. Games are Mondays through Thursdays starting Sept. 7, at 5:15 p.m., 6:15 p.m., 7:15 p.m. and 8:15 p.m. at Community Field. Mandatory coaches meeting is Aug. 31, 5:30 p.m. at Nap's restaurant. For more information, call 564-1861.

### Family Fido 5K

Family Fido 5K is scheduled for Aug. 13 at the Lockwood Helo Pad with a 5 p.m. show and a 5:30 p.m. go. The run is free. T-shirts are \$8 for preregistration and \$10 at the race. Registration deadline is Aug. 12 at Charles King Gym. For more information, call 339-1301/2.

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.

### Deep Sea Fishing

Deep Sea Fishing, 7 a.m., Aug. 7. Cost is \$70 per person. Transportation and gear are provided, but you are welcome to bring your own. Bring your snorkeling gear for a refreshing dip in the ocean after fishing. Bring water, towel and wear sun-block and a bathing suit. Seating is limited so sign up early. For more information, call Outdoor Recreation at 366-5197.

### Outdoor Recreation's Paintball

Try out your paintball skills at Outdoor Recreation's paintball field located next to the 21000 softball field. Paintball participants must be at least 10 years old to use the facility. Ages 10-17 must be accompanied by a parent. Hours of operation are Friday and Saturday, 11 a.m.-5:30 p.m. and Sunday and holidays, 11 a.m.-5 p.m. Open play is available unless a tournament or special function has been scheduled. For more information, call 366-5197.