

JOINT REGION EDGE

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36th Wing completes ORI



By Airman 1st Class
Anthony Jennings

36th Wing Public Affairs

The 36th Wing closed out its first operational readiness inspection in more than two decades with a rating of "Satisfactory."

"I am extremely proud of the men and women of the 36th Wing," said Brig. Gen. John Doucette, Wing Commander. "The preparations for this started long before I assumed command 10 weeks ago. The capabilities demonstrated, and the ability to execute a variety of missions is extraordinary. The zeal and

Operational Readiness: Three Airmen identify an unexploded ordnance at the Ability To Survive and Operate Rodeo Aug. 26, during an operational readiness inspection. ATSO Rodeo tested the knowledge and skill of Airmen on base to respond to chemical attacks. The 36th Wing closed out its first ORI in more than two decades with a rating of "Satisfactory." (U.S. Air Force photo by Airman Julian North)

commitment of our Airmen to their profession and the security of the region is impressive. The 36th Wing is ready to provide Pacific Air Power 24/7/365."

The Phase I in June simulated Andersen's response to the need to support a contingency operation based on tensions in the Pacific Region, a mirror to what the wing's Airmen prepare for daily. The Phase II portion of the inspection picked up where the first phase left off, sixty "days" after the call for support.

Several Airmen and teams were recognized as outstanding performers by the Pacific Air Forces Inspector General team.

The individual outstanding performers are:

Capt. Jason Brown, 644th Combat Communications Squadron

Tech. Sgt. Mike Andriacco, 36th Wing Staff

Tech. Sgt. Aracelly Champion, 36th Medical Operations Squadron

Tech. Sgt. Roberto Cortez, 36th Contingency Response Group

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Sailors return after successful humanitarian mission

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

Joint Region Edge Staff

More than 50 Sailors from Maritime Expeditionary Security Squadron (MSRON) 7 Security Division 71 and U.S. Naval Hospital Guam (NHG) arrived at U.S. Naval Base Guam aboard USNS Mercy (T-AH 19) Aug. 30, after successfully completing their mission as part of the international humanitarian mission Pacific Partnership 2010.

Mercy, a Military Sealift Command hospital ship, was the platform from which hundreds of civilians and service members from all branches of the U.S. Armed Forces

operated during the mission. The five-month humanitarian deployment offered a variety of engineering, medical, dental, subject matter expert exchanges, and logistic civic action programs to six countries: Vietnam, Cambodia, Indonesia, Timor-Leste, Papua New Guinea, and Republic of Palau.

While deployed, MSRON 7 Sailors provided force security protection for the mission as well as support security operations at host nations. NHG Sailors provided humanitarian medical aid to needy citizens of the six partner countries.

According to Lt. Cmdr. David McMillan, officer in charge, MSRON 7 Security Division 71,

Open Arms: A military dependent waits on the pier at U.S. Naval Base Guam, to greet her father, after a three-month deployment aboard USNS Mercy (T-AH 19) in support of Pacific Partnership 2010, Aug. 30. More than 50 Sailors from Maritime Expeditionary Security Squadron (MSRON) 7 Security Division 71 and U.S. Naval Hospital Guam (NHG) supported Pacific Partnership. Pacific Partnership 2010 was the fifth in a series of humanitarian and civic assistance endeavors, aimed at strengthening regional partnerships among host nations, partner nations, U.S. government organizations, and international humanitarian and relief organizations. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

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Top Performer
Yeoman 1st Class (SW/AW)
Vincent O.J. Estrada

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Tech. Sgt. Jennifer Gallo, 36th Medical Support Squadron
 Tech. Sgt. Emmanuel Rona, 36th Medical Support Squadron
 Staff Sgt. Joshua Findlay, 554th Red Horse Squadron
 Staff Sgt. Stephen Johnson, 554th Red Horse Squadron
 Staff Sgt. Aaron Karwoski, 736th Security Forces Squadron
 Staff Sgt. Sean McDermont, 736th Security Forces Squadron
 Staff Sgt. Cody Peterson, 736th Security Forces Squadron
 Staff Sgt. Tyrone Yeargin, 736th

Security Forces Squadron
 Staff Sgt. Timothy Muna, 254th Force Support Squadron
 Staff Sgt. Joseph Sablan, 254th Red Horse Squadron
 Senior Airman Prudencio Aguon, 254th Red Horse Squadron
 Senior Airman Joseph Foltz, 36th Munitions Squadron
 Senior Airman Andrew Hefner, 36th Munitions Squadron
 Senior Airman Corey Hoefling, 36th Maintenance Squadron
 Airman 1st Class Scott Albert, 36th Munitions Squadron
 Mr. William O'Meara, 36th Civil Engineer Squadron

The outstanding teams are:
 The airbase opening airfield assessment team; Master Sgt. Jesus Rodriguez, Staff Sgt. Jeffrey Madden and Staff Sgt. Gary Schoenhals, all from the 36th Mission Readiness Squadron
 The k-span construction team; Master Sgt. Kevin L. Schumacher, Tech. Sgt. Andrew D. Cuevas, Tech. Sgt. Michael P. Malone, Tech. Sgt. Brian C. Vaden, Tech. Sgt. Charles S. Warrington, Staff Sgt. Jeffery D. Aaron, Staff Sgt. Remington Baker, Staff Sgt. Nathaniel S. Balolong, Staff Sgt.

Craig R. Nordman, Staff Sgt. David T. Popp, Staff Sgt. Stephen J. Reeves, Senior Airman Jeremiah W. Oswald, Airman 1st Class Michael W. Bullard and Airman 1st Class Eric W. Erford, all from the 554th Red Horse Squadron
 The Red Horse construction material testing team; Tech. Sgt. Desmond Williams and Airman 1st Class Michael Morgan, from the 554th Red Horse Squadron
 A select few Airmen truly shined during the inspection and for their efforts were awarded the coveted PACAF IG coin.

They are:
 Tech. Sgt. Darrell Harris, 644th Combat Communications Squadron
 Tech. Sgt. Shaun A. Kegin, 36th Mobility Readiness Squadron
 Tech. Sgt. Scott W. Vermeire, 736th Security Forces Squadron
 Tech. Sgt. Tony Whittington, 36th Communications Squadron
 Staff Sgt. Nathan Ellyson, 36th Contracting Squadron
 Staff Sgt. Jennifer Mackeyfill, 36th Munitions Squadron
 Staff Sgt. Kerri Williamson, 36th Wing Staff.

Mercy: 'We went out to help and it was appreciated'

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the command is extremely proud of the work done by its deployed Sailors

"MSRON 7 is extremely proud of the positive impact they have had on the people in need of medical treatment during Operation Pacific Partnership 2010," he said. "It was an opportunity of a lifetime to participate in such a far reaching humanitarian effort, and our Sailors rose to the challenges they faced. With the support of all the Sailors and coalition nations involved, the mission was a complete success."

For one NHG Sailor in particular, the mission had a special significance.

"I was born in a third-world country," said Hospitalman Gray Gray. "When I heard we'd be going out to help people of similar backgrounds, I was immediately on board for the task."

Gray said that not only was he able to help many grateful people, but he also found that his efforts helped maintain a positive view of the U.S. in the eyes of those he interacted with.

"What I took away from the mission is that they really like the U.S. out there," he said. "We went out to help, and it was well appreciated."

Many participants in the operation agreed that the mission had been a success. They also said that they were glad to return to their friends and families in Guam.

"It was awesome. Going to other countries to help people really felt good," said Master-at-Arms 3rd Class Kelly Douglas, of MSRON 7. "But now it's awesome to be home. It's just great."

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

NHG's mission is to provide world class health services in support of our nation's military mission — anytime, anywhere.

Mercy's mission is to provide rapid, flexible, and mobile acute medical and surgical services to support Marine Corps Air/Ground Task Forces deployed ashore, Army and Air Force units deployed ashore, and naval amphibious task forces and battle forces afloat. Secondly, she provides mobile surgical hospital service for use by appropriate U.S. Government agencies in disaster or humanitarian relief or limited humanitarian care incident to these missions or peacetime military operations.

For more about Pacific Partnership, visit www.navy.mil/local/pacificpartnership.

For more from MSRON 7, visit <http://www.msron7.navy.mil/>



Successful Deployment: Capt. Kevin Haws, left, commanding officer, U.S. Naval Hospital Guam, welcomes his crew members back to Guam after they completed a successful three-month deployment aboard USNS Mercy (T-AH 19) in support of Pacific Partnership 2010, Aug. 30. Pacific Partnership 2010 was the fifth in a series of humanitarian and civic assistance endeavors, aimed at strengthening regional partnerships among host nations, partner nations, U.S. government organizations, and international humanitarian and relief organizations. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)



Welcome Back: Members of Maritime Expeditionary Security Squadron 7, on U.S. Naval Base Guam, welcome their brothers-in-arms home from a three-month deployment aboard USNS Mercy (T-AH 19) in support of Pacific Partnership 2010, Aug. 30. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

Air Force officials urge OPSEC vigilance

By Tech Sgt. Amaani Lyle
Secretary of the Air Force Public Affairs

According to the FBI, fraudsters continue to hijack accounts on social networking sites and spread malicious software.

One technique entices users to download an application or view a video that appears to be sent from users' "friends", giving the perception of being legitimate. Once the user responds to the phishing site, downloads the application, or clicks on the video link, their computer becomes infected.

With the influx of social media,

Web 2.0 platforms and subsequent ease in sharing of sensitive and personally identifying information, Airmen should consider the risks and vulnerabilities in both personal and official activities, Air Force officials recently said.

Airmen using non-classified systems must ensure they are not posting classified, restricted distribution, proprietary, or For Official Use Only information on public Web sites to include Facebook, Twitter, YouTube, blog sites, etc.

"We're starting to see a loss of sensitive information occurring at an alarming rate," said Ryan McCausland, Information Protection

Directorate. "This information not only affects the user, but can impact millions of Americans through medical, payroll and military service records."

McCausland explained that release of personally identifiable information is also a concern. This includes any information about an individual maintained by an agency, including, but not limited to, education, financial transactions, medical history, and criminal or employment history.

It also includes information which can be used to distinguish or trace an individual's identity, such as their name, social security number, date

and place of birth, mother's maiden name, biometric records, etc., including any other personal information which can be linked or linkable to an individual.

The release of personally identifiable information also applies to information about active duty military, DOD civilians, military family members, contractors, National Guard and the Reserves. Among the restricted items are biographies, rosters, telephone directories, detailed organizational lists or charts that reflect personnel, and multiple names of individuals from different organizations or locations on the same document or web page.

Unclassified but sensitive information such as detailed mission statements, operations schedules, unit recall rosters, standing operating procedures, and policy memorandums require special handling and should also not be posted on public web sites, according to McCausland.

"The care and discretion of every Airman is critical to ensuring operational security in today's information age," McCausland said. "We must all continually safeguard our personal information as well as the information we handle in the workplace."

Talking it out — getting through deployment

By Airman 1st Class Jarad A. Denton
28th Bomb Wing Public Affairs

"The hardest part of my deployment was being away from my wonderful and beautiful wife," said Senior Airman Daniel Bolt, a 28th Munitions Squadron aircraft armament systems journeyman.

Airman Bolt was part of a group of Airmen who returned home July 28 from a deployment to Southwest Asia in support of Operations Iraqi and Enduring Freedom.

He left behind his wife, Jenny Bolt, to take care of the day-to-day tasks associated with running a house.

"The hardest part of having a spouse who was deployed was doing everything by myself," she said. "I always thought of myself as a pretty independent individual, but not having my husband around made me realize just how much I rely on him for the little things, like changing a light bulb in the ceiling fan."

Mrs. Bolt said dinner was usually the worst time for her because she and Airman Bolt would always cook and eat together.

"Sitting at the dinner table by yourself is a very lonely thing," she said.

For Airman Bolt, his lowest emotional point came when he had to say goodbye to his wife.

However, that moment was overshadowed when Airman Bolt stepped off the plane after his deployment and into the arms of his wife.

"The best moment for me was coming home to my wife after all those months apart," he said.

The Bolts said they were able to get through the deployment by keeping in regular communication with one another.

"The availability to call Jenny from my work every day and the convenience of Wi-Fi in my room for webcam, which let me actually see my wife, made getting through the deployment much easier," Airman Bolt said. "Also, the care packages Jenny sent me every two weeks made being deployed much more bearable."

"The Hearts Apart calls offered to spouses and webcam chatting made the time apart much easier, Mrs. Bolt said. "But, the greatest support network was made up of my amazing friends, wonderful neighbors and the 28 MUNS key spouse program."

While this was Airman Bolt's first deployment, his wife was raised in a military family and experienced her father deploying quite frequently.

"Having your husband deploy is not comparable to having your father deploy," she said. "I figured if my mom could be strong during all of my dad's deployments, then so could I."

Mrs. Bolt and her husband both encourage Airmen and spouses going through de-



Warm Welcome: Staff Sgt. Anthony Cathcart is greeted by his daughter, Payton, and wife, Jaclyn, July 29 at Ellsworth Air Force Base, S.D., after returning from a deployment. Cathcart is an aerospace maintenance journeyman assigned to the 28th Aircraft Maintenance Squadron. (U.S. Air Force photo by Airman Corey Hook)

Reunited: Senior Airman David Benner is reunited with his wife, Kristy, and his daughter, Josie, July 28 at Ellsworth Air Force Base, S.D., after a deployment to Southwest Asia. More than 190 Airmen were greeted by friends, family and co-workers. Benner is a conventional munitions maintainer assigned to the 28th Munitions Squadron. (U.S. Air Force photo by Airman 1st Class Anthony Sanchelli)

ployment to find something interesting to occupy their time.

"Make sure you know who your key spouse is," Mrs. Bolt said. "Get involved with something productive on base, and get a hobby."

"Don't focus on the negatives of the deployment," Airman Bolt said. "Find something you really like to do and stick with it. Improve yourself somehow, take college classes and work out. Improve your career, volunteer for extra duties, and before you know it, you will be on your way home."



NOSC yeoman carries legacy with pride

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

Yeoman 1st Class (SW/AW) Vincent O.J. Estrada said that he joined the Navy nine years ago to carry the legacy of his hero.

"I always wanted to be just like my father, who is a retired senior chief mess specialist," he said. "I am proud to be second-generation Navy."



Estrada said that his service, of almost a decade, has been varied, but always rewarding.

"I originally joined as a mess specialist, which would become culinary specialist. Then, due to the Perform-to-Serve (PTS) program, I had to convert to personnelman. That rate merged with disbursing clerk to become personnel specialist. Then, thanks again to PTS, I converted to yeoman," he said. "I've learned a lot being in various fields, and it's all benefited me."

Estrada now works at Navy Operational Support Center (NOSC) Guam as the commanding officer's secretary, and is responsible for maintenance of all official correspondence and memos. He said that he loves the variety of people that he gets to interact with because of his job.

"I get to work with both the chiefs mess and the wardroom. I learn a lot from them, as they all have different approaches to everything," the yeoman said. "They teach me a lot, and it helps me better prepare for the next level of my career as a chief petty officer."

Estrada's chain of command agreed that the young first class petty officer is gaining experience that will help him develop into an exceptional chief petty officer.

Chief Yeoman (SW) Belinda Smith, Estrada's supervisor, said that he always produces exceptional work.

"He's an intelligent, mature and self-sufficient Sailor who requires no supervision," she said. "YN1 always goes above and beyond the call of duty in achieving the command's mission to support the fleet and the Sailors on Guam and across our area of responsibility."

Smith also credited Estrada with being an outstanding role model for junior Sailors, and a positive force within the command.

"He's a proactive leader and exemplary mentor," she said. "He truly takes pleasure in getting involved with his subordinates' personal development. His efforts have led to the professional growth of many junior Sailors at the command, as well as their sustained commitment to the Navy."

When hearing the praise from his chief, Estrada, who has twice been selected as his command's Sailor of the Quarter, remained modest and said that he owes his success to his military role models.

"My father, being prior service, really helped to prepare me for military life before I ever joined the service. He sat me



Leadership: Yeoman 1st Class (SW/AW) Vincent O.J. Estrada, left, of Navy Operational Support Center Guam, trains his junior personnel on standard operating procedures, at the command compound on U.S. Naval Base Guam, Aug. 31. Estrada, who has served in the Navy for nine years, said that he loves the variety of people he gets to interact with because of his work in the military. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

down and explained what it takes to be a great Sailor," said Estrada. "Also, since being in the Navy, I have had many wonderful role models in the chiefs mess who have given me advice, mentoring and guidance, and helped me steer my Navy career in the best direction."

Estrada had a piece of advice for Sailors who wish to be top performers in their fields.

"Keep a positive attitude and believe that you can do the job, no matter how difficult it may seem," he said. "With a positive attitude, you can accomplish anything."

Defense Department adjusts child care fees

By Bruce Moody

Commander, Navy Installations Command, Navy Family Readiness Program

The Department of Defense establishes fee ranges for all military child development programs and recently released a policy addressing the fee adjustment. The adjustment brings the number of fee categories to nine, causing some people to move into different categories.

The Navy is adjusting its child care fees beginning Oct. 1, 2010, and adding categories for its highest income earners, to compensate for six years without fee range increases.

Under the new fee schedule, families with a total income of \$85,000 or less will see their child care cost rise by one dollar a week. Child care costs for families earning more than \$85,000 will rise between \$10 and \$16 a week. For a 50-hour week, child care costs will range

from \$1.12 to \$2.74 per hour.

Here is the new fee schedule:

- Category I – incomes of \$29,400 or below – will pay \$56 per week (no change)
- Category II – incomes from \$29,401 to \$35,700 – will pay \$70 per week (+\$1.00 per week)
- Category III – incomes from \$35,701 to \$46,200 – will pay \$83 per week (+\$1.00 per week)
- Category IV – incomes from \$46,201 to \$57,750 – will pay \$99 per week (+\$1.00 per week)
- Category V – incomes from \$57,751 to \$73,500 – will pay \$109 per week (+\$1.00 per week)
- Category VI – incomes from \$73,501 to \$85,000 – will pay \$122 per week (+\$1.00 per week)
- Category VII – incomes from \$85,001 to \$100,000 – will pay \$131 per week (+\$1.00 per week)
- Category VIII – incomes from \$100,001 to \$125,000 – will pay \$134 per week (+\$1.00 per week)

- Category IX – incomes of \$125,001 or above – will pay \$137 per week (+\$16.00 per week)

An optional high-cost fee may be used in areas where it is necessary to pay higher wages to compete with local labor or at those installations where wages are affected by non-foreign area cost of living allowances (COLA), post differential or locality pay. Three Navy installations utilize this high cost option: NNMC Bethesda, JB Pearl Harbor and PMRF Barking Sands.

"The Navy is committed to providing affordable child care to our military families," Chuck Clymer, Child and Youth Program Manager at Commander, Navy Installations Command, said.

For the first time in six years, fee ranges have been revised to account primarily for inflation, increased incomes, and increased caregiver salaries. Competitive salaries help to recruit and retain quality staff.

Retaining high quality staff contributes to continuity of caregivers – stability that is very important to the young child's emotional development."

The fee policy revision represents a balanced solution to the issue of adjusting fees to pay caregiver salaries while limiting the financial impact to the family, Clymer said.

"The Navy has a lifelong commitment to protecting the well-being of our Sailors and their families," he said. "Ensuring the health, safety, and well-being of the military children entrusted to the Navy's care is a number one priority."

The Navy supports our Service members and families by caring for nearly 52,000 children ages six weeks to 12 years, in 132 child development centers, 86 school-aged care programs and 3,115 on- and off-base licensed child development homes.

The Navy recently expanded its

Child and Youth Program to include 7,000 child care spaces fleet wide for children ages 12 and under and 31 new Child Development Centers. The expansion will reduce a child's time spent on waiting lists to three months or less to meet 80 percent of the potential need across the Navy by the end of 2011.

Navy Child and Youth programs are among the highest quality in the nation. Navy Child Development Centers are accredited with the National Association for the Education of Young Children. Our Child Development Home Providers are certified by the Department of Defense, applicable state licensing agencies, and are currently accrediting with the National Association for Family Child Care. Navy before and after-school programs are currently accrediting with the National After-School Alliance. And, our Youth programs are affiliated with the Boys and Girls Clubs of America.

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Pacific Angel provides medical care to Sri Lankans

By Master Sgt. Mike Hammond

Pacific Angel-Sri Lanka Public Affairs

As Operation Pacific Angel-Sri Lanka passes its midway point, thousands of Sri Lankans have received free medical care from the two multi-national medical teams.

The two medical teams, comprised of family practice providers, ophthalmologists, dentists, pharmacists, and medical technicians are treating patients from three different sites in and around Puttalam and Anuradhapura. The Operation Pacific Angel medical teams are here at the invitation of the Sri Lankan government and include representatives from the United States, Sri Lanka, the Maldives, and Mongolia.

While the overall purpose of Pacific Angel-Sri Lanka is to build partnerships among participating nations, the impact of the free medical attention is very personal to those who line up to receive it.

A Steep Price

Eleven-year old A.R. Shamlar suffered pain in his ear for more than one year - a year in which his father, Amir Rilwan, was unable to get medical attention for his son because of cost.

Mr. Rilwan, a school teacher in Puttalam Township, said that treating his son would have required a long drive to Colombo, and transportation and treatment would cost a significant proportion of his monthly salary.

"That would involve transportation costs, and perhaps lodging.



Humanitarian Program: Sri Lankan Air Force Flying Officer, (Dr.) Buddhika Wanasinghe, examines 2-year old Nilusha Dewmini as her mother, Chandani Wasantha looks on. The medical treatment on Aug. 18, was part of a medical civic assistance program at the District Hospital Madawachchiya, Sri Lanka. The program allowed U.S., Sri Lankan, and Maldives healthcare professionals to work together and offer free treatment and prescriptions to local Sri Lankan residents. It was one of three sites offering such care during Operation Pacific Angel-Sri Lanka. Operation Pacific Angel is a joint and combined humanitarian assistance operation conducted in the Pacific area of responsibility to support U.S. Pacific Command's capacity-building efforts. This humanitarian and civic assistance program is aimed at improving military civic cooperation between the United States and countries throughout the Asia-Pacific region. Pacific Angel 2010 is scheduled through August 22. (U.S. Air Force photo by Master Sgt. Mike Hammond)

Then, it would cost at least 1,000 Rupees (about \$10 U.S. dollars) to consult a doctor, and medicine would likely be another 2,000-3,000 Rupees. In the end, it would cost me at least 5,000 Rupees to treat

my son's ear problem," Mr. Rilwan said.

Operation Pacific Angel-Sri Lanka brought a team of medical professionals from the U.S., Sri Lanka, the Maldives, and Mongolia to Put-

talam Township — offering free care and prescriptions for patients. Mr. Rilwan said he is extremely grateful for the opportunity for his son to receive treatment at no cost and no longer suffer the ailment.

"This is a very good program. We really appreciate it!"

Free Means Free

Wishing to see a doctor about her persistent headaches, Aneesa Naizer brought her family to the location at Puttalam Township and said she was pleasantly surprised to find out there were no hidden fees.

"This helps me because there are free medicines," Mrs. Naizer said. "Many times, people say there are free clinics but they still charge. This is different because it really is free. I am very thankful for that, because I would have had to travel to Colombo to be treated otherwise."

Helpful Neighbors

Lieutenant (Dr.) Fatima Thahseena represents the Maldives National Defense Force on the Pacific Angel mission. A doctor in practice for three years now, this mission represents her first opportunity to practice medicine outside of her home country.

"We've seen a lot of upper respiratory tract infections, osteoarthritis, cervical spondylosis, hypertension, and diabetes," the doctor said. "I'm happy we're here to help the people or refer them."

Dr. Thahseena, who came on this mission "because it's my duty to country and humanity," added that she is enjoying the chance to practice medicine with professionals from partner nations.

"It's a rewarding and nice experience to have different armies working together."

Revised PFA bike equation more accurate



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

Joint Region Edge Staff

The Navy recently announced a change in the equation used to convert calories burned during the stationary bike physical readiness test to an equivalent run time for the Physical Fitness Assessment (PFA).

According to NAVADMIN 256/10, released on Aug. 5, "the revised equation will more accurately calculate outstanding performance and will require the participant to burn more calories to achieve a probationary or satisfactory score than under the current equation."

According to Culinary Specialist 1st Class (SW) Christy Gay, Joint Region Marianas' command fitness leader, though the equation is changing, the PFA will not be any different.

"The bike equation will change, but the overall focus remains the same," she said. "You need to burn as many calories as possible in 12 minutes."

For Sailors on Guam and throughout the Navy, the equation will become effective on Jan. 1, 2011 for the cycle 1, 2011 PFA.

Because the Navy promotes a lifestyle of good health and fitness, Gay said that Sailors who have been following guidelines and exercising regularly, should not be worried about the equation change.

"Since boot camp, we've all been encouraged to develop and maintain a culture of proper fitness, good nutrition and an injury-free life," she said. "The important thing is that Sailors should train on the bike, ensuring proper safety and proper procedures prior to test day. Remember that maintaining physical readiness is a mission essential."

The only stationary bikes approved for use on the PRT are the Life Fitness 95CI and Classic Series, and both are now on the online Physical Readiness Information Management System (PRIMS) calculator drop-down menu.

To access the bike calculator, go to the PRIMS homepage at <https://prims2008.bol.navy.mil>.

For more information, visit the Navy Personnel Command website at www.npc.navy.mil and click on "Messages."

For more news from U.S. Naval Forces, Marianas, visit www.navy.mil/local/guam/.

Training: Yeoman Seaman Christopher O'Neal, of Joint Region Marianas, uses a stationary bike to prepare for his upcoming Physical Fitness Assessment (PFA), at the Charles King Gym on U.S. Naval Base Guam, Aug. 31. Beginning Jan. 1, 2011, the Navy will use a revised equation to more accurately calculate PFA performance on the stationary bicycle. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

Naval Hospital Guam promotes the Right Spirit

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

Joint Region Edge Staff

U.S. Naval Hospital Guam's (NHG) Right Spirit Campaign Committee held a health fair at the command compound in Agana Heights, Guam, Aug. 25.

The fair featured vendors and demonstrators to persuade patrons to choose healthy lifestyles.

"We are here to demonstrate and promote the deglamorization of drugs, alcohol and tobacco," said Hospital Corpsman 3rd Class Tyler Lane. "There are many alternatives to drinking, smoking or using drugs, and if we can reach out to one person then this will be successful."

Hospital Corpsman 1st Class Holly Rodriguez said the many different stations at the fair had very useful information, and there was also a seminar.

"Today we are having a smoking and drinking screening to determine who may need help," she said. "We are going to have briefs from NCIS and security, and they'll talk about what happens when you drink and drive on Guam. This is especially important considering the new Guam law increasing the legal drinking age."

One of the speakers, Chief Master-at-Arms (SW/EXW) Timothy Wilson, of U.S. Naval Base Guam Security, spoke about the consequences, both professional and personal, of



Negative Effects: Staff Sgt. Karina Andre, from the Guam National Guard counter drug program, demonstrates the negative effects tobacco use has on the lungs, by using a jar of tobacco to simulate a tar-tainted lung, during U.S. Naval Hospital Guam's Right Spirit Campaign Committee health fair, Aug. 25. The fair featured vendors and demonstrators to persuade patrons to choose healthy lifestyles. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

drinking and driving on Guam.

"You should always have a plan when participating in an event involving alcohol," he said. "Besides the career consequences, the personal ramifications can be severe. Just don't get behind the wheel after consuming alcohol because someone's going to pay in the end."

Staff Sgt. Karina Andre, from the Guam National Guard counter-drug program, participated in the event with a static display showing the effects of tobacco use. Andre said she was honored to take part in the event and hopes the information that her command provided will make a difference.

"I am happy the hospital called and asked us if we wanted to participate in this event," she said. "It's great to see organizations making an effort to promote healthier lifestyles and coming up with creative ways of doing it. The main goal is to educate people of the dangers of drugs, alcohol and tobacco use, and give them tools to overcome the bad habits."

The goals of the Right Spirit Campaign, which was initiated by the Secretary of the Navy in 1995, are to enhance fleet readiness through the reduction of alcohol abuse and related incidents, and to provide a safe and productive working environment and ensure high quality of life while deglamorizing alcohol use. Proper application of Right Spirit fosters positive changes in attitudes and behavior, and helps to ensure a successful career and a healthy lifestyle with a strong commitment to the Navy's core values.

Conference is conduit for energy ideas, policies

By Kevin D. Evans

Joint Region Marianas Energy Manager

Joint Region Marianas area base energy managers and resource efficiency managers (REM) are back from the national government energy conference in Dallas, and I thought I'd share some of the particularly important points garnered from the event and the big energy picture, in general.

The GovEnergy 2010 Annual National Energy Conference offered

participants a unique opportunity to meet and exchange ideas and lessons learned through technical workshops, networking sessions and an exposition hall.

This conference drew a record-breaking attendance and the kickoff included a message of greetings from President Obama. The opening session

speakers included Martha Johnson, administrator of the U.S. General Services Administration (GSA)

and the closing session speakers included Deputy Undersecretary of Defense for Installations and Environment Dorothy Robyn.

The technical energy training workshops include such diverse topics as "EMCS: What it is and What do you do with the Data?," "Department of Defense (DoD) Energy Update," "Geothermal Prospecting," "Behavior in Federal Policies," "Building Retrofits Lessons Learned" and "Renewable Energy on the Wild Frontier."

The conference included an exposition trade show from Aug. 15-18. Vendors from many different energy companies displayed their prod-

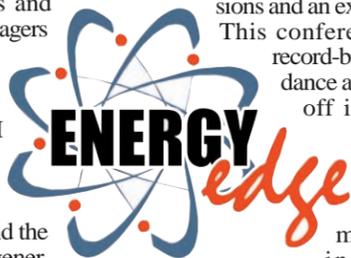
ucts, equipment, and services to the exhibition attendees. The attendees could browse through the exhibition hall looking for the products that might help them in their work.

The conference included several DoD meetings, both formal and informal, including a Department of Defense "all hands" meeting where the many recent energy directives were briefed. U.S. Air Force and U.S. Navy officials briefed the new policies in more depth and took feedback from base energy managers and REMs. Agency-specific meetings were held on topics ranging from technical validation (TECHVAL) of new energy tech-

nologies, base energy project submissions and Pacific wide energy issues.

Energy conservation and sustainability issues are ever more important for all hands to understand and many changes are coming down the chain of command that will require compliance.

The annual energy conference allows us at the deck-plate level to learn about new initiatives, technologies, and even more importantly, to discuss concerns with the top echelon of DoD, Air Force, and Navy energy programs. Let us all do our part and be a part of the big picture.



News Notes

Job Announcements

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

Joint Region Marianas Financial Technician, Closes Sept. 9

U.S. Naval Base Guam Fire Protection Specialist

U.S. Naval Facilities Engineering Command Marianas Electronics Mechanic,

Closes Sept. 10
Facility Operations Specialist (3 Vacancies), Closes Sept. 9
Financial Mgmt Analyst, Closes Sept. 10

Supvy Asset Mgmt Bus Line Coord, Closes Sept. 6

Naval Support Activity Andersen, Guam Marketing Specialist, Closes Sept. 7

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.36thser

vices.com by clicking on HRO jobs. For more information, visit the Human Resources Office (HRO) or call 366-6141.

U.S. Naval Base Guam Gate Closure The main gate of U.S. Naval Base Guam (NBG) will be temporarily closed for repairs through Sept. 14. Access around-the-clock for authorized motorists will be through the NBG back gate in Agat. Access from 5:30 a.m.-7 p.m. Monday through Friday will be at X-Ray Wharf located behind the Navy Housing Office and the T. Stell Newman National Park Visitor Center. Electronic signs will be in place to provide traffic directions. Motorists should anticipate traffic congestion in the area.

Navy Citizenship Codes Service members who become naturalized citizens should immediately report citizenship changes to their local service record holder. Some Personnel Support Detachments may not have access to the appropriate codes required to enter citizenship changes in the Navy Standard Integrated Personnel System. For a list of codes, refer to the Bureau of Naval Personnel (BUPERS) Instruction 1080.53, Enlisted Distribution and Verification Report Users' Manual, Section 11.3 Citizenship. This document can be accessed online at: <http://www.npc.navy.mil/NR/rdonlyres/0899052A-1212-437B-9FB1-0DF3CF366858/0/108053.pdf>.

Café Latte Coffee Club Membership If you're an Air Force Club Member, you can join the Cafe Latte Coffee Club. When you join, you'll receive a coffee card. Have your card initialed for each coffee purchase; after you've made nine purchases, your 10th cup is free. Ask for your coffee card next time you visit. For more information, call 366-6166.

New U.S. Naval Base Guam Post Office Hours New window hours at the U.S. Naval Base Guam post office effective Sept. 1 are: Monday-Friday, 8 a.m.-3 p.m. Closed for lunch noon-1 p.m. Saturday, 8:30 a.m.-12:30 p.m.

Controlling the fight in the air, on the ground

By Airman 1st Class Rachelle Coleman

354th Fighter Wing Public Affairs

Dropped off by a UH-60 Blackhawk into a remote location, several Airmen are on a mission — to direct the action of combat aircraft engaged in close air support and other offensive air operations.

Tactical Air Control Parties advise ground commanders on the best use of air power, establish and maintain command and control communications, and provide precision terminal attack guidance of U.S. and coalition fixed- and rotary-wing close air support aircraft, artillery, and gunfire.

“We ensure safety for the ground forces. The pilots are flying at 330 to 500 knots so we have to make sure they’re engaging correct targets on the ground. Plus we provide them with timely and accurate targeting data - which means we’re on the ground looking at whomever we need to kill,” said Staff Sgt. Derek Snyder, 25 Air Support Operations Squadron Joint Terminal Attack Controller from Wheeler Army Airfield, Hawaii.

A TACP always includes at least one JTAC qualified to control attack aircraft. It can also include an Air Liaison Officer who works primarily in an advisory capacity and a Tactical Air Command and Control Specialist, formerly known as ROMADs or Radio Operator, Maintainer and Driver, who are communication experts that assist JTACs in the performance of their duties while working to attain JTAC status for themselves.

TACPs are usually aligned with Army maneuver units like scout



Tactical Position: Airmen riding in the UH-60 Black Hawk fly over the Tanana river to set a tactical position in the Joint Pacific Alaskan Range Complex during Red Flag-Alaska 10-4, Aug. 12, Eielson Air Force Base, Alaska. The joint terminal air controllers identify ground targets for close air support missions downrange. RF-A provides opportunities to integrate joint, coalition and bilateral training from simulated forward operating bases that the 67,000 square mile Joint Pacific Alaska Range Complex has to offer. (U.S. Air Force photo by Airman 1st Class Laura Goodgame)

teams, Special Forces, infantry or mechanized infantry, and armor calling out targets for the pilots.

“Real world we could do something similar to [RED FLAG]. I’ve been on observation points before doing very similar stuff. We had all of our gear set up and we’re just talking to aircraft trying to see if they can find the bad guys,” said Snyder.

Setting up wherever they can, which could be on top of a large shipping container or in the middle of a field, JTACs watch their target from a couple of clicks, or kilometers, away.

“We’re the link between the guys on the ground and the aircraft flying,” said Snyder. “It’s our job, a no kidding team effort. We talk to the ground commander, the Army guys,

and talking to the birds [Air Force] so they can come together and find the bad guys.”

JTACs usually only deploy with the Army and therefore “translate blue-to-green”, allowing for smooth communication between the Army and the Air Force.

During RF-A 10-4, the JTACs brush up on their “blue” while creating different scenarios from the

Army perspective, keeping the exercise as realistic as possible. “The exercise truly gives us an opportunity to work with live airplanes on a daily basis, whereas we don’t necessarily get that at home station,” said Maj. Thomas Ikehara, 25 ASOS Detachment commander and Air Liaison Officer.

According to Ikehara, in order to get live aircraft controls the JTACs stationed in Hawaii usually have to travel to the lower 48 or the big island.

“We’re really trying to maximize the number of controls we’re getting and maximize our training - getting guys on the mic and controlling live airplanes,” he said.

The team has established a number of priorities for this particular exercise and this particular group of folks but their main focus is controlling the live airplanes and getting Airmen effective training.

RF-A allows the JTACs to train with multiple observation points, multiple types of aircraft and to see how their job affects everyone.

“At RED FLAG we get to see how the CAS piece plays into the bigger Air Force fight,” said Ikehara. “With the current fight in Afghanistan and Iraq, it’s very ground centric and our younger JTACs have grown up only knowing the Air Force in its CAS role and primarily integrating with the Army. This gives an opportunity to show the younger guys the bigger picture, that there are other airplanes in the Air Force inventory and that bad guys fly airplanes too. This exercise gives a broader scope to a larger campaign, and it’s not always going to be about CAS, and not just about the Army.”

Navy tightens E5 eval recommendations

From Navy Personnel Command Public Affairs

In an effort to more clearly define top-performing Sailors, the Navy is revising the E-5 periodic evaluations beginning March 15, 2011, with a mandatory “ranking” requirement.

According to NAVADMIN 286/10, the E-5 force distribution rules are being changed so that the total number of “early promote” and “must promote” recommendations cannot exceed 60 percent, and “Must Promote” recommendations can be increased by one for every unused “early promote” quota.

Previously, raters were not limited in how many “must promote” recommendations they were able to give, but “early promote” recommendations have been set and remain at 20 percent.

As the Navy continues centering its attention on performance, it is more important than ever for Sailors to ensure their records are up-to-date and accurate. The Electronic Service Record can be viewed at <https://nspics.nmci.navy.mil> and Official Military Personnel Files are available on BUPERS Online <https://www.bol.navy.mil>.

An updated release of the NAVFIT98A software is planned for January 2011 to incorporate the policy change. The software was modified earlier this year to incorporate changes regarding the documentation of Physical Fitness Assessments and Individual Augmentee assignments.

For more information, visit www.npc.navy.mil/CareerInfo/PerformanceEvaluation/FAQ.htm.

For more news from Navy Personnel Command, visit www.navy.mil/local/npc/.

Expert addresses sexual assault

By Frank Whitman

Joint Region Edge Staff

Anne Munch, a noted expert on sexual assault, will speak to service members at the Big Screen Theater on U.S. Naval Base Guam (NBG) Sept. 9.

Munch is an attorney who has spent the bulk of her 22-year career as a prosecutor, victims' advocate, educator and consultant for cases



Munch

and programs involving sexual assault and domestic violence. She is a subject-matter expert for the U.S. Navy, the U.S. Air Force, and the U.S. Army, and has worked extensively on the development of the military's Sexual Assault Prevention and Response (SAPR) programs.

Munch's presentation is entitled "Naming the Unnamed Conspirator" which confronts the attitudes by which society often blames the victim of sexual assault. Her visit is sponsored by U.S. Pacific Fleet and the presentations are hosted by NBG. Munch's first presentation will be for E-7s and above at 8:30 a.m., and the second is for all hands at 1 p.m. The presentations are

scheduled to last 90 minutes.

Prior to her NBG presentations Munch will spend two days conducting training for Air Force leadership at Andersen Air Force Base.

"Talking about sexual assault is important so that everyone understands that in the Navy, this kind of behavior won't be tolerated," said Pat Scott, chief of services for the Fleet and Family Support Center, the organizer of Munch's NBG presentation.

According to the Department of Defense Fiscal Year 2009 Annual Report on Sexual Assault in the Military, more than 400 sexual assaults were reported in the Navy and 300 reported in the Air Force during 2009. The majority of such assaults are service member on service member and involve alcohol, and about half of the assaults occurred on military installations, according to the report.

The SAPR program, which Munch helped develop, is designed to ensure a reduction in sexual assault through education and that assistance for victims is readily available throughout the fleet. It is a result of the Navy's commitment to zero tolerance for sexual assault.

Munch is also on the teaching faculty for the International Association of Chiefs of Police, the American Prosecutors Research Institute and the National Judicial Education Program.



NBG Town Hall Meeting Sept. 8

U.S. Naval Base Guam Town Hall meeting is scheduled for Sept. 8, 6-7:30 p.m. at the Big Screen Theater. During the meeting, Sailors and family members are encouraged to ask questions and offer suggestions. There will be brief presentations by Naval Base Guam, U.S. Naval Hospital Guam, and Department of Defense Education Activity. Informational brochures will also be available. The Child Development Center will offer child care by reservation for \$3 an hour during the meeting. For more information regarding the child care, call 564-1844/5.

Navy raises awareness with fire safety house

By Jesse Leon Guerrero

Joint Region Edge Staff

U.S. Naval Base Guam (NBG) Fire and Emergency Services is promoting fire prevention and safety awareness with a new tool designed specifically to train children.

The fire safety house is the newest addition to the fire department's Station 1 fleet and resembles a functioning trailer home. However, it can simulate hazardous conditions such as an uncontrolled fire or typhoon. An operator controls lighting, sound and other features via a remote control or one of the house's several control panels.

Steven San Nicolas, a firefighter with NBG Fire and Emergency Services, said the simulations are meant to give real-time examples of what someone might experience during an accident or natural disaster.

"With this, we can let them let them see it and not fear it," San Nicolas said. "Even with adults, a lot of times you're not in your right frame of mind [during an emergency]."

San Nicolas explained fear or an adrenaline rush can affect a person's decision-making abilities, so the fire safety house is designed to combat poor decision making during emergencies through exposure and practice.

Since the house includes a bedroom, common space, kitchen, functioning home entertainment center, and props for a sink and stove, it presents a familiar environment for most people.



Hazardous to your Health: Steven San Nicolas, a firefighter with U.S. Naval Base Guam (NBG) Fire and Emergency Services, demonstrates avoiding hazardous smoke during a tour of Station 1's fire safety house Aug. 27. The smoke flooding into the room is actually a nontoxic, water-based artificial fog. (U.S. Navy photo by Jesse Leon Guerrero)

Operators guide a group of six to eight children through the house and advise them on the best safety response techniques, depending on the situation.

Prior to experiencing a fire or

smoke threat within the house, children are taught to formulate an evacuation plan with two exit routes.

Operators can create a threat for bedroom occupants by raising the temperature on the bedroom door

to simulate a fire on the other side, which children should be able to detect by placing the backs of their hands on the door surface to check for abnormal heat. If a fire or smoke is detected, children can exit the

room by climbing out of a back window and down an attached ladder. If smoke enters the common space or kitchen while they are there, the children can avoid the smoke by moving on hands and knees out the front door.

The operator can control the amount of smoke fed into the room and no real safety threat exists because the smoke is created from a nontoxic, water-based fog fluid. Still, the scenario creates a practical exercise for children to repeat multiple times.

"They should keep in their mind what to do because you don't have much time to act," San Nicolas said.

The safety techniques do not end once students have exited as operators expect the fleeing occupants to dial the emergency number 911 on an outdoor phone setup connected to the house.

The operator then role plays the part of a 911 responder, questioning the caller about the nature and location of the emergency.

San Nicolas said the fire safety house is intended for tours by students at schools and other gatherings, but he encouraged everyone to practice safety at home and in their workplace.

"You never know when (an emergency) is going to happen, you never know what might happen," San Nicolas said. "But if you remain calm and remember what to do, it could save you."

For more information, call the NBG Fire and Emergency Services at 339-3484.

Housing offers do-it-yourself convenience at Self Help

By Jesse Leon Guerrero

Joint Region Edge Staff

Residents of Navy Housing on Guam can find a wide range of home improvement and basic maintenance items at the Family Housing Self Help stores on U.S. Naval Base Guam (NBG), South Finegayan housing area and on Nimitz Hill.

The Self Help South Store is located in Building 365 on NBG and the North Store is in warehouse 849 in South Finegayan. The north and south shops are open weekdays and Saturdays 10:30 a.m.-6:30 p.m. During those times, residents can borrow equipment including lawn mowers, brush cutters, pressurized water blasters and wheel barrows to use for up to 24 hours.

The Nimitz store is open 4:30-6:30 p.m. Monday through Friday and 8 a.m.-10 a.m. Saturdays and is in building 7022 in the Sherman Circle area on Nimitz Hill.

In addition to the loaner items, Self Help carries replacements for fluorescent light bulbs, air conditioning filters, ant and roach bait, plungers, toilet seats and dozens of other disposable parts, tools and accessories. The Nimitz store offers only the consumable items.

"We have door knobs and cabinet locks for child proofing and outlet caps," said James Anderson, a



On Loan: Roy Duenas, a warehouse specialist at Navy Housing's Self Help shop, readies a brush cutter for loan to a Navy Housing resident at Building 365 on U.S. Naval Base Guam Aug. 26. Self Help can provide lawn mowers, a pressurized water blaster, a shovel and other tools and equipment for 24-hour use free of charge. (U.S. Navy photo by Jesse Leon Guerrero)

Self Help warehouse specialist.

Lt. j.g. Orin Council, of USS City of Corpus Christi (SSN 705), estimated he uses the shop's items about once every two weeks, usually to help keep his lawn neat or for the interior of his house in Lockwood Housing.

"I get household hooks, scrub brushes, and various consumables you would use in a household," Council said. "It's free and it's close."

Courtney Joseph, a Navy spouse, said she visits Self Help to pick up tools such as a shovel, which she uses to work on her garden at Bay View Housing. Self Help also provides plant vouchers for fertilizer and topsoil.

"It makes it a lot easier because I don't have to buy something," Joseph said. "I can borrow it for a little while."

Residents can also do their own basic maintenance such as changing a worn-out air filter for an air-conditioning unit or light bulb by picking up new ones at the shop. Since Self Help policy requires a one to one exchange, this works out as an environmental benefit because Self Help will then properly dispose of the worn item.

For more information about Self Help, call the South Store at 339-5246 or the North Store at 355-7867.

C'mon Man, you know we can do better than that

Commentary by Tech Sgt.
Stephen Teel

36th Wing Public Affairs

In case you are not familiar with a major sports news network segment called "C'mon Man," on Monday Night Football, here is the scoop. The commentators takes time out of their show to poke fun of bonehead plays made the day before. It is a series of ridiculous plays, calls, fans actions or anything that would make a normal person say, "C'mon Man." You may not watch football, but you have probably seen something in the past and thought, "C'mon Man, you know better than that."

Well, it is your turn.

There is a place for everything and some of our Air Force brothers and sisters have to be called on their "C'mon Man" moments.

As Airmen, we should all look around and call our friends out on their boneheaded plays. Yes, I said friends. More times than not, it is our friends who let us get a little off the straight and narrow, not our supervisors or leaders. It is easy for a supervisor to call BS us on a boneheaded play,; but, it isn't so easy for one people to call themselves or their buddies out. Don't worry so much about your friendship, worry about helping your friend do the right thing and avoiding the "C'mon Man" moment. A good friend should respect that. .

For lack of time, I will name three "C'mon Man" areas I see a lot of. I am sure you can add to the list.

Military bearing ... "C'mon Man" ... This is a must in the Air Force and the Department of Defense. The way we conduct ourselves around others show them what kind of values we have. When we say "ma'am" and "sir," it shows respect. Give it and expect it. . We know how to conduct ourselves, military basic training could have easily been called Military Bearing 101. No one forgets BMT. Use what you learned. .

Standards ... "C'mon Man" ... This isn't negotiable. We must maintain Air Force standards and

not give in to performing below them. What are the standards you ask? Maintaining the proper uniforms, haircut according to instructions, showing up on time, completing tasks we are assigned, maintaining professional relationships, etc. Every day is filled with opportunities to prove we have what it takes to be the best at what we do. Take pride in what you do and take pride in being an American Airman. Ask yourself, "Do I represent the Air Force and myself to the best of my ability?"

DUIs ... "C'mon Man" ... How many times are we going to let one another jump into a vehicle after a drink or two? Again, "C'mon Man." We know what the possibil-

ities are; death, prison, monetary fines, discharges, humiliation and the list goes on and on. Don't do it and don't let your friends do it. Call the commander, the first sergeant, your supervisor, Airmen Against Drunk Driving (AADD), or a list of others willing to come get you.

This is just a start. Next time you notice your buddy setting up for that boneheaded play just say, it "C'mon Man."

The Air Force is easy. Remember, whether you are on or off duty, in or out of uniform, off base or on base, we still represent the U.S. Air Force. Show pride in your service and give others something good to say about you and your extended family.

Law extends 75-day leave carry over

From Navy Personnel
Command Public Affairs

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A 2008 law that increased annual leave carry over from 60 days to 75 days has been extended to 2013.

The 2010 National Defense Authorization Act passed by Congress and signed by President Barack Obama in October 2009, extended the planned December 2010 expiration of the 75-day leave carry over benefit, until Sept. 30, 2013. Afterward, leave carryover eligibility will be reset to 60 days.

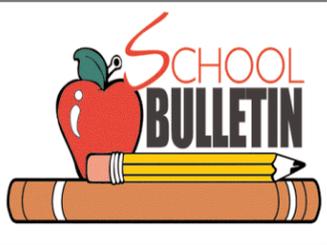
“While this extension was effective in October 2009, and policy documents were updated to reflect this change, it appears that many Sailors had not received this information. The release of NAVADMIN 281/10 ensures maximum distribution to the fleet,” said Lt. Brandi McGehee, Navy military pay and compensation policy, assistant pay and allowances officer.

Special Leave Accrual (SLA) retention limits for SLA earned between Oct. 1, 2008, to Sept. 30, 2013, for service members assigned to hostile fire or imminent danger areas, certain deployable ships, mobile units, or other duty, were also extended to four fiscal years from the previous three-fiscal-year limit.

These leave carryover changes are now reflected in the MILPERSMAN articles that apply (1050-010, 1050-060 and 1050-070).

For more information, visit the Navy Personnel Command website at www.npc.navy.mil and read the message or contact your servicing Personnel Support Detachment.

For more news from Navy Personnel Command, visit www.navy.mil/local/npc/.



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.

School Bus Schedule, Passes

Parents are asked to call their children's respective schools for information about bus passes or the bus schedule.

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.

Andersen Middle School

Students interested in participating in interscholastic sports should visit the school gym for a full list of teams.

Commander William C. McCool Elementary/Middle School

Commander William C. McCool Elementary/Middle School Parent Teacher Organization is looking for volunteers. Parents interested in helping to support students and teachers can e-mail mccooplto@yahoo.com.

Guam High School

Practice for first quarter sports have started. Students interested in participating should visit the school gym for a list of sports and practice times. Also, students 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

GHS Navy Junior ROTC cadets promoted

By Oyaol Ngirairikl

Joint Region Edge Staff

Several Guam High School (GHS) Navy Junior ROTC cadets were promoted during a ceremony at the school Aug. 20.

The Navy Junior ROTC program aims to instill in cadets the values of citizenship, service to the United States, personal responsibility and a sense of accomplishment. GHS is one of two schools on Guam with a Navy Junior ROTC program.

Cadets Lt. Allison Ransen, Lt. Bianca Garcia, Lt. Danielle Conde, Lt. Anneriz Bulanadi, Chief Petty Officer Olivia Owa, Petty Officer 1st Class Marcie Franchino and Petty Officer 1st Class Travis Martin were among those promoted for optimum performance during the last year.

"These are cadets who consistently met and often exceeded our standards, and showed an exemplary understanding of Navy core values of honor, courage and commitment," said Doug Bowling, GHS senior naval science instructor and head of the program.

Bowling said just like the Navy, the Junior ROTC program at the school requires students to meet physical fitness, military bearing and education standards.

"Those who show the most potential as leaders become officers or lieutenants and become a part of our staff," he said. "These are the cadets who get the best grades; they're active in our program. They don't just volunteer for activities, but they volunteer in roles that requires a lot of responsibilities. They're the go-getters who become the go-to people for everyone else."

Chief Master Sgt. Michael Conde, of 36th Medical Group, said he appreciates how the program has helped guide his daughter on a path to become a mature and responsible



Pinning: Arcilita Franchino, left, pins her daughter Cadet Petty Officer 1st Class Marcie Franchino, of Guam High School (GHS) Navy Junior ROTC program, during a small ceremony held at the school Aug. 20. Franchino was among six cadets promoted at the event. The Navy Junior ROTC program aims to instill in students the values of citizenship, service to the United States, personal responsibility and a sense of accomplishment. GHS is one of two schools on Guam with a Navy Junior ROTC program. (U.S. Navy photo by Oyaol Ngirairikl)

adult.

"It's made her a very different person," he said. "The instructors and the student leadership have really helped encourage her to excel and exceed expectations. She's worked really hard, and I'm very impressed with the work that she's put into this. I'm very proud."

Danielle Conde said she's learned a lot about herself through the program.

"I didn't think I would do well in the program, but I saw how other students were able to accomplish a

lot," she said. "A lot of cadets were promoted while in school and then you had others who graduated from high school, and because of their experience with Navy Junior ROTC here, they were able to get into military academics or really good colleges."

Mark Franchino, GHS naval science instructor, said the program promotes qualities that help students grow up to be responsible and contributing adults in the community.

"We've had some really great success with our program and I'm

proud of our kids," he said. "They work hard and it shows in their grades, in their citizenship in school and in the community, and in the manner in which they carry themselves."

Parents and students interested in learning more about the program, can call 339-7040 or download the information booklet on <http://extranet.guam.pac.dodea.edu/guamhighschool/curriculum/Curriculum%20Documents/rotchandbook.pdf>.

DoDEA rings in new school year

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

Joint Region Edge Staff

The Department of Defense Education Activity's (DoDEA) schools on island officially rang in the new year during ceremonies at the respective schools Aug. 30.

"Today's ceremony is for everyone here to gather and kick off the school year," said Don Christensen, Commander William C. McCool Elementary/Middle School principal.

The children sang the National Anthem and the Guam Hymn followed by Capt. Richard Wood, commanding officer of U.S. Naval Base Guam, who spoke briefly and encouraged the students to work hard and build friendships.

"First, I wanted to welcome the children back to school and welcome the students who just arrived to Guam," Wood said. "Then I talked about what I consider as the keys of success and wrapped it up with a story about when I was in elementary school - I had no idea I would end up as commander of U.S.

Naval Base Guam. The possibilities of success are endless."

Following his speech at McCool, Wood rang the school bell for each grade level who then stood up, formed a line, and went on to start their first day of the new academic year.

Christensen said that McCool will continue the academic success that had last year while also focusing on unity between the school and families.

"This year we want to continue the process of making this school a community," said Christensen. "We want to expand communication and

get parents a little more involved. Also, we always want to increase the focus of student achievement."

During a similar ceremony at Andersen Middle School, students were addressed by Brig. Gen. John Doucette, commander of 36th Wing.

"This is the first day of the rest of your life," Doucette said. "You're not in elementary school anymore. This is huge and there are two things I want you to do for me this year. One: study hard. You have all of these awesome teachers to help you and to learn from. Two: respect each other.

If you do these two things, you will have a good time and a great year."

DoDEA Pacific Guam Superintendent Dr. Steven Bloom also spoke to the Andersen students.

"I would like to welcome you back to Andersen Middle School," he said. "Welcome to a brand new year. This year I want to challenge you. The challenge is to take advantage of all you have learned in the past, all the wisdom you have gained, and use it to make this year great. Have a good first day back and an awesome year."

Getting Started: Capt. Richard Wood, commanding officer of U.S. Naval Base Guam, rings in the new year at Commander William C. McCool Elementary/Middle School during a ceremony Aug. 30. Wood spoke briefly encouraging the kids to work hard and build friendships. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



Welcome: 36th Wing commander Brig. Gen. John Doucette, (right) and Steven Bloom, Superintendent Pacific Guam of Department of Defense Education Activity Schools, ring ceremonial bells marking the first day of school at Andersen Middle School Aug. 30. The morning orientation marked the first day of the 2010 school year for the DoDEA school system. (U.S. Air Force photo by Airman 1st Class Jeffrey Schultze)



What are your children looking forward to this school year?

Joint Region Edge asked its readers what are their children are looking forward to this school year.



"She is looking forward to learning new things and making more friends."
— Erin Seif
Navy spouse



"My oldest is looking forward to sports and her friends, and my youngest is in first grade and she is looking forward to the activities."
— Sheridith Santos
Navy spouse



"My daughter is in the first grade but is a bookworm and loves to study, which makes it much easier on me."
— Tech Sgt. Jorge Hernandez
Guam Air National Guard
36th Force Support Squadron



"Two of my children are just excited to get into a new school and my other is looking forward to going to her first public school after attending a private one for her whole life."
— Master Sgt. Jay Perez
44th Aerial Port Squadron



"My kid is 13 and back state-side, and I'm pretty sure the only thing she's looking forward to is getting to see friends again."
— Tech Sgt. Frederick Jones
554th RED HORSE Squadron

Ifet: Chamorro hardwood with many uses



By Jesse Leon Guerrero

Joint Region Edge Staff

Guam jungles provide a home for many different trees, but it is ifet (ifet) that stands tall as the territorial tree of the island.

Ifet, also known as ifit or ifil, also grows in Indonesia, the Philippines, and other tropical areas. As a species, it is known as *instia bijuga*. Although the tree, which can grow dozens of feet, displays a grayish bark, the wood is a dark red and brown color.

Tony Ramirez, curator for the Guam Museum in Hagatna, Guam, said Chamorros have used ifet in the past to construct their homes, but there is no date of its first appearance

Hardwood Craftsmanship: Tony Ramirez, curator for the Guam Museum, displays a decorative carving made of ifet wood at the Guam Museum in Hagatna, Guam, Aug. 24. Ifet is a hard wood used by craftsmen to make tools, furniture, clocks and many other items. The scene pictured is a rendition of World War II Japanese soldiers herding Chamorro men and women to caves, where they were to be executed. (U.S. Navy photo by Jesse Leon Guerrero)

on the island.

"It may have been used in prehistoric times, but the implements they had then were mainly stone tools," Ramirez said. "But when they invented metal tools, they could easily transform the logs into ... flooring, rafters and other different parts of the house."

Ifet is valued for its hard texture and was more readily available before its population was diminished because of housing encroachment. The Guam Museum contains photos in its archives, depicting logs of ifet being transported by carabao-drawn carriages.

Today, ifet is primarily used to make decorative items such as special tools, clocks, tables, chairs and plaques. The wood's heavy weight allows it to be used more as a permanent fixture that can even be kept outdoors.

"It's termite resistant," Ramirez said. "It's durable and it's very easy to polish, to keep clean. In historical times it was used quite a bit"

Tourists and residents can look for items made from ifet at souvenir shops, the Chamorro Village market in Hagatna, and even as customized gifts that can be ordered from a few craftsmen who specialize in ifet woodworking.

Handcrafted jewelry from the Marshall Islands

By Jesse Leon Guerrero

Joint Region Edge Staff

The jewelry and traditional attire created in the Republic of the Marshall Islands showcase not only the beauty of their craftsmanship but also the culture of the Marshallese people.

Located approximately 1,000 miles east of Guam, the Marshalls comprises 29 inhabited and uninhabited atolls.

Dorothy Dismas, who is originally from the Marshallese capital of

Majuro, said that closeness to nature influences the Marshallese handicraft work, called aminono (aminöny) in Marshallese.

"People there like to weave and they also use it as a means of supporting their families, just by selling it to visitors or stores," Dismas said.

Marshallese weavers can make traditional body ornamentation such as earrings, necklaces and bracelets from coconut leaves, hibiscus tree bark and various seashells. These products come in various shapes and

sizes, with larger pieces usually meant for use by men. Dismas said it is also common to find weavers producing neckties, handbags, and even Christmas tree ornaments that incorporate seashells and other material and designs found in the jewelry.

"These are for going to church if you want to look nice, or going to a party," Dismas said.

She explained that Marshallese jewelry can be worn for special occasions such as a party or a going-away celebration, and they are also

prized as casual wear.

Although Marshallese designs can include delicate weavings that resemble thin leaves and several types of colorful or rare seashells mixed into the jewelry, a skilled weaver can put together a completed piece in a day or two. It can take that long partly because the coconut leaves and hibiscus bark require careful and precise work.

"They have to have a special knife, a very sharp knife to get [the coconut leaves]," Dismas said.

"They take the [hibiscus] bark and boil it to make it really white."

Dismas described Marshallese jewelry as being totally different in style from the products of other Micronesian islands and she said it is a part of the culture that the Republic of the Marshall Islands is teaching to its younger generation. She said Marshallese jewelry is not easy to find on Guam, but pieces are occasionally sold at the Mangilao International Market Place and the Chamorro Village in Hagatna



Marshallese accessories: Handcrafted necklaces for men hang from a vendor stall at the Mangilao International Market Place Aug. 26. The seashell and woven design comes from the Republic of the Marshall Islands. (U.S. Navy photo by Jesse Leon Guerrero)



Displaying wares: Dorothy Dismas, a Guam vendor, hangs an assortment of handmade jewelry and decorations from the Republic of the Marshall Islands at the Mangilao International Market Place Aug. 26. The collection includes neckties, ear rings, necklaces, bracelets, and other items with designs from the Pacific Islands. (U.S. Navy photo by Jesse Leon Guerrero)

FREE

Labor Day Bash

Enjoy a day of fun at Arc Light Park on Andersen Air Force Base Sept. 3, 3-6 pm. Kids activities include the bouncy castle and there will be door prizes and much more for the entire family.

Armed Forces

Entertainment will also present a special Meet & Greet with the cast of Survivor. Event is free. Food and drinks will be on sale. For more information, call 366-2339.

Chamorro Village

Take a free trip to Chamorro Village in Hagatna every Wednesday. Single Sailors and geographical bachelors can catch a shuttle at 6 p.m. from Single Sailor Sanctuary. Sailors at the Ordnance Annex can catch the shuttle 6:30 p.m. at Silver Dolphin. For more information, call 564-2280.

Image Makers

U.S. Naval Base Guam Teen Center and Youth Center offers photography classes every Monday, 3-4 p.m. For more information, call 339-6130.

Golf Clinic

Senior Golf Clinic at the Palm Tree Golf Course Sept. 11, 10 a.m. For more information, call 366-4653.

Tuesday Texas Hold'em Nights

Texas Hold'em tournaments are held every Tuesday starting at 6 p.m. in Hightides at the Top of the Rock on Andersen Air Force Base. Play is free for club members and \$5 for non-members. Weekly prizes are awarded. For more information, call 366-6166.

Story Time

Bring the children for story time at the U.S. Naval Base Guam Library every Wednesday at 3:30 p.m. In addition to great stories, there will be crafts and other fun activities. For more information, call 564-1836. The Andersen Air Force Base Library has story time every Wednesday at 10:30 a.m. and 3 p.m. There will also be crafts and other fun activities. For more information, call 366-4291.

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

Bowling Mondays

Bowl all you want at Gecko Lanes every Monday, starting at 6 p.m. for just \$5 plus shoe rental. For more information, call 366-5117.

Thirsty Thursdays

Thirsty Thursdays at Gecko Lanes every Thursday, starting at 5 p.m. Enjoy \$1 games, shoe rentals, fountain sodas and more! For more information, call 366-5117.

Karaoke Fun Night

Karaoke Fun Night (weather permitting) at Bamboo Willies every Saturday, 7-10 p.m. For more information, call 366-6166.

Mt. Lam Lam Hike (ages 12 and up)

With Outdoor Recreation at 7:45 am, Sept. 11 Difficulty for this hike is Medium to Difficult. There is a fee of \$5. Call 366-5197 to learn more.

Under 21 Night

Every Wednesday High Tides Enlisted Lounge hosts Under 21 Night from 7 p.m.-midnight. Patrons can enjoy Mongolian Barbecue, music and a fun environment to hang out and unwind. Patrons 18 years and older can participate. For more information, call 366-6166.

Game Time Sports Grill

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, 6-10 p.m. every Tuesday. For more information, call 366-5085.

Fajita Dinner at Café Latte

Fajita Dinner is every Tuesday, 5:30-7:30 p.m. Base price for adults' dinner is \$2.95, and \$1.50 for children ages 6-12. All condiments are 75 cents per ounce. For more information, call 366-6166.

\$10 AND UP

Auto Skills Shop Indoctrination Class

U.S. Naval Base Guam Auto Hobby Shop is hosting an indoctrination class Sept. 5, 3-4 p.m. The class includes policies and procedures that guard the safety of the shop patrons as well as compliance with OSHA requirements relative to Hazardous waste disposal and spills as it applies to the patron's use of the facility. For more information, call 564-1827.

Crochet Class

Two Days Basic Crochet Workshop at the Arts and Crafts Center on Andersen Air Force Base Sept. 8-9, 2:30-4:30 p.m. A \$25 fee covers two days of instruction. This workshop is by appointment only. For more information, call 366-4248.

Gift Bags Class

Owl Paper Gift Bags Class at the Arts and Crafts Center on Andersen Air Force Base Sept. 11, 10-11 a.m. There is a fee of \$10. Call 366-4248 for more information.

Jazzy Sundays

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 of 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.

Lunch at Top of the Rock

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

Clipper Landing

Savor the flavor of our delicious entrees as you enjoy a spectacular view of Sumay Cove Marina. Hours of operation are Wednesday and Thursday, 11 a.m.-1:30 p.m.; Friday, 11 a.m.-1:30 p.m. and 4-9 p.m.; Saturday and Sunday, 11 a.m.-9 p.m. For more information, call 564-1857.

Mongolian BBQ Thursdays at Top O' the Mar

Every Thursday, 6-9 p.m. Cost is \$17.95 for adults and \$9.95 for children ages 5-11. Active-duty military receive a 20 percent discount and all other military ID holders and CAC card holders get 10 percent off. For more information, call 472-4606.

Sunday Brunch at Top O' the Mar

Enjoy a great meal and a spectacular view Sundays, 10:30 a.m.-1:30 p.m. Cost is \$20.95 for adults and \$11.95 for children, ages 5-11. Active-duty military get a 20 percent discount and all other military ID holders and CAC card holders get 10 percent off. For more information, call 472-4606.

Member Special at Palm Tree Golf Course

Every Tuesday, 7 a.m.-6 p.m., ride 18 holes for the 9-hole cart rate of \$8. For more information, call 366-4653.

Wing Night Thursdays

Wing Nights are held in Café Latte at Top of the Rock on Andersen Air Force Base every Thursday from 5:30-7:30 p.m. For more information, call 366-6166.



FRIDAY, SEPT. 3

7 p.m.: Ramona and Beezus • G

SATURDAY, SEPT. 4

2 p.m.: Ramona and Beezus • G
7 p.m.: Salt • PG-13

SUNDAY, SEPT. 5

7 p.m.: Cyrus • R

The movie schedule is subject to change due to circumstances beyond Meehan Theaters on Andersen Air Force Base.

The Meehan Theater hotline is 366-1523.



FRIDAY, SEPT. 3

7 p.m.: Ramona and Beezus • G
9:30 p.m.: Predators • R

SATURDAY, SEPT. 4

1 p.m.: The Sorcerer's Apprentice • PG
3:30 p.m.: The Last Airbender • PG
7 p.m.: Cyrus • R

SUNDAY, SEPT. 5

1 p.m.: Ramona and Beezus • G
3:30 p.m.: Despicable Me • PG
7 p.m.: Salt • PG-13

MONDAY, SEPT. 6

1 p.m.: Despicable Me • PG
3:30 p.m.: Ramona and Beezus • G
7 p.m.: The Sorcerer's Apprentice • PG

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

Saturday Vigil Mass: 5:30 p.m.

Sunday Mass: 9:30 a.m.

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

Protestant Worship Service

Sunday Service: Traditional Service: 8 a.m.

Contemporary Service: 11 a.m.

Women's Bible Study: Monday, 9:30 a.m.

Men's Bible Study: Wednesday, 6 p.m.

Prayer Time: Thursday, 11:30 a.m.

Choir Practice: Traditional: Wednesday, 6 p.m.

Choir Practice: Contemporary: 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 Vigil Mass: 5 p.m.

Sunday Mass: 9:30 a.m.

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

Catholic Women of the Chapel: First and third Wednesday of the month, Chapel 1 Annex, 6:30 p.m.

Catholic Youth of the Chapel: Second and fourth Wednesday of the month, Chapel 1 Annex, 6 p.m.

Choir Rehearsal: Saturday 4-5 p.m. and Sunday, 8-9 a.m.

Protestant Worship Service

Praise Service: Sunday, Chapel 2, 9 a.m.

Gospel Service: Sunday, Chapel 2, 11:30 a.m.

Emerging Worship Service: Sunday, Lighthouse, 7 p.m.

Protestant Women of the Chapel: Second Monday of each month, Chapel 2 Annex, 6:30 p.m.

Protestant Men of the Chapel: Wednesday, Lighthouse, 7 p.m.

Protestant Youth of the Chapel: Thursday, Chapel 2 Annex, 7 p.m.

Protestant Young Adults: Thursday and Saturday, Lighthouse, 6 p.m.

Protestant Sunday School: (September-May) Sunday, Chapel Activity Center, 10:15 a.m.

Schedules subject to change. To confirm times or for information about other programs, call the chapels at:

Andersen Air Force Base:

366-6139

U.S. Naval Base Guam

339-2126

U.S. Naval Hospital Guam:

344-9127

Use your gift of choice wisely

By Lt. Gale White

U.S. Naval Base Guam

I was flipping through the channels on my TV the other day and landed on the movie "Ella Enchanted," a fairy-tale story of a girl who was given the "gift of obedience" by her fairy godmother. With the wave of a wand the baby was enchanted to obey all direct and implied orders. Ella struggles throughout the movie doing things that she does not want to do. She thought that her life was not her own because she did not have a choice but to obey.

Often we can find ourselves in

similar situations where we feel like we have no choice but to follow orders, work at a job we don't like or settle for unhappy relationships. We have the perception that we have no choice because making changes in our lives or relationships can be difficult and scary. We naturally resist change, so this perception can at times lead us to feel trapped or

helpless.

Ella felt this way at the end of the movie when she was ordered to kill the man that she loved. Her fairy godmother, however forced her to realize that she was not without excuse, and that she had a will and the

ability to make choices for herself.

As we go about our daily lives we are continually making choices. For every "yes" we give to a person or thing we are at the same time saying "no" to another. Each choice that we make propels us down a road in a specific direction, for each choice builds upon another. This is why making good choices in our teens and early 20s is so vital. For example, the college student who partied his/her freshman year jeopardizes his/her chances at scholarships, loans or selection for an officer program because of a low grade point average that is unrecoverable.

I wonder if young people getting tattoos in visible areas know that they are limiting themselves from potential career opportunities that demand a professional appearance. It is difficult to undo a series of com-

placent or bad choices, but it is not impossible to start over.

If you have not discovered it yet, like Ella we are given a gift, the gift of choice. We have an active participation in the future that is to be ours by what we choose to do with what life brings us.

When everything seems to be against you, can you identify the choices that you made that got you there? Are you being proactive in the choices that you are making, or are you complacently just going with the flow and allowing others or circumstances to make choices for you? When you make decisions do you think about the future and how this will create or limit your options? Don't let your life flip by like a movie on a TV channel. Take ownership of your current circumstances and choose wisely.



Spice it up and get fit the fun way

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

Joint Region Edge Staff

Charles King Gym (CKG) on U.S. Naval Base Guam (NBG) is making moves on the dance floor by offering Zumba fitness classes for all Morale, Welfare and Recreation patrons.

Zumba fuses Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt participants' bodies while burning fat and enjoying the music.

Sheila Litty, CKG fitness director, said the gym offers three Zumba classes a week and they have become the most popular fitness classes at the gym. For the month of September, classes are offered Tuesday and Thursday at 8:20 a.m. and Wednesday at 5:30 p.m.

"It is the newest fitness trend and has spread like wildfire here and all over the world," she said.

Nicole Vasquez, a CKG fitness instructor and Muay Tai and Kickboxing specialist, teaches Zumba in the morning. She said Zumba is a great class because it is a workout in disguise. She welcomes everyone to come to her class and have a good time.

"You do not have to be a professional dancer to come to Zumba," Vasquez said. "That is the beauty of Zumba. If you're a beginner, just move and enjoy yourself. In time you will be keeping up with us all."

Tami Johnson, a Navy spouse, said she believes the class is more than exercise.

"Zumba is also a social group," she said. "It is a way to make friends and have something in common. I come every chance I get. When I am out and about I see people who I Zumba with; we always talk about the next session."

Litty said Zumba is unisex, and all ages are welcomed. She added that when the new fitness center is completed, there may be more Zumba classes to come. The gym may add Zumba Gold for the older crowd or deconditioned participants, and Aqua Zumba — a pool workout. Also there may be a Zumbatomic class for children.

Zumba is growing on NBG and Litty said she isn't surprised.

"Zumba is a mix of international rhythms mixed with fitness," Litty said. "It allows us to collaborate with all the unique diversity we have in the military and get together and show off our moves while having fun and getting a workout at the same time."

For more information about the Zumba classes, call 564-1801/2.



Fitness: Nicole Vasquez, right, a Charles King Gym (CKG) fitness instructor, leads a team of Zumba participants at the CKG on U.S. Naval Base Guam Aug. 31. Zumba fuses Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

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.

Aikido

Aikido session begins Sept. 1–Dec. 11, Wednesday 3:30–4:30 p.m., Friday 6:15–7:15 p.m., Saturday 9:30–10:30 a.m. Cost is \$60 per month and a \$30 uniform fee. Open registration at the Child Development Center for ages 6 months and up. For more information, call 564-1844/5.

"We Will Never Forget" 5K

"We will never forget" 5K run Sept. 11 at Sumay Cove Marina. 5 p.m. show, 5:30 p.m. go. Register at Charles King Gym by 9 p.m., Sept. 4. T-shirts are \$8 for pre-registration and \$10 at the race. For more information, call 564-1824.

Gymnastics

Gymnastics session begins Sept. 6–Dec. 10. Classes range from Mommy and Me to Cheer and Tumbling. There is also boys gymnastics. Ages 3 and up. Lessons days and times vary. Cost is \$140 per session, or \$40 per month. For more information, call 564-1844/5.

Ultimate Frisbee

Ultimate Frisbee games at Sampson Softball Field. League games Tuesdays and Thursdays, 5:30 p.m. Pick-up games Tuesdays and Thursdays, 6:30 p.m. For more information, call 339-2365.

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.

Summer Smash Volleyball Tournament

A Summer Smash Volleyball Tournament is slated to be held Sept. 4–7, 6 p.m. at the Coral Reef Fitness Center. For more information, call 366-6100.

Deep Sea Fishing

Deep Sea Fishing with Outdoor Recreation will be held at 7 a.m., Sept. 4. There is a \$70 fee per participant and seating is limited so sign up early. For more information, call 366-5197.

Paintball

Paintball at Outdoor Recreation's paintball field located next to the 21000 softball field. Paintball participants must be at least 10 years old. Ages 10–17 must be accompanied by a parent. Friday and Saturday, 11 a.m.–5:30 p.m. and Sunday and holidays, 11 a.m.–5 p.m. For more information, call 366-5197.

Zumba Classes

Free zumba classes at Coral Reef Fitness Center Mondays 7 p.m., Tuesdays 9:30 a.m., Wednesdays 3:15 p.m. and 7 p.m., Thursdays 9:30 a.m. and 6 p.m. and Fridays and Saturdays at 5 p.m. For more information, call 366-6100.