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36th Wing hosts 8th Air Force commander

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

Airmen from the 36th Wing took an opportunity recently to show the Commander of 8th Air Force (AF), Maj. Gen. Floyd Carpenter, a bit of hospitality and an in-depth view of the mission here.

The mission of the 8th AF is to organize, train and equip Airmen to support current operations around the globe, providing the President of the United States with sovereign options to decisively employ airpower across the entire spectrum of engagement.

As part of the continuous bomber presence mission and on a rotational basis, Andersen hosts several of the Air Force's strategic bomber wings. Guam's location as part of the strategic triangle with Alaska

and Hawaii uniquely positions it as the best location for the mission.

"The ability to project airpower into any place is going to rely on basing," Carpenter said. "If you don't have bases in or near an operating area, you have to rely on long-range strategic capabilities to project power. That's what makes Andersen Air Force Base and Guam so important."

A veteran of Pacific Command, Carpenter is no stranger to the complications of the vast distances involved in operating in the Pacific theater. Launching from Guam can shave seven hours off the response time in a call for support, be it contingency or humanitarian aid. That time translates into lives saved as shown again and again when the base's Humanitarian Assistance Rapid Response Team reacts to typhoons, earthquakes and volcanoes

in the Pacific.

"Strategic airpower capabilities are critical assets to deter potential adversaries," he added. "In order for deterrence to work, you have to project that capability. This base gives us a great opportunity to do just that in a nonthreatening way."

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Meet and Greet: Maj. Gen. Floyd Carpenter, 8th Air Force, commander speaks with Airmen deployed to Andersen Air Force Base, Guam during a meet and greet at the base theater Aug. 30. During the meet and greet Carpenter expressed his appreciation a job well done in support of the 36th Wing and the continuous bomber presence. (U.S. Air Force photo by Senior Airman Nichelle Anderson)



Congresswoman, Commander remind students about school's namesake



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

Joint Region Edge Staff

Delegate Madeleine Bordallo visited Commander William C. McCool Elementary/Middle School on U.S. Naval Base Guam to make a special presentation Sept. 3.

"It is indeed a great honor for me to be here for this presentation," Bordallo said. "Several weeks ago, the Director of the National Aeronautics and Space Administration (NASA) called me with a special request. He asked that on my next

Astronaut collage: The collage presented to Commander William C. McCool Elementary/Middle School by Guam Delegate Madeleine Bordallo Sept. 3 contains an American and a Guam flag carried on a flight of Space Shuttle Atlantis in May as well as a photo of McCool holding a Guam flag he carried aboard the ill-fated flight of Space Shuttle Columbia in 2003.

district visit to Guam, I present a special package from NASA to the school. Today, I proudly make this presentation."

Bordallo presented a framed collage that includes a picture of McCool holding a Guam flag that he carried on the last flight of the NASA Shuttle Columbia. He intended to present the flag to the community of Guam, where he lived as a teenager.

Also in the collage was a small Guam flag that the crew of Space Shuttle Atlantis carried to the International Space Station. The flag along with the American flag traveled 4.8 million miles in 186 orbits around the earth from May 14-26.

Rear Adm. Paul Bushong, commander of Joint Region Marianas; Capt. Richard Wood, commanding officer of U.S. Naval Base Guam; and Dr. Steven Bloom, superintendent of Department of Defense Education Activity Pacific Guam also at-

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1st Class William
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NBG offers insights, updates at town hall meeting

By Jesse Leon Guerrero
Joint Region Edge Staff

Sailors, civilian personnel and residents who live or work at U.S. Naval Base Guam (NBG) learned more about the policies and upcoming projects that can affect them and their families at a town hall meeting held at the base's Big Screen Theater Sept. 8.

The evening event attracted dozens of Navy housing residents and NBG employees and service providers. Capt. Richard Wood, commanding officer of NBG, led the presentations, which were his first since assuming command in July.

"I'm responsible for providing services to everyone on this base, so I want to make sure that we're hearing what people want and need," Wood said. "I've done that with tenant commands and I want to do that with families as well."

Wood said supporting the fleet, the warfighters, and families is his main priority and his goal is to make Guam a destination of choice through enhancement of the mission readiness, safety and quality of life for Sailors, civilian staff, and families. Upcoming projects include adding more sidewalks for pedestrians, renovating the Sumay Cove Marina area and opening the new fitness center and Irish-themed restaurant and pub, Molly McGee's.

In addition to the quality of life initiatives, Wood added that, "It's important that people understand the importance of Guam in our nation's defense posture because other than Hawaii this is the only sovereign territory in the United States of America in the Western Pacific. That's a very important role that this island plays."

Capt. Kevin Haws, commanding

officer of U.S. Naval Hospital Guam, and Jeff Arrington, assistant superintendent for Department of Defense Education Activities, also spoke to the audience that night. Arrington encouraged parents to visit the DoDEA schools' open house events and to make use of their offline and online learning resources, while Haws spoke about the hospital's primary and specialty care access, ancillary services, TRICARE, vaccines, and new hospital construction plans.

Haws said he expects the new hospital to break ground in a couple months and construction is scheduled to complete in about four years.

"We're going to go from a building that was designed and built in 1954 mostly for inpatients to a hospital that will include inpatient care, but a lot of the primary services that we currently have in the hospital are going to be pushed out to new, more robust and capable branch clinics that we're going to build in the next several years," Haws said.

Following the presentations, attendees asked questions about Navy Exchange's ID policy, which Wood said he was looking at revamping, and housing and Navy Morale, Welfare and Recreation (MWR) projects.

Eric Nikkel, MWR director, said the town hall was a good opportunity to hear directly from customers about how well MWR is satisfying their needs. Nikkel said everyone can look forward to improvements such as the Irish pub, which is scheduled to open with specialty beers and customized meals Oct. 29.

"We're going to take whole prime ribs and we're going to carve eight-ounce rib eyes," Nikkel said. "Basically, it's one steak made 10 ways. Do you want it blackened, do you want it peppered, do you want blue cheese on it, do you want Bourbon



Town Hall: Capt. Richard Wood, commanding officer of U.S. Naval Base Guam (NBG), leads a quality of life discussion at the NBG town hall meeting held at The Big Screen Theater Sept. 8. Wood encouraged attendees and other residents and employees of the base to submit their feedback to him and other service providers through personal appointments or interactive customer evaluations, also known as ICE. (U.S. Navy photo by Jesse Leon Guerrero)

mushroom gravy on it, do you want sautéed onions? Our hamburgers are the same thing."

Kayl Ludwig, a Navy spouse and Apra Palms housing resident who has lived on Guam for two years, said she was interested in learning about Charles King Gym's proposal for drop-in day care services for its patrons. She added the town hall was a positive experience because she also learned by listening to what other residents had to say.

"This is my first town hall meeting and I thought, 'Why haven't I come to these before,'" Ludwig said. "It's very informative and I like the fact that all the sponsors are here to answer questions, from housing to MWR, to CDC, to the CO."

In the theater's lobby, representatives from Fleet and Family Support Center, Family Support 360, the hospital, NBG Safety, and Navy-Marine Corps Relief Society handed out brochures and manned booths, where attendees could learn more about specific benefits and services.

Alfi Montilla, a Navy spouse who has only been on Guam for two months, appreciated the town hall as a convenient way to meet different people and hear what they had to offer.

"We've got a lot to learn about Guam," Montilla said. "I wanted to get any kind of information that can benefit me and my husband, and then we can pass that along."

Chief Hospital Corpsman (DSW/SW) Ralph Hirschfeld, of NBG Dive Locker, said he didn't have a specific issue in mind when he decided to attend, but he did want to stay aware of the many changes planned by the Navy. As a resident of Lockwood Housing, Hirschfeld said it was good to hear of a possible new Navy Exchange mini-mart and he would attend any future town hall meetings.

"If you don't attend, don't complain," Hirschfeld said. "This is your chance to voice your concerns to the CO and CMC of the base."

For more information about NBG, visit online at www.cnic.navy.mil/guam.

Suicide is everybody's problem, prevention is everyone's responsibility

By Staff Sgt. Alesia D. Goosic
18th Wing Public Affairs

Commanders, first sergeants, flight surgeons, mental health technicians, chaplains and many other Airmen are dying needlessly, not because of roadside bombs, mortar attacks or enemy fire, but because of suicide.

Suicide is an issue in every branch of service, every job and every rank and it's everyone's responsibility to prevent it, say officials.

"No one is immune to suicide," said 18th Wing Chaplain Col. Pat McCain.

Some people have the common misperception that suicide is an Airman's problem, a problem among young people, people living in the dorms, people in a career field with a high ops tempo, or people who recently returned from deployment. The reality is that although young enlisted males are more likely to commit suicide than other service members, they are not the only ones at risk.

According to mental health officials, there is no certain "type" of person who commits suicide. Everyone has problems and struggles at some point in their lives and anyone

can become overwhelmed.

"A lot of people don't realize that it's not uncommon to be really discouraged or really feel isolated or alone or even have suicidal thoughts," the chaplain said.

The chaplain explained that this does not mean that everyone will commit suicide when times get tough, but it's important to recognize when you or someone else is in trouble or may be contemplating suicide.

Some warning signs to look for include:

- Unusual or sudden changes in behavior
- Decreased work performance
- Disciplinary problems
- Financial problems
- Accidents or deaths of loved ones
- Relationship difficulties at work or at home
- Alcohol or drug misuse
- Withdrawal from family, friends or activities
- Depression, feelings of hopelessness or thoughts of suicide.

"You should look for sudden changes in behavior that don't seem like that person," said Maj. Kathleen Crimmins, 18th Wing mental health flight commander. "We would hope that Airmen can recognize when they're having problems

or if a friend or colleague is having problems."

McCain believes an important key in suicide prevention is building relationships.

"I personally think that the best suicide prevention is being connected with people," he said, "where people know that they can turn to someone for help and they won't be ashamed to reach out. Very few people would commit suicide if they realized they weren't alone in their struggles."

"We share a life together here," the chaplain said. "Not only do we share the mission, but we share a life."

Being a good wingman is essential in suicide prevention.

"Things are busy here and we have a high ops tempo," Crimmins said. "But walking around and seeing how your people are doing is really important."

If you do find yourself in a situation where you think your wingman may be having suicidal thoughts, it's important to ask the tough questions.

Crimmins said that many people are uncomfortable asking their friends, family or coworkers if they're having suicidal thoughts, but it's necessary to let the individual

know you are there for them and you aren't scared away by their problems.

Just ask the question: "Are you thinking about killing yourself?"

"You're not going to give them the idea," Crimmins said. "And, if anything, you're going to give them permission to talk about it if they have had the thought. Suicide is still a pretty taboo subject in our culture and if you go ahead and ask the question then the person is going to know that you're not afraid to hear their response."

If someone reveals they are suicidal, take it seriously and seek help.

"When people have thoughts about taking their lives," McCain said, "they really need professional counseling. It's not a secret that you can keep."

Whether you yourself are contemplating suicide or you're consoling a wingman in trouble, both Chaplain McCain and Major Crimmins offer the same advice: reach out for help.

"No one who's ever come to me when they were considering suicide has ever said no when I offered to get them help," the chaplain said. "They were all very grateful for the help."

Two on-base agencies uniquely equipped to help are the chapel and mental health.

Base chaplains offer a listening ear and complete confidentiality.

"People usually come to us because they are reaching out for help," McCain said. "And they're not sure sometimes where to turn to for help and so we become a bridge, not only a listening ear but a bridge to help them connect with resources that could be very helpful to them."

One such resource is mental health. Mental health professionals provide counseling in hopes of rehabilitating the individual and returning them to duty.

McCain said although there are resources available to help our Airmen in trouble, ideally we'd like to prevent them from getting to the point where they feel so alone and overwhelmed.

"It's important that we pay attention to our troops and we know what's going on in people's lives and we are there to support them," he said. "We're a family and we've got to live like it."

So far this year seven Airmen have been killed in Afghanistan, in the same period more than 25 Airmen have died by their own hands. Body armor, Kevlar and armored vehicles cannot protect our Airmen from suicide ... but being a good wingman can.

HSC 25 Sailor flies high, excels at job

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

Joint Region Edge Staff

Twelve years ago, after graduating high school, Aviation Warfare Systems Operator 1st Class (AW) William Price was at a crossroads. Where was his life leading? Should he continue his education? Was he ready to dive into the job market? Like many young Americans, Price wanted to be successful and do great things, but he knew that he needed direction. It was the Navy that gave him that direction.

"I knew I needed to learn self control and maturity if I wanted to get ahead in my life," Price said. "So I decided to join the Navy, and I've got to say, it was the right decision."

Price said that he loves being a Sailor in the world's most powerful Navy and the opportunities to better himself and others.

"I love leading and helping my Sailors," he said. "Watching young guys get qualified and learning from the more senior guys are the two most rewarding parts of my job."

Price also said that he loves his rating, and thinks that he has one of the best jobs the Navy has to offer.

"I get paid to fly around in helicopters, jump out of helicopters, and shoot machine guns from helicopters," he said. "What's not to love about my rating?"

As the aircrew leading petty of-



Lookout: Aviation Warfare Systems Operator 1st Class (AW) William E. Price stands lookout as helicopter crew chief during medical evacuation drills in Iraq in March 2010. Price, who is currently attached to Helicopter Sea Combat Squadron 25 on Andersen Air Force Base, said that he loves his rating and thinks that he has one of the best jobs the Navy has to offer. (Photo courtesy of AWS1 (AW) William E. Price)

ficer at Helicopter Sea Combat Squadron (HSC) 25, Price gives direction to more than 60 aircrew members.

"My day can consist of a four-hour flight or a 10-hour day in front of the computer writing awards, evaluations and doing other work for my Sailors," Price said. "It changes on the day of the week. I do everything from flying search and rescue missions to participating in tactics training missions."

Senior Chief Aviation Warfare Systems Operator (NAC/AW) Johnathan Hettel, Price's supervisor, said that Price always operates at a level above what is expected of his pay grade, and sets a stellar example for the junior personnel.

"He consistently operates at the chief petty officer level. He leads by example in everything he does, from how he wears his uniform to teaching my aircrew members the skills they need to fly safely," Hettel said. "His day-to-day work ethic and ability to get the job done are second to none."

He also praised Price for his hard work and dedication to the command.

"Petty Officer Price is an integral part of what makes HSC 25 so successful," Hettel said. "He works hard and is always willing to go the extra mile for the mission and the Sailors that work for him."

Since arriving at HSC 25, Price's superior performance has been recognized many times. The Sailor has been awarded two Army Commendation Medals, two Strike Flight Air Medals, and a Navy Achievement Medal. He was also selected by his command as Aircrewman of the Year for 2008, and Senior Sailor of the Quarter for 1st Quarter 2010.

Price, whose collateral duties include assistant command fitness leader, career counselor, command financial specialist and small arms instructor among others, said that he is able to draw upon the examples set for him by role models in professional lives.

"My Navy role models have helped me grow as a Sailor and given me numerous opportunities to prove myself as a leader," he said. "I constantly ask myself if this is what they would do. Sometimes the answer is 'yes' and sometimes 'no,' but they have guided me enough to make the right decision."

For anyone who hopes to duplicate his success, Price had a few words of advice.

"The key to everything that I do and everything that I have accomplished at this command is the guys that I work with and the guys that work for me," he said. "They are the ones that get it right every time and they consistently make me look good. I couldn't have done half of the things that I have done without them."



Andersen celebrates Labor Day with annual bash



Celebration: Dozens of Airmen and their families attended the annual Labor Day Bash Sept. 3 at Arc Light Memorial Park. Face painting, water slides and a signing by the cast of "Survivor" were among the attractions available. (U.S. Air Force photo by Airman Whitney Amstutz)

By Airman Whitney Amstutz

36th Wing Public Affairs

Team Andersen kicked off the recent four-day weekend with the annual Labor Day Bash Sept. 3 at Arc Light Memorial Park here.

The event, hosted by members of the 36th Force Support Squadron, featured food, beverages, horseback riding, face painting, a bouncy castle, and an autograph session by the cast of Survivor, courtesy of Armed Forces Entertainment.

Hundreds of residents came out to celebrate Labor Day and take advantage of the opportunity to socialize with friends and neighbors.

Taylor Kukes, one of the many dependents who participated in the festivities, believes that events like the Labor Day Bash allow service members and their families to get out and meet new people.

"I think it's really cool," Kukes said. "It's always fun to come out here and hang out with people you know and get to know some of the ones you don't."

Throughout the night, attendees had the opportunity to browse the different booths and listen to music. But the clear crowd favorite was the meet and greet with the contestants of Survivor. The cast members were available to sign autographs, take photos or just shoot the breeze with their fans.

In the wake of the Operational Readiness Inspection, the Labor Day Bash provided the perfect opportunity for Airmen and their families to unwind and relax.

"We had about 700 people at the bash," said HotSpot director, Michele Jacobs. "The Labor Day Bash is a way for us to get the community together to have fun and let everyone know how much we appreciate their hard work day in and day out to help support the mission at Andersen."

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Frank Cable: A diverse crew completes diverse missions

By Mass Communication Specialist 1st Class Eric Dehm
USS Frank Cable (AS-40)

If just one part of one system on any of the U.S. Navy's submarines breaks or malfunctions, it can render that sub incapable of completing its mission. When that happens, it is a big problem, but when it happens in the Western Pacific theater, the Navy has a solution - a mobile solution.

The submarine tender USS Frank Cable (AS 40), homeported in Guam, is the main provider of maintenance for the 5th and 7th Fleets to all submarines stationed in or deployed to the Western Pacific. Frank Cable is also one of the only two remaining ships of this type.

"We are one of only two submarine maintenance facilities that are mobile," said Capt. Tom Stanley, commanding officer of Frank Cable. "We can get underway and can tend to and conduct maintenance in any port in the Western Pacific."

Frank Cable is currently undergoing an integration with the Military Sealift Command. Once complete, Frank Cable will be comprised of both an MSC crew and U.S. Navy Sailors. The change will mean that civilian mariners will operate the ship while Sailors will be allowed to concentrate almost exclusively on submarine repairs and maintenance, which is just one of the benefits of integration.

"It will take less people overall to operate and maintain the Frank Cable itself when we use experienced mariners as opposed to junior Sailors," Stanley said. "It will also save the Navy money when we use fewer people."

While the ship is going through many changes during the process, Stanley said that one thing that will never change about Frank Cable during the ship's lifespan, is the ability to go to where it is needed. If a submarine is in need of repairs but unable to travel to a maintenance facility, only Frank Cable and her sister ship, USS Emory S. Land (AS 39), can bring that submarine back up to speed.

That mobility, and the varied services provided by the ship are the key to Frank Cable's importance to the Navy according to Cmdr. Michael Dufek, Frank Cable's repair officer.



At Sea, At Work: USS Frank Cable (AS 40) provides services to two submarines during a visit to Hong Kong in 2006. (U.S. Navy photo by Mass Communication Seaman Trevor Welsh)

"We bring a capability to carry a robust maintenance facility to any port in the world to support the maintenance and operational needs of forward deployed forces," Dufek said. "We bring repair services capability in the fields of welding, machining, electrical, electronic, carpentry, nuclear support, diving, underwater husbandry, photo printing and laser engraving with world class planning and quality assurance services."

Frank Cable provides a diverse array of services. According to Command Master Chief (SS/SW) Peter Kosloski, that is in large part due to the fact that Cable's crew is one of the most professionally diverse in the Navy.

"It's common [on Frank Cable] to

see an electronics technician from a destroyer, a machinist's mate from a submarine, an electrician's mate from an aircraft carrier and a hull maintenance technician from a cruiser working together on a submarine periscope," says Kosloski. It's the blending of our crew's diverse professional backgrounds that make the Frank Cable successful as a forward deployed mobile maintenance team."

Kosloski pointed out that Frank Cable provides support not only in maintenance but also in weapons, small arms, supplies and more.

"When a submarine pulls alongside Frank Cable they will receive all required services including shore power, potable water and collection of all effluent waters," says Kosloski.

"While their boat is being repaired by the best repair team in the fleet, the submarine crew can enjoy our full-service post office, barber shop and ship's store. Additionally, they can get their entire medical and dental needs completed by our Frank Cable doctors before they continue their deployment."

To provide so many services to so many ships in so many locations, Frank Cable's team needs to work together to accomplish the ship's mission. Dufek said it means a lot to him to be a part of the Frank Cable team.

"I feel both personally and professionally rewarded being a part of such an outstanding organization," Dufek said. "This is an opportunity to serve with outstanding Sailors

performing a vital mission for the national security of the United States and our allies."

With so many different rates, divisions and people working together on board Frank Cable, it makes for a unique challenge to Sailors. The fact that the crew continues to succeed is not lost on the ship's captain.

"I am most proud of the exceptional work ethic and performance of our over 1,000 Sailors," Stanley said. "And the teamwork they display with both the submarines they work on and the civilian mariners who now operate the Frank Cable."

Frank Cable is currently undergoing upgrades at Guam Shipyard for the Military Sealift Command integration.

Vice commander of sub forces visits Cable

By Mass Communication Specialist Seaman Corey Hensley

USS Frank Cable (AS 40)

Vice Commander, Submarine Force Rear Adm. Robert J. Kamensky conducted a site visit onboard submarine tender USS Frank Cable (AS 40) Aug. 27. The purpose of the visit was to discuss current and future endeavors between Reserve and active-duty personnel onboard the ship.

According to COMSUBRON 15 Reserve Operational Support Officer (OSO) Lt. Cmdr. Shadrick Williams, Kamensky's visit focused on the Reservists' activities onboard Frank Cable, and how the command can find ways to better utilize the reserve component aboard the ship.

"He's just coming out to see what type of reserve support is required of the ship," and to see the level of satisfaction with the reserve support that we're providing to the ship," Williams said.

During his visit, Kamensky met with Frank Cable's Commanding Officer Capt. Tom P. Stanley, Executive Officer Cmdr. Bruce L. Deshotel, and Command Master Chief (SS/SW) Peter A. Kosloski. During the meeting, he listened intently to the concerns, issues and possible solutions for Reservists to better support Frank Cable's mission.

The admiral offered his thoughts on ways to solve problems, while also stating what he would like to see



Visit: Rear Adm. Robert J. Kamensky, vice commander of Submarine Force, crosses the quarterdeck onboard the submarine tender USS Frank Cable (AS 40) Aug. 27. Cable is undergoing upgrades at Guam Shipyard for the Military Sealift Command conversion. (U.S. Navy photo by Mass Communications Specialist Seaman Corey Hensley)

accomplished with the reserve component.

Sub Force Maintenance Director Cmdr. Charles Cavaiani said Kamensky has a particular way of analyzing the situation and exploring ways to fix it.

"He likes to look at, we have an issue here," Cavaiani said. "How do we assess that issue? How do we

evaluate it with some kind of tool, and come up with ranking in a sense of how do we mold this asset to fit, providing the level of support we need?"

Cavaiani said that they are doing a number of things to better assist the active component onboard Cable, as well as plans they might have for the future. However, his most important goal has been to prove that the

Reservists have earned their place among Frank Cable's crew.

"They may not be here all the time, but they're an asset," Cavaiani said. "When needed, the division head should be able to say, 'Wait a minute, I need some help.' I might be able to reach back to my Reserve crew, and ask them to come on out here and support our mission."

For the past five months, the reserve component has supported the repair divisions onboard Frank Cable in many areas. For example, Reservists fabricated a new USS Frank Cable (AS 40) and Military Sealift Command (MSC) combined picture board. Reservists also engraved a status board for the USS Houston (SSN 713), plexiglass pieces for document holders, repaired a fiberglass shroud and sanded, primed and cooked valve covers.

Master Chief Hull Maintenance Technician Michael W. Payne, who is the Sub Force Maintenance Deputy for Cavaiani, said it's really a great time for Kamensky to visit Cable because of the transitioning of Reserve forces away from the submarine tender USS Emory S. Land (AS 39) to Frank Cable.

"Sub Force Maintenance had been supporting mostly the Land and the Cable, with a majority of the work going to the Land," Payne said. "As the Land forward deploys to Diego Garcia, and because of the logistics of her being that far out, it really doesn't make sense for Reservists to actually go out to Diego Garcia to support that."

Payne said that was a factor in Cable setting up fly-way teams, and shared manning onboard the Land. The idea is to substitute Frank Cable Sailors, who are assigned expeditionary manning, with Reservists.

Frank Cable is currently undergoing upgrades at Guam Shipyard for the Military Sealift Command (MSC) conversion.

AFE Shop: 'We're the last to let them down'

By Airman 1st Class Anthony Jennings

36th Wing Public Affairs

One thousand feet in the air, a Contingency Response Group Airborne Airman jumps out of a C-130 traveling at 25 knots. The only thing keeping him from slamming into the earth at near terminal velocity is a properly packed parachute.

The Aircrew Flight Equipment Shop is responsible for ensuring each parachute CRG Airborne Airmen, also known as Jumpers, use is operationally safe and properly packed.

The AFE shop also provides direct support for the attached flyers, a home for the aircrew flight equipment, and is where all CRG parachutes are packed. AFE, consists of everything from helmets and oxygen masks, to parachutes and survival kits.

Tech. Sgt. Shaunn Hummel, CRG Air Operations NCO-in-charge, is responsible for ensuring the more than 80 main and 40 chest reserves parachutes are ready to go for the Jumpers.

Because the parachute packing process is a two-man job, one packing and the other inspecting, the Operation Support Squadron provides two permanently assigned personnel to support. Tech. Sgt. Brian Graham and Staff Sgt. Christopher Kitts, 36th OSS AFE not only provide support for Hummel but also provide direct support for the deployed bomber

crews and CRG.

"None of what I do would be possible without the OSS's support," Hummel said. "As the only rigger in the CRG, I'm not allowed to pack by myself so they provide the support I need to do my job."

A trained, qualified and certified person must perform a quality control check on the chute through an in-progress inspection, which is a list of seven checks to ensure it is properly packed according to technical orders.

"Their life is our business," said Kitts. "We are literally the last to let them down, so we make sure we have a second set of eyes on every parachute."

If a parachute hasn't been jumped with, it's good for 120 days before it has to be inspected and re-packed. Chest reserve parachutes are good for one year before being inspected. Some of the malfunctions with a parachute the AFE shop must fix range from twisted lines and risers, to knotted cords or damaged canopies.

With the Jumper's life in their hands as each parachute is packed, it would seem easy to get nervous to see someone jump from 1,000 feet with a parachute they packed.

"You always have butterflies when someone jumps with a parachute you packed, but not quite nervousness, more like anxiousness," said Hummel. "Murphy's Law does weigh in on the mind, but I would jump with any of the parachutes I pack."



Checking: Tech. Sgt. Shaunn Hummel, 36th Contingency Response Group Air Operations NCO-in-charge, checks the air channel in the canopy of a parachute in the Aircrew Flight Equipment shop, Sept. 8. The Aircrew Flight Equipment Shop is responsible for ensuring each parachute CRG Airborne Airmen, also known as Jumpers, use is operationally safe and properly packed. The AFE shop also provides direct support for the attached flyers, a home for the aircrew flight equipment, and is where all CRG parachutes are packed. The AFE shop is accountable for everything from helmets and oxygen masks, to parachutes and survival kits. (U.S. Air Force photo by Airman 1st Class Anthony Jennings)

Frank Cable Sailors clear path in refuge

By Mass Communication Specialist 3rd Class Anna Arndt
USS Frank Cable (AS 40)

USS Frank Cable (AS 40) Sailors volunteered their time and energy at the Guam National Wildlife Refuge.

About 40 Sailors arrived at the refuge to help the U.S. Fish and Wildlife Service staff clear a walking path that will make the area easier to maintain and allow locals and tourists to see an area of the island that was not previously accessible.

Guam National Wildlife Refuge, established in 1993, spans 1,203 acres. The goal of the refuge is to protect endangered species while allowing their populations to recover and also to protect the habitat and cultural resources. Alongside those goals, the refuge also provides recreational and educational opportunities to the public.

"This is a joint effort between the Sailors of the Cable and the U.S. Fish and Wildlife Service," said Lt. Alan Fleming, Frank Cable staff chaplain. "They have wanted to have a trail cut for some time now but haven't had the volunteers to do it until now."

The refuge receives more than 90,000 visits a year from island residents and tourists. The large volume of visitors has led to current plans to renovate the facilities to improve research capabilities, improve

administrative and maintenance capabilities of the refuge staff, and establish a visitor and interpretive center.

"This is a very popular tourist attraction and this trail will give many people access to some of the natural beauty of Guam," Fleming said.

The Sailors involved said that they enjoyed both the work and making an important contribution to the island.

"This was a good chance to see more of the island and I got to spend some time with people that I might not have met otherwise," said Engineman Fireman (SW) Stephanie Edinger. "We did a really good job and I think we accomplished more than they were expecting."

Staff of the Guam National Wildlife Refuge said the assistance of Frank Cable was invaluable due to some issues the refuge is currently facing.

"We are understaffed and underfunded and we wouldn't be able to do anything like this without volunteers," said Chris Eggleston, wildlife biologist. "It would have taken the small group of us who work here years to do what this group of Sailors did in one day. They did a tremendous job and we really appreciate all the help."

Frank Cable is currently undergoing upgrades at the Guam Shipyard for the Military Sealift Command (MSC) conversion.

Call center answers voting questions 24/7

From Federal Voting Assistance Program

The Federal Voting Assistance Program (FVAP) opened its 24 hour a day, 7 day a week call center July 15. The call center makes voting information accessible to voters living in other time zones and ensures that all issues are addressed.

Voters can call 1-800-438-VOTE, email vote@fvap.gov or choose the online chat option at www.fvap.gov to accommodate an easy flow of absentee voting assistance and information. FVAP enhanced its existing service by teaming with the Navy's Global Distance 24 hour

Support Center to respond immediately to emails, calls, faxes and online chat from military members, their families and overseas voters worldwide. Toll-free numbers from 67 countries to reach the call center are available on the FVAP.gov website.

As always, FVAP subject matter experts are available during regular business hours to handle issues of greater complexity.

For more information, visit www.fvap.gov. If you'd like more information on the new call center operations or to schedule an interview with Director Carey, please contact public affairs at media@fvap.gov.

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.

Naval Support Activity Andersen, Guam Supvy Youth Programs Spec, Closes Sept. 13.

Employment Opportunities

Looking for a part time job? 36th Force Support Squadron offers multiple employment opportunities. Current job vacancies and job descriptions within 36th Services

are available online at www.36thservices.com by clicking on HRO jobs. For more information, visit the Human Resources Office (HRO) or call 366-6141.

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.

Navy Citizenship Codes

Service members who become naturalized citizens should report citizenship changes to their local service record holder. Some Personnel Support Detachments may not have access to the 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. Or online at: <http://www.npc.navy.mil/NR/rdonlyres/0899052A-1212-437B-9FB1-0DF3CF366858/0/108053.pdf>.

Citizenship, USCIS news

By Toni Vegafria

Naval Legal Service Office Pacific Detachment, Guam

The U.S. Citizenship and Immigration Service (USCIS) recently issued updated changes in the filing location for Form I-129F as part of an effort to streamline the initial processing of petitions.

Effective Aug. 3, all Form I-129F petitions must be submitted to the USCIS Dallas Lockbox facility at the following addresses:

For Standard U.S. Postal Service:
USCIS
PO Box 660151
Dallas, TX 75266

U.S. Express Mail and courier deliveries:
USCIS
Attn: I-129F
2501 South State Highway 121
Business Suite 400
Lewisville, TX 75067

The Vermont and California Service Centers will automatically forward incorrectly filed petitions to the USCIS Dallas Lockbox until Sept. 17. After this 45-day period, incorrectly filed petitions and fees will be returned to the applicant, along with a note advising them of the correct filing location.

Applicants filing a petition at a USCIS Lockbox facility may elect to receive an email and/or a text message notifying them that their petition has been accepted by completing form G-1145, E-Notification of Application/Petition Acceptance, and attaching it to the first page of their application. This service is only available to forms that are mailed to USCIS Lockbox facilities in Chicago, Illinois, Phoenix, Arizona and Lewisville, Texas.

Form G-1145 can be accessed through the USCIS website at <http://www.uscis.gov/files/form/g-1145.pdf>.

Puerto Rico

The Vital Statistics Office of the Commonwealth of Puerto Rico began issuing new and more secure birth certificates July 1. After Sept. 30, all certified copies of birth certificates issued prior to July 1, or legacy birth certificates, will become invalid.

This law does not affect a person's citizenship status, but after Sept. 30, USCIS will not accept any legacy birth certificates for the purpose of establishing eligibility for immigration benefit petitions and applications. Individuals who submit an invalid Puerto Rico birth certificate to USCIS will be given the opportunity to submit a new, valid birth certificate.

Individuals who were born in Puerto Rico and are now living elsewhere can apply for a new birth certificate online or by mail.

For more information, including instructions on how to apply for a new birth certificate, please visit the Puerto Rico Federal Affairs Administration website at www.prfaa.com/birthcertificates.

Navy shares energy ideas at conference

By Jesse Leon Guerrero
Joint Region Edge Staff

The Navy participated in the University of Guam's Conference on Island Sustainability at the Guam Marriott Resort & Spa in Tumon, Guam, Sept. 2.

The conference attracted nearly 200 attendees who listened to presentations and joined workshops led by dozens of the island's government of Guam and military officials, educators, business leaders, and non-profit representatives. The group shared ideas about renewable and alternative energy sources that can sustain Guam and Micronesia through the 21st Century.

Capt. Peter Lynch, commanding officer of Naval Facilities Engineering Command Marianas, and Kevin Evans, Joint Region Marianas (JRM) energy manager, were presenters at the conference. Lynch said he supports accurate measurements of energy consumption combined with education initiatives and new technologies.

"Right now the Navy is focused primarily on conservation," Lynch said. "We're doing a lot of things that are focusing on reducing the total number of kilowatts that we're burning."

He said the Navy command is responsible for utilities at all Department of Defense (DoD) facilities on island. That represents about 21 percent of Guam Power Authority's (GPA) business, but Lynch estimated the figure can jump to 26 percent or more to accommodate the ongoing military buildup on Guam.

"We're extremely sensitive to that reality on Guam, which is unique to other DoD entities across the world," Lynch said. "Everything we do here is in collaboration

with GPA."

Evans said Joint Region Marianas is pushing hard to implement technologies for renewable energy goals, which are federally mandated. Evans explained that Department of the Navy (DoN) is targeting a 50 percent reduction in its petroleum use in its 50,000-strong commercial fleet by 2015. By 2020, DoN also should be producing at least half of its shore-based energy requirements from alternative sources.

"Is it environmentally smart?" Evans asked. "Absolutely. The more we can get our energy from sustainable resources, the less dependent we are on foreign oil."

NAVFAC Marianas and JRM have already installed solar powered hot water systems at Camp Covington and enlisted barracks at U.S. Naval Base Guam, as well as solar powered sidewalk lighting and parking lot lighting at Sierra Wharf, Polaris Point and other locations. The Navy is also conducting or has completed feasibility studies for wind generation, geothermal energy conversion and ocean thermal energy conversion.

Debra Rowe, president of U.S. Partnership for Education for Sustainable Development and plenary speaker at the conference, praised the military for helping to develop energy sustainability and management on Guam. Rowe encouraged local schools to learn from the military through partnerships.

"Continuously being at the table with the community, with a shared vision that's built by conversations over time, could not only create more sustainability here but also be a model for many other areas around the world," Rowe said.



Sharing: Capt. Peter Lynch, right, commanding officer of Naval Facilities Engineering Command Marianas, discusses Navy-related energy conservation solutions and projects during the University of Guam-hosted Conference on Island Sustainability at Guam Marriott Resort & Spa in Tumon, Guam, Sept. 2. The conference, which continued Sept. 3, drew nearly 200 business people, government of Guam officials, educators, and other participants to the presentations and workshops. (U.S. Navy photo by Jesse Leon Guerrero/Released)

To catch Guam's famous predator

By Mass Communication Specialist 2nd Class (SW)

Peter Lewis

Joint Region Edge Staff

If you live on Guam, you're probably familiar with the brown tree snake.

Nocturnal and arboreal by nature, the snake is common in areas throughout eastern Indonesia, the Solomon Islands, and northern Australia. The snake is typically 15 inches at birth. Most snakes are three to four feet when fully grown, but may reach up to 10 feet. The species has a rather large head compared to its slender body, and bulging yellow eyes with vertical black irises.

There are many different theories on how the snake wound up on Guam. According to Dan Vice, Guam U.S. Department of Agriculture's (USDA) assistant state director, "genetic evidence suggests that the snake was brought here from the Solomon Islands shortly after World War II, as a stowaway on cargo or military vessels."

Over the next three decades, the invasive species spread through Guam and eventually caused the ex-

tingtion of 10 of the island's 12 forest birds, half of its lizards and many bats.

"Conservation of native wildlife is of intrinsically high value," Vice said. "The snake's presence on the island has led to the extinction of two species and three sub-species of birds that were found nowhere else in the world."

Birds are critical within the ecosystem in order to promote pollination. They spread seeds around the forest and control the population of herbivorous insects. Because of the loss of Guam's native avian populace, in the future, plants may suffer from ineffective germination. In the distant future, due to a lack of seed scattering, the island could be changed from a diversified mixture of plant species, to clumps of trees of the same species separated by wide areas.

With no natural predators on the island, the rapid growth of the snake population has led to the decline of some native animal species, as well as problems for human residents.

According to the U.S. Geological Survey website, the snakes cause power outages once every three

days. The outages are caused when the snakes enter power transformers, looking for a warm place to rest, and short-circuit the electrical equipment, while also electrocuting themselves.

The website also said that "while most of these affect a limited area, some are widespread or islandwide blackouts. Everything from school lighting, computers used by retail outlets, traffic signals, to refrigeration of perishable goods are subject to these power interruptions. The costs due to direct damages and lost productivity are conservatively estimated at \$1 million to \$4 million each year."

The snake is mildly venomous and poses a potential health hazard for small children and infants. According to the Department of Defense website, one out of every 1,000 visits to the emergency room on Guam is due to snakebite. Envenomated children are monitored closely for signs of respiratory distress, neurological dysfunction and pronounced swelling in the vicinity of the bite.

According to the Global Invasive Species Database, in addition to the

effects of the brown snake's venom, there is also the danger of increased disease carried by insects that were previously kept in check by Guam's native lizards and birds. Examples of this include an outbreak of dengue fever carried by mosquitoes and a high rate of infant salmonellosis for several years.

The snakes' presence on island takes an obvious toll. Because of this fact, the government on island has taken steps and put programs in place to mitigate the damage done to the island and its residents.

"The USDA has two focuses when it comes to dealing with the snakes," Vice said. "We want to prevent the spread of the creatures, and we want to reduce damage to our natural and man-made resources on island."

Vice said that the USDA works extensively with the Department of Defense (DoD) and the Department of the Interior, to ensure that snakes do not leave the island aboard cargo vessels.

"It is important that we do not allow the snakes to get off the island and infect another ecosystem," he said. "To that end, we work tireless-

ly to ensure that all freight is checked extensively before it leaves the island."

The USDA and DoD also have programs in place to detect, trap and exterminate the snakes.

"We use detector dogs to find snakes in areas where they may not be easy to visually detect," Vice said. "We also trap the snakes, and use toxins to kill them."

Through the efforts of the various government programs, Vice said that approximately 10,000 snakes are caught each year

If you encounter a snake in your home, it can easily be disposed of. According to Vice, the snakes can be immobilized by dropping a large object on them.

"Drop a large book on top of the snake and it should be unable to escape," he said. "Then, if you are afraid of touching the snake, turn a pillowcase inside out and grab the snake. Then you can just take it outside or dispose of it appropriately."

For more information on the brown tree snake, contact Vice at 635-4400, or visit the Guam USDA website at <http://www.agriculture.guam.gov/>.

Where were you when the 9/11 attacks happened?

Joint Region Edge asked readers where they were when the Sept. 11, 2001, terrorist attacks on America occurred.



"I was stationed at Yokota Air Force Base, Japan, and I had just flipped on the news just after the first plane flew into the World Trade Center. I thought it might've been an accident, until I saw the second one crash, then the Pentagon. I remember picking up the phone to call my officer in charge, saying, 'Sir, I think we might have an issue.'"

— Chief Master Sgt. Joseph Howell
36th Contingency Response Group superintendent



"I was in my home economics class in high school. It was sort of unreal to me because I'm from a small town and it didn't have a personal affect on me. I was shocked though. Nowadays, we're kind of waiting for the next attack, but back then you never expected this sort of thing to happen."

— Senior Airman Wil Darling
36th Medical Group dental lab technician



"I was in medical school at the time. It was out in Loma Linda [University Medical Center] and I remember getting ready for school and I saw it. I was shocked. I was fearful, afraid, uncertain about the future, especially not only for me personally, but also for our country."

— Lt. Cmdr. Michael Mercado
U.S. Naval Hospital Guam



"I was walking out of my college chemistry class at University of Iowa. I was walking across the street when a friend of mine told me a plane crashed into the World Trade Center. I then ran to the student union, which usually isn't that crowded but was packed for some reason and watching with the other students as the second crashed. I guess that was an event that started a domino effect to join the Air Force."

— Capt. Josh Thrash
67th Expeditionary Fighter Squadron pilot from Kadena Air Force Base



"I woke up in the morning and saw it on the news. I was surprised, shocked that something had happened. I thought like most people did that it was just an accident, until you saw the second plane hit the tower. Then you realized at that point that it wasn't an accident. A friend of mine, his brother worked in the Pentagon. [His brother] was a Naval Academy grad and he died on the day the plane hit the Pentagon. Recently, I was over in Yap and I met a guy whose father was an admiral in the Navy and he was in the plane that hit the Pentagon."

— Cmdr. Bryce Gibb
Joint Region Marianas



"I was on the USS Constellation (CV 64). We were coming back from the Middle East. We were two days away from Hawaii when 9/11 hit. We had TVs everywhere and it was crazy. It was a shock, especially to the military who are out there serving our country. I thought, OK, all this training we get to use it now. The patriotism of America skyrocketed. America woke up at that point and realized we've got to start teaching our new generation about what it means to be an American citizen, what it means to serve your country, and what it means to have country pride."

— Master-at-Arms 2nd Class (SW/AW) Dave Boulton
U.S. Naval Base Guam

Carpenter: 8th AF proud part of Andersen's progress

Continued from Page 1

Not only is demonstrating airpower capability key to deterring potential adversaries to U.S. interests, but it's an essential component to maintaining peace and stability throughout the region and assuring U.S. allies of its commitment to that peace.

"It allows our allies in the Pacific to concentrate on their economy and helps them protect their economic prosperity, which is very important for regional security," Carpenter said.

Not only did Carpenter see firsthand how 8th AF's efforts to prepare its Airmen play out when they deploy here, but he was able to see how the 36th Wing supports the units entrusted to it. In recent years and continuing into the future, Andersen has cast an eye forward to

upgrade living and support facilities so the deployed units can focus on the mission first.

"I think it's really come a long way forward from when I first came out here in 1980," he said. "We used to bring our own support and just used this as a place to launch from. Now, you roll in on a great infrastructure that's been provided, great facilities, great support, and you become part of a fighting team instead of just being a deployed squadron. I'm impressed."

Carpenter says he's been really pleased to see how well the 36th Wing takes care of his Airmen makes them a part of the team while they are here, and sees strategic airpower on Guam as remaining critical for the foreseeable future, as it has been since World War II.

"I'm glad 8th Air Force has been a part of it," he said.



Arrival: Maj. Gen. Floyd Carpenter, Commander, 8th Air Force arrives on a B-52 Stratofortress to visit Airmen deployed to Andersen Air Force Base (AFB), Guam Aug. 29- Sep. 1. Carpenter flew more than 17 hours non-stop from Barksdale Air Force Base, La., to Andersen AFB for a site visit. During his visit, Carpenter got a first-hand look at what the deployed Airmen do daily to support the 36th Wing and the continuous bomber presence. (U.S. Air Force photo by Senior Airman Nichelle Anderson)

Bordallo: Learn from astronaut's life

Continued from Page 1

tended the ceremony.

Bordallo and Bushong encouraged students to learn about McCool's life and his achievements so that they might serve as motivation to achieve success.

"Education was obviously an important element to the commander's success — a key point I hope the students here today remember as they grow into productive adults," Bushong said. "I ask everyone here today to remember that Cmdr. McCool possessed core values of what the world's most powerful Navy stands for. He had honor, courage and commitment to serve our great nation and to literally reach for the stars."

McCool was captain of Space Shuttle Columbia on its final tragic flight. On Feb. 1, 2003, America watched in shock and horror as the shuttle, preparing to descend back to earth began to break into pieces. McCool and his six brave crew members never made it to their final destination.

The son of a Marine and Naval pilot stationed at Brewer Field, Naval Air Station Agana, Guam, McCool attended Dededo Middle School and John F. Kennedy High School where he excelled academically and athletically in long distance running.

After high school, he graduated from the U.S. Naval Academy at Annapolis, Md. and became a pilot with more than 2,800 hours flight experience in 24 different types of aircraft and more than 400 aircraft carrier landings.



Presentation: Guam Delegate Madeleine Bordallo speaks with students and faculty of Commander William C. McCool Elementary/Middle School during a presentation ceremony Sept. 3. Bordallo presented to the school a framed collage containing memorabilia and a picture of McCool holding a Guam flag that he carried on the last flight of the NASA Shuttle Columbia. He intended to present the flag to the community of Guam where he lived when he was a teenager. (U.S. Navy photo by Mass Communication Specialist 2nd Class Corwin Colbert)

Frank Cable chiefs clean historic submarine



Above: Chief petty officers and chief petty officer selects from the submarine tender USS Frank Cable (AS 40) perform preservation maintenance on Japanese navy submarine HA-51, a World War II Type C three-man midget submarine, at the T. Stell Newman Visitor Center Aug. 28. Cable is undergoing upgrades at Guam Shipyard for a conversion to the Military Sealift Command. (U.S. Navy photo by Chief Mass Communication Specialist Jennifer L. Walker)

Right: Chief petty officers and chief petty officer selects from the submarine tender USS Frank Cable (AS 40) perform preservation maintenance on Japanese navy submarine HA-51, a World War II Type C three-man midget submarine, at the T. Stell Newman Visitor Center Aug. 28. (U.S. Navy photo by Chief Mass Communication Specialist Jennifer L. Walker)



Crew chiefs critical to continuous bomber presence



Crew Chief: Staff Sgt. Jill McKenzie, Pennsylvania Air National Guard's 171st Air Refueling Wing (ARW) crew chief, readies to receive a KC-135 Stratotanker as it taxis in from the runway July 12. The 171st ARW replaced the Air Force Reserve Command's 459th Air Refueling Wing, from Andrews AFB, Md., July 1. Their mission is to provide ready air and space power to promote U.S. interest in the Asia Pacific Region during peacetime, through crisis and war. (U.S. Air Force photo by Airman 1st Class Anthony Jennings)

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

Providing a continuous bomber presence in the Pacific and getting America's most reliable bomber over a target begins with the Airmen on the ground.

The crew chiefs assigned to the 36th Expeditionary Aircraft Maintenance Squadron are deployed here from Minot Air Force Base, N.D. They ensure the B-52 Stratofortress is ready to strike where and when the combatant commander deems necessary.

"Our aircraft wouldn't fly without crew chiefs, period," said Staff Sgt. James Robinson, B-52 crew chief. "We're responsible for the overall condition of the aircraft. If there is anything wrong with the plane, we'll know about it and we're responsible for ensuring it gets fixed. We might not have a specialist's knowledge of a particular part of the aircraft, but we know who to call to get it repaired."

Having that ability and dedication to get the mission done wherever and however they have to are common traits among the B-52 maintainers, according to one of their soon-to-be NCOs.

Senior Airmen John Wilkinson, who recently got a line number for staff sergeant, said he couldn't imagine doing anything else because of the culture within the maintainer career field.

"Pretty much every day we pick up a hammer and get dirty," he said. "It's that hands-on kind of culture that keeps me engaged. You also have to have thick skin, because as

a crew chief, if the jets aren't flying on time, we're responsible for it and sometimes you might get yelled at. But it's important you don't take it personally and just get the job done."

This deployment to the Western Pacific isn't a first for most of the B-52 crew members, but Wilkinson said the weather here still takes some getting used to when compared to the climate of North Dakota.

"We're used to launching and receiving jets with our eyelashes frozen," Wilkinson said. "After a while you forget about the adverse weather and only focus on making sure your jet is in the air when it needs to be."

For more than 50 years, B-52 Stratofortresses have been the backbone of the manned strategic bomber force for the United States and will continue into the 21st century as an important element of our nation's defenses. Current engineering analyses show the B-52's life span to extend beyond the year 2040.

Working on one of the most reliable, and oldest, bombers in the Air Force inventory comes with unique challenges maintainers must overcome to get the aircraft off the runway.

"Anything could go wrong, from generators tripping off-line to bad engine readings, the list is endless," Wilkinson said. "We don't celebrate till the jet is off the ground. It could leave the chocks, it could taxi the runway, but when it's off the ground, that's when we're happy."

NWU mandatory wear date approaches

By Chief of Naval Personnel Public Affairs

With the mandatory wear date of Dec. 31 approaching, the chief of naval personnel (CNP) reminded commanding officers and Sailors in NAVADMIN 299/10 of the importance for all hands to maintain a full complement of Navy Working Uniforms (NWU) in their sea bags.

"The NWU facilitates Navy leadership's intent to standardize the professional appearance of Sailors when wearing a working uniform ashore," said CNP Vice Adm. Mark Ferguson.

Pointing to current NWU inventory levels showing Sailors own an average of 1.3 sets, Ferguson went on to explain that the fleet has not purchased enough uniforms to meet this goal.

Whether through initial gear issue at recruit training or the uniform allowances provided during the past two fiscal years, the vast majority of the fleet has received allowances to purchase and maintain four sets of the NWU by Dec. 31. Sailors who started recruit training between Oct. 1, 2007, and April 26, 2009, did not receive their full issue of uniforms or the allotted clothing replacement allowances, which means they will not be expected to meet the four uniform standard until June 30, 2013.

CNP is stressing the importance for leadership to re-engage with Sailors now to ensure they comply

with uniform requirements by the mandatory wear date. With the majority of Sailors having already received the required allowances or uniform issue, commanding officers should verify their personnel have all required uniform components in their sea bag. For commands with Sailors who fall within the previously mentioned timeframe, leadership will need to allow for a reduced number of uniforms.

A complete sea bag will include the following items:

- Four NWU blouses and trousers
- One pair of NWU boots
- Two eight-point utility caps
- Five pairs of blue, 100 percent cotton T-shirts
- Five pairs of boot socks
- One mock turtleneck sweater
- One fleece liner
- One Gore-Tex parka

Navy Exchanges have sales associates available to help with proper sizing and fit, as well as ample supplies of the NWU to meet demand. If a local exchange does not have a particular item, or if a Sailor is not stationed near an exchange, uniform items can be ordered by calling the Uniform Support Center's toll-free number, 1-800-368-4088, or by going to https://www.navy-nex.com/command/about_us/p-uniformsupport.html.

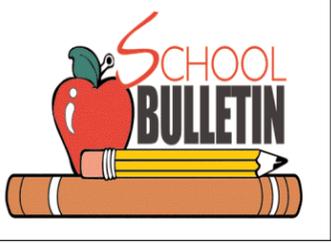
For more information on Navy uniforms visit <http://www.npc.navy.mil/CommandSupport/USNavyUniforms/>.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.

Chiefs conduct colors at USS Constitution



Evening Colors: Chief petty officer selects stand at attention waiting for evening colors at USS Constitution during Chief Heritage Week Aug. 23-Sept. 3. More than 300 first class petty officers selected to be promoted to chief petty officer, including Sailors from the Royal Navy, will live and train aboard USS Constitution, learning a variety of maritime traditions taught by Sailors assigned to Constitution. (U.S. Navy photo by Mass Communication Specialist 3rd Class Kathryn E. Macdonald)



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.

Bus Passes

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

Andersen Elementary School

GFS will be available to accept lunch account applications and payments daily from 8-10 a.m. Application forms are available in the school office.

Sept. 17 is a professional development day for teachers. There will be no classes for students that day.

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

Sept. 17 is a professional development day for teachers. There will be no classes for students that day.

Guam Navy Homeschool

Navy families who are interested in home schooling their children can e-mail Guam Navy Homeschool coordinator Christine Duplissey at christine_duplissey@yahoo.com or call 564-3360.

Andersen Homeschool

Andersen Air Force Base families who are home schooling their children can learn more about the group by visiting <http://groups.yahoo.com/group/AndersenHomeSchoolSupportGroup>. For more information, call Belinda Whittington at 653-4991.

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

Booster Club lifts GHS spirit

By Oyaol Ngirairikl

Joint Region Edge Staff

The Guam High School (GHS) Booster Club is gearing up to support students and teachers through another school year and is inviting parents to join.

"Our primary goal is noted in our name," Sue Martin, GHS Booster Club president said. "We are here to help boost school pride, boost the community's support of our school, our teachers and our students."

Martin said the organization, which was chartered three years ago, helps organize and raise funds for various school activities, including academic and sports awards banquets. Membership consists of parents and teachers.

"We've helped raise funds to send students off island for the Far East Tournaments and other academic or athletic programs," she said. "We've raised funds to help with homecoming festivities, prom, academic and athletic awards and trophies, and events like thank you lunches for our teachers and administrators."

The club is soliciting for more volunteers.

"It's amazing what we've done and I think we're hoping to continue the level of support, but if we

can get more parents to come out and support us, we'll be able to do more," Martin said.

Membership to the club is \$10 and applications are available at the school.

Parents like Wende Grant, a Navy spouse, joined the club Aug. 20.

"I like to be a part of the school wherever we're stationed," she said. "What I appreciate about our military community is you have so much support from the commands and even their leaders. And as a parent, I feel like I should be a part of that support structure."

Generally, parent involvement in student activities decreases as students get older. Educators and researchers have said, however, that like elementary and middle-school students, high-school students have better chances of completing high school when their parents are an active part of their education and school life.

Martin said the booster club encourages parents to give what time they can.

"We're not asking parents to come to school all day, or fundraise every week, or be at every event. We all have other responsibilities, whether we're juggling this with



Support: Sue Martin, right, Guam High School Booster Club president, passes out information to parents following freshman orientation at the school Aug. 20. The GHS Booster Club aims to support students and teachers through various fundraising and morale boosting activities. (U.S. Navy photo by Oyaol Ngirairikl)

work or with activities for other children and our spouses," she said. "How much time they provide is totally up to them, we're just glad for any help we can get."

Parents interested in signing up

can pick up membership applications at the school's front office. For more information about the GHS Booster Club and how to help boost Panther pride, e-mail www.ghs-booster@yahoo.com.

Learning roadmaps for enlisted Sailors



Guidance: Navy Counselor 1st Class (AW) Candice Abel, right, command career counselor at Submarine Squadron (CSS) 15, talks to Culinary Specialist 3rd Class (SS) Mason Stillwagon, of USS Houston (SSN 713) about learning and development roadmaps (LaDRs) in her office at CSS 15 Aug. 25. LaDRs are fleet-focused products that provide career guidance to Sailors along a learning and development continuum that is specific to each rating. This image has been altered for security purposes. (U.S. Navy photo by Oyaol Ngirairiki)

By Oyaol Ngirairiki

Joint Region Edge Staff

Enlisted Sailors have a comprehensive tool to help build a strong and purposeful Navy career using the learning and development roadmaps (LaDRs), which are now available for every rating.

"I received notice that a new NAVADMIN announced that the LaDRs are available to all rates," said Navy Counselor 1st Class (AW) Candice Abel, command career counselor at Submarine Squadron (COMSUBRON) 15. "Since then, I've been working with Sailors to help them figure out where they are and what they can do to advance their Navy career."

LaDRs are fleet-focused products that provide guidance to Sailors along a learning and development continuum that is specific to each rating, according to NAVADMIN 258/10, which was released Aug. 10.

"All the commands are required to ensure all of their enlisted Sailors know about the LaDRs, but I would also encourage Sailors to take the initiative and ask their chief or stop by their Navy counselor's office for more information," she said. "Their initiative will only help advance their career."

Sailors can access LaDRs through Navy Knowledge Online (NKO) at <https://www.nko.navy.mil/portal/home/>. After accessing the NKO homepage, they can select the "Career Management" tab and navigate along the blue side banner and select the LaDR hyperlink.

Culinary Specialist 3rd Class (SS) Mason Stillwagon, of USS Houston (SSN 713), learned about LaDRs during a recent visit with Abel.

"I think there's a lot of information in there and I'm definitely going to go in and use it to boost my career," said Stillwagon, who joined the Navy three years ago. "I wish this was available when I first joined. It basically

tells you everything you need to do and by when you need to do it so you can push your career forward."

All rating-specific LaDRs were developed by subject-matter experts at the Naval Education and Training Command (NETC) learning centers and include input from the enlisted community managers at the Bureau of Naval Personnel and have been validated by the fleet.

The LaDR for each rating is organized around significant career phases and enables targeted learning opportunities.

Each LaDR is also sequenced to meet growing and changing roles throughout a career. Sailors who are early in their Navy careers will find that LaDRs provide a solid technical and analytical foundation that will support tactical and operational competencies.

As a Sailor becomes more senior, learning and development provide an increased strategic perspective, and more effective management and business practices. Sailors using LaDRs can properly chart out Navy-valued professional career goals.

"Once you go online to the LaDRs and find your rate, you'll see it tells you what type of military education is required, what educational courses are recommended for your rate," Abel said. "And if you're thinking of re-enlisting, extending or separating, LaDRs even tells you what you need to do 15, 10, eight months out. I think it's a great career-management tool and it comes at a time when the Navy is really focusing on educating and really building up our Sailors to be the best they can be."

Additional information about LaDRs is detailed in NAVADMIN 258/10, available through the Naval Personnel Command website at <http://www.npc.navy.mil/ReferenceLibrary/Messages/>.

For more news from NETC, visit www.navy.mil/local/cnet/.

Chief Gadao, symbol of Chamorro strength

By Frank Whitman
Joint Region Edge Staff

Those passing through the village of Inarajan on Guam's south-east coast will likely notice the statue by the shore of the bay of the Chamorro chief paddling a canoe that has broken in half. The statue depicts Chief Gadao (GAH' dow), the legendary chief of Inarajan, about whose phenomenal strength and courage a number of stories are told.

The statue in Inarajan is a representation of one such story, which is written on a plaque at the base of the statue. According to legend, another chief renowned for his strength — Malaguana (mah lah GWAH' nyah) of Tumon village — heard about Gadao and decided to seek him out, challenge him to a fight and prove who was the strongest chief on Guam.

Malaguana went to Inarajan and found Gadao preparing fanihi (fuh NEE' hee), the Chamorro delicacy known elsewhere as fruit bat. Malaguana did not know Gadao and took him to be a common villager. Malaguana announced his intentions and told Gadao to take him to the chief.

Gadao said he would, but suggested that they eat first and asked Malaguana to bring a coconut, as



Legend: The statue of the legendary Chamorro Chief Gadao sits by the bay in the historic village of Inarajan Sept. 5. A plaque at the base of the statue tells the story about Gadao that resulted in his paddling a canoe broken in half as depicted by the statue. (U.S. Navy photo by Frank Whitman)

fanihi is best served in coconut milk.

Thinking to impress the man he still thought to be a villager, Malaguana shook a nearby coconut tree so violently that all the coconuts dropped to the ground, and he brought one to Gadao. Gadao then

nonchalantly pulverized the whole coconut with one hand. Assuming that in a village with such strong commoners the chief must be stronger still, Malaguana lost his enthusiasm for his challenge. He asked Gadao to take him back to Tumon

in his canoe. Gadao took him to his canoe and the two hopped in and began paddling.

However, each sought to head to Tumon by the route with which he was most familiar — Gadao around the island's southern tip and

Malaguana to the north. The two powerful chiefs were paddling so furiously in opposite directions, unaware of each other's efforts, that the canoe broke in half, and Malaguana is said to have been surprised that he was alone when he reached home.

Another story about Gadao involves a challenge laid out by the other chiefs of Guam. They agreed that Gadao would be the high chief of all Guam if he could swim around the island 50 times, crush a coconut with his bare hands and level Guam's highest mountain. He completed the three feats in seven days and nights, and one of the small islands off the coast of Piti is said to be a rock thrown by Gadao as he was completing the third task.

There is a cave near Inarajan called Gadao's Cave that contains ancient pictographs that some say were drawn by the chief himself.

Chief Gadao was indomitable and his name evokes images of superhuman strength and courage that — as is important in Chamorro culture — were used for the benefit of all. Gadao is never described as malevolent or domineering, and in at least one version, it is said that when he became the high chief of Guam, the people were at ease knowing that they were under his care.

'Survivor' cast visits service members on Guam

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

Joint Region Edge Staff

Airman Whitney Amstutz

36th Wing Public Affairs

Former television reality show cast members from several "Survivor" seasons visited service members on Guam during an Armed Forces Entertainment (AFE) tour Sept. 2-3.

Several cast members greeted fans and signed autographs at Top O' the Mar Sept. 2. Raeann Spicer, a Navy spouse, said her favorite season was "Survivor Micronesia." She said that though her daughter was too young to get excited about the show, she shared a special moment with a cast member from "Survivor, The Australian Outback."

"My daughter got along well with Tina Wesson," Spicer said. "They shared french fries and corn dogs together. These dinner shows are definitely great for the whole family."

On Sept. 3, the cast members touched down at Andersen Air Force Base (AFB) to sign autographs during the base's Labor Day celebration. Russell Swan, of "Samoa Survivor," said his tour on Guam was great and he enjoyed mingling with service members



Meet and Greet: Members of Team Andersen and their families came out in force to participate in the festivities at the annual Labor Day Bash Sept. 3 at Arc Light Memorial Park. There were a multitude of activities for patrons including horseback riding, bouncy castles and a signing by the cast of Survivor. Cast member, Big Tom, autographs one of the many "Survivor" posters given away at the bash. (U.S. Air Force photo by Airman Whitney Amstutz)

and their families.

"Guam is awesome. It reminds me of my season on Samoa. The weather is very similar and you are so close to the beautiful ocean. I'm just happy I can eat," Swan said. "It's good to see the family environment with service members and their families all together."

Swan shared one of his favorite moments from the television show.

"My best Survivor moment was when we were starving with no food for eight days," he recounted. "We had a challenge where the prize was a nice T-bone steak and we won! I don't usually like steak, but that was the best day of my life and the best steak I've ever tasted."

According to Charles McJohn, Navy Morale, Welfare and Recreation event coordinator, the cast was given a historical tour of Guam and visited the flight line on Andersen AFB. He said this was one of many successful AFE events.

"I was a little taken aback at how popular 'Survivor' was. Some fans were excited and knew the cast members storylines," he said. "This was a great example of celebrities you might meet on the mainland and would not have a chance on Guam. Hopefully we gave service members and their families who participated something to remember while they are here on Guam."

FREE

Bundles for Babies
Bundles for Babies Sept. 10, 8:30 a.m. in the Airman and Family Readiness Center classroom. For more information, call 366-8136.

Playstation 3 Tournament
Playstation 3 Tournament "Need for Speed-Prostreet" Sept. 10, 7 p.m. in the Hotspot. For more information, call 366-2339.

Free Movie
Free Movie Night at Arc Park Sept. 11, 7 p.m. featuring the G-rated animated film "Tinker Bell and the Great Fairy Rescue." Just bring your blanket or lawn chairs and enjoy a movie under the stars. Movie will be shown, weather permitting. 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. at 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.

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

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.



Andersen Library
Children ages 5-17 can visit Andersen Library Tuesdays through Thursdays, 5- 8 p.m. to enjoy playing video games from our collection of Xbox, Wii or Playstation 3 games. Sponsors must provide written permission to allow minor dependents in-house use of games and gaming equipment and accessories. For more information, call 366-4291

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.

UNDER \$10
We Will Never Forget 5K U.S. Naval Base Guam Sumay Cove Marina, Sept. 11, 5 p.m. show, 5:30 p.m. go. T-Shirts on sale for \$8 when

you preregister and \$10 day of race. Run is free and you can register at Charles King Gym or online at www.mwrguam.com. For more information, call 564-1824.

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.

Hike
Mt. Lamlam 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.

\$10 AND UP
Super Senior Golf Special Palm Tree Golf Course every Tuesday in September. Seniors ages 50 and over will get 50-percent off cart rental fee. For more information, call 366-4653.

Owl Paper Gift Bags Class
Arts and Crafts Center Sept. 11, 10-11 am. \$10 fee. For more information, call 366-4248.

Basic Matting Class
Arts and Crafts Center Sept. 11, 10:30 a.m.-noon and 2-3:30 p.m. \$20 fee. For more information, call 366-4248.

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.



FRIDAY, SEPT. 10

7 p.m.: Cats & Dogs: The Revenge of Kitty Galore • PG

SATURDAY, SEPT. 11

2 p.m.: Cats & Dogs: The Revenge of Kitty Galore • PG
7 p.m.: Charlie St. Cloud • PG-13

SUNDAY, SEPT. 12

7 p.m.: Charlie St. Cloud • PG-13

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. 10

7 p.m.: Cats & Dogs: The Revenge of Kitty Galore • PG
9:30 p.m.: The Twilight Saga: Eclipse • PG-13

SATURDAY, SEPT. 11

1 p.m.: Despicable Me • PG
3:30 p.m.: Salt • PG-13
7 p.m.: Charlie St. Cloud • PG-13

SUNDAY, SEPT. 12

1 p.m.: Ramona and Beezus • G
3:30 p.m.: Dinner for Schmucks • PG-13
7 p.m.: Predators • R

The schedule is subject to change due to circumstances beyond the theater's control. **The Big Screen Theater hotline is 564-1831 or visit mwrguam.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

Understanding our self-worth

By Capt. Mario Catungal

Andersen Air Force Base

You might say to yourself: "I cook and clean, wash dishes and clothes, and find the dust bunnies in the corner of the room that no one else notices. I change the sheets and fluff the pillows. Doing so much for so little recognition would make it easy for me to feel that somehow I don't matter, that my worth to this world is hardly useful beyond the confines of my own home. If I die tomorrow, the world as a whole would not change. I could sit for hours commiserating about my own self-worth, feeling as though I have nothing to offer."

The good news is that we all have a choice. We have a choice to understand our self-worth and to

feel good about the things that make us unique and make us who we are.

There is an old expression that says "No one can make you feel worthless without your approval."

This is perhaps the most selfless expression that describes the individual power of each person. To understand our self-worth we must first realize that it is not measured by anything external.

It doesn't matter how much money we make or how we look. It doesn't matter what kind of car we drive or how successful our kids or family are. Self-worth is not about anything other than the inner you that you know.

Many people that I know spend hours in putting themselves down. They feel bad because they are overweight or because they don't

have enough money. They live in a world that somehow perpetuates their low self-esteem. I think they grow accustomed to feeling this way. By always focusing on their lowered self-worth, they ensure that no one ever places expectations on them that they find difficult to live up to. It enables them to remain unmotivated and unchallenged. It is as if they are victims of their own low self-esteem.

Being overweight, poor, unattractive, and unmotivated (or any negative quality) does not mean that one's life is not worth something. We must be able to find and feel gratitude for what we are equipped with. When we realize the importance of every breath we take, we can decide each day that we are worthy of this day of life.

Along the road of life, many people unintentionally change our perception of our self-worth. Sometimes a stranger, teacher, relative, friends or even parents can use words that scar or damage our self-

worth. The older we get the more important it is to understand our self-worth and realize that no one can take it away from us without our permission. As adults, we have already begun to form the self-worth of the next generation.

I have learned in life that often the thankless and silent tasks we do are done in order to make ourselves feel complete. All of us are creatures who can change at will. We are not butterflies that have to wait and live in cocoons before we can unfold and bloom.

As we seek to understand just how much we have to offer in life, through our presence, we can begin to thoroughly understand our self-worth.

With each morning, we can understand our own self-worth and make it a day to remember. We have everything we need to be happy. True happiness and self-worth starts within. We can choose to have self-worth. Then we can begin to see the worthiness of others.



Still Moments



Partnership: Military Sealift Fleet Support Command, Ship Support Unit (MSFSC SSU) Guam recently announced its selection of its first student hire in partnership with the Career Placement Office of the University of Guam (UOG) Aug. 25 at the UOG Jesus and Eugenia Leon Guerrero College of Business and Public Administration. The hire was made under the Student Temporary Employment Program (STEP) and assignment is with the SSU Guam N10 Contracting Department. Pictured from left are Cmdr. Norm Maple, commanding officer MSFSC SSU Guam; Patrick Dimla, supervisory contract specialist, MSFSC SSU Guam; David Robins, the new student hire; Robert Underwood, president, UOG; Leah Beth Naholowaa, UOG career placement officer and Norma Pillman, administrative officer, MSFSC SSU Guam. (Photo courtesy of the University of Guam)

Airmen up the ante with combat Aikido

By Airman Whitney Amstutz
36th Wing Public Affairs

Whether you are a member of the 36th Comptroller Squadron, the 554th Red Horse Squadron or the 36th Force Support Squadron, being able to defend yourself efficiently and effectively is vital to the success of the Air Force mission.

Army Reserve Sgt. 1st Class Thomas M. Tomasiak, a member of the Guam Police Department for more than 20 years, has taken it upon himself to empower service members through the Japanese martial art of Aikido. Tomasiak teaches Aikido Tuesdays and Thursdays each week at the HotSpot gymnasium on Andersen Air Force Base.

"I read an ad in the Joint Region Edge newspaper about a need for qualified instructors," Tomasiak said. "I called right away. I thought it would be a great experience to teach others an art I have been involved in for so long."

Tomasiak has been a martial arts enthusiast since childhood.

"I began practicing martial arts in '86 when I was 8-years-old," he said. "I have experience in Karate, Kendo and Judo as well as Aikido."

Aikido, which is directly translated as harmony, energy and the way, was developed as a means of self-defense.

"Aikido is unique in the sense that it is not meant to cause harm,"

Tomasiak said. "We use it to defend ourselves and at the same time, we prevent our attacker from being seriously injured."

This is accomplished by redirecting the assailant's momentum instead of trying to stop it altogether.

"Aikido uses your opponent's force by turning it in another direction," Tomasiak said. "The force that is intended to do you harm is ultimately used to submit your opponent."

Having the ability to fend off attackers at a moment's notice is an invaluable skill in today's military climate. The possibility of hostile situations is a reality that service members face on a daily basis on U.S. soil

and in deployed locations.

"In my combat Aikido class, I apply tactical applications to Martial Arts," Tomasiak said. "Aikido blends to make urban and battle combat function together. It works in the field environment, or if you run into trouble while walking down the street. Everyone can use this training and I highly recommend it."

Tech. Sgt. Justin Carlton, 736th Security Forces Squadron unit deployment manager, enrolled in the classes to build on his extensive combat experience.

"I have always been interested in martial arts and combatives," Carlton said. "I started Krav Manga,

which is Israeli hand-to-hand combat, and when my instructor was unable to finish the class Sgt. Tomasiak suggested I enroll in his law enforcement Aikido class."

Having the capability to subdue an attacker is a valuable skill and can be advantageous to anyone. It is the responsibility of service members to support and defend, and that responsibility extends to individual safety.

"I have been in security forces for 14 and a half years and I believe I must defend myself so I can defend others," Carlton said.

For more information or to sign up for combat Aikido, contact HotSpot at 366-2339.



Aikido: Members of the Andersen Combat Aikido class practice self defense at the HotSpot gym Aug. 31. Aikido is a Japanese Martial Art used to direct the momentum of an assailant against them. (U.S. Air Force photo by Airman Whitney Amstutz)

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.

Jazz and Ballet

A new Jazz and Ballet session is scheduled for Sept. 6-Nov. 20. The class is for beginners that focuses on the basics needed to participate in future classes at higher levels. Ages 3 & up are welcomed. Lesson days and times vary based on age. The cost is \$140 per session, or \$40 per month, with a discount for additional siblings. For more information, call 564-1844/5.

Aikido

A new Aikido session is scheduled for Sept. 1-Dec. 11, every Wednesday 3:30-4:30 p.m., Friday 6:15-7:15 p.m., and Saturday 9:30-10:30 a.m. Cost is \$60 per month (discount for additional siblings) and a \$30 uniform fee. It is open registration at the Child Development Center for ages 6 months and up. For more information, call 564-1844/5.

Gymnastics

A new Gymnastics session is scheduled for Sept. 6-Dec. 10. This is an opportunity for kids of all ages to improve their strength and flexibility. Classes range from Mommy and Me to Cheer and Tumbling. There is also a Boy's Gymnastics class that focuses on skills and apparatuses specifically for males. Ages are from 3 and up. Lessons days and times vary based on age. Cost is \$140 per session, or \$40 per month, with a discount for additional siblings. For more information, call 564-1844/5.

Ultimate Frisbee

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

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.

Paintball

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

Aikido Classes

The HotSpot is now offering two types of aikido classes. One is a traditional (hombu) aikido class for all levels. Classes will be held Monday and Wednesday, 5:30-6:30 p.m. for authorized patrons, ages 8-12, and 6:30-8 p.m. for adults. The other class is for law enforcement/combat aikido and is for adults only. This class will be held Tuesday and Thursday 6-7:30 p.m. All classes are \$60 per month per student. Sign up at the HotSpot. For more information, call 366-2339.

Tumbling

Tumbling for Tots, an interactive play program for kids and parents, is now available at the HotSpot Gym. Hours of operation are Monday-Friday, 9 a.m.-noon and closed holidays and down days (schedule subject to change due to base exercises, official unit functions, etc...). This is a self-directed activity. For more information, call 366-2339.

Zumba Classes

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