

# JOINT REGION EDGE

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## November is Military Family Month

### American Forces Press Service

President Barack Obama has signed a proclamation designating November as Military Family Month.

Here is the text of the president's proclamation:

We owe each day of security and freedom that we enjoy to the members of our Armed Forces and their families. Behind our brave service men and women, there are family members and loved ones who share in their sacrifice and provide unending support.

During Military Family Month, we celebrate the exceptional contributions of our military families, and we reaffirm our commitments to these selfless individuals who exemplify the highest principles of our nation.

Across America, military families inspire us all with their courage, strength and deep devotion to our country. They endure the challenges of multiple deployments and moves; spend holidays and life milestones apart; juggle everyday tasks while a

spouse, parent, son or daughter is in harm's way; and honor the service of their loved ones and the memory of those lost.

Just as we hold a sacred trust to the extraordinary Americans willing to lay down their lives to protect us all, we also have a national commitment to support and engage our military families. They are proud to serve our country; yet, they face unique challenges because of that service.

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Family: Chief Aviation Survival Equipmentman (EXW/AW/FJP) Michael Jones has his anchors pinned on by his daughter, during a ceremony at the Big Screen Theater on U.S. Naval Base Guam, Sept. 16. President Barack Obama has designated November as Military Family Month in recognition of the contributions military families make to the nation's freedom. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)



## Everyday heroes: Eagle Eyes helps fight terrorism

**Vigilant Observers Wanted**

**U.S. AIR FORCE**  
**EagleEyes**  
WATCH.REPORT.PROTECT.

**To report any suspicious activity call the 24 hour hotline at 366-2910**

By Airman Whitney Amstutz  
36th Wing Public Affairs

With the threat of terrorism still ringing hard in the ears of Americans, every citizen, military or civilian, has the opportunity to take action in the ongoing war on terrorism.

The Eagle Eyes program is an Air Force anti-terrorism initiative that enlists the eyes and ears of Department of Defense (DoD) members and citizens in the war on terror. Eagle Eyes teaches people about the typical activities terrorists engage in to plan their attacks. Armed with this information, anyone can recognize elements of potential terror planning when they see it.

"Eagle Eyes is a global neighborhood watch program," said Special

Agent Patrick Morgan, Air Force Office of Special Investigations (OSI), Det. 602. "We ask that service members, their families and local citizens stay alert and keep their eyes open for suspicious activity."

No matter how well trained and vigilant our law enforcement and counterterrorism personnel are, they simply cannot be everywhere at all times. Each member of Team Andersen, as well as those of our neighbors in the local community, plays a crucial role in the prevention of terrorism.

"It is a force-multiplier," said Patrick Glasscock, 36th Wing Antiterrorism Office. "It helps the trained professionals, local and federal law enforcement agencies, draw on the military and civilian

communities to assist in the war on terror. By being aware of suspicious activity and alerting the proper authorities to investigate, we're making it difficult for terrorists to attack on and off base."

OSI has compiled a list of seven observable activities commonly linked to terrorist planning: surveillance, elicitation, tests of security, acquiring supplies, suspicious persons out of place, conducting a dry run and deploying assets.

"When you see any of the seven signs, it is important to notify leadership, OSI or contact the Law Enforcement desk right away," Morgan said. "It is better to report activity that turns out to be nothing, than not

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# SECNAV releases Veterans Day message

## Special from the Secretary of the Navy

Secretary of the Navy Ray Mabus released the following Veterans Day message to the fleet Nov. 8:

On Nov. 11 each year, the United States formally honors the service and sacrifice of more than 20 million living American veterans through their service, as well as all the men and women who have guaranteed our freedom and kept America secure against those who would harm us throughout the years.

Our veterans represent the best of America. Coming from every background and every walk of life,

they represent the rich tapestry of our nation and the multitude of cultures that make the United States unique upon the earth.

On Veterans Day, we have an opportunity to thank them, to thank every Marine, Sailor, Soldier, Airman and Coast Guardsman who has ever worn the uniform for what they have done, and to thank those of you still in uniform for what you continue to do for the United States every day.

Thank you for your service, Godspeed.

For more news from the Secretary of the Navy, visit [www.navy.mil/secnav/](http://www.navy.mil/secnav/).



SECNAV: Secretary of the Navy (SECNAV) the Honorable Ray Mabus greets Marines assigned to the U.S. Embassy in London Oct. 26. (U.S. Navy photo by Mass Communication Specialist 2nd Class Kevin S. O'Brien)

# CE trapping feral animals for public safety

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

Feral animals present more than just a danger to the local ecosystem; they could potentially come into conflict with humans.

The 36th Civil Engineer Squadron (CES) has set traps across Andersen Air Force Base to prevent such cases from happening.

"Capturing feral animals adds to the overall safety on Andersen," said Staff Sgt. Zachariah Bingham, 36th CES. "It also prevents the spread of diseases, harm to humans, especially children, and harm to other domestic animals. Like any animal, feral or domestic, they may become aggressive when confined, which is

why the base populace should refrain from tampering with or releasing the animals themselves."

The trap's front door is held open by a spring which releases and closes when an animal is inside and steps on the trigger plate. The traps have proven to be the preferred method to capture the animals.

"Using the traps versus other methods is the safest and most humane way of capturing feral animals," said Master Sgt. Carey Jordan, 36 CES. "The Entomology Shop closes the traps on weekends and holidays to prevent animals from being confined for long periods of time. Animals are provided with a 24-hour supply of food and water."

"After the animal has been

captured, it's taken to Guam Animals In Need," Jordan said. "Base personnel should call the numbers located on the side of the traps to report any trapped animals."

It is important the Andersen community understand the repercussions of tampering with the traps, or attempting to free the feral animals.

Recovering: "Sandy" lies in the kennel after a successful operation at the Veterinary Clinic at Andersen Air Force Base Sept. 30. Sandy, the well known base wanderer and morale booster was caught by the 36th Civil Engineer Squadron after being cut out of a snare trap. (U.S. Air Force photo by Senior Airman Nichelle Anderson)



## Holiday Mailing Dates 2010

(For Planned Delivery by Christmas Day)

For mail to U.S. addresses from Guam and to Guam (APO/FPO Zip Codes 962-966) from elsewhere in the U.S.:

### Mail Class:

Parcel Post	Nov. 12
Space Available Mail	Nov. 26
Parcel Airlift	Dec. 3
Priority Mail	Dec. 10
First Class Mail letters and cards	Dec. 10
Express Mail	Dec. 18

Source: Naval Supply Systems Command

# NCTS leadership: Sailor has bright future

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

Joint Region Edge Staff

Information Systems Technician 2nd Class (SW) Jeffrey Burdick, of Naval Computer and Telecommunications Station (NCTS) Guam, joined the Navy to experience a new lifestyle, job and opportunities.

Burdick has served the country for 11 years and said he enjoys working at NCTS Guam on a professional and personal level.

"I have three Navy enlisted classifications for my job as an information technician and have accumulated over 56 credits toward a college degree in information systems management," Burdick said. "I also have over 100 hours of community service while I've been here on Guam."

Burdick's job at NCTS involves customer service and communications. Information systems technicians operate and maintain the Navy's global satellite telecommunications systems, mainframe computers, local and wide area networks, and micro-computer systems used in the fleet.

Administrative support is also provided

with the operation of automated equipment that keeps records of personnel training, disbursement, health, assignments and promotions within the Navy. They ensure the all-important communications link between units at sea and stations ashore.

The NCTS second quarter Junior Sailor of the Quarter said his role models include his father because he is a hard worker, and his mentor, NCTS Command Master Chief (SW/AW) Steven Dupree.

"My role models have helped me strive to go the extra mile to achieve goals that I'm setting," Burdick said.

Chief Information Systems Technician (SW/AW) LeRoy Wallace, Burdick's leading chief petty officer, said Burdick is "unflinchingly" dedicated to his duty.

"Petty Officer Burdick can always be counted on to make our division and our command as a whole shine," Wallace said. "On more than one occasion, he has proven the hero on short-fused VIP trouble tickets; however, he doesn't stop at work-related contributions. He has consistently made sure NCTS Guam was well represented on numerous volunteer efforts for the military as well as the local populace."

Wallace said Burdick has a bright military career ahead of him.

"He has never shied away from the hard and challenging jobs," Wallace said. "I look forward to seeing him with a first class insignia on in the very near future."



Top Performer: Information Systems Technician 2nd Class (SW) Jeffrey Burdick, of Naval Computer and Telecommunications Station (NCTS) Guam, synchronizes a phone for customer use Nov. 2. Burdick is NCTS' top performer whose duties include operating and maintaining the Navy's global satellite telecommunications systems, mainframe computers, local and wide area networks, and micro-computer systems used in the fleet. (U.S. Navy photo by Mass Communication Specialist (SW) Corwin Colbert)

# 36th CS Sgt. Leblanc named Andersen's Best



Andersen's Best: Master Sgt. Scott Leblanc, center, 36th Contracting Squadron (CS), poses with other members of the 36 CS after being named Andersen's Best at Andersen Air Force Base Nov. 1. "It was an easy selection for us," said Senior Master Sgt. Steven Zellers, 36 CS superintendent. "He was our quarterly winner for the third quarter and is our go-to guy when it comes to contracting. He is by far our most experienced Airman and was instrumental while leading the execution of the 36 Wing's \$124 million annual requirements, \$58 million of which was spent in the final 45 days of the fiscal year with zero dollars lost." Outside of his excellent workplace performance, Sergeant Leblanc is also being recognized for actions he took when "he was first on the scene when a fellow Airman in his apartment complex was brutally attacked. His quick reaction and the first aid steps he applied, without a doubt, saved this Airman's life." To nominate your Airman for Andersen's Best, e-mail their accomplishments to [ebone.garden@andersen.af.mil](mailto:ebone.garden@andersen.af.mil). (U.S. Air Force photo by Airman 1st Class Jeffrey Schultze)

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# Team Andersen Airmen: Fit to fight

By Airman Whitney Amstutz  
36th Wing Public Affairs

Temporary muscle failure: the physical incapability of lifting a limb to the fully contracted position for a period of time. It is a concept more Team Andersen Airmen are becoming familiar with as they push their bodies to the limit in pursuit of physical excellence.

In years past, Airmen were required to accumulate a score of 75 points or higher in four areas on the physical training (PT) test: aerobic endurance, body composition, push-ups and sit-ups.

However, to guarantee a fit-to-fight force, the standard was amended and the ante was upped July 1.

Under the current standard, Airmen must perform in the same four categories, but are obligated to achieve the minimum score in each area in order to make the grade. For many, shining the light on physical training put the importance of maintaining personal health and fitness in sharp perspective.

"Though we have seen a spike in the amount of failures, we have seen an equally impressive spike in the number of Airmen scoring in the ex-

cellent category," said Tech. Sgt. Maxwell Pontenila, 36th Force Support Squadron fitness assessment coordinator. "It is apparent that the change has made people take their training more seriously."

After the intensified standard set in and the dust settled, many Andersen Airmen developed a positive attitude toward the enhanced PT test, taking into account the advantages of digging deep to personify 'excellence in all we do.'

"I feel pretty good about the new standard," said Senior Airman Britney Hammergren, Andersen Command

Post emergency actions controller. "I like that you have to meet all four components of the test. It shows that the Air Force is staying current and cutting edge in all aspects of physical fitness."

With the aid of determination and will power, Hammergren dropped 30 pounds over the course of six months while deployed to Kuwait.

"Since I was on an exempt status throughout my deployment I knew I would be due for a PT test when I returned to station," Hammergren said. "I hit the gym and worked on the elliptical in addition to regular running,

abdominal workouts and even some weight training. Now I am in the best shape of my life and I feel really great."

The goal and purpose of the Air Force PT test is to ensure the safety of Airmen in the field. A fit, ready-to-fight force translates to lives saved in-theater. It is the responsibility of all Airmen to have the physical capability to be a wingman, leader and warrior on and off duty.

"Airmen owe it to each other," Pontenila said. "The difference between the old test and the new test can be the difference between a life saved and a life lost."

# Star Trek and the Great American Smokeout

By Luis Martinez

Health Promotion/Wellness Section,  
U.S. Naval Hospital Guam

Back in the 1960s when the original "Star Trek" series was on TV there was an episode in which the Enterprise was sent to a planet to investigate why its inhabitants aged so slowly it seemed they could live forever. It was hoped if the Enterprise's crew could figure out the "secret" of the planet, that knowledge might be used to extend the lifespan of everyone in the galactic federation.

Unfortunately, Kirk, Spock, and Bones eventually discovered whatever

was extending life worked only for people who were on the planet; there was no way to extend the lifespan of anyone who left the planet or lived anywhere else. As the show concluded, Bones said to Kirk something like "Jim, don't feel too bad, there really isn't a secret to long life. Heck, if we could just get people to eat better and exercise more, we'd have a lot more people living longer."

Well, Bones was right, but he was not completely right. What he should have said was "If we could just get more people to stop using tobacco, eat better and exercise more, we'd have a lot more people

living longer."

Remember, the original Star Trek aired in the late 1960s, only a few years after the devastating effects of tobacco use started to become known. The "common knowledge" of the 1960s did not include what we now know, i.e. tobacco use is strongly associated with more days of sickness; increased chances for heart attacks, strokes, cancer, bronchitis, dental problems; and ultimately higher death rates than in non-tobacco users. In simple terms, we now know what Bones did not mention: tobacco use is the largest cause of preventable premature death in the world.

So, seriously consider the Great American Smoke-out, which occurs Thursday Nov. 18. It's a day when tobacco users are asked to consider quitting for just one day in the hope that if they can make it through that day; maybe they can continue to stay tobacco free for longer — maybe forever. U.S. Naval Hospital Guam wants to help tobacco users make this effort: we provide over-the-phone help, tobacco cessation classes, individual counseling, and presentations to commands and other organizations.

Taking the Great American Smoke-out challenge (or helping a friend to do so) is about as close as

we can realistically get to life on the planet encountered by the Enterprise. That's because for those who quit: lung functioning increases up to 30 percent within three months or less; a decrease in fatigue occurs within one to nine months; excess risk of coronary heart disease drops by half within a year; stroke risk reduces to that of a non-smoker within five to 15 years; lung cancer death rates drop by half 10 years later, and the risk of coronary heart disease becomes that of a non-smoker in 15 years.

For assistance, call 344-9124, so that you or a loved one can live long and prosper.

## 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 Facilities Engineering Command Marianas

Tractor Operator, Closes Nov. 15  
Welder, Closes Nov. 15

### Naval Support Activity Andersen, Guam (Andersen Air Force Base)

Recreation Specialist (Youth Activities), Closes Nov. 14

### Employment Opportunities

Looking for a part time job? 36th Force

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

### Operation Santa Sleigh

USCGC Sequoia (WLB 215) is collecting donations for communities in Micronesia prior to Christmas. Donations can be clothes, shoes, toys, tools, school supplies, household items, kitchenware, working electronics, and sports equipment. No food donations. Deadline is Nov. 23. Items can be dropped at the cutter located at Victor Wharf on U.S. Naval Base Guam. For more information, contact Lt. Cmdr. Matthew Salas at 355-4885.

### Top O' the Mar Renovation

The Top O' the Mar main dining room will be closed for renovations through Dec. 2. The Conference Room and Catering Office will stay open for normal business hours during the renovation. For more information, call 472-4606/7.

### Thanksgiving to Go

Top of the Rock and Top o' the Mar are taking orders for Thanksgiving dinners to go - a complete, fully cooked meal that you pick up the day before Thanksgiving. Just pop it in the oven to warm it up Thanksgiving Day. You can order turkey, ham, mashed potatoes and gravy and all the other fixings. At Top of the Rock, orders can be placed now through Nov. 19, and can

be picked up Nov. 24 between 1:30 and 5 p.m. To place your order, call 366-6166. At Top O' the Mar, orders and payments can be placed now through Nov. 17, and can be picked up Nov. 24 between 11 a.m. and 4 p.m. To place your order, call 472-4606/7.

U.S. Naval Base Guam Bus Shuttle  
Four busses have shuttle routes around U.S. Naval Base Guam and to Polaris Point and Naval Munitions Command. There will be no charge. The service is available to military ID and CAC holders. The bus schedule is as follows:

- Seven days a week, 8 a.m.-4 p.m.
- Monday-Friday, 6-8 a.m., 4-6 p.m.

# Andersen AFB hosts Korean Air Force cadets



Commander: Brig. Gen. John Doucette, 36th Wing commander, speaks to Republic of Korea Air Force (ROKAF) Academy cadets about the mission of Andersen Air Force Base (AFB) Nov. 4. The cadets spent their first day at U.S. Naval Base Guam. During their visit to Andersen AFB the ROKAF cadets viewed a static display of a U.S. Air Force B-52 Stratofortress aircraft and the RQ-4 Global Hawk. The purpose of the visit was to promote and strengthen the close ties between the allied nations. (U.S. Air Force photo by Senior Airman Nichelle Anderson)



Global Hawk: A U.S. Air Force lieutenant colonel from the 9th Operations Group, Det. 3, speaks to more than 60 Republic of Korea Air Force Academy cadets and 18 officers about the RQ-4 Global Hawk aircraft and its unique mission at Andersen Air Force Base (AFB) during a tour Nov. 4. The purpose of the group's visit to Andersen AFB and U.S. Naval Base Guam was to promote and strengthen the close ties between the allied nations. (U.S. Air Force photo by Senior Airman Nichelle Anderson)

# Education program changes help Sailors achieve goals

By Susan Lawson

Center for Personal and Professional Development Public Affairs

Changes made to the Navy's Voluntary Education (VOLED) program this year are designed to first prepare the Sailor for the job and then focus on the pursuit of academic goals.

A significant change included the stand up of the Virtual Education Center (VEC) where Sailors can receive counseling and information around the globe.

Details on these updates are available in the Navy Administration messages (NAVADMINs) 105/10 released in March 2010 and 245/10, released in July 2010.

"It's important for our Sailors to understand the Navy's focus on

voluntary education," said Capt. Chuck Hollingsworth, Center for Personal and Professional Development (CPPD) commanding officer. "Our goal is not to simply 'enroll more Sailors,' but to enroll Sailors who are postured for success in the pursuit of a degree."

CPPD, part of the Naval Education and Training Command domain, manages the execution of the Navy's VOLED programs.

"We work closely with Sailors to ensure they maximize their education benefits by providing them with education planning and counseling prior to their use of tuition assistance (TA)," Hollingsworth said. "This pre-planning and counseling gives Sailors time to acclimate to their work in the Navy, and also allows them time to develop foundational

education skills that will help ensure their future academic successes."

According to Hollingsworth, NAVADMIN 105/10 is the most significant VOLED policy change in the past 12 months, and has been met with broad approval, especially within the ranks of senior enlisted leadership. NAVADMIN 105/10 requires new accessions, both officer and enlisted, to serve one year at their first permanent duty station before applying for TA. It further requires all Sailors to have an education plan on file with Navy College before TA will be authorized.

"The Navy's VOLED policies serve to get the right Sailor, the right degree, at the right time," Hollingsworth said. "The first 12 months at the first permanent duty station is a crucial period of

'Sailorization,' when Sailors should concentrate on learning their Navy job and establish themselves as a valued asset to their command.

"The education plan requires Sailors to think about their education goals. This thought process serves to reduce the number of individuals who take courses arbitrarily, without a focus toward long-term education goals. We want Sailors to succeed in their careers and in their academics, which is why we provide them with comprehensive education planning and support services," Hollingsworth said.

The TA program provides active-duty personnel funding for tuition costs for courses taken in an off-duty status at a college, university or vocational/technical institution.

Navy TA pays tuition and fees charged by educational institutions

for course enrollments up-front for Sailors. Under the program, TA pays 100 percent of tuition costs for courses applicable to the completion of a high school diploma or equivalency certificate.

For other education levels, there is a fiscal year credit limit of 16 semester hours, or 24 quarter hours, per individual. Payment for tuition and fees cannot exceed \$250 per semester hour or \$166.67 per quarter hour.

For more information on Navy College opportunities, visit <https://www.navycollege.navy.mil/>.

For more information about CPPD visit <https://www.netc.navy.mil/centers/cppd/>.

For more news from Center for Personal and Professional Development, visit [www.navy.mil/local/voledpa/](http://www.navy.mil/local/voledpa/).

# American Recycles Day – I recycle, do you?

By Russell Grossley  
36th Civil Engineer Squadron

Nov. 15 is America Recycles Day, a special day set aside to encourage Americans to recycle and buy recycled products.

More than a celebration, America Recycles Day is the only nationally recognized day dedicated to the promotion of recycling programs in the United States. One day to inform and educate, one day to make recycling bigger and better, 365 days a year.

First celebrated in 1997, the number of participants in America Recycles Day has grown each year as communities and individuals renew their commitment to preserving our planet's resources.

Recycling has been around for many years and has proven to be an easy and effective way to manage waste. According to [www.americarecyclesday.org](http://www.americarecyclesday.org), the average American generates about seven and

## America Recycles Day Tips

Commit to recycle and buy recycled products both at home and at work or school.

Learn what materials you can recycle in your community and do your best to recycle all you can.

When shopping, purchase products that are packaged in materials you can recycle locally.

Read product labels. At your local grocery, department store or home improvement

center, look for products with recycled content, and buy some. Look for "safe bets" that always have recycled content: steel, aluminum, glass or molded paper pulp containers, like egg cartons.

Ask your local retailer to stock more products with recycled content, or write the manufacturer of your favorite products asking them to use recycled materials.

Organize an event such as a display of recycled content

products at your school, office, store or church, or a tour of a facility that manufactures recycled-content products.

Learn more about how recycling helps preserve resources, protects the environment and benefits the economy, then teach some kids about the importance of recycling and buying recycled products.

Don't forget waste reduction is important too. Look for ways to avoid making garbage — try composting.

a half pounds of waste each day — nearly one and a half tons a year. Recycling plastic, metal, glass and paper not only significantly reduces the amount of material sent to incinerators and landfills, it also goes into making many new products.

Most of us are used to seeing paper and cardboard made from recycled paper, but did you know that the soda bottle you recycled a couple of months ago may be in that new park bench down by the commissary? The more people recycle, the

more material is available for products we all use every day.

So how does this help the environment? In addition to not going into landfills, using recycled material means that manufacturers have to take fewer raw materials

from the environment. This saves a lot of energy and helps preserve natural habitats.

Here at Team Andersen we are committed to preserving the environment through, in part, offering comprehensive recycling services. We currently recycle cardboard, aluminum cans, glass and plastics. We've also established partnering efforts with our Navy counterparts. This will help increase our volume and provide a more viable market for our recycling commodities.

The Air Force is dedicated to protecting and respecting the natural resources of our country and our world. As part of our continued environmental stewardship, an initiative to reduce solid waste, we encourage all our active duty members, civilian employees and their family members to support us Nov. 15 by renewing your commitment to recycling.

For more information, contact the 36 CES at 366-2557.

# Safe start to FY11, TRiPS helps travelers avoid risk

By April Phillips  
Navy Safety Center Public Affairs

After completing fiscal year (FY) 2010 with record low numbers of fatalities and Class A mishaps in many categories, the Navy enjoyed a solid start to FY11 in October and November 2010.

"Clearly, personal accountability is a big reason the mishap numbers are improving," said Rear Adm. Arthur J. Johnson, commander, Naval Safety Center. "Whether it's the risk of driving while fatigued, riding a motorcycle too fast or overextending themselves during off-

duty activities, Sailors realize that they have choices, and they are choosing to manage those risks. They are accountable to themselves and their shipmates, and they're making decisions that lead to success."

For the entire Navy, there has been one fatality in FY11. A Sailor lost his life in a physical training-related incident in late October 2010. This time last year, the navy had endured three on-duty fatalities, five personal motor vehicle fatalities and one off-duty recreation fatality.

Johnson noted the positive trend, but said this is no time to get

complacent.

"FY11 is off to a great start in terms of mishaps and injuries. As we move forward into the holiday season, leadership engagement will continue to be very important. Find out what your Sailors are planning and help them be successful," Johnson said.

With the approaching holidays there is the potential for increased mishaps, when Sailors are more likely to travel long distances to visit family members and friends. There are tools available to reduce these risks, such as the Travel Risk Planning System (TRiPS). TRiPS is

an online risk survey accessed through Navy Knowledge Online. More than 200,000 TRiPS surveys have been completed to date, and there hasn't been a single fatality for any Sailor traveling on an approved assessment.

TRiPS also enables personal counseling, by sending the survey to the Sailor's direct supervisor. That way, the two can discuss the planned travel and work together to make adjustments that will make the drive safer. These adjustments include allowing the Sailor to leave work a little early to get started on the drive during daylight hours.

Managing risk appropriately is the best way to eliminate preventable mishaps, said Johnson. He also believes that Sailors across the fleet deserve credit for the steps they've taken to make the Navy a safer place. He said these improving trends are more than just a statistic.

"It's not just a number when we talk about reducing fatalities and injuries," Johnson said. "We are enhancing our mission readiness."

For more information about safety statistics and risk management, visit [www.safetycenter.navy.mil](http://www.safetycenter.navy.mil).

For more news from Naval Safety Center, visit [www.navy.mil/local/nsc/](http://www.navy.mil/local/nsc/).

# Health Care: Benefit, individual responsibility

By Capt. Damian Pardue

36th Medical Group

Did you know that more than 2,100 appointments were lost at the 36th Medical Group (MDG) over the past year because of patient no-shows?

A missed appointment without prior notifications cost the military approximately \$100 in lost opportunity, meaning that more than \$210,000 was wasted in the past year alone.

Additionally, patients who fail to attend a scheduled appointment have prevented other patients from being scheduled into that same slot, increasing their wait for an appointment.

Such delays may adversely affect patient health and often increase frustration. We need your help. If you can't keep your appointment, please cancel it so someone else can use it.

To help decrease our no-show problem, an appointment reminder system is being utilized that calls the

patient one to two days prior to an appointment. Each patient household will receive a recorded message, identifying the patient by birth month and year, as well as the appointment date and time. At that time, the patient is also given the option to cancel the appointment freeing a bookable appointment for someone else.

To make this work the sponsor and family member's telephone numbers are pulled from the Defense Enrollment

Eligibility Reporting System (DEERS), so it's critical that we have a current phone number in the system. This is why you are asked to validate your information when you make an appointment.

The 36th MDG continues to explore options to improve access to health care for all beneficiaries, but we need your help.

If you realize you cannot make an appointment, please call (671) 366-WELL (9355) as soon as possible.

Cancellations are required to be made at least three hours prior to Family Medicine, Flight Medicine and Pediatric appointments and 24 hours prior to Mental Health, Optometry, Physical Therapy and Women's Health appointments.

The 36th MDG appreciates your partnership in helping us meet the goal of maximizing appointment availability while offering world-class health care to all of our beneficiaries.

# USAJOBS to be single source for AF job seekers

By Daniel P. Elkins

Air Force Personnel, Services and Manpower Public Affairs

Current civilian employees will have a single source to apply for vacant Air Force positions beginning Nov. 15 when they join other job seekers already using USAJOBS.

Air Force civilian personnel officials announced the decision in October that almost all hiring will be accomplished through USAJOBS following a seven-month pilot program using a resume-based system to fill vacant positions at 16 locations across the service.

Previously, Air Force civilian employees were referred to vacant positions based on skill codes while external candidates were referred based on resumes.

"We are leveling the field for both

employees and selecting supervisors," said Michelle LoweSolis, the director of civilian force integration at the Air Force Personnel Center. "The change creates a standardized, resume-based application process for all applicants ensuring they are rated against the same criteria and a single referral list will be provided to selecting officials."

To help Air Force civilian employees make the transition, Airmen and Family Readiness Centers are assisting with resume writing. A proper resume should describe all work experience and the dates accomplished.

Employees may contact their local Airmen and Family Readiness Center for more information on one-on-one consultations, resume writing workshops or answering general questions.

The change also includes a reduction in the number of days from 45 to 30 in which hiring managers must make a selection. This, along with other efforts, is aimed at meeting an 80-day hiring process initiative directed by the president earlier this year.

Air Force internal and external employees can search for vacancies through [www.usajobs.gov](http://www.usajobs.gov). They can also learn more about civilian career opportunities at [www.afcivilian-careers.com](http://www.afcivilian-careers.com).

Officials said the new staffing solution will require Air Force employees new to USAJOBS to create an account, accessible by computer or smart phone 24 hours a day. Each account can store up to five different resumes that allow employees to clearly identify and highlight their skills and abilities when seeking future career opportunities. From

the account, applicants can track when the application is received, when it is assessed for qualifications, if it is referred to a selecting official, and if selected for the position.

Job announcements available to current Air Force civilian candidates will include the "Current Permanent Air Force Employee" eligibility statement on jobs advertised in USAJOBS. Applicants should identify themselves as current Air Force employees in the assessment questionnaire included in the vacancy announcement.

Twelve Air Force locations will not be transitioning to the new recruitment process at this time and will continue advertising their internal vacancies on the AFPC secure employment website. Those bases include Arnold Air Force Base

(AFB), Tenn.; Brooks City Base, Texas; Edwards AFB, Calif.; Eglin AFB, Fla.; Hanscom AFB, Mass.; Hill AFB, Utah; Hurlburt Field, Fla.; Kirtland AFB, N.M.; Luke AFB, Ariz.; Robins AFB, Ga.; Tinker AFB, Okla.; and Wright-Patterson AFB, Ohio. Officials will inform Air Force employees as these bases transition to the new system.

The transition to USAJOBS applies only to civilian employees paid out of the federal appropriated fund budget. It does not impact the more than 25,000 Air Force non-appropriated fund (NAF) employees who are paid by money generated by NAF activities, such as Air Force clubs and golf courses.

For more information current Air Force employees may call the Total Force Service Center at (800) 525-0102 or DSN 665-5000.

# Navigating a single-lane roundabout safely

## MOTORISTS

- ① **Approach:**  
Slow down to the posted speed. Yield to pedestrians in the crosswalk; they have the right-of-way.
- ② **Enter:**  
Yield to vehicles in the roundabout. Wait for a gap in traffic, and merge into traffic in the roundabout in a counterclockwise direction.
- ③ **Proceed:**  
Continue through the roundabout until you reach your street. Never stop in the roundabout.
- ④ **Exit:**  
Signal, then exit the roundabout to your right. Yield to pedestrians in the crosswalk.

Approaching vehicles must yield to pedestrians in the crosswalk and to traffic in the roundabout.

## CYCLISTS

Generally, cyclists should walk their bicycles across the pedestrian crosswalk.

Experienced cyclists may navigate roundabouts like motorists. Do not hug the curb. Ride in the middle of the lane to prevent vehicles from passing you. Yield to pedestrians in crosswalks.

Please note that these roundabout diagrams are examples only and do not represent all roundabout designs.



## PEDESTRIANS

- ① **Approach:**  
At the pedestrian crosswalk, look LEFT.
- ② **Cross:**  
Cross to the raised or painted splitter or refuge. Look RIGHT. Finish crossing to the opposite sidewalk.

Never walk through a roundabout or cross the center island.

- A Splitter or Refuge
- B Crosswalk
- C Center Island

**KEY**

= Pedestrian Crosswalk Sign      = Yield Sign

Exit Lane    Entry Lane

# Save energy when you're not there

By Derek Briggs

U.S. Naval Base Guam Energy Manager

We have all been told or told our own kids to turn the light off when we leave the room. It just makes sense to turn things off when we are not using them. That makes sense at home and at work, too.

When you go home, turn off the

monitor and speakers on your computer. We still have to keep our computers on at work so that OneNet can do its maintenance, but not the speakers and monitor.

Raise the setting on the thermostat. Your space will get

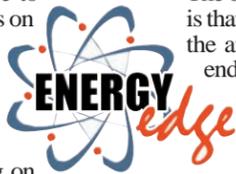
warmer but no one is there to notice. The beauty of a set-back thermostat is that it can be programmed to raise the air conditioner set point at the end of the day and lower it before you come back in the morning.

Some buildings have new controls installed that do this now. Are the lights on in the conference room all day? Even when no

one is there? Just flip that switch next time you see it. Remember to do so when you leave a store room or a mechanical room. Some of these rooms could use an occupancy monitor. Ask your building manager to put in a work request. Look around to see how many offices and other rooms would benefit.

At the end of the month, all of

your energy use shows up on the meter. The energy you use when you are there as well as what is used when you are not there. If your porch light is still on after you go to bed you are still using energy to no real benefit. Unless you expect someone in the middle of the night, turn it off. Remember, the best time to save energy is when you are not there.



# BASH is for the birds: metal and living

By Airman 1st Class Anthony Jennings

36th Wing Public Affairs

Andersen Air Force Base (AFB) has seen more than 20 bird strikes to aircraft this fiscal year. Of those 20, only two were damaging, but all strikes have the possibility of being damaging, or even catastrophic.

The Bird/Wildlife Aircraft Strike Hazard (BASH) program focuses on the preservation of war-fighting capabilities through the reduction of wildlife hazards to aircraft operations, saving the Air Force money, time and possibly personnel life.

"We're basically trying to reduce the potential of birds, bats, and even land animals from hitting an aircraft," said Lt. Col. Mark Mongillo, chief, 36th Wing Safety. "Most birds fly between surface and 3,000 feet. Where does that put it? It puts it right where an aircraft is taking off and landing."

There are several methods the BASH program uses to reduce bird

and other wildlife strike hazards. One is the disruption of the birds and wildlife on the ground using noisemakers such as vehicles, air horns and non-lethal bird scare cartridges. The second method is depredation, but only as a last resort if other methods prove ineffective.

"Depredation cannot be used on all birds or wildlife, since several species are protected or endangered," said Tech. Sgt. Byron Gwyn, 36th Wing Safety. "Being able to identify the different species is key since the same methods are not effective on all."

Andersen AFB was recently provided funding to purchase 30 low-pressure gas cannons. These cannons can automatically produce harmless thunderclap bangs at irregular intervals during a short period of time.

"This technique has been an effective means of dispersing bird and wildlife pests at other Department of Defense installations," Gwyn said. "The cannons alone will not solve the BASH strikes. It will still take



**Bird Damage:** This photo shows the damage sustained by a T-1 aircraft after a black vulture strike at Randolph Air Force Base, Texas. The Bird/Wildlife Aircraft Strike Hazard program, or BASH, focuses on the preservation of war-fighting capabilities through the reduction of wildlife hazards to aircraft operations, saving the Air Force money, time, and possibly personnel life. (Photo courtesy of U.S. Air Force)

manpower from many base agencies to be an effective BASH program."

The BASH team here is about 20 personnel from the Wing Safety Of-

fice and Airfield Management. The base Volunteer Conservation Officers have also given their time to assist in making the airfield a safe

environment.

Training required to be on the BASH team consists of appointment by the 36th Wing Safety Office, Combat Arms Training and Maintenance using 870 shotguns, airfield drivers license and a local BASH computer-based training. The hunters safety course is highly encouraged as well.

The Air Force BASH Team manages the largest bird strike database in the world. Statistics on bird or wildlife strikes can be found at their website: <http://www.afsc.af.mil/organizations/bash/index.asp>

"The Air Force also developed a Bird Avoidance Model using Geographic Information System technology as a key tool for analysis and correlation of bird habitat, migration, and breeding characteristics, combined with key environmental and man-made geospatial data," Gwyn said.

Whether it's saving the Air Force money, or a bird's life, BASH is a crucial element to airfield operations and keeps the skies safe for all.

# Remember to thank military families

By Command Master Chief (AW/SW)  
Paul Kingsbury  
Joint Region Marianas

I wanted to take some time to acknowledge all of our families during the month of November, which has been designated as Military Family Appreciation Month.

This is a special time of year that starts the holiday season and as we all reflect on time with and away from our loved ones I want to pass on a heartfelt thanks to our families who provide us the outstanding support we need to do the mission.

Our country's military is experiencing very high operational tempos and there are currently hundreds of thousands of Sailors, Airman, Soldiers and Marines deployed in every area around the globe conducting both war and peacetime missions.

I know that being a military family means huge sacrifice, but I want each of you to know that your military member and their leadership fully appreciate the dedication you provide to keeping our families grounded while we are deployed. For those of you in uniform, make sure you take some time this month to say thanks to your support network at home.



Family Support: Rear Adm. Paul Bushong, Commander, Joint Region Marianas, right, and Capt. Richard Wood, commanding officer, U.S. Naval Base Guam, left, with Guam-based ombudsmen during an appreciation luncheon at the Top O' the Mar on Nimitz Hill Sept. 17. The event recognized ombudsmen on Guam for their service to families. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

## Thank You: Honor families for service, support

Continued from Page 1

My administration has taken important steps to help them shoulder their sacrifice, and we are working to ensure they have the resources to care for themselves and the tools to reach their dreams. We are working to improve family resilience, enhance the educational experience of military children, and ensure military spouses have employment and advancement opportunities, despite the relocations and deployment cycles of military life. Our historic investment to build a 21st-century Department of

Veterans Affairs is helping to provide our veterans with the benefits and care they have earned.

We are also standing with our service members and their families as they transition back into civilian life, providing counseling as well as job training and placement. And, through the Post-9/11 GI Bill, our veterans and their families can pursue the dream of higher education.

However, government can only do so much. While only a fraction of Americans are in military families, all of us share in the responsibility of caring for our military families and

veterans, and all sectors of our society are better off when we reach out and work together to support these patriots.

By offering job opportunities and workplace flexibility, businesses and companies can benefit from the unparalleled dedication and skills of a service member or military spouse. Through coordination with local community groups, individuals and organizations can ensure our military families have the help they need and deserve when a loved one is deployed. Even the smallest actions by neighbors and friends send a large

message of profound gratitude to the families who risk everything to see us safe and free.

As America asks ever more of military families, they have a right to expect more of us — it is our national challenge and moral obligation to uphold that promise. If we hold ourselves to the same high standard of excellence our military families live by every day, we will realize the vision of an America that supports and engages these heroes now and for decades to come.

Now, therefore, I, Barack Obama, President of the United States of

America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim November 2010 as Military Family Month. I call on all Americans to honor military families through private actions and public service for the tremendous contributions they make in support of our service members and our Nation.

In witness whereof, I have hereunto set my hand this 29th day of October, in the year of our Lord 2010, and of the Independence of the United States of America the 235th.

Barack Obama

## Eagle Eyes: Force multiplier to help prevent tragedy

Continued from Page 1

report it and hope for the best. We encourage everyone to call in and up-channel the information regard-

less of the outcome.”

Service members, dependents and local community members have the ability to impact the lives of countless Americans through the

Eagle Eyes program. Few initiatives provide participants the chance to become heroes and touch the lives of individuals around the world.

“In the wake of tragedy we are al-

ways filled with regret,” Morgan said. “We think about what could have been done to prevent it; that’s why this program is in place, so we can save lives and avoid wonder-

ing what could have been done.” To report any suspicious activity, contact the OSI office at 366-2987 or the Law Enforcement desk at 366-2910.

# Coast Guard cutter keeps waterways safe

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

Joint Region Edge Staff

USCGC Sequoia (WLB 215) is an active duty, Juniper class, United States Coast Guard (USCG) buoy tender. After its initial launch from the Marinette Marine Corp. Shipyard in Marinette, Wis., in August 2003, Sequoia was delivered to the USCG in April 2004. After her commissioning, the original crew of Sequoia undertook a 13,000-mile trip to her current homeport of Apra Harbor, Guam, on board U.S. Naval Base Guam.

"Our primary missions here in Guam and the local area include aiding navigation, tending buoys, law enforcement, conducting search-and-rescue missions, enforcing fishery laws, and humanitarian efforts" said Lt. j.g. Matthew Weibel, Sequoia's operations officer. "We operate in the waters surrounding Guam, Saipan, Tinian and several other local islands."

According to Weibel, 50 to 60 percent of Sequoia's operational hours are spent enforcing fishery agreements between Guam, her neighboring islands and other involved countries.

"We do a lot of work with the Western and Central Pacific Fisheries Council, helping to make sure pacts and laws aren't ignored," Weibel said. "We make sure that ships fish in the areas they are permitted to, that fishermen are not using illegal



Coast Guard: USCGC Sequoia (WLB 215) sits in her homeport of Apra Harbor, on board U.S. Naval Base Guam, during a maintenance period, Nov. 8. The cutter spends 50 to 60 percent of its operational hours helping to regulate fishery laws throughout the western and central Pacific. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

methods to catch fish and that they only catch the types of fish they are permitted to, that only ships allowed in the Exclusive Economic Zone are in the Exclusive Economic Zone, and that all applicable regulations are enforced."

Weibel said that the crew of Sequoia wants to ensure that the waters of the western and central Pacific are used properly and lawfully to maximize the benefit for all affected nations and islands in the area.

"The area of the Pacific that Sequoia patrols is rich in fish and natural beauty," he said. "The crew [of Sequoia] will continue to do our part to ensure that people follow the laws in place when operating on the waters we patrol."

Damage Controlman 3rd Class David Booth said that assignment to Sequoia has allowed him to take on additional responsibility and expand his skill set.

"With around 50 Coast Guardsmen on the ship, being on Sequoia is a chance to really

challenge yourself and see just what you can step up and do. At my last command, USCGC Mellon out of Seattle, we pretty much did law enforcement. Here on Guam, we get to travel to other islands to help with the fisheries, as well as doing a lot of work with aids and navigation," Booth said. "Plus, I get to do a lot of welding to hone my skills on the ship, as well as with any damaged buoys we may service. This command really allows me, as a junior crew member, to take on more responsibility, put my best foot forward, and improve myself."

Booth added that being stationed far away from the mainland has provided its own special benefits.

"Most Coast Guardsmen are stationed in the mainland. Coming to Guam provided a unique overseas opportunity that not many people in the USCG will be able to experience," he said. "It's great to be able to travel to the other islands and see such a unique part of the world while also doing my job to keep a crucial industry safe."

Sequoia will soon be getting underway for Operation Santa Sleigh, in conjunction with other missions. The cutter will be delivering donations to a Micronesian community. Anyone interested in donating household goods, clothes, school supplies, gardening tools, etc., may drop the items off at the cutter at Victor Wharf Pier Three prior to Nov. 23.

For more information on USCGC Sequoia, visit the command's homepage at <http://www.uscg.mil/d14/cgcsequoia/>.

# Admiral, Mrs. Mullen speak on vets' challenges

By Lisa Daniel

American Forces Press Service

With Veterans Day around the corner, Joint Chiefs of Staff Chairman Navy Adm. Mike Mullen and his wife, Deborah, sat down with reporters recently to raise visibility on issues important to military families and veterans.

The Mullens' interviews Nov. 3 with the Pentagon Channel and other news broadcasters were the latest in the couple's frequent discussions about how to prevent or fix some of the most challenging problems for service members, veterans and their families: mental health issues, reintegration into civilian life, unemployment and homelessness.

"This is an extraordinary group of young people fighting these wars," the chairman said. "Their lives, by and large, have changed forever. They look forward to closing this chapter of their lives and moving forward."

Today's young veterans "have enormous potential," he said, adding that they want to go to college, get jobs and raise families.

Adm. Mullen has made the post-military life of Iraq and Afghanistan war veterans a focus of his tenure as chairman, conducting a "Conversations with the Country" tour to speak to government and business leaders about helping young veterans reintegrate to civilian life. He added that he recently set up a team at the Pentagon to help with the civilian reintegration effort.

"There's a sea of goodwill out there from people willing to help," Adm. Mullen said. "The challenge is in coordinating between them and us."

The chairman also encouraged new and longstanding veterans to network for better reintegration, saying there is "an instant understanding" among veterans of all wars of each others' issues.

"Everybody who has served is very proud of their service, no matter when they served," said Adm. Mullen, a Vietnam War veteran.

Deborah Mullen, who frequently travels to speak along with her husband to service members and their families, said issues such as unemployment are important to military spouses, too. About three-

fourths of military spouses either are working or seeking employment, she said, adding that they have excellent work characteristics.

"They're enormously flexible, they have great strength and they're used to change," she said. "They have extraordinary characteristics that are useful to almost any company."

The Mullens also spoke about mental health problems, suicides and homelessness among military families and veterans.

The admiral noted that the biggest change in treatment has been the increasing willingness of service members to seek help. Outreach efforts by leaders have made headway against the stigma attached to seeking mental health care in the military culture, he said, but "we're not there yet" in making the perceived stigma a thing of the past.

Military officials now deploy mental-health professionals to the war theaters, mandate "time outs" for service members who have been near explosions, and add mental-health workers as they become

available, Adm. Mullen said, adding that more still needs to be done.

"Often, the symptoms, if you don't do anything about them, won't manifest for several years, then they are harder to treat," Adm. Mullen said. "I urge people to lead well in this area."

Meanwhile, suicides have become "almost epidemic," the chairman said, adding that the problem isn't well addressed across the nation at large.

"I worry that we are at the tip of the iceberg here" with service member suicides, he said, noting that because many suicides are not tied to combat deployments, the causes are difficult to discern.

The Mullens urged people to intervene if they think someone they know may be suicidal. A change in behavior, risky behavior, drug and alcohol abuse, and suicides among loved ones all are risk indicators, Deborah Mullen said.

Through publicity about suicides family members are beginning to understand "that they don't have to guess about whether someone might be suicidal," Deborah Mullen said."

She urged people to call 1-800-273-TALK (8255) if they need help.

Regarding homelessness, a growing problem particularly for young female veterans, Deborah Mullen said the issue begins in the military. A significant number of homeless female veterans experienced sexual trauma in the military, she explained, which can lead to post-traumatic stress.

Also, many women don't even think of themselves as veterans after they leave the military, and communities often don't look at them that way, making them less likely to use veterans' benefits to seek the help they need, Deborah Mullen said.

Female veterans have a higher divorce rate and lower civilian pay rate than their male counterparts, and one-fourth of female homeless veterans have children in their custody, Deborah Mullen said. The trajectory of such women after leaving service too often is "couch surfing, or sleeping in their cars," then into homeless shelters, she said.

"We need to be focused on this in the military," she said.

# Officials stand up cyberspace defense operations career field 15

By Master Sgt. Raheem Moore  
Secretary of the Air Force Public Affairs

Air Force officials added a new enlisted career field for cyberspace defense operators Nov. 1.

The new specialty code (AFSC), 1B4X1, is a retrain-in only specialty focused on computer network operations. The initial 1B4X1 cadre will comprise Airmen who are retraining from intelligence and cyberspace support specialties.

“The 1B4X1 cadre will solidify and strengthen our ability to establish, control, defend and leverage cyberspace,” said Lt. Gen. William T. Lord, the chief of warfighting integration and chief information officer. Their expertise is vital to achieving information dominance in the cyber domain.”

Air Force officials are investing in its cyberspace professionals, cultivating career fields that are trained

and equipped as robustly as air and space forces, and this restructuring helps with that process.

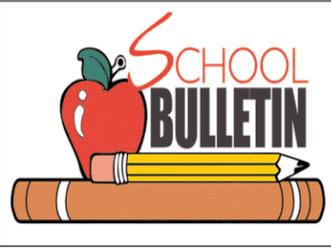
“Individuals were identified by their major commands based on current or past duties, special experience identifiers and training courses they attended such as undergraduate network warfare training,” said Senior Master Sgt. Williamenia Shaw, the cyberspace assistant career field manager.

The first enlisted course of undergraduate cyberspace training (UCT) starts in January 2011 at Keesler Air Force Base, Miss., and will comprise 12 students retraining into the 1B4X1 career field. Fifty Airmen per year are scheduled to attend UCT in fiscal 2011 and 2012.

The officer cyberspace defense operator AFSC stood up in May and the first class of 16 officers will graduate from officer UCT in December.

Airmen in the 1B4X1 career field will also have the opportunity to attend professional continuing education for cyberspace. Officials will release guidance shortly on how Airmen can cross-train into the 1B4X1 AFSC.

Major command officials will have to complete the identification and conversion process of enlisted members to the 1B4X1 career field by Nov. 30.



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

### Department of Defense Education Activity (DoDEA)

School board meetings are held the second Tuesday of every month at 6 p.m. Next meeting is: Dec. 14 at Cmdr. William C. McCool Elementary/Middle School

No school for Thanksgiving Nov. 25-26.

### Andersen Elementary School

The PTO office is located in Room C-1 in the pre-K building and is open Monday-Friday from 8 a.m.-12 p.m. Parents are encouraged to visit and see how they can help. For more information, e-mail [andersen\\_aespto@yahoo.com](mailto:andersen_aespto@yahoo.com).

### Andersen Middle School

Parent-teacher conferences Nov. 17-19, dismissal at 10:45 a.m. No lunch will be served.

### Guam High School

Japanese Song Festival Nov. 13 from 10:30 a.m.-1:30 p.m. at Agana Shopping Center

Far East Jazz Band Concert Nov. 18 from 7-8 p.m. at Hyatt Regency Guam.

Parent-Teacher conference Nov. 19 from 10 a.m.-6 p.m. No school.

### McCool Elementary/Middle School

Student Council Fall Dance Nov. 12 from 3-6 p.m. in the school cafeteria.

Parent-teacher conferences Nov. 17-19, dismissal at 11:20 a.m. No lunch will be served. No school for pre-kindergarten students on those days.

### 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

# Panthers take the stage in Cinderella

By Anna-Victoria Crisostomo  
Joint Region Edge Staff

It's "lights, camera, action" for five students from Guam High School (GHS). The Panthers have been cast in the Guam Department of Education Gifted and Talented Education (GATE) program's production of Rodgers and Hammerstein's "Cinderella" that kicked off Nov. 4 with a last show Nov. 13 at the GATE Theater in Tiyan.

Three of the Panthers have been cast as chorus members in the production. The remaining two take the stage as the fairy godmother and Cinderella herself.

The cast and crew have been preparing for opening night since August, according to Anne Gorby, co-director and GATE theater arts teacher. In rehearsals, students took time to learn music, block scenes, practice choreography, and memorize and prepare delivery of lines.

Gorby said she had full confidence in the cast and expressed her joy with the work she does.

"It's always the most wonderful thing in the world to work with students," Gorby said. "I mean, we love working with high school kids. We love it. We absolutely adore it."

GHS sophomore Reanne Acasio dons the glass slipper as Cinderella in the musical. No stranger to the stage, this is Reanne's ninth production.

"I love music; I love acting; I love stories and it just all comes together," she said. "It just fits into my personality and that's why I really love the



Theater: Five students from Guam High School wait for rehearsal to begin Nov. 3 in Tiyan. They are part of the cast for the Guam Department of Education Gifted and Talented Education (GATE) program's rendition of Rodgers and Hammerstein's "Cinderella," which kicked off Nov. 4 and ends Nov. 13 at the GATE Theater. The Panthers have landed roles in the show's chorus and lead roles of the fairy godmother and Cinderella. (U.S. Navy photo by Anna-Victoria Crisostomo)

performing arts."

Reanne said she enjoys her role because she shares similar personality traits with her character. Reanne said that while the Cinderella character is mistreated by others in the play, she enjoys the chance to interact with her cast mates in ways that she would not normally.

"That's the fun part," Reanne said, "I really like to role play and go along with it because you don't really get to do that a lot [in real life]."

While making a career out of acting is a dream of hers, Reanne has plans to join the Air Force and become

a pediatrician.

GHS senior Brooke Baxter plays the fairy godmother. Prior to arriving on Guam, Brooke was involved with theater in her home state of Virginia. A tip from a friend of her father's led her to audition for "Hairspray," her first GATE production. "Cinderella" will be Brooke's fifth on-stage appearance.

Having previously been cast as Cinderella in her home state, Brooke is excited to take the stage in this new role.

"[The fairy godmother is] really fun. I get to dress up and I have crazy eyelashes and sparkles and this crazy

costume," Brooke said. "It's really fun to see the show through a different personality."

With just one semester left in her high school career, Brooke plans to go to college and major in musical theater and ultimately achieve a master's degree in fine arts.

GHS sophomores Mendrix Galvez, Natasha Francisco and Jared Roberts are members of the production's chorus.

"I'm really excited," Mendrix said prior to opening night. "I'm pumped. I'm just ready to get out there."

While the Panthers said it can be challenging to manage rehearsals on top of their school and personal schedules, they enjoy being busy and acting with GATE.

"The whole excitement of the bustling and trying to get yourselves ready, I kind of like that feeling," Natasha said. "That's probably my favorite part of it all."

All of the students were excited for opening night and agreed that "Cinderella's" magic will make it enjoyable for audiences of all ages.

"It's a beautiful set," Brooke said. "There's a real carriage that rolls across [the stage]. I think it'll really reach out to the little kids, even teenagers or adults. Everybody loves a fairytale."

GATE's production of Rodgers and Hammerstein's "Cinderella" will start at 7:30 p.m. with doors to open at 7 p.m. Price for admission is \$10. For more information about the show or to get involved with GATE productions, call 475-0598/52.

# SNN brings latest to fellow Seahawks

By Frank Whitman

Joint Region Edge Staff

"Hafa adai, Seahawks," said anchorwoman Mari Spurgess as she began her Oct. 29 morning closed circuit TV broadcast to the students of Cmdr. William C. McCool Elementary/Middle School on U.S. Naval Base Guam.

The live broadcast, which is produced by a team of eight eighth-grade students in the school's video production class, begins with the Pledge of Allegiance and includes the school's daily announcements, the lunch menu and often, an in-studio interview.

Video production is a one-semester elective in its second year offered to 25 eighth graders on a first-come, first-served basis. The morning broadcast of "Seahawk News Network" (SNN) originates in the fully equipped video studio off the school library. The broadcasts began in March on a weekly basis and became daily Nov. 1.

"They're confident enough now, that they can do it daily," said Cynthia Barcinas, who teaches the class.

Not surprisingly, the students had similar reasons for signing up for

the class.

"Since I began middle school, I've been interested in photography and making movies so I joined this class to learn more about it," said Justin Lentz, who operates one of the cameras for the morning production.

The most immediate benefit of the class is that students learn about the technology and using it to express themselves.

"This is a technology-influenced group of students," Barcinas said. "They love to present their [class work] end products using technology. Just giving them that opportunity to present a cause-and-effect paper using video is a very powerful tool."

Being able to utilize technology to enhance schoolwork is a benefit students said they appreciate.

"With school projects, you can make videos to improve your work," said Sydney Tyer, the SNN in-studio reporter. "You can get extra points and you can get higher grades."

The class also gives students some real-world experience.

"They create their own script for the morning," Barcinas said. "We're saying, 'OK, you're going to say



Camera Operator: A student in the video production class at Cmdr. William C. McCool Elementary/Middle School, prepares the camera for morning announcements on Seahawk News Network (SNN) Nov. 8 at the school. SNN is the network for the closed-circuit TV system (CCTV) that is used to disseminate information for the school every morning. (Photo by Cynthia Barcinas)

this out loud to an entire audience, it has to be grammatically sound.' Everything has to be presentable. It's a holistic approach to teaching."

In addition to the Seahawk News Network, the class entails individual video projects – this semester about some aspect of campus life.

# Mãnha pie takes a place on the holiday table

By Anna-Victoria Crisostomo  
Joint Region Edge Staff

Thanksgiving is fast approaching and that is putting a familiar question on everyone's mind: What's for dinner? While Thanksgiving meals are recognized for their staples, residents across the island are trying their hand at putting local spins on traditional dishes for the holiday feast. The result is a harmonious infusion of cultural cuisines that combine the best of Plymouth Rock and Bear Rock, Inarajan.

The pumpkin pie is no exception to this new, hybrid Thanksgiving. Some locals, like Marla Reyes, are turning to their own backyards to find local substitutions for the spicy treat.

"(Fresh) pumpkin isn't easy to find on island and it can be expensive. So, if you want something that tastes fresh, you look at what you already have," said the Inarajan resident.

Reyes and her family include a local favorite, mãnha (muhn-hah) pie, atop their holiday tables. Mãnha is the meat of a young, green-husked, coconut. While older coconuts have tough, dry meat, the



Pie: Manha pie is a play on the traditional custard pie. It includes fruit from a young coconut, referred to as manha in the native Chamorro language. This treat is becoming a favorite alternative to the traditional pumpkin pie for many residents as the availability of coconuts is widespread across the island. (U.S. Navy photo by Anna-Victoria Crisostomo)

mãnha from these younger coconuts is tender and moist and can be scooped from coconut shells easily with no more than a spoon. The availability of coconuts and coconut products both in and out of supermarkets makes this a convenient

substitution for the traditional Thanksgiving pie.

Reyes shared her family recipe as she learned it from her mother in hopes that the local favorite will continue to be enjoyed for generations to come.

## Mãnha pie recipe

### Ingredients

#### Pie filling:

- One-half cup of sugar
- One-fourth cup of cornstarch
- 2 cups of milk
- 3 egg yolks

2 Tablespoons of butter or margarine

2 Teaspoons of vanilla extract

1 cup (or more as desired) of fresh or packaged mãnha

#### Meringue

3 egg yolks

One-fourth teaspoon of cream of tartar

One-half teaspoon of vanilla extract

6 Tablespoons of sugar

### Directions

#### Pie filling:

In a medium saucepan, combine sugar, cornstarch and milk. In a separate bowl, beat the egg yolks with a fork just until combined.

Cook and stir milk, sugar and cornstarch mixture over medium heat. Slowly add the egg yolks while continually stirring to avoid cooking the egg. Bring the mixture to a boil until it thickens.

Once thick, remove the mixture

from the heat. Add butter, vanilla and mãnha and stir until thoroughly combined. Pour the mixture into a baked pastry shell and allow to settle.

#### Meringue:

In a clean, dry glass or steel mixing bowl, combine egg whites and cream of tartar and beat with an electric mixer to medium-soft peaks. It is important that the mixing container and utensils are free from grease. Mixing by hand is not recommended.

Add sugar to the mixture one tablespoon at a time, mixing continually. Once all the sugar has been added, add vanilla extract slowly and continue beating until egg whites are glossy and can hold a firm peak.

Distribute the meringue evenly over the pie filling extending to the ends of the pastry shell to form a seal. Using a fork, form peaks in your meringue.

Place the pie in a pre-heated 350 degree oven and bake for 15-20 minutes or until meringue peaks are golden brown. Allow to cool and set for 30 minutes before serving. Pie may be served warm or refrigerated.

# How will you celebrate Thanksgiving this year?

Joint Region Edge asked its readers how they plan to celebrate Thanksgiving this year.



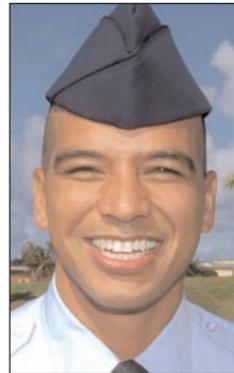
**"This year, actually, a man that my husband works with has invited us over to their house for Thanksgiving. So we're going to have a big friend get-together for Thanksgiving."**

— Alyssa Branen  
Navy spouse



**"I'm going to call my mom Josie and the rest of my family back in Louisiana. Then I'm going to spend the rest of the afternoon with my work family for a get-together and have a good time relaxing and eating."**

— Logistics Specialist 3rd Class  
Kendra Brow  
Helicopter Sea Combat Squadron-25



**"I'll actually be on temporary duty for Thanksgiving. I'll be leaving for a humanitarian mission to the Philippines to provide medical assistance to a province in need."**

— Master Sgt. Gerson Hoebing  
254th Headquarters, Recruitment and Retention noncommissioned officer in charge



**"I have a pretty simple plan to spend quality time with my wife and three kids. We'll enjoy eating some turkey and just hanging out. What could be better than that?"**

— Master Sgt. Shawn Tolar  
36th Logistics Readiness Squadron, fuels distribution non-commissioned officer in charge



**"My husband works at the pharmacy at U.S. Naval Hospital Guam and the whole department gets together and we have Thanksgiving together at someone's house. It might be mine this year."**

— Maria Arellano  
Navy spouse

# Sumay families observe All Souls Day

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

Joint Region Edge Staff

Approximately 60 former residents of the historic Sumay village and their families recognized All Souls Day on U.S. Naval Base Guam (NBG) Nov. 2.

A Catholic mass was held at Sumay cemetery, which contains the graves of residents who once lived and worked in the former

village. Christians commemorate those who have died during All Souls Day.

NBG worked with its sister villages of Santa Rita and Piti to ensure former residents and their descendants were able to access the cemetery located on the base.

"I come here every year, even if it rains," said Isabelle Alvarez, 73, originally from Sumay. "This day is very important and special to me."

The day provided Alvarez an opportunity to visit the grave of her mother.

"This is my home and my mother loved me very much," she said. "She died when I was 23, and I come and visit her every chance I get."

Roy Gogue, a former resident of Sumay who also visited the grave of his mother, recalled how the village looked when he was 11 years old.

"Where the boat basin is used to be the Pan Am boat hangar, and we used to go on top of the building and dive," he said. "We had some great times here. I used to roller skate down the hill here where the road is now. We didn't worry about the cars then.

They were too slow in those days."

Gogue said after World War II he and other Sumay residents moved to different villages throughout Guam, mainly to Santa Rita and Piti. He said enjoyed recognizing All Souls Day with family and friends.

"I got to talk with old villagers or their relatives and celebrate our heritage with them," he said.

The majority of Guam residents converted to Catholicism when Spanish missionaries promoted the religion on the island beginning in 1668.



Sumay: Isabelle Alvarez and her grandson visit Alvarez's deceased mother and former Sumay villager at the Sumay Village Cemetery on U.S. Naval Base Guam on All Souls Day, Nov. 2. All Souls Day commemorates the faithful departed. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



Honoring: The Duenas family stands by the grave of a family member and former Sumay villager during Catholic Mass at the Sumay Village Cemetery on U.S. Naval Base Guam on All Souls Day, Nov. 2. All Souls Day commemorates the faithful departed. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



**FRIDAY, NOV. 12**

7 p.m.: Legend of the Guardians: The Owls of Ga'Hoole • PG

**SATURDAY, NOV. 13**

2 p.m.: Legend of the Guardians: The Owls of Ga'Hoole • PG

7 p.m.: Easy A • PG-13

**SUNDAY, NOV. 14**

7 p.m.: Wall Street: Money Never Sleeps • 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, NOV. 12**

7 p.m.: You Again • PG  
9:30 p.m.: Resident Evil: Afterlife • R

**SATURDAY, NOV. 13**

1 p.m.: Easy A • PG-13  
3:30 p.m.: The Last Exorcism • PG-13  
7 p.m.: Machete • R

**SUNDAY, NOV. 14**

1 p.m.: You Again • PG  
3:30 p.m.: Devil • PG-13  
7 p.m.: The Town • R

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

## FREE

Free movies at the Big Screen Theater  
Stop by the Big Screen Theater on NBG this weekend, where free movies are shown every Friday, Saturday, and Sunday.

Library Games  
Children ages 5-17 can visit Andersen AFB Library Tuesdays-Thursdays, 5-8 p.m. to enjoy playing video games from a collection of Xbox, Wii or Playstation 3 games. Children under 10 must be accompanied by an adult. 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.

Adult Swim Clinic  
Held on the last Saturday of every month from 8-10 a.m. at the NBG pool. This course is designed to help proficient swimmers improve their stroke. Each clinic is a 2-hour session with a certified instructor, including individualized drill sets and a videotaping session to improve stroke. Registration deadline is the Thursday before each clinic. For more information, call 564-1856.

Image Makers  
NBG Teen Center and Youth Center offers photography classes every Monday, 3-4 p.m. For more information, call 339-6130.

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

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

Story Time  
Bring the children for story time at the NBG 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 AFB Library has

story time every Wednesday at 10:30 a.m. and 3 p.m. There are also crafts and other fun activities. For more information, call 366-4291.

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

## UNDER \$10

Tuesday Fajita Night  
At Andersen AFB's Café Latte, every Tuesday from 5:30-7:30 p.m. Base price starts at only \$2.95, and you can build your own fajitas! For more information, call 366-6166.

Game Night  
At Top of the Rock on Andersen AFB, every Friday from 6-9 p.m. Enjoy card games, pool, and darts. Cost: Free for members, \$5 for non-members. For more information, call 366-6166.

Mongolian BBQ  
At Andersen AFB's Cafe Latte every Wednesday night from 5:30-7:30 p.m. Base price starts at only \$2.95/adult and \$1.50 per child! For more information, call 366-6166.

Xtreme Middy Madness  
At NBG's Orote Point Lanes,

Every Monday-Friday from 1-5 p.m. Bowl for only \$5 (shoes not included)! For more information, call 564-1828.

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.

## \$10 AND UP

Family Bowling Value Package  
NBG Orote Point Lanes, Family Value Package (up to 5 people) \$40 per lane. Includes: Shoe rentals, two hours of bowling, one large single topping pizza and one pitcher of soda. Package available Monday-Friday, 11 a.m.-3 p.m., Saturday, 11 a.m.-5 p.m., Sunday 11 a.m.-8 p.m. For more information, call 564-1828.

2-Day Basic Crochet Class  
2-Day Basic Crochet Class Nov. 17-18 from 2 to 4 p.m. at the Andersen Arts and Crafts Center. Class fee is \$25 per person. Sign-up in advance, or call 366-4248 for more information.

Piano Lesson Openings  
The Andersen Air Force Base Youth Center currently has openings for piano lessons on weekdays after school and on Saturdays. Cost is \$60 per month for four 30-minute lessons. Contact Dale Garcia at 366-3490/91.



## 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.  
**Protestant Service**  
Monday-Friday, 12:15 p.m.  
Interfaith Chapel

### Andersen Air Force Base

**Roman Catholic Mass (Chapel 1)**  
Weekday Mass: Tuesday, Wednesday, 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, 6:30 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

# When your life gets tight, think strait

By Cmdr. Timothy Overturf  
Joint Region Marianas Force Chaplain

Have you noticed that the mouth of the Mediterranean Sea is called the Strait of Gibraltar, not the Straight of Gibraltar? The missing "gh" in the name is meaningful. Strait doesn't mean free from curves, bends or angles. It comes from the Latin word strictus from which comes the word "restricted." Ironically, the restricting feature of the Strait of Gibraltar is actually a tremendous

benefit. The strait pumps fresh, life-giving water into the Mediterranean Sea from the Atlantic Ocean and acts like a giant washing machine.

In a similar way, we also can benefit from "dire straits." Although our immediate tendency is to escape them, restricting circumstances can build character such as endurance which Character First defines as "the inward strength to withstand stress to do my best."



Consider the example of Laura Bridgman born December 1829. At the age of two, scarlet fever left her deaf and blind. William Thayer relates her story in his book, "Gaining Favor with God and Man." Through the insistent attention of the director of the Perkins Institution for the Blind in Boston, Dr. Samuel Howe, Bridgman "learned to study, work, and converse through the sense of touch alone. Howe said, "When Laura is walking through a passageway, with her hands spread before her, she knows instantly everyone she meets, and passes them with a sign of recognition. Her progress in the various branches of knowledge was rapid

and her scholarship high. In social life she was animated, bright, joyous, and genial, the sense of touch putting her into intimate and pleasant communication with the company about her." Laura's accomplishments can encourage all of us who navigate life with significant, though frequently far less severe, restrictions.

Yes, life gets tight sometimes; circumstances can close in. Talking to someone is always helpful. When life feels a little snug, don't despair. Get some help; remember the Strait of Gibraltar, and do your best. Sentence Prayer: Almighty God, let us not grow weary in well-doing. Amen.

## Still Moments



Charity: Guam U.S. Air Force Veterans members recently performed a community service project of feeding the homeless at Kamalin Karidad in Hagatna. The objective of the Guam U.S. Air Force Veterans is to promote esprit de corps and camaraderie by enhancing the community through community projects as well internal undertakings. Guam U.S. Air Force Veterans consist of active duty personnel, Air National Guard, Air Force Reserves, retirees, spouses and those who served honorably. From left, Jeanette Tanos, Bill Borja, Therese Quitano and Joe Quitano. (Photo courtesy of Guam U.S. Air Force Veterans)

# Captain's Cup Football ends, more sports coming

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

Joint Region Edge Staff

Captain's Cup Flag Football season on U.S. Naval Base Guam has come to a close, and new champions have been crowned. The U.S. Naval Hospital Bullets claimed the title and bragging rights after overcoming the USS Frank Cable (AS 40) All-Stars, 27-7.

According to Alec Culpepper, Morale, Welfare and Recreation (MWR) fitness coordinator, though the game saw its share of missed passes and interceptions, both teams got on the field and gave it their all, keeping the excitement level high

and the spectators cheering.

"The competition was really good and the sportsmanship the players showed each other during the game was very impressive," he said. "They left everything on the field, and I think everyone enjoyed themselves."

Hospitalman 3rd Class Jami Skornia, of the Bullets, said that being in a predominantly-male football league presented a unique opportunity that she just couldn't resist.

"I played on a powder-puff team when I was stationed in Corpus Christi, and I thought it would be fun to come out here and see how the guys did things," she said. "I definitely learned a lot and had a lot of fun getting out there with my team."

Skornia said that though she was already excited that her team made it to the championships, she was even more thrilled to see shipmates from her command out in the crowd, cheering the team on.

"It was great that our CO, XO and CMC all showed up. That gave us some extra motivation," she said. "Seeing the support from our chain of command at these sports events is a huge plus."

Finally, Skornia added that she was proud to be on the team, make new friends and represent her command.

"Playing this season, and just being out there with my team was definitely a lot of fun; definitely a morale booster," she said. "We

worked really hard, both during our practices and on the field. Actually becoming the champions is just an added bonus."

Yeoman Seaman Anthony Woods, of the All-Stars, said that though his team didn't take home the championship trophy, they are still proud of all they accomplished during the season.

"It was a fun season. I really enjoyed playing in the league and I know all of my teammates had fun representing the command," he said. "We did our best. Second place is still pretty good. And rest assured, we'll be back next season, and we'll be hungry for the championship."

Though flag football season has ended, MWR and the Captain's Cup

have plenty more athletic competitions in store for service members on Guam.

"The new Charles King Gym has two new basketball courts with nice new surfaces," Culpepper said. "We'll be starting intramural basketball in early January once everyone returns from their leave."

Following the basketball season, softball is scheduled to start in April, with flag football following later in the year.

If your command is interested in being a part of any intramural activity, stop by the Charles King Gym to sign up. For more information, visit the MWR website at <http://www.mwrguam.com>.

## Sports Shorts

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

### Charles King Fitness Center

Charles King Fitness Center hours of operation are Monday-Friday from 5 a.m.-9 p.m., Saturday from 8 a.m.-9 p.m., Sunday and holidays from 9 a.m.-7 p.m. For more information, call 333-2049.

### NCTS Gym

The Naval Computer and Telecommunications Station Guam gym will reopen Dec. 6. Hours of operation are Monday, Wednesday and Friday from 9 a.m.-8 p.m., Tuesday and Thursday from 11 a.m.-8 p.m., and Saturday-Sunday from 8 a.m.-12:30 p.m.

### Run Registration

Runners can now submit run registrations for Morale, Welfare and Recreation (MWR)-sponsored runs via e-mail. On the Fitness Program page of the MWR website, [mwrguam.com](http://mwrguam.com), click on the "NEW Run Registration Form" PDF under Additional Links, and follow the instructions on the form. Pre-registration for all fitness events will end at 5 p.m. on the Friday of the week prior to the event.

### Turkey Trot 5K Fun Run & Kids 1.5m Run/Walk

Run off some holiday dinner with friends and family at Ebbett Field Nov. 25, 5:30 p.m. show and 6 p.m. go. No fee. Register at Charles King Gym by Nov. 19, 5 p.m. For more information, call 339-1301 or 564-1862.

### Ultimate Frisbee

Ultimate Frisbee is played at Sampson Softball Field on U.S. Naval Base Guam. League games are Tuesdays and Thursdays, 5:30 p.m. Pick-up games are 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.

### Aikido Classes

Aikido is a traditional Japanese martial art of self-defense that focuses on using the force of the opponents attack and redirecting it. 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 from 5:30-6:30 p.m. for kids 8-12 years and 6:30-8 p.m. for adults. The other class is Law Enforcement/Combat Aikido, and is for adults only. This class will be held Tuesday and Thursday from 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 for Tots

Tumbling for Tots, an interactive play program for kids and parents, is now available at the Hotspot Gym. Hours of operation are Monday-Friday from 9 a.m.-noon and closed holidays and down days (schedule subject to change). This is a self-directed activity. A Family Advocacy staff member will be available Tuesdays and Thursdays to talk with parents. Some simple rules for this program: Children will not be left unattended. No food or drink is permitted in the play area. Parents must clean-up after their children. No shoes are allowed in the play area and children must abide by rules that will be posted on the bouncy castle in the play area. For more information, call the Hotspot at 366-2339.

### Turkey Day 5K Run/Walk

Burn some calories to make room for that Thanksgiving feast by participating in Coral Reef Fitness Center's Turkey Day 5K Run/Walk starting at Palm Tree Golf Course Driving Range parking lot Nov. 24, 6 a.m. show and 6:30 a.m. go. For more information, call 366-6100.



Champions: U.S. Naval Hospital Guam Bullets celebrate their victory as U.S. Naval Base Guam's (NBG) Captain's Cup Flag Football champions Nov. 8 on NBG. The Bullets beat the USS Frank Cable (AS 40) All-Stars 27-7. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)