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Deputy SecDef visits Sailors

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

The Honorable William J. Lynn III, Deputy Secretary of Defense, visited Commander, Submarine Squadron 15 and USS Buffalo (SSN 715) submariners at their command on U.S. Naval Base Guam July 27, and bestowed the praise of a grateful nation for the Sailors' continued support of the military mission.

"We are at a point in our nation's history where we're asking an extraordinary amount from the military, and you're stepping up every time," the secretary said. "I know whatever the nation asks you to do, you do it well, and you do it without complaint."

Lynn went on to tell the servicemen that their families should be proud of the sacrifices they make for the greater good of their fellow Americans and the nation as a whole.

"You should be justly proud of everything you are doing," he said. "Thank you for your service, and thank you for everything you're doing for your country."



Visit: The Honorable William J. Lynn III, Deputy Secretary of Defense, visits Sailors of USS Buffalo (SSN 715) and Commander, Submarine Squadron 15 at Sierra Wharf on U.S. Naval Base Guam July 27. Lynn thanked the Sailors for their continued support of the military mission. (U.S. Navy photo by Jesse Leon Guerrero)

The submarine crew said they felt a sense of pride knowing that a busy government official thought it worthwhile to meet with them.

"It really meant a lot to my guys that the secretary took the time out of his busy schedule to come out here and talk to us about his perspective," said Cmdr. Rick Seif, commanding officer, USS Buffalo. "And I can tell you that the guys knew it was a great opportunity to host him down here on board."

Culinary Specialist 1st Class (SS) Brook Cross said that, though he is content simply being able to do his part in carrying out the Navy's mission, he was excited and honored to meet the secretary.

"We don't do this job for the glamour or for kudos. We do it because it is necessary and we love our country and our way of life," he said. "But it is a great distinction to know that our leaders in [Washington,] D.C. recognize the work that we are doing."

After shaking the hand of each crewmember, the secretary journeyed to the University of Guam, in Mangilao, to discuss the future of Guam.

Andersen 36th SFS hosts crisis negotiation class

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

When a gunman takes hostages and faces off against police, hostage negotiators may be the only chance at getting a nonviolent surrender and the hostages out alive.

The 36th Security Forces Squadron recently hosted a hostage negotiation class aimed at giving security forces as well as local law enforcement agencies training on intervention techniques and strategies to negotiate in a crisis incident.

"The 36th Security Forces Squadron commander recognized the need to establish a crisis negotiation team," said Master Sgt. Michael Quitugua Jr., 36th SFS flight operations NCO-in-charge. "Due to the difficult nature of sending people to the course, the 36th SFS funded the class to be hosted on station."

Deborah McMahon and Andy Davis, Crisis Systems Management instructors based in Missouri, came to Andersen to instruct Crisis Hostage Negotiations – Level I Basic. The class is a seven-day course which

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Crisis Course: Deborah McMahon, Crisis Systems Management instructor based in Missouri, instructs Crisis Hostage Negotiations – Level I Basic to a group of 16 on Andersen Air Force Base July 20. The 36th Security Forces Squadron hosted the seven-day course which addresses the fundamental needs of a successful crisis negotiator. The course covered topics ranging from pre-incident planning and effective communication, to abnormal psychology, suicide intervention for law enforcement, and paranoid personality disorder. (U.S. Air Force photo by Airman 1st Class Anthony Jennings)



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The local and military community celebrate Liberation Day.

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Top Performer

Tanekka Chew

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Wright bids farewell to CSS-15, Guam

By Oyaol Ngirairiki
Joint Region Edge Staff

Submarine Squadron (CSS) 15 held a change of command ceremony on board USS City of Corpus Christi (SSN 705) at Polaris Point in Piti, Guam, July 22.

Capt. John Russ relieved Capt. Douglas Wright as Commander, Submarine Squadron 15.

Rear Adm. Robert Thomas, Commander, Submarine Group 7, was the guest speaker at the event. He praised Wright's leadership in ensuring CSS-15 is able to support submarines in the Pacific.

"Out here at Squadron 15, it is literally 'you are alone and unafraid' and the incredible things you do everyday to send submarines to sea is just paramount," Thomas said. "You just can't understand, unless you're sitting at the 7th Fleet morning brief, how important it is that Squadron 15 makes that happen, and Doug Wright has made that happen everyday for two years. His performance in Guam is unmatched."

Wright was awarded the Legion of Merit award for his exceptionally meritorious conduct in the performance of outstanding services and achievements since taking the helm of CSS-15 in 2008. The award citation noted that as commodore of the Navy's only forward-deployed, fast-attack submarine squadron, Wright's operational experience, keen understanding of submarine operations and strong command presence were vital in the oversight of three homeported submarines and a submarine tender on Guam.

Wright's ability to balance operations maintenance and homeport tempo led to an increase in submarine operational availability while simultaneously preserving the crews' quality of life.

"The material readiness of the squadron, the operational readiness of the squadron — that's a testament of how he has brought Submarine Squadron 15 up to the next level," Thomas said.

Under Wright's leadership, CSS-15 units completed numerous highly successful missions vital to national security and conducted successful theater security cooperation events in seven Asia Pacific countries. CSS-15 also provided outstanding maintenance, administrative and logistics support to numerous deployed submarines visiting Guam.

The squadron's Sailors also reached out to the local community, which led to CSS-15 earning the Environmental Stewardship and Good Neighbor Awards for two consecutive years.

Through a partnership with the command's sister village of Inarajan., Sailors contributed more than 200 man-hours of service in removing over 1,200 pounds of debris from the shoreline and shoal waters of Inarajan Bay. More than 80 volunteers contributed more than 700 hours to picking up trash at parks, roadsides, and school grounds.

CSS-15 also modified its recycling program for aluminum cans in response to a new program initiated by the Department of Education, giving recycling-based revenues to the village public schools based on each community's aluminum can recycling efforts. Also, 48 Sailors contributed over 440 hours of service restoring and improving the facilities of Inarajan Middle School.

Sailors provided the school with a much needed facelift via field day and painting efforts.

"There are 1,700 active-duty people alone, not counting the spouses and everybody else who worked with Submarine Squadron 15 to do the things we do, supporting not only our submarines but the submarines coming through here on their way to and from operations on this side of the world," Wright said. "It's been a great opportunity. We're sorry to



Relieved: Capt. Douglas Wright, left, is relieved by Capt. John Russ, right, as Commander, Submarine Squadron 15, during a change of command ceremony on board USS City of Corpus Christi (SSN 705) at Polaris Point in Piti, Guam, July 22. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



Commissioning Pennant: Capt. Douglas Wright, standing right, receives his framed commissioning pennant during a change a command on board USS City of Corpus Christi (SSN 705) at Polaris Point in Piti, Guam, July 22. Wright was relieved by Capt. John Russ as Commander, Submarine Squadron 15. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

go, but it's time to turn over the reins."

Wright will report to North Carolina Piedmont Consortium Naval ROTC.

Thomas said he couldn't ask for someone more qualified to lead CSS-15 in the next few years than Russ.

"(Capt. Russ) brings operational excellence," Thomas said. "He has signed up for the toughest major command job in the submarine force, and he is the perfect individual to do that."

Russ said he is looking forward to working with the Sailors of CSS-15, with the lead-

ership and crews of the submarines, and forging relationships with the local community.

"I think we've already established some great relationships between the squadron, USS Frank Cable, the boats, and with the community," he said.

"I'm going to be here to build on those relationships. I'm coming in as a new member of the team and look forward to working with everybody."

Russ comes to Guam following his assignment as commanding officer instructor on the staff of Commander Submarine Force, U.S.

Pacific Fleet.

The mission of CSS-15 is to prepare assigned units for forward-deployed operations in the Western Pacific and maintain the highest level of readiness at all times to permit surge operations when called upon to respond to emergent theater commander tasking in support of the nation's Maritime Strategy efforts. Guam currently is homeport to submarine tender USS Frank Cable (AS 40), and three Los Angeles-class attack submarines — USS Buffalo (SSN 715), USS Houston (SSN 713) and USS City of Corpus Christi.

Airfield manager recognized as Top Performer

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

Tech. Sgt. Tanneka Chew, 36th Operations Support Squadron deputy air field manager, was recently selected by her first sergeant Master Sgt. Joseph Barry, as Team Andersen's 'Top Performer.'

Chew is responsible for maintaining the Andersen airfield by ensuring it's in compliance with the rules and regulations that govern airfield operations.



"As a deputy airfield manager she runs the air-

field driving program and has done an excellent job with that," said Capt. Michael Hayes, Operations Support Squadron flight commander. "Last year was the first year the airfield went without any control movement area violations, which is directly contributed to her. She's just an outstanding professional."

The Augusta, Ga., native has been in the Air Force for more than 15 years and joined the military on a whim.

"My step-dad and I were reading the newspaper like we do every weekend and I saw the Air National Guard and asked him if we could go talk to the recruiters," she said.

She signed up immediately and after 10 months in the ANG she decided to go active duty. Her first duty station active duty was Andersen AFB as an airfield management operations coordinator in 1995.

"It was so different back then because we really didn't have a mission," Chew said. "It was almost like Sleepy Hollow. Comparing this base now from then is night and day."

During her tenure in the Air Force, Chew

has been stationed at Travis AFB, Ca., Altus AFB, Okla., and back to Travis before returning here.

During both her times at Travis AFB, she was part of the Contingency Response Wing for a total of seven years, which is outside her career field. Upon returning to Andersen, she had to quickly adapt to a career field that is evolving rapidly.

"This is my first time back in my career field in four years and so much as changed," Chew said. "It was a good opportunity to do something outside of my normal job. It was a break from the air field management perspective, but I'm glad to be back in this career field and I thank my leadership for the opportunity they've given me to be here."

One of the major challenges Chew had to overcome was taking the Advanced Air Field Managers Course, a 17-day class at Keesler AFB, Miss., covering everything from strategic planning, construction to imaginary surfaces. She had to pass the class before she could assume the role of deputy airfield manager.

"It was, in my opinion, very stressful because the class has such a high failure rate," she said. "We started out with 13 but only nine of us graduated."

Chew did pass, thanks in part to some healthy encouragement from her mentor and supervisor Senior Master Sgt. Todd Lewis who is currently deployed. She hopes to pass on that mentorship to the younger Airmen.

"I have a lot of younger Airmen under me so I try to use the mentorship I've been given to them because it will better them as Airmen and strengthen the Air Force," she said. "Plus if my people aren't taken care of, then I can't expect them to produce quality work."

Chew attributes her work ethic to her upbringing.



Getting the Job Done: Tech. Sgt. Tanneka Chew, 36th Operations Support Squadron deputy airfield manager, was recently selected by her first sergeant, Master Sgt. Joseph Barry, as Team Andersen's 'Top Performer.' Chew is responsible for maintaining the Andersen airfield by ensuring it's in compliance with the rules and regulations that govern airfield operations. (U.S. Air Force photo by Airman 1st Class Anthony Jennings)

"My momma said to always give 100 percent with everything you do," she said. "If I try my hardest and fail, it's OK because you learn from your mistakes, you learn from failures."

Chew's motivation and bedrock is her family.

"I have a wonderful family," she said. "I met my husband here in 1995 and married three years later. We have three kids and my mother moved here with me in October. My job has priority over certain things, but if my

family isn't taken care of, I can't get the job done because I have to make sure they have what they need."

Chew also has a family within the Air Force and she thanks the military for providing her with opportunities she wouldn't have known of had he stayed in Augusta.

"The military has been good to me. I have no complaints because I'm able to take care of my family," she said. "The friends I have and the memories I've made is something no one can take from me."

Special observances designed to increase awareness

By Staff Sgt. Jermei Lawley
36th Wing Equal Opportunity Office

I would venture to say that most stationed or living on Guam have taken the time to sample the local cuisine and with good reason. But how many of us have taken the time to sample the heritage, culture, and history of its people?

There is a great opportunity right here at Andersen to sample, not only the food, but the diversity that surrounds us. The diversity I'm speaking of does not just entail the local culture but encompasses all the proud heritages that have shaped and formed the society of the United States.

In 1968 the Department of Defense implemented the National Months of Observance as one of the

ways to recognize and celebrate the diversity that has driven, and continues to drive our military and nation.

The United States military has proudly supported this DoD initiative through the development of local programs at military installations world-wide. These programs are designed to increase total force awareness by highlighting the contributions different cultures and ethnicities have made to our great nation's rich history and its defense. Program emphasis is placed on cross-cultural communication and awareness, which leads to an amplified understanding and mutual respect for others.

The observances range from a single day of commemoration, like the birthday of Martin Luther King

Jr., to monthlong celebrations, such as Hispanic and Native American History months. DoD incorporates annual themes for each observance, which each installation can use to help shape their celebrations or planned activities.

While recently discussing the special observances with the 36th Wing Equal Opportunity Office, Col. Tod Fingal, 36th Wing vice commander, commented.

"These important programs contribute to our mission readiness and are directly linked to Andersen AFB's priority of developing our Airmen while caring for their families."

Participation in these programs gives all members of the Andersen community, whether military, family members or the civilian

workforce, a chance not only to learn about different cultures but also a chance to meet new people. This contributes to mission readiness by boosting morale through fun and entertaining events and by cultivating understanding and respect for others.

The success of these programs hinges on leadership support and the participation of the Andersen community. Everyone is invited to take part and share their ideas for these celebrations. Volunteer opportunities for each program ranges from project officers and sub-committee members to those who have a talent, whether it is culinary, singing, dancing, etc ... This is a great opportunity to showcase your skills and enrich the knowledge and understanding of the joint force

while doing so.

By volunteering your time, skills or ideas for these events, you will not only get the chance to sample different cultures or help celebrate your own, you will reinforce the DoD overall objective — to recognize the continuous achievements of all Americans to American culture and to increase awareness, mutual respect and understanding.

If you would like to volunteer for any of the upcoming special observances, call the 36th Wing EO office at 366-5111 or email 36WG.EO@andersen.af.mil.

For a complete list of the 2010 DoD special observances and themes, please visit the Defense Equal Opportunity Management Institute website at <http://www.deo.mi.org/SpecialObservance/index.cfm>.

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

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

Joint Region Marianas Public Affairs

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

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

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

James Fee
Editor
james.fee.ctr@fe.navy.mil
339-7113

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

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

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

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

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

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

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

36th Wing Public Affairs

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

Reporters
Tech Sgt. Mike Andriacco
366-2228

Staff Sgt. Jamie Lessard
366-4202

Senior Airman Shane Dunaway
366-2228

Senior Airman Isaac Garden
366-2228

Senior Airman Nichelle Anderson

366-2228

Airman 1st Class Courtney Witt

366-2228

Airman 1st Class Jeffrey Schultze

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Airman 1st Class Julian North

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Airman 1st Class Anthony Jennings

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Airman Whitney Amstutz

366-2228

31st MEU, HSC-25 hold joint training



Fast Rope: Marines with the Force Reconnaissance Platoon, 31st Marine Expeditionary Unit, III Marine Expeditionary Force fast rope off a MH-60S helicopter from Helicopter Sea Combat Squadron 25 onto the flight deck of USNS PFC Dewayne T. Williams (T-AK 3009) during a Helicopter Visit, Board, Search, and Seizure exercise (HVBSS) July 27. HVBSS is a maritime helicopter boarding actions and tactics operation, designed to capture enemy vessels, combat terrorism, piracy and smuggling, and to conduct customs, safety and other inspections. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



Rescue Scenario: Marines with the Force Reconnaissance Platoon, 31st Marine Expeditionary Unit, III Marine Expeditionary Force carry a Marine simulating an injury to the flight deck during a rescue scenario aboard USNS PFC Dewayne T. Williams (T-AK 3009) as part of a Helicopter Visit, Board, Search, and Seizure exercise (HVBSS) July 27. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



Search and Seizure: Marines with the Force Reconnaissance Platoon, 31st Marine Expeditionary Unit, III Marine Expeditionary Force take over the bridge of USNS PFC Dewayne T. Williams (T AK3009) during a Helicopter Visit, Board, Search, and Seizure exercise (HVBSS) July 27. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



In Control: A Marine with the Force Reconnaissance Platoon, 31st Marine Expeditionary Unit, III Marine Expeditionary Force controls a choke point on a ladder well on the bridge wing of USNS PFC Dewayne T. Williams (T-AK 3009) during a Helicopter Visit, Board, Search, and Seizure exercise (HVBSS) July 27. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



Take Over: Marines with the Force Reconnaissance Platoon, 31st Marine Expeditionary Unit, III Marine Expeditionary Force take over the bridge wing of USNS PFC Dewayne T. Williams (T-AK 3009) during a Helicopter Visit, Board, Search, and Seizure exercise (HVBSS) July 27. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

AFRC prepares couples for upcoming deployments

By Airman Whitney Amstutz
36th Wing Public Affairs

The Airman and Family Readiness Center hosted a marriage retreat for couples who are dealing with separation due to a deployment at Holiday Resort and Spa Guam July 24.

The retreat, called Weekend for Heroes, was made possible by a Year of the Air Force Family grant and was free of charge to participants.

Couples were given valuable information on the challenges of being separated because

of a deployment.

"The couples learned everything from communication skills to what it will be like when the deployment is over and their spouses come home," said Pamela Fleming, Airman and Family Readiness Center section chief.

Esther Rollen, a clinical counselor at the family advocacy office on base, was one of the many briefers who spoke at the marriage retreat.

"Esther's briefing was my favorite," said Kiki Runyon, whose husband is scheduled to deploy to Korea in the upcoming months. "It will definitely help me to communicate more

effectively."

Weekend for Heroes not only supplied couples with vital information, but allowed them to enjoy a weekend away from the trials of day-to-day life.

"This retreat brings back memories of how the couples felt when they were preparing to get married," Fleming said. "It gives them time to reminisce and feel like newly-weds again. They are able to enjoy one another and celebrate their relationship with other couples who are going through the same things they are."

"Individuals who attended the conference

received lunch and dinner Saturday and a continental breakfast Sunday morning," Fleming said. "Also, 40 couples were able spend the night in the hotel at no cost to them."

In addition, childcare was provided in order to accommodate couples with young children.

"We were able to have trained professionals to take care of the children throughout the retreat," Fleming said. "Certified care providers from the school-aged program at the Child Development Center on base came out and took care of the kids."



It's a Wrap: Airman Aaron Diezman, 734th Air Mobility Squadron, gets wrapped in toilet paper by his wife, Airman 1st Class Valerie Diezman, 36th Munitions Squadron, during a communication activity at the Weekend for Heroes conference at Holiday Resort and Spa Guam in Tumon July 24. The couples had to create wedding gowns from toilet paper and vote on a winner. (U.S. Air Force photo by Airman Julian North)



Communication is Key: Participants in the Weekend for Heroes prepare for a communication activity at the Holiday Resort and Spa Guam in Tumon July 24. The Weekend for Heroes is a marriage retreat for couples who are preparing to be separated due to deployments. (U.S. Air Force photo by Airman Julian North)

News Notes

Job Announcements

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

Joint Region Marianas

Program Assistant
Regional MWR manager
Protocol Specialist

Naval Base Guam

Physical Security Specialist
Program Assistant
Secretary
Security Assistant
Security Guard

Employment Opportunities

Looking for a part time job? 36th Force Support Squadron offers multiple

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

Water Quality Report Available Online

The 2009 Water Quality Report has been approved for annual dissemination. If you would like to learn more about U.S. Naval Base Guam's drinking water, the 2009 U.S. Navy Water System Water Quality Report is now available online at <https://www.cnmc.navy.mil/marianas/index.htm>

Tarague Beach Swimming Hours

Tarague Beach is open for swimming Thursdays through Tuesdays 10 a.m.-6 p.m. Swimming is authorized only in the

designated swimming area, and only when a lifeguard is present. For more information, call 366-5197.

Navy Birthday Ball Fundraiser

The Navy Birthday Ball Committee will be holding a fundraising car wash July 31, 9 a.m.-2 p.m. in the parking lot by the Veterans Administration Building in Asan. To buy a \$5 voucher for the car wash or for more information about this event and upcoming fundraisers, call your Navy Birthday Ball point of contact:
Joint Region Marianas — Chief Yeoman (SW) Alexander Tucker, 339-2153
U.S. Naval Base Guam — Senior Chief Master-at-Arms (SW/AW) Kelly Hallmark, 339-2745
U.S. Naval Hospital Guam — Hospital Corpsman 3rd Class Emily Olive, 344-9907
Naval Mobile Construction Battalion 11/Naval Facilities Engineering Command

Marianas — Construction Electrician 3rd Class Jill Johnston, 339-2343
Maritime Expeditionary Security Squadron 7 — Chief Master-at-Arms (EXW/SW) Jimmy Rose, 333-2187
Explosive Ordnance Disposal Mobile Unit 5 — Quartermaster 2nd Class Corinna Fountain, 339-8166
Helicopter Sea Combat Squadron 25 — Chief Yeoman (SW/AW) Andrea Johns, 366-6479
Naval Computer and Telecommunications Station Guam — Information Systems Technician 2nd Class (SW) Jeffrey Burdick, 355-5320

Important Lodging Info

Due to mission requirements, Andersen Lodge availability is currently critical to non-existent. Please plan accordingly. If you have any questions, please call Andersen Lodge at 362-5512.

MSRON 7 conducts ULTRA exercises

By Jesse Leon Guerrero
Joint Region Edge Staff

More than 100 Maritime Expeditionary Security Squadron (MSRON) 7 Sailors participated in Unit Level Training and Readiness Assessment (ULTRA) exercises at their compound on U.S. Naval Base Guam July 20-23.

The objective of the exercise was to introduce the command's detachments of Delta, Echo, and Foxtrot, as well as personnel from Boat Division, to how training will be done together for MSRON 7 in the future. It is also the first step in preparations for ULTRA certification tests in October.

Sailors set up a camp site with tents for living quarters, maintenance, supply storage, and

workspaces. They also set entry control points and fortified them with sandbag emplacements and concertina wire along the perimeter. Working day and night in shifts, MSRON 7's personnel protected the camp from potential "enemy" forces.

"Overall, I think that things went very well," said Master-at-Arms 1st Class (SW) Justin Fil, who served as operations supervisor. "Here, we were able to put things in a more relaxed position and actually let the people learn, make the mistakes, correct them, take the time to show them how to do things right instead of going and really pressuring people to keep the timeline and get the mission done on time."

Fil said this exercise simulates running a camp with full electrical

power and sustainability while it is forward deployed anywhere in the world.

Master-at-Arms Seaman Alexis Steele said she didn't have expectations and just tried to be ready for anything. Steele said personal motivation and working with everyone helped get her through each day.

"The training is very important because the more practice that you do get, the better you feel on deployment, being in the field, and just advancing in different positions within the campsite," Steele said.

In addition to training with weapons and improving their situational awareness, MSRON 7 personnel worked on their life support skills and casualty care skills. Participants also responded to a simulated a mass casualty event resulting

from a simulated generator explosion.

Chief Hospital Corpsman (SW/SCW/FMF) John Coates explained it's important to have as many personnel as possible capable of applying triage, sorting the most critically wounded and getting them to medical care.

"Every watch stander here, at the minimum, can do basic first aid, and they can actually do a little more advanced first aid under direction," he said. "It is a requirement that by themselves they can treat a basic casualty, put them on a litter, and bring them to medical."

Master-at-Arms 3rd Class Micah Cannon said he learned a lot about the layout and manning of MSRON 7's entry control points (ECP) for a camp and how their chain of

command will operate on deployment.

"I learned how to set up basic camp and Charlie posts," Cannon said, referring to the crew-served weapons positions monitoring the camp. "It's a different ECP set up. Pretty much what I got out of it is a basic understanding of how we work out in the field," Cannon said.

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



Helping Hand: Hospital Corpsman 1st Class (FMF) Chris Nielsen, right, of Maritime Expeditionary Security Squadron (MSRON) 7, reviews a hand dressing applied to Master-at-Arms Seaman Salvadore Abella, of MSRON 7, at the command's compound on U.S. Naval Base Guam July 23. More than 100 MSRON 7 personnel practiced combat and medical support skills as part of Unit Level Training and Readiness Assessment exercises July 20-23. (U.S. Navy photo by Jesse Leon Guerrero)



Casualty Care: Hospital Corpsman 1st Class (FMF) Chris Nielsen, left, of Maritime Expeditionary Security Squadron (MSRON) 7, reviews a casualty care response performed by Master-at-Arms 2nd Class Michael Bradley, right, of MSRON 7, on Master-at-Arms Seaman Salvadore Abella, of MSRON 7, as Abella simulated a hand injury sustained by a mock explosion at the command's compound on U.S. Naval Base Guam July 23. More than 100 MSRON 7 personnel practiced combat and medical support skills as part of Unit Level Training and Readiness Assessment exercises July 20-23. (U.S. Navy photo by Jesse Leon Guerrero)



Briefing: Chief Hospital Corpsman (SW/SCW/FMF) John Coates, of Maritime Expeditionary Security Squadron (MSRON) 7, discusses medical support tips with the command's personnel during a briefing for a Unit Level Training and Readiness Assessment exercise at the MSRON 7 compound on U.S. Naval Base Guam July 23. (U.S. Navy photo by Jesse Leon Guerrero)



Protective Perimeter: Master-at-Arms 3rd Class Jesse Van Winkle, right, and Master-at-Arms 3rd Class (EXW) Anthony Lebya, left, both from Maritime Expeditionary Security Squadron (MSRON) 7, handle concertina wire used to create a protective perimeter for a training camp at MSRON 7's compound on U.S. Naval Base Guam July 23. More than 100 MSRON 7 Sailors maintained and protected the camp as part of Unit Level Training and Readiness Assessment exercises to prepare for certification scheduled for October. (U.S. Navy photo by Jesse Leon Guerrero)

Housing residents help to beautify Andersen

By Airman Whitney Amstutz
36th Wing Public Affairs

Residents of base housing who possess the gift of a green thumb are being given the opportunity to turn a small piece of Andersen Air Force Base into their own personal Eden.

Ten garden plots have been provided by the base housing flight and are currently available for use. Residents of base housing can request a plot through the housing office or the designated point of contact, Master Sgt. Shawn Bendixson, 644th Combat Communications Squadron first sergeant.

The garden plots were prepared by the 36th Civil Engineer Squadron and are the result of a request made by an individual at a recent town hall meeting.

"The idea was brought to the housing office and they have come up with a plan that allows members of Team Andersen to feel a little more at home," Bendixson said.

The plots are signed out for six months at a time, and must be returned to their original condition so that other residents can take advantage of the program. If there is no

wait list, individuals may keep their plots for an additional six months.

Conditions for acceptable use have been developed by the housing flight staff and are included in the plot sign-out agreement.

"The plots must be maintained and well-kept," said Josephine Manibusan, housing flight chief. "Also, some plants are prohibited due to the adverse effects they would have on the garden in the long run."

Bendixson is available to answer questions and assist with any difficulties plot-renters may be experiencing.

"I am willing to assist individuals on the weekends if they need help getting a plot up and running," Sergeant Bendixson said. "And I am there to answer any and all questions."

The garden plots, located on Marianas Blvd., will help to beautify and personalize the base housing area. Participants will have the opportunity to embrace their creativity while improving the environment.

"These plots are good for the people living in housing," Bendixson said. "It's nice to have a place to go and think, or just do something you enjoy."



Green Thumb: Tana Waits, a base housing inspector, prepares a garden plot for use on Marianas Blvd. on Andersen Air Force Base July 23. All 10 plots are available for use and can be signed out through the Housing Office. (U.S. Air Force photo by Airman Whitney Amstutz)

Be typhoon-ready: Learn Conditions of Readiness

By Lt. Roland Clark

Joint Region Marianas Staff Meteorologist

When Joint Region Marianas and U.S. Naval Base Guam conduct an annual typhoon exercise, an imaginary scenario typhoon is generated on paper and we go through a series of procedures based on Tropical Conditions of Readiness or CORs. If you or someone in your family works on base, you may hear about these and wonder just what they're talking about. Let's take a closer look at what the CORs mean to both base personnel and to our families at home.

The CORs are labeled 4 through 1 counting down. They are set based on the expected start of destructive winds which we define as 50 knots (58 mph) or more. COR 4 means that destructive winds are possible within 72 hours. The bases on Guam and Okinawa are the only U.S. military bases in the world that maintain COR 4 year round since tropical storms can generate very close to us and develop rapidly.

Once a tropical depression or storm has formed and is heading our way, we'll set a time to go into COR 3 (destructive winds within 48 hours). That is a very busy time

for everyone on base as there are always thousands of things that have to be done according to our checklists to prepare. Additionally, ships in the harbor would be making preparations to get underway as it is not safe to stay pier side during a major storm on Guam. From that point, COR 2 (within 24 hours) and then finally COR 1 (within 12 hours or currently occurring) is set into place.

So what kinds of things should you do once these Conditions of Readiness are set? Here's a simple checklist that you can put on the refrigerator to help guide your actions during the very busy and confusing time right before a typhoon strikes:

When COR 3 is announced

- Fill car with gas; Service stations may not have the power to pump gas after the storm.
- Ensure loose debris is picked up around your house.
- Knock down coconuts, cut branches around power lines and secure outside potted plants.
- Check supplies of prescription medicines and drugs.
- Expectant mothers should make arrangements with hospital if be-

yond their 37th week of pregnancy.

- Gather containers for drinking water storage; Clean bathtub so it can be used as a water storage container.
- Move small boats to secure/safe havens.
- Tune to local radio, TV station, NOAA weather radio or call the weather telephone recording for the latest warnings and advisories.
- Prepare to put up typhoon shutters.

When COR 2 is announced

- Install typhoon shutters or tape edges of windows.
- Fill containers and your bathtub with water and keep them covered.
- Turn your refrigerator and freezer to their coldest setting and pack your freezer tightly with newspaper (this will keep your food colder longer).
- Secure cars: Set parking brake, lower antenna, close all windows and doors tightly.
- Move carpets and furniture away from windows.
- Stay off of roads if possible.
- Evacuate to an official shelter if your home is not storm proof.

- Stay tuned to local radio, TV station, NOAA weather radio or weather telephone recording for the latest warnings and advisories.

When COR 1 is announced

- Place towels/rags around leaky doors and windows.
- Conserve water.
- Stay indoors and away from windows.
- Move valuables to upper floors (if flooding is a problem).
- Stay tuned to local radio, TV station, NOAA weather radio or the telephone recording for the latest storm updates.

Next week's article will cover where to turn for updated weather information before the storm and we'll talk about why it is so important that you make contact with the Navy or your employer as soon as possible after the storm has passed.

This article is the fifth in a series on education, awareness, and tips to help you and your families get typhoon ready.

Keep in mind that although awareness is great, it's all useless without adding the key ingredient that only you can provide: action.

EMS provider selected as year's best

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

Joint Region Edge Staff

Jeffrey Cruz, an emergency medical services (EMS) provider at U.S. Naval Base Guam Fire and Emergency Services, has been selected as the Navy Fire and Emergency Services EMS Provider of the Year.

Cruz competed against thousands of EMS providers from hundreds of Navy Fire and Emergency Services stations throughout the Navy.

Cruz, who has been an EMS provider for five years, said that he chose his profession in order to help those in need, and to follow a proud family tradition.

"I come from a family of firefighters, and I thought I'd try to follow in their footsteps," he said.

According to Cruz, his career brings him a sense of satisfaction that "you can't find at your typical 9 to 5" job.

"Knowing that you performed a significant role in saving someone's life is just an unparalleled feeling," he said. "When you have that kind of impact on a person's life, you just can't work in any other field."

Cruz's firehouse superiors leveled the highest praise upon him for his efforts to sustain outstanding job performance, ensure the highest levels of technical competence, and keep the military and residents of Guam safe.

"Jeff has performed above and beyond his peers and continues to

work hard," said Philip Guerrero, acting assistant chief of operations and Cruz's supervisor. "He currently works at the busiest station for EMS runs and gets the job done without any problems. He has saved multiple lives. He never quits and always gets the job done."

Guerrero, who has worked as an EMS provider for 13 years, said that he has supervised Cruz for about four years, and has constantly been impressed with his dedication to the job and his leadership abilities.

"Jeff has proven that he is willing to go above and beyond the call of duty, and continues to set the example for all firefighters that work here," Guerrero said. "That is why he was chosen as the EMS of the Year. There is no doubt in my mind that he deserves this award."

Cruz has achieved several memorable accomplishments over the past year. He was a co-author of the Mutual Aid Agreement between Navy Fire and Emergency Services and the Guam Fire Department. He coordinated and instructed the First Responder Course, certifying 45 new responders and increasing capabilities by 70 percent. Also, while responding to an emergency call involving a pregnant woman, Cruz delivered a breeched baby in the back of an ambulance; a first ever on Guam.

But even when presented with his astonishing list of accomplishments, Cruz remained modest when informed of his selection.

"Receiving this award is a huge honor since it's the first time anyone in our fire department has won such

a prestigious award that is competed for worldwide, but I couldn't have done it all by myself," he said. "The way I look at it, everyone in our department won this award together."

Cruz said that though it is an honor to win, the real honor comes from serving his fellow citizens and keeping them safe, and that they keys to being able to do those things are teamwork and trust.

"Being an EMS provider is not an easy job, but being able to save lives is worth the hard work," he said. "We can't save them all, but I'll do my best to make sure I continue to help everyone that I can."

He will travel to Chicago in August to receive his award at the Fire-Rescue International 2010 Convention.



Supply Check: Jeffrey Cruz, an Emergency Medical Services (EMS) provider with U.S. Naval Base Guam Fire and Emergency Services, checks the supplies in his ambulance at Fire House No. 5 on Naval Computer and Telecommunications Station in Dededo, Guam, July 15. Cruz was selected as the Navy Fire and Emergency Services EMS Provider of the Year. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)



Provider of the Year: Jeffrey Cruz, an Emergency Medical Services (EMS) provider with U.S. Naval Base Guam Fire and Emergency Services, stands with his ambulance at Fire House No. 5 on Naval Computer and Telecommunications Station in Dededo, Guam, July 15. Cruz, who was selected as the Navy Fire and Emergency Services EMS Provider of the Year, once delivered a breeched baby in the back of an ambulance. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

NBG supports community with emergency services

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

Joint Region Edge Staff

U.S. Naval Base Guam (NBG) Fire and Emergency Services (FES) have been stepping it up recently in their support of the Guam Fire Department (GFD) and the local community.

A Mutual Aid Agreement exists between NBG FES and GFD, to ensure that all emergency service resources are available at all times, to all in need, across the island.

"The Mutual Aid Agreement calls for us to provide emergency services into the community when GFD doesn't have enough ambulances available to handle their call volume," said Patrick Null, NBG FES Emergency Medical Services (EMS) program coordinator.

GFD Fire Chief David Peredo said the aid agreement has been a great help to the local fire department.

"When our abilities get overtaxed, it's great that we can exercise the aid agreement and call on our civil service counterparts for help," he said. "If they can help us do the job just a little quicker and a just a little more effectively, then the standard of care is really elevated. When you're saving lives, those few seconds you save from having help, really count."

According to Robert Green, NBG FES Fire Chief, the partnership is crucial for community betterment, and also helps in the growth of all EMS providers involved.

"NBG FES has specific EMS resources that GFD doesn't, and vice-versa," he said. "So under the partnership we can share our resources, expertise and experience to assure



Providing Services: Patrick Null, left, U.S. Naval Base Guam (NBG) Fire and Emergency Services (FES) Emergency Medical Services program coordinator, and Frank Cruz, NBG FES firefighter, remove a gurney from Mercy 1, an ambulance from NBG Station 1, at the Armed Services Recognition Day event held at War in the Pacific National Historical Park at Asan Beach Unit July 17. Mercy 1 is equipped with a wide range of medical supplies used for first response at housing residences, on roadways, and other areas. (U.S. Navy photo by Jesse Leon Guerrero)

the community gets the best pre-hospital care available. This partnership benefits everyone."

According to Null, the agreement has vastly expanded the role of the civil service EMS providers.

"We've responded to 460 EMS calls to date, with over half being into the Guam local community," he said. "Our ambulances are in the community on a daily basis backing up GFD for transporting patients in cardiac arrest, multi-system trauma, diabetic emergencies, and anything

else that pops up. We even delivered two babies in the back of our ambulances!"

NBG FES has five ambulances, with three online at all times. They also have the only paramedics on the island practicing pre-hospital care. Their EMS providers said that they are happy to be able to use their knowledge and abilities to supplement GFD.

"When GFD only had two ambulances in service last month, we became the primary ambulance re-

sponder on island until they had their fleet back at minimal levels," Null said. "We were happy to do it. It's what the aid agreement is all about."

Null said working with the local community has exposed many NBG FES workers to experiences they would not normally see if they worked exclusively with the military.

"Since military members are generally in good health, the calls into the community allow us to see a number of different medical condi-

tions you won't see on a military base," he said. "The experience and exposure increases our confidence and skills, so when an emergency happens, we're prepared to act."

Fire Service Specialist Joey San Nicolas, of GFD, added that the partnership has increased camaraderie between both factions.

"The agreement has also led to increased respect and cooperation between the civil service and civilian care providers," he said. "Once on scene, everyone knows each other and what level of care each EMT (emergency medical technician) can provide. That allows for rapid treatment and transport of the sick and injured."

San Nicolas also said that because of the mutual aid agreement, NBG FES has been able to help train many GFD EMS providers to better service the community.

"They have been providing additional training to the GFD EMS responders," he said. "They also assisted with teaching our EMT-Intermediate course, and put over 20 new Advanced Life Support providers into the community for GFD."

Green said that by working together with GFD, NBG FES is helping to show the local community that the Navy on Guam is here to improve the quality of life of military and civilians alike.

"By sharing training resources, providing pre-hospital care, and backing up GFD, we are creating a win-win situation for the community," he said. "That helps to improve relations on the island, improve life on the island, and accomplish the Navy's goals."

For more information on NBG FES, visit <https://www.cnmc.navy.mil/marianas/Programs/Operations/Federal-FireDepartment/index.htm>

Training: Course prepares Air Force, Guam in crisis situations

Continued from Page 1

addresses the fundamental needs of a successful crisis negotiator.

Not anyone is allowed to take the course. One must be a sworn member of law enforcement or corrections, a non-law enforcement member of a crisis negotiating team, clergy supporting law-enforcement activities or a mental health profes-

sional to attend.

The course meets most state and federal training requirements for crisis/hostage negotiator certification in accordance with guidelines established by the National Council of Negotiation Associations.

"By the end of the class we have to feel confident everyone has the ability handle any of the crisis situations covered in the course to allow

them to attain certification as a hostage negotiator," McMahon said.

The course covered topics ranging from pre-incident planning and effective communication, to abnormal psychology, suicide intervention for law enforcement, and paranoid personality disorder.

"Hostage negotiators act as the mouth piece for the incident commander to gain voluntary surrender

from a hostage taker, barricaded subject or suicidal individual," Quitugua said. "It is very important to have the ability to resolve situations which do not place people in high risk situations as an option for incident commanders."

Armed with the skills necessary to handle hostage or crisis situations, those who attended graduated with valuable knowledge which provides

a solid foundation to establish a crisis negotiation team.

"We're already in the process of scheduling the level III course," Quitugua said.

"The training we received compounded with the multi agency involvement has not only help Andersen Air Force Base in preparedness, but the island of Guam as well."

Senior Chief Selectees

Explosive Ordnance Disposal Mobile Unit 5

- Senior Chief Information Systems Technician (EXW/SW) Laurence W. Butler
- Senior Chief Explosive Ordnance Disposal Technician (EXW/SW/AW) Randall W. Robillard
- Senior Chief Explosive Ordnance Disposal Technician (EWS/SW) Coalesce A. Browne

Maritime Expeditionary Security Squadron 7

- Senior Chief Master-at-Arms (EXW) Robert Beachy

Submarine Squadron 15/ USS Frank Cable/ USS Buffalo

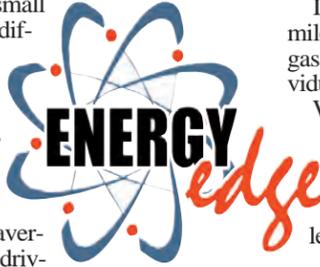
- Senior Chief Culinary Specialist (SS) Michael Andrew Clawson, of Submarine Squadron 15
- Senior Chief Fire Control Technician (Submarine) (SS) Brian Vincent Doyle, of USS Buffalo (SSN 715)
- Senior Chief Culinary Specialist (SW/AW) Sancho Tibayan Poblete, of USS Frank Cable (AS 40)
- Senior Chief Logistics Specialist (SS) Alphonso Devon Quinn, of USS Frank Cable (AS 40)
- Senior Chief Sonar Technician (Submarine) (SS) Matthew Scott Southard, of USS Buffalo (SSN 715)
- Senior Chief Hull Maintenance Technician (SW) James Jay Heffelfinger Jr., of USS Frank Cable (AS 40)
- Senior Chief Machinist's Mate (SS) Douglas Lee McNeel Sr., of Submarine Squadron 15
- Senior Chief Electronics Technician Thad Dolor Bolivar, of USS Frank Cable (AS 40)

Small steps, big impact on energy consumption

By Kevin D. Evans
Joint Region Marianas Energy Manager

In fuel efficiency, small steps can make a big difference. Often, we don't realize that one person can make a difference. In reality, we each have a big impact on energy consumption.

For example, the average passenger car is driven about 12,000 miles per



year and uses approximately 500 gallons of gas over that distance (based on an EPA rating of 24 mpg).

If each passenger car were to get an extra two miles per gallon, the total number of gallons of gas saved each year would be five billion. Individuals can make a difference.

When each of our small contributions is added together, the impact is amazing. Here are some tips.

Keep your car or truck well tuned and it will use up to 9 percent less fuel and release less pollution.

Accelerating your vehicle slowly from a full stop can improve gas mileage by as much as two

miles per gallon.

One person commuting to work by mass transit instead of driving can save 200 gallons of gasoline in a year.

Keep your car tires properly inflated and decrease fuel consumption. Americans could save up to two billion gallons of gasoline annually with properly inflated tires.

Add one more commuter to each car in the country and keep 12 million pounds of greenhouse gases out of the atmosphere every day.

Join a carpool. Boosting the occupancy of cars in rush hour to two people would save 40 million gallons of gasoline a day-or over 15 percent of U.S. gasoline consumption.

Military, local community cele



Flying High: A B-52 Stratofortress from Andersen Air Force Base performs a flyover during the Liberation Day parade in Guam July 21. The parade is a celebration of the liberation of the residents of Guam from Japanese forces during World War II. (U.S. Air Force photo by Airman 1st Class Jeffrey Schultze)



Celebration: Sailors from U.S. Naval Hospital Guam celebrate the 66th annual Liberation Day parade from the Ricardo J. Bordallo Governor's Complex to Paseo Loop in Hagatna, Guam July 21. The Sailors participated in the parade that day. (U.S. Navy photo by Jesse Leon Guerrero)



Boat Float: From left, Boatswain's Mate 2nd Class Stephen Knappe and Boatswain's Mate 3rd Class Samuel Mendlowitz, both of U.S. Coast Guard Sector Guam Station Apra Harbor, wave to parade-goers from a 14-foot boat during the 66th Liberation Day parade in Hagatna, Guam, July 21. (U.S. Navy photo by Oyaol Ngirairikl)



Sweet Treats: Electronics Technician 2nd Class (SS) Chad Comer, of USS Olympia (SSN 717), passes out candy to kids and other attendees of the 66th annual Liberation Day parade in Hagatna, Guam, July 21. The submarine, along with Submarine Squadron 15, distributed more than 300 pounds of candy to parade-goers throughout the day. (U.S. Navy photo by Jesse Leon Guerrero)



Salute: From left Rear Adm. Paul Bushong, Commander, Joint Region Edge; Brig. Gen. (select) John Doucette; and David Bice, Joint Guam Command, salute the Joint Service Color Guard during the 66th Liberation Day parade. (U.S. Air Force photo by Jeffrey Schultze)

Celebrate Guam's Liberation Day



Members of the 36th Wing march from their command's float, while other service members also march and ride along the parade route. The parade route was lined with hundreds of service members from all branches of the U.S. Armed Forces that participated in the liberation of Guam.



Sister School: Maritime Expeditionary Security Squadron 7 Sailors and staff members of the command's sister school C.L. Taitano Elementary School wave to residents during the 66th Liberation Day parade in Hagatna, Guam, July 21. The annual parade brought thousands of service members and island residents together in celebration of the island's liberation from occupying forces 66 years ago. (U.S. Navy photo by Oyaol Ngirairikl)



Wave: Submarine Squadron 15 Sailors wave to residents during the 66th Liberation Day parade in Hagatna, Guam, July 21. The annual parade celebrates Guam's liberation from Japanese forces, which occupied the island from 1941-1944. (U.S. Navy photo by Oyaol Ngirairikl)



Region Marianas; his wife, Dona Bushong; 36th Wing Commander Program Office executive director, along with distinguished guests participate in the parade in Hagatna, Guam, July 21. The parade is a celebration of the liberation of Guam during World War II. (U.S. Air Force photo by Airman 1st Class Jeffrey Schultz)



March: Andersen Air Force Base's 36th Wing participate in the 66th annual Liberation Day parade along with its sister services and local residents in Hagatna, Guam, July 21. The parade is a celebration of the liberation of the residents of Guam from Japanese control during World War 2. (U.S. Air Force photo by Airman 1st Class Jeffrey Schultz)

Pacific Partnership kicks off in Palau

By Mass Communication Specialist 2nd Class Latrice Ames

Commander, U.S. 7th Fleet Public Affairs

KOROR, Palau (NNS) — U.S. 7th Fleet command ship USS Blue Ridge (LCC 19) kicked off Pacific Partnership 2010 at the Ngarachemayong Community Center in Koror, Palau with an opening ceremony July 26.

“Pacific Partnership is a mission that I am particularly excited about, and proud to be a part of,” said Commander, U.S. 7th Fleet, Vice Adm. John M. Bird. “Unlike most missions the Navy does which are military in nature, this mission works by, with and through host and partner nations, non-governmental organizations and other U.S. government agencies to provide humanitarian and civic assistance. It is a chance for our men and women in uniform to give something back to the people of this region.”

The Republic of Palau President Johnson Toribiong attended the opening ceremony and spoke about the special relationship Palau has with the U.S.

“Your visit today is outstanding. It will provide many forms of assistance through humanitarian projects and programs including medical care, clean-up, and painting of some of the schools here in Palau,” Toribiong said. “We are most grateful for that expression of goodwill and friendship to our people.”

At the end of the ceremony Capt. Rudy Lupton, commanding officer of Blue Ridge and Capt. Salvador Aguilera, chaplain of U.S. 7th Fleet, presented Project Handclasp materials, which are educational, humanitarian and goodwill goods, to

Bilung Gloria Gibbons Salii.

Faustina Rehuher-Nargg, Minister of Community Country Affairs, who was also in attendance at the opening ceremony, said she was glad to see Pacific Partnership 2010 in Palau because humanitarian exercises help different cultures come together as one for a good cause.

“We need to understand each other. We need to understand each other’s cultures. So if I understand you and you understand me then communication is for you open and we’re not saying I’m better than you you’re better than me, we’re equal partners,” Rehuher said.

During the five day visit Sailors and Marines from the Blue Ridge and Commander U.S. 7th Fleet will participate in several community service projects around the country. The renovation projects will take place at the following facilities: Ngchesar Elementary School, Melekeok Elementary School, Aimeliik Elementary School, Palau High School, Peleliu Elementary School, Angaur Elementary School and the Bloody Nose Ridge World War II Monument.

Blue Ridge and 7th Fleet medical and dental teams will also visit the Belau National Hospital in Koror, the Southern Community Health Center in Peleliu, and the Angaur Medical Clinic in Angaur, and provide free primary care and prescriptions.

Pacific Partnership 2010 is the fifth in a series of annual U.S. Pacific Fleet endeavors aimed at strengthening regional relationships with host nations and partner nations. The visit marks the first time Pacific Partnership has come to Palau.

For more news from Commander, U.S. 7th Fleet, visit www.navy.mil/local/c7f/.

Start preparing children for new school year

By Oyaol Ngirairiki

Joint Region Edge Staff

School administrators are encouraging parents of elementary school children to start getting into the school routine with a new school year approaching.

The Department of Defense Education Activity (DoDEA) Pacific-Guam school year starts Aug. 30 for first to 12th grades. Kindergarten and pre-kindergarten students start classes Sept. 7 and 8, respectively.

Officials said parents can start preparing their elementary-school age children several weeks before school starts by talking to them about how fun school can be.

"This is especially important for younger children, from pre-kindergartners to first graders, though parents definitely want to continue that positive re-enforcement as the kids get older," said Missy Gingrich, Commander William C. McCool Elementary/Middle School assistant principal. "One of the best things parents can do is really teach their children to love school, talk about the friends they'll make, the games they'll play and the things they'll learn."

Gingrich said parents can do other things, such as drive by the school to help children become more familiar with it and getting the children to help purchase their school supplies.

"Allowing them to become a part of this preparation helps build excitement and anticipation," she said. "And that's something you can continue until the first day of school and beyond, like laying out their school uniform, or picking out a snack."

She said parents could also start getting children, of all grades, into the habit of going to bed and waking up earlier.

"About two to three weeks before school starts, parents should start getting their children into bed earlier at night and up earlier in the morning – working their way to a schedule that fits the school routine," Gingrich said. "You don't want the first day



Taking a Tour: Erika Evans, center, then-president of the Commander William C. McCool Elementary/Middle School, answers parents' questions during a tour of the school Aug. 4, 2009. The tours were part of the school's orientation events, which aimed to help new parents and students get familiar with the school. Department of Defense Education Activity (DoDEA) Pacific Guam district and school officials encourage new parents to attend school orientation with their children to help prepare for the new school year. (Joint Region Edge file photo)

of school to be the first day they wake up at 7 a.m., which may be an hour or earlier than what they've been doing until that point."

To help parents prepare for the new school year, administrators said parents can visit the DoDEA website at www.dodea.edu.

"On the site there are curriculum standards, which are broken down by grade level," Gingrich said. "Parents can see what their child should be learning in the upcoming year as well as what they should have learned the year before."

Jason Sheedy, Andersen Elementary School (AES) assistant principal, said parents should also attend school orientations with their children. DoDEA schools will hold orientations for students of all grade levels from pre-kindergarten to 12th grade.

"At orientation, parents can ask teachers and administrators questions about homework, extracurricular activities, and school policies," Sheedy said. "That can really help them keep the students on track because communication between home and school is

established. Parents will know what the teachers expect and how they, as parents, can help their children meet those classroom requirements and excel academically."

Sheedy said during orientation, parents and students will get a tour of the school.

"The tour is a great way to get more familiar with the school so when the first day of school comes along, students – particularly our kindergartners, first graders and new students of all grades – are not as anxious," Sheedy said.

He added that parents who cannot make it to school orientations should call their respective schools for other arrangements.

"We can work with them and set something up that works with their schedules," Sheedy said.

For pre-kindergarten and kindergarten students, teachers and counselors will set up home visits to help ease the transition into school. Administrators said visits will be scheduled after parents register their children. Pre-kindergarten home visits will be scheduled from Aug. 30 to Sept. 7 and kindergarten visits will be scheduled from Aug. 30 to Sept. 3.

"During the visits, the teachers will talk to parents about the schedules for the kids, the curriculum and they'll be able to answer questions parents have," Gingrich said. "Most importantly, the teachers and students will be able to connect – this is very important for them because they're so young. We want them to meet their new teachers so when the first day of school comes around, they have someone familiar."

In addition, kindergarten and pre-kindergarten students registering at AES have orientation scheduled for Aug. 23, 9 a.m. and 11 a.m. Kindergarten and pre-kindergarten students registering at McCool can attend elementary school orientation Aug. 19 or 20, at 9 a.m. or 1 p.m., respectively.

To be eligible for DoDEA pre-kindergarten and kindergarten programs, children must be age 4 and 5, respectively, by Sept. 1.

Parents encouraged to get familiar with uniform policy

By Oyaol Ngirairiki

Joint Region Edge Staff

Department of Defense Education Activity (DoDEA) Pacific-Guam school administrators are encouraging parents to get familiar with school uniform policies for the new school year, which starts Aug. 30.

DoDEA implemented a school uniform policy in 2008 to help bolster school spirit and create uniformity, both of which help promote discipline and reduce social issues that arise out of arguments over fashionable dress, according to school officials.

"The uniforms create a sense of place for the students – when they put on their school uniforms they know they're going to school, going to a place of learning and they know that there are rules that go along with that," said Sue Burdick, DoDEA deputy superintendent.

Administrators also are encouraging parents and students, especially those new to Guam or have questions about school policies, to attend school orientations. School orientations are scheduled Aug. 18-24 at the various schools.

"At orientation we'll talk about what we expect and require of our students as it pertains to issues from attendance to their uniforms and how they're supposed to be worn," said Commander William C. McCool Elementary/Middle School Principal Don Christensen. "If parents can't attend the orientations, then they can call our office for information or set up an appointment."

School Uniforms

Department of Defense Education Activity (DoDEA) Pacific-Guam school uniforms are available for purchase at the following locations:

Navy Exchange: 564-4639

Andersen Air Force Base Exchange: 653-1141

Navy-Marine Corps Relief Society Thrift Store: 564-1885

Airman's Attic: 366-8217

Orientation Schedules

Commander William C. McCool Elementary/Middle School (two orientations each for elementary and middle school grades)

Aug. 19, 9 a.m.; and Aug. 20, 1 p.m.:

New parent orientation, first to fifth grade.

Aug. 19, 2 p.m.; and Aug. 20, 10 a.m.: New parent orientation, sixth to eighth grade

Orientation will be held at the school cafeteria.

Guam High School

Orientation is aimed for new families though all parents and students are also welcome to attend:

Aug. 20, 9 a.m.: Ninth grade

Aug. 23, 9 a.m.: 10th to 12th grade

Orientation will be held at the school cafeteria.

Andersen Elementary School

Aug. 23, 9 a.m. and 11 a.m.: New parent

orientation, pre-kindergarten to second grade

Aug. 24, noon and 2 p.m.: New parent orientation, third to fifth grade

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

Andersen Middle School

Aug. 18, 8 a.m.: Sixth grade

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

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

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

James Herb, Guam High School assistant principal, said getting familiar with the uniform policy, can help ensure students are aware of the requirements and the consequences of not following the requirements.

In addition to wearing uniforms, there are guidelines as to how they should be worn.

"To promote the idea of uniformity, we expect students to wear white shirts underneath their uniform shirts," Herb said. "There cannot be anything with a logo that you can see through the top or bottom of the shirt."

The policy also states skirts, skorts and shorts should be approximately three inches from the middle of the knee. Also, all uniforms must be free of emblems, designs and name-brand logos.

Administrators said the uniforms for all schools are available at the Navy Exchange (NEX) Guam on U.S. Naval Base Guam, Andersen Air Force Base Exchange (BX).

Uniforms are also for sale at the Navy-Marine Corps Relief Society (NMCRS) on NBG and the Airman's Attic on Andersen Air Force

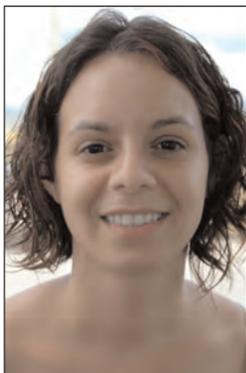
Base. Both non-profit organizations aim to help Sailors, Marines and Airmen.

"These are gently used items from families with children who either outgrew their uniforms or who moved to their next duty station and so didn't need the uniforms anymore," said Bernie McFarling, a community readiness technician at the Airmen and Family Readiness Center.

For more information on DoDEA Pacific-Guam uniforms and policies, visit www.guam.pac.dodea.edu.

What are you doing to prepare your child for the new school year?

The new school year is just around the corner. Joint Region Edge asked its readers what they are doing to prepare their children for the new school year.



“I do personal homework with my child. (We) practice his writing and reading skills during the summer so he can be ready for school.”
— Sheila Arroyo, Navy spouse



“Lot of shopping, a lot of just making sure they have their physicals, clothes and making sure they’re set and easing them back into the school setting.”
— Tech. Sgt. Joseph Aguon, 44th Aerial Port Squadron, airfreight assistant superintendent



“I’ve got them a workbook each. My son is going to be in second grade and my daughter will be in fourth, so I believe the workbook will work well on them to prepare them in school. Of course, we’ve got all the school supplies they needed.”
— Christine Glaspie, Navy spouse



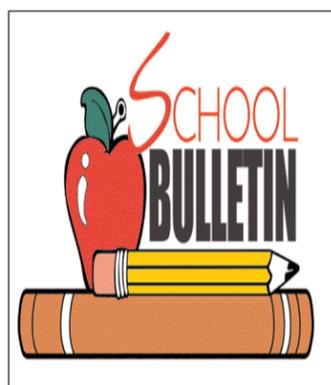
“My daughter and I are doing a lot of readings at home and she does activities on the computer. She also went to the summer enrichment school program this year.”
— Elizabeth Reed, Navy spouse



“We’ve got a listing that came out of the BX for supplies they need. We like to keep them going during the summer with schooling so we actually have books so we continue with school.”
— Staff Sgt. Troy Latta, 36th MUNS storage



“Our kids are home-schooled year round. We get to choose the curriculum. My wife did the research and we found out we can teach our kids better than some of the teachers in school.”
— Master Sgt. Christopher Cox, 554th Red Horse, NCOIC of planning cell



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.

Navy College Office

Registration is still open for University of Maryland University College classes that start in August. For more information, call 339-8291 or 339-2263.

Department of Defense Education Activity

Classes for school year 2010-2011 start Aug. 30. Parents can call schools for school supplies lists and other information.

Andersen Elementary School

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

Andersen Middle School

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

Commander William C. McCool Elementary/Middle School

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

Guam High School

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

Get a taste of Guam at festival

By Jesse Leon Guerrero

Joint Region Edge Staff

Red rice, chicken with coconut, steamed breadfruit and other Chamorro meals are a few of the popular foods to enjoy at the Taste Guam festival at Hyatt Regency Guam Resort and Spa in Tumon Aug. 7, from 5-10 p.m. Admission is free, but sample servings will cost between \$1 and \$5.

Guam Hotel and Restaurant Association (GHRA) will host the

event with participation from amateur and professional cooks from around the island. Bina Garcia, Taste Guam coordinator, said GHRA is looking for not only chefs and other recognized cooking experts to join, but also those who simply have a love for cooking and want to share their creations.

"It's all about promoting the local food," Garcia said. "Our goal is to provide another venue for our tourists, our military, and the community to come together and

see what Guam has to offer."

Garcia said GHRA expects to have about 20 vendors and other registrants, who will have both samples of their meals and fiesta-style food plates available.

Garcia said she expects all of the registrants to join the two cooking competitions highlighting the event. First, GHRA will allow attendees to try out the samples and then vote for their favorite one on a ballot. The "People's Choice" category will recognize one winner for the day.

"The vendors participating will have to take an ingredient and make a pastry out of it," Garcia said. "This year, the ingredient is coconuts, so that'll be used for some kind of desserts."

Taste Guam will also feature a "Chef's Cup" competition that will recognize three winners who have used alcoholic beverages creatively in their recipes.

Garcia said this is the third year for Taste Guam to be held and the previous two were attended by hun-

dreds of attendees. She hopes more local and military families stop by the event this year.

"It's a convenient way to try food from Guam because you can try it all this under one roof," Garcia said.

GHRA plans to set aside a lounge area for attendees to sit and relax with their selected samples and children can grab popcorn, cotton candy and other treats.

For more information, visit GHRA Web online at www.ghra.org or call 649-1447.

Mangilao Night Market offers variety of merchandise

By Jesse Leon Guerrero

Joint Region Edge Staff

The Mangilao Mayor's Office invites everyone to visit their Mangilao International Market Place to find food, craft items, clothes and more every second and fourth Thursday of each month, from 6-10 p.m.

Also known as the Night Market and "Hot Times in Mangilao" market, the Market Place sits

between the Santa Teresita Catholic Church and the intersection of Route 10 and Route 15.

Since its opening launch June 10, the Market Place has featured about a dozen vendors selling locally designed T-shirts, handmade earrings, potted plants, toys, baked cookies and cakes, sweet potatoes, string beans, and fruits.

"It's really a variety," said Dot Diaz, Mangilao Mayor's Office administrative assistant who coordi-

nates the Market Place. "We have cultural dancers and we have our local singers."

Diaz said vendors from Mangilao and other villages also bring cultural products such as the Guam hot pepper known as "donne dinanche" in Chamorro; seashell and bone necklaces and other body ornaments; and coconut oil, which is used as a moisturizer for skin and hair.

She added dinner plates for sale

include the chicken and vegetable mix called kelaguen, as well as "gollai agon suni," a Chamorro appetizer made with spinach and coconut milk.

Local resident Julie Villagomez said she is happy to have a place to find fresh produce. Villagomez said the Market Place is easily accessible to many people because of its central location.

"We have locally grown vegetables like the cucumber here, so we

want to try and sell them locally," Villagomez said. "Having everyone here makes our community more sociable."

Diaz said the market is a family-friendly environment and it's a good place for people who are new to the island to pick out gifts for themselves or a loved one.

For more information, call Mangilao Mayor's Office at 734-2163.



Market Place: Jesus Blas, left, and Julie Villagomez assist residents purchasing fresh cucumbers at the Mangilao International Market Place July 22. The Mangilao Mayor's Office hosts the Market Place every second and fourth Thursday of each month. (U.S. Navy photo by Jesse Leon Guerrero)



Handmade Jewelry: Local residents and other customers look through displays of seashell and bone necklaces, earrings and other handmade jewelry at the Mangilao International Market Place July 22. Vendors from Mangilao and other villages also offer locally designed T-shirts, woven bags, Chamorro food and other products. (U.S. Navy photo by Jesse Leon Guerrero)

FREE

UOG Planetarium

Take a trip to the University of Guam Planetarium and see the stars Aug. 13. Meet at Rec-N-Crew at 5:15 p.m. Entrance is free but the planetarium accepts donations. Register by Aug. 12, 1 p.m. For more information, call 564-1826.

Image Makers

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

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.

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 Air Force Base. Play is free for club members and \$5 for non-mem-

bers. Weekly prizes are awarded. For more information, call 366-6166.

Story Time

Bring the children for story time at the U.S. Naval Base Guam Library every Wednesday at 3:30 p.m. In addition to great stories, there will be crafts and other fun activities. For more information, call 564-1836.

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

UNDER \$10

Hike Laolao and Fintasa Falls

Rated medium. Meet at Rec-N-Crew on U.S. Naval Base Guam Aug. 5, 8:15 a.m. Cost is \$5 for adults and \$3 for children ages 5-11. Deadline to register is Aug. 4, 1 p.m. For more information, call 564-1826.

Hike Fadian Cove

Rated difficult. Meet at Rec-N-Crew Aug. 7 at 8:15 a.m. Cost is \$5 for adults. Deadline to register is Aug. 6, 1 p.m. For more information, call 564-1826.

On a Budget

\$10 AND UP

Jazzy Sundays

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



Orote Point Lanes Family Deal

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

large single-topping pizza and one pitcher of soda. For more information, call 564-1828.

Lunch at Top of the Rock

Got a big appetite? Grab your friends and enjoy the tantalizing Smoker Menu, which features dishes like St. Louis ribs served with our own fried bread and honey butter, pulled pork sandwich, brisket quesadilla with all the extras, and a hickory chicken Caesar salad. Want a lighter lunch? Feast on the soup and salad bar for only \$6.95. Hours of operation:

Monday-Friday, 10:30 a.m.-1:30 p.m.; Saturday-Sunday, 10:30 a.m.-12:30 p.m. For more information, call 366-6166.

Clipper Landing

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



FRIDAY, JULY 30

7 p.m.: Toy Story 3 • G

SATURDAY, JULY 31

2 p.m.: Toy Story 3 • G
7 p.m.: The A-Team • PG-13

SUNDAY, AUG. 1

7 p.m.: The A-Team • PG-13

SATURDAY, AUG. 7

6 p.m.: USO presents a free comedy show featuring Jamie Kaler and Michael Bunin

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, JULY 30

7 p.m.: Jonah Hex • PG-13
9:30 p.m.: Prince of Persia: Sands of Time • PG-13

SATURDAY, JULY 31

1 p.m.: The Karate Kid • PG
3:30 p.m.: The A-Team • PG-13
7 p.m.: Sex and the City 2 • R

SUNDAY, AUG. 1

1 p.m.: Marmaduke • PG
3:30 p.m.: Knight and Day • PG-13
7 p.m.: Killers • PG-13

MONDAY, AUG. 2

3 p.m.: Marmaduke • PG

TUESDAY, AUG. 3

3 p.m.: The Karate Kid • PG

WEDNESDAY, AUG. 4

3 p.m.: Furry Vengeance • PG

THURSDAY, AUG. 5

3 p.m.: Shrek Forever After • PG

FRIDAY, AUG. 6

6 p.m.: USO presents a free comedy show featuring Jamie Kaler and Michael Bunin

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

Chapel Schedule

Naval Base Guam

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

Roman Catholic Mass

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

Saturday Mass: 5:30 p.m.

Sunday Mass: 9 a.m.

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

Protestant Worship Service

Sunday Worship Service:
10:30 a.m.

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

Choir Practice: Thursday,
6 p.m.

Jewish Shabbat

Friday, 6:30 p.m.

Naval Hospital Guam

Roman Catholic Mass:

Monday-Friday, 11:30 a.m.

Chapel of Hope: Sunday, 9
a.m.

Andersen Air Force Base

Roman Catholic Mass (Chapel 1)

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

Saturday Mass: 5 p.m.

Sunday Mass: 9:30 a.m.

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

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

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

Choir Rehearsal: Sunday 8-9
a.m.

Protestant Worship Service

(Chapel 2)

Praise Service: Sunday, 9 a.m.

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

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

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

Protestant Young Adults:
Thursday, 7 p.m.

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

Andersen Air Force Base:
366-6139

U.S. Naval Base Guam:
339-2126

U.S. Naval Hospital Guam:
344-9127

Still Moments



Ranger: Staff Sgt. Gary Santos, second from left, of Guam Army National Guard A Company, 1st Battalion, 294th Infantry Regiment, shows off his new Ranger tab after he completed Ranger School training July 16. He is currently serving at the National Guard Bureau's Warrior Training Center at Fort Benning, Ga., on a short active-duty tour. (Photo contributed by Guam Army National Guard)

Stretch body and mind at yoga classes

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

Joint Region Edge Staff

Charles King Gym on U.S. Naval Base Guam is offering its patrons a chance to experience the art of yoga.

Classes are held Mondays at 6:30 p.m., Tuesdays at 5 p.m., Wednesdays at 9:30 a.m., and Saturdays at 8:30 a.m.

Sheila Litty, Charles King Gym Fitness director, said yoga is popular on the naval base, and it is a compliment to the fitness culture on Guam.

"Yoga is in high demand," Litty said. "If we were to put 10 more classes a week in place, they would all be packed."

On Mondays and Wednesdays, Litty said Yoga with Dennis is a basic class.

"Yoga is the final component of any fitness program," Litty said. "It incorporates core strength and flexibility."

The Health and Yoga website backs Litty's claim by stating yoga increases flexibility by increasing lubrication of the joints, ligaments and tendons; detoxifying the body by gently stretching muscles and joints and massaging various or-



Art of Yoga: Patrons enjoy the relaxing art of yoga at Charles King Gym on U.S. Naval Base Guam July 24. Classes are held Mondays at 6:30 p.m., Tuesdays at 5 p.m., Wednesdays at 9:30 a.m., and Saturdays at 8:30 a.m. For more information about yoga classes, contact Charles King Gym at 564-1801. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

gans; optimizing the blood supply to various parts of the body by helping to flush out toxins; and toning the muscles.

She said if you're looking for a more cardiovascular workout, Tuesdays and Saturdays Yoga with Grace offers more of an intense workout.

"On Tuesdays, we offer Power

Yoga," said Grace Izdepski, a registered 200-hour yoga alliance instructor. "Power Yoga is a more rigorous and athletic-based yoga set. It offers intermediate positions for a whole 90 minutes."

Izdepski pointed out that Saturday classes are different, which are more meditative.

"On Saturdays, we do a gentler yoga that is more for recovery, stretching, healing the muscles, and breathing," Izdepski said. "We cater to different crowds."

Personnel Specialist Seaman Tiffany Johnson, of Personnel Support Detachment Guam, and Yeoman Seaman Shaunice Atwell, of

Maritime Expeditionary Security Squadron 7, are regular yoga participants. They agreed that classes are very beneficial.

"I enjoy coming because it is relaxing," Johnson said. "It offers me a way to stay fit. It gets me focused for the rest of the work week."

Atwell said that even though she is naturally flexible, she understands the challenges a beginner may face.

"Flexibility is the key and that comes with time," Atwell said. "Even though I am very flexible, the biggest thing to overcome is remaining focused."

Izdepski said that if you can not attend either of the classes, there is another option to enjoy the benefits of Yoga.

"I offer yoga to all commands on Thursdays at 7 a.m. at Gab Gab Beach," Izdepski said. "There is no specific age group and I invite everyone to come and try it out for themselves."

Breaking stereotypes, Litty emphasized yoga is a unisex class and everyone is welcomed.

"Many male active-duty members have been signing up for the classes," she said. "Yoga helps every one of all gender and ages."

For more information about the yoga classes, contact Charles King Gym at 564-1824.

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.

Admiral's Cup Dodgeball

Admiral's Cup Dodgeball begins Aug. 9. The registration deadline is Aug. 2 at Charles King Gym. For more information, call 339-1301.

Youth Soccer

The Youth Soccer season is approaching. Registration deadline is Aug. 2 at the Child Development Center. The season begins in August and ends in November for ages 5 and up. Practices will be held on Tuesdays and Thursdays, 5:15 to 6:15 p.m. For more information, call 564-1844/45.

Summer Finale: Family Fido 5K

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

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

Paintball

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

Zumba Classes

Free zumba classes are held at Coral Reef Fitness Center Mondays at 7 p.m., Tuesdays at 9:30 a.m., Wednesdays at 3:15 p.m. and 7 p.m., Thursdays at 9:30 a.m. and 6 p.m. and Fridays and Saturdays at 5 p.m. Zumba is a Latin fitness dance class that incorporates aerobics movements. Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic workout system. For more information, call 366-6100.