

JOINT REGION EDGE

Volume II No. 30

Friday, August 13, 2010



PMP performed on Andersen AFB

By Airman 1st Class Anthony Jennings

36th Wing Public Affairs

History was made Aug. 4, as the first accelerated packaged maintenance plan, or PMP, on an F-22 Raptor in a deployed environment came to a conclusion.

Members of the 27th Expeditionary Aircraft Maintenance Unit (EAMU), deployed to Andersen Air Force Base (AFB) from Langley AFB, Va., completed what has never been done with a fifth-generation aircraft before. A PMP is a scheduled, long-term, heavy maintenance on a fighter aircraft, performed every 300 flight hours.

"It's much like your car," said 2nd Lt. Lauren Chaffee, 27th Expeditionary Fighter Squadron. "Every few thousand miles you bring it in for a tune up. Well with fighter aircraft, it's every 300 flight hours."

The process normally takes a month to complete. The deployed unit was tasked to accomplish an accelerated PMP in 10 days.

"A dedicated team of 16 personnel working 12-hour shifts around the clock, to get the job done made this possible," said 1st Lt. Ikedinachi Akagha, 27th EAMU. "It's just incredible we were able to get this, not only planned, but executed. Everything fell into place so well over these past ten days."

The project has been in the works since January. The unit went over several scenarios to try and predict what could go wrong before anything actually did.

"We were, in essence, trying to build the perfect plan for a jet that has never had an inspection of this magnitude," Akagha said. "With the aircraft being relatively new, the engineers and maintainers are still finding issues, as with any new aircraft." "You are going to have to address some changes that are needed so you can apply those lessons learned to newer aircraft," he added.

In order to meet their goal, they started by re-doing the entire schedule. "Usually we have each team on

See PMP, Page 11



Making History: Members of the 27th Expeditionary Aircraft Maintenance Unit, deployed here from Langley AFB, Va., completed what has never been done with a fifth-generation aircraft before. On Aug. 4, the first accelerated packaged maintenance plan, or PMP, on an F-22 Raptor in a deployed environment came to a conclusion. (U.S. Air Force photo by Master Sgt. Kevin J. Gruenwald)

Military hosts Operation Purple summer camp



Protective Gear: Master-at-Arms 3rd Class (EXW) Wesley Kesterson, of Maritime Expeditionary Security Squadron (MSRON) 7, helps an Operation Purple Camp participant don protective gear before a simulated assault operation, during a visit to the MSRON 7 compound on U.S. Naval Base Guam, Aug. 3. The camp is a special program for children of deployed service members, which lets them build friendships and better understand the roles their parents play in maintaining the security of the nation. Purple Camp participants also visited Andersen Air Force Base and met with Airmen Aug. 12. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

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

Joint Region Edge Staff

Children from the National Military Family Association's (NMFA) popular Operation Purple summer camp recently toured military facilities and interacted with service members to find out just what it is the military on Guam does in support of the nation.

According to the Operation Purple website, the program was created in 2004 to fill a need identified by military parents to "help us help our kids."

"Our mission is to empower these military children – our youngest heroes – to develop and maintain

healthy and connected relationships, in spite of the current military environment," said Mary Scott, NMFA chairman. "The National Military Family Association is excited to work with Joint Forces Guam on this very worthwhile program."

Camp participants were able to interact with Sailors of Maritime Expeditionary Security Squadron (MSRON) 7 Aug. 10 at the command compound on U.S. Naval Base Guam, and learn about their missions, jobs, weapons, and tactics.

Gunner's Mate 1st Class (SW/AW) Francis Cruz said he was happy to be able to interact with the campers, and possibly have a positive

See CAMP, Page 11

INSIDE

- USS Frank Cable gamers Chief of Naval Operations safety award, page 3
- Airman reflects on life, war, page 8



Happy Birthday U.S. Coast Guard celebrates 220 years of service.

SEE PAGE 5



MCPON Visit

Master Chief Petty Officer of the Navy Rick West will hold an All-Hands Call for E-6 and below 9-10 a.m., Aug. 20 and for chief petty officers 10:10-11:10 a.m., Aug. 20 at U.S. Naval Base Guam Theater.



Top Performer Staff Sgt. Ryan Trandell

SEE PAGE 3

Tyer takes command of NSWU One

By Jesse Leon Guerrero
Joint Region Edge Staff

Naval Special Warfare Unit One (NSWU 1) held a change of command ceremony at their compound on U.S. Naval Base Guam Aug. 7. Capt. Jeffrey Tyer relieved Capt. Stephen Grzeszczak III as commanding officer of NSWU 1 during the time-honored tradition. Grzeszczak held the position since July 2008.

Vice Adm. John M. Bird, Commander, U.S. 7th Fleet, attended the morning event as guest speaker. Speaking before dozens of the command's Sailors, friends and family members, and Navy officials, Bird

praised Grzeszczak's leadership not only with the SEALs, but also as the commander of Task Force 71.

"Rarely is anyone in our Navy, let alone a captain, entrusted with such a broad scope of authority, such a large area of responsibility and with such an important set of missions," Bird said. "Without question, Steve Grzeszczak has done it masterfully."

In recognition of Grzeszczak's meritorious conduct and performance, Bird presented the Legion of Merit award to him. The citation stated Grzeszczak executed more than 200 operations and exercises for Chairman of the Joint Chiefs of Staff, Commander Seventh Fleet

and Command Special Operations Command Pacific, and also helped conduct more than 100 real-world missions in support of JSOTF-P.

Grzeszczak also accepted souvenir gifts from NSWU 1's organizations. He now heads to Hawaii, where he will serve as chief of staff to Special Operations Command Pacific.

Grzeszczak spoke to the audience about the friends he and his family made on Guam and the lessons he learned working for the first time in the Pacific. He thanked those who supported his tour and emphasized the contributions made by the Sailors under his command.

"The people at Naval Special Warfare Unit One are important, important to me, and important for the nation," Grzeszczak said. "They're important to our security and important to our way of life. They are out there supporting the nation daily here throughout the Pacific, working long hours, often not thanked for doing it."

After reading his orders, Tyer said he intends to lead NSWU 1 in a manner that continues their "stellar reputation."

"I'm excited to be taking command here," Tyer said. "You're all extraordinary individuals. Thank you for your contributions in the

fight against our enemies."

Tyer received his commission in 1987 and became a Naval Special Warfare officer in 1988. He participated in Operation Joint Guardian in Kosovo, Operation Iraqi Freedom and Operation Enduring Freedom in the Philippines. Recently, Tyer served as commanding officer of Special Boat Team 20 from 2004-2006 and arrived on Guam from Naval Special Warfare Command in San Diego.

NSWU 1 plans, prepares and conducts special operations in support of the global war on terrorism and other U.S. objectives within the U.S. Pacific Command area of responsibility.



Legion of Merit: Vice Adm. John Bird, Commander, U.S. Seventh Fleet, awards Capt. Stephen Grzeszczak the Legion of Merit during a change of command ceremony on U.S. Naval Base Guam Aug. 7. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



Piped Aboard: Capt. Jeffrey Tyer is piped aboard during a change of command ceremony Aug. 7 on U.S. Naval Base Guam. Tyer relieved Capt. Stephen Grzeszczak as commanding officer of Naval Special Warfare Unit One. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



Official Party: The official party salutes during the national anthem at the Naval Special Warfare Unit One (NSWU 1) change of command ceremony on U.S. Naval Base Guam Aug. 7. Afterwards, Capt. Jeffrey Tyer relieved Capt. Stephen Grzeszczak as commanding officer of NSWU 1. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

Congratulations Chief Selects

Chief Explosive Ordnance Disposal Technician (SELECT) Bryan Bates
Chief Builder (SELECT) Bruce Spradlin
Chief Builder (SELECT) William Hillberg
Chief Machinist's Mate Nuclear-Submarine (SELECT) Juan Rivera
Chief Machinist's Mate (SELECT) Wilson Valencia
Chief Information Systems Technician (SELECT) Kelly Seay
Chief Fire Control Technician (SELECT) Joseph Williams
Chief Cryptologic Technician - Technical (SELECT) Jack Savage
Chief Navy Diver (SELECT) Phillip Strautman
Chief Electronics Technician- Submarine Communications (SELECT) Jonathan Bute

Chief Explosive Ordnance Disposal Technician (SELECT) Karl Krahn
Chief Aviation Electrician's Mate (SELECT) William Guinazzo
Chief Explosive Ordnance Disposal Technician (SELECT) John Clancy
Chief Hull Maintenance Technician (SELECT) Ernest Sumner
Chief Fire Control Technician (SELECT) Brendan Graham
Chief Culinary Specialist (SELECT) Jamaro Shepherd
Chief Machinist's Mate Nuclear-Submarine (SELECT) Arturo Alvarez
Chief Machinist's Mate- Submarine Auxiliary (SELECT) Timothy Meyers
Chief Aviation Machinist's Mate (SELECT) Termaine Pruitt
Chief Aircrew Survival Equipmentman

(SELECT) Michael Jones
Chief Electrician's Mate- Nuclear Surface (SELECT) Justin Maynard
Chief Machinist's Mate- Submarine Auxiliary (SELECT) James Jenkins
Chief Hull Maintenance Technician (SELECT) Adrian Armstrong
Chief Hospital Corpsman (SELECT) Michael Amos
Chief Aviation Electrician's Mate (SELECT) Jay Tkachuk
Chief Logistics Specialist (SELECT) Erik Spaulding
Chief Machinist's Mate- Submarine Weapons (SELECT) Earnest Nix
Chief Machinist's Mate Nuclear-Submarine (SELECT) Scott Sigmon
Chief Machinist's Mate- Submarine Auxiliary (SELECT) Philip Parcell

Chief Master-at-Arms (SELECT) Mandy Holt
Chief Logistics Specialist (SELECT) Daniel Scheller
Chief Hospital Corpsman (SELECT) Akely Byfield
Chief Sonar Technician Submarine (SELECT) Raymond Szymczak
Chief Explosive Ordnance Disposal Technician (SELECT) Daniel Ryan
Chief Logistics Specialist (SELECT) Shalanna Frida
Chief Master-at-Arms (SELECT) Jesse Izdepski
Chief Legalman (SELECT) Kim Lindee
Chief Information Systems Technician (SELECT) Adrian Estes
Chief Boatswain's Mate (SELECT) Steven Douglas

Maintenance controller earns Top Performer honors

By Airman Whitney Amstutz
36th Wing Public Affairs

In today's military, the ability to relay information quickly and accurately has become as vital to the success of the U.S. mission as the ability to fire a weapon. On Andersen Air Force Base, members of the 36th Communication Squadron are dedicated to ensuring communications capabilities are fully operational and accessible at all times.

Staff Sgt. Ryan Trandell, 36th Comm Squadron maintenance controller, was selected by the squadron's first sergeant, Master Sgt. Michael Schoenly, as Team Andersen's Top Performer due to his outstanding performance and can-do attitude on the job.

"Sgt. Trandell is a hard-worker," Schoenly said. "He continually exceeds what is expected of him. He comes to work prepared to tackle whatever task is presented to him and has enough initiative to take on ones that aren't."

On a daily basis, Trandell is responsible for monitoring and maintaining all outlets for official communication on base.

"Basically, we provide communications support for the entire base," Trandell said. "We're the first line point of contact for any



Communication Channels: Staff Sgt. Ryan Trandell, a maintenance controller for the 36th Communications Squadron, responds to customer inquiries at the Communications Focal Point Aug. 5. Trandell is also responsible for maintaining and monitoring the radio at Mount Santa Rosa to ensure proper communication channels remain functional at all times. (U.S. Air Force photo by Airman Whitney Amstutz)

communications issues. We deal with problems in a variety of different areas ranging from e-mail to the Secret Internet Protocol Router Network, and that's just the Comm Focal Point aspect of the job."

Additionally, Trandell performs maintenance and routine checks on radio and radar equipment located both on and off base.

"Being a maintenance controller myself, I am responsible for keeping the radio at Mount Santa Rosa in good working order," Trandell said. "The radio sends a shot all the way to the Naval base and allows us to keep in contact with them, so it's very important that it function correctly."

Although he has only been on Andersen since December of last year, Trandell has plans to improve and renovate base infrastructure.

"One goal I hope to achieve during my time here is to make the infrastructure better than what it was when I got here," Trandell said. "I hope to make it more efficient and solve the recurring problems that we have as a result."

Trandell attributes his intense work ethic to staying personally motivated to perform at his best each day.

"I try to do the best I can," Trandell said. "If you do it right the first time, it keeps you from having to go back and do things again and again. So in the end, when you bring your best, it not only benefits the mission, it benefits you."

Frank Cable wins second consecutive CNO Safety Award

By Mass Communication Specialist
2nd Class (AW) David R. Krigbaum

USS Frank Cable (AS 40) Public Affairs

Safety is everyone's business and on submarine tender USS Frank Cable (AS 40) business is good. So good, in fact, that Frank Cable earned its second consecutive Chief of Naval Operations (CNO) Afloat Safety Award for the category of Military Sealift Command (MSC), Auxiliary-Special Mission.

Rear Adm. Paul Bushong, Commander, Joint Region Marianas presented the award to Frank Cable's Safety Officer Lt. Cmdr. Scott Greenstein in a ceremony at the Guam Shipyard Aug. 5.

Besides the award, another tangible benefit of the Cable's safety program is that the ship has not had a Class A or B occupational mishap in 2009.

"People expect to go to work and to come home in the same condition they went to work in. That's accomplished through safety," said Greenstein, USS Frank Cable's safety officer.

Greenstein attributes the award to the team effort of divisional safety petty officers, a ro-

bust safety program and proper hazardous material handling.

During the presentation ceremony, Bushong spoke of Frank Cable's excellent safety record in 2009 and let the crew know that they were an integral part of that record.

"Even if you have the best safety department in the world, you can't get an award like this without having the hard work of the entire crew to back it up," Bushong said.

After the admiral spoke, Capt. Tom Stanley, Frank Cable's commanding officer, addressed the crew with praise and a few thoughts on the award.

"It's not about awards; I want to get through 2010 without any mishaps and without any injury to our shipmates," Stanley said.

The CNO Safety Award is given annually and recognizes outstanding contributions to fleet readiness, efficiency and economical use of resources through safety. Selected ships must also have aggressive safety programs that contribute significantly to mishap prevention. USS Frank Cable is currently in the Guam Shipyard undergoing upgrades for its MSC conversion.



Award: Lt. Cmdr. Scott Greenstein, the submarine tender USS Frank Cable's Safety Officer, accepts the Chief of Naval Operations (CNO) Afloat Safety Award which was presented by Rear Adm. Paul Bushong, Commander, Joint Region Marianas, during an all hands call on the pier. Cable is currently undergoing upgrades at Guam Shipyard for the Military Sealift Command (MSC) conversion. (U.S. Navy photo by Mass Communications Specialist 3rd Class Anna L. Arndt)

Joint Region Edge is an authorized publication for overseas members of the U.S. military and their families. Contents of this publication are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or Guam Publications, Inc. The appearance of advertising in the publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, Commander, Joint Region Marianas of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. Joint Region Edge is published by Guam Publications, Inc., a private firm in no way connected with the Department of Defense, the U.S. Navy, or the U.S. Air Force, under exclusive contract with the Commander, Navy Region Marianas, located in Bldg. 3190. Editorial materials are due at noon on the Thursday before publication date. All classified advertise-

ments are due no later than 3 p.m. on the Tuesday the week prior to publication. Joint Region Edge reserves the right to edit, rewrite or reject material submitted for publication.

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

Frank Whitman Editor 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 corwin.colbert@fe.navy.mil

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

Oyaol Ngrairnikd 339-2115 oyaol.ngrairnikd@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 Schultz

366-2228

Airman 1st Class Julian North

366-2228

Airman 1st Class Anthony Jennings

366-2228

Airman Whitney Amstutz

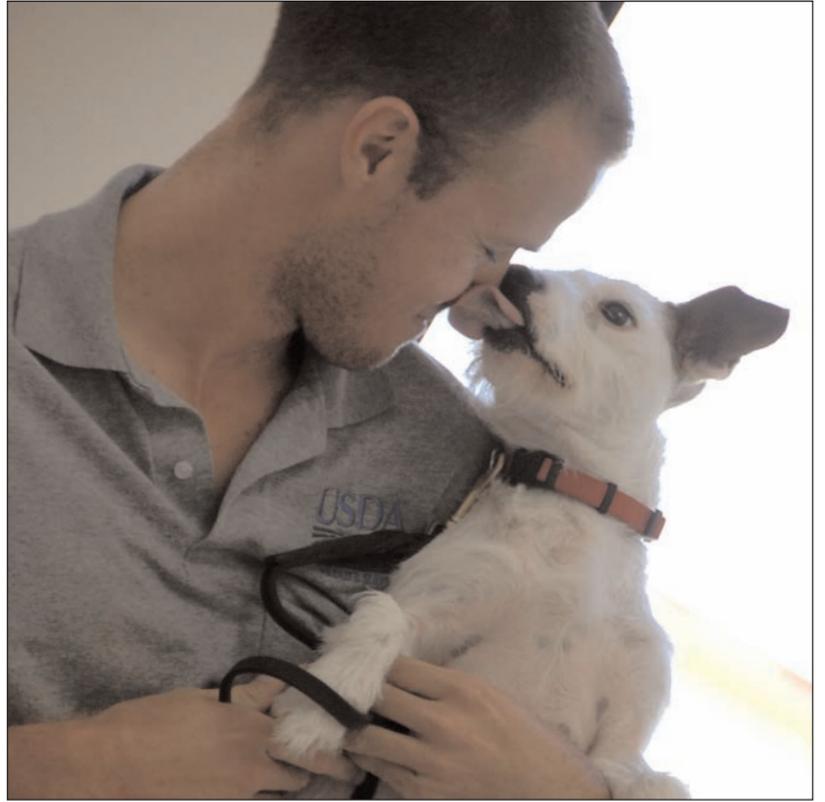
366-2228

Renovated Vet Clinic holds open house



Pet Care: After seven months of operating out of an alternate location, the renovated Veterinary Clinic welcomed members of Team Andersen to an open house Aug 3. The open house was a chance for the staff to show off the updated facilities, new equipment and capabilities. The vet clinic now offers vaccine clinics, de-worming, X-rays, dental services, ultrasounds, as well as retail items such as leashes, collars, toys and much more. In addition to the services provided to privately owned

animals, the clinic provides care for the Military Working Dogs and U.S. Department of Agriculture brown-tree snake detector dogs. Mondays, Tuesdays, Wednesdays, and Fridays the clinic is open from 8 a.m.-4 p.m. On Thursdays, they are available from 8 a.m.-noon. All pet owners and prospective pet owners are welcome to use the veterinary clinic — another one of Andersen's quality products provided by the 36th Force Support Squadron. (U.S. Air Force photos by Airman 1st Class Anthony Jennings)



Coast Guard celebrates 220th anniversary

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

Joint Region Edge Staff

Tens of thousands of active duty, reservists, and auxiliary Coast Guard personnel celebrated the 220th birthday of the U.S. Coast Guard Aug. 4.

Founded by Alexander Hamilton Aug. 4, 1790, as the Revenue Cutter Service, and established as the Coast Guard Jan. 28, 1915, the service lays claim as the United States' oldest continuous seagoing service. The Coast Guard's enduring roles include Maritime Safety, Maritime Security, and Maritime Stewardship.

In a message to the entire Coast Guard, Adm. Bob Papp, Commandant of the U.S. Coast Guard (USCG), spoke of the heritage and purpose shared by each and every Coast Guardsman, past, present, and future.

"As Coast Guard men and women, we share a bond of pride in our rich heritage and a common purpose to uphold our honorable traditions," Papp said. "On this Coast Guard Day, and for the many that will follow, we will continue to faithfully serve and stand a taut watch."

In a phone call to the Commandant, President Obama wished the USCG a happy birthday, and lauded its men and women for their outstanding service to the nation.

"It is a great privilege to share a birthday with the Coast Guard. I am full of admiration for the courage and the dedication and the hard work that each of you does," the President said. "Just know that your Commander



Celebration: Capt. Thomas Sparks, left, commander, U.S. Coast Guard (USCG) Sector Guam, and Seaman Eric Dawson, of USCGC Washington (WBP 1331), cut the cake during a celebration of the Coast Guard's 220th birthday at Polaris Point in Piti, Aug. 4. (Photo courtesy of U.S. Coast Guard Sector Guam)

in Chief is proud of you, the nation is proud of you, and we are very, very appreciative of your service."

Coasties from USCG Sector Guam took the opportunity on their birthday to gather with their families and fellow mariners during a celebration at Polaris Point in Piti, Guam. The Coast Guardsmen and their families enjoyed inflatable bounce houses, waterslides, water-

balloon games, live music, food, and camaraderie.

"It's a good opportunity for all our Coast Guard personnel on Guam to come together and remember our history," said Cmdr. Yuri Graves, deputy commander, USCG Sector Guam. "And hopefully everyone enjoys the party and has a great time."

Seaman Chad Tondee of USCGC Sequoia

(WLB 215), who performed live music at the celebration with his band Buoy Critters, said that the celebration was a great opportunity to all Coasties on Guam to celebrate their heritage and friendships.

"It's great to come out and perform for my shipmates on our service's birthday," he said. "Everyone is having a blast. This is a great validation of what we do as Coast Guardsmen."

The mission of the USCG includes Search and Rescue, Maritime Law Enforcement, Aids to Navigation, Ice Breaking, Environmental Protection, Port Security and Military Readiness. In order to accomplish these missions the Coast Guard has 38,000 active-duty men and women, 8,000 Reservists, and 35,000 Auxiliary personnel who serve in a variety of job fields ranging from operation specialists and small-boat operators and maintenance specialists to electronic technicians and aviation mechanics.

U.S. Coast Guard Sector Guam's area of responsibility includes Guam, the Commonwealth of Northern Mariana's Islands, the Republic of Palau, and the Federated States of Micronesia. Primary missions include: Search and Rescue, Law Enforcement, Ports Waterways and Coastal Security, Marine Inspection, Mariner's Licensing and Documentation, Port Safety and Marine Environmental Protection.

For more information on the USCG, visit their website at <http://www.uscg.mil/>

For more information on USCG Guam, visit their website at <http://www.uscg.mil/d14/sectguam/>

Community service an extension of Naval Hospital mission

By Oyaol Ngirairikl

Joint Region Edge Staff

Sixteen U.S. Naval Hospital Guam Sailors helped feed and care for abandoned animals at Guam Animals In Need (GAIN) in Yigo Aug. 7.

Hospital Corpsman 1st Class (SW/AW) Samuel Ramos, organizer of the event, said he and other Sailors consider their community outreach projects a “natural extension” of the hospital’s mission.

“I put the word out that we’re going to volunteer here at GAIN to help feed the animals, clean their kennels and give them some exercise, and I started getting responses almost immediately,” Ramos said. “And that’s the typical response we get, whether we’ve got a group going to tutor at schools, participate in a beach cleanup, or participate in

other events that aim to help the island community.”

Naval Hospital provides medical care and assistance to military members and their families on Guam.

“At the hospital we provide care for all our island’s military folks as well as our military retirees, and their families – and our community projects just extends that care for health and quality of life for all the people of the island,” Ramos said. “Being here at GAIN for example, we are helping an organization that aims to reduce animal population – that promotes health, a clean environment and safety.”

Ramos added the projects serve as an example to younger Sailors but also younger members of the community.

“When people see that we’re out here doing something for the community – they’ll see you don’t have

to be an officer or a businessman to make a difference. We’re all just regular people out here trying to do our part for the community,” he said. “If people see that, they might be inspired to do something as well, which I highly encourage. I can go home today, knowing I made a positive impact in the community I live in – it’s a great way to spend a Saturday morning.”

Hospital Corpsman 3rd Class Jessica Ashook just returned from Pacific Partnership 2010, which delivered humanitarian civic-action missions in the Pacific Fleet area of responsibility, including Vietnam, Cambodia, Indonesia, Timor-Leste, Republic of Palau and Papua New Guinea. Ashook was among the Sailors who volunteered to help at the non-profit organization.

“It was great because I got to help people around the Pacific region and

coming home I was just as excited to do community work to help care for the animals here at home,” Ashook said. “It’s all about helping people and helping to build a better community, whether they’re an ocean away or right here in our backyard.”

Chief Hospital Corpsman (FMF) Freddie Mawanay, Naval Hospital pharmacy leading chief petty officer, said community volunteer efforts also helps build a positive presence on island.

“It’s about being good neighbors to the community by pooling together our resources as a community to keep our island beautiful so we can all enjoy it,” Mawanay said. “It’s also an awesome experience for junior Sailors to grow – they get a chance to learn more about the people who live here, the wonder-

ful cultures of the island, and really build up their own skills as leaders, as communicators and members of a team.”

Naval Hospital Guam is the primary medical provider for military members and their families on Guam. The mission of Naval Hospital is to excel in Expeditionary Force Health Protection as well as promote, preserve, and restore the health of those they serve. The command is comprised of the main hospital in Agana Heights, and two branch clinics on Naval Base Guam. The Naval Hospital’s staff consists of 516 Active Duty and 201 civilians, contractors, reservists and volunteers who serve more than 26,000 beneficiaries.

For more information about U.S. Naval Hospital Guam, visit them online at www.med.navy.mil/sites/usnhguam.

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 Base Guam
Firefighter

Naval Facilities Engineering
Command Marianas
Contract Specialist, closes Aug. 16

General Engineer, closes Aug. 16
Supvy Enviro Engineer, closes Aug. 16
Supvy General Engineer, closes Aug. 16
Utilities Analyst, closes Aug. 16

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.

Tarague Beach Summer Hours

Tarague Beach is currently open for swimming Thursdays through Tuesdays 10 a.m.-6 p.m. During these days and times, swimming is authorized only in the designated swimming area, and only when a lifeguard is present. For more information, call 366-5197.

Boonies Officers’ Lounge to Re-Open in August
Boonies Officers’ Lounge is re-opening this month. Details to come! All other areas within the Top of the Rock, i.e. Café Latte, Hightides, Catering,

Cashier’s Window and Administration Office will maintain normal hours of operation. For more information, call 366-6166.

Join the Café Latte Coffee Club

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

NMCB 11 Det. Guam constructs for the future

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

Joint Region Edge Staff

Sailors assigned to U.S. Naval Mobile Construction Battalion (NMCB) 11, Detachment (Det) Guam, construct infrastructure to keep Naval Base Guam (NBG) and its tenant commands sturdy for future generations.

NMCBs provide responsive military construction support to Navy, Marine Corps and other forces in military operations, construct base facilities and conduct defensive operations. On Guam, the detachment's mission is to provide construction and general engineering support to NBG and U.S. Naval Facilities Engineering Command Marianas. They strive to accomplish this with the highest level of quality, and in a timely and safe manner, while promoting personal and professional development of all personnel, according to Lt. Christopher Sandmel, assistant officer in charge, NMCB 11 Det. Guam.

NMCB 11 is homeported out of Gulfport, Miss., with personnel currently deployed to over a dozen sites across the Pacific Command area of operation. The main body element is based out of Okinawa, with Guam being the largest subordinate detachment.

"Guam is a longstanding Seabee deployment site and turned over from battalion to battalion, dependent on the current rotation schedule," Sandmel said.

Det. Guam has no civilian personnel, though contract support operates the galley facilities and provides custodial support on board Camp Covington on NBG. NMCB 11 deploys to Guam a mixed group of Sailors of construction and support rates to work on various projects.

"Det. Guam is currently performing a number of horizontal construction projects, including parking lot construction at the new Joint Region Marianas headquarters and waterline upgrades in Barrigada," Sandmel said. "Other projects the Seabees are involved with include crane operations, camp maintenance, and the upcoming construction of a new medical facility on board Camp Covington. The battalion also operates Orote Point quarry and associated blasting to produce mineral



Off Load: Equipment Operator 3rd Class Stephan Washington, left, and Equipment Operator 3rd Class (SCW) Sean Ruel, both of U.S. Naval Mobile Construction Battalion (NMCB) 11, observe a MTVR truck release a load of fill for the Joint Region Marianas headquarters parking project on Nimitz Hill June 9. NMCB 11's mission is to provide construction and general engineering support to Joint Region Marianas and Naval Base Guam. (U.S. Navy photo by Engineering Aide 1st Class (SCW) John Strown)

product aggregate."

Sandmel said Sailors get experience through these various projects that can be useful in humanitarian efforts around the world and in the civilian sector.

"A Seabee will learn a wide range of skill sets in the Navy that are transferrable to civilian careers. Seabees are a diverse community and teamwork is part of the foundation of what it is to be a Seabee," Sandmel said. "Through working in their construction rating, a Seabee learns skilled trades across all areas of the construction field; electrical, plumbing, and carpentry construction skills, as well as vehicle operation and maintenance are just

to name a few. Many journeyman programs are offered in these fields through the United Services Military Apprenticeship Program."

Construction Mechanic Constructionman David Lacure said he takes advantage of all the experience he has gained while deployed.

"I have learned so much as a Seabee. This is the field I wanted to learn in college, and every time I learn something I am excited," Lacure said. "Whether I stay in for 20 years or until my enlistment is fulfilled, I hope to use the skills I learned in the future."

Sandmel said the skills and leadership abilities learned at work are the true benefit of being a Seabee.

"Seabees also become experienced leaders and managers of personnel, materials and facilities," he said. "No matter if their career lasts one enlistment or 30 years, the diverse skills a Seabee learns will benefit them during and after they leave military service."

NMCBs have been on Guam since the island's liberation from Japanese occupation in 1944. Since then, Seabees were responsible for the initial construction on the island's main thoroughfare, Marine Corps Drive, and helped Guam recover from the devastation of typhoons.

For more information about the U.S. Naval Construction Force, visit www.seabee.navy.mil.

How my brother taught me how to live

Commentary by Senior Airman Emerald Ralston

92nd Air Refueling Wing Public Affairs

I thought I was ready for war. I had gone through Army combat skills training at Ft. Lewis, Wash. I had squared away all my financial and legal documents. I even found a new confidence and a love for the military.

My brother, Army Sgt. Ian Ralston, a combat medic, and I spoke on the phone while I was at Baltimore International Airport, just hours before I boarded my first flight overseas.

He offered me advice, motivation and insight into the Army way of doing things, as I was deploying with the 10th Mountain Division.

Like I said, I thought I was ready. I arrived in Afghanistan and was sent to Camp Spann, about 200 miles north of Kabul.

After a couple of weeks, I was preparing to convoy to an even more remote area for the next five months.

Before we left, I made the usual call home. I'd ask my parents to pray for me before I went on convoys so they knew what I was up to and, God forbid, in case anything happened, they would be prepared.

This particular time, I didn't get the "Okay, Honey, be safe," I was used to.

Instead I heard my mother's muffled sobs, and through the tears and gasps I put together what I could: the part of the war I wasn't ready for.

"Ian got hit," were the only words I heard before I let out that guttural groan of grief you never want to have to release.

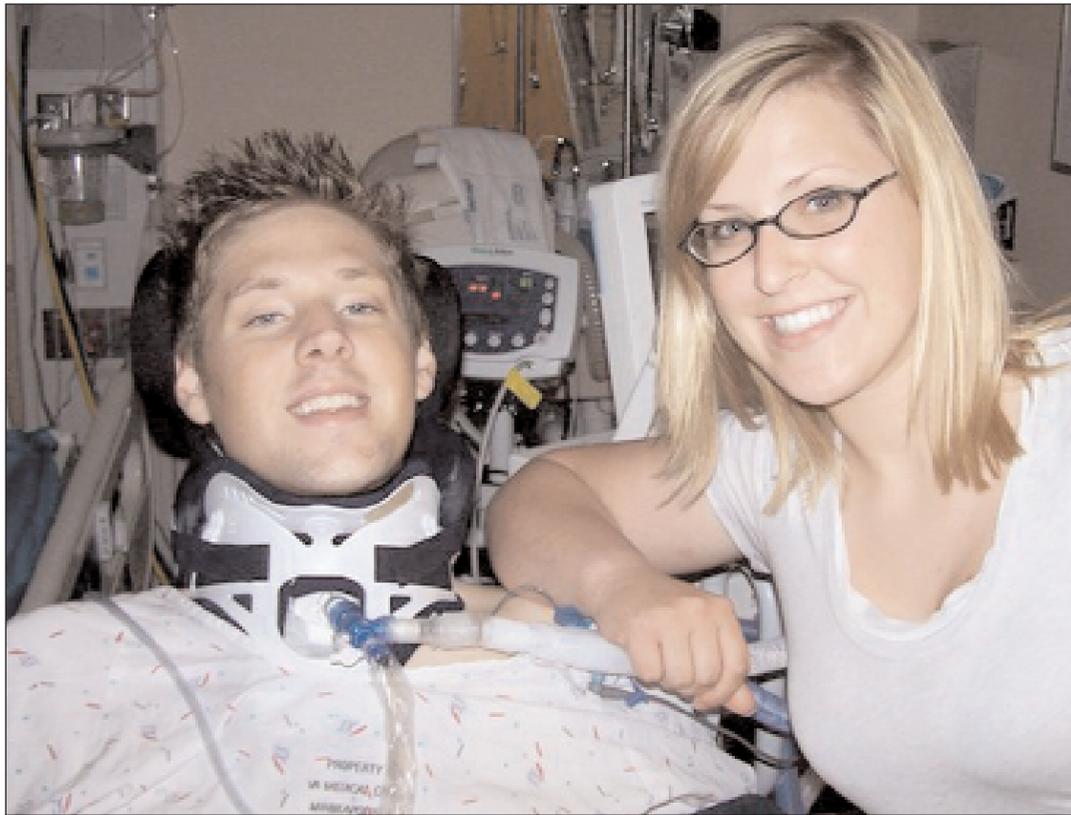
"It's bad ... real bad," were the next words I heard.

My big brother was deployed to Iraq at the time with the 2/23 Infantry Regiment, 4th Stryker Battalion Combat Team, 2nd Infantry Division. He had been on a convoy earlier that day.

The hours that followed felt like years. My unit at Camp Spann acted more quickly than I thought possible. They understood the gravity of the situation and scheduled convoys, flights and liaisons for me at each stop to get me to my brother.

I spent the next 24 hours running from flight to flight from Afghanistan to Germany, fearing and expecting the worst, trying to find a way to prepare myself for what was to come. I couldn't eat, I couldn't sleep. I had nothing but the love for my brother to keep me going. I needed to see him, and I knew he needed me there.

When I finally arrived at Land-



Life Worth Living: Senior Airman Emerald Ralston sits with Army Sgt. Ian Ralston, her brother, at the Veterans Affairs Spinal Cord Injury Center in Minneapolis, Minn. Airman Ralston is a public affairs specialist with the 92nd Air Refueling Wing Public Affairs. (Courtesy photo)

stuhl Army Medical Center, Germany, my brother was being stabilized and prepared for a medevac to Walter Reed Army Medical Center, Washington, D.C.

I met with Sgt. Jake Flores, a close friend of Ian's from their first tour in Iraq. He specifically requested to be Ian's nurse so Ian would always have someone he knew and trusted by his side. He pulled me aside before I entered Ian's room and explained Ian's injury to me.

Sergeant Flores offered me a shoulder to cry on. He reminded me to breathe, and reassured me that if I needed to break down, I could take a moment to do just that before I entered Ian's room.

And I did.

My brother — the reason I joined the military, the reason I wanted to deploy, the person I wanted to make proud more than anyone in the world with my military service — was now a quadriplegic. Shrapnel from an improvised explosive device had penetrated his C2 vertebra. The shrapnel, the doctors told me, would kill him if they tried to remove it.

When I finally pulled myself together, I knew from that point on I had to be strong, I had to take everything the military had taught me

about strength and bearing and put it all to the test.

When I walked in, I looked at everything except him. I looked at the machine that was breathing for him, at the monitors all around his bed. I focused on the sound of the ventilator breathing in and out, the beeping of his vitals. Finally, my eyes rested on my brother.

Honestly, he looked fine, as if nothing had happened. But then he looked up at me and tried to smile, and I noticed the tubes in his mouth.

From that moment, I spent every second by his side. I flew with him to Walter Reed and was greeted by hoards of military leaders. Chaplains asked if I was okay. Senior officers thanked us for our service. Then nurses loaded him onto another litter, taking his tubes, wires and monitors, and rushed him to the fourth floor, the intensive care unit, an area I became very familiar with over the next three weeks.

Later that night, after my parents arrived, a nurse frantically came into his ward and told us we had to look at something.

We did, and I knew what I had to do.

After all, my parents shouldn't have to ask their son if he wants to be taken off life support.

It was the single hardest thing I've ever done.

After we took him off his medication and asked him, he blinked twice. No.

He wanted to be kept alive.

From that moment on, I realized the fragility, preciousness and importance of life. I realized the difference between the war they prepare us for and the side of war that exists in hospitals.

I spent 19 days in Afghanistan and 19 days at Walter Reed. The part of war I saw at Walter Reed was one I didn't see in Afghanistan. It's a side that isn't glamorized in the media like the heroic photos of troops with their weapons at the ready or passing out candy to children in remote villages.

Not many people see those in limbo — the ones who live after sustaining serious injuries in defense of our country. They are certainly not forgotten, and they don't go unnoticed.

As I saw amputees walking or wheeling themselves around in the halls, or the young troops who keep the ICUs full at all times, I realized these heroes are all versions of my brother, my hero, the young Soldier who wanted to serve his country and ended up with a ball bearing in

his spine. They all have families who care, units who pulled together to see them through, lives they've impacted and a country that thanks them for their sacrifices.

Ian was a soldier to the core, even when we were kids. Every Halloween, he wanted to wear camouflage. He "bled green" from the day he was born at the U.S. Army Hospital at Wurzburg, Germany, while our father served in the 123rd Signal Battalion, 3rd Infantry Division in 1985.

He "bled green" until the day he took shrapnel to the back of the neck and rolled out of the back of his Stryker.

Then he just bled.

Ian currently sits in the Veterans Affairs Spinal Cord Injury Center in Minneapolis, Minn., constantly surrounded by friends and family. His positivity is a reminder to everyone who knows him that life is worth living; life is bigger than the problems we face at the moment.

He smiles and laughs every day. He says "please" and "thank you" when asking for medication. He knows he is blessed to be alive, and the nurses and doctors are consistently blown away by his progress.

The doctors say he will never walk again. Ian feels differently. His faith and stubbornness have already taken him past what the doctors told him he would be capable of.

People like Ian are reasons to make life worth living, to live a life worth the sacrifices of those who serve.

There are little things we do every day that my brother can't do: scratching his face, clearing his throat, speaking out loud. My brother is one of thousands of men and women who protected our freedoms. He spent his career saving the lives of others. Now he is on the other end of the spectrum.

I urge servicemembers to keep in mind what it means to wear our uniform, the uniform so many Soldiers and Airmen may never be able to put back on because of their sacrifices.

Make them and our nation proud by the way we conduct ourselves in uniform and remember what an honor it is to put it on every morning.

And remember, when you step foot in the war zone, anything can happen. You may never be prepared for what you may face, but if you ever have to see the horrors of war, face them with honor.

I thought I was ready for war. Now I have to prepare for a fight of a different kind: the fight to help my brother live his life.

He has certainly taught me how to live mine.

Computer users reminded security is paramount

By Oyaol Ngirairikl

Joint Region Edge Staff

U.S. Naval Computer and Telecommunications Station (NCTS), Guam Information Awareness officials continue to remind Navy computer users to stay on top of computer security.

“What we do here is we support our users – whether they’re at a desk at U.S. Naval Base Guam or a ship in the region – with tools for communicating so they can complete their missions efficiently and safely,” said Lt. Cmdr. James LeCounte, NCTS Guam executive officer. “Ensuring the integrity of the network that allows us to support our warfighters and all of our users requires a lot of diligence on our part. But it is also incumbent on our users to do their part – security is all of our jobs.”

NCTS Guam provides assured command and control, fleet communications, computer and base communication services for voice, data and video, to Navy, joint forces, and allied forces and their support elements operating in NCTS Guam Area of Responsibility.

LeCounte said the military has come a long way with its information security, through antivirus software, firewalls, intrusion detection systems, and external protective measures for the physical components such as; buildings, networks, and property security.

Officials also noted while the Navy has shored up electronic defenses and provided tools to users need to know how to use them. To help Navy computer users under-

Do Your Part

Below are some tips for Navy computer or cell phone users to keep in mind:

BE:

- Aware of individuals in your spaces
- Familiar with your current standard operating procedures (SOP) and instructions
- Diligent in conducting your duties
- Professional in your actions
- Courteous and respectful - it goes a long way

KNOW:

- Your spaces and equipment
- Your roles, duties and responsibilities
- Information assurance/security related SOPs, instructions and policies
- Actions in situational scenarios

(i.e. computer incident responses and reporting procedures)

- Points of contact for key information assurance/security personnel within your command, including your terminal area security officer, security manager, etc.)

DO:

- Remove your common access card (CAC) when you leave your workstation
- Answer questions professionally, if you don’t know the question just say I don’t know, but, I will find out.
- Perform your roles, duties and responsibilities in accordance with standards, policies and instructions
- Learn your spaces and their associated equipment
- Exercise the “need-to-know.” Do not give out information

unnecessarily

- Challenge individuals in your spaces (check identification/access list)
- Escort individuals accordingly — don’t leave them wandering in your spaces
- Maintain information assurance/security records as required
- Digitally sign all your e-mails. When sending an e-mail that pertains with any type of directive, funding or official in nature it must be digitally signed. As a rule of thumb is when in doubt, digitally sign it. This not only ensures that the message is official but helps reduce the possibility of spam or Phishing.

DO NOT:

- Open e-mails that looks suspicious or you have a question about the subject, who it came from, etc. Delete all suspicious

emails.

- Wear your security badges outside the work area or compound.
- If you see someone inside your work area or secure space without a security badge question that person to make sure the person belongs there.
- Leave classified material unattended — even just for a minute — inside or outside of secure spaces that are approved for open storage. Remember the next person in the room may have the proper security level but not the “need to know.”
- Send classified information over an unclassified system such as the Non-classified Internet Protocol Router Network.

(Source: U.S. Naval Computer and Telecommunications, Guam)

stand computer viruses and other computer-security dangers, all users are required to undergo information awareness training, after which they sign a certificate saying they completed the training and understand their responsibilities.

Training and awareness ensures computer users understand that there are practices that are dangerous to information security, like bringing a floppy disk or thumb drive from home to use on a government net-

work, or downloading files, clicking on web links, or opening pictures from untrusted sources.

LeCounte said it’s the day-to-day requirements that users need to be especially mindful of.

“Often times it’s the simplest things that are overlooked, taking your computer access card (CAC) out of the computer when you’re stepping away from your desk, making sure your government-issued cell phone is secured and not left

behind on someone’s desk or at an area where anyone can pick it up,” LeCounte said.

LeCounte said if users have questions, they can refer to their Terminal Area Service Officers (TASO).

“Each command has a TASO and we work with them and provide training to ensure they can answer questions but also understand the steps necessary to take if certain issues come up,” he said.

Thomas Rabago, One-Net Local

Network Support Center Guam director, said protecting the network is the responsibility of every person that has been granted access to a government system.

“The computer has become a tool that we all need to perform our job and as such needs to be protected from damage or abuse,” he said.

To learn more about NCTS Guam, visit their website at www.nctsguam.navy.mil.

Rear Adm. McAneny meets Frank Cable



Visit: Rear Adm. Doug McAneny, commander of Submarine Force, U.S. Pacific Fleet, addresses the officers and chiefs of the submarine tender USS Frank Cable (AS 40) at the Naval Base Guam Chapel Aug. 4. Frank Cable is undergoing upgrades at Guam Shipyard for the Military Sealift Command conversion. (U.S. Navy photo by Mass Communication Specialist 1st Class Eric Dehm)



Departure: Seaman Apprentice Adam McMahon prepares to ring the ship's bell and announce the departure of Rear Adm. Doug McAneny, commander of Submarine Force, U.S. Pacific Fleet, as he leaves the submarine tender USS Frank Cable (AS 40) Aug. 4. Frank Cable is undergoing upgrades at Guam Shipyard for the Military Sealift Command conversion. (U.S. Navy photo by Mass Communication Specialist 1st Class Eric S. Dehm)

Camp: Participants visit Andersen AFB

Continued from Page 1

influence on their lives.

"It's really important that we play a positive role in the community, and especially in the lives of military children," he said. "I'm sure these kids can feel our support for them today, and hopefully they're better able to understand why their mommy or daddy has to go on deployments."

Master-at-Arms 3rd Class (EXW) Wesley Kesterson said the kids weren't the only ones who had a great time during the camp's visit.

"It's great to interact with the kids and know that I'm helping them be able to cope when their parents are away," he said. "Plus, it's just plain fun to show these kids our equipment and what we do. They are so excited that I can't help but smile and enjoy it."

On Aug. 12, the campers were on Andersen Air Force Base (AAFB) to interact with the Airmen of the Air National Guard's 171st Refueling Wing, based out of Pittsburgh, and members of the AAFB Fire and Emergency Services.

Lt. Col. Mark Whittmayer, the wing's instructor pilot, gave the children a tour of a KC-135 Stratotanker, and encouraged the chil-



Protection Suits: Lt. Michael Arzabal, Andersen Fire and Emergency Services, explains the fire protection suits worn by the base firefighters to a group of Operation Purple camp attendees here Aug. 5. Operation Purple is a summer camp open to children of service members from every branch, active, guard, or reserve, and is designed to help the participants better understand their parent's lives through military themed activities. (U.S. Air Force photo by A1C Julian North)

dren to follow their dreams.

"I didn't get perfect grades in school. I got Bs and Cs," he said. "But I believed in myself and tried hard. If you do the same, you can be anything you want to be."

The camp counselors said that interacting with service members gives the children a better appreciation for the military.

"I think by seeing the vehicles and going inside them, the younger kids really get a better understanding of what it is that their parents do at work and when they are deployed," said Jillene Tardiff, Operation Purple camp coordinator.

Philip Gillot, Operation Purple camp project coordinator, added that the program also helps to encourage service men and women to come together.

"It also brings together all the branches of the military for one goal; to better the lives of our children," he said.

The mission of the Operation Purple program is to empower military children and their families to develop and maintain healthy and connected relationships, in spite of the current military environment.

For more information on Operation Purple, visit their website at <http://www.militaryfamily.org/our-programs/operation-purple/>

PMP: Inspection team ensured everything was operational

Continued from Page 1

the aircraft separately," Akagha said. "With the accelerated PMP, we tried to consolidate everything. We had to figure out how many different agencies or teams can we have on the jet at once."

A low observable team would

pick off any panels the PMP inspection team may need to get into. The inspection team then runs through their list of checks ensuring everything is operational. They then re-panel the aircraft and hand it back over to the low observable team so they can re-layer the jet.

"Despite the crunch, high ops

tempo and stress of just performing a month-long inspection in such a limited time, we pulled it off which is just huge," Akagha said.

Once an aircraft comes within 30 to 40 flight hours to its next scheduled PMP, it is grounded and won't be allowed to fly until it has gone through a proper inspection. There

are different criteria at the 300, 600 and 900 marks.

This particular jet was at its 900 hour mark, which can be the most intense and comprehensive inspection, Akagha said.

"With potential threats and the potential for conflict in this region, we need to ensure there is a plan in

place in case we have to send jets to fight when there is too little time between its next flight and next PMP," he said.

"It's better to send a jet that is fresh and inspected and ready to fight for a long period of time. This was kind of an experiment to see if it could, in fact, be done and we did it."

Frank Cable keeps Sailors in shape, builds morale

By Mass Communication Specialist
1st Class Eric S. Dehm

USS Frank Cable (AS 40) Public Affairs

Just before 6 a.m. on an already warm and muggy Monday morning in Guam, an invasion takes place Aug. 2. The crew of USS Frank Cable (AS 40) has arrived and they have arrived with a plan — a workout plan.

While every division on board Frank Cable sticks to a workout regimen of their own, three times a week, the first Monday of every month is set aside for command wide physical training (PT). With a command as large as Frank Cable, it's not always easy to get everyone together, but the commanding officer, along with his Command Fitness Leader (CFL) and Assistant Command Fitness Leaders (ACFL's) saw an opportunity to not only get in shape but to build morale as well as teach the importance of working as a team.

"I think our Sailors realize how important teamwork was in this event," said Chief Electrician's Mate (SW/AW) Kareem George, Frank Cable's CFL. "I hope they take home the fact that no matter what your rank may be, everyone together can achieve more."

During the monthly PT sessions, an opening warm-up and stretch session is followed by a circuit of exercises and sprints/runs. The wide variety of activities is another aspect of the training that the command is looking for.

"I think the command PT is a great way to create a stronger culture of fitness throughout our command," said Hospital Corpsman 1st Class (SW/AW) Elizabeth Hines, one of Frank Cable's ACFL's. "It really gives us as ACFL's



Cool Down: Sailors assigned to the submarine tender USS Frank Cable (AS 40) stretch during a cool down session at the end of a command physical training session Aug. 2. Frank Cable is undergoing upgrades at Guam Shipyard for the Military Sealift Command conversion. (U.S. Navy photo by Mass Communication Specialist 1st Class Eric Dehm)

a quick snap shot of the fitness level command wide. PT is really the gateway to everything we do. Exercise promotes weight control and it's a great outlet for Sailors mentally. Plus, it's just a great way to start off the work day."

Along with the personal benefits, having Sailors who are in good physical condition is in many ways beneficial to commands as well, especially a maintenance command like Frank Cable.

"It is so important to us in particular because of the unique job skills each Sailor has contributed to providing services to tended units

around the world," George said. "No matter where we are called to be, we can send our Sailors to fulfill their duties. We are confident that they have the physical abilities to perform their jobs safely and effectively while living healthy and optimizing fitness and readiness by exceeding minimum standards."

According to George, meeting and maintaining those standards is what the Navy's PT program is all about.

"The principal goal of the Physical Readiness Program is to create a culture of fitness," George said. "It also enhances a member's ability to complete tasks that support the com-

mand's mission."

The first Monday of every month is proof that Frank Cable is working hard to take care of the Sailors on board, and in doing so is preparing those Sailors for the missions at hand and those that may arrive in the future.

As Commander, U.S. Pacific Fleet's one of two operational submarine tenders, Frank Cable readily deploys to ports throughout the Western Pacific to provide services to both submarines and surface ships in the Seventh Fleet area of responsibility. For more information about Frank Cable, visit the ship's website at www.cable.navy.mil.

Break the grip of the rip in island waters

By Lt. Roland Clark
Joint Region Marianas
Staff Meteorologist

This week let's take a small diversion from talking about typhoon preparation and learn about rip currents, the single most deadly weather/ocean phenomenon in Guam. The United States Lifesaving Association (www.usla.org) estimates that the annual number of deaths due to rip currents on America's beaches exceeds 100. Guam gets way more than its share of drownings each year, possibly due to the inexperience of those who swim or snorkel Guam's waters.

Rip currents are powerful, channeled currents of water flowing

away from shore. They typically extend from the shoreline, through the surf zone, and past the line of breaking waves. These currents are often stronger near the sea bottom and can sweep you off your feet. The speed of a rip can vary but they have been measured moving up to 8 feet per second – faster than even an Olympic swimmer! Rip currents are often referred to as undertows or riptides but these are improper terms.

One of the easiest ways to find a rip current is to look for an area of dark or blue water in between tow

areas of white foamy water. Below are some tips regarding rip current:

What if I'm caught in a rip current?

- Stay calm. Don't fight the current; you will lose all your strength.
- Escape the current by swimming in a direction that follows the coastline. When over the shallow reef flat, walk or swim to shore.
- If unable to escape by swimming, float or tread water.
- When the current weakens, swim toward the reef flat where the

water is shallow.

- If at any time you feel you will be unable to reach shore, draw attention to yourself: face the shore, call or wave for help.

How do I help someone else?

Don't become a victim while trying to help someone else! Many people have died in efforts to rescue rip current victims.

- Get help from a lifeguard. If a lifeguard is not present, yell instructions to the swimmer on how to

escape.

- If possible, throw the rip current victim something that floats or a rope.

Always remember exactly where you were when you last saw the victim.

This article is the seventh 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.

Parents key to smooth high school years

By Oyaol Ngirairikl

Joint Region Edge Staff

High school students face increased pressure in both the academic and social spheres and parents play a big role in ensuring students are prepared to navigate these four years of school, according to educators.

"High school can be daunting especially to freshmen," said Guam High School (GHS) Principal James Herb. "It's during their high school years where they take their first steps to adulthood – getting their drivers' license, that first job. High school is also where students learn a lot of the skills that will take them through college and build a foundation for their careers. That's a lot to think about."

Herb said parents can assist their children with the transition from middle to high school by being informed and offering guidance and support. Herb said orientations are a great way for parents and students to become familiar with requirements, policies and programs.

"During orientation, students and parents can learn more about aca-

ademic expectations, student organizations, sports and other programs that can help students successfully complete high school," he said. "Orientation is an opportunity for parents to get a better understanding of what they can expect during their children's high school years so they know, for example, that their children will likely need to take foreign language classes but also where they can go for help if that's an area their children struggle with."

GHS orientation will be held at the school cafeteria. Orientation for freshmen is scheduled for Aug. 20 at 9 a.m. Orientation for new students in grades 10-12 is Aug. 23 at 9 a.m. The new school year starts Aug. 30 for Department of Defense Education Activity (DoDEA) schools, including GHS.

In high school, students need to successfully complete certain classes in order to graduate. For example, DoDEA high schools require students to take English Language Arts 9, 10, 11 and 12 to fulfill their four-credit requirement in English. They are also required to complete specific science classes, such as Biology as part of the three-credit science

requirement.

Students also have to meet a minimum cumulative grade-point average of 2.0 in order to graduate.

"Students in high school are also urged to think of college and how everything they're doing now can have an impact on their college years," Herb said.

Parents can help students deal with these academic pressures by monitoring grades and maintaining communication with teachers and counselors.

DoDEA offers some tools to help parents in that regard. The Six-Year Education/Career Plan, available at school counselors' offices, helps ensure that students take classes that fulfill graduation requirements, and meet future college and career goals.

Ideally, families will start the Six-Year Education/Career Plan when the student enters grade 7, according to the DoDEA website. The plan grows and can be adapted to meet the needs of students as they get older and their interests shift. The plan includes exercises to help students focus on career goals and interests.

DoDEA also offers Grade Speed, an online communication tool ac-

cessible by parents through the school website. Grade Speed allows parents to monitor students' grades and attendance online and to send questions or to note concerns to teachers. The site is accessible with a password, which is available from the school.

In high school, students also worry about fitting in. Herb said to that end, parents should talk to students about participating in extracurricular activities, whether it be sports, student government or National Honor Society.

"School organizations are a great way for students to make new friends who have similar interests and goals," the GHS principal said.

He noted that not only do extracurricular activities help build a well-rounded student, which colleges find attractive, but they can help make it easier for students to navigate a potentially treacherous social scene.

"There's so much pressure to look right, to act right, to have the right things when you're a teen – being a part of a club can help students find friends, but also build self-awareness and self-esteem so they can

stand up to what people say that they should or shouldn't do and just be themselves," he said.

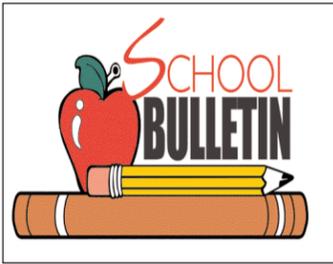
At home, he encourages parents to ask their children about school, friends and their daily activities.

"Ask questions that require more than an 'OK' or 'Not bad' – have a conversation with them. Parents know their children better than anyone, and if there's something wrong, or something going on, they're more likely to see it," Herb said.

Herb added that school counselors, teachers and administrators are always available to meet with parents who have concerns about students' progress.

"Research shows that when parents and the school work together, students are more likely to achieve academic success," he said. "I encourage parents with questions to give us a call and set up an appointment so we can discuss what we can do to support our students."

For more information about orientation or extracurricular activities available at GHS, visit the school's website at <http://extranet.guam.pac.dodea.edu/guamhighschool/default.aspx>.



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

The U.S. Department of Agriculture (USDA) National School Lunch program is authorized under the Child Nutrition

Act. This Act establishes the income eligibility guidelines for all federal child nutrition programs. The reauthorization of this act is still pending Congressional approval. In the meantime, USDA Guam was granted a waiver to move forward with applications using income guidelines from 2009. Free and reduced lunch income eligibility guidelines can be accessed on the USDA website:

<http://www.fns.usda.gov/cnd/governance/notices/iegs/iegs.htm>.

Applications are now available at all schools and the district office. For more information, call Leslie Nolan, Student Meal Program manager at 344-9582.

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

What are you doing to help your kids lead a healthy, drug-free lifestyle?

Joint Region Edge hit the streets and asked its readers what they are doing to help their kids lead a healthy, drug-free lifestyle.



“Eat less fast food and more home-cooked meals. I ensure he gets a lot of fruits.”
— Chief Electronics Technician James Slay
United States Coast Guard, Sector Guam, Electronic Support Detachment



“Our family eats a lot of organic foods. As far as drug-free, we lead by example.”
— Sgt. Major Scott Cahill
3rd Battalion 196 Infantry



“It’s about bringing them up right and addressing the issues than ignoring them. I am drug-free she will be as well.”
— Operation Specialist Seaman Ashlee Ilban
United States Coast Guard, Sector Guam



“I always make sure my kids were in school, doing what they were supposed to. It is important that they have constant guidance in their lives, guidance as they grow up and even after they are grown. The example should always be set at home first.”
— Joanne Borja
BX Operations manager



“To keep my kids healthy, I take measures to ensure that they are eating right. A healthy lifestyle is a prerequisite to having a successful life. When my children get older, I will exercise with them on a daily basis and educate them on the dangers of peer pressure and letting negative influences into their lives. A good offense is the best defense in a lot of situations.”
— Staff Sgt. Jessica Smith
Coral Reef Fitness Center fitness specialist



“I stay involved in my kid’s lives to make sure they are healthy and staying away from drugs. Getting to know my kids is a priority for me. There are two times during the day that I find the easiest to talk to them: in the car and at meals. We don’t listen to the radio. We talk. I get to know them because time doesn’t stand still. They grow up fast and it’s important that they know I care who they are.”
— Louis Ting
Andersen Middle School summer wrestling coach

Youths complete drug education summer camp

By Oyaol Ngirairikl
Joint Region Edge Staff

Drug Education For Youth (DEFY) instructors awarded certificates to 28 youth at Gab Gab Beach on U.S. Naval Base Guam Aug. 5.

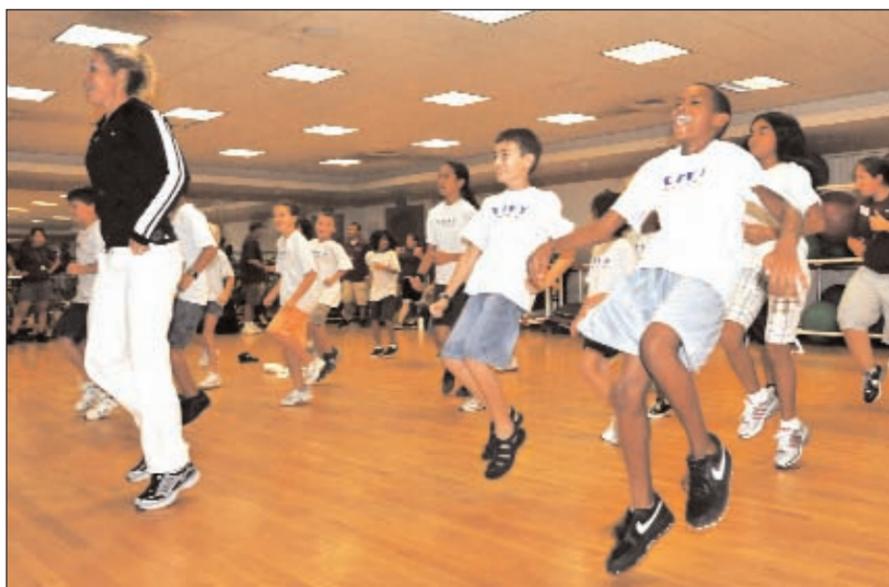
The youth successfully completed DEFY summer camp, a two-phase program aimed at providing strong leadership and guidance to youth ages 9-12 in an effort to strengthen military communities and the nation’s future leaders. The program ran from July 27-Aug. 5.

“The eight-day summer camp is phase one,” said Senior Chief Equipment Operator (SCW) Joseph George, of 30th Naval Construction Regiment, this year’s program director. “The staff mentors will follow up with phase two throughout the school year.”

During the eight-day camp, mentors held classroom lessons about how to avoid drugs; and role-playing exercises in which youth learned how to react to “friends” pressuring them to experiment with drugs or participate in dangerous activities. The group also enjoyed field trips to the War in the Pacific National Historical Park T. Stell Newman Visitor Center, local water parks and other educational and recreational facilities.

George said the camp went smoothly thanks to the contributions from Navy Morale, Welfare and Recreation, Defense Commissary Agency, military commands and other private and government entities, as well as military volunteers.

“It really wouldn’t have kicked off the ground without the support that I received from active-duty Sailors,” George said, adding the volunteers helped teach classes, mentor in-



Summer Camp: Sheila Litty, Navy Morale, Welfare and Recreation fitness director, leads Drug Education For Youth (DEFY) campers through an exercise routine at Charles King Gym on U.S. Naval Base Guam July 29. The DEFY summer camp, which ran from July 27-Aug. 5, aimed to provide strong leadership and guidance to kids in an effort to strengthen military communities and the nation’s future leaders. (U.S. Navy photo by Oyaol Ngirairikl)

dividual students, monitor the entire group during field trips and assist with logistics of running a summer camp.

Volunteer Sailor Master-at-Arms 2nd Class (AW) Matthew Galvin, of U.S. Naval Base Guam Security Department, said he has been a part of the program for two years now.

“It’s all about trying to teach (the kids) to say no to drugs, but keep them interested at the same time,” Galvin said.

According to brothers Benjamin and Zachery Sweeney, the staff more than accomplished their goal.

“I’m learning about drugs and not taking drugs,” Benjamin said.

Big brother Zachery said although this was his second year in the program, he learned more about different drugs as well as alcohol; the harmful effects they have on human bodies; and how to handle peers who pressure

other kids to drink or try drugs.

“Just simply say ‘No’ and ignore them, and walk away,” Zachery said.

During camp, mentors also talked to students about getting involved in physical exercise and extracurricular activities as positive and healthy life choices. Boatswain’s Mate 1st Class (SW) Matthew Ross, of USS Frank Cable (AS-40) said he volunteered to mentor students at the camp in hopes of making a difference.

“A lot of kids don’t know a lot of information about drugs,” he said. “They don’t know the effects it has on themselves, their health, their friends and families. I think by doing this programs and learning about (drugs and alcohol), it opens their minds, it opens their eyes to the effects of drugs and how it can hurt them.”

Phase two of the program starts in October. Throughout the year, DEFY volunteer mentors will visit students at school or hold weekend and afterschool activities to continue discussions and activities that build self-image, leadership, and teamwork.

Educators and health-care professionals have noted that the preteen and teenage years can be difficult to navigate. George said children ages 9-12, who are typically in fourth-sixth grade, are going through several transitions on physical, emotional and social levels.

The program is free and open to children of military and Department of Defense personnel. Phase two is scheduled to begin in October.

To learn more about the program, visit the DEFY website at www.donhq.navy.mil/defy. Parents interested in registering their children can call 339-2126 or 355-5113.

Add titiyas to complete your meal

By Jesse Leon Guerrero

Joint Region Edge Staff

Chamorro food is a mix of meats, poultry, soups, and pickled appetizers. For many local residents, the meal is complete and more traditional if it includes tortillas, or "titiyas" as they are called on Guam.

Titiyas is basically flat bread made with water and a primary ingredient such as flour. With flour, it is called titiyas hirina or titiyas arina. Titiyas made with ground pandanus nuts is called titiyas fadang, while titiyas manha uses coconut meat for a sweeter taste. When Chamorros use corn or a mix of corn and flour, it is called titiyas mai'es.

"Corn tortillas is the most popular condiment to go with kelaguen or any type of Chamorro food," said Jason Blas, a Chamorro chef.

Rice and breadfruit are also popular starch staples for meals, so it is common to see them side by side

with titiyas at fiestas and other family gatherings. The recipe for making plain titiyas appeared during the Spanish era, with corn having been introduced to the Marianas in the early 17th Century. Since that time, Chamorro families adopted the meal into their diets and have adjusted it to suit preferences here.

Blas said titiyas is easy to make and is even easier with the use of masa harina, which is a flour and corn-based mix sold in stores.

"There's no secret to it," Blas said. "You can add some other ingredients to give it a little more flavor."

Many grocery stores, flea markets and locally owned restaurants carry the different kinds of titiyas as multiple sheets for sale.

Titiyas recipe

Ingredients

1 teaspoon baking powder
1 cup coconut milk

3 cups flour (all purpose) or equivalent amount of masa harina, which is a flour and corn-based mix
1/4 teaspoon salt

Directions

Mix the ingredients in a bowl, while blending in the coconut milk slowly. Use water instead for a non-sweetened flavor.

Knead the mix into dough and then separate into balls that can fit into your fist.

Flatten the balls into thin circles on wax paper. Personal preference can decide the thickness of the titiyas pieces. Thinner pieces will harden faster when heated.

Remove the pieces and cook on a pan or similar surface on medium heat. Each piece will rise and brown patches will appear on top. Cook each side evenly for about a minute so the titiyas is solid enough to pick up and soft enough to bend without cracking.



Titiyas: A fiesta-style meal filled with barbecued chicken and red rice features corn titiyas slices, called titiyas mai'es in Chamorro, at the front of the plate Aug. 3. Titiyas was adopted from the Spanish tortilla by the 17th Century and is now a common staple at parties and other gatherings on Guam. (U.S. Navy photo by Jesse Leon Guerrero)

Bougainvillea flower adds beauty to the island



Puti tai nobiu: A Bougainvillea tree brings color to the outdoors with bright and thin bracts as part of its flowers outside a marina in Agat, Guam, Aug. 5. This flower, called Puti tai nobiu in Chamorro, is the territorial flower of Guam. Bougainvillea plants appear in tropical locations such as South America, Indonesia and other parts of the world. (U.S. Navy photo by Jesse Leon Guerrero)

By Jesse Leon Guerrero

Joint Region Edge Staff

Guam's landscape owes much of its beauty to the surrounding blue waters of the Pacific Ocean, the iconic coconut trees, scenic cliffs made of limestone and colorful flowers that bloom throughout the island. One flower in particular, the Bougainvillea Spectabilis, holds the distinction of being Guam's territorial flower.

In Chamorro, "Puti tai nobiu," loosely translates to "It hurts when there is no boyfriend." It is also called the paper flower because it has colored leaves called bracts that are thin and paper-like, though the main leaves of the tree are a dark green color. These bracts can appear in varying shades of orange, pink, purple, red, and white.

The Puti tai nobiu branches out with a similar look to vines, but the base of the plant is more thick and stable. The overall look of the plant resembles a tall shrub with branches twisting in different directions. The trunk and branches do have thorns, so handling the plant requires caution

Chris Mafnas, a local plant nursery attendant, said bougainvillea are easy to maintain and can mostly grow on their own.

"All you've got to do is cut it, so it doesn't get too tall," Mafnas said. "If you have another bougainvillea, they'll creep to each other and tangle."

Bougainvillea can grow to a height of more than a dozen feet, but the plant can reach out to greater lengths because of how it branches out.

"If you want to turn the branches, make an even cut above a [plant] notch, then it'll grow in a different direction," Mafnas said. "But if you're going to plant it, then angle the cut. Even if the leaves fall off, you'll know which side to put in the ground."

The Genus Bougainvillea is tropical, so it appears in locations as varied as California in the United States, Indonesia, and South America. Bougainvillea takes its name from the French explorer Louis Antoine de Bougainville, who travelled through Brazil, Tahiti, Vanuatu and other lands from 1767-1769.

FREE

Volunteer GAIN Trip
Meet at Rec-N-Crew Aug. 22, 8 a.m. or meet the group at Guam Animals In Need in Yigo at 9 a.m. Volunteer efforts will continue until about 11 a.m. Sign up by Aug. 20, 1 p.m. For more information, call 564-1826.

Auto Hobby Shop Class
On Aug. 22 from 3-4 p.m. stop by U.S. Naval Hospital Guam Hobby Shop to learn how to check and refill automotive fluids. For more information, call 564-1827.

Welcome to Guam
Orientation & Island Tour
Service members and government employees new to the island are invited to attend the two-day class with their families. Day one, Aug. 26, will include presentations from quality of life agency representatives at Bldg. 4 on U.S. Naval Base Guam (NBG). Day two, Aug. 27, will include a

tour of the island. Start time on both days is 8 a.m. For more information or to register, call Fleet and Family Support Center at 333-2056/57.

On a Budget

UNDER \$10

Trip to Gef Pago
Active-duty single Sailors and geobachelors are invited. Meet at Single Sailor Sanctuary on U.S. Naval Base Guam Aug. 22, at 10 a.m. Cost is \$7 per person. For more information, call 564-2280.

Hike Mount Lam Lam
Rated medium. Meet at Rec-N-Crew Aug. 19, 8:15 a.m. Register by Aug. 18, 1 p.m. For more information, call 564-1826.

Hike Tagu'an Point
Meet at Rec-N-Crew on U.S. Nava Base Guam Aug. 21 at 8:15 a.m. Cost is \$5 per adult and \$3 per child ages 5-12. Deadline to register is Aug. 20, 1 p.m. For more information, call 564-1826.

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

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

\$10 AND UP

Basic Crochet Workshop
Call Andersen Air Force Base Arts & Crafts Center to register for the class which will be held Aug. 18, 1-3 p.m. Fee is \$25 per person and includes two

days of instruction. To register or for more information, call 366-4248.

Lunch at Top of the Rock
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, AUGUST 13

7 p.m.: The Twilight Saga: Eclipse • PG-13

SATURDAY, AUGUST 14

2 p.m.: The Twilight Saga: Eclipse • PG-13
7 p.m.: The Last Airbender • PG

SUNDAY, AUGUST 15

7 p.m.: The Last Airbender • PG

WEDNESDAY, AUGUST 18

6 p.m.: Diary of a Wimpy Kid • PG

The movie schedule is subject to change due to circumstances beyond Meehan Theaters on Andersen Air Force Base. **The Meehan Theater hotline is 366-1523.**



FRIDAY, AUGUST 13

7 p.m.: The Last Airbender • PG
9:30 p.m.: Killers • PG-13

SATURDAY, AUGUST 14

1 p.m.: Toy Story 3 • G
3:30 p.m.: Jonah Hex • PG-13
7 p.m.: The A-Team • PG-13

SUNDAY, AUGUST 15

1 p.m.: The Karate Kid • PG
3:30 p.m.: The Twilight Saga: Eclipse • PG-13
7 p.m.: Grown Ups • PG-13

MONDAY, AUGUST 16

3 p.m.: Toy Story 3 • G

TUESDAY, AUGUST 17

3 p.m.: The Last Airbender • PG

WEDNESDAY, AUGUST 18

3 p.m.: Marmaduke • PG

THURSDAY, AUGUST 19

3 p.m.: The Karate Kid • PG

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

The wide-eyed wonder of children

By Lt. Gale White

U.S. Naval Base Guam

If you stopped by the chapel this past week you might have heard a chorus of voices shouting "Lets Go!" The chant that over 90 little bodies call out after hearing the key phrase learned each day at Vacation Bible School. It has been refreshing to watch the excitement and enthusiasm of small children learning. With wide eyed wonder they can experience a shipwreck in the safety of a classroom. They are blessed with imaginations that enable them to step into the story that they are learning.

While you have help from school teachers, grandparents and friends

you are ultimately responsible for the development of your child into a healthy and productive adult. Children are like little sponges that soak up information at a scary

speed. They are capable of learning lessons about life, relationships and faith in simple ways such as preparing and eating a snack. They are always watching and listening to

stimulus around them. As a parent this should be both encouraging and scary at the same time. Encouraging in the fact that you don't have to have a degree in rocket science or a high tech lab to teach your kids, but scary in the fact that they pick up on the things that you didn't

mean to teach them.

As you are getting your child ready to go back to school, now might be a good time and reflect on what kinds of lessons your kids are learning. For example you might want to ask yourself, "What language am I using in front of my children?" Is it a language full of love, kindness, and understanding? Does the language I use portray the way I want my child to communicate with me or others? Do my words comfort others or cause hurt and distress? How do I express myself when I am frustrated, angry or sad? Your child will reflect back what they hear.

Here is another question to ponder. "How do I demonstrate respect for authority in front of my children?" For example, and this is a difficult one, how do I obey traffic laws? I remember as a child seeing the

traffic signs and looking at the speedometer and seeing that they didn't match. How do I talk about my boss, police officers, managers etc... in front of my kids? When I'm asked to do something do I let out a huge sigh or roll my eyes. Do I do it right away or get around to it when I feel like it?

One last thought for today, "How do I treat my family and friends?" Unfortunately it is those closest to us that we take out the days frustrations on. Do I give them my time and attention? When I make mistakes do I say, "I'm sorry?" These are some life's most important lessons that your child will learn and you are their primary teacher.

Your child is constantly learning something. Be intentional about what that key lesson is; for they are silently shouting, "Let's Go!" everyday.



Still Moments



Course Completion: A dozen first-term Sailors completed the Fleet and Family Support Center's (FFSC) four-day Career Options & Navy Skills Evaluation Program workshop July 29 at the former Commander William C. McCool Elementary/Middle School in Santa Rita. The class, held July 26-29, helps Sailors learn personal planning, financial management, and Navy career options. In the photograph, front row, from left: Richard Taitague, FFSC Transition Assistance Program coordinator; Hospital Corpsman 3rd Class Gary Flores, Hospitalman Dylan Hall, Hospitalman Jiwoo Hyul, Hospital Corpsman 3rd Class Terrell Gray, all of U.S. Naval Hospital Guam (NHG). Back row, from left: Hospital Corpsman 3rd Class Russell Ongkeko and Hospital Corpsman 1st Class (SW) Dale Kendall, both of NHG; Information Technician Seaman Thomas Hart, U.S. Naval Computer and Telecommunications Station (NCTS) Guam; Hospitalman Tyler Hartman, NHG; Hospitalman Morenlee Ringang, NHG; Hospitalman Jonathan Young, NHG; Logistics Specialist Seaman Randy Franklin, Explosive Ordnance Mobile Unit 5; and Information Technician Seaman Daniel Zavala, NCTS Guam. Image has been intentionally masked for security requirements. (Photo contributed by Richard Taitague)



Taking the Oath: Machinist's Mate 3rd Class Hollie Davison repeats the oath of reenlistment to Rear Adm. Paul Bushong, commander of Joint Region Marianas during an all-hands call for the presentation of the Chief of Naval Operations (CNO) Afloat Safety Award aboard the submarine tender USS Frank Cable (AS 40). Frank Cable is undergoing upgrades at Guam Shipyard as part of the Military Sealift Command conversion. (U.S. Navy photo by Mass Communication Specialist 3rd Class Anna L. Arndt)

SFS defeats LRS for softball championship

By Airman Whitney Amstutz
36th Wing Public Affairs

In a nail-biting battle that lasted well into the evening, members of the 36th Security Forces Squadron (SFS) and the 36th Logistics Readiness Squadron (LRS) competed for bragging rights and the Andersen Air Force Base intramural softball championship title Aug. 2.

Dozens of family members, squadron members and friends of players came out to cheer on the respective teams and after seven innings of intense play, the 36th SFS came out on top with a 19-16 victory over the 36th LRS.

The 36th SFS drew first blood in the first inning when Staff Sgt. William Townsend, an assistant flight chief in the 36th SFS, knocked one out of the park for a grand slam.

"The game was awesome," Townsend said. "It was just what a championship should have been. We had two really good teams that fought their way through many other good teams to get to the big game."

Townsend attributed the success of the 36th SFS team to its ability to pull together and overcome obstacles.

"The entire season was a complete team effort from everyone," Townsend said. "Whether it was a normal starter or if we had to send



Softball champs: A member of the 36th Security Forces Squadron's intramural softball team hits a fly ball during the Andersen Air Force Base intramural softball championship between the 36th SFS and 36th Logistical Readiness Squadron Aug 2. The game was an offensive shoot-out with several homeruns and runs scored. The final tally was 19-16 with the 36th SFS team walking away victorious. (U.S Air Force photo by Airman Julian North)

a runner to the dorms to grab some players to fill the roster, the 36th SFS showed true teamwork this season and everyday on duty."

In addition, the 36th SFS team is made up of individuals who have

both experience and talent on their side.

"Our team consists of a lot of players that have been playing softball for quite some time," said Staff Sgt. Kareem Morton, coach of the

36th SFS softball team. "The majority of us have been part of a squadron team for the last three years. So we are a group that understands each other's strong and weak points."

In addition to physical preparedness,

the 36th SFS maintained a positive mindset and expected nothing less than victory.

"From the start of the season we were determined to make it to the championship game," Morton said. "We played together as a team from game one and that continued to the championship game. We had outstanding individual performances, but we also continue to do what we did all season: play good defense."

The 36th SFS team put a stop to several scoring attempts by the 36th LRS with effortless precision.

"Without a doubt, defense was our strongest area of play," Morton said. "I stressed to the players the importance of making the routine plays. We played good defense on a consistent basis, which limited teams from ever really getting the chance to capitalize on errors."

Now that the season has come to an end, the players and coaches have a chance to reflect on months of hard work and old-fashioned competition.

"After three long months of playing softball, it feels good to know that we are considered the best softball team on Andersen Air Force Base, especially with the amount of good teams that participate each year. It feels really good," Morton said.

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.

Fitness Challenge 2010

Join the Department of Defense (DoD) Fall Fitness Challenge! DoD is looking to register 2 million total hours of physical activity. DoD will present Certificates of Achievement to those who log in at least 30 hours of physical activity from Aug. 1-Oct. 31. Register today at www.presidentschallenge.org/login/register_individual.aspx.

Soccer Team

Commander William C. McCool Elementary/Middle School boys' soccer team will meet at the school library Aug. 18, 9 a.m. Returning soccer players and those interested in joining the team are encouraged to attend. For more information, call 339-8676/78.

Ultimate Frisbee

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

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

Aikido Classes

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

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.