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Sailors, firemen attend career fair

By Mass Communication Specialist 2nd Class (AW) Jeremy Starr

Joint Region Marianas Public Affairs

Navy Sailors and firefighters spoke about their career fields with Inarajan Middle School students, during a career fair at the school in Inarajan Jan. 25-27.

Capt. Nick Perez, of U.S. Naval Base Guam Fire and Emergency Services (FES), talked to the students about the duties of a firefighter. He spoke about the risks associated with fires and how to prevent fires in the home.

After a question-and-answer session, the students were able to climb into the FES fire trucks, try on firefighting equipment, and play with the FES mascot, Sparky the Dalmatian.

"The purpose of our visit was to come and support the career day by promoting fire safety," said John Taijeron, FES Fire Prevention Chief. "The questions and answers that we received from the students let us know that we reached our goals for

promoting fire safety and community outreach."

Personnel from Helicopter Sea Combat Squadron (HSC) 25 spoke to the students about the aviation community and the importance of abstaining from drug use.

"I love to speak to the younger kids and hopefully be a role model to them and give them a taste of what I do and why I do it," said Aviation Warfare Systems Operator 2nd Class (AW) Daniel Ismay.

Sailors from Naval Computer and

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HSC 25: Aviation Warfare Systems Operator 2nd Class (AW) Daniel Ismay, left, and Aviation Warfare Systems Operator 3rd Class Conrad Hass, both of Helicopter Sea Combat Squadron 25, watch as a student dons search and rescue (SAR) diving gear, during a career fair at Inarajan Middle School in Inarajan, Jan. 27. Sailors and civilian government employees gave students insight into various career fields during the three-day event, which ran from Jan. 25-27. (U.S. Navy photo by Coleen San Nicolas-Perez)



AMS book drive honors teammate's memory

By Airman 1st Class Anthony Jennings

36th Wing Public Affairs

In reverence of the spirit of a teammate, friend and family member, the Andersen Middle School (AMS) girls' soccer team partnered with the chaplain community to organize a book drive in loving memory of Erynn Hayward, the 13-year-old girl who passed away Jan. 16, after a hiking accident.

"This donation drive is important because it was Erynn's favorite

thing to do, and we really want to keep her memory alive," said Alayna Ola, AMS eighth-grade student and teammate of Erynn. "As a team, it's just one more thing we could do for her because she may be gone, but she'll never be forgotten."

A member of the AMS Dragons girl soccer team, Erynn's passion for reading was an inspiration to her team. At a time when many are still feeling the sting of losing a loved one, some are coping by sharing her zeal for literature with the community.

"Erynn was a team leader, but she was also a humble leader," said Jacob Dowdell, AMS girls soccer team coach. "She believed in leading by example. The chaplain community and the soccer team felt the best way to bring about healing was to continue to share her love of reading with the community."

The book drive, which began Jan. 25, will run until March 4. The books will be donated the next day to local schools and charities in conjunction with the Protestant Youth of the Chapel's annual 30

Hour Famine Youth Rally.

"We thought this would be a great and natural way to share what she thought was really important," Dowdell said. "We're not putting a number out there, or a goal for how many books we hope people donate. Erynn was a leader by example, so we'll let people's hearts lead them to donate."

Books can be dropped at one of five locations: the front office of AMS and Andersen Elementary School, Chapel I and II front entrance, or the 644th Combat Communications main facility

front entrance (Building 18011).

"We'd really like to thank the community for rallying around the girls during this time," Dowdell said. "And I would like to invite everyone out to the games to support the team because this is going to be a hard year for them and they're going to need all the support they can get. They aren't playing just to play anymore, or even to win, they're playing for a cause."

For more information, call Dowdell at 487-1749 or e-mail at Jacob.dowdell@yahoo.com.

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USNH department keeps personnel healthy

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



Inspection: Hospital Corpsman 3rd Class Sheena Coy, of U.S. Naval Hospital Guam's Preventive Medicine Department, inspects galley spaces for safety and health violations, at the command compound in Agana Heights Jan. 25. The department's mission is to protect, promote, and advance the health and safety of all military and civilian personnel and visitors in the Joint Region Marianas area of operation. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

The Preventive Medicine Department at U.S. Naval Hospital (USNH) Guam is comparable to a civilian city or county public health department. Its mission is to protect, promote and advance the health and safety of all military and civilian personnel serving on Guam.

"The Preventive Medicine Department supports the Navy mission by providing force health protection services in support of joint operational forces around the world," said Chief Hospital Corpsman (SW/AW) Jamaal D. Cooper, the department's leading chief petty officer. "This mission is achieved through rapid and effective response to public health needs, leadership and excellence in public health practices, and advancement of public health science."

The department's 15 active duty staff members are on call 24/7 to provide public health services to the bases and tenant commands as well as collaborative support to the government of Guam. The department also supports military personnel assigned to the Commonwealth of the Northern Mariana Islands, Federated States of Micronesia, and

the Republic of Palau.

Their services include, but are not limited to providing more than 30,000 active duty and beneficiary immunizations annually; evaluating, tracking and reporting all communicable diseases seen at USNH Guam and its clinics; providing classroom instruction in various public health topics to regional military and civilian employees including

food safety, communicable disease control, and sexual responsibility; monitoring, trapping and identifying mosquitoes and other insects of public health importance for potential communicable disease transmission; and conducting more than 600 annual public health inspection to 30 tenant commands.

"Our annual inspections include food safety inspections of

all on-base food establishments, inspections of all child care and youth facilities, gymnasiums, family housing, barracks, swimming pools, potable water and wastewater treatment systems, beaches, parks, and other recreational facilities," Cooper said. "Additionally public health and habitability inspections are also conducted at multiple Department of Defense worksites, including all ships and submarines."

Personnel in the Preventive Medicine Department use various equipment based on the specific job they are performing to service their more than 30,000 customer contacts annually. This includes various measuring devices for light, humidity, heat stressors, temperature, size and distance, water quality, insect traps, microscopes, incubators, and numerous scientific devices.

As part of their public health responsibilities, the Preventive Medicine staff also partners with Andersen Air Force Base Public Health Element and Guam National Guard. The also spend hundreds of hours each year working with the Guam Department of Public Health and Social Services, Guam Emergency Operations Center, and Guam Memorial Hospital.

When these Sailors are not hard at work monitoring safety on the island, they take time out of their busy schedules to volunteer in the

local community.

"Our Sailors are very active in the community with support to [Guam Animals In Need], Habitat for Humanity, youth team coaching, Boy Scouts, Guam Swim Club, and several other organizations," Cooper said. "In our line of work we liaison with the local community all the time. It is very important to maintain a relationship."

According to Hospital Corpsman 3rd Class William Begley, working in the Preventive Medicine Department and playing a part in keeping the public healthy, provides a great deal of job satisfaction.

"I think that we have a very positive effect on our customers," Begley said. "I believe without us that there would be an increased risk of disease outbreaks and illnesses associated with those risks."

Sailors that receive orders to the Preventive Medicine Department can look forward to one of the most challenging and rewarding assignments in the Navy, according to Cooper.

"In Guam, they'll be exposed to virtually all areas of public health including, collaboration with the local government and liaison with our tri-service partners," he said. "It's a challenging job which requires a high degree of motivation. The satisfaction to know that we are protecting the public's health is a great reward for all of us."

Navy leadership disturbed by rise in 'Spice' usage

By Mass Communication Specialist 1st Class (AW) Tim Comerford
 Navy Region Mid-Atlantic Public Affairs

Navy leaders are expressing alarm at recent statistics that show that Sailors' use of "Spice" and similar so-called designer drugs rose in the last quarter of 2010. Spice and similar products are essentially an herbal, synthetic form of marijuana, mimicking the chemical compounds found in the drug. These products are banned for Navy personnel.

"The number of incidents of designer drug usage is rising at an alarming rate in our Navy. In the last four months alone, 79 of our Fleet Forces Sailors and 72 Pacific

Fleet Sailors have been accused of using or possession of the drug. That's 151 Sailors that if found guilty will be processed for administrative separation from our Navy," said Adm. John C. Harvey, Commander, U.S. Fleet Forces Command.

Harvey believes it's everyone's responsibility to deal with what could be a dangerous trend.

"I need each and every one of our Sailors looking out for each other," Harvey said. "Talk to your shipmates about Spice and make sure they understand the dangers and serious consequences involved with its use."

In response to the rising concerns of the military over Spice and similar products, the Guam Armed Forces Disciplinary Control Board

placed Gallop USA Indian Art and Jewelry store at Micronesia Mall in Dededo off-limits because it sells Spice.

Since the release of Naval Administrative Message (NAVADMIN) 108/10 in March 2010, which reemphasized the Navy's drug policy, the U.S. Navy has been proactively campaigning to reduce the number of incidents related to the use of synthetic marijuana.

"Our Navy has zero tolerance for drug use. If you are considering using Spice or a similar drug, I strongly urge you to reconsider," Harvey said. "If you are caught using it, even once, you will be processed for separation from the Navy. There is no second chance."

Navy personnel determined to

be unlawfully using, possessing, promoting, manufacturing or distributing drugs and/or drug abuse paraphernalia shall be disciplined, as appropriate and processed for administrative separation, according to Navy regulations.

In the Navy, drug abuse includes: the wrongful use, possession, manufacture or distribution of a controlled substance. Drug abuse also includes: the unlawful use of controlled substance analogues (designer drugs), natural substances (e.g., fungi, excretions), chemicals (e.g., chemicals wrongfully used as inhalants), propellants and/or prescribed or over-the-counter drugs or pharmaceutical compounds with the intent to induce intoxication, excitement or stupefaction of the central nervous system

and will subject the violator to punitive action under the Uniform Code of Military Justice (UCMJ) and/or adverse administrative action. Examples of other substances, the wrongful use of which constitutes drug abuse, includes, but is not limited to the following: Products that contain synthetic cannabinoid compounds, such as Spice, Genie, Blaze, Dream, Ex-Ses, Spark, Fusion, Dark Knight, Yukatan Fire and K2. Natural substances such as Salvia divinorum and mushrooms. Common items abused by inhaling or huffing, such as Dust-Off, glue, paint thinner and gasoline. Over-the-counter products such as Robitussin and Coricidin HBP. Prescription medications such as Oxycodone, Vicodin, Adderal and Valium.

Off Limits Establishments

The Guam Armed Forces Disciplinary Control Board has placed the following establishment off limits to all military personnel:

Gallop USA Indian Art and Jewelry at the Micronesia Mall

All military personnel are prohibited from entering the establishment. Service personnel, whether in uniform or in civilian clothing, found entering or leaving the establishment may be subject to disciplinary action under the Uniform Code of Military Justice.

Report Fraud, Waste and Mismanagement

The Joint Region Marianas Hotline provides an opportunity to report significant cases of fraud, waste and mismanagement. Anyone can file a hotline complaint and you may remain anonymous.

To contact the Joint Region Marianas Inspector General:

E-mail: M-GU-JRM-IG-HOTLINE-FRAUD-WASTE-ABUSE@fe.navy.mil

Phone: 339-0001

Mailing address:
 JRM Inspector General Office
 PSC 455 Box 211
 FPO AP 96540

Remember, the more detailed information you provide the better we can assist you.

Corpsman overcomes setbacks to be superior Sailor

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

Hospital Corpsman 3rd Class Nola Ashley Parker is a five-year Navy veteran who first served as an undesignated seaman for three years aboard "Old Ironsides," USS Constitution, the oldest commissioned warship afloat in the world.



"I joined the Navy when I turned 18, fresh out of high school and 'green' to the world," she said. "The Navy offered a life of adventure, independence and no-cost college expenses, which all appealed to me. I wanted to work with people from different states and countries to gain a well-rounded perspective of assorted cultures."

Parker said the Navy has given her all she expected, as well as a wealth of other benefits.

"I think of the Navy as synonymous to a friend, because it does everything in its power to support its members and their families by providing the resources and opportunities necessary to excel," she said.

Parker, who described herself as a very compassionate and caring person by nature, said she chose her rate because she feels helping people is one of the most rewarding things in life.

"The corpsman rate is very versatile," she said. "Corpsmen can be found alongside the Marines, serving onboard ships and working in hospitals, clinics, and [military entrance processing stations]. We are everywhere and are always ready to ensure the health and

safety of others." As leading petty officer (LPO) of the Family Medicine Department, Immunizations Clinic and Physical Exams Clinic at U.S. Naval Hospital (USNH) Guam, Parker is charged with taking care of junior Sailors and ensuring that their work spaces are operating smoothly and efficiently.

Her superior performance in her duties has earned her two Navy and Marine Corps Achievement Medals from her command, as well as selection as the command 2010 Junior Sailor of the Year.

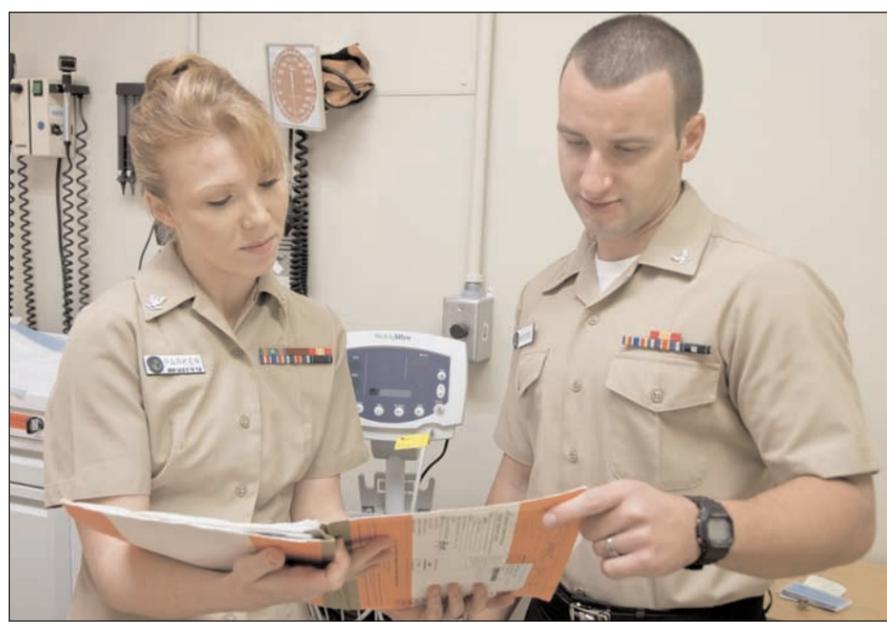
"HM3 Parker is a junior Sailor who is in charge of 27 personnel. Her position would typically be filled by a senior first class petty officer," said Chief Hospital Corpsman (FMF) Jorge A. La Fuente, Parker's supervisor. "She is able to accomplish all tasks required of an LPO and she's quick to jump in and lend a hand when necessary. She sets the standard that others are expected to meet and, at the same time, guides and leads her Sailors to accomplish the mission."

LaFuente had nothing but praise for his Sailor.

"She's a highly motivated and dedicated Sailor, who has an innate sense of superior military bearing," he said. "She uses her enthusiasm to analyze any situation and find the best means to achieve the desired result. She motivates others around her to be better Sailors and her ability to lead should be emulated by all junior Sailors who want to succeed."

While Parker accepted the praise from her chain of command, she said she was not always the "A.J. squared away" Sailor she is today.

"I did some irresponsible things two months after I reported [to USNH Guam] and paid the price by losing rank at Captain's Mast and the respect of everyone at the command," she said. "I was embarrassed and ashamed of myself and I wanted nothing more than to prove to everyone that I was a good person,



Top Performer: Hospital Corpsman 3rd Class Nola Parker, left, the leading petty officer of U.S. Naval Hospital Guam's Family Medicine Department, Immunizations Clinic and Physical Exams Clinic, gives a junior corpsman training on health records at the command compound in Agana Heights Jan. 24. Parker said that she loves being a corpsman and that helping people is one of the most rewarding things in life. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

a strong worker and a devoted Sailor."

Parker said that her mast changed her view about her military responsibilities and her service to the nation. Working as a Burial Team member, Command Readiness coordinator, Command Assessment Team member and having several other collateral duties, she was determined to prove her worth to her command and set an example for her peers.

"I kept my mouth shut and put forth my best effort at work — coming in early, leaving late and volunteering for everything," she said. "After about a year, I noticed that people were

starting to gain a new respect for me and the past was starting to fade. I realized that being the best Sailor possible is what I wanted to do. My command gave me a second chance to fulfill my potential and I am forever grateful."

To Sailors looking to mimic her sustained superior performance, Parker had a few words of advice.

"Be the best you can be at everything you do, and don't let any setbacks make you stop trying to fulfill your potential," she said. "You joined the Navy to do great things: so get out there and do them!"

Tech. Sgt. Florenda Johnson does justice to Andersen's Best



Andersen's Best: Tech. Sgt. Florenda Johnson, center, stands with her coworkers after being awarded Andersen's Best Jan. 27. As noncommissioned officer in charge of Military Justice, Johnson was nominated for her excellent work within the 36th Wing Judge Advocate office. She was the sole paralegal in charge of Joint Special Operations Task Force Philippines, addressing all legal needs of the command and a community of 760 Special Forces, support and incoming personnel. Johnson also expertly managed 27 Article 15s with a 93 percent on-time rate, and two hotly contested courts-martial with a 100 percent on-time rate, while continuing to process three back-to-back, ongoing general courts-martial. "She wowed Staff Assistance Visit teams during a brief on all military justice metrics, which was lauded by Pacific Air Forces (PACAF) Staff Judge Advocates as 'some of the best analysis and numbers in PACAF,'" said Master Sgt. Ralph Oliver, Judge Advocate law office superintendent. Andersen's Best is a recognition program which highlights a top performer from the 36th Wing. Each week, supervisors nominate a member of their team for outstanding performance and the wing commander presents the selected Airman with an award. To nominate your Airman for Andersen's Best, contact your unit chief or superintendent explaining their accomplishments. (U.S. Air Force photo by Airman 1st Class Jeffrey Schultze)

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Adm. Reason: Only African-American four-star

(Editor's Note: This article is the first in a series about notable African-American service members in observance of Black History Month)

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

Joint Region Edge Staff

In 1996, Joseph Paul Reason was promoted to the rank of admiral, becoming the first and, to date, only African-American in the United States to attain the rank of four-star admiral.

During his junior year at Howard University in Washington, D.C., Reason was encouraged to apply to the United States Naval Academy by then-Congressman Charles Diggs Jr. Reason reported to Annapolis on June 28, 1961. He graduated as part of the Class of 1965 with a bachelor's degree in naval science, and was commissioned as a U.S. Navy ensign on June 9, 1965.

From June to September 1965, Reason served as operations officer for USS J. Douglas Blackwood (DE-219). He then attended Naval Nuclear Power School in Bainbridge, Md., and Naval Nuclear Power Training Unit in Schenectady, N.Y., through September 1966. After completing nuclear power training, Reason

moved on to USS Truxton (CGN-35) and was part of the ship's first deployment to Southeast Asia in 1968 during the Vietnam War.

In September 1969, Reason became a student at the Naval Postgraduate School in Monterey, Calif., and earned a master's degree in computer systems management.

From December 1970 to January 1973, Reason was assigned to USS Enterprise (CVN-65), during which time he had two deployments to the Southeast Asia and Indian Ocean area of operation. From January to August 1973, he attended Naval Destroyer School at Naval Station Newport in Newport, R.I., and Combat System Technical Schools Command at Mare Island in Vallejo, Calif., from August 1973 to January 1974.

Reason returned to USS Truxton (CGN-35) to serve as combat systems officer from January 1974 until June 1976. Upon completion of this tour, he became a detailee for Surface Nuclear Junior Officer Assignment and Placement Branch, Bureau of Naval Personnel in Washington until December 1976, when he received assignment as Naval Aide to President Jimmy Carter.

From June 1979 to May 1981, Reason served as executive officer of USS Mississippi (CGN-40). He then received orders to Surface



Reason: Rear Adm. Sinclair M. Harris, left, deputy director of the Expeditionary Warfare Division of the Office of the Chief of Naval Operations, speaks with retired Adm. J. Paul Reason, the Navy's only African-American four-star admiral, and Alma Gravely, the widow of Vice Adm. Samuel L. Gravely. Gravely was the Navy's first African-American admiral. Gravely and Reason met with Harris to congratulate him during his promotion ceremony. (U.S. Navy photo by Lt. Cmdr. Karen E. Eifert)

Warfare Officers School Command in Newport, R.I., in preparation for command assignment. From September 1981 to December 1982, Reason commanded USS Coontz (DDG-40).

Following his sea command, Reason was assigned to Naval Reactors, Department of Energy for

instruction, until April 1983, when he took command of USS Bainbridge (CGN-25). During his time in command, he was promoted to the rank of captain on Oct. 1, 1983.

After Reason was selected for promotion to rear admiral (lower half) on June 26, 1986, he served as

commander, Naval Base, Seattle from July 1986 to September 1988. While serving in this position, he held responsibility for all naval activities in Washington, Oregon and Alaska.

Reason returned to sea duty, commanding Cruiser-Destroyer Group One until November 1990 when he was promoted to rear admiral (upper half). He then commanded Battle Group Romeo during operations in the Pacific Ocean, Indian Ocean and Persian Gulf areas of operation.

Reason was promoted to vice admiral in 1991, and commanded Naval Surface Forces, U.S. Atlantic Fleet, from January 1991 to July 1994. He served as deputy chief of Naval Operations, Plans, Policy, and Operations (N3/N5) from Aug. 1994 to Nov. 1996.

In November 1996, Reason was selected for promotion to four-star admiral. He then served as commander, U.S. Atlantic Fleet until he retired from active duty in 1999.

"I totally attribute my success to those who have gone before me — all minorities," Reason said. "People who have broken down barriers by showing others they're capable of doing the expected task, that they can perform and it has nothing to do with color of skin or ethnicity — nothing to do with anything other than a person's capabilities."

GET FIT: Ready, set, Zumba your way to fitness in 2011

(Editor's Note: This article is the second in the "Get Fit" series, outlining ways to reach New Year's resolutions to get in shape.)

By Airman Whitney Tucker
36th Wing Public Affairs

Single woman seeking "the one:" a workout program that's fun, challenging and doesn't lead directly to the nearest box of chocolates.

Finding the right fitness program can be like searching for prince in an army of frogs. However, many members of Team Andersen have finally found a reason to look no further: Zumba.

Zumba is sweeping the nation as a great way to have a blast, while blasting fat. The class fuses Latin and international beats into a one-hour, calorie-burning fitness experience.

"Zumba classes feature exotic rhythms set to high-energy beats," said Ashli Tolli, a Zumba instructor at the Coral Reef Fitness Center on Andersen Air Force Base. "Before participants know it, they're getting

fit and their energy levels are soaring. When participants see a class in action, they can't wait to give it a try."

Newcomers are welcomed with open arms at each Zumba session. With a learn-as-you-go mentality, beginners don't have to fear being out of step.

"It is definitely a beginner-friendly class," Tolli said. "Like every new class, the first time you are just learning, but once you have gotten hooked on the Zumba fun and attend more classes, the routines become second nature."

Once a novice herself, Tolli recalled feeling hesitant before attending her first Zumba class.

"My first experience with Zumba was in New York, where I am from," she said. "I was hesitant at first as much as I loved to dance; I didn't know if the class would be what everyone was raving about. Needless to say, my first class turned into one of many, and I am now hoping to spread the same joy of working out and fitness through Zumba."

Dana Foster, an Andersen depend-

ent and one of the program's many success stories, had nothing but good things to say about Zumba.

"Zumba is a great way to get a good workout," she said. "It's fun, so you don't dread it like other programs. It makes you forget that you're exercising."

Proving that there really must be something to rave about, Tolli's class now has a faithful following of more than 120 Zumba enthusiasts.

"I wanted to give people something they could love, and benefit from physically and mentally," she said. "Zumba does just that. If ever there is a bad day, attending class makes you forget why you were in a funk in the first place. The joy is overwhelming and makes everyone feel like a part of something spectacular, all from a fitness class."

Zumba classes are free, and held every Monday and Wednesday at 7 p.m. on the basketball courts, Tuesday and Thursday at 9:30 a.m., and Friday at 5 p.m. in the aerobics room at the Coral Reef Fitness Center.



Zumba: Rocio Sakai, a Zumba instructor at the Coral Reef Fitness Center on Andersen Air Force Base, gets up close and personal with one of her students during a Zumba session Jan. 27. Combining Latin and international music, Zumba is an hourlong energetic dance workout. Zumba is offered at the CRFC Mondays, Wednesdays and Thursdays at 7 p.m., Tuesdays and Thursdays at 9:30 a.m. and Fridays at 5 p.m. (U. S. Air Force photo by Airman Whitney Tucker)

2011 Thrift Savings Plan contribution limits set

By Airman Whitney Tucker
36th Wing Public Affairs

Federal Retirement Thrift Investment Board members announced the 2011 elective deferral limit for regular Thrift Savings Plan (TSP) contributions will remain \$16,500, and TSP catch-up plan contribution limits will remain at \$5,500.

TSP is a long-term retirement savings plan giving investors an opportunity to lower their taxes each year they contribute, because taxes are deferred until the employee withdraws from the account after retirement.

"TSP is an investment tool that every Airman should take advantage of," said Dave Ooka, Air Force Aid Society officer and community readiness consultant Airman and Family Readiness Center financial advisor. "This is about the best tool for investment which allows contributors to select among five different investment opportunities. (Diversity is key to successfully invest.) TSP

provides you that opportunity." TSP options include stocks, government securities or lifecycle funds.

After making the decision to invest through TSP, members must then decide what type of investment suits them.

"When an Airman first enrolls into TSP, the default investment goes into the 'G' Fund," Ooka said. "The G Fund represents government securities or U.S. Savings Bonds. It is the safest investment and the risk is low, but the rate of return is also low. Another investment opportunity is the 'F' Fund. This fund is classified as low to medium risk."

When dealing with stocks and investments, many turn to a well-known rule of thumb: the higher the risk, the higher the potential return.

"The other three high risk investments are the 'C' Fund, S&P 500, the 'S' Fund, Wilshire 4500, and the 'I' Fund, Europe, Australia and the Far East," Ooka said. "These three funds represent stocks. The risk in investing

with these funds is high, but the growth of your money is also high."

Regular TSP contributions stop when contributions reach the annual maximum limit and automatically resume the next calendar year.

Catch-up contributions are additional tax-deferred contributions, separate from regular TSP contributions. These contributions automatically stop with the last pay date in the calendar year, or when the maximum catch-up dollar limit is reached.

Service members can contribute any whole percentage up to 92 percent of basic pay, as long as the annual total of the tax-deferred investment does not exceed \$16,500. Airmen may also invest all or part of their bonuses, special pay or incentive pay.

Members may enroll and adjust contribution amounts through their Defense Finance and Accounting Service myPay account, and elections made in the current month will be reflected on the leave and

earnings statement for the next month. For more information, contact a TSP representative at 877-968-3778. Military members must complete and forward the TSP Catch-Up Contribution Election Form, TSP-U-1-C, to their local finance office to make catch-up contributions.

TSP regulations for civilians differ from that of service members in some ways.

Civilians can contribute any percentage of their basic pay or a whole dollar amount each pay period to a regular TSP account. Air Force civilians may submit regular TSP enrollment elections or changes at any time, and contributions automatically continue into the new calendar year for those already in TSP.

Employees covered by the Federal Employees Retirement System must contribute at least 5 percent of their basic pay every pay period in order to receive maximum agency matching contributions

throughout the year. Employees must designate a whole-dollar amount per payday for catch-up contribution elections.

Air Force civilians submit contribution elections through the Employee Benefits Information System Web application, accessible through the Air Force Portal. Civilians can also submit elections through the automated phone system.

From duty locations outside the United States, dial the country-direct access number, then 800-525-0102, and follow the voice system prompts. Direct access numbers can be found at <http://www.usa.att.com/traveler/index.jsp>.

Hearing impaired employees may reach a benefits counselor by dialing toll free TDD 800-382-0893.

For more information about TSP, visit online www.tsp.gov, visit the Air Force personnel services website or call the Total Force Service Center at 800-525-0102.

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 349-6119/2224.

U.S. Naval Base Guam

Administrative Officer, Closes Feb. 7

Naval Hospital Gas Station Pumps Closed Until Feb. 22

The replacement of the existing roof canopy on the NEX Gas Station at U.S. Naval Hospital Guam began Feb. 1. The gas station's fuel pumps are closed and will remain closed through Feb 22. The NEX minimart in the gas station remains open to customers, but access is through the back side of the station. Signs are set up to direct customers.

Women Veterans Conference

The 5th Women Veterans Conference is scheduled for March 4 at the Outrigger Guam Resort from 8:30 a.m.-4 p.m. Sponsored by the Guam Vet Center, U.S. Department of Veterans Affairs, Purple Ribbon Campaign and Guam Department of Labor, this year's theme is Her Story is Our Strength. Registration fee is \$25 and includes lunch. For more information or to register call Norma at 483-0184 or e-mail normacastillon@yahoo.com or jessica.bernardi@andersen.af.mil.

Monthly Flea Market

Sell items you no longer need, or pick up some great bargains on all kinds of stuff at the Hotspot's monthly flea market on the third Saturday of every month from 8-11 a.m. You never know what you'll find for sale, so don't miss out on a chance to come away with some really cool items. Table fee for sellers is just \$10 each. Sellers can set-up for the flea market either Friday evening prior to the flea market from 6-9 p.m. or beginning at 7 a.m. the morning of the flea market. Reserve and pay for your tables at the Hotspot, or call 366-2339 for more information.

Key Spouse Training

The Airman and Family Readiness Center offers both initial and quarterly Key Spouse Training. Key spouses are appointed by unit commanders to provide assistance to families of members who are currently deployed. For more information, call 366-8136.

Priority Placement Program (PPP) for Military Spouses

If you are a military spouse looking for a job, PPP may be able to assist you. If you have recently relocated with your sponsor or just received new orders to relocate you may be eligible to register for PPP. You will be required to furnish a copy of your sponsor's PCS orders. Even if you've never worked for the federal government, new Executive Order 13473 may still award you eligibility for appointment to the federal service under a competitive appointment. Note that PPP is an automated system that only refers spouses to Department of Defense positions and you must be a U.S. citizen to be eligible for employment in the federal government. For more information, e-mail Kim Mendoza (last names beginning A thru M) at Kimberly.mendoza1@navy.mil or Renita San Miguel (last names beginning N thru Z) at Renita.sanmiguel@navy.mil or visit online <http://www.donhr.navy.mil/> (click on "Employment" and "Military Spouses").

Andersen Air Force Base Auto Hobby Shop

The Andersen Air Force Base Auto Hobby Shop's alignment machine is currently inoperable. Wheel alignment service has been suspended until further notice. To assist you with any questions, contact Ike Evangelista at 366-2745 or Syomi Dodd at 366-2220/7443.

Give Parents a Break

Andersen Air Force Base Child Development Center offers their Give Parents a Break program the third Saturday of the month from 6-11 p.m. To be eligible for this program parents need to have a referral certificate. Certificates for those who qualify can be obtained from your First Sergeant or by calling the Airman and Family Readiness Center at 366-8136.

Tax Centers open and hoping to save you money

By Marine Corps Sgt. Alex Polley

Joint Region Marianas Public Affairs

The Tax Centers are officially open for business!

Located in buildings 1A and 4, on U.S. Naval Base Guam (NBG), the Tax Centers opened their doors after a ribbon cutting ceremony Jan. 31.

According to Personnel Specialist 2nd Class (SW/AW) Renata Flake, a Tax Center volunteer, the centers are welcoming all active duty military personnel, military dependents (including those receiving transitional compensation), retirees, Department of Defense employees, and reservists in the following statuses: during pre-mobilization, on active duty for more than 30 days, and 30 days after demobilization.

"We're here to help as many people save as much money as possible, by providing free tax service to those who are eligible," Flake said. "We're looking to provide them with the best support to help them complete their taxes without any errors so they get any tax return due as soon as possible."

Flake said that though everyone working at the Tax Center is a

volunteer, personnel who use the Tax Centers will get the best possible tax refund back into their pockets because the volunteers are well trained.

"Each volunteer is required to take a one-week course on how to properly file taxes and what proper programs to use when filing taxes. These volunteers are highly qualified and motivated to help anyone that comes to the Tax Center looking for help," she said.

Command representatives are also available to assist fellow shipmates on board NBG, USS Frank Cable (AS 40), Joint Region Marianas, Mobile Expeditionary Security Squadron 7, Naval Munitions Command, Personnel Support Det. Guam and Naval Security Forces.

"The volunteers will be assisting in a majority of the tax filing types such as single, married (separately or jointly), head of household, W2GU forms, self-employment, and rental or income properties," Flake said. "Remember to bring in all your proper tax documents from 2010."

The Tax Center volunteers can also show customers how to file their taxes online. According to Flake, each customer with simple returns can expect to have



Tax Center: Personnel Specialist 2nd Class (SW/AW) Renata Flake assists a customer with her tax return, at the newly established Tax Center in building 1A on U.S. Naval Base Guam Jan. 31. The Tax Center will accept all military personnel and dependent walk-in clients from 8 a.m.-3 p.m., Monday through Friday until April 18. (U.S. Navy photo by Marine Corps Sgt. Alex Polley)

volunteers complete their taxes online in about a half-hour.

"The wait time may vary depending on the amount of customers waiting to receive tax

assistance," she added. "Customers can also file their own taxes easily at www.militaryonesource.com."

The Tax Center will be open from Jan. 31-April 18, Monday

through Friday, 8 a.m.-3 p.m. For more information or to volunteer, contact the Tax Center at 339-2325 or go to building 1A, next to the Navy College Office.

Goldhorn retires after 40 years of service

By Capt. Ken Ola

Guam National Guard Public Affairs

Maj. Gen. Donald J. Goldhorn retired in December as the adjutant general of the Guam National Guard, concluding 40 years of service in the U.S. military.

Goldhorn took command of the Guam Guard about five years ago, becoming the ninth adjutant general since the Guam Guard's inception in 1981.

He first came to Guam in 1995 with his wife, Jan, and served as the chief of staff for the Guam National Guard for three years, under current Adjutant General Maj. Gen. Benny M. Paulino.

Goldhorn then returned to the U.S. mainland and became the assistant adjutant general for the South Dakota Army National Guard in March 1999, until he first retired in August 2001.

He returned to Guam that same year and started working as a guidance counselor for the Department of Defense Education Activity schools on Guam. In 2005, he was appointed by then-Gov. Felix

Camacho to lead the Guam National Guard.

Camacho commended Goldhorn during his speech at the general's retirement ceremony at the Sheraton Laguna Guam Resort in Tamuning Dec. 12. Camacho then awarded him the Ancient Order of the Chamorri, a high honor bestowed by the governor of Guam on non-Chamorros for their contributions to the community.

Goldhorn began his military career after receiving a direct commission in 1969 as a First Lieutenant in the Medical Service Corps. He served for 11 months in Vietnam, where he held command positions with the 51st Medical Company and the Headquarters Det. of the 67th Evacuation Hospital.

He also commanded the South Dakota National Guard's 147th Field Artillery Brigade. That was followed by his first tour in 1995 as chief of staff.

Goldhorn was awarded the Army Commendation Medal for his actions in saving the life of a soldier. He was also awarded the Guam Commendation Medal and

Humanitarian Medal for his actions in the effort to recover survivors from the crash of Korean Air flight 801 in August 1997.

Last year, he received the Republic of the Philippines' Outstanding Achievement Medal, reflecting his leadership in developing a close relationship between the Guam National Guard and the Armed Forces of the Philippines Reserve Command, through the National Guard Bureau's State Partnership Program. The program seeks to build a stronger relationship between the U.S. and the host nation through Subject Matter Expert Exchange missions with the partnered state.

In his speech at his retirement ceremony, Goldhorn said that what he will miss the most about the military was the time he spent with Soldiers and Airmen.

"It's those voices in the dark," he said, remembering the countless early morning hours when the Soldiers and Airmen under his command were chanting their cadence as they started the day with their physical fitness regimen.



Goldhorn: Col. Jeffrey Vandenbussche, commander, 36th Operations Group, presents retired Maj. Gen. Donald J. Goldhorn, former Guam National Guard Adjutant General with a plaque during Goldhorn's retirement ceremony Dec. 12, 2010 at the Sheraton Laguna Guam Resort. Vandenbussche was representing Brig Gen John W. Doucette, 36th Wing commander, at the retirement ceremony. (U.S. Army photo by Capt. Ken Ola)

Stay connected during deployments

By Anna-Victoria Crisostomo
Joint Region Edge Staff

Deployments can be an incredibly difficult experience for service members and their loved ones. With separation lasting anywhere from six to 18 months or longer and an increase of deployments, it is important for uniformed members and their families to practice readiness and keep the lines of communication open until reunion day.

"Separation is one of the most difficult things families experience in the military," said Deanne Leon Guerrero, Fleet and Family Support Center (FFSC) work and family life consultant and deployment specialist. "If a family is unable to cope during a deployment, negative effects could include high levels of stress that directly paralyze a person's ability to handle their day-to-day activities, increased worry, loss of energy and interest, moodiness, lack of confidence [and] the feeling of being disconnected to name a few."

During times such as these, Leon Guerrero stressed that it is important for service members and dependents to be aware of the support systems that are available to them and not to be afraid to take advantage of support services. Leon Guerrero also recommended additional coping strategies such as staying active, doing volunteer work and, if possible, staying connected to the service member's command.

Keeping the lines of communication open is another important factor

in overcoming deployment stress.

"In some areas, communication is more available and service members are able to call or e-mail directly to loved ones and family members while in other areas, communication is limited," Leon Guerrero said. "Know ahead of time, if possible before the separation, what types and how available communication is according to the area the service member is detailed. Talk about expectations about communication and understand that e-mails may drop, phone calls may be short and Internet availability may vary as well. Snail mail is still the best way to send personal things [such as] cards, pictures, gifts, etc."

Leon Guerrero added that, during deployments, children can experience stress as well. This often leads to regression, children testing boundaries or even a decrease in academic performance. According to Leon Guerrero, establishing routines, encouraging involvement with the deployment and nurturing communication can help provide children with a sense of normalcy during this vulnerable time.

"Children need to feel like they are involved in the deployment. Parents should speak as openly as they can about the upcoming changes the deployment will bring," Leon Guerrero said. "Have children assist the service member as he or she prepares for their deployment. Children will behave differently depending on their age and level of maturity. Communicating with children is definitely paramount during deployment. If there is more

than one child, the deployed parent should communicate with each child individually."

Many sites and products are now available to help children cope with deployments. Items such as dolls with service members' pictures or books that record the deployed parent's voice can help children keep a piece of mom or dad close while they are away.

Leon Guerrero encouraged families to take advantage of technological resources that may be available to them online. Many websites offer free video calling services or the ability to capture and post videos. Most importantly, Leon Guerrero said, families should discuss their expectations and have a plan for the deployment.

"With the increase of deployments and separation, readiness is essential every day," Leon Guerrero said. "Single service members and service members with families must make the efforts to stay connected to resources, stay educated on best practices and fill up on helpful information to boost and maintain their confidence about deployment and separation."

Airmen and their families can look to the Airman and Family Readiness Center (AFRC) for deployment support.

"The AFRC offers programs for all three stages of deployment – pre-deployment, deployment and reunion," said Angela Lemay, AFRC community readiness technician. "Pre-deployment and reunion briefings are offered every Tuesday and Thursday at 9 a.m. at

the AFRC. Spouses are encouraged to attend."

Lemay explained that spouses have a variety of support services available to help them manage when their partner is deployed. AFRC can help to point them in the direction of different organizations that offer services such as free basic oil changes, periodic child care and even morale calls to help combat the difficulties of separation.

Like Leon Guerrero, Lemay emphasized the importance of communication.

"Communication is key to successful deployment," Lemay said. "However couples have to have realistic expectations for communication so disappointments do not occur. Based on where the service member is, they may have access to Skype, cell phones and e-mail. However, that might not always be the case and a good old-fashioned letter or an 'I love you' card in the mail is how you have to do things. Communication with children is just as important. Life is going on while the member is deployed and this is a way to keep them in the loop of the changes."

Technology was a major way Margarita Jarvis and her husband Senior Airman Sean Jarvis of 36th Security Forces Squadron (SFS) kept in touch during his seven-month deployment to Iraq.

"At first we started communicating via Facebook for quick messages and chats. If we had time, we used video chat services like Skype or ooVoo," Margarita Jarvis said. "When I came back to

Guam from vacation, I couldn't use Facebook at work, so we started communicating via e-mail."

At the time of the deployment, Sean and Margarita Jarvis' daughter, Mia, was not even 1 year old. In addition to showing her pictures of her father, the couple ensured that Mia was involved with the communication process.

"Mia was always a part of my e-mails to Sean. I always told him new things she was doing and sometimes sent pictures and videos," Margarita Jarvis said. "She was also always with us for video chat dates. Sean talked to her as if they were actually together. And we still showed her affection and how to be affectionate. With video chat, she was able to talk to him and still recognize him. We were able to keep her familiar with his looks and voice."

While the trials of deployment were difficult, Margarita Jarvis said that keeping communication alive while they were separated has ultimately improved communication in their marriage.

"It improved our communication skills as a couple, allowing us to share more thoughts and feelings," Margarita Jarvis said. "Once we clicked 'send' there was no taking back what was written. We had to trust that the other would understand or be willing to work toward a compromise."

For more information on deployment strategies and resources, call FFSC at 333-2056 or AFRC at 366-8136.

What strategies do you use to help your family cope with lengthy deployments?

Joint Region Edge asked its readers what strategies they use to help their families cope with lengthy deployments.



"It's just me and my son and I make him sit down with me so I can spend as much time as possible with him before deployment. After I'm underway I constantly e-mail him and call him from the Sailor phones."

— Boatswain's Mate 1st Class (SW/AW) Eddie Sanchez
Explosive Ordnance Disposal Mobile Unit 5



"We Skype as often as we can. I'd give my daughter a calendar and tell her to mark the day I come home as well as Skype dates so she has something to look forward to. I'll send her as many gifts as I can so she always knows I'm thinking about her."

— Staff Sgt. Danielle Mabry
36th Force Support Squadron food services accountant



"Talking on the phone as much as possible or communicating through e-mail. Communication is key to coping. We also send each other pictures. I take photos of my deployment so my kids can see me and see what I'm doing over there and my wife sends me pictures of her and the kids."

— Staff Sgt. Jarelle Faust
36th Security Forces Squadron trainer



"Sending e-mails and calling whenever I get the chance. It's all about communication. My family always sends me care packages with pictures and all my favorite foods from home."

— Senior Airman Jolene Muna
254th Force Support Squadron, S4 logistics



"Before I leave I get my children involved with as many extracurricular activities as possible so they'll keep preoccupied and the time will go by faster. When I am deployed I talk to them everyday."

— Boatswain's Mate 1st Class (SW) Jerrimie Bautista
Maritime Expeditionary Security Squadron 7



"I get my family together and involved with a family readiness group so my wife and kids can help each other deal with different issues and hardships."

— Sgt. Conlee Mongami
Echo Company 100th Battalion 442nd Infantry Regiment

Conserve energy and protect the environment

By Dave Motroni

U.S. Marine Corps Energy Program
Energy Manager

Energy is a huge part of our lives. We need energy to eat, sleep, work, play and to do just about everything.

What would happen if you woke up one day without electricity?

There would be no TV, no coffee and no radio. Well, it could happen (our island has seen cata-

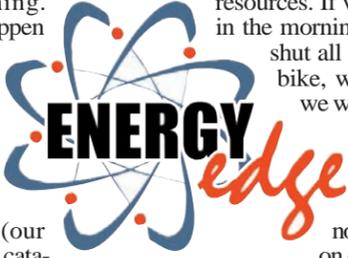
strophic power losses in past years). We, as a military community, should never take for granted our natural resources. Come together, and work together as a team to build a sustainable energy future for our Navy community. Here in Guam, we do our part and it shows.

Energy conservation should be part of our everyday lives whether at home or work. A great example here is our recycling program that, like energy is a resource issue. Years ago recycling wasn't very popular yet today it is a way of life as is happening with energy conservation. Recycling as a practice saves energy. For example, it takes less energy to re-utilize plastic than to create new plastic. The same concept can be said for energy conservation in that energy

conservation allows us to use existing power generation better without having to build very expensive new power plants.

Focusing on the future and our resources makes us better stewards of our home and our Navy energy resources. If we all left our homes in the morning to go to work and shut all our lights off, rode a bike, walked or carpoled, we would save energy and reduce costs better spent elsewhere in our household or workplace budgets, not to mention our impact on our environment.

As I mentioned, closer to home, just think about when you last opened your electric or water bill. It makes us happy when our bills are low. Now, think about how fulfilling it would be to do the same for our work environment. We take those habits we use at home to lower our utility bills and use those habits at work. We may not see the result, but someone will. We are all part of team Joint Region Marianas and we see our efforts, do our best and we continue to create ways to conserve on all of our natural resources. So, the next time you leave your office or a room remember to shut off your computer, lights, radio and other electronic devices. We do make it happen, save energy and strive for a sustainable future.



Career Fair: Event an ‘overwhelming success’

Continued from Page 1

Telecommunications Station (NCTS) Guam also came out to speak to the students about information warfare dominance, how to join the Navy, and places Sailors visit while serving the

nation.

“When I was a student, Sailors came to my school and told me a lot about what they did in the Navy,” said Information Systems Technician 1st Class (SW/AW) Margaret Nicks. “There’s always going to be

somebody that’s going to pique [a student’s] interest, and you can help a whole lot of kids just by coming out and seeing what their interests are.”

Percy Apiag, the career education teacher and coordinator of the career fair, said the event was an overwhelm-

ing success, and the school appreciated the military support they received.

“The students are really interested in the Navy and they kept on asking me almost everyday, to bring the Sailors in,” she said. “I was really happy and excited to show the students Sailors are

coming to show them what to expect in the field, and understand what education they need and how old they have to be to attend the military.”

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



Cooling Down: Capt. Nick Perez, of U.S. Naval Base Guam Fire and Emergency Services, sprays water out of the top of a fire truck as Inarajan Middle School look on, during a career fair at the school in Inarajan, Jan. 25. Sailors and civilian government employees gave students insight into various career fields during the three-day event, which ran from Jan. 25-27. (U.S. Navy photo by Mass Communication Specialist 2nd Class (AW) Jeremy M. Starr)



Making The Grade: Capt. Nick Perez, of U.S. Naval Base Guam Fire and Emergency Services, talks to Inarajan Middle School students about the duties of a firefighter, during a career fair at the school in Inarajan, Jan. 25. Sailors and civilian government employees gave students insight into various career fields during the three-day event, which ran from Jan. 25-27. (U.S. Navy photo by Mass Communication Specialist 2nd Class (AW) Jeremy M. Starr)



Sparky Draws A Crowd: Students from Inarajan Middle School, in Inarajan, gather around Sparky, the U.S. Naval Base Guam Fire and Emergency Services' mascot, during a career fair at the school, Jan. 25. Sailors and civilian government employees gave students insight into various career fields during the three-day event, which ran from Jan. 25-27. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

Make safety at beach outings a priority

By Anna-Victoria Crisostomo
Joint Region Edge Staff

Beautiful beaches are a significant perk of living on a tropical island. When enjoying these tropic treasures, however, it is always important to keep safety at the forefront of your mind.

“People in general are not as knowledgeable as they should be in regards to water safety,” said Vincent Tyquiengco, safety specialist with U.S. Naval Base Guam (NBG) Installation Safety. “Others overextend themselves and take on unnecessary risks; some are lucky, others are not as fortunate.”

Tyquiengco explained that each water-related activity has its own set of safety practices. For example, beach-goers who intend to go boating will need to exercise certain precautions while divers and recreational swimmers will prioritize other safety measures. In general, Tyquiengco said that all water-enthusiasts would do well to equip themselves with a personal flotation device (PFD), sun protection and a whistle in case of emergencies. Also, individuals should take note of posted warning signs.

Tyquiengco shared another tip — know how to swim.

“Most people who enter the ocean don’t swim in it,” Tyquiengco said. “Most tend to jump and float. This prompts those who don’t know how to swim to enter waist-high water. Unfortunately, oceans have

currents that can quickly envelop the unassuming ocean bather, dragging them out, deep into ocean territory. Knowing how to float will not enable that person to return to shore.”

Tyquiengco explained that taking Mother Nature into account can help beach-goers plan for potential safety risks.

“Time zones, seasonal changes and weather conditions set the tone as to how we prepare for a beach outing,” Tyquiengco said. “[For example,] evening beach activities would require emergency lighting, bright colored and/or reflective clothing, increased supervision, etc.”

Tech Sgt. Carlos Rogers, noncommissioned officer in charge of 36th Wing Safety at Andersen Air Force Base (AFB) echoed many of Tyquiengco’s sentiments. Rogers added that for service members who are unfamiliar with local ocean life and Guam’s marine environment, there are additional precautions to be taken.

“Be aware of some of the things you would see in the water like sea urchins and rock fish,” Rogers said. “When we do our briefings, we tell our members not to do reef walking whether they are on or off base because the reefs are very slippery. If they walk on the reef, they can get cut and that cut can get infected very easily and they’ll have to seek medical attention. Also, they can get pulled over the reef because of the riptides and currents.”



Warning: A sign at Gab Gab Beach on U.S. Naval Base Guam (NBG) warns beach-goers of potential safety risks. Vince Tyquiengco, safety specialist with NBG Installation Safety office, advises that observing signs such as this one can be a key factor in avoiding incidents when enjoying recreational activities on Guam's beaches. (U.S. Navy photo by Anna-Victoria Crisostomo)

While enjoying the facilities at Gab Gab Beach on NBG, Master-at-Arms 3rd Class Billy McIntosh, of Maritime Expeditionary Security Squadron (MSRON) 7, took some time to share his thoughts on the importance of beach safety. “You always need safety,”

McIntosh said. “You don’t want somebody drowning. You don’t want somebody getting pulled out cause there are tide currents, rip currents and things like that.”

McIntosh added that observing posted rules and regulations such as “no fishing” or “no pets allowed”

helps to prevent potential safety risks. Finally, McIntosh stressed the importance of using the buddy system and practicing common sense.

For more information on beach safety measures, contact NBG Installation Safety at 339-7233 or the 36th Wing Safety Office at 366-7233.

Water Safety Precautions

Swimming

- Pay attention to swimming boundaries and markings. These are placed in areas for a reason. Either the water can be perilous beyond these points or you will drift out of the lifeguard’s view.
- If caught in a riptide, swim parallel to the shore. Swimming into the current, not only can tire you out, but also unknowingly can allow tides to pull you out further. Parallel swimming enables one to get out of potentially dangerous currents, allowing the individual to be able to return to shore.
- Do not swim near piers. Piers typically see very strong tides and the possibility of getting caught in one is great, for any type of swimmer. Once in the clutches of a current, getting thrashed against the pylons can create serious injury.
- Don’t swim near or in the vicinity of boats or surfers. A swimmer is generally unseen or a blur, to one who’s travelling at a greater speed. By staying away from these areas, swimmers can avoid becoming gravely injured.
- Don’t panic if faced with an emergency. Panic leads to a useless waste of one’s energy and exhaustion. Float and call for help if possible
- Reef walking is prohibited for DoD personnel.

Scuba Diving

- How do you feel? If you are tired, hung over, or dehydrated, you’re more susceptible to decompression sickness and less ready to deal with unexpected situations.
- Do you have all your equipment and is it working correctly? Check your equipment as you put it together. Don’t ignore potential problems. If you have an equipment issue and you can’t fix it, know when to cancel the dive.
- Never dive alone; use the buddy system
- Plan your dive and dive your plan
- Don’t try a dive that’s beyond your level.

Boating

What to do before setting out:

- Check the weather: call 211 for 24/7 forecast from the National Weather Service.
- Inspect the condition of the boat and its equipment
- Plan the trip: How long? Who will keep watch? What safe havens are en route?
- File a float plan with someone you can trust - a friend, family member or other responsible party. Include departure and arrival times, route, destination, description of the boat, names of all persons on board and a contact number ashore.
- If you change anything, inform your contact ashore and call when you arrive .
- Know your limits: Sail within your and the crew’s ability, and the limits of the boat.

Navy announces new uniform components

From Chief of Naval Personnel Public Affairs

The chief of naval operations approved Navy Uniform Board recommendations Jan. 25.

The recommendations include a new cutlass for chiefs, an overblouse for female officers and chiefs, updated rules for portable communication devices and clarification on the manner of wear for flight suits.

“Whether addressing new proposals or updating old regulations to the current operating environment, the Uniform Board has taken input from the fleet and provided the best recommendations and proposed solutions for CNO’s approval,” said Capt. William Park, head, Officer Personnel Plans and Policy, who also oversees the

Uniform Matters Office. “The result is a set of adaptive uniform regulations that maintains the professional appearance of our Sailors.”

Designed to be worn by members of an official party during ceremonies requiring officers to wear swords, the chief petty officer (CPO) cutlass may be the most visible of the announced uniform changes. With a 26-inch stainless steel blade and four laser engraved CPO anchors (CPO, SCPO, MCPO and MCPON) on the base, the new cutlass is expected to be available for purchase in August. As an optional uniform item, the Uniform Board sought to ensure uniformity in appearance by directing the cutlass to be worn only when all members of an official party are wearing swords.

The next change was the approval

of an overblouse option for female officers and chiefs when wearing the poly/wool service khaki uniform. Since the rollout of the service uniform for junior enlisted, the Office of Women’s Policy had received regular feedback from the fleet, requesting a similar overblouse option for female officers and CPOs to wear with their service khaki uniform. When this change takes effect in 60 days, female officers and CPOs will be able to wear the overblouse with slacks or skirts.

Portable electronic devices were another topic of concern for Sailors, which prompted the Uniform Board to make several noteworthy changes. Effective 60 days from the announcement, Sailors will be authorized to use these devices while in their service or working

uniform, to include when walking. Although authorized, the device must be conservative in color and design, cannot distract from the appearance of the uniform, must be worn on the belt aft of the elbow and cannot interfere with the rendering of military courtesies and honors.

The final set of changes announced in the update was regarding the manner of wear for the aircrew flight suit. While in the continental United States, the green flight suit will be worn with a black undershirt, while overseas, aircrew may wear tan flight suits with brown undershirts as determined by the Navy component commander.

To support the Centennial of Naval Aviation, CNO is allowing flight suits to be worn at designated events in calendar year 2011. A list

of these approved Centennial of Naval Aviation events will be released quarterly by commander, Naval Air Forces.

To learn more about these uniform changes, read NAVADMIN 025/11, at <http://www.npc.navy.mil/NR/rdonlyres/713FA622-A1A1-46FE-9CB5-3DAF854ECAD5/0/NAV11025.txt>

For information on obtaining uniform items contact NEX Uniform Support Center toll-free at 1-800-368-4088, or online at https://www.navy-nex.com/command/about_us/p-uniform-support.html.

For more information from the chief of naval personnel, visit www.navy.mil/cnp.

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

Field exercise to cause NBG road closure Feb. 9-11

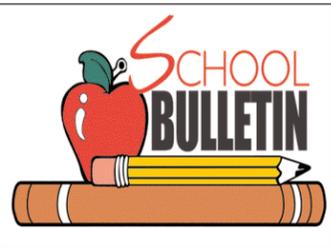


Road Closed: Shoreline Road and Dadi Beach on U.S. Naval Base Guam will be closed from 6 a.m., Feb. 9 to 4 p.m., Feb. 11 due to a field training exercise. The road closure extends from near the back gate at the intersection of Shoreline Road and Exchange Road to the edge of Sunset Ridge Housing at South Tupalao. During the three-day exercise, tents will be erected beachside along Shoreline Road. Gunfire from blank rounds may be heard and smoke from smoke grenades may be seen. No personnel will be in danger at any time during the exercise. Additional boating activity may be observed at Sumay Cove and Apra Harbor.

Joint Region's Urdy promoted to warrant officer



Pinned: Operations Specialist 2nd Class (SW/AW) Maurice D. Miller, right, pins newly promoted Chief Warrant Officer 2 Leland Urdy, during a promotion ceremony at the Joint Region Marianas Headquarters in Asan Jan. 31. Urdy was selected for the warrant officer program in March 2010. He will attend Leading Department Officer/Chief Warrant Officer School Indoctrination in Newport, R.I., as well as specialty training, before reporting to guided-missile destroyer USS Benfold (DDG-65). (U.S. Navy photo by Mass Communication Specialist 2nd Class Jeremy M. Starr)



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 349-2113.

Department of Defense Education Activity (DoDEA)

School board meetings are scheduled for the second Thursday of every month at 6 p.m. Upcoming meetings:

Feb. 10 at Andersen Elementary School

March 10 at Guam High School

April 21 at Cmdr. William C. McCool Elementary/Middle School

May 12 at Guam High School

No school on President's Day Feb. 21.

DoDEA Guam District Continuous School Improvement (CSI) committees are inviting parents to offer input and to serve as members of the various committees. For more information or to sign up, contact your child's school.

Andersen Elementary School

CSI Family Night: Sharing Student Success will be in the Dolphin Theater Feb. 10 from 5-6:30 p.m. It is a fun family learning night focusing on the school's writing and problem solving goals. Open to all AES families.

Guam High School

Deadline for senior yearbook ads is March 4. For more information, e-mail ian.haight@pac.dodea.edu.

Valentine's Dance will be in the Panther Den at the school Feb. 12 from 7-11 p.m.

McCool Elementary/Middle School

Girl Scout Troop 507 will meet in the school cafeteria Feb. 7, 14 and 28 from 3-5 p.m.

Substitute teachers wanted. U.S. citizens with a minimum of 60 college semester hours may apply. For more information, call Mellie Guerrero at 339-5347.

Parent portal for Gradespeed is now available for all parents/sponsors. Through the parent portal, parents/sponsors are able to view their child's academic progress. For more information, contact your child's advisory teacher at 339-8678.

MEMS, AMS find Spelling Bee reps

By Anna-Victoria Crisostomo
Joint Region Edge Staff

After qualifying competitions at the respective schools, Cmdr. William C. McCool Elementary/Middle School (MEMS) and Andersen Middle School (AMS) have chosen student representatives to compete in the 2011 Scripps Regional Spelling Bee.

Jack Cowell spelled the word "geocentric" correctly in front of friends and parents at the MEMS cafeteria Jan. 4 for the chance to represent the Seahawks. After the competition, Jack shed

some light on his strategy, which was really no strategy at all.

"To tell you the truth, I didn't really think about a strategy. I had no idea the spelling bee was even today, so it came to me by surprise," Jack said.

The seventh-grade Seahawk's cool demeanor and natural ability helped him to come out on top of 23 representatives from grades four to eight. Emma German, also a seventh-grader, is the MEMS alternate.

Victoria Lucero will represent the AMS Dragons at the regional competition. The sixth-grader took the win by correctly

spelling the word "crepuscular" at the school competition Jan. 26. Seventh-grader Tasi Mullins will serve as the AMS alternate.

Linda Serrano, MEMS spelling bee coordinator and seventh-grade teacher stressed the importance of the competition and language skills.

"[The spelling bee is] important because the kids need to know that knowing how to spell a word, vocabulary, all that is important, especially if they plan to move on in school, going to college and everything else, they need to know how to use the words, they need to know how

the words are pronounced and spelled," Serrano said. "So it's really quite important."

She added that Jack and Emma's involvement with the regional competition is also important for the MEMS community.

"It's important for us because the competition is island-wide," Serrano said. "It even goes all the way out to Micronesia. So I'd like us to be involved because we are part of this community."

The Scripps regional spelling bee will be held March 12, 9 a.m. at the Guam Marriott Resort & Spa.

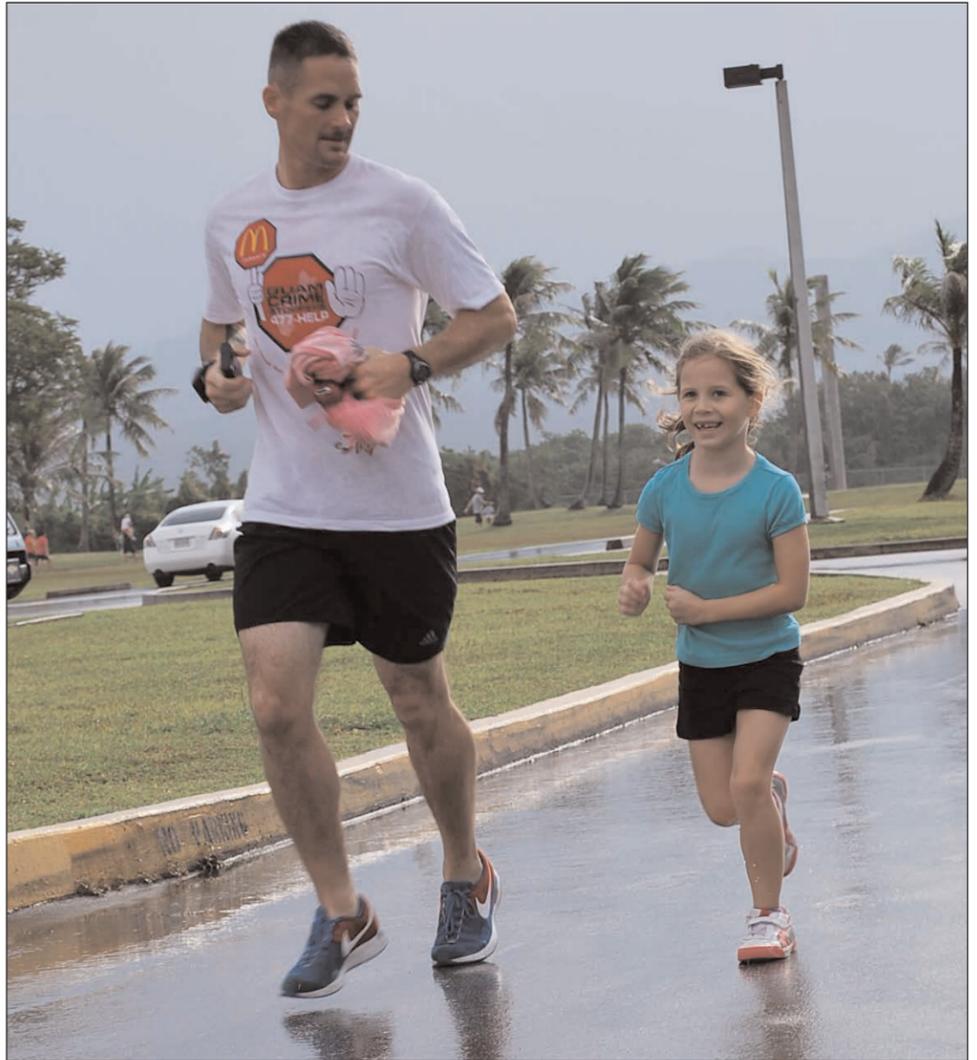


AMS: Andersen Middle School (AMS) held its spelling bee at the school's Dragon Theater Jan. 26. Sixth-grader Tammy Torres, left, took third place, seventh-grader Tasi Mullins, second from left, came in second and sixth-grader Victoria Lucero, second from right, spelled the word "crepuscular" correctly to win. The students are pictured with Jackie McMahon, right, AMS spelling bee coordinator. (Photo by Rachel Guyselmann courtesy of Andersen Middle School)



MEMS: Jack Cowell, left, and Emma German were the last two standing at the Cmdr. William C. McCool Elementary/Middle School (MEMS) Spelling Bee Jan. 7. Jack will be the MEMS representative and Emma will be his alternate for the 2011 Scripps Regional Spelling Bee. (U.S. Navy photo by Anna-Victoria Crisostomo)

McCool PTO hosts 5K Fun Run Jan. 29



Head for The finish: Racers near the finish line at the 1.5-mile McCool Family Fun Run organized by the Cmdr. William C. McCool Elementary/Middle School Parent Teacher Organization on U.S. Naval Base Guam Jan. 29. (Photos by Cynthia Barcinas)

Coconut tree: The 'tree of life'

By Anna-Victoria Crisostomo
Joint Region Edge Staff

Most people know that coconuts are put to good use in the kitchen. What many don't realize, however, is that virtually all of the parts of the coconut tree are good for other common uses as well.

John Borja, division chief of Agricultural Development Services with the Department of Agriculture (DOA) explained that many uses of the coconut tree were adopted prior to the availability of contemporary conveniences based on the needs of the community.

"Back then on Guam, we rarely had the leisure and luxuries of modern day," Borja said. "So, back then, how did we survive? The Chamorros, basically, we looked to the 'tree of life'—the coconut tree."

According to Borja, almost every area of traditional Chamorro homes and living boasted some coconut product.

Bowls and ladles made from coconut shells could be found in kitchens that were filled with the smells of coconut candy or some savory dish made with freshly squeezed coconut milk. Floors were swept with handheld brooms made of the veins of coconut leaves or scrubbed using the husks of coconuts that had been cut in half and de-shelled.

Women in the village would have small gatherings and share food and stories while they weaved thatch roof coverings from branches of coconut leaves. Coconut oil was a favorite product of women. It was used in the production of suntan lotion and as a beauty product for the hair and skin. Mothers would also rub coconut oil on their children's bellies to help relieve the pain from a stomachache.

Borja explained that the coconut plant has agricultural uses as well. Coconut leaves and husks were often burned and used as fertilizer because the resulting ash was rich in nutrients. Coconut husks are still a favorite material used in the



Tree Of Life: John Borja, division chief of Agricultural Development Services with the Department of Agriculture (DOA) demonstrates how to grate the meat of a coconut using a fish scaler at the DOA facility in Mangilao Jan. 27. Borja explained that the coconut tree is often thought of as the "tree of life" because of its versatility. (U.S. Navy photo by Anna-Victoria Crisostomo)

planting of orchids.

While the coconut tree's strength has always been one of its most valuable assets, the tree of life does have some foes to reckon with.

"The biggest insect problem now at this time on Guam is the rhinoceros beetle," Borja said. "It's very damaging to the coconut tree. It basically cuts the coconut palm tree into the pattern of a pyramid shape on the trees and bores a hole in the heart as well as into the stem."

Another problematic foe is the

brontispa beetle. This tiny bug makes its home in the folds of young coconut leaves and creates unsightly lesions that grow out as the tree matures. While measures have been taken to control the population of these threats and their effects on the coconut tree population, the potential for great damage still exists.

Another threat to the recognizable value of these trees is modern convenience. Today, traditional making of many coconut-based items has ceased. Borja recalled a

time when the coconut tree was once a principal part of Guam's economy.

"In the past, commerce was dependent upon copra from the coconut," he said. "In some islands, that was the staple type of commodity."

Borja attributed the declining significance of the coconut tree to the convenience of readily available products on the market such as canned coconut milk, frozen coconut meat and modern tools. He explained that, while these items

are handy, they take away from the sense of accomplishment one would feel when handcrafting their own coconut treats and hardware.

Borja encouraged people to try their hand at exploring the many uses of the coconut tree and to enjoy the process and the monetary savings to be had when utilizing nature's tree of life. He joked that learning more about this natural gift and coming to appreciate all it offers was likely to make anyone nuts for coconuts.

FREE

Sunrise Yoga

Every Friday morning at 6 a.m. at Tarague Beach. End your week with a relaxing yoga session on the beach. Listen to the sounds of the ocean while your body is rejuvenated with the sun's rays. For more information, call 366-6100.

On a Budget

Karaoke Night

Every Friday at the Silver Dolphin on Naval Base Guam (NBG) Ordnance Annex, 7 p.m. Open to all authorized Morale, Welfare and Recreation (MWR) patrons. For more information, call 564-2280.

Children's Story Time

Bring your children for story time every Wednesday at the U. S. Naval Base Guam (NBG) Library from 3:30-4 p.m. and at the Andersen Air Force Base (AFB) Library from 10:30 a.m.-3 p.m. In addition to great stories, there will be crafts and other fun activities. For more information about story time, call NBG Library at 564-1836 or Andersen AFB Library at 366-4291.

Tumbling for Tots

Tumbling for Tots, an interactive play program for kids and parents, is now available at the Hotspot Gym on Andersen Air Force Base (AFB) just down the walkway from the bowling center. A Family Advocacy staff member will be available Tuesdays and Thursdays to talk with parents. Hours of operation are Monday through Friday from 9 a.m.-noon. For more information, call 366-2339.

UNDER \$10

Xtreme Middy Madness
At NBG's Orote Point Lanes every Monday to Friday from 1-5 p.m. Bowl for only \$5 (shoes not included)! For more information, call 564-1828.

Willie's Beachside Jazz

At Bamboo Willie's every Sunday from 5-8 p.m., enjoy a relaxing evening at the beach while you listen to great jazz music. For more information, call 653-9814.

Tuesday Fajita Night

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

Bowl Your Brains Out

At Andersen AFB's Gecko Lanes, every Monday from 6-10 p.m. Bowl all you want for just \$5! For more information, call 366-5085.

Texas Hold'em Night

Texas Hold'em tournaments are held every Tuesday starting at 6 p.m. in Hightides Enlisted Lounge at the Top of the Rock (Andersen AFB). Play is free for Club Members and \$5 for non-members.

Weekly prizes are awarded. Open to ages 18 and older. For more information, call Top of the Rock at 366-6166.

Wing Night

At Café Latte (Andersen AFB) every Thursday from 5:30-7:30 p.m. Load up your plate with wings for only 35 cents per ounce! For more information, call 366-6166.

TGIF Night

Enjoy your favorite beverages and social hour snacks every Friday in Hightides Enlisted Lounge beginning at 4 p.m. Unwind and enjoy a game of pool or darts with your friends. For more information, call 366-6166.

Super Saver Mug Nite

Every Saturday from 5-9 p.m. Purchase one souvenir mug for \$1.50 (comes with beverage), then refill your mug for just \$1! For more information, call 366-6166.

Saturday Nights at Bamboo Willies

They'll be cranking up the karaoke machine, so come on down and have some fun. There will be lots of giveaways. The Bamboo Willie's menu will be available and there will be beverage specials. For more information, call 366-6166.

\$10 AND UP

Breakfast at Café Latte

Café Latte at the Top of the Rock (Andersen AFB) offers breakfast from 6:30-9:30 a.m. Monday through Friday and 7:30 a.m.-12:30 p.m. on Saturday. Enjoy your morning coffee along with all your traditional breakfast favorites, plus a variety of breakfast burritos and sandwiches. For more information, call 366-6166.

Combat Aikido Classes

Aikido is a traditional Japanese martial art of self-defense that focuses on using the force of the opponents attack and redirecting it in another direction. Class is for adults only! Combat Aikido classes are held every Tuesday and Thursday from 6-7:30 p.m. Classes are \$60 per month, per student. Sign up soon at the Hotspot, or call 366-2339 for more information.

Family Golf Special

Bring the family on a golf outing to Palm Tree Golf Course (Andersen AFB) on Sundays after 2 p.m. and get nine holes of golf, two carts and rental clubs for up to four people for just \$34. Players must be immediate family members (parents and children). For more information, call 366-4653.

Ladies' Golf

Ladies, do you love the game of golf as much as the men do? If so, every Wednesday it's your day at Palm Tree Golf Course. Ladies receive free green fees. Just pay the cart fee, \$12 for 18-holes or \$8 for 9-holes. For more information, call 366-4653.



FRIDAY, FEB. 4

7 p.m.: The Chronicles of Narnia: The Voyage of the Dawn Treader • PG

SATURDAY, FEB. 5

2 p.m.: Theater CLOSED for a Military Function

7 p.m.: How Do You Know • PG-13

SUNDAY, FEB. 6

7 p.m.: How Do You Know • PG-13

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

The Meehan Theater hotline is 366-1523.



The Big Screen Theater is closed for renovations until March 31.

The Big Screen Theater hotline is 564-1831 or visit mwrguam.com.

Chapel Schedule

Naval Base Guam
Office Hours: Monday-Friday, 8 a.m.-4 p.m.
Roman Catholic Mass
Saturday Vigil Mass: 5:30 p.m.
Sunday Mass: 9:30 a.m.
Sacrament of Reconciliation: Saturday, 5 p.m. and Sunday, 9 a.m.

Protestant Worship Service
Sunday Service: Traditional Service: 8 a.m.
Contemporary Service: 11 a.m.
Women's Bible Study: Monday, 9 a.m.
Men's Bible Study: Wednesday, 6 p.m.
Prayer Time: Thursday, 11:30 a.m.
Choir Practice: Traditional: Wednesday, 6 p.m.
Choir Practice: Contemporary: Tuesday, 6 p.m.

Jewish Shabbat
Friday, 6:30 p.m.

Naval Hospital Guam
Roman Catholic Mass
Monday-Friday, 11:30 a.m.
Chapel of Hope: Sunday, 9 a.m.
Protestant Service
Monday-Friday, 12:15 p.m.
Interfaith Chapel

Andersen Air Force Base
Roman Catholic Mass (Chapel 1)
Weekday Mass: Tuesday, Wednesday, Friday, 11:30 a.m.
Saturday Vigil Mass: 5 p.m.
Sunday Mass: 9:30 a.m.
Sacrament of Reconciliation: Saturday, 4:30-4:50 p.m.
Catholic Women of the Chapel: First and third Wednesday of the month, Chapel 1 Annex, 6:30 p.m.
Catholic Youth of the Chapel: Second and fourth Wednesday of the month, Chapel 1 Annex, 6:30 p.m.
Choir Rehearsal: Saturday 4-5 p.m. and Sunday, 8-9 a.m.

Protestant Worship Service
Praise Service: Sunday, Chapel 2, 9 a.m.
Gospel Service: Sunday, Chapel 2, 11:30 a.m.
Emerging Worship Service: Sunday, Lighthouse, 6 p.m.
Protestant Women of the Chapel: Second Monday of each month, Chapel 2 Annex, 6:30 p.m.
Protestant Men of the Chapel: Wednesday, Lighthouse, 7 p.m.
Protestant Youth of the Chapel: Thursday, Chapel 2 Annex, 7 p.m.
Protestant Young Adults: Thursday and Saturday, Lighthouse, 6 p.m.
Protestant Sunday School: (September-May) Sunday, Chapel Activity Center, 10:15 a.m.

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

Andersen Air Force Base: 366-6139
U.S. Naval Base Guam 339-2126
U.S. Naval Hospital Guam: 344-9127

Story of a spiritually devastating decision

By Lt. Cmdr. Ronald Rinaldi
USS Frank Cable (AS 40)

So Lot chose for himself all the valley of the Jordan, and Lot journeyed eastward. Thus they separated from each other. (Genesis 13:11)

Many years ago, the legendary football coach, Paul "Bear" Bryant, would address his team in critical games in which the teams were evenly matched. He would let them know that four or five plays would determine the outcome and his players needed to stay focused on where they needed to be and what they would do when the decisive moments came – such as a fumble or interception. With six national titles to his credit, Bryant understood the soundness of good decision-making on the football field.

When it comes to the game of life, it can also take four or five

decisions in critical moments that forge either an outcome of success or result in a serious setback for us.

In the arena of devastating spiritual decisions, many are found in Scripture. In the early pages of the book of Genesis, a critical moment came for a man named Lot and step by step, it led to his ruin and his family's as well.

The "rest of the story" for the verse above arose from the strife between Lot's herdsmen and those who belonged to his Uncle Abram. Abram knew the world was watching and taking note of the conflict and though he had the right to choose first which direction to go because he was the elder, instead he turned it over to Lot in an effort to bring a quick ending to the strife between their herdsmen.

Lot, who basically thrived off of God's blessings to Abram, began to

believe that he could steal God's blessing from Abram – and to do this, he would move his flocks to the best area for water and grazing for his herds. Yet, in Genesis 13:10, an ominous note about where this relocation project was going is mentioned and Lot paid no attention to it.

The framework of Lot's spiritually devastating decision process can easily be summed up in that he totally left God out of the process. Therefore, there are three things worth looking at that led to this result.

First, note that "Lot chose for himself" in verse 13. Lot was looking out for No. 1 and looked at the situation through worldly eyes – not spiritual eyes. If selfishness had not been his main motive, he would never have moved close to Sodom.

Second, Lot left God out of the decision making process. A close look at Genesis 13:1-13 will easily demonstrate that there is no evidence of Lot seeking God's direction. This is an argument from silence, but the resultant effects on Lot and his family favor this point. It is clear

that whatever Lot had available to him as it related to God and His will, he chose to ignore.

Third, Lot's decision to move eastward was devastating spiritually because he never sought godly counsel or mentorship. He even had one of the great spiritual men of Scripture in Abram as his uncle and never sought any mentorship from him in this matter. Godly mentors are vital to our spiritual success (Ecclesiastes 12:11). Lot made a huge mistake by not seeking the wisdom and experience available to him that would have helped him make the right decision.

In the end, Lot lost everything, including his wife. His two daughters bore him two sons whose lineage became the enemies of Israel in Moab and Ammon.

When our moments come to make critical decisions, it is vital that we seek God's will, leave Him in the equation and seek godly mentors. Following these steps will surely help us when any of those four or five decisive moments come in our lives.



Still Moments



Quiambao: Senior Chief Equipment Operator (SCW) Peter J. Quiambao passes through the sideboys as he is piped ashore at the conclusion of his retirement ceremony at Camp Covington on U.S. Naval Base Guam Jan. 28. Quiambao served in the U.S. Navy for 26 years and at his retirement was 30th Naval Construction Regiment Det. Guam officer in charge. (U.S. Navy photo by Frank Whitman)

Reporters make predictions for Super Bowl XLV 23

(Editor's Note: The Green Bay Packers and the Pittsburgh Steelers will face off in Super Bowl XLV Feb. 7, Guam time, and two of our reporters predict who they think will win. All statistics from www.nfl.com)

By Airman 1st Class Anthony Jennings

36th Wing Public Affairs

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

Joint Region Edge Staff

Mass Communication Specialist 2nd Class (SW) Corwin Colbert
Steelers 20, Packers 17

This game is about defense. Let's ignore the fact that Packers quarterback Aaron Rodgers is a rising legend in the league. The guy throws more touchdowns in a game than some teams' total-point average. He isn't going to do it this game, I guarantee.

Troy Polamalu, Ike Taylor and Bryant McFadden are going to be looking for the pass. For the season the Steelers have 21 interceptions with 88 passes deflected.

The Packers are going to need help from the running game. Unfortunately, the Steelers only allow 62 yards per game, 3 yards per carry. The Packers are averaging 100

yards a game, 3.8 yards a carry. Right on track ... Absolutely not! Green Bay only has 11 rushing touchdowns. That's going to be hard to swallow against the No. 1 scoring defense that only allowed 14.5 points a game.

The game will be a long drawn out fight between the lines. The Packers have only one defensive player with double-digit sacks, Clay Matthews. The Steelers have two — LaMarr Woodley and James Harrison. I am not going to dog on the Packers, they have a great squad. But let's be realistic, the defenses that Green Bay has faced so far don't compared to Pittsburgh.

This is going to be an eye-opener, and I am going on a limb and saying Rodgers will be sacked at least three times while Big Ben Rothlisberger will foil the Packers' plans at least twice.

Airman 1st Class Anthony Jennings

Packers 24, Steelers 21

National Football League (NFL) history is littered with tales of underdog victories. It's the Green Bay Packers' year to have their story told as they face off against the favored Pittsburgh Steelers.

While the Steelers may be a clear favorite to walk off with the Vince Lombardi trophy, the Packers just may have the right

Where to enjoy Super Bowl XLV on Guam

Naval Base Guam

Molly McGee's Irish Pub
6 a.m. Doors open
Breakfast buffet \$12.95.
6 p.m. Super Bowl After Party
Denver Broncos Cheerleaders
No admission charge. For more information, call 366-1833.

Single Sailor Sanctuary

7 a.m. Doors open for active duty personnel. No charge for admission or light refreshments. For more information, call 564-2280.

Andersen Air Force Base

Top of the Rock
7 a.m. Denver Broncos Cheerleaders Breakfast with the Troops and Halftime Show. Admission \$8 for members, \$13 for nonmembers. For more information, call 366-6166.

Gecko Lanes

8 a.m. Doors open
No admission charge, pizza and wings for sale.
For more information, call 366-5085/5117.

USO Guam

USO
Ground floor of the Royal Orchid Guam Hotel in Tumon
Open to service members and dependents (ID required)
8 a.m. Pregame breakfast.
9 a.m. Watch the game on the big screen projector or one of eight flat screen TVs.
Prizes to be raffled, and pizza, football snacks and cake served.
No charge for admission, breakfast or snacks.
For more information, call 647-4876.

ingredients to cook up a game-winning performance.

The Packers have never trailed by more than 7 points in a game all season, making them the first team to accomplish this over the course of a full schedule since the American Football League-NFL merger in 1970.

To put it plainly, the Packers have always had a shot at winning every game they've played this season, for the full 60 minutes. All of Green Bay's losses have been by just 3 or 4 points, which is why I feel they have been able to hold their own in hostile environments on the road during the playoffs.

The Packers racked up 47 sacks and surrendered a scant 15 points per game during the regular season. Those numbers are second only to Pittsburgh. And while they may be the No. 2 defensive team behind the Steelers, they are superior offensively — earning more points per game, more passing yards and allowing fewer sacks.

Not to mention the talent they've recruited in the past two years. Both the space-eating B.J. Raji and the relentless Clay Matthews have been instrumental to the success of the rebuilt defense, with Matthews collecting a prolific 23 sacks over his first two professional seasons and Raji adding six in his first go-around as a starter in 2010.

The thing that separates the Packers from the Steelers is the fact they don't just have just one or two stars on either side of the football. Every week, it's somebody else, and it's somebody young. They've been making big plays for week in and week out, all season.

The Packers haven't won every game, but they've given themselves a chance to win every one, and it's that body of work in difficult circumstances all season long that has forged the battle-tested, confident team that Head Coach Mike McCarthy now has, as he has said, on the brink of greatness.

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.

Charles King Fitness Center

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

Ultimate Frisbee

Ultimate Frisbee pickup games are played Tuesdays and Thursdays, 5:30-7:30 p.m. at Sampson Softball Field on NBG (next to the old swimming pool). No experience necessary. For more information, show up.

10k Running Group

The 10k Running Group is from Feb. 1-March 10 from 8:20-9:20 a.m. at CKFC. Step up your running level; For more information, call 333-2049.

Youth Soccer League

Soccer registration is from Jan. 3 - Feb. 10. There is a \$25 league fee. For more information, call 564-1844/5

Youth Dance Program

Youth dance registration is from Jan. 3-Feb. 28. For more information, call 564-1844/5

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

Lap Swimming

The Andersen pool offers lap swimming outside the recreational swim hours. Lap swimming hours are 6-8 a.m. Friday through Wednesday 11 a.m.-noon Friday through Wednesday 6-7 p.m. Monday, Tuesday and Wednesday. No lap swimming will be available Thursdays, weekends, holidays and down days. Also, the pool is looking for certified swimming instructors and lifeguards. For more information, call Outdoor Recreation at 366-5197 or Human Resources at 366-1189.

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 from 5:30-6:30 p.m. for kids 8-12 years and 6:30-8 p.m. for adults. The other class is Law Enforcement/Combat Aikido, and is for adults only. This class will be held Tuesday and Thursday from 6-7:30 p.m. All classes are \$60 per month, per student. Sign up at the Hotspot. For more information, call 366-2339.

JRM defeats NavFac in Captain's Cup play



Basketball: Operations Specialist 1st Class (AW) Bruce Golden, of the Joint Region Marianas All Stars, takes to the air for two points, during a Captain's Cup basketball game at the Charles King Fitness Center on U.S. Naval Base Guam Jan. 27. The All Stars defeated Naval Facilities Engineering Command Marianas, 61-39. (U.S. Navy photo by Marine Corps Sgt. Alex Polley)