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Heroes return home to Guam

By Mass Communication Specialist 2nd Class (SW)

Peter Lewis

Joint Region Edge Staff

The A.B. Won Pat Guam International Airport was flooded with tears of joy as three heroes returned home to Guam after a 13-month individual augmentee (IA) tour, Feb. 2.

Chief Master-at-Arms (SW/AW/FMF) Christopher Atkinson, Master-at-Arms 2nd Class (SS) Timothy Wood Scott, and Master-at-Arms 3rd Class Matthew Dent, all of Naval Security Forces Guam, were greeted as they departed their plane by dozens of jumping, screaming and crying family members, friends and shipmates.

The three Sailors had successfully completed a grueling IA tour in support of Joint Task Force (JTF) Guantanamo Bay, Cuba (GTMO) detainee operations.

According to Command Master Chief (SW/AW/SCW) John Lawry, of U.S. Naval Base Guam (NBG),

tours at JTF-GTMO can be grueling and test a Sailor's discipline and resolve.

"I can tell you that these Sailors were challenged every day, and they performed admirably," he said.

Capt. Richard Wood, commanding officer, NBG, stressed that such

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Homecoming: Chief Master-at-Arms (SW/AW/FMF) Christopher Atkinson, left, Master-at-Arms 3rd Class Matthew Dent, center, and Master-at-Arms 2nd Class (SS) Timothy Scott Ward, all of U.S. Naval Security Forces Guam, are embraced by family members, at the A.B. Won Pat Guam International Airport in Tamuning, Feb. 2. All three Sailors returned home after successfully completing 13-month individual augmentee tours at Joint Task Force Guantanamo Bay, Cuba, in support of detainee operations. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)



Space Shuttle exercise could save astronaut lives



Space Shuttle Exercise: An Andersen Air Force Base (AFB) firefighter assists stand-in astronaut, Airman 1st Class Hannah Meza, 36th Medical Operations Squadron, after a simulated emergency landing during the Space Shuttle Exercise Jan. 27 on the Andersen flightline. The exercise trained Andersen first responders on the proper procedures and protocols in the event the space shuttle orbiter needs to make an emergency landing at Andersen AFB. NASA has designated Andersen as a possible emergency landing location for its next shuttle mission which is scheduled tentatively for Feb. 23. (U.S. Air Force photo by Airman 1st Class Anthony Jennings)

By Airman 1st Class Anthony Jennings

36th Wing Public Affairs

In preparation for the possibility of the arrival of an orbiter, Team Andersen and National Aeronautics and Space Administration (NASA) Det. 3 Human Space Flight Support performed a shuttle landing exercise Jan. 27.

Andersen Air Force Base (AFB) has been identified by NASA as a possible Department of Defense emergency landing site to support the NASA space shuttle.

"Andersen is a great site for us to land in the Pacific in the event of an emergency, because of the long parallel runways which are great for support," said Jay Summers, NASA

Det. 3 Human Space Flight Support chief of operations. "If the orbiter were to land you could still perform operations on the other runway."

Various base organizations participated in the exercise including, 36th Security Forces Squadron (SFS), 36th Operations Support Squadron (OSS), 36th Civil Engineer Squadron, Andersen AFB Fire Department, 36th Medical Operations Squadron (MDOS) and Air Traffic Control.

"It's always good to train for any situation, not just for the dollar amount, but the human factor," said Senior Master Sgt. Todd Lewis, 36th OSS airfield manager. "You can't replace a life. We call this a training

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Top Performer Operations Specialist 1st Class (SW) Bruce Edward Golden

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Andersen educates Airmen on Pacific Airpower

By Airman Whitney Tucker
36th Wing Public Affairs

Revered as the cornerstone of airpower in the Asia-Pacific region, Andersen Air Force Base (AFB) is prepared to provide support to neighboring allies at a moment's notice.

Team Andersen Airmen, the heartbeat of the mission, had the opportunity to gain a deeper understanding of the mission and the role they play in it during the first ever Pacific Airpower Tour Jan. 27.

"It is critical that Airmen here understand our wing's exciting mission and feel invested in it," said Patricia Gay, 36th Wing Public Affairs Community Relations representative. "Whether you are a cook or work in personnel, every job contributes to the wing's mission. Everyone who works on or off the flightline plays an essential role in what we do here."

The desire of Brig. Gen. John Doucette, 36th Wing commander, to communicate this to Airmen resulted in the decision to conduct the first Pacific Airpower Tour.

"Airmen are our most valuable

asset," Doucette said. "Ensuring that all of our Airmen are knowledgeable about the wing's mission and the role they have in supporting it is essential."

The tour, geared toward Airmen and junior noncommissioned officers, kicked off with a briefing and question-and-answer session with Doucette. Tour participants then visited the flightline and got an up-close look at the RQ-4 Global Hawk, the base's newest addition and only permanently stationed aircraft.

The RQ-4 Global Hawk is capable of providing government and military decision makers near real-time, high-altitude, long-range intelligence, surveillance and reconnaissance imagery that can support a full spectrum of operations.

After learning about the Global Hawk, participants then visited the B-52 Stratofortress, highlighting the wing's commitment to the Continuous Bomber Presence (CBP).

The rotation of bomber aircraft is specifically designed to enhance regional security and demonstrate the United States' commitment to stability in the Asia-Pacific region. The CBP also allows the opportunity



Tour: Airmen from across the 36th Wing take a tour of a B-52 Stratofortress at Andersen Air Force Base, Jan. 27. The Airmen were a part of the inaugural Air Power Tour aimed at familiarizing members of Team Andersen with the 36th Wing mission and the part they play in delivering Pacific Air Power. (U.S. Air force photo by Airman 1st Class Jeffrey Schultze)

to integrate bombers into joint and coalition training exercises in the Pacific.

After the completion of the tour, participants completed a survey to help shape future Pacific Airpower

Tours. "Overall, we accomplished what we set out to," Gay said. "Overwhelmingly, the participants agreed that the tour increased their knowledge and understanding of the wing's mission and capabilities. We

look forward to offering this opportunity to all Andersen Airmen."

The Pacific Airpower Tour will be conducted each month. To participate, Airmen should contact their first sergeant or inform their supervisor.

GUANG engineers contribute to mission success

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

Joint Region Edge Staff

The Guam Army National Guard's 1224th Engineer Support Company is designed to deploy on its own with logistical support and perform engineering tasks such as mobility, counter-mobility and survivability support while deployed.

The company has more than 100 Soldiers, ranging with specialties including from heavy equipment operators, medical personnel, communications personnel, radio operators, logistics personnel, maintenance, and repair specialists, to complete their mission.

When deployed, the company conducts rapid runway repair, initial base camp construction, non-explosive obstacle breaching, non-explosive area clearing, construction of tactical unmanned aerial vehicle airfields, helicopter landing zones and assault landing zones. Basically, they

help build facilities for Soldiers to survive in a theater and remove non-explosive obstructions, whether for construction or unit movement.

Capt. Manny Duenas, commander, 1224th Engineer Support Company said the unit is always ready to serve their country.

"We are always prepared to mobilize and deploy in support of the Army here on Guam or anywhere else in the world," he said. "Most of our [noncommissioned officers] have deployed to Iraq and Afghanistan with similar units constructing new bases, hauling heavy material and equipment throughout the theaters of operation, increasing soldier survivability by improving the bases, constructing roads and landing zones."

He also explained that despite their major roles in the theater, they will never forget to get involved with the local community.

"Our soldiers come from the local community. Many of them strive to make conditions around them better," he said. "Most recently our soldiers have volunteered with the Red Cross and in the assembly

of a playground at one of our island's elementary schools."

Guam Army National Guard and 1224th Engineer Det. charter member, Staff Sgt. Jeffrey Santos said the 1224th Engineer Det., said the Company has played a major role in past events on the island.

"Soldiers from the 1224th Engineer Det., many of whom are now in the 1224th Engineer Support Company, have supported in the island's recovery in every major typhoon since the unit was established, including Typhoons Yuri, Paka and Pongsona," he said. "Also, many of these Soldiers assisted after the Korean Airlines crash in 1997."

Santos said he enjoys serving with the company due to the atmosphere and unit-cohesiveness he has witnessed.

"Ours is a big family that works together and communicates. I enjoy being able to operate all the new Army equipment, and as a master driver, being able to teach new Soldiers," he said.

Duenas said the opportunities he has been allowed to



GUANG Engineers: Soldiers of the Guam National Guard's 1224th Engineer Support Company emplace culverts during an annual training road improvement project at the Joint Multinational Readiness Center, Hohenfels, Germany on Sept. 14, 2010. (U.S. Army photo by 1st Lt. Christine Rosalin Martinez)

experience are invaluable.

"It's a humbling experience to be a part of this Army, especially in these times," he said. "Many of us were afforded opportunities to see

places we would not have been otherwise able to see and perform work that immediately impacts soldiers and civilians in other parts of the world."

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.

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PSC 455 Box 211
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Remember, the more detailed information you provide the better we can assist you.

Operations Specialist talented in many areas

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

Joint Region Edge Staff

Operations Specialist 1st Class (SW) Bruce Edward Golden, an almost-13-year Navy veteran, said he joined the Navy to gain international experience and expertise.

"The Navy truly allows one to gain independence, establish a career, and acquire the necessary tools to be successful during and after their naval service," he said.

As a member of Joint Region Marianas J3/Operations Department, Golden said that he is able to put his in-rate technical skills to the test on a daily basis.

"I schedule and coordinate all air, land, surface and sub-surface operations within the entire [Commonwealth of the Northern Mariana Islands]," he said. "I have to ensure that I stay on top of my game, and

it's satisfying knowing that my job has such an impact in local area operations."

According to his supervisor, Master Chief Electronics Technician (SS) Robert J. Reilly, Golden is not only great at his job, but also sets the standard at the command.

"I believe Petty Officer Golden stands out because he is involved, not just in his division or department but across the entire command," Reilly said. "He is passionate and dedicated about all he does.

Whether he is coordinating a command picnic, coaching the command basketball team, or helping out a shipmate who is struggling to pass the [physical fitness assessment], Golden is always there, finding solutions to whatever the problem is."

Golden counts assistant command fitness leader, terminal area security officer, command security assistant, and assistant watchbill coordinator, among his collateral duties. So it came as no surprise when Reilly went on to describe Golden as the "go-to guy who is sought out often by all when advice or action is required to fix [something]."

When faced with the overwhelming praise from his chain of command, Golden said that when you enjoy your job, it's easier to succeed in other areas.

"I like that I'm able to apply my rate knowledge to many other aspects of my job as a Sailor and becoming more well-rounded," he said.

Golden, who was selected as his command's 2010 Sailor of the Year, said that Sailors should take it upon themselves to get as much out of the Navy experience as possible.

"I've been able to a degree in criminology thanks to the military. I've also been able to regularly volunteer with the Masonic Children's Hospital and help with Special Olympics events," he said. "All Sailors should take advantage of similar opportunities to improve themselves and their community."

Golden said that he gets his desire to excel from the example set by his grandmother.

"I have several role models but I certainly admire my grandmother the most," he said. "Through her great leadership both at work and in the home, she taught me that it's optional to delegate authority but



Top Performer: Operations Specialist 1st Class (AW) Bruce Edward Golden, left, of the Joint Region Marianas "All-Stars," celebrates with his teammate after a Captain's Cup basketball game, at the Charles King Fitness Center on U.S. Naval Base Guam, Feb. 3. Golden said that the leadership skills he has attained during his almost-13 years in the Navy, allow him to be a good coach and mentor to other Sailors on the command team. (U.S. Navy photo by Mass Communication Specialist 2nd Class (AW) Jeremy Starr)

impossible to delegate responsibility."

For service members hoping to duplicate his superior performance, Golden had a few words of advice.

"I truly believe that the key to high-class ability is to invest your

talents productively, stay dedicated to your command, execute discipline and consistently provide a supportive environment for your subordinates," he said. "If you do those things, you'll be the best Sailor you can be."



Staff Sgt. Mayes named Andersen's Best



Andersen's Best: Staff Sgt. Royce Mayes was awarded Andersen's Best Jan. 27. As the 736th Air Mobility Squadron's (AMS) security manager, Mayes provides system administration for the Global Air Transportation Execution Systems. He also maintains operating systems to facilitate processing of more than 34,000 passengers and 12,000 tons of cargo on 3,000 aircraft annually. Mayes is responsible for planning and implementing more than \$60,000 in annual computer system acquisition, providing Local Area Network (LAN) and electronic mail administration for communication infrastructure of six AMC facilities, four network servers, and more than 260 user accounts on 180 network terminals. Additionally, he manages acquisition, distribution, accountability and maintenance of more than \$1 million in Automated Data Processing Equipment and computer software applications. Mayes' additional duties include client support administrator, computer security manager, emissions security manager, unit control center member and unit security manager. "Top notch [noncommissioned officer]," said Master Sgt. Chad Albe, 734th AMS. "He expertly balances primary and additional duties responsibilities to support safe and operational cyber space capability and mission accomplishment." Mayes recently ensured the 734th AMS was operationally compliant and culturally prepared for the 36th Wing Command Cyber Readiness Inspection, addressing 22 non-current workstations and 20 traditional security checklist item discrepancies to ensure readiness. "He is actively engaged with the 36th Communications Squadron to assist in ensuring unit and basewide compliance in preparations of the CCRI," said Albe. "He worked hand-in-hand with Andersen communication specialists to identify and correct cyberspace system discrepancies affecting the base network." For his outstanding performance, dedication, commitment to excellence and actions above and beyond expectations, the 36th Wing Command Post and wing leadership dub him Andersen's Best.

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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Sgt. Maj. Huff: Paving the way for future Marines

(Editor's Note: The following is part of a series of articles in recognition of Black History Month.)

By Marine Corps Sgt. Alex Polley

Marine Forces Pacific Forward Guam Public Affairs

Retired Sgt. Maj. Edgar R Huff was born on May 2, 1920, in Gadsden, Ala., and enlisted into the U.S. Marine Corps on Sept. 24, 1942, at the age of 22. He said that he joined the Marine Corps because he'd heard it was the toughest of the military organizations and he wanted to become the toughest in the military.

Huff was initially assigned as a gun commander with the 51st Composite Defense Battalion, the first African-American Marine Corps unit.

In March 1943, he served as a drill instructor for recruit training at the famous Montford Point Camp in New River, N.C. At the time, Montford was the only place an African-American could receive Marine Corps recruit training. While stationed there, in Nov. 1944, Huff was given duty as field sergeant major for all recruit training. He would later return after World War II to serve as the noncommissioned officer in charge of recruit training.

Once his instructor and field sergeant major tour ended, Huff was assigned to the 5th Depot Company, at which point he was promoted to first sergeant. His unit deployed to Saipan, Okinawa and North



Marines: Edgar R. Huff, center rear, at the time a first sergeant, is shown in this undated photo with other African-American members of the U.S. Marine Corps. The Marines began to allow African-Americans to join June 1, 1942. Huff enlisted Sept. 24, 1942, and served for 30 years during which time he saw combat in three wars and became the first African-American sergeant major. (Photo supplied to the U.S. Marine Corps by Edgar R. Huff)

China, to provide logistical support for Marines in those areas during World War II.

Huff also served as the company gunnery sergeant for 2nd Battalion 1st Marines during the Korean War.

In Korea, he was given the billet of company gunnery sergeant and platoon commander of the "Zebra" platoon. His unit participated in operations in the eastern front, in the spring-summer operations on

the western front, and operations in the "Punchbowl" area.

Huff would go on to complete two tours with the 1st Military Police Battalion of the Force Logistics Command and III Marine

Amphibious Force as their sergeant major during the Vietnam War.

While serving with the 1st Military Police Battalion of the Force Logistics Command, he was severely wounded while rescuing a radioman trapped in an open field pinned down by enemy gunfire. Huff was recommended for a Silver Star but was awarded a Bronze Star and two Purple Hearts.

Huff went on to serve as the III Marine Amphibious Force sergeant major, for a month during the end of his first combat tour in Vietnam, when the current Sergeant Major suffered wounds during a mortar attack on the headquarters building.

On Dec. 30, 1955, Huff was promoted to first sergeant in the new rank structure. The next day he was promoted again to sergeant major.

Huff served his last duty as the sergeant major of Marine Corps Air Station New River in Jacksonville, N. C. where he retired on Sept. 30, 1972.

Huff was the first African-American promoted to the rank of sergeant major. He was awarded two Bronze Stars with Combat "V," three Purple Hearts, three Navy Commendation Medals, a Navy Achievement Medal and a Combat Action Ribbon.

Huff passed away at the age of 74, when he suffered a heart attack and was hospitalized at Camp Lejeune Naval Hospital. However, his accomplishments and achievements will always be remembered and passed on by all Marines, no matter what race or color.

Improving Andersen's most important support system: its airfield

By Airman 1st Class Anthony Jennings

36th Wing Public Affairs

Airfields require maintenance and daily upkeep. Without it, the airfield would deteriorate rapidly into a state unsafe for aircraft operations.

The Andersen airfield is currently undergoing a five-year airfield improvement project which will be completed in April 2014. There have been 15 projects completed since April 2009, nine projects are underway, and 22 projects that will be accomplished within the next few years.

"We can easily say airfield improvements from April 2009 to April 2014 will be well over \$250 million," said Senior Master Sgt. Todd Lewis, 36th Operations Support Squadron (OSS) airfield manager.

On top of the completion of the Global Hawk Hangar and the total reconstruction of the south runway, so far improvements have been made to Taxilanes Alpha, Bravo and Charlie, and the parking pads on the Air Mobility Command ramp. The airfield is also awaiting a new Bird Aircraft Strike Hazard (BASH) tool consisting of 30 computer-operated propane cannons to deter birds from resting on the airfield.

Several agencies are responsible for determining the necessity of these improvements. Typically, the airfield manager, in coordination with the 36th Civil Engineer Squadron, airfield users, maintenance and the Safety Office, create requests for improvements based on

deficiencies, current and future airfield requirements, or mission changes.

Those requests are then prioritized as projects and submitted for funding. Upon approval, the process of design and ultimately construction can begin.

"This is merely a snapshot of the process," said Capt. Anthony Hayes, 36 OSS Airfield Operations Flight commander. "It is much more detailed and manpower extensive."

Construction reduces the capability of the airfield and ease of ground movement for aircraft. The airfield manager is continuously coordinating with assigned units to cross-flow construction information to mitigate the impacts of construction on the flying mission.

"Before a project starts, Airfield Management, Air Traffic Control, Safety and flying units must come to an agreement on our plan to perform construction with ongoing flying operations in a safe, efficient, expedient and effective way, then press ahead," Hayes said. "If not, we start the process over. This is really an Operation Risk Management Assessment combined with Air Force Smart Operations for the 21st century event."

The sources for funding may vary but typically the 36th Wing funds all airfield repair projects such as repaving taxiways and parking aprons while military construction dollars which must be approved by Congress for projects costing more than \$750,000 pay for all other construction.



Improvements: The Andersen airfield is currently undergoing a five-year airfield improvement project which will be completed in April 2014. There have been 15 projects completed since April 2009, nine projects are underway, and 22 projects that will be accomplished within the next few years. Airfields require maintenance and daily upkeep. Without it, the airfield would deteriorate rapidly into a state unsafe for aircraft operations. More than \$250 million has been spent on airfield improvements from April 2009 to April 2014. (U.S. Air Force photo by Airman 1st Class Anthony Jennings)

"Obtaining funding can be complicated, which is one of the many reasons the Civil Engineer Squadron is key to making these airfield improvements happen for us," Lewis said. "Their extensive knowledge of different types of money and funding sources make the process appear seamless to the wing. Bottom-line, airfield improvements could not happen without them. They are the airfield's greatest resource when it comes to maintaining and improving the airfield."

Taxpayers can rest assured their money is well spent. According to

Lewis, the Air Force ensures their money isn't frivolously spent on unnecessary improvements.

"Zero tax dollars are wasted here at Andersen," Lewis said. "The wing receives a set amount of funds every fiscal year to maintain and improve the base. In order for an airfield project to receive funding it must compete with all the other base projects. Therefore for it to be competitive for funding we must show it impacts the safety of aircraft or is required to support the flying mission. Due to this process it would be extremely hard for a personal interest

project to receive funding; checks and balances lie within the system."

Improvements are continuously being accomplished on the airfield. Every day items are identified on the airfield that need to be corrected. Thanks to the experts across the wing, most of them can be repaired quickly, efficiently and safely to ensure Andersen is ready and able to meet the needs of the mission in the Pacific region.

"If we do not continue to maintain and improve this support system, our ability to project airpower in the Pacific will be at risk," Hayes said.

Cable Sailors help build a home in Malaysia

By Mass Communication
Specialist 3rd Class
Gabrielle Blake

USS Frank Cable (AS 40) Public Affairs

Sailors from the submarine tender USS Frank Cable (AS 40) helped build a new home as part of a Habitat for Humanity Community Service project in Kota Kinabalu, Malaysia Feb. 1-2.

"We are honored to have the Sailors here," said Joanna Kitingan, president of Habitat for Humanity Kota Kinabalu affiliate. "We are very happy to have so many volunteers from the Navy who have thought to help the community."

Cable's Religious Ministries Department worked with Habitat for Humanity to put the project together. More than 30 Sailors came out each day to work with a Malaysian family to help build their new home from the ground up.

Kitingan said the family's current home is about 40 years old and made of depleted bamboo. There are no real bedrooms and no proper plumbing in the house. The bathroom and the kitchen are separate from the house.

"It was really humbling because we don't realize how little other people have," said Hospital Corpsman 2nd Class Sheraldine Aguon-Hilton. "We got to work hand-in-hand with the family and really see how we were helping them out."

"The vision of Habitat for

Humanity is every human being should have a home they can call their own," Kitingan said. "Sailors helping to make this a reality for this Malaysian family really touches the heart of the community."

Local volunteer Rachel Lok said it normally takes about two months to complete this type of projects; however, with the help of the Sailors who volunteered, it can be completed in less than two weeks.

"It is very rewarding," said Hospital Corpsman 2nd Class Lea Devera. "We have enough days for liberty. Giving one or two days for [community service] is not asking too much. Seeing the faces of the Malaysian family who will be living in the house is truly rewarding."

Cable Sailors were treated to lunch with the family which included traditional Malaysian dishes and Sabah tea.

"The food was great," Aguon-Hilton said. "It really opened up our eyes to other cultures."

Aguon-Hilton said having the opportunity to spend time with the family, working and eating was a great experience and she would recommend all Sailors get out in the community.

Cable's main mission is to conduct maintenance and support of submarines and surface vessels deployed in the U.S. 7th Fleet Area of Responsibility.

For more news from USS Frank Cable (AS 40), visit www.navy.mil/local/as40/.



Service: Sailors assigned to the submarine tender USS Frank Cable (AS 40) move bricks to build the bathroom of a Habitat for Humanity home in Kota Kinabalu, Malaysia Feb. 2. More than 30 Sailors volunteered for the project that was organized by Frank Cable's Religious Ministries Department. Frank Cable conducts maintenance and support of submarines and surface vessels deployed in the U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 2nd Class Catherine Bland)

AF announces new force management measures

From Air Force Personnel
Center

Air Force leaders announced involuntary force management programs Feb. 2 to reduce personnel as a supplement to the voluntary programs announced in December.

These measures are part of the Air Force's multi-year Force Management Program aimed at shaping and sizing the force. With more Airmen choosing to stay in the Air Force, retention is at the highest level in 16 years.

Air Force leaders implemented a tailored, multi-year program in 2010 to reduce the number of personnel to operate at the service's authorized end strength levels. According to Air Force Chief of Staff Gen. Norton Schwartz, even with those efforts, the Air Force ended fiscal 2010 approximately 2,300 officers over end strength.

"Retention projections for fiscal years 2011 and 2012 continue to be high," Schwartz said. "Without additional measures, we could grow to 7,000 over our authorized end strength by the end of fiscal year 2012. Based on these projections, and our need to operate within our means, the secretary of the Air Force and I made the decision to intensify force management actions to

meet our congressionally mandated ceiling by the end of fiscal year 2012."

The fiscal 2011 involuntary force management efforts predominantly affect officers.

"We were successful in managing enlisted end strength levels last year using a combination of voluntary programs, accession reductions, technical training eliminations and date of separation rollbacks," said Brig. Gen. Sharon Dunbar, the director of force management policy. "We plan to continue use of this strategy over the next year."

For all Airmen, there will be programs to reduce personnel at various phase points along a career. "Reducing officer and enlisted accessions will help us minimize the impact on active duty personnel who are currently serving," Dunbar said.

For junior officers, the plan includes force-shaping boards (FSB) beginning in May. The FSB initially will consider year groups with excess officers in the judge advocate general (JAG), biomedical science corps (BSC) and medical service corps (MSC) competitive categories. The May FSB impacts officers in the 2006 through 2008 commissioned year groups. Officers not selected for retention by this FSB will be

required to separate no later than Oct. 1.

Air Force officials also will conduct a reduction-in-force (RIF) board in September for mid-grade officers. In lieu of meeting the board, eligible officers will have a one-month window in March to apply for voluntary separation pay, with separation by Oct. 1. The RIF board will consider all year groups with excess officers in the line-of-the-Air Force (LAF), chaplain, JAG, BSC and MSC competitive categories. This impacts officers in the 1999 through 2005 commissioned year groups. Officers not selected for retention by the RIF board will be required to separate no later than Feb. 1, 2012.

For both the RIF board and the FSB, Air Force leaders decided to apply a quality review of the entire competitive category, instead of the methodology used in past retention boards which focused only on certain Air Force specialties. The boards will retain the top 90 percent of officers within the affected competitive categories in eligible year groups. Following retention board results, Air Force officials will use the recently-announced officer crossflow process to rebalance between line specialties as needed.

Officer over-strength challenges

will require Air Force officials to conduct selective early-retirement boards (SERB) for lieutenant colonels who have been twice deferred for colonel and for colonels with four or more years time in grade who have not met a SERB in the last five years. These boards will occur in October and January 2012 and will consider officers in the LAF, chaplain and MSC competitive categories. Officers not selected for retention by the SERB will be required to separate no later than March 1, 2012, for lieutenant colonels and June 1, 2012, for colonels.

"Air Force leaders announced last year that promotion opportunities would be reduced to 95 percent to captain and 90 percent to major," Dunbar said. "In addition to reduced promotion opportunities, our over-strength situation is such that offers of selective continuation may be limited."

"We fully understand how difficult these actions are on the Airmen affected by them," Dunbar said. "This is why leaders at all levels will be engaged to assist Airmen with transition options."

Dunbar said that Airmen are a trained and ready resource possessing the skills needed by the Air Force Reserve or Air National Guard and almost every Airman transitioning as

a result of force management is eligible to continue serving in the total force.

"The years they've invested in the Air Force so far can pay off for them," said Chief Master Sgt. Larry Giles, the force requirements policy chief for the Air Force Reserve Command's Reserve Personnel Directorate. "The Air National Guard or the Air Force Reserve are great alternatives for Airmen who don't want to leave the Air Force all together."

Airmen also are uniquely qualified for many federal civilian positions and receive veterans preference when applying for federal service, Dunbar said. Transition to the reserve component or an Air Force civilian position allows Airmen to remain a part of the Air Force family.

Airman and family readiness centers around the world host the Department of Labor Transition Assistance Program, offering Airmen information about the GI Bill and vital resources for a successful transition from the Air Force.

For more information on force management programs, call the Total Force Service Center at 800-525-0102 or visit the Air Force Personnel Center online at <http://www.afpc.randolph.af.mil/>.

Marines spread inspiration to island students

By Marine Corps Sgt. Alex Polley

Marine Forces Pacific (Forward) Guam Public Affairs

Four Marines from Marine Forces Pacific (MARFORPAC) (Forward) Guam and Commonwealth of the Northern Mariana Islands visited Vicente S.A. Benavente Middle School to speak about their job fields, uniforms and their lives in the Marine Corps with eighth-graders Feb. 4.

Lance Cpl. Korey Smith said that he decided to volunteer for the event in order to show the students a positive career path that they could follow in the near future.

"This was a great opportunity for us to get in front of [the kids] at a young age," he said. "[We wanted] to show another career opportunity they have; that they can go forward with as they graduate high school and consider their options."

Smith said he enjoyed reaching out to the students and being able to speak to them about his views as a junior Marine.

"I enjoyed getting to see the students' faces and getting to see their interests," he said. "I talked about the ability to be prepared at all times, to remain disciplined and to keep everything

under control within your unit."

Lt. Col. Aisha Bakkar, MARFORPAC Forward public affairs officer, said she enjoyed explaining to the students what it takes to become one of the few, the proud, the Marines.

"My focus was primarily that anybody can be a Marine," she said. "Anybody can do it if you just dedicate your mind to it. That's the greatest message we can send to young people."

According to Ron Espina, the chairperson of the school's basic practical arts department and one of the event coordinators, having the Marines interact with the students was a great way for the kids to learn about other careers and opportunities after high school.

"We wanted to simulate and show the students what's coming in and the possibilities their careers may be," Espina said. "The Marines are definitely going to be a factor."

Espina said he believed that the Marines left a fantastic impression on the students and he knows the students learned a lot during the visit.

"[Being in the] Marines is all about being proud and being proud to serve," he said. "A lot of students need that self-esteem and that pride in themselves."



Inspiration: Vicente S.A. Benavente Middle School students stand at attention and recite the Marine Corps Hymn with visiting Marines, at the school in Dededo, Feb. 4. Four service members from Marine Forces Pacific (Forward) Guam and Commonwealth of the Northern Mariana Islands, visited the school to speak about self-confidence, motivation, and life and opportunities in the Marine Corps. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

Facebook: The enemy's best friend, so be careful

By Senior Airman Kenneth Green

36th Maintenance Squadron

What do Soviet spies and Facebook have in common? They assist the enemy in obtaining information that would otherwise be secret. It is too often you go online and see social networking sites such as Facebook, MySpace and Twitter with information that violates operational security (OPSEC).

I remember watching American Forces Network and seeing commercials for proper OPSEC and Information Awareness. I used to think to myself, "Why me?" Looking back on these commercials, I'm starting to understand the importance of having a little "common sense" online.

What if I told that you within seconds anyone could boot up their computer and find out a unit is deploying from one base to another and what time the flight is? With all of the social networking taking place, it makes it very possible.

Posts such as, "leaving for my four-month deployment to Iraq tomorrow at 6 a.m.," or, "Have to work late because we went to BRAVO," pose a huge compromise to the mission across the U.S. Air Force and other military branches. As military members we need to practice more diligence for what we put out to the public, as well as educate others around us when we see them posting potentially sensitive information.

The posting of such items could

land you in serious trouble with your boss.

Uniform Code of Military Justice Article 92-Failure to obey order or regulation states; "Any person subject to this chapter who — (1) violates or fails to obey any lawful general order or regulation; (2) having knowledge of any other lawful order issued by a member of the armed forces, which it is his duty to obey, fails to obey the order; or (3) is derelict in the performance of his duties; shall be punished as a court martial may direct." Compromising the mission would fall under such instances.

According to Air Force Instruction 71-101 paragraph 2.7.6, Personnel should report the following information to the Office of

Special Investigation: "Information indicating military members, civilian employees or Department of Defense contractors have contemplated, attempted, or affected the deliberate compromise or unauthorized release of classified or unclassified controlled information."

This holds all of us responsible to report information when we believe something may be jeopardizing the mission. Dependents play an integral role in OPSEC as well and should avoid posting updates such as a spouse leaving for a three-week deployment to Singapore. Also, letting everyone on your page know that you are going shopping at the mall for hours leaves an open invitation for an intruder to enter your home.

You may think, "Only my

friends can see what I post and I trust them not to say anything." Sometimes this is true, but most of the time it is not. The grapevine works online as well and is commonly used through Facebook and other social media. I urge everyone to rethink what you put out for public display. Think to yourself, "Would I want my commander or first sergeant to see this?" and if the answer is no, do not post it.

"Whether we are on duty or off duty, we cannot afford to let our guard down," said Maj. Gen. Keith Alexander, U.S. Army Intelligence and Security Command commanding general. "Your diligence in OPSEC is key to ensuring our effectiveness in operations and our collective safety. Together, we will succeed."

Thrift Savings Plan 101: Start now and watch investments grow

By Capt. Ian Holzhauser

Assistant Staff Judge Advocate

As tax refund season approaches, many military members consider setting aside money for investing. Even a small monthly investment, begun early during a military member's career, could make an enormous difference later in life.

If a brand new Airman, Sailor, Marine or Soldier in 1980 saved just \$2.75 per day for one year, and had

invested that money in an ordinary broad-based stock index fund, he or she would have more than \$14,000 today. That's even if the member never saved an additional penny for the next 30 years.

Nobody can guarantee the success of any one particular investment, but throughout recent history, people who started saving for retirement at an early age have benefited tremendously. One of the benefits of military service is the ability to invest for low fees and

get a tax benefit through the Thrift Savings Plan (TSP).

Investing online through TSP is simple and user-friendly. Department of Defense employees can log on to www.MyPay.gov, and select the option to withhold a percentage of their pay for TSP. Even if a military member is able to save \$2.75 a day, that adds up to more than \$1,000 a year.

Once a member's money is in TSP, he or she can choose to put it into one of a variety of investment

funds. Funds are run by managers whose goal is to help investments grow in value over time. One option is to invest in "Lifecycle Funds." The member estimates the time he or she is expecting to retire, and TSP fund managers balance the level of risk and potential reward based on that timeline. Fund costs are small in comparison to commercial investment products.

Additionally, investing in TSP provides substantial tax benefits. For

example, a member who invests \$1,000 into TSP will have \$1,000 less taxable income for the year. For a member in the 15 percent tax bracket, that means a \$150 tax break. The more a member saves, the greater the tax benefits.

The maximum most members can contribute to TSP is \$16,500 in 2011, but the limit increases to \$49,000 for members who deploy.

Further information can be found on the Web at <http://www.tsp.gov>.

Military Saves Month highlights finances

By Annette Donner

U.S. Naval Base Guam Public Affairs

The commanding officer of Naval Base Guam (NBG), Capt. Richard Wood signed a proclamation in his office Feb. 2, pledging NBG's participation in the Department of Defense (DoD) "Military Saves" financial readiness campaign.

According to the militarysaves.org website, The "Military Saves" Campaign is a total force, command-level program. It provides an opportunity for leaders at all levels within the active duty, National Guard, and Reserve ranks to educate and motivate troops and families to save their hard-earned money for both emergencies and their financial goals. "Military Saves" is also an opportunity to teach our military children about saving and other good financial habits through the "Military Youth Saves" Campaign.

Wood conveyed his support of whatever it takes to motivate and encourage single Sailors and military families to save money every month. He stressed that service members should not be distracted by financial worries and that financial responsibility supports mission readiness. Financial stress can also lead to families falling victim to quick-fix and Internet scams, or high-pressure sales tactics and marital stress.

"Making a habit of investing for the future is no small issue. Sailors and their families must begin by making smart financial decisions now, when they are young," Wood said.

He encouraged everyone to take



Proclamation: Capt. Richard Wood, U.S. Naval Base Guam commanding officer, signs the proclamation announcing the 2011 Military Saves Week, Feb. 20-27, with employees of the Navy Fleet and Family Services, Navy Exchange, Defense Commissary Agency, Joint Service Family Support Network and the University of Guam 4-H Youth Development Program. While one week in February is designated Military Saves Week, the whole month is highlighted to encourage people to set personal savings and debt-reduction goals. (U.S. Navy Photo by Annette Donner)

advantage of the opportunities being offered this month to learn how to get in the habit of saving money and reducing debt.

"Excessive debt can jeopardize your credit rating, not to mention your military career," Wood reminded a group of Sailors recently.

According to Pilar Pangelinan, financial management specialist at the Fleet and Family Support Center (FFSC), there will be numerous finance related activities and materials available this month. She also encouraged families and Sailors

to visit the www.militarysaves.org website to find online services, resources and tips to get started.

"Even families living paycheck to paycheck can begin saving by putting away as little as \$10 a paycheck," Pangelinan said. "It seems small, but it's a matter of building a habit as much as putting the money aside."

She said that by the next paycheck the family may have found another place where they can save just a few dollars more each week, and then increase their savings to \$20 a paycheck.

"If every time you know you saved some money on a purchase you put the estimated savings a glass jar, you'd be amazed how the nickels, dimes and quarters add up during the month," she said. "Then you bank it right away into that growing savings account."

Some savings examples Pangelinan gives are drinking fewer sodas, purchasing fewer brand name groceries, purchasing items on sale, clipping coupons, reducing trips to the fast food outlet or making your own cup of

coffee instead of buying a \$4 latte. Pangelinan also pointed to the value of understanding compound interest.

"With compound interest working for you, a Sailor 18 years old today could be a millionaire (based on a 10 percent rate of return) by age 65 if over only six years he contributed \$3,000 per year (\$250 each month or \$125 per pay period)," she said. "It is one of my most favorite parts of working with our military families ... showing them wealth is truly obtainable with little effort, not much sacrifice of lifestyle and with just nickels and dimes."

One of the most popular activities of past Military Saves Months is the Single Sailor Million Dollar Game Show. This event will be hosted on Feb. 11 and Feb. 25 at 6:30 p.m. at the Single Sailor Sanctuary. Following the format of "Who Wants To Be A Millionaire?" the game show includes phoning a friend, polling the audience and more.

Through the FFSC, schools are participating in the Military Saves Education Program through classroom visits and activities at both Andersen Middle School and Cmdr. William C. McCool Elementary/Middle School.

"We want them to start thinking about saving while they are young," Pangelinan said.

Another special event will be the "Tour to Savings" at the Navy Exchange (NEX), Commissary and Mini-Marts.

The first NEX tour was very well attended. The next one is scheduled for Feb. 24 from 10-11 a.m. The Orote Commissary tours are scheduled for the week of Feb. 23.

Schedule of Events

Feb. 11: Million Dollar Sailor Game at Single Sailor Sanctuary from 6:30-8 p.m.

Feb. 17: Military Saves Appeal to Transition Assistance Program class at Barracks 4 from 8-8:15 a.m.

Military Saves Appeal at U.S. Naval Base Guam Welcome to Guam Orientation and Indoctrination at Barracks 4 from 10-10:15 a.m.

Feb. 22-26: Military Saves Information Table at the Navy Federal Credit Union from 9 a.m.-5:30 p.m.

Feb. 22: Personal Finance Management program Home Buying Workshop with Veterans Administration guest speaker at Fleet and Family Support Center (FFSC) conference room building 106 from 11:30 a.m.-1 p.m.

Feb. 23: Tour to Savings at the Orote Commissary from 8:30-9:30 a.m.

Feb. 24: Command Finance Specialist refresher at FFSC from 8:30-11:30 a.m.

Tour to Savings at Navy Exchange from 10-11 a.m.

Tour to Savings at the Orote Commissary from 10:30-11:30 a.m.

Feb. 25: Tour to Savings at the Orote Commissary from 9:30-10:30 a.m. Single Sailor Million Dollar Sailor Game at Single Sailor Sanctuary from 6:30-8 p.m.

Feb. 28, March 1-2: Class meeting in partnership with University of Guam 4-H program at Andersen Middle School from 8-9 a.m.

March 5: Military Saves Month Appeal to the Navy Reserves at Top O' the Mar on Nimitz Hill from 11 a.m.-noon.

For more information on these events, call the Fleet and Family Support Center (FFSC) on U.S. Naval Base Guam at 333-2056/57.

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

Social Worker, Closes Feb. 14

Installation Training Officer, Closes Feb. 17

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.

Naval Hospital Gas Station Pumps Closed

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 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.

Marriage Preparation Seminar

Couples committed to successful, happy relationships find the goal challenging in their high-stress, busy lives. Skills to be discussed at the seminar include: how to communicate and solve problems, how to handle disagreements and conflicts, how to promote a sense of being a team, how to use ground rules to handle disagreements, why men and women communicate differently and what to do about it, how to discuss safely your difficult issues, why women want more communication and men want more harmony, how to show commitment to your partner, how to keep friendship fun and intimacy alive. Seminar is at the U.S. Naval Base Guam Chapel Religious Education Building Feb. 25 and is limited to the first 20 couples who register. Register no later than Feb. 18. For more information and to register, call 339-2126.

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.

Free Outdoor Movie Night

The next Free Outdoor Movie Night at Arc Light Park is scheduled for Feb. 12 at 7 p.m. The featured film will be the G-rated "Disney's Beverly Hills Chihuahua 2." Show time is 7 p.m. Movie will be shown, weather permitting.

Houston visits Malaysia during deployment

By Mass Communication Specialist 3rd Class Corey Hensley

USS Frank Cable Public Affairs

The Los Angeles-class fast-attack submarine USS Houston (SSN 713) arrived in Sepang, Malaysia, Jan. 31, as part of its deployment.

"We're here to develop the relationship with the Royal Malaysian Navy, to learn all that we can from our partner, and for regional stability and prosperity in this region," said Cmdr. David Schappert, USS Houston commanding officer.

Measuring more than 360 feet long and weighing more than 6,900 tons when submerged, USS Houston is capable of supporting a multitude of missions, including anti-submarine warfare and anti-surface ship warfare. With a crew of approximately 110, Houston is deployable worldwide and showcases the latest capabilities of the submarine fleet.

Schappert said USS Houston's presence in Malaysia is not only important to the United States, but also for the entire region.

"We've heard a lot of great things

about our partners in the Royal Malaysian Navy, and look forward to exchanging ideas and information between our two navies," Schappert said.

Senior Chief Machinist's Mate Jay Cherland, USS Houston chief of the boat, said the crew has been working hard during their deployment and hopes they get some much deserved rest.

"We had about two months out, came in for stand down for a short period of time, and then went back out right away," Cherland said. "The crew has worked very hard and done extremely well. We conducted a couple of really big operations in the Pacific, so for our Sailors to get out, have a good time, and relax a bit is very important for their health and morale."

For many of Houston's crew members, this is their first time visiting Malaysia. Sonar Technician (Submarines) 1st Class Martin Davis said he is very excited to be here.

"The fact that it is a Muslim culture makes it even more intriguing, and I'm looking forward to seeing all the natural beauty and cultural sites that this country has to offer," Davis said.



Houston: The Los Angeles-class fast attack submarine USS Houston (SSN 713) approaches the submarine tender USS Frank Cable (AS 40) in Sepang, Malaysia Jan. 31. Frank Cable conducts maintenance and support of submarines and surface vessels deployed in the U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 2nd Class Catherine Bland)

USS Houston is one of 43 Los Angeles-class submarines that comprise the submarine force. Attack submarines are designed to seek and destroy enemy submarines

and surface ships; project power ashore with Tomahawk cruise missiles and special operation forces; carry out intelligence, surveillance, and reconnaissance

missions; support strike group operations, and engage in mine warfare.

For more news from USS Frank Cable (AS 40), visit www.navy.mil/local/as40/.

Program makes Airmen's medical readiness easy

By Airman Whitney Tucker

36th Wing Public Affairs

Between immunizations and dental exams, appointments and prescriptions, staying on top of medical readiness can be easier said than done.

Now, by logging into the Air Force Portal and accessing the Aeromedical Services Informational Management System (ASIMS), medical readiness is just a click away.

"The new system was implemented to give members the option to access their own medical readiness information, instead of solely relying on the unit to notify them if something needs to be accomplished," said Capt. Donald Michael, 36th Medical Operations Squadron. "The unit still has to notify its members of these requirements; this is just another way to get the information to you."

According to Air Force Instruction 10-250, individual medical readiness (IMR) requires commanders to monitor the medical readiness status of unit personnel, ensuring a healthy and fit fighting force, medically ready to deploy.

"IMR requirements are in place to ensure that Airmen are medically ready to deploy and are protected from specific diseases and

hazards," Michael said. "Staying on top of requirements can help ensure the Airman is ready to accomplish the mission both here at Andersen, and when they deploy."

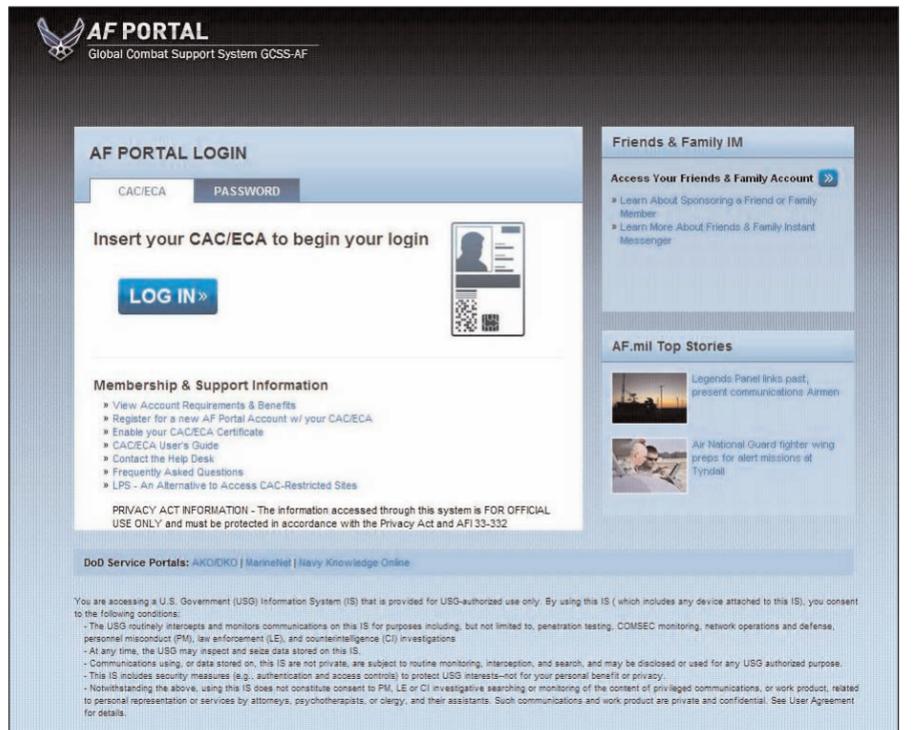
Waiting until the last minute to accomplish necessary tasks can cause unnecessary stress and adversely affect the mission.

"Almost all deployments are going to require Airmen to be current on all medical readiness requirements," Michael said. "Procrastinating can jeopardize deployability because some requirements can take time to accomplish or resolve."

The ASIMS program allows Airmen to take the reins and accomplish mission-critical tasks independently.

"The program is available to all Airmen with a common access card and access to a DoD computer," Michael said. "Taking the initiative to ensure necessary tasks are carried out shows dedication to the mission. As Air Force members we need to be ready to answer our nation's call at all times."

To access IMR, go to the Air Force Portal and locate featured links. Expand the fitness and health directory; click on medical readiness-deployment health. Then, click "OK" on the DoD notice and consent Web page and click on "my individual medical readiness status."



Alcairo assumes GUANG command chief role

By Airman 1st Class Audreya J.P. Taitano

254th Air Base Group Public Affairs

Chief Master Sgt. Joe Alcairo was recognized as the newly appointed command chief master sergeant for the Guam Air National Guard during an assumption ceremony at the Meehan Theater on Andersen Air Force Base Feb. 5.

"Chief Alcairo has already shown he's a proven leader," said Maj. Gen. Benny M. Paulino, the adjutant general of the Guam National Guard. "I look forward to working with him and the entire Guam Air National Guard community as he takes it to new heights."

Alcairo said he was up to the challenges ahead of him.

"I find myself tremendously fortunate to serve as the command chief for the Guam Air National

Guard," he said. "In today's total force environment, I would like to build upon the Guard's success and work closely with the other command chiefs to identify initiatives that can be mutually beneficial to our organizations."

Alcairo also aims to open up the partnership channels between the Guam Air National Guard and the government of Guam.

"We answer the call of both the federal and local government," Alcairo said. "I would like to explore the possibilities of having the government of Guam offer its own incentives such as money for college or military discounts on government provided services, in addition to the benefits available from federal programs."

Lt. Col. Johnny Lizama, commander of the 254th Air Base Group, said that Alcairo brings a traditional guardsman approach to

meeting the Guam National Guard Mission.

"His experience as a former Marine, a civil engineer, father and husband, as well as his deployment experience all are forms in connecting with our Airmen, families and employers," said Lizama.

Alcairo's military career started with the U.S. Marine Corps in 1989 and transitioned into the Guam Air National Guard in 1994. With several assignments, awards, decorations and an extensive military education, he credited his deployments as some of his greatest learning experiences.

"I believe that my numerous deployment experiences have prepared me well for the challenges of this position," Alcairo said. "It has given me the ability to better relate with my fellow enlisted members about the sacrifices involved when called to duty."



Chief: Maj. Gen. Benny M. Paulino, adjutant general of the Guam National Guard, presents Chief Master Sgt. Joe Alcairo with a certificate Feb. 5 at the Meehan Theater on Andersen Air Force Base recognizing Alcairo's appointment as the new command chief master sergeant of the Guam Air National Guard. (U.S. Air Force Photo by Airman 1st Class Audreya J.P. Taitano)

Sipping, snacking sugar and fighting tooth decay

From 36th Medical Group Dental Clinic

Many parents across the country will issue a common refrain at dinnertime tonight: "You'd better eat that. It's good for you." There's another old favorite in the parental arsenal of dietary admonitions: "Don't eat that — it'll rot your teeth."

Now more than ever, kids are faced with a bewildering array of food choices, from fresh produce to sugar-laden, processed convenience meals and snack foods. What children eat and when they eat it may affect not

only their general health, but more specifically their oral health.

Americans are consuming foods and drinks high in sugar and starches more often and in larger portions than ever before. It's clear that "junk" foods and drinks gradually have replaced nutritious beverages and foods for many people.

For example, the average teenage boy in the United States consumes 81 gallons of soft drinks each year. Alarming, a steady diet of sugary foods and drinks can ruin teeth, especially among those who snack throughout the day. Common

activities may contribute to the tendency toward tooth decay. These include "grazing" habitually on foods with minimal nutritional value, and frequently sipping on sugary drinks.

When sugar is consumed repeatedly in large, often hidden amounts, the harmful effect on teeth can be dramatic. Sugar on teeth provides food for bacteria, which produce acid. The acid in turn can eat away the enamel on teeth.

Almost all foods have some type of sugar that cannot and should not be eliminated from our diets. Many of these foods contain important

nutrients and add enjoyment to eating. But there is a risk for tooth decay from a diet high in sugars and starches. Starches can be found in everything from bread to pretzels to salad dressing, so read labels and plan carefully for a balanced, nutritious diet for you and your kids.

Here are a few ways to reduce your children's risk of tooth decay:

- Sugary foods and drinks should be consumed with meals. Saliva production increases during meals and helps neutralize acid production and rinse food particles from the mouth.
- Limit between-meal snacks. If

kids crave a snack, offer them nutritious foods

• If your kids chew gum, make it sugarless. Chewing sugarless gum after eating can increase saliva flow and help wash out food and decay-producing acid.

• Monitor beverage consumption. Instead of only soft drinks, children should also choose water and low-fat milk.

• Help your children develop good brushing and flossing habits.

• Schedule regular dental visits. Happy National Children's Dental Health Month.

Be informed: Obtaining a Guam driving license is mandatory

By Legalman 3rd Class Christina Oliver

Naval Legal Service Office Pacific Det. Guam

A few of the many great things about being a part of the military circle are the exceptions and loopholes to many rules that would otherwise be mandatory if we weren't active duty. While we hate to deflate that comfortable cushion of privilege, we must bring to light certain things from which service

members and their families are not exempt. Never fear, my friends, it comes with relief — and luckily this isn't about taxes.

Many service members and their spouses believe that they do not need a Guam driving license. Wrong. Most states have a waiver built into their laws for active duty service members so that they don't have to get a new driving license every time they move to a new duty station, with the exception of foreign countries. While this may be true in some cases, this little

exception does not apply in Guam; nor does this extend to the families of service members. Many have assumed that we are protected under the Service-members Civil Relief Act (SCRA) or the Military Spouses Residency Relief Act (MSRRA), however, neither has the ability to override state and local regulations for a driving license as the MSRRA only covers voting rights, state income tax liability and limited real estate issues.

When stationed on Guam, arriving drivers have a 30-day grace

period to apply for a Guam license. There is also the option to pay \$25 to extend that period to a year or until the expiration of the old license if the date is before a year's time, which is helpful to service members deployed to Guam for under a year.

The families of service members also must obtain a Guam license in order to continue driving here. Detailed information regarding these rules can be found in the Guam Annotated Code under Title 16, section 3101. The relief is this:

when applying with a valid out-of-state license the members do not have to take the written test or the road test. The process is quite simple and the application can be found online at <http://www.govguamdocs.com>.

Having perks just for being in the military is always a wonderful thing, but one should always take care to read the fine print and ensure it applies to you and your family first. If you have any questions, please contact your local legal assistance office. Drive safe!

GUANG awards outstanding Airmen of the year

By Airman 1st Class Audreya J.P. Taitano

254th Air Base Group Public Affairs

Members of the Guam Air National Guard were recognized for their superior achievements and exceptional performance during the Outstanding Airmen of the Year enlisted awards banquet Feb. 5 at the Hyatt Regency Guam in Tumon.

"This is an excellent opportunity to showcase our most valuable asset – our Airmen," said Lt. Col. Johnny Lizama, commander of the 254th Air Base Group. "This allows our Airmen to see that each one of them is more than capable of being outstanding."

Each of the four squadrons from the 254th Air Base Group submitted nominees for the different award tiers: Airman (airman through senior airman), noncommissioned officer (staff sergeant through technical sergeant), senior noncommissioned officer (master sergeant through chief master sergeant) and first sergeant.

Master Sgt. Phillip S.N. Taijeron, Jr., assigned to the 254th Red Horse Squadron and recognized as the Outstanding First Sergeant of the Year, focused on the opportunity that is given to Guam guardsmen to represent their island and unit at higher levels in the Air Force chain.

"The next level of competition in the award process is at the 36th Wing level and then at the [Pacific Air Forces (PACAF)] level, and I



Airman Awarded: Master Sgt. Michael M. Quitugua, center, assigned to the 254th Security Forces Squadron, stands with award presenters after being recognized as outstanding senior noncommissioned officer Feb. 5 at the Guam Air National Guard's Outstanding Airmen of the Year awards banquet at Hyatt Regency Guam in Tumon. (U.S. Air Force Photo by Airman 1st Class Audreya J.P. Taitano)

am honored by the recognition thus far," Taijeron said. "The fact that there are differing levels of award is testimony to the Guam Air Guard's understanding of the need for recognition and achievement programs in response to excellence in performance."

Taijeron, who served three years of active duty service with the U.S. Army, said he understands the unique transition that Guard members undergo when elevating to active duty status.

"I think the biggest learning

experience I have is balancing the perspectives of being a hometown defender and the need to transform into the active duty defender," Taijeron said. "The constant balance requires a first sergeant to quickly embrace the concept of leadership vice management."

Senior Airman Michael T. Artero, security forces officer with the 254th Security Forces Squadron since 2007, was awarded Outstanding Airman of the Year. His record to date includes assignment to the 36th Security Forces Squadron where he

has become certified as a patrol leader. In addition, he volunteers with the 254th Guam Air National Guard's Honor Guard team.

"This means a great deal to me and I am humbled by such an honor," Artero said. "I am proud to represent the Air Guard as well as Security Forces in such a way."

Artero credits his success to the constant mission to improve himself and to utilize all the opportunities presented by the National Guard.

Taijeron and Artero were

recognized alongside fellow awardees Tech. Sgt. Keshia Duenas, assigned to the 254th Red Horse Squadron who was named Outstanding Noncommissioned Officer of the Year, and Master Sgt. Michael M. Quitugua Jr., assigned to the 254th Security Forces Squadron who was awarded Senior Noncommissioned Officer of the Year.

"These individuals are reflective of what is best about our Airmen, our community, our families, our culture and our nation," Lizama said. "They represent the essence of the Guam Air National Guard Taotaomonas."

Other nominees for the Outstanding Airman of the Year award were: Staff Sgt. Ruth G. Aguon, 254th Red Horse Squadron; Senior Airman Renee S. Sablan, 254th Air Base Group; and Airman 1st Class John Patricio, 254th Force Support Squadron.

The other nominees for Outstanding Noncommissioned Officer of the Year were: Tech. Sgt. Maria Victoria R. Quitugua, 254th Security Forces Squadron; Tech. Sgt. Andrew Manibusan, 254th Air Base Group; and Staff Sgt. Joseph J. Leon Guerrero, 254th Force Support Squadron.

For the Outstanding Senior Noncommissioned Officer of the Year, other nominees were: Master Sgt. Michael F.I. Martinez, 254th Red Horse Squadron; Master Sgt. Lourdes B. Cruz, 254th Air Base Group; and Master Sgt. Jaclyn N. Paulino, 254th Force Support Squadron.

Save energy by giving your computer system time off

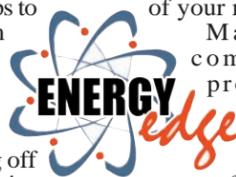
By David Motroni

U.S. Marine Corps Energy Program Manager

At work, computer system energy efficiency means shutting things off when we don't need them. Somebody else chooses our equipment and makes sure energy-saving "sleep mode" settings are enabled.

Here are some simple steps to ensure your computer system gets all the latest updates, and also saves the most energy by getting some of the same time off work that you do.

At the end of the day, log off from your computer by going to the "Start/Shut Down" selection in the lower left hand corner



of your monitor.

Make sure your computer's central processing unit is plugged into surge-protected power that won't be switched off when you leave.

Verify that peripheral units are plugged into a surge-protected plug

strip with a switch that is easy for you to reach, and switch it off when you shut down your computer. Peripheral units include your monitor, speakers, a personal printer and scanner.

As long as you follow the first two steps above, your computer can be energized remotely during the night to receive software updates.

At home, in addition to shutting equipment off when you don't need it, you can save energy by buying ENERGY STAR equipment and ensuring that power management "sleep mode" settings are enabled. You might also consider using a laptop instead of desktop unit for potential energy savings of 50 to 80 percent.

Heroes: 13-month IA tour to Guantanamo

Continued from Page 1

operations would not be possible without service members willing to commit to IA tours.

"That whole operation is very heavily reliant on individual augmentees like the Sailors we sent down there," Wood said.

Lawry said that he was confident that the command sent the right Sailors on IA, and that he knew that they would be able to rise to the challenges they would face, and represent their command in the right way.

"We don't pick just anybody to represent us on IA. We want people who are going to represent our base and our island proudly," he said. "So these were what we'd consider 'cream of the crop.' They're the Sailors we want representing us in the prisons; representing us to the public. I would call them topnotch, quality Sailors."

According to Atkinson, though it was difficult being away from his family for so long, and the job was challenging, he is happy and proud to have completed another IA tour.

"The mission they're doing [at

JTF-GTMO] is unbelievable," he said. "It's a tough assignment, but the job we were able to do was phenomenal."

Ward agreed with the chief's sentiments, and said that he was happy to learn new things and do his part in the overseas effort.

"There's definitely a lot of pride when you complete your mission and do a good job," he said. "Everyone works hard down there, so you feel great satisfaction when everything goes right on those long, hard days."

Though he expressed a great deal of joy at the success of his IA tour, Ward said he was even happier to be back with his family.

"I'm very happy to be home with my daughter, who turned 7 months today," he said. "I am extremely happy right now."

Atkinson, who was surrounded by his son and two daughters, echoed his shipmate's feelings.

"I'm so grateful to be with my kids again," he said. "I don't think words can ever express what it's like."

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



Welcome Home: Capt. Richard Wood, commanding officer, U.S. Naval Base Guam, right, shakes the hand of Chief Master-at-Arms (SW/AW/FMF) Christopher Atkinson, of U.S. Naval Security Forces Guam, at the A.B. Won Pat Guam International Airport in Tamuning, Feb. 2. Atkinson, along with two other Sailors, returned home after successfully completing a 13-month individual augmentee tour at Joint Task Force Guantanamo Bay, Cuba, in support of detainee operations. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

Exercise: Andersen named emergency shuttle landing site

Continued from Page 1

event, which is great, but to me it seemed like everyone was treating this like it was really happening."

During the exercise, the 36th OSS cleared the runway for the shuttle and managed the airfield and air traffic control. The fire department provided first response and fire and rescue support. They also manned a decontamination area in the event toxic chemicals leaked onto the astronauts or themselves.

The 36th SFS provided entry control to ensure safety and security around the space shuttle and the astronauts. The 36th MDOS were on hand to provide medical

treatment to the astronauts.

"Any time you do something like this, whether or not you call it an exercise, the sense of urgency to get it right is always there," Lewis said. "Everyone out there is a vital piece in ensuring the safety of those astronauts and their wingmen."

There are several dangers the first responders are exposed to when they are attempting to rescue the astronauts. Hypergolic fuel, a rocket propellant combination consisting of a fuel and an oxidizer, is relatively easy to ignite reliably in the space shuttle, but is extremely toxic and corrosive. Discoloration on the fire fighters protective garments or the astronauts' space suits is an indicator that the

fuel has leaked and they are immediately rushed to the decontamination area.

After the space shuttle orbiter lands and is cordoned, NASA will send two C-17s within 24 hours with all their technicians and equipment necessary to secure the orbiter from all the toxic chemicals used to fly the vehicle in space. The astronauts will be flown back to Johnson Space Center the very next day.

"The hypergolic fuel and other stuff in the orbiter may be necessary for space flight, but is not so good for an earth atmosphere," Summers said.

The NASA technicians will then use a special tow bar to remove the orbiter vehicle from the runway and

open up the runway. Over the course of three to four months, they'll build a super structure to lift the orbiter high enough to slide a Boeing 747 carrier aircraft underneath it, drop it and attach it to the aircraft then fly short hops back to Johnson Space Center.

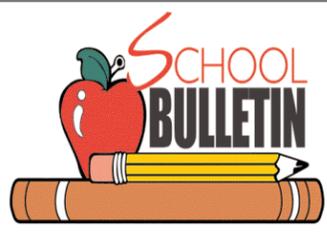
At a time of transition, as the space shuttle nears its scheduled retirement after nearly 30 years of service, the chance to support NASA has been a privileged opportunity according to the members of Team Andersen.

"This was a great chance for the people here to get involved in something bigger than just their job, bigger than the Air Force," Lewis said. "This literally has global reach

and we're excited to be a part of that. We hope a catastrophe never occurs, but it's good to know we're prepared to handle it if it does."

According to Andersen Airfield and NASA officials, the orbiter vehicle, though valued at \$1.7 billion, is the lowest concern when compared to the lives of the astronauts and first responders. The value in the training during the exercise was felt by everyone.

"The orbiter is a very valuable and expensive piece of machinery, but that's not what we really care about," Summers said. "Our main concern is to keep our first responders safe and enabling them to get the astronauts away safely."



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:
 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 Presidents Day
 Feb. 21.

Andersen Elementary School

AES will host the third annual Learnabration Feb. 18 from 8-11 a.m. to highlight contributions and achievements of African-Americans. Lessons will be presented to groups of third-fifth graders. Topics include medicine, Martin Luther King to Barack Obama, sports, the Underground Railroad/Harriet Tubman, the arts, African-American firsts, government/politics, the Civil Rights Movement, scientists, soul food, dance/music and hair care. If you would like to suggest other topics, volunteer to assist with Learnabration, or for more information, call Jacob Dowdell at AES, 366-1511.

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.

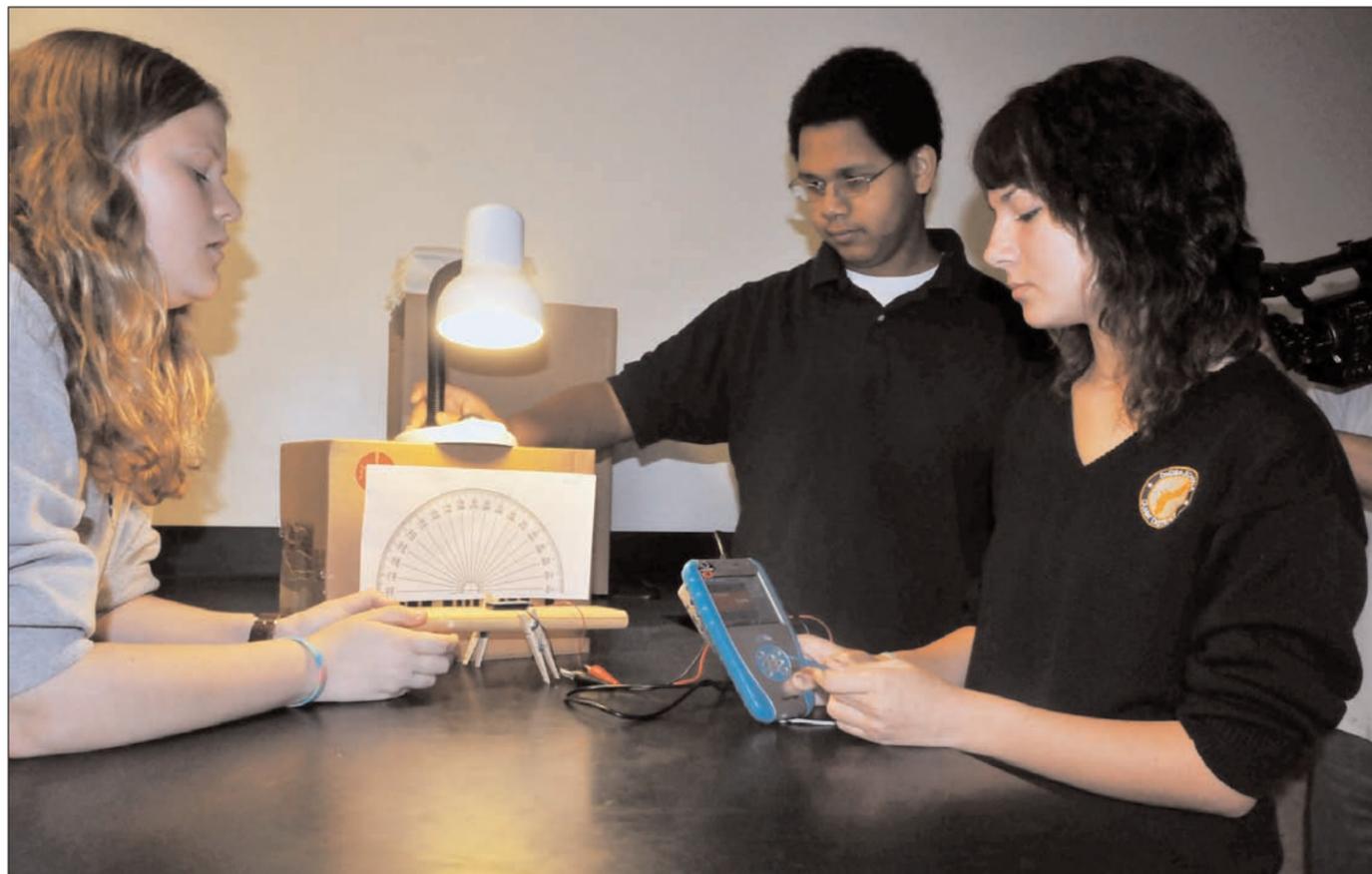
McCool Elementary/Middle School

Guam High School counselors' presentation for eighth-graders will be in the cafeteria Feb. 14 from 8:30-9:30 a.m.

Eighth-grade scheduling for their high school four-year plan will be Feb. 17-18 in rooms A107A and A107B from 8:30 a.m.-2:45 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.

GHS students research solar energy



Walking On Sunshine: Guam High School (GHS) students Kelci Halferty, left, Elise Bechtel, right, and Kevin Smith, back, make adjustments to a photovoltaic panel model at the GHS campus Feb. 3. The students, with classmate Victoria Davis, in conjunction with energy managers from Naval Facilities Engineering Command Marianas, Andersen Air Force Base and U.S. Naval Base Guam, have been working on a project that explores the benefits of utilizing solar powered water heaters and solar photovoltaic panels. Pursued areas of interest include return of investment period on the solar energy devices, diesel fuel savings, carbon emission reduction and energy cost savings for local residents. Under the direction of their teacher, Eric Eisaman, the ninth-graders will be entering their findings as a submission to eCYBERMISSION, a Web-based science, technology, engineering and math competition for students in grades six through nine sponsored by the U.S. Army. Energy management personnel's support of the students' work provided the youths with the expertise they needed to complete their project, which is in line with the energy goals introduced in 2010 by Secretary of the Navy Ray Mabus. Mabus outlined five energy goals, two of which emphasized an increase in alternative energy sources and use. According to the goals, by the year 2020 the Department of the Navy (DoN) will produce at least 50 percent of shore-based energy requirements from alternative sources, 50 percent of Navy and Marine Corps installations will be net-zero, and 50 percent of total DoN energy consumption will come from alternative sources. (U.S. Navy photo by Anna-Victoria Crisostomo)

Valentine's Day offerings help spread the love

United Service Organizations (USO) Valentine's Raffle

Purchase a ticket today for your chance to win a Valentine's gift packet valued at more than \$200 for that special someone courtesy of the Guam USO. Spoil your loved one with a beautiful flower arrangement from a local florist, a 60-minute luxury spa treatment and decadent chocolates. Tickets can be purchased for \$1 at USO Guam on the ground floor of the Royal Orchid Guam Hotel in Tumon until Feb. 12. Drawing to be held Feb. 12 at the USO. You need not be present to win. For more information, call 647-4USO (4876).

Top O' the Mar Valentine's Dinner

Treat your sweetheart to a Valentine's Dinner at Top O' the Mar Feb. 14 from 6-9 p.m. Enjoy a surf and turf plated meal, live entertainment and a special souvenir gift for each couple. Cost is \$50 per couple. Seating is limited. Reservations are required and will be taken until Feb. 10. Top O' the Mar is open to the military and local community. Military IDs are not required to dine. For more information, call 472-4606/7.

Top of the Rock Valentine's Dinner

Enjoy great food and live jazz during the Sweetheart Valentine Dinner at the Top of the Rock Ballroom Feb. 12. Choose from one of six succulent entrees, all of which include spinach salad with bacon and bleu cheese crumbles and raspberry and Vidalia onion vinaigrette, chilled cantaloupe soup with lime granite, shrimp cocktail with sun-dried tomato and horseradish aioli, dinner wine of your choice and dinner bread. Finish the meal with a sweetheart decadent chocolate and berry liquor dessert torte for two. Cost is \$110 per couple. Make reservations and place orders by 4 p.m. Feb. 10. For more information, call 366-6166.

Single Sailor Sanctuary Fondue Night

Enjoy something sweet or something savory when you stop by the Single Sailor Sanctuary (SSS) on U.S. Naval Base Guam (NBG) for a Valentine's Fondue Night Feb. 14 at 7 p.m. Indulge yourself in chocolate or cheese fondue with all the extras. Reservations are not needed. For more information, call 564-2280.

Valentine's Giveaways at the Navy Exchange (NEX)

Visit the NEX main store on NBG until Valentine's Day for your chance to win free merchandise. When you make a purchase at the watch and sunglasses department, you'll receive an entry form to have a chance to win a designer watch or pair of sunglasses. In the fragrance department, fragrance baskets and gift bags will be raffled. No purchase necessary for fragrance giveaways. Names for the giveaways will be drawn Feb. 14 and winners will be contacted via phone to pick up their prizes. Also, stop by the fragrance department on Valentine's Day for a free makeover. Finally, receive 0 percent interest on your Star Card when you make a purchase of \$199 or more in the fine jewelry department. For more information, call 564-3178.

Sweet Hearts Tea at Andersen Child Development Center (CDC)

Parents and families of children enrolled at the Andersen AFB CDC are invited to join their children for afternoon snack Feb. 14. For more information, call Moana Omisong 366-1603.

Andersen Air Force Base (AFB) Youth Center Valentine's Dance

Come join the Valentine's Dance for youngsters ages 9-12 at Andersen AFB's Youth Center Feb. 14 from 7-9 p.m. Enjoy a fun night with your friends and listen to the latest music and learn the hippest moves. Cost is \$10 per person. Sign up by Feb. 11 at 6 p.m. at the Youth Center. For more information, call 366-3490.

Andersen AFB Teen Center Valentine's Dance

Join the fun at the Valentine's Dance for youth ages 13-18 at Andersen AFB's Teen Center Feb. 14 from 7-9 p.m. Celebrate Valentine's day with the Teen Center Crew. Cost is \$10 per person. Sign up by Feb. 11 at 6 p.m. at the Teen Center. For more information, call 366-3490.

NBG Chapel Marriage Enrichment Program

The NBG Chapel will be offering PREP Marriage Enrichment Program on Feb. 25. Interested couples are encouraged to sign up by Feb. 18 at the NBG Chapel. For more information, call 339-2126.

How do you plan to celebrate Valentine's Day?

Joint Region Edge asked its readers how they plan to celebrate Valentine's Day.



"I am going to call my wife and sons who are in Norfolk, Va., and wish them a happy Valentine's Day."

— Chief Aviation Ordnanceman (AW/SW) Marvin Knowles
Naval Airborne Weapons Maintenance Unit 1



"This Valentine's Day I will spend time with my family so we can share love together. And at work, I like to work with my kids helping them to make Valentines for their parents. We make hearts out of construction paper and flowers out of chocolate kisses."

— Chikchita Rochon
Andersen Child Development Center school aide



"My twins turn 5 on Feb. 13, so we will spend Valentine's Day making lots of cupcakes and just spending time together."

— Staff Sgt. Crystal Hardy
36th Mission Support Group resource advisor



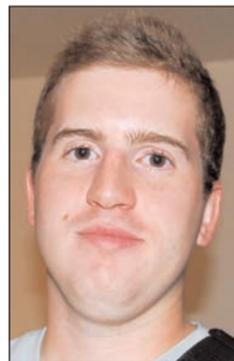
"I am on going on a surprise date with a friend of mine for Valentine's Day and I hope it will turn out good."

— Master-at-Arms 3rd Class Nicole Velez
Naval Base Guam Security



"I am going to talk to my fiance in San Diego on Skype for Valentine's Day."

— Mineman Seaman Jessica Castrilla
Navy Munitions Command East Asia Division Unit Guam



"My fiancee is flying in from Georgia on Feb. 9, so I am taking her to a sushi restaurant since she's never tried it before. We're getting married this month, so I'm excited to be able to spend Valentine's Day together."

— Senior Airman Christopher de la Torre
36th Communications Squadron ground radar systems technician

Rosettes: Local cooks make edible art

By Anna-Victoria Crisostomo
Joint Region Edge Staff

These days, it's not enough to make a dessert that's just delicious. With television shows highlighting competitions in which professionals make towering works of edible art, everyone is trying to channel their inner cuisine artist.

One local treat, rosettes, are crunchy, fried cookies sprinkled with cinnamon and sugar. While the recipe is a simple one, what makes these treats unique is the beautiful shapes that rosettes take thanks to special frying molds.

Rosette makers Ken and Adriana Gumataotao received their first set of molds as a gift from a friend.

"I didn't really know how to use them," Ken Gumataotao said. "The first time we tried, our rosettes were black on the top because we fried them too long. Over time, we kept practicing and adding ingredients and perfected our recipe."

The Gumataotaos added that while rosette molds can be hard to come across these days, the tools can be ordered over the Internet or may be found in stores that specifically sell kitchen and cooking supplies. Molds come in a variety of shapes from simple flowers and stars to intricate snowflakes and butterflies.

While working with a mold might seem intimidating, the couple offered some advice.

"Don't rush it," Ken Gumataotao said. "Just take your time and keep practicing. We didn't get it at first and we made a lot of mistakes, but we kept practicing and we got it."

"Now, I can fry rosettes and wash my hands in the sink at the same time," Adriana Gumataotao added, laughing. "You just get used to it and it becomes easy."

Rosettes can be used in a variety of ways. These beautiful treats can be used as fillers for cookie and gift baskets, cost-effective party favors or even edible centerpieces. You can even tint rosettes



Rosettes: Half the fun of eating rosettes is looking at the shape of each cookie. Special frying molds help these treats take on shapes such as stars and flowers, like those on this table in Mangilao Feb. 7. The crunchy cookie is adorned with cinnamon and sugar to add the perfect touch of sweetness. (U.S. Navy photo by Anna-Victoria Crisostomo)

to match any occasion.

"You can change the color of the rosettes to be anything you want," Adriana Gumataotao said. "All you do is add food coloring to the batter."

With their intricate designs and simple flavor, rosettes are a treat that look almost too good to eat. Almost.

Rosette recipe

- Five eggs
- One can of evaporated milk
- Water
- Eight ounces (about one cup) of cornstarch
- One and one-fourth cup of flour
- Oil for frying
- Cinnamon
- Sugar
- Fill a large pot about three-quarters full with oil for frying. Heat

the oil on high heat and allow the rosette molds to heat up in the oil. Allow the oil and tool to heat while you prepare your batter.

Beat eggs in a large mixing bowl. When done, beat in milk. After you have added all of the milk, fill the can with water and add to the egg and milk mixture. Beat wet ingredients until thoroughly mixed.

Sift cornstarch into the wet ingredient mixture. Repeat the process with the flour. Mix the ingredients until they reach the consistency of a runny pancake batter.

Remove the hot molding tool from the oil and dip into the batter. Do not let the batter come over the edges of the mold. Ensure that there are no batter drips falling from the rosette mold. Drips will ruin the overall design of the cookie.

Dip the battered frying tool evenly into the hot oil. Do not allow the oil to come over the edges of the mold. When the rosette is firm, it should easily come off the mold. If not, use a butter knife to ease to the rosette off of the mold and into the oil.

It may be necessary to flip the rosette during cooking to ensure that the insides are cooked. Allow the rosette to turn golden brown on all sides. Remove from the heat and place on a cooling rack.

In a large food storage bag, mix sugar and cinnamon to taste. Before the rosettes have cooled completely, toss a few cookies at a time in the mixture to coat with cinnamon and sugar. Toss the cookies gently as they may be very fragile depending on the design of the mold.

FREE

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.

Golf Clinic

Every Saturday and Sunday from 9-10 a.m. at Admiral Nimitz Golf Course. No need to register! Just stop by to learn the basic fundamentals of the game of golf. For more information, call 344-5838/9.

Children's Story Time

Every Wednesday at NBG Library from 3:30-4 p.m. and at Andersen AFB Library from 10:30 a.m.-3 p.m. For more information, call NBG at 564-1836 or Andersen AFB at 366-4291.



Tumbling for Tots

Tumbling for Tots, an interactive play program for kids and parents, is available at the Hotspot Gym on Andersen Air Force Base (AFB) just down the walkway from the bowling center. Hours of operation are Monday through Friday from 9 a.m.-noon. For more information, call the Hotspot at 366-2339.

UNDER \$10

Xtreme Midday 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.

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.

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.

\$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.



FRIDAY, FEB. 11

7 p.m.: Gulliver's Travels • PG

SATURDAY, FEB. 12

2 p.m.: Gulliver's Travels • PG

7 p.m.: Season of the Witch • PG-13

SUNDAY, FEB. 13

7 p.m.: Season of the Witch • 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 mwr Guam.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

Leave baggage behind for a healthy marriage

By Capt. Mario T. Catungal

36th Wing

We all hate dragging heavy luggage through a crowded airport. What if a couple at the airport brought a lot of suitcases, backpacks and carry-on bags everywhere they went? It would weigh them down and hold them back. It is the same in the life of marriage. Emotional luggage can weigh us down and hold us back. The principle of finding God's way to overcome marriage problems is to leave one's baggage behind.

By baggage we mean bad stuff from the past. We have all experienced difficult events and relationships, emotional hurts, serious mistakes, tragic accidents, or loss of loved ones. Ideally, these events are resolved as they happen. But

often pain is held inside instead of dealt with. Offenders are not forgiven. Fears are not confronted. Conflicts are not resolved. It leaves us with past feelings and patterns of behavior that impact the present. Baggage can cause certain marriage problems, and it can't be fully healed until we deal with it.

There are five practical tips for helping a couple discard their baggage.

1. Agree that you have a painful past – acknowledge that a painful thing has happened in your journey, involving issues that were not resolved. If you don't work through them, they will keep you from the healing process. The first step is to confess to oneself and to God that you have these issues to be addressed.

2. Include others in the healing

and grieving – seek from others the care and healing one needs to resolve these issues. Pouring out the hurt to others who love us usually opens the door for comfort, encouragement, healing and support.

3. Receive forgiveness – getting rid of baggage means being free of the guilt and shame of past failures and sins. God will forgive the mistake that the individual has made no matter how bad. Past failures and mistakes may also have alienated us from other people. We must go to them, humbly confess that we were wrong and receive forgiveness. Once we know that we are forgiven, accepted and loved, we can then re-enter life and begin moving on.

4. Forgive others – some of the baggage may be hurts we received from others e.g. family, relatives, friends and perhaps a former spouse. Unconsciously, we still carry pain, anger and even hatred. What is the best way to deal with these situations? We must learn to forgive and learn how to let go. When we forgive

them, we release that person from the right to exact punishment and retribution from them. We release our baggage of pain and resentment in the process.

5. See oneself through new eyes – another kind of baggage is the distorted view of ourselves we learned in past relationship or situations. We tend to see ourselves through the eyes of others who are important to us. And depending on whether that view is positive or negative, we feel valued or devalued. A realistic self-view will be balanced, recognizing strengths as well as weaknesses and growth areas. Find this view by seeing oneself through God's eyes, for he loves us unconditionally and values us highly. Let this new you replace the distorted picture that has caused the individual such grief.

Holding onto the baggage of the past will disable one's resolution of relationship problems that can impair marriage life. Ask God to help you leave it behind.



CKFC offers ‘way of harmonious spirit’ to youth

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

Joint Region Edge Staff

Mutsuko Minegishi, founder of Guam Aikikai and a seventh degree black belt, mentors children in “the way of harmonious spirit,” or aikido as it is commonly known, at Charles King Fitness Center on Naval Base Guam.

Aikido classes are on Wednesday from 3:30-4:30 p.m. and Friday from 6:15-7:15 p.m. at the fitness center. The cost is \$60 per month with a \$30 uniform fee. As of now, classes are for ages 6 and up with classes for preschoolers under consideration.

Aikido focuses not on punching or kicking opponents, but rather on using their own energy to gain control of them or to throw them away from you. It is not a static art, but places great emphasis on motion and the dynamics of movement.

“Aikido focuses on balancing the mind and body,” Minegishi said. “This class is not competitive,

everyone learns and practices together. Many people are either aggressive or introverted and can’t open themselves up even to their friends. Each student here helps other students who are either new or needs help. This develops the child socially and personally.”

Nancy Harris, a Navy spouse with two children in the class, said aikido has benefited her children and the cost is a bargain.

“My kids both expressed an interest in martial arts,” Harris said. “I thought it would be a good idea to try out and teach them self control and discipline. It is a great deal for the price that [Morale, Welfare and Recreation (MWR)] offers.”

John Bray, a civilian employee of the U.S. Coast Guard, has two sons who have been in the class longer than any other students. He said aikido has helped his children mentally beyond the mats.

“In my view, aikido is about disarming someone and thwarting attacks,” said Bray. “Their focus has carried over into school and at home. The sensei runs a tight ship. She definitely helps us out with parenting.”



Aikido: Sensei Mutsuko Minegishi founder of Guam Aikikai and instructor of aikido at Charles King Fitness Center instructs her students on the proper way to block a blow on Feb. 2. The classes are for ages 6 and older, and are on Wednesday from 3:30-4:30 p.m. and Friday from 6:15-7:15 p.m. The cost is \$60 per month with a \$30 uniform fee. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

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.

NCTS Sports Center

The Naval Computer and Telecommunications Station Guam Sports Center has reopened. Hours of operation are Monday, Wednesday and Friday from 9 a.m.-8 p.m., Tuesday and Thursday from 11 a.m.-8 p.m., and Saturday-Sunday from 8 a.m.-12:30 p.m.

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 Dance Program

Youth dance registration is from Jan. 3-Feb. 28. The cost is \$127.50 for the first child and \$97.50 for each sibling. 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.

Tumbling for Tots

Tumbling for Tots, an interactive play program for kids and parents, is now available at the Hotspot Gym. For more information, call the Hotspot at 366-2339.