

# JOINT REGION EDGE

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## USO celebrates worldwide service

By Anna-Victoria Crisostomo  
Joint Region Edge Staff

Service members, staff, sponsors and friends of the USO Guam came together to celebrate the 6th Annual USO Gala Salute at the Hyatt Regency Guam in Tumon April 16.

The event, themed "Around the World," celebrated the work of the 160 USO centers across the globe. Specifically, the gala saluted the efforts of corporate and individual sponsors, service members and volunteers on Guam who have worked to make the USO Guam a "home away from home" for service members stationed on the island.

Sgt. Justin Dues, of Marine Forces Pacific (Forward) Guam and Commonwealth of the Northern Mariana Islands, recognized the support and hospitality offered to service members from the organization.

"The USO is a great organization," Dues said. "There's times when I've come back from deployments and there's times where, if there's not people present there, it kind of

makes you feel like, 'Am I forgotten? Is this war forgotten?' But, no matter what, every time I've come home there's been a USO there so that alone just means a lot."

The event kicked off with a video vignette that highlighted USO services currently being offered to service members in Afghanistan. The video featured a young Soldier, deployed to Afghanistan, who was able to witness the birth of his first child via

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Cream of the Crop: USO Guam service members of the year and volunteer of the year are recognized during the 6th Annual USO Gala Salute at the Hyatt Regency Guam in Tumon April 16. Service members who were awarded represented the Navy, Marine Corps, Air Force, Coast Guard and Guam Army National Guard. The gala, themed "Around the World," celebrated the work of USO installations across the globe. (U.S. Navy photo by Anna-Victoria Crisostomo)



## Veteran revisits Andersen AFB after 50 years



By Airman 1st Class Whitney Tucker  
36th Wing Public Affairs

Snapshots of another lifetime unfold like a scene from a silent film as Eldred Pearson steps into his past on Andersen Air Force Base (AFB) April 11.

More than 50 years ago, Pearson

Reliving Old Memories: Eldred Pearson, an Air Force veteran, visits Andersen's Heritage Hall to relive some of his past April 11. Pearson was stationed at Andersen Air Force Base from 1954-1956 as part of the 3rd Aviation Support Depot. (U.S. Air Force photo by Senior Airman Carlin Leslie)

was stationed on Andersen as a member of the 3rd Aviation Support Depot working with munitions. Today, the 79-year-old struggles to find the familiar among buildings and roads that have sprung up in place of those he knew but finds solace in old memories and the chance to share them with his son.

"We're calling this our nostalgia trip," Pearson said. "My son Kendall and I decided to take this trip four years ago but were forced to put it on the back burner when I discovered I had cancer. After beating it, I came to the realization that I'm not getting any younger. Sometimes it's just now or never."

Stationed here from September of 1954 to the spring of 1956, Pearson was among the first to experience

the implementation of the continuous bomber presence which remains a vital part of the 36th Wing mission to this day.

"Following the war, Andersen began supporting bomber and aerial refueling units on rotational deployments from the United States," Pearson said. "The bombers were on 90-day rotations back then and I remember receiving the first B-36s clearly. They were a joy to work on because there was so much room to maneuver compared to the B-29s and the B-50s."

Reflecting on some of his misadventures with local wildlife, a broad smile spreads across Pearson's face.

"I don't recall ever seeing any

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# Sailors support high school career day

By Anna-Victoria Crisostomo  
Joint Region Edge Staff

Sailors made their way to Simon Sanchez High School (SSHS) in Yigo, Guam to participate in the school's career day April 15.

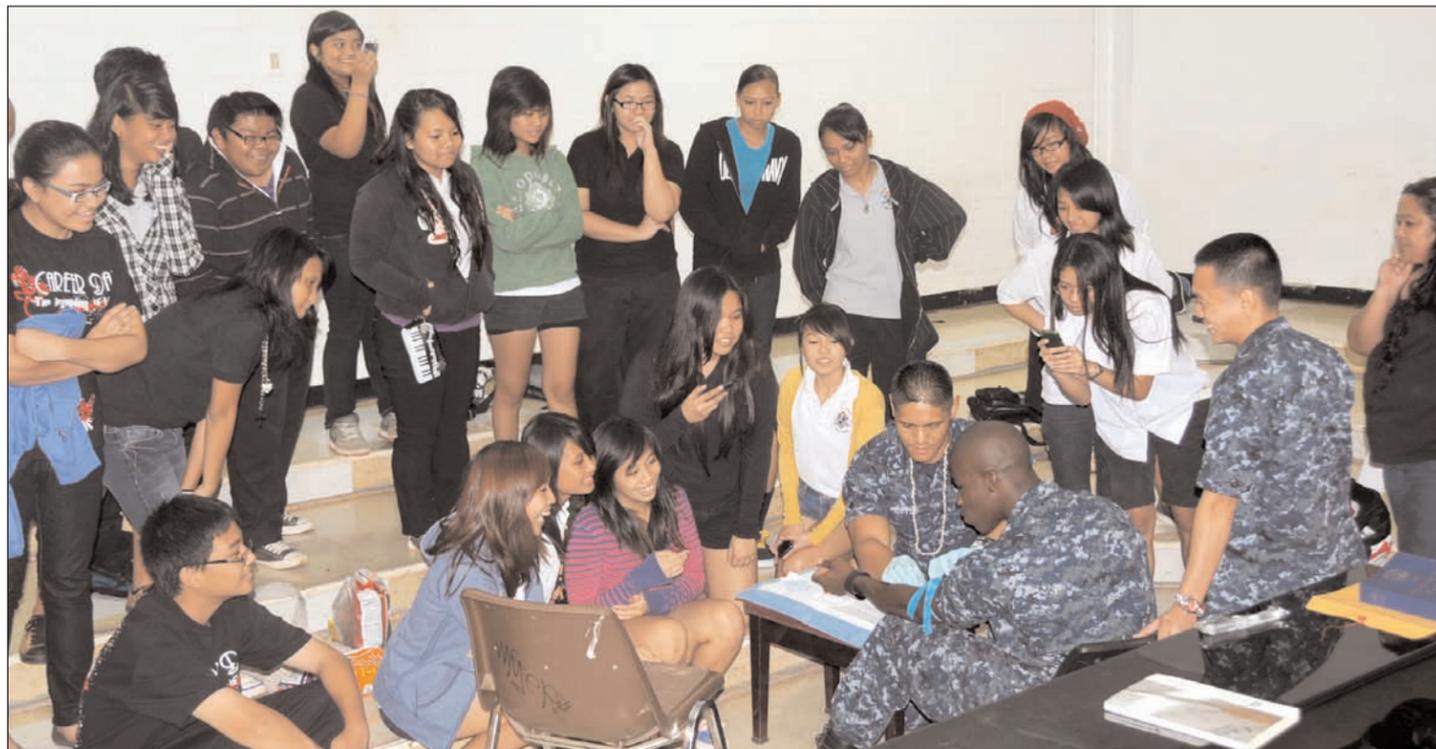
They met with the high school students to talk about their jobs and service in the Navy. Hospital Corpsman 3rd Class Paul Nieves, of U.S. Naval Hospital (USNH) Guam, said being a part of the career day was important to him.

"Educating is one of the things I like to do and the youth is something I always look forward to cause youth, they're our future and trying to guide them through the right path is everything to me," Nieves said.

Nieves and his shipmates spoke to students about their jobs, experiences in basic training, physical fitness requirements, and personal obstacles they faced when they decided to join the Navy as well as the doors that opened for them as members of the United States Armed Forces. As part of their presentation, USNH Guam Sailors demonstrated how to draw blood and showed students several kinds of equipment they use when on deployment with Navy and Marine Units.

ASSHS graduate, Hospitalman John Soriente, of USNH, said attending career days when he was at the school ultimately helped him to decide to pursue a military career.

"It's very nice coming back here and letting [the students] know how it feels like to be here and be in the



Just a Pinch: Students from Simon Sanchez High School in Yigo watch as service members from U.S. Naval Hospital Guam demonstrate a routine blood drawing during the school's Career Day April 15. Service members from different military branches came out to talk to students about life in the armed forces. (U.S. Navy photo by Anna-Victoria Crisostomo)

Navy," Soriente said. "Before, we had a career day when I was here and it's very useful."

Ruby Concepcion, SSHS teacher, said she was grateful that the service members were able to be a part of the event and give students more insight about what it takes to pursue

a career in the military.

"It enlightened them," Concepcion said. "There were a few kids who wanted to be nurses, a few of them wanted actually to be in the Navy also, so it gave them heads up on what to expect and how to study and work hard."

Hospitalman Gray Gray, of USNH, felt it was important for students to meet people close to their age and understand that they have choices for their future.

"It's always a joy to come in, especially for the kids and stuff like that," Gray said. "I'm only 21 [years

old] and I have such a great opportunity I'm having the time of my life in the military – going around and helping people – and this here career day over here, I feel like why not just give them another option and let them know the military's always there."

## Do you know what you can do with the Defense Civilian Personnel Data System (DCPDS) MyBiz Module?

### DCPDS Enterprise Highlights

- You can view and verify your personal and personnel data on-line. This includes, but is not limited to Notification of Personnel Action History (NPA or SF50), position, salary, benefits, and award data.
- You no longer need to request employment verifications – do it yourself online. You decide who receives the information directly via e-mail.
- You now have the ability to update your personnel record. You can update your work e-mail address, emergency contacts, continuing education, awards, certifications, and completed training or validating your ethnicity and handicap information.

Future DCPDS enhancements and programs are in the works:

- Commands will have the ability to update and maintain their self-service hierarchy, ensuring the accuracy of supervisor-to-employee structures.
- Electronic Official Personnel Folder (e-OPF) to be deployed in FY 2012 allowing employees to view personnel transactions from implementation date forward.
- Electronic Entrance On Duty (e-EOD) to be deployed in FY 2012 allowing new employees the ability to complete and submit documents such as tax forms prior to reporting for duty.

If you have questions or for more information, e-mail [DON\\_DCPDS@ochr.navy.mil](mailto:DON_DCPDS@ochr.navy.mil).

DCPDS will be unavailable to users from May 26 at 9 p.m. Eastern Standard Time (EST) to June 1 at 6 a.m. EST.

### Off Limits Establishments

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

Gallop USA Indian Art and Jewelry at the Micronesia Mall

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

### Report Fraud, Waste and Mismanagement

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

To contact the Joint Region Marianas Inspector General:

E-mail: [M-GU-JRM-IG-HOTLINE-FRAUD-WASTE-ABUSE@fe.navy.mil](mailto:M-GU-JRM-IG-HOTLINE-FRAUD-WASTE-ABUSE@fe.navy.mil)

Phone: 339-0001

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

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

# Yeoman 'blows up' at weapons unit

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

Joint Region Edge Staff

Yeoman 2nd Class (EXW) Brian Lamar Barnwell, of Naval Airborne Weapons Maintenance Unit (NAWMU) 1, said he joined the Navy almost six years ago to experience all the military has to offer.

"I joined the Navy to travel the world and to further my education," he said. "The Navy has great advancement opportunities as well as the opportunity to attend college and earn a degree."

As a yeoman, Barnwell prepares correspondence and reports; receives official visitors; performs office personnel administration; maintains records and official publications; serves as an office manager; and performs other various clerical and administrative duties.

"I chose to be a yeoman because I had years of experience in customer service from the previous jobs I've held before the Navy," he said. "We do a lot but it's a perfect fit."

As a member of NAWMU 1, Barnwell is tasked with processing routine correspondence, ensuring entitlements are paid, creating flight itineraries, maintaining government credit cards accounts and much more.

"I love providing 100 percent customer service to my team," he said. "I fully support the mission of my team and the needs of the Navy."

According to Barnwell's supervisor Yeoman 1st Class (AW/EXW) Brandon Ross, 100 percent customer service is exactly what the YN2 brings to the NAWMU 1 team.

"He goes above and beyond - all day, every day," Ross said. "Everyone, from his fellow second classes to our commanding officer, knows they can go to YN2 with any issue



Committed to Customer Service: Yeoman 2nd Class (EXW) Brian Lamar Barnwell, left, of Naval Airborne Weapons Maintenance Unit 1, helps a customer with an administrative concern at the command compound in Santa Rita April 11. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

whether it be personal or military and know that he will take care of their needs. Simply put, to task him with something is to consider it done."

Ross said that Barnwell, who also serves as the command's administrative officer and legal officer, has a drive and attitude that sets him apart from his fellow Sailors.

"YN2's upbeat and positive attitude, willingness to take on the most demanding tasks and overall knowledge of the YN rate make my job and the upper chain of command's jobs a breeze," he said. "His abilities go a

long way toward ensuring the command remains at the highest possible state of mission readiness."

Barnwell said that he owes his sunny outlook and work ethic to his supporting family and knowledgeable supervisors.

"My role models in my personal life would be my wife Nikki and my father Jerry Barnwell who is a retired master chief," he said. "They give me the strength and the motivation to be the best performer I can be in my rate."

"My role models in my military life are Lt.

Matthew Eaton and YN1 Ross," he added. "They share their military experiences with me and give me key advice to becoming a successful Sailor."

For those service members looking to be the best they can, Barnwell, who is currently working toward his bachelor's degree, had a few words of wisdom.

"It's all about providing excellent customer service," he said. "Always maintain a positive attitude and prioritize your daily tasks and projects. If you can do that with a smile, then you're golden."

## Andersen's Best: Brewer is 'genuine leader'



An Eye for Detail: Tech. Sgt. Jamie Brewer, 36th Medical Group (MDG) Commander Support Section noncommissioned officer in charge, was awarded Andersen's Best by 36th Wing Commander Brig. Gen. John Doucette April 14. "Sgt. Brewer is a genuine enlisted leader," said Capt. Damian Pardue, 36 MDG Medical Information Systems flight commander. "She oversees 24 commander support staff programs affecting 195 MDG personnel, supervises one Airman and keeps all programs spot on." Brewer was also handpicked by MDG leadership as the compliance inspection point of contact. She was charged with reviewing 27 programs and has trained 82 personnel to ensure her unit is inspection ready. In addition, Brewer revamped the MDG instruction program by updating 85 MDG instructions and decreasing the overdue rate by 83 percent.

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 Senior Airman Carlin Leslie)

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# NGIS opens new front desk area for guests

By Anna-Victoria Crisostomo  
Joint Region Edge Staff

Patrons of the Navy Gateway Inns and Suites (NGIS) on U.S. Naval Base Guam (NBG) may have noticed there's something different about the establishment. NGIS opened its new front desk area April 15.

Renovations included wall painting, the installation of a higher front desk counter, a new refreshment area for guests and set up of a computer station for guest use started in January and were completed in March. According to Alfred Saenz, NGIS director, the two-month process was initiated with one goal in mind.

"To better serve the guests," he said. NGIS doesn't intend to stop there. According to Saenz, future improvement endeavors include installation of energy efficient appliances including stoves, microwaves, washers and dryers for guest rooms and laundry rooms; video on demand services;

the replacement of existing pull-open lobby doors; and renovations for the front desk area located in Building 179 at the Flag Circle.

Saenz added that all NGIS improvements are made to "improve the quality of life for all [Department of Defense] travelers and Space A personnel." Their efforts are not going unnoticed.

NGIS earned the 2010 Adm. Elmo R. Zumwalt Award for excellence in lodging management from Commander, Navy Installations Command (CNIC).

Named for the former Chief of Naval Operations, the award recognizes NGIS facilities worldwide that achieve outstanding service standards. A five-star rating, the highest offered, recognizes facility, service and management standards that far surpass the minimum three-star rate requirements.

For more information or to make a reservation, call NGIS at 339-5259 or visit [www.dodlodging.net/guam.htm](http://www.dodlodging.net/guam.htm).



Committed to Excellence: From left to right, Navy Gateway Inns and Suites (NGIS) Annex Manager Danilo Delansig, NGIS Senior Performance Representative Robert Shabazz, NGIS Contracting Officer Representative Joann Reyes, NGIS Performance Assessment Representative Nancy Szoke, NGIS Director Alfred Saenz, and NGIS Housekeeping Supervisor Brian Babauta pose with 2010 Adm. Elmo R. Zumwalt Award for excellence in lodging management after it is hung in the newly renovated front desk area of the NGIS on NBG April 15. (Photo courtesy of NGIS)

## NBG NGIS receives coveted Zumwalt Award



Five-Star Smiles: Alfred Saenz, second from right, Navy Gateway Inn and Suites (NGIS) general manager displays the Elmo R. Zumwalt Award he and Cmdr. Kevin Gillam, U.S. Naval Base Guam (NBG) executive officer, received at the Lodging Working Group Conference in Fort Worth, Texas, March 31 for NBG Commanding Officer Capt. Richard Wood April 1. Named for the former Chief of Naval Operations, the award recognized NGIS for achieving a five-star rating, the highest service standards level. NGIS earned the award for lodging management from Commander, Navy Installations Command (CNIC). Pictured from left to right are Joann Reyes, NGIS contracting officer representative; Wood; Robert Shabazz, NGIS senior performance assessment representative; Saenz; and Nancy Szoke, NGIS performance assessment representative. (U.S. Navy photo by Annette Donner)

### News Notes

#### Human Resources Hotline

Call the new Joint Region Marianas Human Resources hotline to be connected with human resources specialists and services. Check the latest vacancy announcements, view available training or be put in contact with personnel to answer questions regarding equal employment opportunity and employee labor relations at 1-888-HRO-GUAM (1-888-476-4826).

U.S. Naval Base Guam Information Line, Twitter Updates and Facebook Page NBG has a new Information Line that will be updated periodically during emergencies affecting NBG and personnel. For more information on incidents such as these, call 339-4636. NBG also uses Twitter for periodic updates including information on power outages, road closures, base activities and more. Follow NBG on Twitter at [www.twitter.com/nbgum](http://www.twitter.com/nbgum) or become a fan of "US Naval Base Guam" on Facebook.

#### Information, Tickets and Travel (ITT) Office Open Saturdays

The Andersen Air Force Base ITT office will be open Monday through Friday from 10 a.m.-5 p.m., Saturday from 9 a.m.-noon and closed Sundays and holidays. ITT is located inside Outdoor Recreation Building 25018. For inquiries regarding local tours, airline tickets, travel packages and more, visit the office or contact a Leisure Travel Specialist via phone at 366-1476/2586 or via e-mail at [andersenitt@teleguam.net](mailto:andersenitt@teleguam.net) or [andersenitt2@teleguam.net](mailto:andersenitt2@teleguam.net).

#### Key Spouse Training

The Airman and Family Readiness Center on Andersen Air Force Base 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.

#### Safety Hotline

U.S. Naval Base Guam (NBG) and Andersen Air Force Base (AFB) service members, dependents and personnel are encouraged to report any unsafe or unhealthful incidents and situations to their respective installation safety hotlines. The base safety office will promptly investigate all reports. On NBG, call 339-SAFE (7233) or 777-1809 during non-duty hours. On Andersen AFB, call 366-SAFE (7233) or 366-2981 during non-duty hours.

#### Andersen Air Force Base Amnesty Day

Andersen Air Force Base will be hosting an Amnesty Day collection event for all household hazardous waste April 26. Andersen military family housing residents are encouraged to bring any unwanted hazardous materials (i.e. cleaning supplies, automotive supplies, batteries, cooking oil, automobile oil, gas, paint and others) to the Arc Light Self Help Center at Building 22027 from 9 a.m.-2 p.m. For more information, call Barbara Torres at 366-3550 or Russ Grossley at 366-2557.

#### Andersen AFB Auto Hobby Shop Alignment Machine

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

#### Retirees Activities Office Seeking Volunteers

The Retirees Activities Office (RAO) is seeking volunteers to assist with phone inquiries and additional programs and functions. Volunteers may set their own hours. The RAO is open Monday and Friday from 9 a.m.-3 p.m. This is an excellent opportunity for volunteers to "Still Serve" and to be eligible for "Volunteer of the Year" recognition. For more information or to volunteer, contact Mark Overton at 366-2574.

# Ratigan receives public service award

By Anna-Victoria Crisostomo  
Joint Region Edge Staff

Capt. Edward Ratigan, of the fishing vessel Pacific Breeze, received the U.S. Coast Guard (USCG) Meritorious Public Service Award during a ceremony at the Port Authority of Guam in Piti April 12.

Cmdr. Yuri Graves, USCG Sector Guam deputy commander, made the presentation on behalf of Rear Adm. Charles W. Ray, USCG District 14 commander, and Capt. Thomas Sparks, USCG Sector Guam commander.

"As a professional mariner, Capt. Ratigan has lived up to hundreds of years of tradition of mariners responding to other mariners in distress or peril on the sea and, as a result, 22 lives were saved," he said.

Graves noted that the effects of Ratigan's actions were far-reaching.

"Captain, you know those mariners and those families are going to be forever grateful for your actions and your crew's actions that day," Graves said.

Lt. Cmdr. Felton Gilmore then recounted Ratigan's actions as he read the statement from the award packet.

In June 2010, Ratigan and his crew aboard the Pacific Breeze diverted course to respond to a distress call and rescued 22 mariners aboard the fishing vessel Majestic Blue about 635 nautical miles northwest of Fiji. Ratigan was instrumental in coordinating rescue efforts with USCG search and rescue (SAR) personnel. He and the Pacific Breeze crew also assisted in the search of the Majestic Blue's captain and chief engineer.

Once on scene, Ratigan interviewed survivors and passed "vital information" along to personnel from the



Center of Attention: Local media gather around as Capt. Edward Ratigan, left, of the fishing vessel Pacific Breeze, receives the U.S. Coast Guard (USCG) Meritorious Public Service Award from Cmdr. Yuri Graves, USCG Sector Guam deputy commander, during a ceremony at the Port Authority of Guam in Piti April 12. In June 2010, Ratigan and his crew responded to a distress call and rescued 22 mariners aboard the fishing vessel Majestic Blue about 635 nautical miles northwest of Fiji. (U.S. Coast Guard photo by Ensign Richard Russell)

Joint Rescue Coordination Center in Honolulu, Hawaii and secured assistance from three Korean-flagged fishing vessels in the area. Once rescue and recovery efforts had been completed, Ratigan provided safe haven for the Majestic Blue crew members and took them to American Samoa for care and

transport back home.

"Capt. Ratigan's prudence, exceptional communication and unselfish actions reflect great credit upon himself and are in keeping with the highest traditions of humanitarian service," Gilmore read.

Upon accepting the medal, Ratigan was the image of selflessness calling

to mind the actions of his crew.

"I'd like to say that I accept this medal on behalf of the crew of the Pacific Breeze whose effort and work went into rescuing the crew of the Majestic Blue," Ratigan said.

According to the USCG Web site, the USCG Meritorious Public Service

Award is the second-highest public service award. The award recognizes "unusual courage in advancing a Coast Guard mission, substantial contribution to the Coast Guard that produced tangible results, and specific individual accomplishments that provide unique benefits to the public."

## Tarague Beach adopts 'swim at own risk' policy May 1

From 36th Wing Public Affairs

Starting May 1, a new "swim at your own risk" policy will be in effect at Tarague Beach on Andersen.

Lifeguards will no longer be on duty at the beach and are no longer required for water entry. This allows water entry to swimmers seven days a week from 6:30 a.m.-6:30 p.m.

"This new policy enhances your availability to a tremendous recreational resource we have on Andersen AFB," said Col. Brian Hinsvark, 36th Force Support Squadron commander. "As always, we ask our patrons to exercise responsibility and it is now even more critical that all visitors to Tarague Beach follow conspicuously posted directives."

Water entry at Tarague Beach is still only permitted within the buoyed area and a buddy system will be strictly enforced. The buddy or "wingman" system requires a minimum of two or more responsible individuals to be present before anyone enters the water.

"Never enter the water or swim alone," Hinsvark said. "Safety is our

primary concern – and never swim after drinking [alcoholic beverages]."

Swimmers should check to ensure the Tarague emergency phone is working before they enter the water. It is located on a yellow pole close to the concrete beach building.

Patrons are also asked to pay attention to the color-coded warning signs providing water condition

information such as high surf or jellyfish warnings. During dangerous conditions, a "no swimming" sign will be posted and water entry is prohibited.

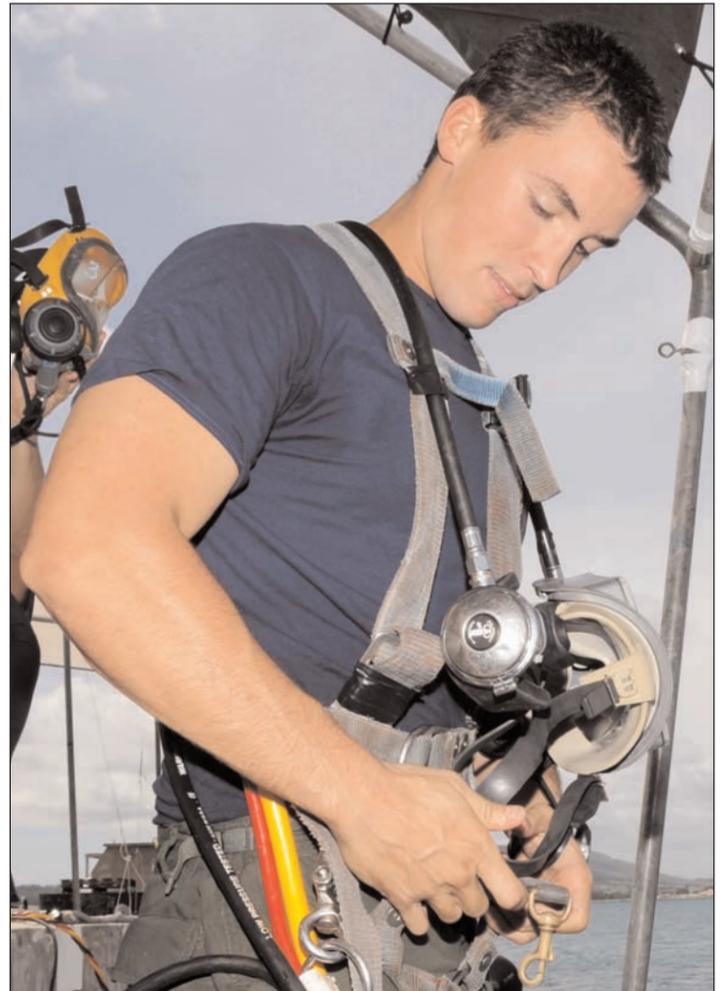
"We ask your assistance in enforcing safety – you may save a life," the colonel concluded.

Immediately report any infractions to Security Forces at 366-2910 or the Outdoor Recreation office at 366-5197.

# Go under with Frank Cable divers



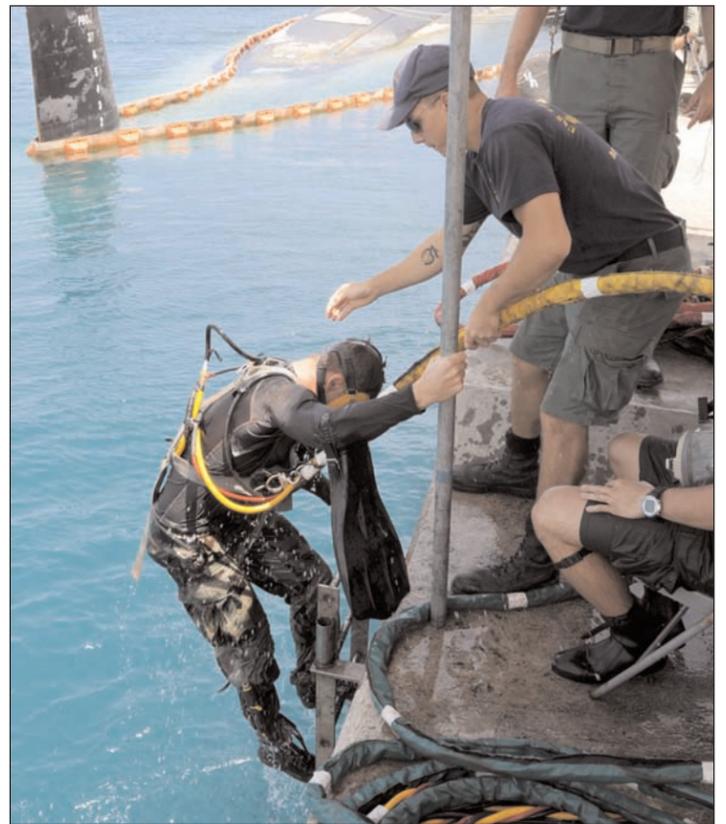
Above: Navy Diver 3rd Class (DV) Nicholas Seidler, right, stands by to assist Navy Diver 2nd Class (DV) Jordan Orvold as he adjusts his harness before a dive off Polaris Point April 7. Seidler and Orvold are both assigned to USS Frank Cable (AS 40). Frank Cable conducts maintenance and support of submarines and surface vessels deployed in U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 2nd Class David R. Krigbaum)



Right: Hospital Corpsman 3rd Class (DMT) Jason Kantorik, of USS Frank Cable (AS 40), adjusts the straps on his mask in preparation for a dive off Polaris Point April 7. Frank Cable conducts maintenance and support of submarines and surface vessels deployed in U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 2nd Class David R. Krigbaum)



Secure Your Mask Before Helping Others: Hospital Corpsman 3rd Class (DMT) Jason Kantorik, left, and Navy Diver 2nd Class (DV) Jordan Orvold, both of USS Frank Cable (AS 40), check their masks before a dive off Polaris Point April 7. Frank Cable conducts maintenance and support of submarines and surface vessels deployed in U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 2nd Class David R. Krigbaum)



Need a Lift?: Navy Diver 3rd Class (DV) Nicholas Seidler, right, assists Navy Diver 2nd Class (DV) Jordan Orvold out of the water after a dive off Polaris Point April 7. Frank Cable conducts maintenance and support of submarines and surface vessels deployed in U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 2nd Class David R. Krigbaum)

# Don't be fooled: Common DUI myths debunked

By Legalman 3rd Class  
Christina Oliver

Navy Legal Service Office Pacific, Det. Guam

It's time to get the facts out before you go to a party and begin to wonder if you can get away with drinking and driving.

Let's start with the Field Sobriety Test (FST). A common myth about it is that it is easy to pass. The FST has long been evaluated and revised – law enforcement personnel have received extensive training to read the signs of intoxication.

For example, consumption of alcohol causes your eyes to shake or twitch. This is most apparent when trying to focus on an object. To the impaired, it feels as if their eyes are moving normally and when they're focusing on the officer's pen tip. However, the officer can see the eyes twitching as they jumps back and forth across the path the pen travels. This is a big sign that a person is intoxicated. Eye drops will not hide this fact!

Alcohol is alcohol – no matter what you drink, all alcoholic beverages will intoxicate you and can make

you sick if you mix them.

Another myth is that eating a meal, drinking coffee, or taking a shower will help you become sober. Eating a meal will only delay the absorption of alcohol, coffee only stimulates a person, and a shower only cleans. What you end up with is a stuffed, wired, squeaky clean drunk.

Your tolerance is not as impressive as you may think. Being able to "hold your liquor" or having a "high tolerance" is not an excuse to jump behind a wheel. Intoxication and all its impaired glory begins with the

first drink. Everyone reacts to alcohol differently. Your blood alcohol count (BAC) will not fail to show officers that you have had one too many.

The only cure for intoxication is time – up to six hours, in fact, if your BAC is at the legal limit. The misconception is that being under the limit will absolve you of all punishment. The reality is that even if you are under the limit, if you are a danger on the road, you will be stopped and there will be consequences if there is alcohol in your system.

The point is drinking and driving is unacceptable – period. If you plan to drink, have a plan. Bring someone you know will not drink and have them drive you home. Taking a cab is always an option or calling your duty driver. Of course, there is always taking the ultimate healthier option of simply not drinking. Try being the designated driver sometime and make the road safer for everyone.

If you have any questions, contact Navy Legal Service Office Pacific, Det. Guam at 333-2061/2 or the Andersen Legal Office at 366-2937.

## New features allow access to expanded personal health data

From Air Force News Service

A new feature on TRICARE Online (TOL) now allows users access to expanded personal health data including lab results, patient history and diagnoses, and provider visits.

These features are an expansion of the current Blue Button capability which already allowed beneficiaries to safely and securely access and print or save their demographic information, allergy and medication profiles.

The Blue Button features will further encourage beneficiaries to actively engage in their health care. The level

of data available will be dependent on where treatment occurs with the most data available to those who regularly get care at military hospitals and clinics.

"These new capabilities are a major step forward in engaging military health system patients as partners in their own health care," said Rear Adm. Christine Hunter, TRICARE Management Activity deputy director. "Personal electronic health records can also improve care by conveying accurate patient information between providers, avoiding duplication of tests and reducing delays in treatment."

The Blue Button was fielded by

TRICARE and was made generally available by other federal health care providers in 2010. It is the result of a close interagency partnership between the Department of Defense (DOD), the Centers for Medicare and Medicaid Services (CMS) and the Department of Veterans Affairs (VA). Blue Button already has over 250,000 users.

"Innovations like the Blue Button are great examples of how healthcare information technology can keep institutions like TRICARE, CMS and VA on the vanguard of patient care by enabling safe, secure access to their electronic records," said John Gingrich, VA chief of staff.

"TRICARE has raised the bar on what can be accomplished when our agencies work closely together."

"The Blue Button efforts are just another example of how DOD and VA are working together to shape the future of health care [information technology (IT)] collaboration, interoperability and transparency for the patients and families we serve," said Dr. George Peach Taylor Jr., acting principle deputy assistant secretary of defense for health affairs. "We could not have accomplished this without the continuing strong collaboration between DOD and the VA."

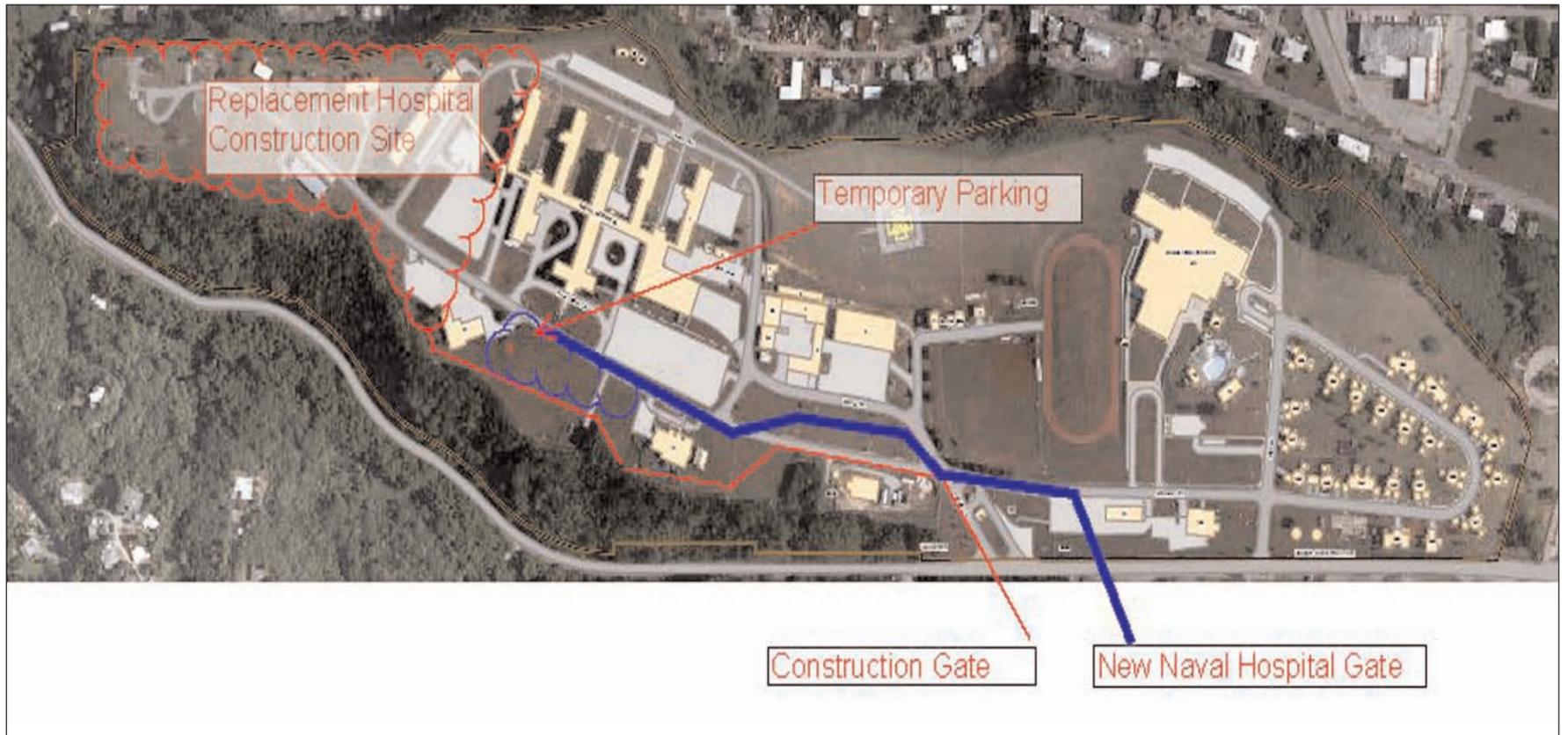
TOL is the Military Health System's Internet point of entry that provides

all 9.6 million TRICARE beneficiaries access to available healthcare services and information through an enterprise-wide secure portal. TOL users who receive their care at a military treatment facility can schedule appointments, order prescription refills and view their personal health data.

Other TOL users with active prescriptions at a military pharmacy can also request a refill for those prescriptions.

To learn more, go to [www.tricareonline.com](http://www.tricareonline.com) or visit The Portal, the leading news source for military health IT, at [www.health.mil/mh-scio](http://www.health.mil/mh-scio).

## Construction activities will continue at Naval Hospital Guam



Be Aware: Work is set to begin on a temporary parking lot for U.S. Naval Hospital (USNH) Guam patients. The new lot will replace the current western parking lot near the emergency department where the new hospital will be constructed. Fencing around the work site will be installed and a new gate for patients and staff will separate USNH and construction traffic. Please adhere to all applicable signs and directions. This work may cause some minor inconveniences and we thank our patients and visitors for their patience. The new USNH will incorporate advances in healthcare delivery, provide a facility that will improve patient life and safety, and increase efficiencies in hospital operations while meeting the full spectrum of patient and family centered medical and surgical care for all eligible beneficiaries. The completed hospital will provide 42 beds, four operating rooms, two cesarean section rooms, and improved diagnostic and ancillary capabilities to include magnetic resonance imaging (MRI) and computed tomography (CT) scanning suites. Construction will include the demolition of the existing Naval Hospital and various designated structures. Work will be phased so the existing hospital remains operational during construction. The new hospital will be operational before demolition. Construction is expected to be completed by the fall of 2014. Future updates on the ongoing construction activities will be provided for your convenience via the Joint Region Edge. (Courtesy of U.S. Naval Hospital Guam Public Affairs)

# April brings sexual assault prevention to light

By Anna-Victoria Crisostomo  
Joint Region Edge Staff

April is Sexual Assault Awareness Month (SAAM). In recognition of SAAM and in an effort to promote bystander intervention, the Department of Defense (DOD) has adopted the theme "Hurts one. Affects All."

"The campaign focuses on the effects sexual assault has on the military's mission readiness," said Evangeline Cabacar, U.S. Naval Base Guam (NBG) Family and Fleet Support Center (FFSC) sexual assault response coordinator (SARC). "This theme provides SARCs the opportunity to speak with commanders and senior enlisted leaders about maintaining mission readiness and preventing this crime. 'Hurts one. Affects all.' not only conveys that sexual assault affects the victim – it affects bystanders. Preserving mission readiness can serve, then, as motivation for acts of bystander intervention."

Like they are doing in commands around the world, Sexual Assault Prevention and Response (SAPR) personnel on NBG and Andersen Air Force Base (AFB) are leaping into action to arm service members and their dependents with information they need to take a stand in the fight sexual assault through various trainings and outreach events.

"Sexual assault is the most under-reported crime globally," Cabacar said. "This is an indicator that awareness and education is needed. The real factor remains [that] there are many reasons and barriers that prevent victims from reporting [sexual assault crimes]. As a community we can change that. We can make a difference!"

Hospital Corpsman 2nd Class Vanessa Gregory, of U.S. Naval Hospital Guam, stressed the importance of SAPR programs.

"Sexual assault in any form should not be tolerated," she said. "Being educated about sexual assault gives people the opportunity to speak out against it."

Hospital Corpsman 3rd Class Tyler Lane agreed with his shipmate's sentiments and applauded the military effort and promoting awareness of sexual assault.

"At a regular job, you may not have sexual assault programs like we do in the military," he said. "These programs are good for people and it gives them an option to report these offenses."

Victims of sexual assault should call the NBG 24/7 SAPR hotline at 488-0514 or 483-7129 or the Andersen AFB 24/7 SARC hotline at 366-7272.

For more information, call NBG FFSC at 333-20567 or the Andersen AFB SAPR office at 366-7714.

## Sexual Assault Awareness Month Activities

### Throughout April

NBG SAPR Command personnel and advocates will set up information booths, provide training and be on site to answer questions at various commands. Silent Witness Silhouettes, created in remembrance of Guam's victims, will also be on display. For more information on dates and times, contact your command.

The Healing, Educating, Advocating and Responding to Today's/Tomorrow's Survivors (HEARTS) program welcomes all individuals who are open to awareness of sexual assault and willing to assist survivors in a more indirect environment to sign up as members. For more information or to sign up, call 366-7714 or e-mail andersen.hearts@andersen.af.mil.

### April 22

Andersen AFB 36th Wing personnel are welcome to participate in Denim Day. The wearing of jeans with a sexual assault awareness T-shirt or teal T-shirt as an alternate uniform the day has been authorized by the 36th Wing commander.

The annual Denim Day Motorcade will also take place April 22. For more information or to sign up, contact Master Sgt. Malik Franklin at 366-9016.

Join HEARTS for a 5K run in recognition of SAAM beginning at the Palm Tree Golf Course parking lot on Andersen AFB. Show time is 6 a.m. Go time is 6:30 a.m. For more information or to sign up, contact the Andersen SAPR office at 366-7714 or the Coral Reef Fitness Center at 366-6100.

### April 23-30

NBG SAPR Command personnel and advocates will set up information booths, provide training and be on site to answer questions at the United Service Organization (USO) in the Royal Orchid Hotel Guam in Tumon. For more information, contact the USO at 647-4876.

### April 27

Join NBG SAPR Command personnel and advocates at the U.S. Naval Base Guam (NBG) Chapel for a Silent Witness Walk to create awareness and empower prevention efforts beginning at 5 p.m.

### April 29

Join NBG SAPR Command personnel and advocates at the Big Screen Theatre on NBG for a "Family Friendly Movie Night" from 6-8 p.m. SAPR Command personnel and advocates will set up information booths and be on site to answer questions. Based on availability, the movie will either be the "The Lovely Bones," rated PG-13, or "Mars Needs Moms," rated PG.

### April 30

Join NBG SAPR Command personnel and advocates at the Charles King Fitness Center (CKFC) on NBG for a full day of awareness activities. Information booths will be set up inside CKFC and personnel will be on site to answer questions from 10 a.m.-4 p.m. Then, stretch your legs and participate in the SAPR Awareness 5K Run at 5 p.m.

For more information on any of these events or sexual assault prevention, contact your command's SAPR response coordinator.

## Why are sexual assault awareness programs important?

In recognition of Sexual Assault Awareness Month, Joint Region Edge asked its readers why sexual assault awareness programs are important.



**"The fleet needs this training. It helps to heighten awareness of a serious issue and helps to promote prevention."**  
— Electronics Technician 2nd Class (SS) Aaron Shook  
USS Ohio (SSGN 726)



**"It's important for service members to feel comfortable enough to come out with their situation in an environment that will give them the help they need. They're victims and deserve the ability to reach out for support."**  
— Sgt. Valarie Pelletier  
Western Pacific District Veterinary Command



**"These programs help service members to understand which types of behaviors are acceptable and which are not."**  
— Engineman Fireman Joseph Reeves  
USS Frank Cable (AS 40)



**"It's good to have programs and systems in place that provide help to the victims of sexual assault but it's even more important that they're aware there are outlets for them to get the help they need. What good is a helpful program if you don't know it's available?"**  
— Amy Schultze  
Air Force spouse



**"Sexual assault can happen to anyone at any time. It can harm individuals, families and friends; create an uncomfortable work atmosphere; and decrease command morale. These programs are in place to reduce the occurrence of sexual assaults and help those who are unfortunately affected."**  
— Master-at-Arms 1st Class (SW/AW/EXW) Purcell Tabron  
Maritime Expeditionary Security Squadron 7



**"I'm a firm believer in the Air Force core values – integrity first, service before self and excellence in all we do. Having a system in place to take care of the victims of sexual assault and bringing those responsible to justice keeps the integrity of those values alive."**  
— Staff Sgt. Michael Hartman  
36th Mobility Response Squadron unit deployment manager

# Andersen supports drug take back initiative

By Airman 1st Class Whitney Tucker

36th Wing Public Affairs

Members of Team Andersen will have the opportunity to dispose of unwanted or unused prescription drugs in a safe and appropriate environment during the second annual National Drug Take Back Initiative (NDTBI) April 30.

Andersen will provide two medication drop-off sites for individuals who already have base access. One collection site will be at the entrance of the Base Exchange and the second collection site will be at the base commissary.

The initiative is designed to raise awareness and increase education about prescription drug abuse, an issue that often goes unrecognized. According to the Partnership for a Drug Free America, approximately 2,500 teens use prescription drugs every day to get high for the first time.

"The NDTBI is an important program to keep people and pets safe from misusing, abusing or accidentally ingesting expired, unwanted or excess medications around the house," said Capt. Christa Sechrist, 36th Medical Support Squadron Pharmacy officer in charge. "Just about every household

has prescription medication, over-the-counter (OTC) medication, vitamins or supplements that are not currently part of a daily regimen and are just taking up space."

According to the Environmental Protection Agency, it is not uncommon for drugs that are flushed down the toilet or washed down the sink to cause harmful contamination. After mingling with rivers and lakes, these pollutants can affect aquatic life and the quality of local water supplies.

"All too often when the buildup of unwanted and excess medications occur, people have a tendency to flush prescription drugs down the

toilet or rinse them down the drain," Sechrist said. "There are no filters that can universally remove all pharmaceutical molecules from water. As a result pharmaceuticals are being found in lakes, streams, oceans and wastewater."

Last year, the initiative was a huge success in removing potentially dangerous prescription drugs and controlled substances from our nation's medicine cabinets. There were approximately 3,000 state and local law enforcement agencies throughout the nation that participated in the event collecting more than 121 tons of pills in all.

"I encourage everybody to gather

up all their unwanted, excess prescription medication, OTC medication, vitamins or supplements and drop them off at one of the two collection sites," Sechrist said. "This medication spring cleaning event will not only keep people and pets safe but prevent thousands of medications from being flushed down the toilet or drain."

Prescription and OTC solid-dosage medications such as tablets and capsules will be accepted. Intravenous solutions, injectables and needles will not be accepted. Illicit substances such as marijuana or methamphetamine are not a part of this initiative.

# DOD launches helpline to support victims of sexual assault

From Department of Defense Public Affairs

The Department of Defense (DOD) launched its newest initiative to support victims of sexual assault April 15.

Using DOD Safe Helpline, service members can "click, call or text" for victim support services for themselves or others. The free, anonymous and confidential resource can be accessed worldwide.

In addition to improving victim care, secure and confidential access to Safe Helpline was developed to encourage victims to come forward when they might not otherwise.

"The underreporting of sexual assault poses a serious challenge to military readiness," said Clifford L. Stanley, undersecretary of defense for personnel and readiness. "We believe the Safe Helpline will provide DOD sexual assault victims with a

variety of support outlets which will lead victims to report sexual assault, seek needed information and receive care."

Safe Helpline offers three access options designed for service members.

Users can log on to <http://www.SafeHelpline.org> to receive live, one-on-one confidential help with a trained professional through a secure instant-messaging format. The Web site also provides victims with vital information about recovering from

and reporting sexual assault.

A second option is to call the telephone hotline at 877-995-5247 to speak with Safe Helpline staff for personalized advice and support. Safe Helpline staff can also transfer callers to installation-based sexual assault response coordinators (SARC), on-call victim advocates, civilian rape crisis centers or to the Suicide Prevention Lifeline.

The third option is for users to

text their location to 55247 inside the United States or 202-470-5546 outside of the United States to receive automated contact information for the SARC at their installation or base.

Further information on Safe Helpline can be found on <http://www.SafeHelpline.org> or at <http://www.sapr.mil>.

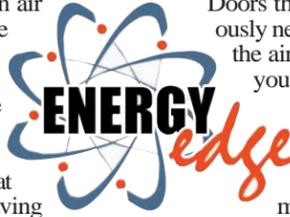
For more news, visit [www.defense.gov](http://www.defense.gov).

# Start closing the door on energy waste

By David Motroni  
U.S. Marine Corps Energy Program  
Manager

Doors let us in and out of buildings and spaces within buildings. Most doors within a building are inside the air conditioning boundary and can be left open unless they are designated as fire doors.

One way to save on air conditioning is to close doors to spaces that aren't used much, like storage areas. If these areas have their own air-conditioning source, set the thermostat to the most energy-saving position or turn them off.



Doors that lead outside obviously need to be closed when the air conditioner is on. If you notice a door that's frequently left open or ajar, report it to your supervisor, building energy monitor or facility manager. The mechanical door

closer may be in need of repair, or building pressure may need to be adjusted.

Typically, the volume of fresh air being brought into the building should be slightly more than the volume of air being exhausted to keep a slightly positive pressure in the building but not enough to keep the doors open.

It is especially important that large loading doors be closed when not actively in use if the air conditioner is on.

Report large loading doors that are frequently left open. It might be cost effective to install automated high speed doors that save energy and improve comfort and productivity.

## Keep earth clean is a duty for all

By Russell Grossley  
36th Civil Engineer Squadron Chief of  
Pollution Prevention

Earth Week is here again – and none too soon – to remind us we have responsibilities that extend beyond our own backyards.

Each of us understands that our prosperity as a nation will mean little if our legacy to future generations is a world of polluted air, toxic waste and vanishing forests. Earth Week challenges us to take seriously our job as caretakers of our natural environment. It inspires us to think of more than just our own sustenance – to act on behalf of this planet we share and all its inhabitants.

Whether it's Earth Week or any other week, we should reinvigorate or begin actions that improve the environment and protect public health. The unparalleled quality of life we enjoy on Andersen is the result of those actions and is a benchmark for continued success on base and the contributions to the island we share.

We must continue to improve our environmental record. Environmental protection is a process, not an end. Complacency is never an option when it comes to protecting the basis for our way of life. Let us take stock of the challenges that remain.

During this week, base organizations should take the time to conduct "pride days" in their areas. The 2011 Guahan Earth Festival theme for this year is "Acts of Green for a Guam that's Clean." There will be several federal and local government exhibits on display at the Joseph Flores Beach Park, formerly known as Ypao Beach, in Tumon April 30.

As we celebrate Earth Week, Team Andersen members are encouraged to renew their commitment to protecting the environment and leaving our children and grandchildren with a legacy of clean water, clean air and natural beauty.

# USO Gala: Seven awardees honored

Continued from Page 1

computer video calling courtesy of the USO.

As guests sat down to enjoy the meal service, they were greeted by the vocal stylings of Heather Manley and Danton Cruz. After eating, guests were able to partake in the extensive dessert extravaganza that awaited them in the foyer.

Later in the evening, attendees were treated to a surprise comedy act by the Politicos, a group of comedians who impersonated former President Bill Clinton, former Governor of Alaska Sarah Palin and President Barack Obama. Alternative rock band THE BLACKSHEEP then took the stage.

The real highlight of the evening was the recognition of five Service Members of the Year, the USO Guam Volunteer of the Year and the recipient of the USO Director's Award.

Awardees were:

- Navy Service Member of the

Year – Hospital Corpsman 1st Class (FMF) Justin Rains, U.S. Naval Hospital Guam

- Marine Corps Service Member of the Year – Sgt. Justin Dues, MarForPac (Fwd) Guam and CNMI

- Coast Guard Service Member of the Year – Petty Officer Brandon Upchurch, USCGC Sequoia (WLB 215)

- Air Force Service Member of the Year – Master Sgt. Joanne E. Reed, 36th Civil Engineer Squadron

- Guam National Guard Service Member of the Year – Pfc. Eric Gatmen, 1-294th Infantry Regiment Charlie Company

- USO Guam Volunteer of the Year – Tracy Johnson

- USO Director's Award Recipient – Capt. Michael Uva, U.S. Naval Base Guam Fleet and Industrial Supply Center officer in charge

Rains was humbled by his selection. "It's an outstanding privilege," he said. "Not many people get the chance to do this. It's a good thing."

As the night came to a close,

USO Guam Director Leigh Leilani Graham reflected on the success of the event and the blending of communities.

"Tonight was a wonderful success for many reasons," Graham said. "We had all of the commanders of our different branches here, we had our enlisted personnel, we had the community of Guam and our sponsors who support the USO to more than \$400,000 a year to say, 'Yes, we love our military. We love our heroes and we want to take care of them.' So it was a wonderful evening."

For more information about the USO and upcoming events, call 647-4USO (647-4876) or visit the USO Guam on the first floor of the Guam Royal Orchid Hotel in Tumon.

How Sweet It Is: Service members enjoy a chocolate fountain as part of a dessert extravaganza at the 6th Annual USO Gala Salute at the Hyatt Regency Guam in Tumon April 16. (U.S. Navy photo by Anna-Victoria Crisostomo)



# Pearson: AF veteran glad to revisit his past

Continued from Page 1

brown tree snakes which seem to be the problem these days but I can surely remember the snails," he said. "These snails used to run amuck – it was like running into an oil slick. They would huddle together but you would think, 'They're just snails – no big deal' and, next thing you know, you're on the ground."

Now a grown man and expecting a child of his own, Kendall Pearson listens intently to his father's stories and tries to picture him as a young man, carefree and uninhibited.

"It's hard for me to look at my dad and see him as he must have been then," he said. "When he was on these beaches last, exploring these forests, he was younger than I am now. He hadn't met my mother yet and I wouldn't come along for years. It's something to think about,

your parents having a life before you." Only on Guam for three days, Pearson took in as much of the island as possible. He knows that when he leaves this time it will be for good.

"When I left here all those years ago I never imagined I would make a trip back," he said. "I'm glad that I was able to revisit a part of my past that is so distant at times it seems like it never happened. To share this experience with my son is something I won't soon forget."

A Step Back in Time: Eldred Pearson, an Air Force veteran, shares photos of his past during a visit April 11. Stationed on Andersen from 1954-1956 as a member of the 3rd Aviation Support Depot working with munitions, Pearson poses next to a Japanese Naval monument. (Photo courtesy of Eldred Pearson)



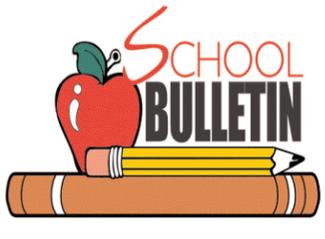
# Troop 23 Boy Scouts, parents earn awards



Way to Go Mom!: Maggie Graves, right, receives a 2nd Class Mom's Pin from her son, Boy Scout Troop 23's Senior Patrol Leader Reino Graves, during a Court of Honor awards ceremony at the Lutheran Church of Guam in Hagatna April 4. The formal ceremony recognized the scouts' and parents' accomplishments. (Photo courtesy of Boy Scout Troop 23)



Ranking Up: Boy Scout Troop 23 member Austin Graves, right, presents the Star Scout Rank to Senior Patrol Leader Reino Graves during a Court of Honor awards ceremony at the Lutheran Church of Guam in Hagatna April 4. The formal ceremony recognized the scouts' and parents' accomplishments. (Photo courtesy of Boy Scout Troop 23)



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](mailto: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:

May 12 at Guam High School

### Andersen Middle School

The Parent Teacher Student Organization will host a book fair April 26-29 from 7:30 a.m.-2:30 p.m. A special Family Nite will be held April 26 from 5-7 p.m. with a 10 percent discount on all books.

### Guam High School

April 25-29 Far East Honors Musical Festival in Korea

### McCool Elementary/Middle School

April 26 Friendship Fest Concert at Harvest Christian Academy in Maite at 6 p.m.

April 27 Academic Fair from 4-6 p.m.

April 29 Student Council Dance for Japan in the cafeteria from 3-6 p.m. (middle school only)

Nominations for the 2011-2012 PTO board will be accepted throughout the month of April. A box will be set up by the front office and in the re-registration area for individuals to drop off their nominations. Voting will take place during the May PTO meeting. For more information, call 339-8678.

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.

### Guam Military Christian Homeschoolers

Homeschool support group meets on the second Tuesday of every month from 1-2 p.m. Military homeschooling families are encouraged to attend as well as those thinking about homeschooling. Field trips, outreach opportunities, PE Classes, beach days, etc. are planned throughout the school year. For more information, contact Guam Military Homeschool coordinator Christine Duplissey at [christine\\_duplissey@yahoo.com](mailto:christine_duplissey@yahoo.com) or 564-3360.

# AES students lend helping hand



Ready to Collect Deposits: Andersen Elementary School (AES) Student Council sponsors and officers display "Relief Envelopes" used to collect funds April 6. AES has raised more than \$2,000 in support of relief efforts following a 9.0-magnitude earthquake and subsequent tsunami that hit Japan March 11. (Photo by Becky Levy courtesy of AES)



Through the Roof: A poster displays the results of fundraising efforts by students and personnel of Andersen Elementary School (AES) April 7. AES has raised more than \$2,000 in support of relief efforts following a 9.0-magnitude earthquake and subsequent tsunami that hit Japan March 11. (Photo by Art Flores courtesy of AES)

# MEMS highlights preschool Picassos



Art Greats in the Making: Students from Cmdr. William C. McCool Elementary/Middle School (MEMS) prepare art pieces in preparation for the MEMS Preschool Art Show April 7. Students spent about two months learning about prominent artist and trying their hand at creating art pieces in the styles of these artists. Parents and students in other grade levels were invited to view the works as part of the art show. Department of Defense Education Activity (DoDEA) schools offer an art curriculum for students at all grade levels. (Photo by Tina Meno courtesy of MEMS)



# An egg-cellent idea for Easter winnings

By Anna-Victoria Crisostomo  
Joint Region Edge Staff

You've dressed the kids up in their Easter best, armed them with a multi-colored basket stuffed with loads of Easter grass cushioning, and made sure their shoes are secure. Now that they're back and toting a magnificent haul from the dozens of Easter egg hunts only one question remains. What am I going to do with all of these eggs?

While the majority of egg hunt organizers make use of plastic eggs that can be reused each Easter season, there are still those who prefer to go the traditional route of hard-boiling and coloring real eggs for the festivities. Come Monday, you may have anywhere from a handful to dozens of the colorful trophies stored in your fridge with no end in sight.

If you're still loaded by the time you've had your fill of egg salad sandwiches, try taking a step towards the more indulgent and use your Easter haul to create sinfully delicious deviled eggs.

Before you prepare this dish, you may want to take note of the condition of your eggs. If you didn't refrigerate your eggs after you came home from the hunt, you may not want to use them. This will ensure that you do not ingest any harmful bacteria that may have had the chance to incubate while the eggs were left at room temperature. Also, do not use eggs that have cracks in their shells.

Before you refrigerate or use the eggs, be sure to rinse them under



The Incredible, Edible Egg: Deviled eggs are a great way to make use of Easter egg hunt winnings. These savory crowd pleasers are simple to make and are yummy appetizers any time of the year. (U.S. Navy photo by Anna-Victoria Crisostomo)

warm water. This will help to clean any dirt or debris they may have picked up in their hiding places. Also be sure to wash your hands before you start your preparations.

Don't be too alarmed about color on your eggs. It's natural for some of the dye to penetrate the egg shell

and settle into the whites of the eggs. Manufacturers take great care in ensuring their products are safe for consumers. On that note, if you're unsure that any egg was dyed with a product made specifically for egg coloring such as a marker, you may not want to risk using it.

A golden rule should always be observed in food preparation during any season – when in doubt, toss it out. You never want to risk the chance of contracting a food-borne illness.

Once you've taken all necessary precautions, try your hand at preparing

a batch of these deviled eggs. Even if you didn't find the golden egg this year, you're sure to feel like a winner.

## Deviled eggs recipe

Six hard-boiled eggs  
Two tablespoons of mayonnaise  
One tablespoon of mustard  
One-eighth of an onion, finely diced  
Paprika to taste  
Black pepper to taste

Carefully peel your hard-boiled eggs. Be sure that the egg is clean of all shell pieces and is intact all the way around. Once peeled, rinse your egg briefly in water and pat dry with a paper towel. Repeat this process with all of your eggs.

Once all eggs have been peeled, use a small knife to carefully divide the egg white into two halves, lengthwise. Do not cut into the egg yolk. Using your knife, carefully part the egg white halves and remove from yolk. Repeat this process with all of your eggs.

In a small bowl, combine egg yolks, mayonnaise, mustard, onion, paprika and pepper with a fork. Mix well until the mixture has a smooth consistency.

Using a spoon, fill your egg white halves with the yolk mixture. For a fancier look, use an icing bag and a wide star-shaped icing tip to pipe the egg yolk mixture into the egg white halves.

To garnish, sprinkle some paprika or slice small green olives and place on top of your deviled eggs.

## 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.

## 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.

## Sunrise Yoga

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



## 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 \$2.95 and you can build your own fajitas! 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 and traditional breakfast favorites, plus a variety of breakfast burritos and sandwiches. For more information, call 366-6166.

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



### FRIDAY, APRIL 22

7 p.m.: Rango • PG

### SATURDAY, APRIL 23

2 p.m.: Rango • PG  
7 p.m.: Mars Needs Moms • PG

### SUNDAY, APRIL 24

7 p.m.: Red Riding Hood • PG-13

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



### FRIDAY, APRIL 22

7 p.m.: Red Riding Hood • PG-13  
9:30 p.m.: The Adjustment Bureau • PG-13

### SATURDAY, APRIL 23

1 p.m.: Rango • PG  
3:30 p.m.: Beastly • PG-13  
7 p.m.: Red Riding Hood • PG-13

### SUNDAY, APRIL 24

1 p.m.: Mars Needs Moms • PG  
3:30 p.m.: Battle: Los Angeles • PG-13  
7 p.m.: Take Me Home Tonight • PG-13

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

*(Source: Navy Morale, Welfare and Recreation Office)*

## 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 Services**  
Full Gospel Service: Sunday, 6:30 p.m.  
Men's Bible Study: Every other Tuesday starting April 5  
Women's Bible Study: Second and fourth Saturday of each month

**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

# Desperately seeking shortcuts

By Maj. Andrew G. McIntosh  
36th Wing Chaplain

Have you ever set out to find a shortcut only to end up more lost than you were before?

When I worked in the Pentagon, I would try to find a shortcut by going down a new corridor or ring on a floor with which I was unfamiliar. More often than not, this would only delay me further as I would discover new construction that sealed off old hallways for new office space and I would end up lost and rush back to take the more conventional route. This is true in life as well.

If there is an easier way to do

something, we try to find it. Television commercials try to convince us that there are shortcuts to getting the body we want or the money we need. They try to sell us machines designed to help you get fit without even breaking a sweat – you can sit on your couch, eating potato chips and sipping a soda, and use these weird abdominal machines during commercial breaks to have great looking abs in

just a few days!

Life just doesn't work like that. I guarantee you the people you see in these commercials with rock-hard bodies and 5 percent body fat didn't get those bodies using the machines

they are advertising – they got them with no audience or television camera documenting their hard workouts and 1,500 calorie diets.

We all like the get rich quick schemes or a new investment scheme, we think we can become millionaires overnight with minimal starting money and virtually no risk. I hate to break it to you but it doesn't work like that.

Jesus taught the disciples that they had a responsibility to take up their cross and follow Him. Jesus did not promise things would be easy or that there would be a pot of gold at the end of the rainbow.

In Luke, chapter 14, Jesus taught his disciples, "Suppose one of you wants to build a tower. Will he not first sit down and estimate the cost to see if he has enough money to complete

it? For if he lays the foundation and is not able to finish it, everyone who sees it will ridicule him saying, 'This fellow began to build and was not able to finish.'" In this passage we learn that Jesus told his followers to consider the cost before making the commitment then to do the work required and see it through to the end.

Getting in shape, making money and other worthwhile goals are certainly attainable but, before jumping on the latest bandwagon of the newest fitness or finance craze out there, consider whether you are willing to do what it takes to succeed. It is time we learn to make the commitment to see things through and not to give up along the way. After all, if all we do is seek a shortcut, we may find ourselves in worse shape than when we started.



## Easter Services Schedule

### U.S. Naval Base Guam Chapel

**Roman Catholic Service Schedule**  
Easter Vigil April 23 at 7 p.m.  
No 5:30 p.m. Saturday Mass April 23

Easter Sunday Mass April 24 at 9:30 a.m.  
Easter egg hunt to follow after service for youth ages 1-10

**Protestant Service Schedule**  
Easter Sunrise Service April 24 at 6 p.m. at Top o' the Mar  
Easter Service April 24 at 11 a.m.  
Easter egg hunt to follow after service for youth ages 1-10

**Jewish Passover Schedule**  
Passover ends April 25  
Passover Seder Meal Service April 22 at 6 p.m. at the Jewish Chapel, Building 1984  
Reservations should be made via e-mail Shelly.M.Deleon2@uscg.mil.

### Andersen Air Force Base Chapel

**Roman Catholic Service Schedule**  
Easter Vigil Mass April 23 at 6:30 p.m. at Chapel 1  
No 5 p.m. Mass April 23  
Easter Sunday Mass April 24 at 9:30 a.m.

**Protestant Service Schedule**  
Praise Service April 24 at 9 a.m. at Chapel 2  
Gospel Service April 24 at 11:30 a.m. at Chapel 2  
Emerging Worship Service April 24 at 6 p.m. at the Lighthouse  
Easter Sunrise Service April 24 at 6 p.m. at the Sunrise Conference Center

### U.S. Naval Hospital Chapel of Hope

**Roman Catholic Service Schedule**  
Easter Service April 24 at 9 a.m.

**Protestant Service Schedule**  
Full Gospel Service from 4:30-10 p.m.

# Still Moments



Santos: U.S. Naval Base Guam (NBG) Commanding Officer Capt. Richard Wood, left, presents Carmen S.A. Santos with a certificate of appreciation for 30 years of government service at the NBG All Hands Call April 12. (U.S. Navy photo by Annette Donner)



Aquingoc: U.S. Naval Base Guam (NBG) Commanding Officer Capt. Richard Wood, left, presents Bernadette Aquingoc with a certificate of appreciation for 25 years of government service at the NBG All Hands Call April 12. (U.S. Navy photo by Annette Donner)



Borja: U.S. Naval Base Guam (NBG) Commanding Officer Capt. Richard Wood, left, presents Michael S. Borja with a certificate of appreciation for 20 years of government service at the NBG All Hands Call April 12. (U.S. Navy photo by Annette Donner)



Cruz: U.S. Naval Base Guam (NBG) Commanding Officer Capt. Richard Wood, left, presents Jesse D.P. Cruz with a certificate of appreciation for 20 years of government service at the NBG All Hands Call April 12. (U.S. Navy photo by Annette Donner)



Tinkham: U.S. Naval Base Guam (NBG) Commanding Officer Capt. Richard Wood, left, presents Monica F. Tinkham with a certificate of appreciation for 15 years of government service at the NBG All Hands Call April 12. (U.S. Navy photo by Annette Donner)



Whitehall: U.S. Naval Base Guam (NBG) Commanding Officer Capt. Richard Wood, left, presents Phillip J. Whitehall with a certificate of appreciation for 10 years of government service at the NBG All Hands Call April 12. (U.S. Navy photo by Annette Donner)



Hallmark: U.S. Naval Base Guam (NBG) Commanding Officer Capt. Richard Wood, left, presents Senior Chief Master-at-Arms (SW/AW) Kelly Hallmark, of NBG, with the Navy and Marine Corps Commendation Medal at the NBG All Hands Call April 12. (U.S. Navy photo by Annette Donner)





# Frank Cable ends basketball dynasty

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

Joint Region Edge Staff

USS Frank Cable's (AS 40) "The Forties" beat the U.S. Naval Security Force, Guam in the Morale, Welfare and Recreation's Captain's Cup (CC) Championship basketball game April 16.

The Security team has won the last three out of four CC basketball championships and was poised to make it a four-peat.

The first half was a mentally sharp game for both teams. The Forties dominated the paint with their fast-paced game while Security relied mostly on their skilled shooters and sneaky layups.

It was a back and forth half but The Forties held on to the lead 28-26.

During the second half, Security was cold. The Frank Cable team took advantage of this, slicing the defense on their way to the boards. Security stayed in there never trailing by more than seven points. In the end, down 47-54 with a minute and a half left, they turned up the heat, keeping The Forties to only two more baskets. There burst of energy and smart defense was too late – The Forties won 58-51.

The Forties team captain said the secret for the win was the determination of his team and the familiarity with their opponent. His opponent said everyone wins every once in a while and that Security would be back next year.

Ken Bae, Charles King Fitness Center (CKFC) sports coordinator, said both teams played exceptionally well. Bae added that the game was competitive yet friendly – a perfect end to the season and a prelude to all future CC sports at the new CKFC complex.

"It was an exciting game," he said. "You couldn't ask for a better game. Now that the season is over we will switch to softball. We have a new artificial field and look forward to that season. Following softball we will have soccer on our new soccer field."

**High Baller:** Electronic Technician 2nd Class (SS) Brandon Johnson, of USS Frank Cable's (AS 40) "The Forties" basketball team, slams his team's final bucket at the Morale, Welfare and Recreation Captain's Cup Championship basketball game at the Charles King Fitness Center April 16. The Forties beat the U.S. Naval Security Forces, Guam team 58-51. (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](mailto:jointregionedge@fe.navy.mil).

### Charles King Fitness Center Grand Opening

Come on down to the Charles King Fitness Center (CKFC) April 30 from 10 a.m.-4 p.m. for the CKFC Grand Opening Event. Enjoy a day of fitness, food, fun and festivities with sporting events, tournaments, competitions, inflatables, a water slide, paintball, kids' games, food and more! For more information, call 333-2049 or 685-5267.

### 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.

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

### Spring Fling 5K Run/Walk

The Coral Reef Fitness Center will be hosting a 5K Run/Walk starting at the Palm Tree Golf Course Driving Range parking lot April 30. Show time is 6 a.m. Start time is 6:30 a.m. Trophies will be awarded to the first and second place male and female finishers. Sign up at the event. For more information, call 366-6100.

### Aqua Zumba

Jump into the Latin-inspired, easy to follow, calorie-burning, dance fitness party that makes working out a splash. Check out the Aqua Zumba Party at the Andersen Pool May 4 from 6-7 p.m. For more information, call 366-6100.

### Lap Swimming

The Andersen pool offers lap swimming outside the recreational swim hours. Lap swimming hours are 6-8 a.m. and 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. For more information, call Outdoor Recreation at 366-5197.

