

JOINT REGION EDGE

Volume III No. 29

Friday, July 22, 2011



Memorial honors the fallen

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

More than three years have passed since news of Explosive Ordnance Disposal Technician 1st Class Luis Souffront's death traveled from the deserts of Iraq to the doorstep of those he loved. Souffront, 25, was killed by an improvised explosive device during combat operations in support of Operation Iraqi Freedom Feb. 7, 2008.

Honoring a promise to never forget the fallen, members of Explosive Ordnance Disposal Mobile Unit (EODMU) 5, Souffront's home station at U.S. Naval Base Guam, made the decision to revamp the current memorial at the command compound and give their brother-in-arms a memorial worthy of his sacrifice and dedication.

"We definitely felt that we needed to create something more elegant," said Hull Maintenance Technician 2nd Class (SW) Mike Gacke, of

EODMU 5. "It needed to be something deserving of the names we would etch into it."

When word spread to the other side of the island, members of the 554th RED HORSE Squadron (RHS) on Andersen Air Force Base pulled up their sleeves and got to work.

"Before we began construction, the memorial was just a pedestal

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Working Together: Members of the 554th RED HORSE Squadron from Andersen Air Force Base work in conjunction with Sailors from Explosive Ordnance Disposal Mobile Unit (EODMU) 5 on U.S. Naval Base Guam to refurbish a memorial in honor of Explosive Ordnance Disposal Technician 1st Class Luis Souffront at the EODMU 5 command compound July 19. Souffront was killed by an improvised explosive device during Operation Iraqi Freedom Feb. 7, 2008. (Photo courtesy of the U.S. Air Force)



JRM hosts luncheon to honor veterans



By Mass Communication Specialist 1st Class (SW) Peter Lewis
Joint Region Edge Staff

Rear Adm. Paul J. Bushong, Commander, Joint Region Marianas, hosted a special luncheon for military veterans at Top o' the Mar in Asan July 19.

Bushong hosted the get-together in recognition of the veterans' contributions

Past and Present Service: Rear Adm. Paul J. Bushong, left, Commander, Joint Region Marianas, speaks with Dan Bradley, a World War II veteran, during a veteran's luncheon at Top o' the Mar in Asan July 19. (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Peter Lewis)

to the nation and Guam's local and military communities.

"Thank you for your service in the past and your current service," Bushong said. "Thank you for everything you do to make this island such a great place and to support the military that's here."

The event was also held in recognition of the 67th anniversary of Guam's Liberation Day. Members of the U.S. Armed Forces liberated the people of Guam from their Japanese captors after three years of occupation during World War II July 21, 1944.

Dan Bradley, a Navy veteran who was deployed to Guam, Saipan and Japan during the final months of World War II, said he was very grateful to be honored in such a way, even though he does not consider himself a war hero.

"I'm here in place of those guys

who didn't come home," Bradley said. "Being invited to come out with my fellow veterans, it makes me feel very humble."

Col. Robert Loynd, Marine Forces Pacific (Forward) Guam and Commonwealth of the Northern Mariana Islands officer in charge, said that he appreciated the opportunity to mingle with and learn from the veterans, who he feels are true American heroes.

"It was a great honor to be perfectly honest," Loynd said. "Any time you can get together with some great veterans from all services is a great day indeed. We had some great stories and, every time I meet with [the vets], I learn something new."

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

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Guam celebrates Lujan's legacy

By Mass Communication Specialist
1st Class (SW) Peter Lewis
Joint Region Edge Staff

Hundreds of local residents and service members came together to remember the legacy of a proud Chamorro during the centennial celebration of the historic Jose P. Lujan House and Guam Institute in Hagatna July 16.

Lujan, a master carpenter and former foreman at the U.S. Navy Public Works Center (PWC), built the home in 1911. It previously served as a Navy officer's club and private residence. At one point, the building also housed the Guam Institute, one of the island's first private schools. The house is now listed on the National and Guam Registers of Historic Places.

According to Guam Lt. Governor Ray Tenorio, the building is an important part of the island's history.

"This structure has had many different purposes," he said. "It was a home to a fantastic family and close friends of ours, a school to many as well. It now stands as a symbol of where we came from."

Ensign Witt Featherston, of Naval Facilities Engineering Command Marianas, presented Lujan's descendents with a unique PWC coin and said that it was an honor for the Navy to be involved in recognizing such a significant milestone.

"While you commemorate this centennial celebration and honor the rich heritage found in this most auspicious and historic house, we congratulate you and are honored to share in this proud and momentous



From All Walks of Life: Guests cut a ribbon to symbolically reopen the historic Jose P. Lujan House and Guam Institute during its centennial celebration at the building site in Hagatna July 16. Hundreds of attendees came out to celebrate the legacy of Lujan, a master builder and former foreman for the U.S. Navy Public Works Center. (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Peter Lewis)

achievement," he said.

At the celebration, Lujan was also named a Master Builder as part of the Guam Humanities Council's Masters of Chamorro Traditions program, which recognizes individuals who are known for their skill in local practices such as net making, weaving and wood carving and has launched a series of posters for the honored masters.

The Jose P. Lujan House serves the community as a meeting place and headquarters for the Guam Preservation Trust. The traditional architectural features and construction techniques that the young Chamorro employed have withstood earthquakes, typhoons, World War II bombings, the bulldozers of reconstruction, and the ravages of time including decades of disuse and neglect.

Lujan was born in Hagatna July 16, 1891. At the age of 16, he joined the Navy Yard's Carpentry Apprentice Program. Using this training, Lujan went on to make significant architectural contributions to Guam including the construction of four churches in the villages of Anigua, Inarajan, Agana Heights and Umatac. Lujan died June 10, 1969, at the age of 77.

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.

Relocation of U.S. Naval Base Guam Bachelor Housing Service Desk
Effective July 25, Bachelor Housing Front Desk Services will be relocated from the Family Housing Office at Building 1657A to Building 18 located on U.S. Naval Base Guam. All contact numbers will remain the same. For more information, call 333-2284/5.

National Society Daughters of the American Revolution
The National Society Daughters of the American Revolution will meet for lunch at The Piazza at the intersection of Marine Corps Drive and Route 4 in Hagatna at 1 p.m. July 26. All interested women are welcome. For more information, call Joyce Segaloff at 647-6767 or e-mail joyce.segaloff@gmail.com.

ID Theft Awareness Campaign Announcement
Anyone who wants protection against identity theft and fraud should consider buying a paper shredder with crosscut technology. This equipment completely destroys sensitive documents that contain various pieces of personal information and is the only way to make sure your data is secure. Bank account statements and credit cards bills should be shredded before they are discarded to keep any sensitive information away from strangers. For more information, call Naval Criminal Investigative Service at 339-7220.

Naval Criminal Investigative Service ID Theft Awareness Campaign
The Naval Criminal Investigative Service (NCIS) ID Theft Awareness Campaign kicked off July 1 and will run through Sept. 30. The prevention of ID theft and the awareness of online security will help maintain the operational readiness of military members and their families. As part of the campaign, NCIS Resident Agency Marianas, Guam will be conducting briefings to commands aboard U.S. Naval Base Guam. For more information or to schedule a briefing, call Master-at-Arms 3rd Class Guelmy Camacho at 339-7220 or 888-3091.

Andersen Air Force Base Public Health
Going on vacation? Andersen Air Force Base's Public Health office can provide clinic beneficiaries with general health information such as vaccine requirements, prophylactic medications and disease outbreaks for your specific travels. For more information on your next destination, contact Andersen Public Health 366-4147.

2010 Consumer Confidence Report Now Available
Andersen Air Force Base's (AFB) drinking water is safe to drink and is in compliance with all federal and local regulations. Under the Environmental Protection Agency's Consumer Confidence Reporting Rule of the federal Safe Drinking Water Act, the base Bioenvironmental Engineering Office is required to annually summarize water analytical test results from the previous year and make the summary report available to all water consumers. This report is available on the Andersen Intranet under "Featured Links, Andersen AFB Consumer Confidence Report." Printed copies are also available at the base library and the Bioenvironmental Engineering Office located in the Aerospace Medicine Clinic. For more information or to receive the report by e-mail, call 366-7166.

Lane Closures Scheduled on U.S. Naval Base Guam
One north- and south-bound lane on the main U.S. Naval Base Guam (NBG) road will be closed due to construction. Lane closures will be between the Victor Wharf area and the road leading to the NBG Security compound. During this time, all motorists, pedestrians, and bikers are advised to drive safely, follow directional signs, and be mindful of surrounding traffic conditions.

Report Fraud, Waste, and Mismanagement
The Joint Region Marianas (JRM) Hotline provides an opportunity to report significant cases of fraud, waste and mismanagement. Anyone can file a hotline complaint. All reporters have the right to remain anonymous. To contact the JRM Inspector General, e-mail M-GU-JRM-IG-HOTLINE-FRAUD-WASTE-ABUSE@fe.navy.mil or call 349-1001. You may also mail your report in to JRM Inspector General Office, PSC 455 Box 211, FPO AP 96540. Remember, the more detailed information you provide the better we can assist you.

Coalition of Sailors Against Destructive Decision
The Coalition of Sailors Against Destructive Decision (CSADD) Program provides an additional resource and communication tool that facilitates positive Sailor interaction and complements a commander's message directing proper conduct both on and off duty. For more information about this program, contact Joint Region Marianas CSADD Team Leader Chief Logistics Specialist (SW/AW) June Magaling at 349-1238 or June.Magaling@fe.navy.mil.

U.S. Naval Base Guam Information Line, Twitter Updates and Facebook Page
Naval Base Guam 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 or become a fan of "US Naval Base Guam" on Facebook.

Navy diver pushes locker to the limit

By Mass Communication Specialist
2nd Class (SW) Corwin Colbert
Joint Region Edge Staff

Navy Diver 1st Class (SW/DSW) Christopher Burns, of U.S. Naval Base Guam Dive Locker, joined the Navy to see the world. A seven-year veteran, Burns said he enjoys the Navy because of its customs, traditions and opportunities.

Burns said he is grateful for the opportunities he has had while with his command on Guam.



“Working here is great,” he said. “It’s a great location and my career has progressed tremendously.”

Navy divers use diving apparatus including scuba equipment and state-of-the-art surface-supplied diving equipment and systems to perform duties such as underwater maintenance including propeller changes and hull repair on ships and submarines, maintenance and repair of diving equipment and systems, participation in research and development of new diving techniques and procedures, and underwater search-and-salvage operations. NDs also act as hyperbaric chamber operators, inside dive tenders and dive supervisors.

Burns’ collateral duties include work center supervisor, dive supervisor and emergency tug captain for all submarines and submarine tenders. Aside from his daily responsibilities, Burns said he has an important additional duty.

“My job involves me going above and beyond my duties of a normal Sailor while maintaining a professional attitude,” he said.

In his off time, Burns said he tries to get involved with events such as beach cleanups that keep him busy and benefit the Guam community.

Navy Diver 1st Class (DSW/EXW/SS)



Getting Ready to Go Deep: Navy Diver 1st Class (SW/DSW) Christopher Burns, right, of the U.S. Naval Base Guam (NBG) Dive Locker, monitors a junior Sailor in the maintenance of an MK-21 Navy dive helmet at the command on NBG July 18. A seven-year veteran, Burns said he enjoys the Navy because of its customs, traditions and opportunities. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

Ricardo Parizal, Dive Locker co-leading petty officer (LPO), said Burns’ hard work, dedication and professionalism have taken him down the path of becoming the command’s new LPO.

“He is leading eight divers in maintaining system certifications as well as supervising various dives in the harbor and recompression chamber operations,” Parizal said. “Supervising

a dive or a recompression chamber evolution is a huge responsibility. The divers’ lives are in the supervisor’s hands. He is a good mentor to the junior divers. He is constantly training our junior divers to get qualified at these positions with the mentality of ‘max flex,’ a popular diver term [that means] the more people that get qualified, the more flexibility and versatility we have.”

Burns attributed his personal accomplishments to his father. Professionally, Burns said, one of his senior chiefs has kept him on the right path, which led him to achieve a rank of E 6 in only six years.

Burns had a few words for junior Sailors looking to become a top performer.

“Go above and beyond your normal duties,” he said.

Andersen’s Best: Daley connects warfighters



Smooth Operator: Tech. Sgt. Allen Daley, 36th Mobility Response Squadron (MRS) transmission noncommissioned officer in charge, was awarded Andersen’s Best July 14. Daley is responsible for ensuring deployed personnel have the command and control communications necessary to support contingency and humanitarian operations. Daley represented the 36th CRG at the Contingency Response Operations Workshop where he served as airbase opening training specialist, fine tuning the job qualification standards for the entire contingency response community. 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/Civilian 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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ments are due no later than 3 p.m. on the Tuesday the week prior to publication. Joint Region Edge reserves the right to edit, rewrite or reject material submitted for publication.

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94th CST welcomes new commander

From Guam National Guard Public Affairs

A new commander took over the reins of the Guam National Guard's (GUNG) 94th Civil Support Team - Weapons of Mass Destruction (CST-WMD) during a change of command ceremony June 30.

Lt. Col. Michael Tougher handed the unit guidon to Lt. Col. Joseph Limtiaco during the ceremony held at the unit's headquarters at the GUNG Joint Readiness Center in Barrigada.

Tougher took charge of the unit in 2009. He led the unit through two major exercises in Saipan. During his command, the 94th CST-WMD received its final Secretary of Defense certification after almost four years of training, which entitled them to actively respond to any manmade or natural disaster within the region.

During his tenure as commander, Tougher also accumulated over 500 hours of specialized training related to all specialized skills required of all CST personnel.

Recently, the unit completed Exercise Konfitma in Saipan, a multi-CST unit field training exercise aimed at maintaining operational response procedures during incidents of national significance, and validating inter-agency coordination and response systems in the Commonwealth of the Northern Mariana Islands (CNMI). The 94th CST-WMD worked very closely with the CNMI Office of Homeland Security, other CNMI government agencies, the 93rd CST-WMD from Hawaii, and the 103rd CST-WMD from Alaska.

"The added value of these exercises to our CST and the local community is almost immeasurable," said Maj. Gen Benny M. Paulino, Adjutant General of the GUNG, during the ceremony. "What was striking to me was the rapport that had already obviously been established between the 94th [CST-WMD] and the other CST units but, even more importantly, there was an evident kinship between the 94th [CST-WMD] and the local first responders – both on the leader's level as well as among the personnel of the key participating organizations. This relationship among fellow first responders is a testament



Guidon of Command Passes On: Lt. Col. Michael Tougher, left, outgoing 94th Civil Support Team (CST) - Weapons of Mass Destruction commander, watches after handing off the 94th CST guidon to Maj. Gen. Benny Paulino, Adjutant General of the Guam National Guard (GUNG), during a change of command ceremony at the GUNG Joint Readiness Center in Barrigada June 30. During the ceremony, Tougher was relieved by Lt. Col. Joseph Limtiaco. (U.S. Army photo by Capt. Ken Ola)

to the leadership of Lt. Col. Tougher."

The unit also responded to real-world domestic missions during Tougher's time of command.

Following the earthquake in Japan that caused radiological leaks from their damaged nuclear reactors March 11, there was concern about radiological contamination entering Guam through the air and sea ports. The 94th CST-WMD was called on by Gov. Eddie Calvo to assist the Guam Customs and

Quarantine Agency to conduct commercial cargo radiological screening at the ports to ensure there were no harmful contaminants entering the island. The unit conducted the screening for several days and helped allay fears among the island population about any possibility of radiological contamination.

Limtiaco comes to the 94th CST-WMD with strong operations and training experience. His previous assignments included a stint as acting deputy chief of staff for GUNG Operations

and Plans Support and as commander for the 203rd Regional Training Institute. He was previously deployed to Afghanistan as part of an embedded training team, which provided military-to-military training support for the Afghan National Army.

The 94th CST-WMD mission is to assess any attack using suspected weapons of mass destruction, advise civilian responders on appropriate actions and facilitate the arrival of additional state and federal military forces.

NBG hosts Fun Friday fundraiser

By Mass Communication Specialist 2nd Class (SW) Gabrielle Blake
U.S. Naval Base Guam Public Affairs

U.S. Naval Base Guam's (NBG) Recreation Committee held a Fun Friday fundraiser at the Charles King Fitness Center (CKFC) July 15.

"I think it brings a sense of community to the command when everyone can join together and have fun," said Master-at-Arms 2nd Class Trisha Galvin, of NBG Security.

Events were set up both inside and outside CKFC for people of all ages. Kickball and gladiator jousting stations were set up inside. A "Dunk a Khaki" tank, which allowed Sailors to attempt to dunk a chief into a tub of water, was outside.

The main attraction was the "Pie a Supervisor" station. Five volunteer supervisors were picked to get a pie in the face. Each pie was auctioned off to the highest bidder. NBG Commanding Officer Capt. Richard Wood

gave additional support by volunteering to get pied. His pie alone earned \$200 in the auction.

In addition to the fun, hot dogs, hamburgers, chips and more were sold for lunch.

"The turnout was amazing," Galvin said. "We received great participation throughout the whole command."

The Recreation Committee raised almost \$2,000. The proceeds from the fundraiser will go towards the NBG Holiday Party and upcoming command events sponsored by the committee.

Sweet Cherry Pie: Chief Religious Program Specialist (FMF) Arlene Delapena, right, of U.S. Naval Base Guam (NBG) Chapel, gets pied in the face by Shannon Gacke during the Fun Friday fundraiser at the Charles King Fitness Center July 14. NBG's Recreation Committee hosted the event to raise money for the NBG Holiday Party and other upcoming NBG events. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Gabrielle Blake)



In Your Face, Dad: U.S. Naval Base Guam (NBG) Command Master Chief (SW/AW/SCW) John Lawry, center, gets pied in the face by his daughters during the Fun Friday fundraiser at the Charles King Fitness Center July 14. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Gabrielle Blake)



For the CO: U.S. Naval Base Guam (NBG) Commanding Officer Capt. Richard Wood, right, gets pied in the face by Chief Master-at-Arms (SW/AW/FMF) Christopher Atkinson, of U.S. Naval Base Guam (NBG) Security, during the Fun Friday fundraiser at the Charles King Fitness Center July 14. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Gabrielle Blake)

GUANG Airmen return from deployment

From Guam National Guard Public Affairs

Members of the 254th Force Support Squadron (FSS) and the 254th RED HORSE Squadron from the Guam Air National Guard (GUANG) returned to Guam from the Middle East following a three-month deployment in support of Operation Enduring Freedom July 18.

The eight Airmen who redeployed were attached to the 380th Air Expeditionary Wing from Southwest Asia.

Their mission involved providing a wide range of services to include food service, lodging, mortuary affairs, fitness, recreation, field exchange and other support programs.

Lt. Col. Johnny Lizama, 254th Air Base Group commander, said this unit is no stranger to deployments

throughout Southwest Asia and stands ready to carry out the mission both here and abroad.

"This particular team had a unique blend of services personnel from both the 254th FSS and the 254th RED HORSE Squadron," Lizama said. "No matter the mix, they pull together as a team. They are truly citizen Airmen at their best."

Another team from the same GUANG unit left about a week ago for the same location and mission.

Welcome Home Hero: Master Sgt. Norbert R. Mendiola, center, 254th Force Support Squadron team leader, gets a kiss from his daughter after coming home from a three-month deployment at the the A.B. Won Pat International Airport in Tamuning July 18. (U.S. Army photo by Spc. Jesse Toves)



Students learn about Navy water facility

By JoAnna Delfin
Joint Region Edge Staff

Summer-school students from Agueda I. Johnston Middle School (AIJMS) visited the Navy Water Treatment Plant in Santa Rita, Guam, July 15.

The group of 40 sixth- and seventh-grade students toured the facility and learned how water from Fena Reservoir is collected and treated for safe consumption including the processes of coagulation, flocculation, sedimentation, filtration and disinfection.

Robert Field, AIJMS math teacher, said the trip was a reality check for students.

"We're surrounded by water but the water we're surrounded by isn't exactly drinkable and the kids should retain this knowledge for future reference so they know and appreciate the precious resource that is provided to us," he said. "We came to the water treatment plant for the educational benefit behind the tour. This gives them an appreciation for the process of water purification and shows some of them who may be interested that this could possibly be a career choice when they get older."

Gino Tison, Navy Water Treatment Plant supervisor, said visits to the treatment plant are a step in the right direction to educate kids about the facilities that exist on island for safe and clean water treatment.

"There is a lot of work that needs to be done before we can distribute the water – everything from taking the water from the source and purifying it so it is safe for



Getting to Know H2O: Summer-school students from Agueda I. Johnston Middle School listen as Gino Tison, right, Navy Water Treatment Plant supervisor, explains the functions of the Santa Rita facility July 15. (U.S. Navy photo by JoAnna Delfin)

consumption," he said.

According to Ramon Camacho, U.S. Naval Base Guam Public Works Department (PWD) Environmental Office hydrologist, the Navy Water Treatment Plant processes about 8 million gallons of water per day, and supplies clean drinking water to southern Navy residents and the villages of Agat, Santa Rita, Piti, Asan and Maina.

The Navy Water Treatment Plant is one of only two treatment facilities on island capable of treating surface water. The other is the Ugum Water Treatment Plant operated by the Guam Waterworks Authority (GWA).

Under normal operating conditions, the drinking water is treated by a conventional clarifier, multimedia filters and ultraviolet

disinfection, and is ultimately stored in a clearwell before distribution. Solids are removed from the clarifiers and sent to a sludge-conditioning tank and belt filter press before being discarded.

After water has been treated, personnel at the plant's Environmental Protection Agency (EPA)-certified organic and inorganic laboratories test water samples to ensure it is safe for consumers.

Marie Taitano, Naval Facilities Engineering Command (NAVFAC) Marianas performance assessment representative, said it is important to share messages with the students about water conservation.

"People can't survive without water," she said. "We need water for everyday use whether it's cooking, drinking or showering. We always try to remind kids that it's important to conserve water because it is a very precious resource for us and for future generations."

Andrew Borja, AIJMS social studies teacher, said he and the students were grateful for the opportunity to visit and learn, and for the Navy Water Treatment Plant staff's dedication to their work and the community.

"I would just like to thank the employees for accommodating our visit today," he said. "I myself was asking questions and started to learn the importance of what these people do here because I had never been here before. Just seeing their process of water filtration made us see that they are up to standards to keep our water clean and safe to drink."

Jordan to head 36th SFS



New Sheriff in Town: Col. Alan Wieder, former 36th Mission Support Group commander, passes the 36th Security Forces Squadron (SFS) guidon to Maj. Kathy Jordan, newly-appointed 36th SFS commander, during a change of command ceremony at Andersen Air Force Base July 14. (U.S. Air Force photo by Senior Airman Carlin Leslie)

Largest GUNG unit gets Tougher

From Guam National Guard Public Affairs

The Guam National Guard's (GUNG) largest unit, the 1st Battalion 294th Infantry Regiment, welcomed its new commander during a change of command ceremony July 10.

Lt. Col. Frank Tominez handed the unit's guidon to Lt. Col. Michael Tougher during the ceremony held on the parade grounds at the GUNG Joint Readiness Center in Barrigada.

Tominez rose from the ranks starting off as an enlisted Soldier in 1984 with the 838th Medical Det. He commissioned in 1990 after earning his bachelor's degree from the University of Guam. He entered active duty in July 1991, then returned to Guam and rejoined the Guam Army National Guard, where he was assigned a variety of leadership assignments in the battalion.

"This was the kind of career progression and experience that earned Lt. Col. Tominez the command of the battalion," said Maj. Gen. Benny M. Paulino, Adjutant General of the GUNG, during the ceremony. "Looking at this background, professional military education, leadership roles and key combat and peacetime experiences, it is no surprise that Lt. Col. Tominez has led this battalion exceedingly well."

Throughout Tominez's two years in command, four units from the battalion went on separate deployments to Afghanistan and the Philippines in support of Operation Enduring Freedom. Under his command, Soldier readiness and

training standards remained high for the battalion, which boasts more than 600 Soldiers.

Battalion Soldiers who have served with Tominez attribute much of the progress in the battalion to his style of leadership. They described him as one who led by inspiration and allowed his subordinates to grow and learn.

According to Capt. Ricky Flores, who served as the battalion personnel officer, Tominez is known to be a Soldier and officer who serves with integrity and displays concern for his Soldiers, yet remains firm. Flores added that Soldiers will remember him most for his sincerity and dedication to taking care of Soldiers.

Tougher handed over command of the 94th Civil Support Team - Weapons of Mass Destruction (CST-WMD) unit about a week earlier. He led the 94th CST-WMD since 2009.

The command's recent accomplishments under Tougher include the completion of two major exercises in Saipan and receipt of the unit's final Secretary of Defense certification after almost four years of training, which entitled them to actively respond to any manmade or natural disaster within the region.

Taking Charge: Lt. Col. Michael Tougher, left, incoming 1st Battalion 294th Infantry Regiment commander, takes charge of the battalion during a change of command ceremony at the GUNG Joint Readiness Center in Barrigada July 10. (U.S. Army photo by Spc. Jess Toves)



DLA unit more than DOD printer

From Defense Logistics Agency Document Services

Defense Logistics Agency (DLA) Document Services, formerly Defense Automation and Production Services (DAPS), has been serving the Department of Defense (DOD) for over 62 years.

While some call us "DOD's printer" or the "quick copy guys," DLA Document Services has evolved to be much more than the basic description implies.

DLA Document Services provides a full portfolio of best-value document services ranging from traditional offset printing through on-demand output to online document services. We are a catalyst for document automation in DOD, actively functioning as a transformation agent to move the department towards the use of online documents and services.

Document services include the building of libraries for digital documents; the provision of multifunctional devices that print, photocopy, fax and scan in customer workspaces; and the conversion of paper documents to standard digital formats.

Online document services are now the largest part of our business.

An example of this is the Electronic Document Management Service, which is used to assist the DLA Distribution Center with electronically capturing, processing, managing and storing millions of documents used in providing supplies to U.S. military units worldwide.

DLA Document Services helps manage more than 21 million pages of documentation annually such as invoices, packing lists and bills of lading that identify receipt,



Taking Care of Business: Vena Panes, left, of Defense Logistics Agency (DLA) Document Services, works on a Personnel Qualification Standards book for USS Frank Cable (AS 40) at the DLA Document Services' office on U.S. Naval Base Guam June 6. (Photo courtesy of DLA Document Services)

transportation and inventory transactions from 26 distribution sites worldwide.

DLA Document Services' capabilities include:

- DLA Document Services Online (DSO) – DLA DSO is a Web-based e-commerce site that allows customers to shop and order products and services online. Beginning July 25, DLA DSO will launch a new-and-improved system for online ordering. Visit DLA DSO at <https://www.DSO.DocumentServices.dla.mil>.

- Electronic Document Management (EDM) – DLA Document Services offers EDM, a service to build complex digital libraries of documents to be accessed online. A digital library can enhance a customer's business by providing improved workflow functionality for daily processes.

- Distribution and print services – DLA Document Services offers distribution of standard digital-document files to any of the DLA Document Services' 175 production facilities worldwide.

- Equipment Management Solutions (EMS) – DLA Document Services is one of the government's largest providers of output and scanning equipment. Equipment is installed directly into customer workspaces. DLA Document Services has more than 44,000 units in place today.

- Document conversion services – DLA Document Services has converted nearly one-half billion pages to electronic file formats over the years. It is the document conversion leader for the federal government.

- Document assessment – Office copiers, printers, fax machines and scanners are items often perceived as cost drivers. DLA Document Services can conduct an objectives analysis, which provides an inventory of these items in the customer workspace and makes solid recommendations to save dollars.

As a service business, DLA Document Services knows the value of customer relationship management in living by the motto, "We exist for the convenience of the customer and can do right now." It realizes customer service and responsiveness are the main factors that contribute to being DOD's best-value provider.

DLA Document Services is so much more than just DOD's printer. Our offices on Guam are located on the first floor of Building 103 on U.S. Naval Base Guam (NBG) and in Building 21000 on Andersen Air Force Base (AFB).

For more information or services, call 339-7195/8102 for NBG or 366-6126 or Andersen AFB.

For more information about DLA Document Services, visit <http://www.daps.dla.mil> or call the customer service line at 1-877-327-7226.

What one question would you ask any person who lived during World War II?

Joint Region Edge asked its readers, what they would ask any person who lived during World War II.



"I'd like to speak to Franklin Roosevelt. Since he dug us out of the depths of the Great Depression, I'd ask him what he would do to improve our current economy."
— Master Sgt. Anthony Matthews
36th Operations Support Squadron deputy airfield manager



"I would ask a Sailor what was the atmosphere like and morale on board ship during combat."
— Hull Technician Fireman Bladrick Arceneaux
USS Frank Cable (AS 40)



"I'd ask Hitler, 'What were you thinking?'"
— Senior Master Sgt. Todd Lewis
36th Operations Support Squadron outgoing airfield manager



"I would ask a Soldier what was it like being in the war and what their feelings were seeing someone die."
— Master Chief Equipmentman (SCW) Matthew Neumann
U.S. Naval Mobile Construction Battalion 133



"If I could talk to someone from World War II, I'd probably ask Charles de Gaulle, the president of France at the time, 'Why'd you give up so easily?'"
— Senior Airman Adam Stelmack
36th Operations Support Squadron airfield shift lead



"My grandfather was an infantryman in World War II. I would like to ask him about his adventures. He said he killed one man, I would like to know more about that."
— James Duff
Joint Region Marianas Chief Information Office

Voice of a Survivor: Barbara Dela Cruz

(Editor's Note: This article is the fourth in a five-part series about Guam's World War II survivors in observance of Liberation Day.)

By Anna-Victoria Crisostomo

Joint Region Edge Staff

For many, the memories of childhood involve happy images filled with toys, birthday parties and being surrounded by family and friends. For Barbara Castro Dela Cruz and many other children who lived during World War II (WWII), however, childhood memories evoke a very different feeling.

Dela Cruz was only 7 years old when Japanese forces launched a brutal assault on Guam Dec. 8, 1941. As the attack began, Dela Cruz and her brother were walking from their home in Sinajana to make a delivery to their uncle in Hagåtña, one of two prime targets for Japanese bombs.

"We heard a siren," Dela Cruz recalled. "The people were coming towards us and then they stop us, me and my brother Jose, and they asked us, 'Where are you two going? Don't you hear the siren? The war is coming.'"

Confused and afraid, Dela Cruz and her brother abandoned their delivery and joined the crowds running home.

"We just know the war is coming and we're going to seek a hiding place," Dela Cruz said. "I was so scared."

When the two children arrived home, their parents were already gathering their other children to seek shelter. The family of 13 hid under a tree outside their home and prayed for a miracle.

According to Dela Cruz, it wasn't until weeks later when Japanese soldiers came to her home to register the children for school. During her short-lived Japanese education, Dela Cruz said she learned a few basics of the Japanese language including counting and some of the alphabet.

"It wasn't long when I attended school," she said. "They pulled us out to work."

Along with many other Chamorros, Dela Cruz began her career in fields producing



An Unusual Childhood: World War II survivor Barbara Castro Dela Cruz, left, recalls memories of the Japanese occupation of Guam from 1941-1944 as she walks through Plaza de Espana in Hagåtña with her husband Manuel Dela Cruz June 17. (U.S. Navy photo by JoAnna Delfin)

food crops for the Japanese. She was only 8 years old.

At first, Dela Cruz said, she didn't mind the work and actually had fun being in the fields because she enjoyed spending time outdoors. It wouldn't be long before her opinion changed.

"When I was working one afternoon, [the Japanese] pulled us," Dela Cruz said. "They took us away from our job and I witnessed these three men that they beheaded. They put me in the very front because I was so small and they said, 'If you don't look or you cry, you go down together [with them].'"

Dela Cruz watched as the men were given salt water to drink and told to pray.

"The middle man said in Chamorro, 'O God, they're going to kill me but I don't commit any sin,'" she said.

The Japanese then struck the men with their bayonets, beheaded them and threw their bodies in a ditch. Dela Cruz said the memory, an image of her childhood, remains with her as if it just happened.

According to Dela Cruz, this was just the beginning of the hardships her family would face during the Japanese occupation.

Japanese forces would demand chickens from her father and threaten his life if he did not deliver them. The family was forced to endure long marches that would last from 8 a.m.-5 p.m. Dela Cruz said the most difficult hardships were losing her three sisters and maternal grandfather due to starvation.

One day, Dela Cruz and her family were ordered to join a group that was being marched to Manenggon, the site of the largest WWII concentration camp on Guam, in Yona. Here,

Dela Cruz recalled, Japanese forces became even crueler as they anticipated the arrival of American forces.

"One night, at 6 o'clock, the Japanese Imperial [soldiers] came out and announced that no one was supposed to come out and make a fire because the Americans are coming," she said.

The Japanese had ordered the "blackout" to prevent the Chamorros from signaling the Americans. Anyone who disobeyed or forgot about the order suffered severe consequences.

"When I came out of my tent, I saw an old lady," Dela Cruz said. "She was just about to strike the matches to light the fire when the Japanese came and hit her on the face. When I saw the blood flowing down, I ran inside the tent."

As the days passed before their liberation, Dela Cruz said, mass executions were ordered. Several people were taken from the camp in Manenggon and sent to the Tinta and Faha caves in Merizo to be murdered.

Dela Cruz added that, at Manenggon one day, the Japanese put out a call for all males to surrender so they could be made to work. Sensing something was wrong, Dela Cruz's father ran from tent to tent to avoid being taken. Her brother Jose was gathered into the group. Later, they would learn that all those who had surrendered were killed. In a stroke of luck, Jose was returned to the family because he was too young.

On July 21, 1944, American forces invaded the island and liberated the Chamorro from their Japanese captors. Dela Cruz said everyone was overwhelmed with emotion.

"We were so happy because [the Americans] say that we're liberated," she said. "We were saved."

Dela Cruz said that she and other WWII survivors relive the memories so that those who enjoy freedom today will understand and appreciate the sacrifices made 67 years ago.

"It is very important," she said. "The people that don't know about the war, now is the time to read our story."

Manenggon Concentration Camp

After a series of tactical defeats and bombardments at the hands of the U.S. Armed Forces during the World War II (WWII) Pacific campaign, Japanese military personnel on Guam came to the height of their cruel reign over the Chamorro people as they felt their grip on the Pacific slipping.

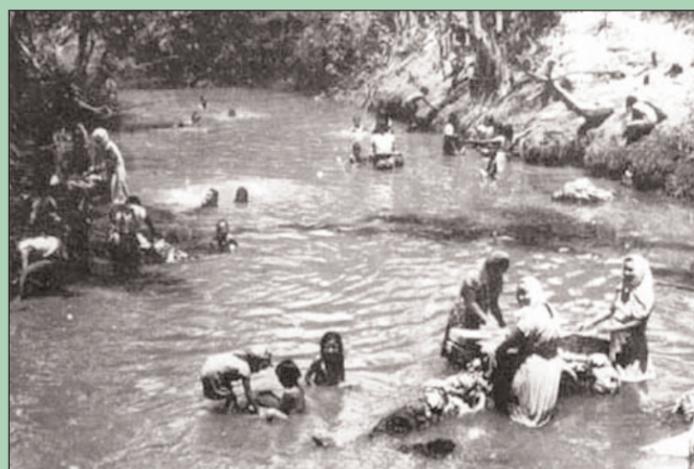
Japanese forces mobilized almost the entire civilian population of Guam to evacuate their homes and march to concentration camps that had been established throughout the island July 10, 1944. The largest of these was the Manenggon camp in Yona.

Thousands of Chamorros, infant and elderly alike, endured days of marching without food or water. Those who fell behind or attempted to leave to gather food or water were often punished by the bayonet-wielding Japanese. Many fell sick and died along the way.

Once at Manenggon, approximately 10,000 Chamorros set up temporary camps along the Ylig (EE-lihg) River. Machine-gun squads were posted around the perimeter and in the center of the camp. Once a pristine site, Manenggon and the Ylig River quickly became overrun with waste due to the large population.

After a short while, men were gathered for work groups to carry munitions and supplies to other parts of the island. Several Chamorros were again gathered and forced to march to concentration camps in Merizo. Most of the people selected for these groups were later killed.

Chamorro prisoners were at Manenggon a little more than one week before their American liberators came just after they took control of the island July 21, 1944. There are no official records documenting how many Chamorros were killed at the camp.



A Glimpse at Manenggon: Women and children held at the Manenggon concentration camp during World War II do laundry and play in the Ylig (EE-lihg) River in Yona. Japanese forces mobilized almost the entire civilian population of Guam to evacuate their homes and march to concentration camps that had been established throughout the island July 10, 1944. (Photo courtesy of the National Park Service)

Source: National Park Service Web site

Reinventing the fuel-efficient wheel

By Kevin D. Evans
Joint Region Marianas Supervisory Energy Manager

Maintaining correct tire pressure helps save fuel in your vehicle and increases vehicle safety.

Keep the tires of your car or truck properly inflated. Underinflation shortens the life of a tire and decreases gas mileage. For every pound per square inch (psi) below the proper level, there is an average increase

in fuel consumption of 0.4 percent.

On the safety side, underinflated tires impact a driver's ability to control a vehicle against skidding, blowouts and other tire failures.

A study by the National Highway Traffic Safety Administration (NHTSA) estimated that 41 vehicle-related deaths occur

annually because of blowouts due to underinflated tires alone.

More than one-fourth of automobiles and about one-third of "light trucks" – a category that includes sport utility vehicles, vans and pickup trucks – on the roadways have one or more tires underinflated by at least eight psi below the vehicle manufacturer's recommended level.

One can usually find the tire

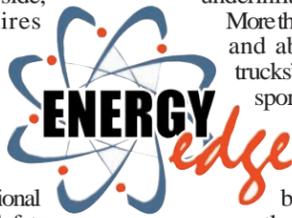
pressure recommended for your vehicle on a sticker located inside the driver-side door jamb, the glove box or owner's manual. Do not use the maximum pressure printed on the tire's sidewall.

A decrease in tire pressure can be caused by poor maintenance, driving habits, punctures, road conditions and the quality of material used in tire construction. Under normal driving conditions, air-filled tires can lose approximately one to two psi per

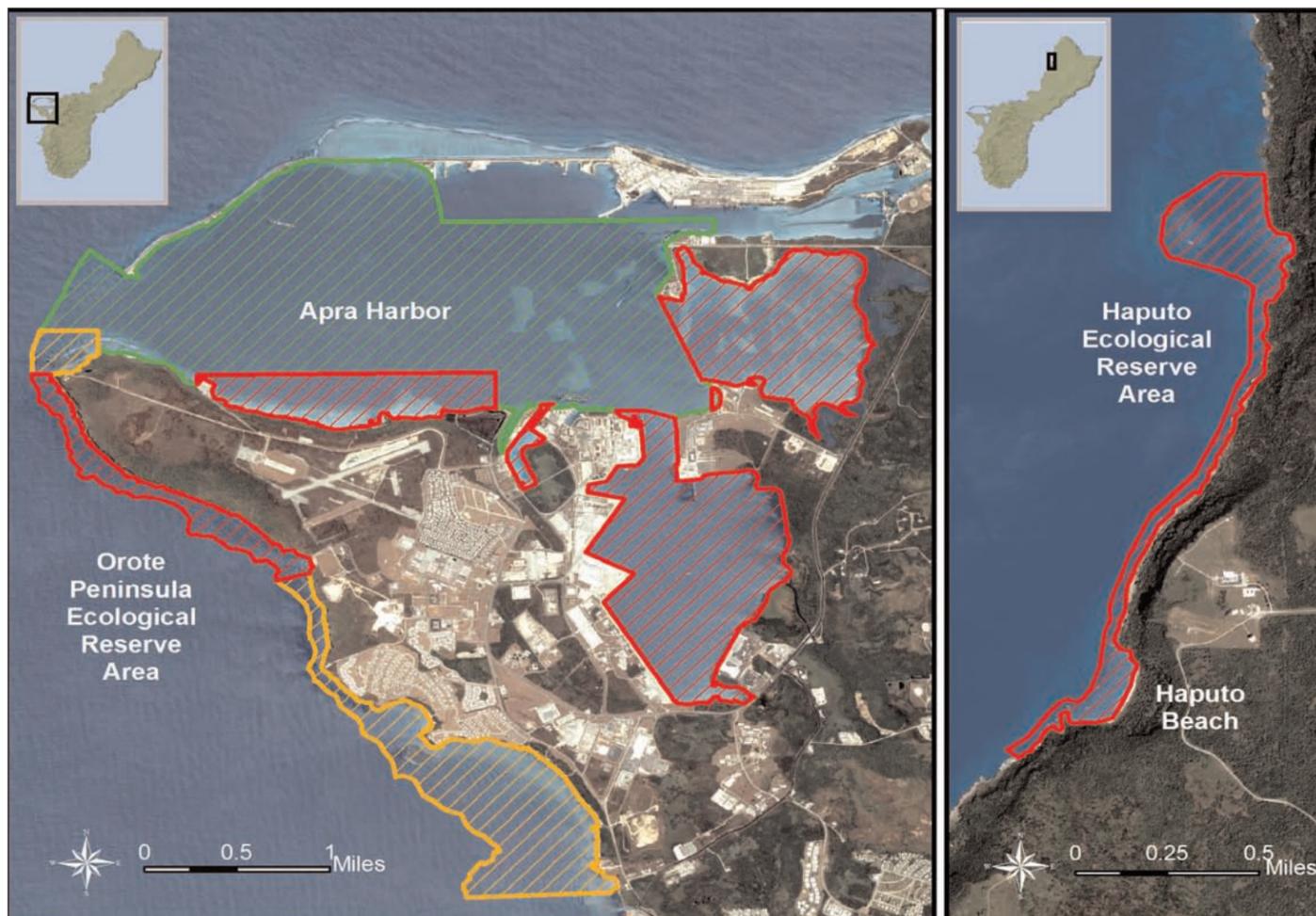
month as air permeates through the tires. Vehicles with underinflated tires may have handling problems as well.

By the way, speeding decreases fuel efficiency too. For each mph accelerated in excess of 55 mph, the average car or truck loses almost 2 percent in gas mileage.

Please drive safely, maintain your tire pressure properly and save fuel. I think we all like to keep our visits to the gas pumps to a minimum and be safer.



NBG updates fishing instruction



<p> Authorized Fishing Area Permitted fishing techniques authorized.</p> <p> Seafood Advisory Area Catch and release fishing area; only permitted non-lethal fishing techniques (i.e. hook and line) authorized.</p> <p> Unauthorized Fishing Area No forms of fishing permitted.</p> <p>Navy submerged lands not identified above follow Guam fishing laws and regulations.</p>	<p>Permitted Fishing Techniques</p> <ul style="list-style-type: none"> • Hook and line • Breathhold spearfishing during daylight hours. • Cast nets from shoreline for seasonal juveniles. <p>Prohibited Fishing Techniques</p> <ul style="list-style-type: none"> • SCUBA spearfishing • Nets other than cast nets, including gill and surround nets. • Collection of coral (live or dead), mollusks (clams, octopus, etc.), crustaceans (crabs, etc.), or echinoderms (starfish, urchins, etc.). • Any fishing technique not listed as a permitted technique.
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Attention All Fishermen: U.S. Naval Base Guam (NBG) has updated base fishing instruction NAVBASEGUAMINST 5090.2 to ensure the safety of recreational swimmers and divers, address public health concerns including current seafood advisories, and provide stewardship and conservation of natural resources. The fishing instruction addresses permitted and prohibited fishing areas and activities in coastal and near-shore waters on Navy properties around Apra Harbor, Orote Peninsula and the NBG Telecommunications Station. This graphic highlights new fishing regulations including catch-and-release areas along Orote Peninsula and the no-fishing area around San Luis Beach on NBG. To ensure the safety of swimmers and divers, spearfishermen are not allowed to enter or exit the water from shore within prohibited fishing areas, particularly at recreational beaches such as the Gab Gab and San Luis beaches on NBG. More information, including details on permitted and prohibited fishing techniques, is available through the NBG Public Works Department Environmental Division or at select Morale, Welfare and Recreation facilities including the Sumay Cove Marina, Rec-N-Crew facility and the Information, Tickets and Travel Office at the Charles King Fitness Center. (Graphic courtesy of NBG Public Affairs Office)

Memorial: Souffront inspired undertaking

Continued from Page 1

with a statue on it," said Staff Sgt. Cameron Pleasant, 554th RHS structural journeyman. "It was small and low-profile and we wanted to make it so people would take notice. It also provided an opportunity to add the names of other EOD members who have given their lives for their country."

Seven service members working eight hours a day, five days a week, dedicated a month to the completion of the memorial – a combined effort of more than 250 man-hours.

"We started from the ground up," Pleasant said. "We built the walls, poured the top cap, the float, installed the tile and grout. This is a process so tedious only someone who's done it can appreciate the precision that goes into laying each individual tile."

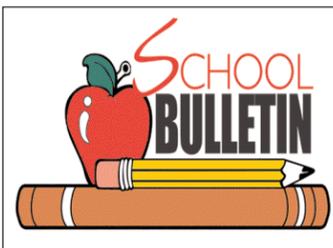
For a team that works hard day in and day out, it can be easy to get lost in the heat, dirt and sweat that goes

into each project, but according to Gacke, on a job like this, it is important to remember why you are there.

"This job was definitely different than any other I've worked on," he said. "When we started out it was a very dim light at the end of a long tunnel, but as we pressed on, the light got brighter and brighter. You want to put just a little more care into each step, to make sure every piece is exactly right. You want to make something worthy of honoring someone's son, brother, friend."

It is Done: After more than one month and 250 man hours, the memorial built by members of the 554th RED HORSE Squadron from Andersen Air Force Base and Explosive Ordnance Disposal Mobile Unit (EODMU) 5 on U.S. Naval Base Guam stands complete at the EODMU 5 command compound July 19. (Photo courtesy of the U.S. Air Force)





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.

Andersen Elementary School

Aug. 23 Reporting date for nonadministrative educator personnel for orientation and classroom preparation
 Aug. 26 Class lists posted after 4 p.m.
 Aug. 29 First day of school for first- through fifth-grade
 Aug. 29-Sept. 2 Prekindergarten and kindergarten home visits
 Sept. 5 No School - Labor Day
 Sept. 6 First day of school for kindergarten
 Sept. 7 First day of school for prekindergarten

Guam High School

Aug. 19 New-student orientation for freshmen at the cafeteria from 9-11 a.m.
 Aug. 22 New-student orientation for sophomores, juniors and seniors at the cafeteria from 9-11 a.m.
 Aug. 23 Reporting date for nonadministrative educator personnel for orientation and classroom preparation
 Aug. 29 First day of school
 Sept. 5 No School - Labor Day

Football practice begins from 7:30-9:30 a.m. at the Guam High School field Aug. 1. For more information on practices or summer workouts, call 686-5265 or e-mail Jacob.dowdell@pac.dodea.edu.

Cross country practice begins at 4:30 p.m. at the north side of the Gov. Joseph F. Flores Memorial Park (formerly Ypao Beach Park) in Tumon Aug. 6. For more information, call 344-7410.

McCool Elementary/Middle School

Aug. 18 Elementary new-parent orientation at 9 a.m.
 Aug. 18 Middle school new-parent orientation at 10 a.m.
 Aug. 19 Elementary new-parent orientation at 1 p.m.
 Aug. 19 Middle school new-parent orientation at 2 p.m.
 Aug. 23 Reporting date for nonadministrative educator personnel for orientation and classroom preparation
 Aug. 26 Kindergarten orientation at 1 p.m.
 Aug. 29 First day of school
 Aug. 29-Sept. 2 Prekindergarten and kindergarten home visits
 Sept. 5 No School - Labor Day

Cooking camp aimed at youth

By JoAnna Delfin
 Joint Region Edge Staff

Some young culinary masterminds of the Morale, Welfare and Recreation (MWR) Youth Culinary Camp celebrated their last day of class at Nap's Alabama BBQ on U.S. Naval Base Guam July 15.

Throughout the camp, students learned how to prepare snacks with minor adult supervision.

"We teach them some basic fundamentals, some nutrition, good sanitation and easy snacks they can eat after school," said Chef Robert Walter, class instructor and MWR Food and Beverage director. "Let's say they're waiting for their parents to come home, they can make a sandwich or a wrap – just healthy things they have lying around the house that doesn't involve knives or a stove."

Students also learned how to prepare food for their friends and family with food allergies. The camp increased their awareness about taking precautions to ensure the food they prepare is safe for everyone consuming it.

"We had a couple kids who were allergic to nuts," Walter said. "So we substituted sun butter instead of peanut butter."

Bligh Rautio, a Navy spouse, said she didn't have to think twice about enrolling her son in the course.

"He's always shown an interest in cooking and when he sees his dad or me cooking, he always asks what we're doing and if he can help," she said.

Rautio said she was impressed with the way Walter and Culinary Specialist 1st Class Christy Gay, the camp's co-instructor, interacted with their students and taught the course. She added that her son walked away with a wealth of new knowledge.

"He had a great time, made friends, learned a lot of good recipes and saw a few food combinations that he hadn't seen before," Rautio said. "The camp was good because it helps him be more independent. We can tell him to make a sandwich and he can do it by himself – so that's good."



Tips From the Pro: Morale, Welfare and Recreation (MWR) Food and Beverage Director Chef Robert Walter, second from right, teaches students how to cut an egg safely during the MWR Youth Culinary Camp at Nap's Alabama BBQ on U.S. Naval Base Guam July 15. (U.S. Navy photo by JoAnna Delfin)

Walter said he was very pleased with his group of students.

"They're smart; they catch on very quickly and they have a lot better food knowledge than I did at that age," he said. "They seem to understand and appreciate food more. It seems like cooking is something they want to do. They want to do it and no one is forcing them to do it and they seem very excited."

MWR will hold another Youth Culinary Camp for interested participants ages 10-15 from Aug. 15-19, 2-4:30 p.m.

The class is open to dependents of all individuals with base access including military contractors and Department of Defense civilians.

Registration fee is \$50 and includes an MWR apron and chef's hat, learning materials, food

and equipment. Registration ends July 31.

The upcoming session will cover the same types of recipes learned during the first session. Some of the ingredients, however, will change to show variations of the dishes.

Walter said he was pleased to share his talent with the young chefs and encouraged them to teach others everything they learned.

"I was taught how to develop my skills and become a chef," he said. "I was told that there would be a day in my life when I would be able to pass that along to the next generation so it's real important to me to show what I've been taught."

For more information or to register, visit the Information, Tickets and Travel office at the Charles King Fitness Center.

Kid-friendly recipes to encourage culinary independence

The following recipes were prepared by students of the Morale, Welfare and Recreation Youth Culinary Camp.

Black Bean Salad

Ingredients

One-fourth cup of black beans
 One-half red bell pepper
 One-fourth cup of cherry tomatoes
 Four whole-grain tortilla chips
 One cup of lettuce
 Two tablespoons of shredded cheddar cheese
 Two tablespoons of salsa

Directions

Rinse black beans in a colander with cold water.

Cut the peppers and tomatoes into bite-size pieces.

Break the corn chips into small pieces.

Place all of the ingredients in a medium mixing bowl and toss with tongs.

Wacky Wraps

Ingredients

Eight cherry tomatoes
 Two 10-inch tomato and basil, spinach or whole-grain flour tortillas
 One-fourth cup of onion dip
 Four slices of deli turkey, chicken, beef or ham
 One-half cup of fresh spinach leaves
 One-fourth cup of shredded carrot

Directions

Cut cherry tomatoes in half.

Spread about two tablespoons of the onion dip on each tortilla. Divide meat evenly between tortillas.

Top with spinach leaves, tomato halves and carrots.

Roll tortillas and wrap tightly in plastic. If desired, cut each wrap in halves or quarters for easy eating.

Berry Salad

Ingredients

One-fourth cup of orange juice
 One tablespoon of salad oil
 Two teaspoons of honey mustard
 One teaspoon of sugar
 One-fourth teaspoon of salt
 Four cups of lettuce
 One and one-half cups of fresh berries and Mandarin oranges
 Two tablespoons of cheese-flavored crackers

Directions

For dressing, combine the orange juice, oil, honey mustard, sugar and salt in a jar. Cover with a lid. Shake until combined.

Put lettuce in medium bowl and drizzle the dressing over the lettuce. Using tongs, gently toss lettuce to coat with dressing. Divide evenly among four salad plates.

Put the fruit on the lettuce, sprinkle with the crackers and serve immediately.

Rec-N-Crew hosts historical hike

By Mass Communication Specialist
1st Class (SW) Peter Lewis
Joint Region Edge Staff

U.S. Naval Base Guam Morale, Welfare and Recreation's (MWR) Rec-N-Crew hosted a Pre-Liberation Day Tour July 14. During the excursion, the almost three dozen patrons in attendance were taken to various sites around the island and taught about their historical significance including events that occurred at the sites prior to, during and after World War II (WWII).

The tour included stops at Sumay Cemetery on U.S. Naval Base Guam, the Pacific War Museum in Asan and the National Park Service's (NPS) War in the Pacific National Historical Park sites including the T. Stell Newman Visitor Center in Santa Rita, Piti Guns Unit, Asan Beach Unit and Asan Bay Overlook.

According to Barbara Villagomez, the event's tour guide, it was a great opportunity for the patrons to learn about the role the island and its people played in WWII and a good way to show appreciation for the island's liberation from occupying Japanese forces by the American military.

"I chose today's tour based on the WWII liberation of Guam and I also wanted to do this tour to show our gratitude towards our military - that they came here and gave all the Chamorros back their freedom," she said.

NPS park rangers came out to War in the Pacific National Historical Park unit sites to explain their historical significance. According to Ranger Dan Brown, visiting the sites offers a great opportunity for locals, residents and visitors not only to enjoy the outdoors but to look back on a piece of history.

"The park offers recreation," he said. "The park offers memorials and monuments. The park offers a lot of relics from the war that are still intact. Those are available for visitors to



And to Your Left We Have: National Park Service (NPS) Ranger Dan Brown, left, gives U.S. Naval Base Guam Morale, Welfare and Recreation Rec-N-Crew patrons a tour of the NPS War in the Pacific National Historical Park Piti Guns Unit during the Pre-Liberation Day Tour July 14. During the excursion, the almost three dozen patrons in attendance were taken to various sites around the island and taught about their historical significance including events that occurred at the sites prior to, during and after World War II. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

explore and also to understand the times of the past."

After hiking to the sites and learning a little more about the island's history, the service members, dependents and spouses in attendance were in agreement that the trip was worthwhile.

"People don't often think that this is something important to learn about but for me it is," said Chari Rubin, a Navy spouse. "To truly appreciate the military life I experience and to be on the beautiful island of Guam to take this tour, it's really eye-opening and gives

us a chance to really understand what we're a part of."

For more information on Rec-N-Crew, call 564-1826 or visit their Web site at http://www.mwrguam.com/company_detail.php?keyword=RNC.



Bringing in the Big Guns: National Park Service (NPS) Ranger Dan Brown, right, gives U.S. Naval Base Guam Morale, Welfare and Recreation Rec-N-Crew patrons a tour of the NPS War in the Pacific National Historical Park Piti Guns Unit during the Pre-Liberation Day Tour July 14. During the excursion, the almost three dozen patrons in attendance were taken to various sites around the island and taught about their historical significance including events that occurred at the sites prior to, during and after World War II. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



Historical Hot Spot: National Park Service (NPS) Ranger Dan Brown, right, gives U.S. Naval Base Guam Morale, Welfare and Recreation Rec-N-Crew patrons a tour of the NPS War in the Pacific National Historical Park Asan Beach Unit during the Pre-Liberation Day Tour July 14. During the excursion, the almost three dozen patrons in attendance were taken to various sites around the island and taught about their historical significance including events that occurred at the sites prior to, during and after World War II. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

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.

Children's Story Time

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



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, JULY 22

7 p.m.: X-Men: First Class • PG-13

SATURDAY, JULY 23

2 p.m.: X-Men: First Class • PG-13

7 p.m.: Green Lantern • PG-13

SUNDAY, JULY 24

7 p.m.: Green Lantern • 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, JULY 22

7 p.m.: Mr. Popper's Penguins • PG

9:30 p.m.: The Hangover Part II • R

SATURDAY, JULY 23

1 p.m.: Mr. Popper's Penguins • PG

3:30 p.m.: Super 8 • PG-13

7 p.m.: X-Men: First Class • PG-13

SUNDAY, JULY 24

1 p.m.: Kung Fu Panda 2 • PG

3:30 p.m.: Judy Moody and the Not Bummer Summer • PG

7 p.m.: The Conspirator • PG-13

MONDAY, JULY 25

3 p.m.: Mr. Popper's Penguins • PG

TUESDAY, JULY 26

3 p.m.: Super 8 • PG-13

WEDNESDAY, JULY 27

3 p.m.: Judy Moody and the Not Bummer Summer • PG

THURSDAY, JULY 28

3 p.m.: X-Men: First Class • PG-13

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

Chapel Schedule

Naval Base Guam

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

Protestant Worship Service

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

Jewish Shabbat

Friday, 6:30 p.m.

Naval Hospital Guam

Roman Catholic Mass
 Monday-Friday, 11:30 a.m.
 Chapel of Hope: Sunday, 9 a.m.
 Protestant Services
 Chapel of Hope: Sunday, 6:30 p.m.
 Men's Bible Study: Every first and third Tuesday of the month at 7 p.m. at the Interfaith Chapel, second floor, room H205
 Women's Bible Study: Every second and fourth Saturday of the month at 8:30 a.m. at the Fellowship Hall, Building 61

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

Good advice to live, work by

By Lt. James Rutan

U.S. Naval Base Guam Chaplain

As a young boy, I learned many of my work habits from my father. He was a career military officer and a hard-charging one at that.

He worked just as hard at home as he did at the office. My earliest memories of him involve a shovel, a paintbrush or a hammer in his hand. At just 6 years old, I was his ready assistant. He handed down orders like he was on campaign – "Fetch this. Hand me that. Go get your mother and a Band-Aid."

Two things he would say to me in particular would stick with me for a lifetime. When he would leave me to finish a job he would say, "I am not here to watch you, so work as unto the Lord." At other times he would say, "Any job worth doing is worth doing right!"

I realize now the value of working hard and producing quality results. I can now fully appreciate what he was trying to instill in me. What he was really trying to teach me was self-motivation.

I share his words in the spirit of inspiring another generation to do their very best. I think it is a message that Sailors need to hear today.



Many have related to me that it is becoming increasingly difficult for them to find their motivation to continue giving their best. They offer a myriad of reasons for their lethargy.

Whether it is the lack of advancement opportunities or the current reality of life under Perform to Serve, there is a collective feeling of anxiety and uncertainty about the future. This malaise has somehow robbed them of their desire for excellence.

One thing I have learned in life is that a feeling

of security rarely produces the most creative product and that certainty never incites the imagination. Notable author and financial expert Robert Allen once wrote, "Everything you want is just outside your comfort zone."

Rather than getting down in the dumps about the 70 percent of your rating that did not advance as they had hoped, do your dead-level best to be among the selected 30 percent. Do something you've never considered doing before. Go after that elusive qualification. Start your education.

Are your prospects for a bright future in the Navy looking rather bleak? Look beyond your present circumstance to the opportunities that exist right outside your comfort zone. However, while we should all be prudent to prepare for the future, we must also be mindful of our responsibility to honor the commitments we have made in the here and now. We must be careful to be present in the moment and, in that moment, do our very best.

CKFC kicks it up a notch



I've Got Moves You've Never Seen: Jenna Weinert, right, Charles King Fitness Center (CKFC) fitness coordinator, leads patrons of the center in a cardio-kickboxing session at the facility on U.S. Naval Base Guam July 19. CKFC offers cardio-kickboxing at the facility on Tuesdays at 6:30 p.m. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



Tough Cookies: Jenna Weinert, right, Charles King Fitness Center (CKFC) fitness coordinator, leads patrons of the center in a cardio-kickboxing session at the facility on U.S. Naval Base Guam July 19. CKFC offers cardio-kickboxing at the facility on Tuesdays at 6:30 p.m. (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.

U.S. Naval Hospital Guam 5K Run/Walk

Register now for U.S. Naval Hospital Guam's first 5K Run/Walk beginning at Sumay Bay on U.S. Naval Base Guam July 23. Show time is 5:30 a.m. Go time is 6 a.m. Registration before race day is \$10 per person. On race day, registration fees will increase to \$12 per person. First 100 participants to register will receive a T-shirt and the top three finishers in the run and walk categories will receive prizes. For more information or to register, call 482-9239 or 888-8662.

Morale, Welfare and Recreation Swim Program

Register now for the Morale, Welfare and Recreation Swim Program. There are classes for all ages and skill levels. Learn to swim or just improve your stroke. June classes are in full swing and available at Charles King Fitness Center pool. For more information, call 333-2049.

Group Fitness Age Compliance

Beginning May 2, all group fitness classes in the basketball court must comply with the basketball court's age policy. According to the policy, "youth 9 years old and younger must be under interactive supervision of an adult." The Family Fitness Room and drop-in child care are now available.

Run Registration

Runners can now submit run registrations for Morale, Welfare and Recreation (MWR)-sponsored runs via e-mail. On the Fitness Program page of the MWR Web site, www.mwrguam.com, click on the "NEW Run Registration Form" PDF under Additional Links and follow the instructions on the form. Pre-registration for all fitness events will end at 5 p.m. on Friday of the week prior to the event.

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.

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.

Pre/Postnatal Exercise Class

The Coral Reef Fitness Center offers a low-intensity class designed for pregnant women and new mothers. A doctor's clearance form is required to participate. Forms can be picked up at the Fitness Center. For more information, call 366-6100.

Zumba

Free Zumba classes are held at the Coral Reef Fitness Center. The routine features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. For more information, call 366-6100.

Monthly Green Fee Card

Golfers can now purchase a money-saving monthly green fee card for just \$40-\$60 per month depending on rank. What a deal! Purchase yours soon at Palm Tree Golf Course or call 366-4653 for more information.

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. 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.

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. 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.

