

# JOINT REGION EDGE

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## McKinley visits Andersen AFB



By Airman 1st Class Whitney Tucker

36th Wing Public Affairs

Rodney McKinley, 15th Chief Master Sgt. of the Air Force, visited Andersen Air Force Base July 27 and shared his perspective as the service's former top enlisted member.

McKinley retired from active duty at the highest enlisted level of leadership in June 2009. Despite the transition to civilian life, the chief

continues to nurture and care for the Airmen he fought alongside.

McKinley, who subscribes to a simple life philosophy, shared his method for a happy and fulfilling career with his audience.

"Your career is what you make it," he said. "No matter what base you're stationed at or what career field you're in, you have to be the best you can. It's important to think about your future but right now the job that you have needs to be the most important thing you do so learn to do that job to the best of your ability and strive to be a leader in every situation."

To be truly successful, the chief continued, an Airman must have a balanced life.

"Get your Community College of the Air Force degree, stay physically fit, have fun in your free time," he said. "Have a well-rounded, balanced life and, if you do all the right things and treat others with the proper respect, leadership is

Class Picture: Rodney McKinley, center, 15th Chief Master Sgt. of the Air Force, sits with Airman Leadership School Class 11-F for a group photo on Andersen Air Force Base (AFB) July 27. During his visit, McKinley also interacted with senior noncommissioned officers and several organizations throughout Andersen AFB. McKinley served in the highest enlisted Airman position from 2006 to 2009. (U.S. Air Force photo by Staff Sgt. Alexandre Montes)

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## USCG Sector Guam welcomes new leader

By Anna-Victoria Crisostomo

Joint Region Edge Staff

U.S. Coast Guard (USCG) Sector Guam held a change of command ceremony at Top o' the Mar in Asan July 26.

During the ceremony, Capt. Casey White relieved Capt. Thomas Sparks as USCG Sector Guam commanding officer.

The ceremony's guest speaker, Rear Adm. Charles Ray, USCG District 14 commander, praised Sparks and the Coast Guardsmen assigned to USCG Sector Guam.

"Coast Guard Sector Guam is where the sun rises on the U.S. Coast Guard and the work these men and women do is important to Guam, this region and to our nation," he said. "Under the leadership of Capt. Tom Sparks, they have done their duty quite well."

Ray went on to highlight the accomplishments

of the command under Sparks' reign.

In the past three years, USCG Sector Guam personnel have conducted law enforcement operations to fight illegal immigration and interdict drug smugglers, educated local mariners about boat and ocean safety, aided in the protection of Guam's marine environment, and saved 117 lives as part of numerous search and rescue missions.

"Their expertise in the art and science of planning and executing open-ocean search and rescue is the source of pride for the 14th Coast Guard District and for our service," Ray said. "Under Capt. Sparks' leadership, this unit has set Coast Guard standard for mission excellence."

In addition to mission excellence, Ray said Coast Guardsmen on Guam have been recognized nationally. USCG Station Apra Harbor has received the USCG Sumner I. Kimball Readiness Award for two consecutive

years and the USCG Reserve on Guam received the 2010 Outstanding Coast Guard Reserve Unit of the Year. Ray also applauded the unit for their extensive work in the community and with their sister village of Merizo.

Ray then presented Sparks with a Meritorious Service Medal for outstanding performance of his duties as commanding officer. After receiving the award, Sparks addressed the men and women of the Coast Guard on Guam.

"You're really the most important people in this room and it's been my honor to be associated with you for these past three years," he said. "Admiral, those were very kind words that you said about me but I have to admit that all of those accomplishments were achieved despite me instead of because of me."

Sparks also thanked his family, friends, government partners, and members of the other services on Guam. His next assignment

will be with U.S. Pacific Command.

After the reading of official orders, USCG Sector Guam's new commanding officer said she is ready to take on her duties and continue the outstanding legacy Sparks built with the elite group of Coast Guardsmen.

"I am quite impressed with the Coast Guard team here in Guam," she said. "There are common elements that are frequently found in Coast Guardsmen's DNA but are especially prevalent here – pride in and enthusiasm for the mission, a strong dedication to serve others and the ability to do more with less."

White said she is excited to be on Guam.

"It is an honor and a pleasure to be here today," White said. "In the short time [my husband] and I have been on Guam, we have been overwhelmed with the friendliness and hospitality of all who we've encountered. We are truly looking forward to spending the next three years here."

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Leguizamo

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# Guam liberator revisits the island

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

Marvin Ainsworth, a retired Marine Corps gunnery sergeant, returned to Guam to take part in the island's Liberation Day festivities July 10-23.

Ainsworth first came to Guam at the age of 19 as a private first class with the 22nd Marine Expeditionary Unit (MEU). He was part of the first assault wave of Marines to land on Guam's southern beaches and aid in reclaiming the island from Japanese forces July 21, 1944.

Prior to the arrival of U.S. Armed Forces, Guam had been occupied by the Japanese since they bombed the island Dec. 8, 1941.

During his visit, Ainsworth went to Dadi Beach on U.S. Naval Base Guam (NBG). There he was able to see the actual spot where he and many other Marines landed 67 years before.

While on NBG, he recalled the five days spent pushing up from the beach to where the old U.S. Marine Corps Barracks stood, the barracks where his own father lived years before WWII.

"Some place back there is where we had the banzai attack," Ainsworth recalled. "We had been advancing quite late and [our leaders] hadn't told us to dig in yet. Finally, right at sundown, they told us to dig in so, in the dark, we're digging our foxhole. One guy would watch, the other guy would dig. We finally got in our hole. It wasn't until maybe 10 o'clock the Japanese started [attacking]."

Ainsworth said the attack was like something that had been "orchestrated in Hollywood."

"The people started yelling, 'Marine you die,'" he said. "One Japanese soldier was blowing a bugle and a lot of them were blowing whistles. Then they came at us. They charged and they were pushed back. In my memory, I have two definite charges. I read history and they said there's only one but I can remember two definite attempts."

A decorated veteran, Ainsworth said no other battle matches the one he fought on Guam.

"It was the most terrifying night of my life," he said. "There was nothing else like it. I was in Korea. I was at the Pusan Perimeter, the Inchon Landing and the First Battle of Seoul but this was the worst night."

Ainsworth's platoon stayed on Guam for a short while after securing the island before they moved on to the battle for Okinawa.

During his visit, Ainsworth also attended a breakfast hosted by Gov. Eddie Calvo's in recognition of Liberation Day; took part in memorials at Merizo, Agat and Asan; and rode in the Liberation Day parade.

Familiar, Yet Different: Marvin Ainsworth, a retired Marine Corps gunnery sergeant, reads off the names of deceased Marines at the old U.S. Marine Corps Barracks site on U.S. Naval Base Guam July 18. Ainsworth was part of the first assault wave of Marines to land in Guam to aid in reclaiming the island from the Japanese during World War II. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Gabrielle Blake)



## Calvo visits Marine Barracks Washington



Above: Guam Gov. Eddie Calvo, center, speaks during a Friday Evening Parade reception at Marine Barracks Washington in Washington, D.C., July 15. Calvo and his family were the guests of honor for the parade. Friday Evening Parades are held at the barracks every week during the summer months. (U.S. Marine Corps photo by Lance Cpl. Tia Dufour)

Top Left: Lt. Gen. Richard T. Tryon, second from right, U.S. Marine Corps Plans, Policies and Operations deputy commandant, and his wife Diane Tryon, right, escort Guam Gov. Eddie Calvo, second from left, and his wife Christine Calvo down Centerwalk at the beginning of a Friday Evening Parade at Marine Barracks Washington in Washington, D.C., July 15. The Calvos were the guests of honor for the parade. (U.S. Marine Corps photo by Pfc. Mondo Lescaud)

Left: Lt. Gen. Richard T. Tryon, left, U.S. Marine Corps Plans, Policies and Operations deputy commandant, and Guam Gov. Eddie Calvo, second from right, pose for a picture with their families before a Friday Evening Parade at Marine Barracks Washington in Washington, D.C., July 15. The Calvos were the guests of honor for the parade. (U.S. Marine Corps photo by Lance Cpl. Tia Dufour)



# EOD yeoman is simply 'da bomb'

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

Yeoman 1st Class (SCW) Lisette Leguizamo said she's always found it important to have a positive effect on those around her.

"I joined the Navy 10 years ago because I wanted to make a difference people's lives," she said.

Leguizamo said she knew joining the military would be the way to have a great career, education, and help her fellow man.



"When I first came into the Navy as a Reservist, my recruiter used my life experience and [Armed Services Vocational Aptitude Battery] to help pick my rate," she said. "I knew being in the administration field would allow me to reach all of my goals. I love the experiences and opportunities that the Navy has given me."

As a member of Explosive Ordnance Disposal (EOD) Det. Marianas, Leguizamo said she works in a unique, challenging and rewarding environment.

"I love the camaraderie that the EOD community has shared with me," she said. "We have become like family. I love that I have been able to work outside of my rate as well. I have learned so much. I love that my rate has given me the opportunity to go overseas and virtually anywhere in the world. Every command needs a yeoman!"

As the detachment's administration officer and supply officer, Leguizamo handles a wealth of responsibilities.



A Place For Everything: Yeoman 1st Class (SCW) Lisette Leguizamo, of Explosive Ordnance Disposal (EOD) Det. Marianas, performs safety and inventory checks on hazardous materials at the command compound in Santa Rita Aug. 2. Leguizamo serves dually as the command's administration and supply officer and said that being at EOD Det. Marianas provides a unique, challenging and rewarding environment. (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Peter Lewis

"I upkeep personnel records and correspondence, and help members with pay-related problems," she said. "I maintain the [hazardous materials] locker and order any necessary equipment. I also maintain financial statements and take care of our audits."

According to her supervisor, Lt. Brent C. Wadsworth, Leguizamo excels at the command and provides invaluable support.

"YNI implements and supervises all EOD

Det. Marianas administrative programs, maintaining 100 percent readiness for the only EOD emergency response asset in the local area of responsibility," he said. "She prepares messages that are sent out to admirals, generals, embassies and other administrative agencies as well as managing over \$100,000 in annual command funds."

Wadsworth credited Leguizamo for her efforts to help her junior personnel excel.

"She is always willing to stay late to accomplish the mission and goes the extra mile to assist her juniors with any needed assistance," he said. "She reflects the Navy's core values of honor, courage and commitment in her personal life as well as her professional life. She's a true team player who helps brings juniors to the next level."

Wadsworth also praised Leguizamo for her efforts to help her shipmates and local citizens during her off-duty hours.

"Her dedication is evident when she represents the detachment with military and civilian community involvement," he said. "This has included assisting teachers from Andersen Elementary School with activity preparation for students, participating in career days at Jose Rios Middle School, conducting vacation bible school at her local church and being the head fundraiser for the Navy Ball Committee here on island."

Leguizamo, who has been working towards her bachelor's degree, said she draws inspiration from role models in both her personal and military lives.

"My mom has shown me how to be strong and independent," she said. "Through her, I know that I can achieve anything I put my mind to. In the military, YNC Tami Ortiz, of Navy Personnel Command, has been my role model for a long time. She is a mother of four children and is able to do her job with great success and still have a family. It is very admirable to be able to accomplish these goals."

For anyone looking to imitate her proven level of continued success, Leguizamo had a few words of advice.

"Always try to do your best at whatever task you take on and try to influence others through example," she said. "Make sure to be accountable for your actions and live by the Navy's core values."

## Andersen's Best: White's forecast is sunny



Blue Skies and Calm Seas: Tech. Sgt. Vernee White, 36th Operations Support Squadron weather flight noncommissioned officer in charge of mission weather, was awarded Andersen's Best July 27.

White is responsible for maintaining working relationships with supported flying and nonflying organizations to inject timely, accurate and relevant environmental weather information at every decision point in the mission planning process in an effort to optimize mission execution.

White is the lead weather forecaster in preparation for the upcoming Standardization and Evaluation Program for Weather Operations inspection in which she rectified 176 inspectable checklist items.

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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Rear Adm. Paul J. Bushong, USN, Commander, Joint Region Marianas

Brig. Gen. John Doucette, USAF Deputy Commander, Joint Region Marianas

Joint Region Marianas Public Affairs

Lt. Matt Knight, USN Public Affairs Officer 349-4055 william.knight@fe.navy.mil

Coleen R. San Nicolas-Perez Deputy Public Affairs Officer 349-3209 coleen.perez@fe.navy.mil

Theresa Merto Cepeda Public Affairs Director, DZSP 21 LLC 349-6114 theresa.cepeda@fe.navy.mil

Anna-Victoria Crisostomo Editor 349-2113 anna.crisostomo@fe.navy.mil

Reporters

Mass Communication Specialist 1st Class (SW) Peter Lewis 349-4476 peterlewis1@fe.navy.mil

Mass Communication Specialist 2nd Class (SW) Corwin Colbert 349-4376 corwin.colbert@fe.navy.mil

JoAnna Delfin 349-2115 joanna.delfin.ctr@fe.navy.mil

Photographers

Reynaldo Rabara 349-5435 reynaldo.rabara@fe.navy.mil

Raymond Torres 349-5435 raymond.torres@fe.navy.mil

Write to us at: Joint Region Marianas Public Affairs Office PSC 455 Box 211, FPO AP 96540

36th Wing Public Affairs

Capt. Timothy Lundberg

Chief of Public Affairs

366-2228

Staff Sgt. Beth Del Vecchio

Noncommissioned Officer in Charge

of Internal Information

366-2228

Reporters

Senior Airman Carlin Leslie

366-2228

Airman 1st Class Jeffrey Schultze

366-2228

Airman Basic Anthony Jennings

366-2228

Airman 1st Class Whitney Tucker

366-2228

# 96th EBS wraps up Guam deployment

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

The 96th Expeditionary Bomb Squadron (EBS) has concluded yet another successful deployment to Andersen Air Force Base (AFB) in support of U.S. Pacific Command's continuous bomber presence (CBP). The unit is scheduled to depart Andersen AFB Aug. 6.

The "Red Devils" had hardly planted two feet on the ground before the squadron launched into an intensive series of training sorties with allied nations. Crews flew nonstop from Andersen to multiple areas throughout the Pacific training on ranges in Australia, East Asia and Hawaii, and honing their ability to put bombs on target, on time.

This exemplified Air Force Global Strike Command's ability to rapidly strike anywhere in the vast Asian Pacific region with its Guam-based B-52 aircraft.

"Flying these 18-hour sorties can be exhausting," said Capt. Allen Agnes, 96th EBS plans and programs coordinator. "Long endurance training flights teach a crew how to cope with realistic conditions and what can be an incredibly fatiguing experience."

Taking to the skies with Marines, Sailors, Soldiers and Coast Guardsmen, Airmen from the 96th EBS also participated in Exercise Northern Edge in Alaska.

According to the Northern Edge 2011 factsheet, the exercise is designed to sharpen skills of participants by practicing operations, techniques and procedures. The event provides forces ready for deployment worldwide and enables real-world proficiency in detection and tracking of units at



9+6 with the 96th: Members of the 96th Expeditionary Bomb Squadron (EBS) pose after conducting a beach cleanup at Nimitz Beach in Agat May 28. The 96th EBS is wrapping up a deployment to Andersen Air Force Base in support of U.S. Pacific Command's continuous bomber presence. (Photo courtesy of U.S. Air Force)

sea, in the air and on land, and response to multiple crises.

Striking a particularly high note for 36th Wing, the exercise also marked the first "forward deployment from a deployed location" employment of CBP aircraft.

Adding to their flying resume, the 96th EBS returned from Alaska more motivated than ever and participated in exercises Diamond Strike, Aces North and Talisman Sabre alongside the Royal Australian Air Force. The training involved flying sorties to

the Delamere Range Facility and the Showalter Bay Training Area in Australia.

"The success of these training opportunities reflects the closeness of our alliance and the strength of the ongoing military-military relationship," Agnes said. "During our time here, we were able to meet 218 percent of our higher headquarters directed missions, totaling 190 sorties and nearly 1,500 flying hours – the highest ops tempo in three years."

Between flying missions, 96th EBS Airmen

found time to attend the 36th Wing Dining Out. The unit was the largest in attendance alongside 7th Air Force Commander Lt. Gen. Jeffrey Remington and the Guam Lt. Gov. Ray Tenorio.

The ambitious squadron also made community involvement a priority and were awarded the Na' La Bonita Guam award for their outstanding commitment to keeping local beaches clean, safe and beautiful – an initiative fondly dubbed the "9+6 Beach Cleanup."

"We found a natural point of synergy between the military and the Government of Guam's Department of Parks and Recreation," said Col. John Edwards, 96th EBS commander. "Some discussions and a shared desire to support the all-important military-civilian relationship enabled us to accomplish what we did."

Perhaps even more meaningful to the people of Guam, the loaner squadron flew a single sortie over the Ricardo J. Bordallo Governor's Complex in Asan and the Chamorro Village in Hagatna during Guam's 67th Liberation Day parade July 21.

Fewer airspace restrictions, closer training ranges and the miles of open ocean that surround the island made Guam a unique environment, which is difficult to replicate during stateside training flights. Though their time on island has come to a close, the Barksdale AFB squadron will take with them invaluable experience and lessons learned.

"In the end, we achieved our mission to help maintain stability and security in the Asia Pacific region thus supporting Pacific Command's objectives and goals," Edwards said.

## GMA donation will aid future GUNG MEDCAPS

From Guam National Guard Public Affairs

The Guam Medical Association (GMA) donated \$4,100 toward the purchase of medicines to be used in future medical/dental civic action projects (MEDCAPs) conducted in the Philippines by the Guam National Guard (GUNG) in support of the Armed Forces of the Philippines (AFP) Reserve Command.

The money donated will be used to create an account with MedPharm, a local pharmaceutical company, which will supply the

formulary. Medicines will then be turned over to the GUNG for distribution when its medical team goes to conduct the MEDCAPs.

Dr. Thomas Shieh, GMA president, said the donation is in line with the organization's focus of service to the community.

"Part of the mission of our Guam Medical Association is community service and health advocacy, and we have many military members in our association," he said. "Along with Dr. Chris Perez, the suggestion for this donation was called and our members stepped up."

According to Shieh, being part of the medical effort in underprivileged communities is a

cause GMA is happy to be involved in.

"There are a lot of health care disparities here at home but we are lucky compared to other countries that are really underdeveloped," he said. "Missions from our military go a long way in making a difference in the lives of children and their families. Our Guam Medical Association and our members are proud to be part of this wonderful cause."

The GUNG medical team composed of doctors, nurses, medics and other medical support personnel have conducted MEDCAPs in countries including the Philippines, Cambodia and Thailand. Recent MEDCAPs

in the Philippines have helped treat the medical and dental needs of thousands of residents in various towns and neighborhoods.

The MEDCAPs are conducted by the AFP Reserve Command and supported by the GUNG through a National Guard Bureau initiative called the State Partnership Program (SPP). The SPP pairs U.S. Guard units with foreign countries to conduct a variety of military training exercises, subject matter exchanges and civic action projects among other activities.

The GUNG is preparing for another MEDCAP in the Philippines next month.

### News Notes

#### Job Announcements

Interested individuals can view the vacancy listings at <https://www.cnrc.navy.mil/Marianas/index.htm> or at <https://chart.donhr.navy.mil>. For more information, call 349-6119/2224.

#### U.S. Naval Base Guam

Security Clerk, Closes Aug. 8

#### Naval Support Activity Andersen

Training Instructor, Closes Aug. 8

#### U.S. Naval Base Guam Housing Security Measures

While the incidents of crime in Navy family housing are low, U.S. Naval Base Guam recommends housing residents implement the following prevention measures:

- Ensure that all doors, windows, garages and vehicles are locked at all times.
- Turn on all outside lighting at night.
- Secure all valuable items. Do not leave valuable items that are in your home in plain sight to someone outside looking in through a window or door. Evaluate your home from the outside for things that might tempt a thief. Consider closing blinds and curtains to make it difficult for a thief to see valuable items.
- Report broken locks and lighting to the Housing Help Desk and follow up if there is not a prompt response.
- Report suspicious activity in the community – day or night – to the Security Department at 911 or 339-3414.

#### Animal Control Measure on Andersen Air Force Base

Andersen Air Force Base (AFB) Environmental Flight will utilize volunteer conservation officers (VCO) to snare and trap feral pigs and deer throughout Andersen AFB. Andersen is legally required to control and manage these animals under the Endangered Species Act as well as Executive Order 13112, which governs the control and removal of invasive species. Additionally, these animals cause extensive damage to Andersen's golf course and native limestone forest. Traps are clearly identified by signs and markings with a phone number to contact should personnel find an animal in the traps. It is illegal to damage the traps, hinder the VCOs in their efforts or to set an animal free, and can also be dangerous to the individual as these animals can be highly aggressive when cornered. VCOs will be responsible for checking the traps and snares twice a day and any animals caught will be removed from the area safely. Due to the inadvertent hazard of snares to pets, compliance with base leash requirements is important. VCOs will carry approved certification and identification on their person at all times viewable upon request. The VCOs coordinate all depredation activities with the 36th Security Forces Squadron. Any questions or concerns regarding this activity should be directed to Jeremy Adams, 36th Civil Engineer Squadron Environmental Flight wildlife management specialist, at 366-2549.

#### Naval Criminal Investigative Service ID Theft Awareness Campaign

Geotags are bits of data embedded in an image providing the longitude and latitude where the photo was taken. Many smart phones and GPS-equipped digital cameras geotag photos. Why is this a concern? Geotagging can compromise privacy and safety when individuals post geotagged media online. ICanStalkU.com provides instructions for disabling the geotagging function on various smart phones. This announcement is brought to you as part of the Naval Criminal Investigative Service (NCIS) ID Theft Awareness Campaign, which will run through Sept. 30. For more information, call Master-at-Arms 3rd Class Guelmy Camacho at 339-7220 or 888-3091.

# Marine band takes Guam stage

By Lt. Col. Aisha Bakkar

Marine Forces Pacific (Forward) Guam and Commonwealth of the Northern Mariana Islands Public Affairs

The 3rd Marine Expeditionary Force (MEF) Band delivered world-class performances on Guam July 20-21 as a favored participant in Guam's 67th Liberation Day celebrations.

The anniversary of Guam's liberation from the Japanese occupation of the island during World War II is celebrated July 21.

The Chamorros, Guam's indigenous people, suffered nearly three years of harsh conditions, brutal treatment and atrocities. The theme for this year's Liberation festivities focused on the survivors of the occupation – Guam's manamko (man-UHM-ko), or elderly.

Following a two-day delay in their arrival due to adverse weather conditions in Japan, a KC-130 aircraft piloted by personnel from Marine Aerial Refueler Transport Squadron 152 flew the 3rd MEF Band and Brig. Gen. William Beydler, 1st Marine Aircraft Wing commanding general, to Andersen Air Force Base July 20.

Immediately following their landing, the band was escorted along Marine Corps Drive by the Veterans of Guam Motorcycle



Come Blow Your Horn: Members of the 3rd Marine Expeditionary Force (MEF) Band from Okinawa, Japan, take the main stage at the 67th Liberation Day carnival in Hagatna July 20. The 3rd MEF Band also led the 67th Liberation Day parade along Marine Corps Drive July 21. (U.S. Marine Corps photo by Lt. Col. Aisha Bakkar)

Club and Guam Police Department's Highway Patrol to the Liberation Day carnival main stage in Hagatna where they performed with the Guam Symphony Orchestra.

"The beautiful music was enjoyed by all in attendance," said Dededo Mayor Melissa Savares, Mayor's Council of Guam president.

The 3rd MEF Band also maintained its traditional place of honor as it led the Liberation Day parade July 21. The event drew a crowd of almost 46,000 from Guam's population of approximately 180,000.

Guam Gov. Eddie Calvo had nothing but praise for the Marines.

"I truly enjoyed hearing the Marine Corps band play during the Liberation Day festivities," he said. "They are a very talented bunch. I think it's important that the military joins the civilians in celebrating this special day. It makes the celebration of a momentous day in the history of Guam even more special. It's my hope they'll be playing here permanently."

Col. Robert Loynd, Marine Forces Pacific (Forward) Guam and Commonwealth of the Northern Mariana Islands officer in charge, said this year's Liberation Day was special.

"For me there was a real symbolism on display – a sense of continuity and lasting legacy of freedom and democracy," he said. "After playing the national anthem and the Guam Hymn, the 3rd MEF Band conducted a facing movement, broke into 'The Marines' Hymn' and marched off with roaring applause coming from both sides of Marine Corps Drive. At that very moment I knew that this legacy of valor and sacrifice by Chamorros and Marines on Guam is lasting and unshakable."

Savares echoed Loynd's sentiments.

"During this special time of year for our island, we remember how important the presence of the U.S. Marine Corps is to our community," she said. "Thank you for sharing in our island's freedom. Happy 67th Liberation Day!"

# USCG recognizes Guam partners



The Men and Women in Blue: Rear Adm. Charles W. Ray, center left, 14th Coast Guard District commander, and Capt. Casey White, third from right, U.S. Coast Guard (USCG) Sector Guam commander, present a plaque to members of the Guam Police Department (GPD) during an awards ceremony at the Ricardo J. Bordallo Governor's Complex in Hagatna July 27. The ceremony was an opportunity for the USCG to express thanks for their continued partnership with GPD and the Guam Fire Department. (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Peter Lewis)



Igniting the Flame of Teamwork: Rear Adm. Charles W. Ray, center left, 14th Coast Guard District commander, and Capt. Casey White, center right, U.S. Coast Guard (USCG) Sector Guam commander, present a plaque to members of the Guam Fire Department (GFD) during an awards ceremony at the Ricardo J. Bordallo Governor's Complex in Hagatna July 27. The ceremony was an opportunity for the USCG to express thanks for their continued partnership with GFD and the Guam Police Department. (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Peter Lewis)

# Frank Cable passes by San Bernadino Strait



The Boys and Girl in Blue: Gunner's Mate 1st Class (EXW) Douglas Notel, left, and Gunner's Mate 3rd Class Alexander Rosengren, both assigned to USS Frank Cable (AS 40), man a .50-caliber M2 HB machine gun in transit through San Bernardino Strait July 20. Frank Cable conducts maintenance and support of submarines and surface vessels deployed in the U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 2nd Class (AW) Jeremy Starr)



Is it Hot in Here, or is it Just This Drill?: Sailors assigned to the submarine tender USS Frank Cable (AS 40) simulate firefighting during a fire drill aboard the ship while transiting through the San Bernadino Strait July 20. Frank Cable conducts maintenance and support of submarines and surface vessels deployed in the U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 2nd Class (AW) Jeremy Starr)

# Alert: Watch out for phone scams

By Legalman 3rd Class Christina Oliver  
Navy Legal Service Office Pacific Det. Guam

There is another scam lurking about in the world that is as malicious as it is annoying. It is the infamous Payday Loan Phone Scam that has infested phone lines with alarming tenacity nationwide.

From an outsider's perspective, it seems obvious that it is a scam. However, reports have found that, when caught off guard, many succumb to the threats presented by these villains. The staff of Navy Legal Service Office (NLSO) Pacific Det. Guam are here to point out some tell-tale signs so you can arm yourself against these scams. Brace yourselves – this one gets crazy.

They go by many fake American names, call from many different numbers and claim that you have, at some point, taken out a payday loan and now owe money. The most commonly used company name is U.S. Cash Advance and the caller claims that you owe money for

a loan ranging from \$300 to \$1,000.

These scammers use disposable phone lines, pay phones or phone cards to call a person several times a day at home and at work trying to scheme. Their English skills are poor and are often hard to understand with their accents and all the background noise.

They disguise themselves as police officers, paralegals, lawyers, federal agents or government employees and attempt to trick you into compliance by either stealing an agency name or simply making one up.

The most common scenario we see with these scammers is several voicemails urging you to call them back to make payments or suffer the legal wrath of whatever city court they pick that day. When scammer and target do connect, the scammer then demands that the person makes payment for this debt or the company will have them arrested.

At this point, the first question from targets is, "What are you talking about?" The callers then spit out random legal words and say they have already sent you documents and will not

send them again. This is where it gets scary for many people.

To "prove" to you they are legitimate, the scammer will cite personal information including your home address, phone numbers, bank numbers, Social Security numbers, and family information and ask you to verify everything. When you question them, they often become belligerent, use foul or vulgar language, and threaten to send police to arrest you at home or at work. They always seem to give you 30 minutes to make your choice. In some cases, callers threaten bodily harm to you or your family, or say they will get you fired.

Most scammers will call over and over making threats about lawsuits, leaving numbers and demanding payment.

Here is the reality of the situation – you cannot be arrested for failing to pay back a loan. The only thing that can happen is a civil suit in court. This requires a lot of paperwork, all of which has to be served to you personally.

While legitimate debt collectors can contact you, it is against the law for them to

harass you at work or home, and they must provide official documentation of your debt to you. If an attorney is appointed, debt collectors can no longer contact you.

If you are called by scam artists, it can be assumed you are a victim of identity theft. They have cited your personal information and it has been compromised.

The first thing you should do is call your bank, credit companies and Social Security to inform them that your identity has been stolen and to put your accounts on scam alert. Review your accounts for unauthorized charges. It may help to change your numbers and work with your bank to open new accounts.

Also, file a report with your local police department and the FBI. If these scammers are calling you at work, inform your supervisor of the situation so that the numbers can be blocked and your co-workers can be alerted.

If you feel you have been a victim of a scam or have any questions, contact NLSO Pacific Det. Guam at 333-2061/2 or the Andersen Legal Office at 366-2937.

## How do you protect your identity?

Joint Region Edge asked its readers how they protect their identity.



**"I change my passwords frequently and shred anything with personal information."**  
— Tech. Sgt. Joseph Arce  
36th Operations Support Squadron air traffic controller



**"I make sure I shred all my personal receipts with credit card information. Here at work, any personal information that I have I try to get it encrypted. Any work I do here that is classified I shred it in a classified shredder."**  
— Capt. William Cooper  
Joint Region Marianas Financial Policies and Systems



**"Before leaving my work station I make sure to remove my Common Access Card from my computer. I ensure all sensitive material with any personal information is either shredded if not needed or secured under lock and key."**  
— Staff Sgt. Josh Tyquiengco  
36th Security Forces Squadron security police



**"My wife and I talk to our kids and make sure all information is shredded or secured at the house. At work, I brief my unit on a weekly basis and make sure they understand not to make themselves a target."**  
— Tech. Sgt. James Evans  
36th Civil Engineer Squadron safety security manager



**"I make sure all my personal data is locked up and secured at work. I keep my personal items close to me in my purse."**  
— Maria Enriquez  
Naval Facilities Engineering Command Marianas



**"I safeguard my information closely. Even my phone number, only my family has it. Everyone else can call my land line."**  
— Rowena Jimenez  
Morale, Welfare and Recreation



# Visit: Airmen told to seize opportunities

Continued from Page 1

going to take care of you and make sure you move up and have a successful career.”

McKinley added that Airmen in Pacific Command Air Forces (PACAF) have the chance to experience unique opportunities unavailable to many Americans. A former PACAF command chief master sergeant himself, McKinley recommended that Airmen take full advantage of the opportunities before them.

“You have so many chances to get out, try new things and build those great memories,” he said. “Take advantage of being here on a tropical island. You have tons of tourists paying lots of money to come here on vacation and you get to live here but remember that you still have to do your job and be the best Airman you can be.”

Still new to civilian life after a long career in the military, McKinley

spoke about his transition.

“I’ve been retired for about two years now,” he said. “I was very proud to be an Airman and I believe I’ll always be one at heart. I was lucky enough to get hired by a great company that allows me to go out and do things to take care of Airmen and our wounded warriors. I stay very involved with the Air Force and the Wounded Warrior Program and it’s all fun. It’s been a great transition.”

That transition has enabled him to get a closer look at how the public views the military.

“I’ve had the opportunity to be involved with the public sector while still being involved with the military,” McKinley said. “Regardless of what their view on the wars may be, public support is tremendous for our Soldiers, Sailors, Airmen, Marines and Coast Guardsmen.”

Before his departure, the chief shared some words of wisdom with Airmen seeking to learn from a

man who started at the bottom and rose to the top.

“The great thing about the military is that everything you need to be successful is right there in front of you,” he said. “If you want to be promoted, study for promotion and do what it takes. If you want to go to school, take advantage of tuition assistance and programs available to you. The door is wide open – it’s up to you to walk through it.”

Listen Up: Andersen Air Force Base (AFB) senior leaders listen as Rodney McKinley, right, 15th Chief Master Sgt. of the Air Force, speaks about Air Force issues and his experiences July 27. During his visit, McKinley interacted with senior noncommissioned officers, Airman Leadership School Class 11-F and several organizations throughout Andersen AFB. McKinley served in the highest enlisted Airman position from 2006 to 2009. (U.S. Air Force photo by Staff Sgt. Alexandre Montes)



# US Navy, Air Force team with Austr



Island Knights Take to the Skies: An MH-60S Seahawk helicopter assigned to the "Island Knights" of Helicopter Sea Combat Squadron 25 approaches the Military Sealift Command fleet replenishment oiler USNS Rappahannock (TAO 204) during a replenishment at sea as part of Exercise Talisman Sabre 2011 July 17. Talisman Sabre is a bilateral exercise designed to train Australian and U.S. forces in planning and conducting combined task force operations in order to improve combat readiness and interoperability between the two countries. (U.S. Navy photo by Mass Communication Specialist 2nd Class Adam K. Thomas)



Go Full Throttle: A member of the 96th Expeditionary... and begins the journey to participate in Exercise... is a bilateral exercise designed to train Australian... combined task force operations in order to i... between the two countries. (U.S. Air Force photo)



Run for Cover: Ship's Serviceman Seaman Tyquann Church, left, and Aviation Ordnanceman Airman Coy Shifflet run for safety as a helicopter lifts cargo from the flight deck of the aircraft carrier USS George Washington (CVN 73) July 17. George Washington is participating in Exercise Talisman Sabre 2011, a bilateral exercise designed to train Australian and U.S. forces in planning and conducting combined task force operations in order to improve combat readiness and interoperability between the two countries. (U.S. Navy photo by Mass Communication Specialist 3rd Class Jacob D. Moore)



Going Up: A Sailor assigned to the guided-r... climbs from a rigid hull inflatable boat to the de... and-seizure drill July 21. Curtis Wilbur participat... exercise designed to train Australian and U.S. fo... force operations in order to improve combat r... countries. (U.S. Navy photo by Mass Communi...

# Australian forces for Talisman Sabre 2011



Not Your Ordinary : Capt. Russ Kirklin, 96th Expeditionary Bomb Squadron (EBS) pilot, refuels from a KC-135 out of the 190th Air Refueling Wing in Topeka, Kansas, in preparation for a 13-hour training sortie as part of Exercise Talisman Sabre 2011 July 25. Talisman Sabre is a bilateral exercise designed to train Australian and U.S. forces in planning and conducting combined task force operations in order to improve combat readiness and interoperability between the two countries. The 96th EBS is currently wrapping up a deployment to Andersen Air Force Base in support of U.S. Pacific Command's continuous bomber presence. (U.S. Air Force photo by Senior Airman Carlin Leslie)

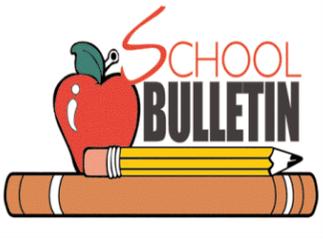
96th Expeditionary Bomb Squadron puts full throttles up for a 13-hour training sortie as part of Exercise Talisman Sabre 2011 July 25. Talisman Sabre is a bilateral exercise designed to train Australian and U.S. forces in planning and conducting combined task force operations in order to improve combat readiness and interoperability between the two countries. (Photo by Senior Airman Carlin Leslie)



The missile destroyer USS Curtis Wilbur (DDG 54) is docked at the pier of HMAS Darwin (FFG 04) during a search and rescue exercise in Exercise Talisman Sabre 2011, a bilateral exercise designed to train Australian and U.S. forces in planning and conducting combined task force operations in order to improve combat readiness and interoperability between the two countries. (Photo by Communication Specialist 3rd Class Andrew Ryan Smith)



Getting Ready for the Big Jump: Staff Sgt. Daisy Salas, second from right, briefs fellow members of the 36th Contingency Response Group from Andersen Air Force Base prior to a jump during Exercise Talisman Sabre 2011 July 25. Talisman Sabre is a bilateral exercise designed to train Australian and U.S. forces in planning and conducting combined task force operations in order to improve combat readiness and interoperability between the two countries. (Photo by Sara Csurilla)



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.

### 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  
 Sept. 5 No School - Labor Day  
 Sept. 6-12 Prekindergarten and kindergarten home visits  
 Sept. 13 First day of school for prekindergarten and kindergarten

### Andersen Middle School

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

### Guam High School

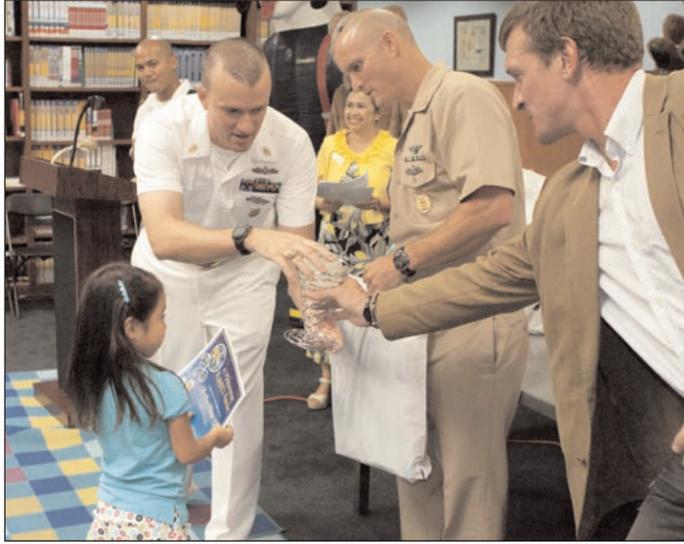
Aug. 19 New-student orientation for freshmen at the cafeteria from 9-11 a.m.  
 Aug. 22 New-student orientation for sophomores, juniors and seniors at the cafeteria from 9-11 a.m.  
 Aug. 23 Reporting date for nonadministrative educator personnel for orientation and classroom preparation  
 Aug. 29 First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

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. 8. 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  
 Sept. 5 No School - Labor Day  
 Sept. 6-12 Prekindergarten and kindergarten home visits  
 Sept. 13 First day of school for prekindergarten and kindergarten

# Library patrons rewarded



**Young Reader Rewarded:** A young U.S. Naval Base Guam (NBG) Library patron receives a Top Reader award from Joint Region Marianas Command Master Chief (CMD) (AW/SW) Paul Kingsbury, center, and NBG CMDM (SW/AW/SCW) John Lawry, left, during an awards ceremony at the NBG Library July 27. The awards ceremony recognized participants of the library's 2011 Summer Reading Program. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



**All Smiles:** A young U.S. Naval Base Guam (NBG) Library patron receives a Top Reader award from Joint Region Marianas Command Master Chief (CMD) (AW/SW) Paul Kingsbury, second from left, and NBG CMDM (SW/AW/SCW) John Lawry, left, during an awards ceremony at the NBG Library July 27. The awards ceremony recognized participants of the library's 2011 Summer Reading Program. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



**One For You:** A young U.S. Naval Base Guam (NBG) Library patron receives a Top Reader award from Joint Region Marianas Command Master Chief (CMD) (AW/SW) Paul Kingsbury, second from left, and NBG CMDM (SW/AW/SCW) John Lawry, left, during an awards ceremony at the NBG Library July 27. The awards ceremony recognized participants of the library's 2011 Summer Reading Program. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



**Some Happy Young Readers:** Young U.S. Naval Base Guam (NBG) Library patrons pose with their trophies after an awards ceremony at the NBG Library July 27. More than 100 children, spouses, active-duty service members and Department of Defense civilians were recognized for participating in the library's 2011 Summer Reading Program, which focused on promoting literacy. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



# Influenced dessert makes cool treat

By JoAnna Delfin  
Joint Region Edge Staff

There are many dishes on Guam that are adaptations of culinary ideas from around the world. Latiya (luh-TEE-dzuh), a local favorite, is a prime example.

Latiya is derived from a traditional Spanish dessert called natillas (nuh-TEE-yuhs). Like natillas, latiya is a layered dessert that is made up of a bed of yellow cake or pound cake topped with thick vanilla custard.

Jane Mendiola, local dessert enthusiast, said she enjoys making and eating latiya.

"This is probably my favorite dessert ever," she said. "My mother used to make this for us all the time and still does."

While the dessert seems simple enough to assemble, Mendiola said first-time latiya makers shouldn't be discouraged if the visual outcome is less than pleasing.

"I'll admit I wasn't the best at making latiya when I first started," she said. "It took me a few tries and, even till this day, I sometimes call my mom for advice and to tell me I'm doing it correctly. It takes a few tries to make a perfect latiya, but practicing is half the fun of making the dessert."

Mendiola added that the key to a "pretty" latiya is cutting cake pieces evenly and learning how to make the custard the perfect consistency and without clumps. Regardless of the aesthetic results, however, any latiya will please the taste buds.



Layers of Deliciousness: Latiya (luh-TEE-dzuh), a layered dessert made of cake and custard, sits ready for an anxious eater to enjoy July 29. (U.S. Navy photo by JoAnna Delfin)

## Latiya Recipe

One box of yellow cake mix  
One and two-thirds cups of water  
One can of evaporated milk  
One-third cup of water  
One-fourth cup of cornstarch

Two large eggs  
Six tablespoons of sugar  
Two teaspoons of vanilla  
One-fourth cup of butter  
Ground cinnamon  
Following instructions on the box, prepare and bake your yellow cake. Allow the cake to

cool while you prepare your custard.

Heat water in a large pot or saucepan. Add cornstarch and vanilla to the water. Be sure to stir constantly to avoid clumping.

Once the water begins to boil, stir in sugar and evaporated milk. Be sure to stir the mixture constantly.

When the mixture begins to thicken, reduce the heat and add butter to your custard.

In a separate bowl, beat eggs. Slowly add the eggs to the custard mixture. Be sure to stir the mixture constantly so the egg does not cook.

Custard should have the consistency of pudding. If the custard is too thick, you may add some water. If the custard is too thin, add extra cornstarch.

Once your custard has reached the desired consistency, remove from heat and allow it to cool.

While the custard is cooling, take your cooled cake and cut into slices widthwise. Try to keep the pieces as even as possible. Lay the slices on their sides in a cake pan or container that is at least two inches thick.

After the custard has cooled, slowly pour the mixture over your cake slices. Pour just enough so the custard completely covers the cake and is about one-half inch to one inch thick. You do not want the custard to completely overpower the cake.

Once assembled, sprinkle ground cinnamon lightly over the custard top. Allow the latiya to cool for about one hour or let it set overnight in the refrigerator before serving.

## Rec-N-Crew takes patrons to Asan treasures



Above: Patrons of Morale, Welfare and Recreation's Rec-N-Crew have a splashing good time at a swimming hole near Fonte Dam during a hike to the site in Asan July 28. Rec-N-Crew offers a monthly calendar of guided trips, tours and hikes, and even provides transportation to many points of interest on Guam. For more information, call 564-1826. (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Peter Lewis)

Left: Patrons of Morale, Welfare and Recreation's Rec-N-Crew enjoy a refreshing dip in San Carlos Falls during a hike to the site in Asan July 28. Rec-N-Crew offers a monthly calendar of guided trips, tours and hikes, and even provides transportation to many points of interest on Guam. For more information, call 564-1826. (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Peter Lewis)

## 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, AUG. 5

7 p.m.: Cars 2 • G

### SATURDAY, AUG. 6

2 p.m.: Cars 2 • G

7 p.m.: Bad Teacher • R

### SUNDAY, AUG. 7

7 p.m.: Bad Teacher • R

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, AUG. 5

2:30 p.m.: Anthony Reed Magic Show

7 p.m.: Transformers: Dark of the Moon • PG-13

9:30 p.m.: Bad Teacher • R

### SATURDAY, AUG. 6

1 p.m.: Cars 2 • G

3:30 p.m.: Green Lantern • PG-13

7 p.m.: Larry Crowne • PG-13

### SUNDAY, AUG. 7

1 p.m.: Monte Carlo • PG

3:30 p.m.: Transformers: Dark of the Moon • PG-13

7 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 [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

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

# Remember the other workout

By Capt. Timothy Overturf

Joint Region Marianas Region Chaplain

The next physical fitness assessment is approaching and we're facing constant bearing, decreasing range with a physical challenge to do our best. Maintain training!

While you do, remember the "other workout." This second workout produces the similar effects of a rapid heart rate and sweaty palms. Its benefits far surpass those of a good run.

This other workout is a spiritual one named "forgiveness." The forgiveness workout requires



adequate repetitions to be effective and life's gym is always open.

When we don't forgive we can become like those who offended us and attitudes of bitterness, anger or selfishness can grow deep. Though we may be blind to these attitudes, others read them easily.

During World War II, Corrie ten Boom and her family were placed in a Nazi prison camp. During a muster formation, a fellow prisoner fell out and was beaten by a guard. Ten Boom, observing the beating from her place in the formation, heard her sister whisper, "We must pray for her."

Feeling compassion for the suffering prisoner, ten Boom inwardly and immediately agreed with her sister to pray for their fellow prisoner. In a subsequent conversation with her sister, ten Boom discovered that she was referring to the guard and thinking they must

pray for the one delivering the beating.

After the war, ten Boom had an opportunity to extend forgiveness. She met one of the prison guards from that camp and forgave the former guard. In her book "The Hiding Place," ten Boom relates how liberating that moment was.

Forgiving others in the same manner that God forgives us protects us from harmful motivations and helps us to love others – especially those who've offended us. God wants us to trust him and cast away the offenses of others "as far as the east is from the west."

If the thought of forgiving raises your heart rate, then you're exercising. Keep on! In some cases a personal trainer, like a counselor, is helpful and a host of resources are available on base.

English entrepreneur William Penn described it this way, "Force may subdue but love gains, and the one who forgives first wins the laurel."

# Still Moments



Above: Cort Jamison, left, Joint Region Marianas (JRM) regional fire chief, receives a Commander, Naval Installations Command (CNIC) Letter of Recognition from Rear Adm. Paul Bushong, JRM commander, at the JRM headquarters in Asan Aug. 2. Jamison received the recognition for being the 2010 CNIC Fire Chief of the Year. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

Top Right: Culinary Specialist 1st Class Christy Gay, left, is recognized by Rear Adm. Paul Bushong, Joint Region Marianas (JRM) commander, at the JRM headquarters in Asan Aug. 2 for being named JRM Sailor of the Quarter. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



Right: Frank Balajadia, Joint Region Marianas (JRM) operations deputy director, left, is recognized by Rear Adm. Paul Bushong, JRM commander, at the JRM headquarters in Asan Aug. 2 for being named JRM Civilian Supervisor of the Quarter. (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).

### Fall Youth Soccer League

The Fall Youth Soccer League, open to youth ages 4-12, will run from Aug. 15-Nov. 15. Registration is currently open. Practices will be held from 5:30-6:30 p.m. on Tuesdays and Thursdays. Player cards cost \$25 and can be purchased at the Guam Football Association office in Harmon. There is also a registration fee of \$20, which includes a jersey. For more information and practice locations, call 637-4321.

### 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

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](http://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.

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. Zumba is a Latin fitness dance class that also incorporates aerobics movements. Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic workout system that will blow you away. 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.

### Monday Driving Range Special

Save money when you take advantage of the Palm Tree Golf Course's Driving Range Special every Monday from 4-8 p.m. During this time, you can hit as many balls as you want for just \$5. For more information, call 366-4653.

### Lap Swimming

The Andersen pool offers lap swimming outside the recreational swim hours. Lap swimming hours are held from 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.

## Soccer takes off on NBG



I've Got Moves You've Never Seen: Defenders from the U.S. Naval Base Guam (NBG) Security soccer team race to a Naval Mobile Construction Battalion 133 attacker during a Captain's Cup soccer game Aug. 2. The season will continue through September on the new all-weather artificial turf field at the Charles King Fitness Center on NBG. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



Agony of Defeat: Naval Mobile Construction Battalion 133's goal tender lays in defeat after allowing a goal from the U.S. Naval Base Guam (NBG) Security soccer team to get passed him during a Captain's Cup soccer game Aug. 2. The season will continue through September on the new all-weather artificial turf field at the Charles King Fitness Center on NBG. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



Here it Comes: Attackers from the U.S. Naval Base Guam (NBG) Security soccer team pressure defenders from Naval Mobile Construction Battalion 133 during a Captain's Cup soccer game Aug. 2. The season will continue through September on the new all-weather artificial turf field at the Charles King Fitness Center on NBG. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

