

# JOINT REGION EDGE

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## Guam Airman gets Bronze Star

By Airman 1st Class Whitney Tucker

36th Wing Public Affairs

A member of the 36th Civil Engineer Squadron (CES) was recently awarded the Bronze Star Medal for exceptional meritorious service while deployed to a provincial reconstruction team in the Kapisa Province, Afghanistan in support of Operation Enduring Freedom.

"Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime." This Chinese proverb became something of a mantra for Capt. Brandon Rocker, of 36th CES, during his deployment at Forward Operating Base Morales-Frazier from October 2010 to July 2011.

"The United States has spent nine years in Afghanistan building everything from roads to hospitals," Rocker said. "We could spend another nine years building roads, hospitals, schools, courthouses, bridges and government facilities but we would not have accomplished

our mission without also mentoring. This is our goal. We want to teach the government of Kapisa how to properly manage, plan and construct projects."

Over the course of his deployment, Rocker was responsible for a multimillion dollar construction program and the successful close out of 14 projects aimed at fostering socioeconomic improvement, and bolstering the capacity and credibility of the Government of the Islamic Republic of Afghanistan.

"The program consisted of constructing a 178-kilometer road, eight schools and two government facilities," Rocker said. "Now you're probably saying to yourself,

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Engineer and Teacher: U.S. Air Force Capt. Brandon Rocker and his team provide feedback regarding the construction of a perimeter wall to local construction workers in Kapisa, Afghanistan, May 12. (U.S. Air Force photo by Master Sgt. Jonathan Estrada)



## Frank Cable Sailors serve Subic communities



By Mass Communication Specialist 1st Class (AW)

David R. Krigbaum

USS Frank Cable (As 40) Public Affairs

SUBIC BAY, Philippines — Sailors assigned to the submarine tender USS Frank Cable (AS 40) completed a weeklong series of community service (COMSERV) projects in the Philippines July 30.

Open Wide: Lt. Robert Hanson, right, assigned to the submarine tender USS Frank Cable (AS 40), performs a medical examination on a Filipino woman during a community service project July 28. (U.S. Navy photo by Mass Communication Specialist 1st Class Melvin Nobeza)

Cable, in port for repairs, provided tended support to the Los Angeles-class-fast-attack submarine USS Santa Fe (SSN 763). Their duties kept them busy but many Sailors also dedicated their spare time to helping the local communities in the Subic Bay Freeport Zone, Olongapo City and Subic City.

Command Chaplain Lt. Cmdr. Ronald Rinaldi, who organized many of the COMSERVs, said that these types of projects are seen as an integral part of Navy's mission while in foreign countries, especially in this part of the world.

"COMSERVs exist mostly these days as a part of larger strategy to build partnership and interaction with the people of the nations whose ports we visit," Rinaldi said.

The projects included performing repair work in schools, handing out clothes to local children, organizing a beach cleanup and tree planting effort, and playing soccer with the children in the community.

Sailors also spent time at the International Children's Advocate Orphanage, home to 30 deaf and blind children, painting classrooms and spending time getting to know the children. Frank Cable's medical staff was on hand to conduct medical and dental exams. The children sang and danced to show appreciation and to celebrate all the hard work.

"It is not very often that we have this kind of opportunity," said Hospital Corpsman 1st Class (SW)

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# Prepare yourself for separation

By Command Master Chief (AW/SW)  
Paul Kingsbury

Joint Region Marianas Command Master Chief



Kingsbury

In August and September, two boards will be held to decide which 3,000 of 17,000 Sailors in identified ratings will be separated from the Navy. As I discuss these boards with Sailors on Guam, it's clear that you all understand the requirements and are aware of whether or not you are a candidate.

For those of us who are not affected by Perform to Serve or Enlisted Retention Board, the prospect of untimely retirement or separation is always out there.

Life does throw curve balls and, when one is thrown your way, you want to be prepared. Here are a few things you can and should do today to give yourself that needed edge when transitioning into civilian life.

## Write a Resume

For most of us, writing a resume is something that we reserve for our last few months in the military. With the career uncertainty that many Sailors face in today's Navy, perhaps it's important to learn the skill of writing a resume sooner rather than later.

Having an up-to-date resume is nothing new to the civilian workforce and those of us in uniform should not be afraid to have one. Before you start to write your resume, I recommend you take advantage of the great resources you have available to assist you

with the process. The Fleet and Family Service Center (FFSC) provides training on writing effective resumes and have experts that can sit down and work with you to perfect yours.

Until you've tried writing a resume, you don't realize how difficult it can be to master. Take some time now to learn to promote your biggest asset – you. Once you have your resume written, you have a great foundation that you can build upon when you transfer to a new command, get promoted or take on a new level of responsibility.

## Attend Transition Assistance Program (TAP)

Most of you should be familiar with the TAP. This weeklong course conducted by FFSC provides great information on the issues and challenges you will face during the process of retiring or separating from the service.

For those who are retiring, you can request to attend TAP as early as 24 months prior to your retirement date. For all other Sailors, you can request to attend TAP as early as 12 months prior to your separation date.

Topics include resume writing, landing a federal job, social networking and the job search. Spouses are also highly encouraged

to attend TAP.

Contact your command career counselor for specific requirements, dates and locations. If your schedule does not permit attending in person, you have Turbo TAP available to you online. You can register today for sessions at <http://www.turbotap.org/>.

## Attend other FFSC courses

FFSC offers additional courses and counseling that you can use to be successful in securing employment following your time in the military. Services include skills and personality evaluations and interview techniques.

These courses are great because they only require a few hours of your time. Keep an eye out for the FFSC schedule of events. Your command career counselor or command master chief should also be able to provide you with the information on these courses.

Pursue civilian certifications and join professional organizations

Being able to equate your military job skills to civilian certifications is something we all should be able to do.

You can be confident that most civilian companies realize the intangible skills being in the military develops – leadership, team building, effective communication and the ability to think under pressure. Often what doesn't come through is how your rating or Navy Enlistment Classification can be utilized by a potential employer.

Civilian credentialing allows you to get

civilian certifications for your military experience. The Navy Credentialing Opportunities Online Web site at [www.cool.navy.mil](http://www.cool.navy.mil) can help you do the following:

- Get background information about civilian licensure and certification.
- Identify licenses and certifications relevant to Navy ratings and occupations.
- Learn how to fill gaps between your Navy training or experience and civilian requirements.
- Learn about resources available to help you get civilian job credentials.

Another great tool you should be familiar with is the United States Military Apprenticeship Program. Specific information for this program can be found at <https://www.cnet.navy.mil>.

Once you are certified I recommend that you find and join professional organizations in your expected field of work. Many nonprofit organizations offer professional development opportunities in the form of educational sessions and certifications.

By participating in these sessions, you are increasing your marketability by staying on top of industry trends and technologies, and working toward a certification that will help you stand out in your field.

There are many resources available to you to assist with the experience of transitioning into civilian life. Life is unpredictable. Take the time now and learn about the resources available to you but, more importantly, use them.

# ERB conversion deadline approaches

By Mass Communication Specialist

1st Class (AW) LaTunya Howard

Navy Personnel Command Public Affairs

MILLINGTON, Tenn. — Navy officials reminded Sailors Aug. 2 the deadline to submit conversion applications prior to the first Enlisted Retention Board (ERB) is quickly approaching.

"We have received approximately 1,000 conversion applications so far," said Master Chief Navy Counselor David Duncan, who is responsible for the review of ERB conversion applications at Navy Personnel Command (NPC).

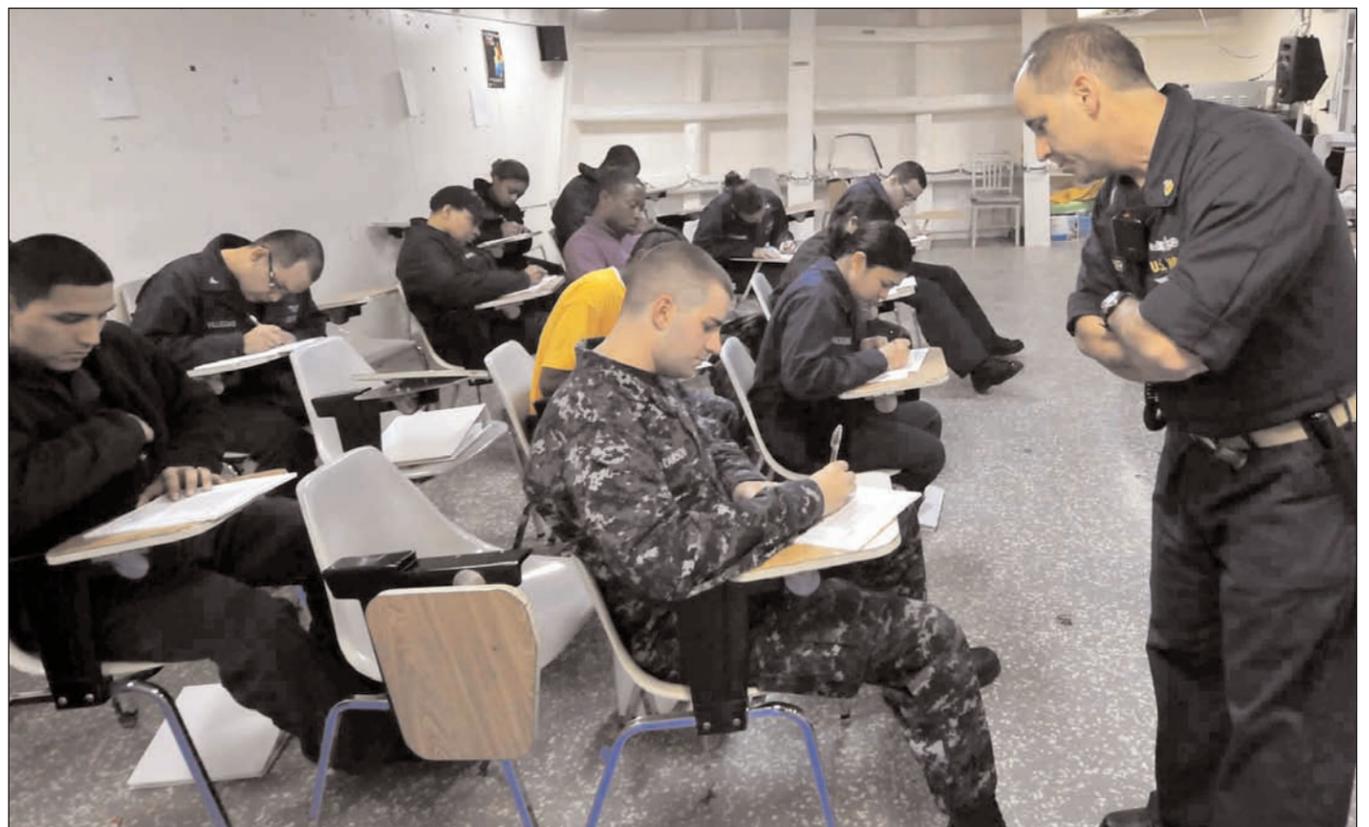
To increase options for ERB-eligible Sailors, conversion waivers were introduced in NAVADMIN 160/11. The Chief of Naval Personnel message clarifies the process for ERB-eligible Sailors to apply for conversion before going before the board. Applications for conversion are due Aug. 15.

The board will look at only the most overmanned ratings and will examine the performance of approximately 16,000 Sailors, according to NAVADMIN 129/11. Approximately 3,000 Sailors will not be retained on active duty but are encouraged to apply for selected Reserve if not accepted for conversion.

Conversion applications will be held until the board has completed its deliberations. Only those Sailors not selected for retention in rate by the ERB will be considered for conversion. Those Sailors subsequently selected for conversion will be retained in their new rating.

"Sailors should understand a conversion package is a second opportunity to stay Navy," Duncan said.

Sailors interested in conversion can submit an application for a maximum of three ratings. Ratings that will accept applications for conversions include culinary specialist (submarine), cryptologic technician (inter-pretive), cryptologic technician (maintenance),



The Answer is C: Sailors aboard the multipurpose amphibious assault ship USS Bataan (LHD 5) attend an Armed Services Vocational Aptitude Battery (ASVAB) preparation course April 18. The three-week course, taught by volunteer service members, is designed to improve ASVAB scores to maximize rating conversion options in the Perform to Serve program. (U.S. Navy photo by Mass Communication Specialist Seaman Tamekia Perdue)

cryptologic technician (networks), cryptologic technician (collection), cryptologic technician (technical), electronics technician navigation, electronics technician (radio), fire control technician, hospital corpsman, information systems technician, logistics specialist

(submarine), machinist's mate (weapons), navy counselor and yeoman (submarine).

Service members must satisfy eligibility requirements. Conversion waivers will be granted based on the needs of the Navy.

For more information on the ERB, you can

read NAVADMIN 129/11, 160/11 and 180/11; visit the NPC Web site or contact the NPC customer service center at [www.CSC.mailbox.navy.mil](http://www.CSC.mailbox.navy.mil) or 1-866-U-ASK-NPC.

For more news from Navy Personnel Command, visit [www.navy.mil/local/npc/](http://www.navy.mil/local/npc/).

# Yeoman rated high by fellow Bees

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

After two years in the world's finest Navy, Yeoman Seaman (SCW) William A. Stokes, of Naval Mobile Construction Battalion (NMCB) 133 Det. Guam, said that he is sure he chose the right career path.



"I'm getting paid to see the world, go to college, [workout], and serve my country all at once," he said. "It doesn't get much better than that."

As a U.S. Navy yeoman, Stokes has to tackle a variety of tasks including performing administrative and clerical work.

"I work with pay issues, records, awards, transfers and process any correspondence that NMCB 133 needs," he said. "I like that when the job goes right I can know that I've helped someone, even if it's something small."

The young seaman said that he loves the unique opportunities he's presented with as part of NMCB 133.

"I like that I'm getting to work with and learn about a community I wouldn't have really known much about otherwise," he said. "I've also gotten to go on some great deployments and have experiences I won't forget here in Guam and in Afghanistan."



Helping Hand: Yeoman Seaman (SCW) William A. Stokes, left, of Naval Mobile Construction Battalion (NMCB) 133 Det. Guam, helps a shipmate with administrative paperwork at the command compound aboard U.S. Naval Base Guam Aug. 9. As the only yeoman at NMCB 133 Det. Guam, Stokes tackles a variety of tasks including performing administrative and clerical work. (U.S. Navy photo by Information Systems Technician 1st Class (SCW/SW) Timothy Cope)

According to Maser-at-Arms 1st Class (SCW/SW) Eric Shackelford, Stokes' direct supervisor, Stokes is already performing at the level of a second class petty officer.

"Being the only yeoman for Det. Guam, Stokes is solely responsible for all administration and Navy correspondence," he said.

"He personally maintains and submits entries into the records of 140 personnel – a job typically reserved for only the most seasoned yeoman."

Shackelford also praised the junior yeoman for being "a total team player and technically astute."

"He is a highly motivated Sailor, always looking for new and innovative ways to motivate others around him," Shackelford said. "He, in many ways, has personally helped me out when others in the chain of command could not provide guidance."

Stokes' leading chief petty officer Master Chief Equipmentman (SCW) Michael E. Neumann added that the young Sailor is off to a great start in his Navy career.

"Stokes is in the customer service business and is, by far, one of the best I have worked with in 24 years," Neumann said. "His 'I care' attitude is outstanding to see from such a young Sailor. He has been setting an example for the junior troops to emulate."

After being awarded the Navy "E" Ribbon, Sea Service Deployment Ribbon, Afghanistan Campaign Metal, and NATO International Security Assistance Force Medal at his current command, Stokes said that he gets his motivation from the positive example of his father.

"My dad has always been my role model and taught me to always put my best foot forward no matter where life takes me," Stokes said. "The lessons I learned from him have had a great effect on the decisions I've made in the Navy and will continue to influence my decisions for years to come."

For those looking to emulate his superior performance, Stokes had a few words of advice.

"Do your job the best you can and that's it really," he said. "When you go to work, regardless of what you do, put your best effort into what you do day in and day out."

## Andersen's Best: Butler caters to 36th Wing



Mover and Shaker: Master Sgt. Jeremy P. Butler, 734th Air Mobility Squadron (AMS) production superintendent was awarded Andersen's Best Aug. 4. Butler was responsible for successfully blending the 734th AMS maintenance team and aircraft ground operations. He also contributed to airfield management efforts, directing and executing Exercise Valiant Shield and moving 1,600 passengers on 150 missions in and out of Andersen Air Force Base. Butler was the key lead during the B-52 bomber rotation and spearheaded a maintenance team for ground servicing of seven missions, moving 457 passengers and 107 tons of support equipment ensuring global strike readiness. He is also actively involved in community events supporting the U.S. Marine Corps' Toys for Tots program, the island of Guam, and Team Andersen's Operation Christmas Drop mission. 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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# GUNNG hosts 2011 Camp Freedom

By Airman 1st Class Audreya J.P. Taitano

Guam Air National Guard Public Affairs

More than 100 children of Guam National Guard members gathered for two weeks of fun-filled Camp Freedom festivities ending with a final ceremony at Hotel Nikko Guam July 29.

"The camp was designed for our Guard children who are experiencing or have experienced the hardship of having a deployed loved one gone during the summer," said Capt. Melvin Pilarca, counter drug coordinator for the Guam Army National Guard.

Completing its seventh summer on Guam, this year's theme focused on going green to incorporate fun and appreciation for the environment, natural resources and culture. Activities included island beautification, tours of utility plants and presentations by the cultural group Pa'a Taotao Tano'.

"With the overnight camping trip, the kids had a chance to appreciate the outdoors and to put the electronics away," Pilarca said.

Kazue Taijeron, a 7-year-old with Team Mata' pang, is the daughter of Guam Air Guard member Master Sgt. Lisa Taijeron, who is also serving as a staff volunteer.

"I learned that not everything is about winning," Taijeron said as she talked about the outdoor activities she played in such as relay racing, hula hoop and dodge ball. "I also liked spending time with my new friends and my mom."

Learning took shape in all forms for the different age groups.

Blaise Taitano, a 12-year-old with Team Gadao, has been attending Camp Freedom for three years and every year he says it brings something different.

"I loved the field trips, all the fun activities and the lessons we learned in the book 'Play by the Rules,'" Taitano said.

According to its Web site, "Play by the Rules" is a program that teaches law to youth to develop their sense of civic responsibility and provide them with the tools they need to prevent crime, save lives and build safer communities.



It's Easy Being Green: Zina San Nicolas of Pa'a Taotao Tano', a local non-profit cultural group, teaches campers of Team Mata' pang the art of weaving with coconut leaves during the Guam National Guard's Camp Freedom at Hotel Nikko Guam July 29. (Guam Air Guard photo by Airman 1st Class Audreya J.P. Taitano)

Like Taitano, many other children have spent multiple summers at Camp Freedom.

Samuel Cruz and Bobby Blas, both 9 years old and part of Team Hurao, said they like coming back to the camp to see their friends and learn new things.

This satisfaction has also extended to the staff volunteers who underwent a selective process in order to help with Camp Freedom coordination efforts.

"We were looking for good, hard workers and that is what all of the Camp Freedom staff are," Pilarca said.

Senior Airman John Patricio, personnel journeyman with the 254th Force Support Squadron, is serving his first year as a staff volunteer with Camp Freedom.

"This is the nature of the Guard; it's our culture and our civic duty," Patricio said. "By helping these kids, we are helping our

future Guard members."

Camp Freedom, a unique Guam National Guard program, is primarily funded by the Family Programs Office with a minimal \$50 fee required per child. Though priority is given to children of deployed Guard members, registration is also extended to children of Guard retirees and Department of Military Affairs civilian employees based on space availability.

## 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.

Commander, Joint Region Marianas  
Fire Protection Specialist, Closes Aug. 15

Naval Support Activity Andersen  
Supervisory Recreation Specialist (Youth Activities), Closes Aug. 15  
Worklife Specialist, Closes Aug. 15

### Air Force Office of Special Investigations Recruiting Effort

The Air Force Office of Special Investigations (AFOSI) is looking for enlisted Airmen for special-agent duty once they have first served in another career field. Those eligible are staff sergeants with less than 10 years time in service, technical sergeants with less than one year time in grade and less than 11 years time in service. Senior Airmen are accepted on a case-by-case basis. If you have a line number for staff sergeant, you will be considered as one. First-term Airmen are releasable from their current career field but must be within their retraining window. Career Airmen are releasable with the approval of their career field manager. Current active-duty officers may also retrain into AFOSI from most career fields. Applications can be accepted 10-13 months prior to date eligible for return from overseas (DEROS). Those interested in a career as an AFOSI special agent can contact AFOSI Det. 602 on Andersen Air Force Base at 366-2987 for a recruitment package. For more information, visit <http://www.osi.andrews.af.mil>.

Relocation of U.S. Naval Base Guam Bachelor Housing Service Desk  
Bachelor Housing Front Desk Services is now located at Building 18 located on U.S. Naval Base Guam. All contact numbers will remain the same. For more information, call 333-2284/5.

### Naval Criminal Investigative Service ID Theft Awareness Campaign

If you are deployed away from your usual duty station and do not expect to seek new credit while you are deployed, consider placing an "active-duty alert" on your credit report. An active-duty alert requires creditors to take steps to verify your identity before granting credit in your name. To place an active-duty alert or to have an existing alert removed, call the toll-free fraud number of one of the three nationwide consumer reporting companies. 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. As part of the campaign, NCIS Resident Agency Marianas, Guam will be conducting briefings to commands aboard U.S. Naval Base Guam regarding the prevention of ID theft and awareness of online security to help maintain the operational readiness of military members and their families. For more information or to schedule a briefing, call Master-at-Arms 3rd Class Guelmy Camacho at 339-7220 or 888-3091.

### 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.

# Andersen AFB protects green sea turtles

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

For centuries, the green sea turtle played an intricate historic role in the Chamorro culture and diet.

The consumption of turtle meat was reserved for times of ceremonial significance, shells were used to craft traditional jewelry and bones were made into tools. Today, after years of poaching and illegal harvesting, this symbolic animal is on the brink of extinction.

Well known in the Pacific for its humanitarian stewardship, Andersen Air Force Base (AFB) is leading the way in endangered species conservation. The Marine Patrol Conservation Volunteer Program is among the organizations on Andersen AFB identifying threats and taking action before those threats adversely impact wildlife.

“Predators for turtle eggs and hatchlings on the shore are rodents, monitor lizards, birds, wild pigs, deer, stray cats and dogs,” said Ray Stiers, 36th Wing Outdoor Recreation manager. “Litter on the shore can also be a threat as it gets worked into the nest by the female as she covers the nest.”

After the formation of the Marine Patrol in 2007, members partnered with the Guam Department of Agriculture Division of Aquatic and Wildlife Resources (DAWR) to combat these occurrences and ensure turtles and their hatchlings have the best possible chance for survival.

“We have several methods for guaranteeing the nesting environment is conducive to a successful hatching,” said Shawn Wusstig, DAWR Green Sea Turtle Recovery Program coordinator. “We conduct feral animal control, apply nest protection with 4-by-4-foot mesh wire grids, perform beach cleanups to remove debris and assist in collecting data to assess the success and mortality rates of the green sea turtle on Guam.”

In addition to traditional conservation methods, when studies proved the use of certain



Egg-cellent Location For a Nest: A female green sea turtle fills her nest with eggs under the cover of darkness at the Tarague Basin on Andersen Air Force Base Aug. 9. A pristine hatching environment, the Tarague Basin has a 97 percent hatching success rate and an emerge success rate of 93 percent, the highest of any location on Guam. (Photo courtesy of the U.S. Air Force)

lighting could deter nesting females, Team Andersen members made the decision to go the extra mile.

“It turns out the lights we were using discouraged mothers from laying their eggs in the Tarague Basin,” Stiers said. “We learned that light-emitting diode, or LED, lights have little to no effect on nesting females and hatchlings. Soon after, we began to swap

the lights out.”

In 2011 alone, the Tarague Basin has seen a 30 percent increase in verified turtle nests.

According to Wusstig, this is a very significant milestone and testament to the partnership and long-term conservation efforts between Andersen and DAWR.

“It takes a turtle between 25 and 30 years

to reach breeding age,” he said. “This year’s increase in hatchlings is proof that the efforts beginning more than a quarter century ago really made a difference. Andersen is one of the leaders in terms of showing true conservation and, this year, we are reaping the benefits of that dedication. The success is in the numbers; they are giving these animals a chance to recover.”

## Frank Cable trains for medical emergencies



Help! I’ve Fallen and I Can’t Get Up: Lt. Jeremy Hollaway, left back, and Lt. Robert Hanson, right, check Fire Control Technician 1st Class Adam Grempe for simulated injuries after a fall in the ship’s torpedo magazine during a medical emergency drill aboard USS Frank Cable (AS 40) July 18. Hollaway, Hanson and Grempe are all assigned to Frank Cable. (U.S. Navy photo by Mass Communication Specialist 3rd Class (SW) Corey Hensley)



Simulated Victim, Real Responses: Sailors assigned to the submarine tender USS Frank Cable (AS 40) strap a training dummy to a stretcher during a medical emergency drill aboard the ship July 18. 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 3rd Class (SW) Corey Hensley)

# Navy surgeon general issues Spice warning

By Shoshona Pilip-Florea  
U.S. Navy Bureau of Medicine and Surgery Public Affairs

The Navy surgeon general cautioned his commanding officers, medical providers and personnel on the negative health effects and legal consequences of using synthetic marijuana-like Spice and other designer drugs in a message sent to all of Navy Medicine Aug. 2.

The purpose of the message was to educate and inform Navy and Marine Corps personnel about these drugs and the very real dangers associated with their use.

"It is paramount all Navy Medicine personnel are aware of the adverse health effects of these drugs," said Vice Adm. Adam M. Robinson Jr., U.S. Navy surgeon general and Bureau of Medicine and Surgery chief. "Serious side effects have been reported after its use including tremors, panic attacks, delirium, impaired coordination, seizures, paranoid hallucinations and psychotic symptoms that can last for days – even months in some cases."

Spice looks similar to marijuana or oregano and is used for its psychoactive and hallucinogenic effects. The products contain organic leaves coated with unregulated chemical compounds. Spice and other designer drugs are falsely marketed by manufacturers as a safe way to get high while avoiding drug testing.

The synthetic chemicals in Spice-type products have a more potent effect on the brain than traditional marijuana and the



Serious Stuff: Vice Adm. Adam M. Robinson Jr., U.S. Navy surgeon general Bureau of Medicine and Surgery chief, speaks with Naval Construction Battalion Center, Gulfport Branch Medical Clinic's leadership as part of a Gulf Coast regional tour of various Navy medical facilities Oct. 19, 2010. (U.S. Navy photo by Mass Communication Specialist 1st Class Demetrius Kennon)

unregulated compounds are often mixed with unknown effects, according to Robinson. These products are not approved for human consumption and there is no oversight of the manufacturing process. Similar to other drugs on the street, experts warn that you never

know what mixture of chemicals could be present in the drugs and users are experimenting with the combination of multiple products, which can dramatically change or increase its effects on a case-by-case basis.

Robinson warns that rapid tolerance in

some users can lead to increased dosage and addiction and the use of synthetic marijuana has led to a surge in emergency room visits and calls to poison control centers, according to the Drug Enforcement Administration. This spring, Navy Medicine treated multiple patients at Naval Medical Center San Diego, Calif., for Spice usage – some resulting in months of inpatient treatment for persistent psychotic symptoms.

"Commanding officers must be fully engaged in synthetic drug abuse prevention and do everything in their power to increase awareness within their commands of the serious health consequences and legal ramifications of its use," Robinson wrote.

Spice and other designer drugs fall under the Navy and Marine Corps' Zero Tolerance policy and Robinson further emphasized that commanding officers do not need a positive urinalysis to begin administrative separation. Personnel found to be using, possessing, distributing or who observe an abuse and do not report the incident can be charged with violating the Navy's policies as well.

As the Navy surgeon general and Bureau of Medicine and Surgery chief, Robinson leads 63,000 Navy Medicine personnel that provide healthcare support to the U.S. Navy, Marine Corps, their families and veterans in high operational tempo environments at expeditionary medical facilities, medical treatment facilities, hospitals, clinics, hospital ships and research units around the world.

For more news from Navy Medicine, visit [www.navy.mil/local/mednews/](http://www.navy.mil/local/mednews/).

## 36th CS changes leadership



Passing the Guidon: Col. Alan Wieder, left, former 36th Mission Support Group commander, passes the 36th Communications Squadron (CS) guidon to Lt. Col. Freddie Rosas, newly-appointed 36th CS commander, during a change of command ceremony on Andersen Air Force Base July 7. (U.S. Air Force photo by Senior Airman Carlin Leslie)

## 36th MSG welcomes Thomas



Changing Hands: Brig. Gen. John Doucette, left, 36th Wing commander, passes the 36th Mission Support Group (MSG) guidon to Col. Dwayne Thomas, newly-appointed 36th MSG commander, during a change of command ceremony on Andersen Air Force Base July 12. (U.S. Air Force photo by Senior Airman Carlin Leslie)

# Department personnel keep kids healthy

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

The men and women of U.S. Naval Hospital (USNH) Guam stand ready to maintain and improve the health of all eligible patrons. For those patrons under the age of 18, members of the pediatrics department are willing and able to provide for all their medical needs.

According to Lt. Cmdr. James Demitrack, pediatrics department head, the mission of the department is to provide primary health care to beneficiary infants, children and adolescents from birth to age 18.

"We support the Navy mission by providing for the health care needs of the children of our Sailors," Demitrack said. "This includes maintaining the mental and physical health of children who have an active-duty parent deployed. These efforts contribute to the readiness of the active-duty members."

With a 13-member staff, consisting of eight active-duty and five civilian personnel, the department assists about 40 to 50 patients each day.

"We provide preventive medicine services such as well-child visits, developmental screenings and immunizations," Demitrack said. "We also provide care for acute medical problems and ongoing care for chronic problems such as asthma, [Attention Deficit Hyperactivity Disorder] and obesity."

In addition to providing healthcare services on island, members of USNH Guam's pediatrics department have also volunteered for deployments in support of the Global War on Terrorism.

"Recently, one of our pediatricians was deployed to Thailand," Demitrack said. "For three weeks, they provided humanitarian assistance in support of Operation Cobra Gold, an annual joint/combined exercise between the U.S. and Thai militaries."

Demitrack said that it is also important to personnel in the department to give back to the local community for the support that they show the military on Guam. For example,



Yes, That's Definitely an R: Hospital Corpsman 3rd Class Joshua Bautista, of U.S. Naval Hospital Guam's pediatrics department, administers a vision test to a young hospital patron at the command compound in Agana Heights July 15. The pediatrics department provides primary health care to beneficiary infants, children and adolescents from birth to age 18. (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Peter Lewis)

Sailors from the department have volunteered at a local soup kitchen and distributed food to needy local residents.

"It is important to the department to have a positive impact on the local community because pediatric health care providers are keenly aware of the importance of the social environment in which children grow up," Demitrack said.

According to Hospital Corpsman 3rd Class Joshua Bautista, who works in the pediatrics

department and is a Guam native, being stationed at USNH Guam has proven to be a challenging and rewarding tour of duty.

"My favorite thing about the pediatric clinic is the work environment, teamwork and dedication that the pediatric staff displays everyday," he said. "We really work as a team and that goes a long way toward giving our customers the best service possible."

For Sailors considering orders to USNH

Guam pediatrics department, Bautista said they could look forward to a challenging work environment that will teach them something new each day.

"If you love to work with kids and are a great people person, then pediatrics is the place for you," he said. "You'll definitely have an excellent experience and learn teamwork building skills that are essential in today's Navy. This is a great billet!"

## Frank Cable maintains mission readiness at sea



Anybody There?: Machinist Mate 2nd Class (SS/SW) Mario Sylvestre, assigned to the submarine tender USS Frank Cable (AS 40), operates the sound-powered telephone on the ship's bridge during a training evolution at sea July 19. 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 Seaman Apprentice Chris Salisbury)



It's Time to Pull Out the Big Guns: Gunner's Mate 3rd Class Alex Rosengren, assigned to the submarine tender USS Frank Cable (AS 40), fires a 25 mm gun during a training evolution at sea July 19. 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 1st Class Melvin Nobeza)

# Missoula Children's Theatre on NBG

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

Tour actors/directors from the Missoula Children's Theatre (MCT), based in Missoula, Mont., worked with children on U.S. Naval Base Guam (NBG) beginning Aug. 8.

MCT sends teams of two tour actors/directors who travel to schools all over the world. Katie B Jarvis and Christy Waymouth, both MCT tour actors/directors, guided NBG youth through rehearsals for presentations of "The Pied Piper."

"We bring in an entire musical with lights and sound and props and costumes, and we teach the whole musical to about 50-60 children in one week, and we put on the show at the end of the week," Waymouth said.

According to Waymouth, MCT creates its own versions of stories for the children to perform. This version of "The Pied Piper" features cooks, town kids, rats and a very mean mayor who loves to eat. The Pied Piper and one of the town's children help to fix a rat problem in the town and teach the mayor to be happy, laugh and smile.

"These kids are all really excited about being part of this play," Waymouth said. "We just love when we can see how eager they

are because it makes us really energized and it makes my job a lot easier."

Lisa Oviedo, 11, and Amanda Nelson, 12, said they had so much fun doing drama during the school year they decided to join the MCT play.

"It's different from drama," Oviedo said. "There's more dancing and singing. It is so much fun and so interesting and exciting."

During their time on NBG, MCT tour actors/directors also offered lessons after rehearsals to teach different techniques that would help the children with their performance.

"Acting helped me a lot when I was younger and I just want to be able to give that experience to children," Waymouth said.

The children will perform "The Pied Piper" at the Big Screen Theatre on NBG beginning at 6 p.m. Aug. 12 and 11 a.m. Aug. 13.

All An Act: Christy Waymouth, right, Missoula Children's Theatre (MCT) tour actor/director, leads young actors as they practice mocking the mayor during a rehearsal of "The Pied Piper" at the Big Screen Theatre on U.S. Naval Base Guam Aug. 9. Tour actors/directors from MCT, based in Missoula, Mont., worked with children to prepare for presentations of the play beginning Aug. 8. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Gabrielle Blake)



## Acclaimed magician wows the crowd at NBG



Above: Magician Anthony Reed, left, performs a magic wand trick with a young Morale, Welfare and Recreation patron on U.S. Naval Base Guam Aug. 5. Reed performed a magic show for kids at the Big Screen Theatre. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

Top Left: Magician Anthony Reed, right, performs a knot trick with a young Morale, Welfare and Recreation patron on U.S. Naval Base Guam Aug. 5. Reed performed a magic show for kids at the Big Screen Theatre. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

Left: Magician Anthony Reed, back, performs a trick with a young Morale, Welfare and Recreation patron on U.S. Naval Base Guam Aug. 5. Reed performed a magic show for kids at the Big Screen Theatre. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)





# Every drop counts: Fix those leaks

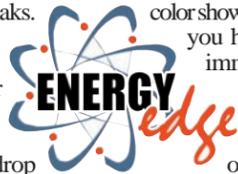
By David Motroni

U.S. Marine Corps Energy Program Manager

Did you know that an American home can waste, on average, more than 10,000 gallons of water every year due to running toilets, dripping faucets, and other household leaks? Nationwide, more than 1 trillion gallons of

water leak from U.S. homes each year. That's a good reason to periodically check for leaks. Here are some tips to help the effort:

- Check your water meter before and after a two-hour period when no water is being used. If the meter changes at all, you probably have a leak.
- Identify toilet leaks by placing a drop



of food coloring in the toilet tank. If any color shows up in the bowl after 15 minutes, you have a leak. (Be sure to flush immediately after the experiment to avoid staining the tank.)

- Examine faucet gaskets and pipe fittings for any water on the outside of the pipe.

• A dripping faucet can lose more than one gallon of water each day. In most cases the repair is easy.

- When using an outside hose, be sure that you have an automatic shut-off device on it.
- If you live in government housing, get these items repaired. It is easy and won't cost you anything.

## Obama nominates Carter as next deputy SECDEF

By Lisa Daniel

American Forces Press Service

WASHINGTON — President Barack Obama nominated the Pentagon's head of acquisitions, technology and logistics to become the next deputy secretary of defense Aug. 2.

Ashton B. Carter, whose nomination is subject to Senate confirmation, would replace William J. Lynn III, with whom Carter has worked closely and who recently announced his resignation.

Carter was appointed to his current undersecretary position in April 2009 and has been a leader in Pentagon efforts to run the department more efficiently and find cost savings. His was among several nominations for various positions that the White House announced Aug. 2.

"These dedicated individuals bring a wealth of experience and talent to their new roles and I am proud to have them serve in this administration," Obama said. "I look forward to working with them in the months and years to come."

The week prior to his nomination, Obama appointed Carter to the 11-member Government Accountability and Transparency Board, which he established in June to cut fraud, waste and abuse in the federal government.

In his two years as undersecretary, Carter has championed efforts that began under former Defense Secretary Robert M. Gates and continue under Defense Secretary Leon E. Panetta to find cost savings in the budget, especially in acquisitions, and to redirect money to support warfighters and speed up the fielding of equipment and other needs to deployed troops.

Carter is serving in his second appointment in the Pentagon. He was assistant secretary of defense for international security policy from 1993 to 1996. Before returning to the Pentagon in 2009, he chaired the International and Global Affairs faculty at Harvard University's Kennedy School of Government and was co-director with former Defense Secretary William J. Perry of the Preventive Defense Project.



Taking Care of Business: Former Secretary of Defense Robert M. Gates, left, joins Under Secretary of Defense for Acquisition, Technology and Logistics Ashton Carter for a Pentagon press briefing on the critical subject of acquisition reform in Washington, D.C., Sept. 14, 2010. (U.S. Department of Defense photo by R. D. Ward)

## Mullen stresses lessons of jointness

By Jim Garamone

American Forces Press Service

BAGHDAD — The men and women gathered in the apse of the Al-Faw Palace in Baghdad spoke volumes of what the U.S. military has become.

Soldiers, Sailors, Airmen, Marines and Defense Department civilians gathered to hear and to ask questions of America's highest-ranking military officer. Their service together in the headquarters for U.S. Forces Iraq signified how far the joint force has come.

One young Sailor asked Adm. Mike Mullen how to capture the lessons learned about operating jointly and the question clearly energized the chairman of the Joint Chiefs of Staff.

"Through the course of two wars we have built an incredibly joint force in ways that many of us could not have imagined," Mullen said. "I love each service to death — the ethos and culture that each service has. It's a critical part of who we are as a military."

The military has found that if the services work together, they can accomplish a lot more and can eliminate duplication, he said.

"We can see best practices and ideas from other services that sometimes make us scratch our head

and ask why we weren't doing that," Mullen added.

Those people who turned the situation around in Iraq and those who are turning the tables on the Taliban in Afghanistan have depended on members of other services to a degree never seen in American history, the chairman noted, acknowledging that getting to this point has not been easy.

Today, Mullen said, everyone praises the Goldwater-Nichols Act of 1986 for the way it brought jointness to the forefront but it was a tough sell at all levels of the military, he recalled, and only the vast prestige of Arizona Sen. Barry Goldwater put the law on the books.

"It really took us about 10 to 15 years [after the law took effect] that we moved in the joint direction," Mullen said. "It was really these conflicts that made us joint."

This needs to continue, the chairman added.

"We need to leverage not only what has happened here but recognize the importance and opportunity in places like cyber, like space, [and] in intelligence," he said. "As we get smaller as an institution, that mandates that we work more closely together. In returning to our services, you can't forget what you learned."

Mullen said that, when he was chief of naval operations, he moved Sailors onto the shore and into the combat zones in Iraq and Afghanistan. He did it because the Sailors could contribute to the effort ashore, he explained, and they also would learn how to operate jointly — and they would return to the fleet "and plant the seed that would change the Navy."

The American military has built capabilities that are extraordinary, Mullen said.

"Things we didn't know we needed when this began we now have — whether it is intelligence, surveillance and reconnaissance capabilities, or force protection, or intelligence and operations systems that feed each other so we can be much quicker to the fight," he said.

When the wars began, those in the military spoke about the speed of war, the chairman said, noting that the U.S. military was lagging behind a nimble and adroit terror group.

"That's no longer the case," he said. "Not only have we caught up with them, we've gotten ahead of them. We went from a classic conventional force to the best counterinsurgency force the world has ever seen and we did it on the fly, we did it in stride, we did it in the fight."

# Rocker: Airman embraced dual roles

Continued from Page 1

‘Sounds like an engineer, looks like an engineer – must be an engineer.’ You would be correct – one of my jobs was to do just that but my primary job was to teach.”

To accomplish this task, members of the Kapisa engineering office devoted time and resources to the

education of local construction contractors. Classes demonstrating the proper process for submitting a bid, managing projects and submitting weekly reports were made readily available to those wishing to learn.

“By mentoring contractors on better construction methods and explaining the reasoning behind our engineering standards, the local

community ends up with a quality product and the contractor learns better building practices that can be implemented throughout future construction initiatives,” Rocker said.

When reports that one of his own had been awarded the Bronze Star Medal reached Lt. Col. Michael Staples, 36th CES commander, he said he was proud but not surprised.

“It is apparent that he is an excellent Airman and dedicated engineer,” Staples said. “His actions downrange only serve as further proof of the significant contributions he has made.”

During his time in the desert, Rocker learned how to be an effective engineer but, more importantly, he learned how to be

an influential leader.

“While serving as an engineer in Kapisa I learned that managing a construction project is tough,” he said. “I also learned that teaching others to manage, execute and plan their own construction initiatives is an even greater challenge. However, seeing the fruit of that labor makes the effort worth it.”

# Subic: More than 1,000 service hours completed

Continued from Page 1

Lea Devera. “I am fortunate enough that I get to serve my fellow Filipinos while, at the same time, doing what I do as part of the Health Services Department.”

Devera said that she enjoys the sense of fulfillment she gets from helping the community. Like other Frank Cable Sailors from the Philippines, Devera said she just wanted to help make an impact in a unique way by acting as a translator as well as a caregiver.

At Ilwas Elementary School, Frank Cable’s medical staff again conducted medical and dental examinations. The medical staff taught the children about proper nutritional health and exercise, which is the current topic for National Nutrition Month in the Philippines.

Hospital Corpsman 1st Class

(SW/FMF) Rufino Vegamora, also a Filipino, spoke to the children at the elementary school and led them in group physical training.

“It was a perfect opportunity to focus on its importance, which is basically an everyday norm and culture in the Navy,” Vegamora said. “Physical fitness in the Philippines has suddenly become popular in the past three years and I’m hoping I can contribute to preventing it from just becoming a trend.”

During their stay, 182 Sailors performed more than 1,000 hours of community service while the medical and dental teams treated hundreds of patients. Rinaldi said he was proud of the Sailors and what they accomplished with their service.

“It was an overwhelming and special feeling to be among this elite group of Sailors,” Rinaldi said. “Never once did I have a thing to

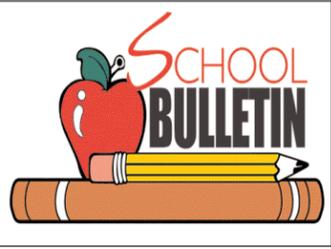
worry about. They understood what needed to be done and they did it, far exceeding expectations.”

Frank Cable performs maintenance and support of submarines and surface vessels deployed in the U.S. 7th Fleet area of responsibility.

For more news from Frank Cable visit [www.navy.mil/local/as40/](http://www.navy.mil/local/as40/). For more news from Commander, Submarine Group 7, visit [www.navy.mil/local/csg7/](http://www.navy.mil/local/csg7/).

You Put Both Hands In: Sailors assigned to the submarine tender USS Frank Cable (AS 40) teach Ilwas Elementary School children to perform different exercises during a community service project in the Philippines July 28. (U.S. Navy photo by Mass Communication Specialist 1st Class (AW) David R. Krigbaum)





School Bulletin aims to promote educational activities in the Navy and Air Force communities. If you know of an education-related event that you would like to include, send it to jointregionedge@fe.navy.mil or call 349-2113.

### Department of Defense Education Activity (DoDEA)

Though operational costs of providing meals have increased significantly, our food service vendor has agreed not to raise prices for the upcoming school year. Lunch prices are as follows: Kindergarten through fifth-grades: \$2.50  
Sixth- through 12th grades: \$2.75  
Faculty and visiting parents: \$4.50

To find out if your child qualifies for free or reduced lunch prices, contact your child's school for a reduced-lunch application with complete guidelines for eligibility.

### Andersen Elementary School

Aug. 26 Class lists posted after 4 p.m.  
Aug. 29 First day of school for first- through fifth-grade, early release at 10:45 a.m.  
Aug. 29-Sept. 6 Prekindergarten and kindergarten home visits  
Sept. 1 First day of school for Preschool Services for Children with Disabilities (PCSD) students  
Sept. 5 No School - Labor Day  
Sept. 7 First day of school for kindergarten  
Sept. 13 First day of school for prekindergarten

### Andersen Middle School

Aug. 29 First day of school, early release at 10:45 a.m.  
Sept. 5 No School - Labor Day

### Guam High School

Aug. 29 First day of school, early release at 10:45 a.m.  
Sept. 5 No School - Labor Day

### McCool Elementary/Middle School

Aug. 29 First day of school for first- through eighth- grade, early release at 11:15 a.m.  
Aug. 29-Sept. 6 Prekindergarten and kindergarten home visits  
Sept. 5 No School - Labor Day  
Sept. 1 First day of school for Preschool Services for Children with Disabilities (PCSD) students  
Sept. 5 No School - Labor Day  
Sept. 7 First day of school for kindergarten  
Sept. 13 First day of school for prekindergarten

# Students get ready for school

By JoAnna Delfin  
Joint Region Edge Staff

Department of Defense Education Activity (DoDEA) Guam officials recommend parents take some time to transition their children from the carefree attitudes of summer to the scholarly habits of school days.

The new school year begins Aug. 29. "Like every other major event, it's important that they, as a family, make contingency plans," said DoDEA Pacific-Guam District Superintendent Dr. Steven Bloom. "Let the children know how many weeks there are until school starts and have the children go with them to pick out some school supplies and their uniform."

Bloom added that parents should relay positive messages about going back to school.

"Talk to them about the importance of responsibility and just how important and fun school can be," he said.

Maria Rubio, DoDEA Pacific-Guam instructional systems specialist for continuous school improvement, assessment and program evaluation, said taking time to engage in school-related behaviors can also help children acclimate themselves.

"Getting enough sleep and getting them to eat a well-balanced diet are very important for kids," she said. "Also, preparing some areas [in the home] for them to do their homework and getting back into the swing of things like reading."

Irene Shaffer, Navy spouse, said getting her children back to their old bedtimes has been challenging but she is constantly reinforcing earlier bedtimes.

"It's not easy because we're all used to the vacation, but every day we go back to the schedule of being in school again," she said. "No more late nights."

Navy Counselor 1st Class (AW) Candice Abel, of Commander, Submarine Squadron 15, has also been following Rubio's advice with her son.

"We've been having him read books all summer long," she said. "Every time we go out on the



Pencils and Backpacks and Glue. Oh My!: Air Force spouses Lynnsey Kimball, front, and Nellie Boyer shop for school supplies with their children at the Navy Exchange main store on U.S. Naval Base Guam Aug. 2. (U.S. Navy photo by JoAnna Delfin)

road, instead of listening to the radio, I have him read the whole time."

Abel added that she is taking steps to get her son, an incoming freshman, used to his new school.

"We'll be attending the Guam High School (GHS) orientation just to get him a tour of the school and be familiar with his environment," she said. "It's his first year at GHS and he'll be joining the Junior ROTC program."

Bloom said another way for parents and students to prepare is to volunteer at their school in the last

few weeks before summer ends.

"I want to extend an invitation to all our stakeholders to become actively engaged in our schools," he said. "I want the parents to feel free and comfortable to see the school, get to know the principal, to dialogue with teachers, and to just become a part of the learning community."

Bloom, Rubio and Askey all agreed that, no matter the specific method, getting students ready to hit the books after the three-month hiatus is important to ensure success for the entire school year.

## Department of Defense Education Activity Guam School Orientations

### Andersen Elementary School

Orientation for new parents will be held Aug. 18. First session will run from 9-9:45 a.m. and second session will be held from 1-1:45 p.m.

### Cmdr. William C. McCool Elementary/Middle School

Orientation for new parents in first- through fifth-grades will be held from 9-9:45 a.m. Aug. 18 and 1-1:45 p.m. Aug. 19. Orientation for new parents in sixth- through eighth-grades will be held from 10-10:45 a.m. Aug. 18 and 2-2:45 p.m. Aug. 19.

Kindergarten orientation will begin at 1 p.m. in the school cafeteria Aug. 26. Prekindergarten orientation will be held beginning at 1:30 p.m. in the child's respective classroom Aug. 26.

### Andersen Middle School

Orientation will be held Aug. 22 beginning at 9 a.m. for sixth-grade and 1 p.m. for the seventh- and eighth-grades.

### Guam High School

Orientation for new students in the 9th-grade will be held at the school cafeteria from 9-11 a.m. Aug. 19. Orientation for new 10th- through 12th-grade students will be held at the school cafeteria from 9-11 a.m. Aug. 22.

While orientations are divided by grade level, students who are unable to make their respective orientation are invited to attend the other session.

# Andersen AFB Library holds festival

By Shaina Santos  
Andersen Air Force Base Library

The Andersen Air Force Base (AFB) Library celebrated the end of its summer reading program with a medieval-themed festival, in connection with the program's theme "A Midsummer Knight's Read," July 25.

At the festival, participants in the reading program received awards for their valiant endeavors in reading and eagerly lined up for popcorn, games, face painting and balloon animals.

The library staff festively decorated the scene

in hopes of transporting the attendees to a different era with colorful tents and photo cutout boards. Staff also dressed up in period garb to complete the transformation.

A total of 80 attendees partook in the event. At the end of the festival, children walked away with several prizes such as shield-shaped bags, stuffed bookworms, shield Frisbees and cotton candy.

Linnsey Kimball, an Air Force spouse, was one of many parents who enrolled her children in the summer reading program.

"I think [the library staff] go often times above

and beyond," she said.

Kimball said she especially appreciated the activities and that the summer reading program encouraged children to read. Kimball also said the children enjoyed going online and charting their reading progress. Kimball added that she hopes to have her two sons participate in the program next summer.

The annual summer reading program started June 20. Children ages five through 12 were eligible to participate. Activities were scheduled every other Monday during the six-week program.

# How do you prepare your children for the first day of school?

*Joint Region Edge asked its readers how they prepare their children for the first day of school.*



**“You always have to get new school supplies and clothes. Kids always want a new lunchbox or backpack every year.”**  
— Boatswain’s Mate 1st Class (EXW/SW) John Karus  
Maritime Expeditionary Security Squadron 7



**“We have four boys and they study workbooks covering all curriculums during the summer that help prepare them for the next grade.”**  
— Yolanda Thomas  
Air Force spouse



**“I make sure they have all the school supplies and clothes they need to last them through the school year.”**  
— Stan Walton  
36th Force Support Squadron youth sports director



**“We buy their school supplies and new backpacks. During the summer months we keep their vocabulary expanding by having them read newspapers or through computer programs that go over all the curriculums to help give them an edge in the next grade.”**  
— Julian North  
Army spouse



**“Preparing for the first day is a team effort. We need to get the kids into the routine of getting up and getting ready each day. We really try to keep them focused.”**  
— Robert Walter  
Morale, Welfare and Recreation



**“I like shopping with my kids for their new school supplies and uniforms. We also need to make sure they have all their physical exams done and are healthy and ready to be back in class.”**  
— Candilyn Terlaje  
Navy Housing Office

# Techa: Chamorro prayer leader

By JoAnna Delfin  
Joint Region Edge Staff

One of the many customs in the Chamorro culture that has been shared through generations is prayer. Many local residents were raised to memorize and recite prayers led by family members.

The prayer leader is locally referred to as a techa (TEHT-sah). Traditionally, the techa directs and recites prayers and hymns for religious events in the Catholic Church or at family homes and gatherings.

Commonly, techas are called upon to assist in rosaries and novenas for families or large congregations. Rosaries and novenas are Catholic devotions repeated over a nine-day period. The rosary is usually said after the passing of a loved one, while a novena is a request for special blessings from a saint.

Though the Chamorro language has been strongly influenced by different cultures, the word techa is native to the island.

"The word 'techa' is derived from the Chamorro word 'tucha' (toot-SAH), which means to lead," said Father Eric Forbes, of the Capuchin Friary of Guam.

Forbes added that the word techa applies to both male and female prayer leaders.

When observing the techa during a rosary or novena, one of the first things people notice is the tone and pace of their voice.

Forbes said that though their prayers may sometimes seem rushed, the rhythm and sound of the techa brings a feeling of comfort to the crowd.

"I remember being in the emergency room after someone had just passed away," he said. "The family was crying and no one knew what to do, so I started saying the rosary in Chamorro and everyone suddenly became quiet. The sound of the prayers, the rhythm and the pattern has an emotional and psychological effect on people."

To be recognized as a techa, a person must be able to remember and recite their prayers, and must be able to keep a rhythm with the people they are praying with.

According to Forbes, there is no formal



Moving Down the Decades: Jesus Cepeda, a local techa (TEHT-sah), or prayer leader, says the rosary at the Our Lady of Peace and Safe Journey Church in Chalan Pago Aug. 3. (U.S. Navy photo by JoAnna Delfin)

training involved when becoming a techa. The experience is gained through a person's upbringing and the morals and values they are taught.

"The role of a techa is something spontaneous and informal that arises from the community," he said. "If people realize you have a good voice and you can lead at a good rhythm, and they like you, they can ask you to read."

Jesus Cepeda, a techa from Chalan Pago, agreed with Forbes and shared how he became a Chamorro prayer leader.

"I was never trained to be techa," he said. "When my mother passed away, my sisters asked me if I can do the rosary, and I said, 'yes.'"

By tradition, techas say rosaries or novenas in Chamorro; however, because of influences from other cultures, it is not uncommon to see a techa reciting prayers in other languages.

Though he is asked to say the rosary or novena, Cepeda said he does not ask for monetary compensation as there should be no need to be paid for his prayers.

"To me getting paid to say the rosary is not

helping the people I'm praying for," he said. "I would rather they give me a cup of coffee."

As Cepeda continues to carry the tradition through his children and grandchildren, he hopes more people will see the meaning in being a techa and will take the opportunity to become a prayer leader.

"I'm glad to see some younger people take an interest," he said. "It's nice to see parents and grandparents teaching their kids prayers and the rosary. This is an important tradition we need to preserve because it's a part of our culture, our way of life."

## 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. 12

7 p.m.: Larry Crowne • PG-13

### SATURDAY, AUG. 13

2 p.m.: Larry Crowne • PG-13  
7 p.m.: Monte Carlo • PG

### SUNDAY, AUG. 14

7 p.m.: Monte Carlo • PG

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. 12

6 p.m.: Missoula Children's Theatre: The Pied Piper  
9:30 p.m.: Zookeeper • PG

### SATURDAY, AUG. 13

11 a.m.: Missoula Children's Theatre: The Pied Piper  
1 p.m.: Monte Carlo • PG  
3:30 p.m.: Transformers: Dark of the Moon • PG-13  
7 p.m.: Horrible Bosses • R

### SUNDAY, AUG. 14

1 p.m.: Cars 2 • G  
3:30 p.m.: Larry Crowne • PG-13  
7 p.m.: Bad Teacher • R

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

# The illusion of pleasure

By Lt. Sherri L. Garrett

U.S. Naval Hospital Guam Chaplain

According to Ecclesiastes 2:1-11, King Solomon, who was known as a wise and wealthy man during his era, decided to experiment with pleasure. He walked away from his God and all righteousness and sought after anything his eyes and heart desired.

"Let's go for it," the king said to himself. "Experiment with pleasure and have a good time!"

He drank as much wine as his belly could hold. He built houses, planted vineyards, designed gardens and parks, bought male and female slaves, acquired large herds and flocks, piled up silver and gold, gathered a choir to entertain him and had 700 and 300 concubines.

After he settled down and took time to reflect on all his hard work and all the material things

he possessed, he found all of it to be vanity and of no lasting use. It was just an illusion of pleasure and his rewards were absurd and futile.

Just like Solomon, some people will walk away from their values and spiritual beliefs to have a moment of pleasure only to find that what they thought they wanted was not worth the pain and disappointment it caused afterwards.

Women will leave their husbands for a rich, cute man only to find out that the new man is an abuser and a player. A service member will overeat and drink too much beer daily only to find out he is 45 pounds over the military weight standards. Students party all night only to fail an important exam the next morning. People don't wear helmets while joyriding on their motorcycles only to hit the pavement and burst their skulls wide open. Teenagers and adults alike have "friends with benefits" only to receive notification of a sexually transmitted disease.

We can truly get tricked into pleasing ourselves instead of pleasing God and suffer devastating consequences.

The illusion of pleasure has caused many

people to believe they will not reap what they sow or suffer any consequences for the things they do today. They think they can play with fire and not get burned. Laws and spiritual guidelines dictate it is wrong to participate in certain behavior, which is considered by others to be fun, safe and innocent. Some feel it's OK to commit adultery, have an abortion, be a racist, lie, steal, cheat, and participate in dangerous, deadly and destructive actions.

The illusion of pleasure can cause a person to become very foolish and delay the ability to make the connection between their pleasures and the consequences in their lives and with their family members, friends, co-workers and health.

There is nothing wrong with enjoying your life or having nice things but we should take the time to evaluate the pleasures in which we indulge. Rules, regulations, bylaws and Scriptures have been written to instruct us on what to stay away from so that we will not get hit later by an unexpected boomerang.

Psalms 37:3a says, "Trust in the Lord and do good." I challenge you not to be destroyed by the illusion of pleasure.







# Volleyball teams on fire



Reach For the Sky: Senior Chief Yeoman (EXW/SW/AW) Bobby Dean, center, of the Joint Region Marianas (JRM) team, gets some air during a Captain's Cup volleyball game at the Charles King Fitness Center on U.S. Naval Base Guam Aug. 9. Team NAVFAC defeated the JRM team in two sets to extend their undefeated streak. (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Peter Lewis)

## 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).

### Yoga

Yoga is cancelled between the dates of Aug. 3-13 and from Aug. 27-Sept. 5.

### 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.

### 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.

### Lap Swimming

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

