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Exercise tests Guam's preparedness

By JoAnna Delfin
Joint Region Edge Staff



Simulation: Firefighter Rudy Umadhay of U.S. Naval Base Guam's Fire and Emergency Services helps Aviation Electronics Technician 2nd class Noah Thomas from a "collapsing" building during a mass casualty drill at Navy Munitions Command. The mass casualty drill was part of a larger islandwide earthquake drill known as the Marianas Rumble. (U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Chris Salisbury/Released)

Military and various Government of Guam (GovGuam) agencies participated in the Marianas Rumble earthquake drill Sept. 21-22.

The two-day training, hosted by Joint Region Marianas (JRM), tested the response capabilities of various local and federal entities including U.S. Naval Base Guam (NBG); Andersen Air Force Base (AFB); Commander, Submarine Squadron (CSS) 15; U.S. Naval Hospital (USNH) Guam; Commonwealth of the Northern Mariana Islands (CNMI); Navy Computer Telecommunications Station (NCTS); Guam High School (GHS); and Cmdr. McCool Elementary/Middle School (MEMS); Government of Guam; and Commonwealth of the Northern Mariana Islands..

"Exercise Marianas Rumble is part of an annual plan to exercise our response and recovery plans from a major natural disaster," said JRM Training and Readiness Program

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Drill: Firefighters from Naval Base Guam's Fire and Emergency Services prepare the hose for a fire drill. The fire drill was part of a larger islandwide earthquake drill known as the Marianas Rumble. (U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Chris Salisbury/Released)

Training gear issued at Andersen AFB



ORE: Master Sgt. John Overturf, 734th Air Mobility Squadron, receives a helmet from Fred Santos, DZSP21 warehouse specialist on Andersen Air Force Base (AFB), Sept. 28. All Airmen of the 36th Wing are being issued training chemical gear for an Operational Readiness Exercise (ORE) next week. This exercise will test base-wide readiness to survive and operate in different war-time scenarios. (U.S. Air Force photo/ Senior Airman Carlin Leslie/Released)

20th EBS demonstrates long-range strike capability

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

Having retired from its role as the Sleepy Hollow of the Pacific, the 36th Wing has played host to U.S. Pacific Command's (PACOM) continuous bomber presence (CBP) since 2004, when Pacific Air Forces officials began to routinely host B-1 Lancers, B-2 Spirits and B-52 Stratofortresses.

As one of the four installations that are bomber forward operating

locations in the Air Force and a vital member of the Pacific's strategic triangle, Andersen Air Force Base (AFB) is an invaluable asset for both real-world and training scenarios.

Currently deployed in support of the CBP on Guam, members of the 20th Expeditionary Bomb Squadron (EBS) out of Barksdale Air Force Base, La., recently completed their first higher-headquarters directed tasking, or "LIGHTNING" mission, of their current tour.

"The mission to Alaska was dropped from PACOM for us to accomplish," said 1st Lt. Dusty Price,

20 EBS pilot. "It was a 24.3-hour sortie with eight crew members."

Although there are various types of LIGHTNING missions, they are all dependent on the specific geographical focus area. These missions enable the squadron to complete routine training and provide unique opportunities to strengthen alliances and hone vital war-fighting skills.

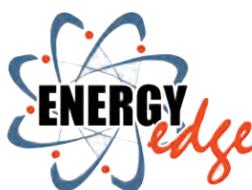
"We flew over 3,500 miles continuously and were able to bomb our target within 10 seconds of our

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Rock Band
Navy Pacific
Fleet Rock Band
visits Guam

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Energy
Awareness
Take the challenge on conserving energy

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Joint Region Marianas



PACFLT band entertains Guam

By JoAnna Delfin
Joint Region Edge Staff

The military and local communities on Guam were treated to the musical style of the U.S. Navy Pacific Fleet (PACFLT) Rock Band Sept. 21-26.

Promoting music education and appreciation, the band visited George Washington High School (GWHS) in Mangilao to meet and perform for students Sept. 21.

PACFLT Band Senior Chief Musician Tom Lawrence said visiting the school gave band members the chance to interact with students and share their love of music.

"We had the opportunity to come out to Guam just to bring the message of music," he said. "[We're able to] come out and work with the kids and just have an opportunity to take the band out on tour and spread the message of Navy music and goodwill to the island of Guam."

Despite the rain, students were able to sing and dance with the band as they performed songs from a few of today's popular music artists.

"Right off the bat you can see their enthusiasm," Lawrence said. "We all started off just like they did when we were much younger and we are impressed with kids."

GWHS Music Director Max Ronquillo was thrilled that students had the opportunity to meet band members and learn more about who they are and what they do.

"I think it's really awesome that they're here long enough that they can do this," he said. "It's really inspiring for kids to be around these musicians. They're really grabbing a lot of good ideas and inspiration to continue to play music."



Music Education: Musician 3rd Class Trevor Shifflett, of the U.S. Navy Pacific Fleet Rock Band from Pearl Harbor, interacts with George Washington High School students at the Mangilao campus, Sept. 21. The band entertained island residents during their six-day tour and promoted music education and appreciation at the school. (U.S. Navy photo by JoAnna Delfin/Released)

Later that evening, local residents and tourists were treated to a special band performance at the Chamorro Village Night Market where visitors danced to songs from the '70s, '80s, and today.

Local resident Ray Hackett danced to the band's upbeat music and was excited to see the military interacting with the community.

"The band's really good and everybody's enjoying it," he said. "There's such a community feeling. I've never heard a military band before but it certainly is enjoyable."

Musician 2nd Class Anton Du Preez, said despite the inclement weather, he was glad to see the public enjoying themselves as he performed with his band mates.

"We actually played this [venue] a year-and-a-half ago in May and the crowd was a whole lot more

lively this time," he said. "It was raining outside still, but nice inside and it was great having everyone get up and dance. We had a little something for everyone."

Du Preez added the ability to share his love of music with the public allows them to see a different side of the military.

"I think it brings kind of the softer side," he said. "People think of the military - especially the Navy - as big ships, airplanes, missiles, bombs, all that kind of stuff; but we [also] share music. Hopefully it gives the impression that we're still regular people and we like to have fun."

Based at Joint Base Pearl Harbor, Hawaii, the PACFLT Band is made up of 45 Navy musicians who support nearly 600 engagements per year throughout the Pacific Fleet area of responsibility.



Live on Campus: From left, Musicians 3rd Class Greg LeGette and Jason Gay, and Musician 2nd Class Anton du Preez of the U.S. Navy Pacific Fleet Rock Band perform for George Washington High School students at the Mangilao campus, Sept. 21. The band entertained island residents during their six-day tour. (U.S. Navy photo by JoAnna Delfin/Released)



Night Market: The U.S. Navy Pacific Fleet Rock Band from Pearl Harbor performed for the crowd during the Chamorro Village Night Market in Hagatna, Sept. 21. The band entertained island residents during their six-day tour. (U.S. Navy photo by JoAnna Delfin/Released)

What is your favorite type of music?



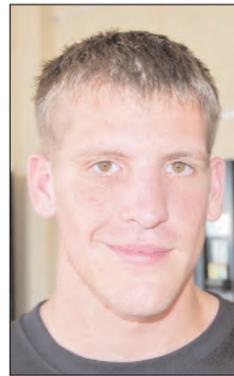
"I love rock music. My favorite band right now is **Breaking Benjamin**."

*Rebecca Brodhagen
Navy spouse*



"I like country music. The lyrics are usually deep and meaningful."

*Gunner's Mate 2nd Class (EXW) Brian Balch
Maritime Expeditionary Security Squadron 7*



"I like all kinds of music. I'll listen to pretty much anything."

*Explosive Ordnance Disposal Technician 3rd Class (EOD) Cody Wilcoxson
Explosive Ordnance Disposal Mobil Unit 5*



"Opera because it's so calming and relaxing."

*Jim Harvey
Retired Army civilian*



"R&B because it's so soulful. It's just been something I best relate to for the past 20 years or more."

*Amy Harris
Air Force dependant*



"Metal rock; it's just something I can vibe with."

*Tech Sgt. Julian Hoffman
36th Logistics Readiness Squadron deployment manager*

Corpsman maintains healthy example

By Mass Communication Specialist 1st Class (SW) Peter Lewis

Joint Region Edge Staff

Hospital Corpsman 2nd Class (FMF/DV) Nathan J. Tuoch said he joined the Navy 12 years ago in order to pay for college, but has gotten so much more from his enlistment than just an education.



Tuoch

“The Navy is an organization where someone can have opportunities to grow personally and professionally. It offers many unique assignments as well as many unique experiences throughout the world,” he said. “It’s a great place where someone can discover what they want to do in life because of its diverse job listings.”

Tuoch said he has especially enjoyed his career since he has been able to help shipmates heal, improve and maintain their health.

“I’ve always been fascinated by medicine and enjoyed helping others,” he said. “So from day one, this has been an ideal rating.”

The veteran corpsman currently works as a radiation health technician at U.S. Naval Hospital (USNH) Guam’s Occupational Medicine Department. Besides being the leading petty officer, his primary duties include monitoring radiation throughout the hospital and ensuring the safety of all patients and shipmates.



Coach: Hospital Corpsman 2nd Class (FMF/DV) Nathan Tuoch, right, of U.S. Naval Hospital (USNH) Guam gives some inspirational words to members of the Guam Football Association team which he coaches, during a game at the Harmon soccer field, Sept. 17. Tuoch works as a radiation health technician at USNH Guam and said he enjoys volunteering his time to enrich the lives of children in the local community. (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Peter Lewis/Released)

“At the hospital, we live by the words ‘Serving with Honor’ each and every day,” he said. “We always seek solutions to help our patients and shipmates. I love it here.”

According to his supervisor, Lt. j.g. Logan Allen, Tuoch’s dedication to duty and can-do attitude set him apart from his peers.

“Petty Officer Tuoch can always be relied on to get the job done, regardless of the difficulty of the task,”

Allen said. “For example, he was asked to fill the vacant occupational health nurse position in the department until a replacement could be found. He has excelled in this challenging, senior civilian position, which has gone from a temporary assignment of a few months to 15 months long.”

The lieutenant said Tuoch sets a great example for all junior personnel to look up to and has a huge,

positive effect on the command.

“As the occupational health nurse, he has helped ensure the continued success of the command’s Occupational Health Clinic, which supports over 9,000 people on Guam. As the senior radiation health technician, his technical expertise has been vital in ensuring the safe use of radiation at the command and protecting staff, patients and visitors from excess radiation exposure,” Allen said.

“Also, as chairman of the Health, Fitness and Safety Flagship, he has worked hard promoting a culture of fitness at the command and in the local community, resulting in the command winning the 2009 Health, Fitness and Safety Flagship award in the Large Overseas Command category.”

With a demanding schedule and several collateral duties on his plate – including command fitness leader, career counselor, and safety petty officer – it’s easy to see why Tuoch is lauded by his command leadership. Since arriving at USNH Guam, he has been recognized as Regional Sailor of the Quarter, awarded a flag letter of commendation, the Navy and Marine Corps Achievement Medal, and the Military Outstanding Volunteer Service Medal.

Tuoch said he has several role models who he can look to in order to draw inspiration and keep motivated.

“My parents are my role models in my personal life as well as my military life. Of course, there are certain individuals that stand out in the Navy or in the professional world that I admire, such as Albert Einstein and Adm. [Hyman G.] Rickover. They changed the world in many ways,” he said. “My role models instilled into me the passion and the desire to succeed and do what is best for others rather than just for myself. Each has one thing in common: the selflessness to help others to achieve more for the common good.”

For those hoping to emulate his proven success, Tuoch had a few words of advice.

“Dedication, persistence, honesty and humbleness are the keys,” he said. “Maintain those and you can do anything.”

News Notes

Marriage Seminar

‘Laugh Your Way to a Better Marriage’ by attending this enjoyable and effective 8-week seminar beginning on Oct. 14 and each Friday at 6 p.m. in the Chapel I Annex. This isn’t your typical weekend marriage seminar. Thanks to the hilarious, practical and no-holds-barred advice from Mark Gungor, couples will be rolling on the floor laughing from entertaining life, love and marriage DVD clips. Facilitated by Chiefs and their spouses, contact Mark Overton at 366-2777 or mark.overton@andersen.af.mil to sign up for a memorable ‘Laugh Your Way’ experience. Sign-up is limited to the first nine couples.

U.S. Navy Water Quality Report

Available Online

The Safe Drinking Water Act requires the U.S. Navy Water System to issue an annual report on water quality. If you would like to learn more about U.S. Naval Base Guam’s drinking water, the 2010 U.S. Navy Water System Water Quality Report is now available online at www.cnic.navy.mil/marianas.

Fellowship Breakfast

Looking for Christian Friendship? Please come out for the Protestant Men of the Chapel’s Fellowship Breakfast the first Saturday of each month at 8 a.m. in Andersen Air Force Base Chapel II Annex. The next fellowship breakfast is scheduled for Oct. 1.

Protestant Religious Activities for Men on Andersen Air Force Base

Looking for a message of hope? Join the men’s weekly Bible study on Wednesdays at 6 p.m. at the Hot Spot conference room on Andersen Air Force Base. Looking for a Christian friendship? Come out for the men’s Fellowship Breakfast every third Saturday of the month beginning at 8 a.m. in the Chapel 2 annex.

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.

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JRM recognizes Navy supporters



Friends of the Navy: Rear Adm. Paul Bushong, Commander, Joint Region Marianas, welcomes guests to a Friends of the Navy luncheon, at Top O' the Mar in Asan, Sept. 23. The event was an opportunity for the Navy to show appreciation to the civilians who have been supporters, and for the military and civilian leadership on island to interact and strengthen relations. (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Peter Lewis/Released)

By Mass Communication Specialist 1st Class (SW) Peter Lewis

Joint Region Edge Staff

Rear Adm. Paul Bushong, Commander, Joint Region Marianas, hosted a special Friends of the Navy luncheon, at Top O' the Mar in Asan Sept. 23.

The admiral hosted the get-together to thank the Navy's local civilian supporters for their efforts to make life enjoyable for Sailors on the island.

"We want to take this chance to express our appreciation for the great support we have here in Guam," Bushong said. "We greatly appreciate all the support we get from all of our friends on the island, and we hope you know how much we value your friendship."

Roger P. Crouthamel, vice president of the Navy League Guam Chapter, said he was very appreciative of being able to participate in an event where he could mingle and build stronger relations with the

men and women who protect our nation.

"This is a great opportunity to get the military leaders talking with the civilian leaders and military supporters in a casual setting," he said. "Events like this can get everyone on Guam working together more and make the island a better place for the military and civilians."

Phil Santos, a member of the Guam Chamber of Commerce Armed Forces Committee, said he appreciated the opportunity to attend the event for the second consecutive year and strengthen ties with the military.

"Every day things are changing on the island, so the more time we get to foster relationships with our military partners, the more prepared we'll be to deal with these changes," he said. "We all live on this island and we need to be good neighbors, all for the goodness of the American flag and the patriotic security of our island."

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

U.S., Singapore joint exercise a success

By Mass Communication Specialist 1st Class (SW) Peter Lewis

Joint Region Edge Staff

The Sailors of Explosive Ordnance Disposal Mobile Unit (EODMU) 5 and their counterparts from the Republic of Singapore Navy (RSN) successfully completed joint exercise Miata, Sept. 21.

According to Cmdr. Scott H. Kraft, EODMU 5's commanding officer, the exercise allowed EOD technicians from the two navies to observe and learn from each others' experiences and skills.

"Our partners are very candid with us and they give us feedback on our procedures," Kraft said. "They tell us how they do things, and every time we see something different, it's an opportunity to learn."

The Sailors participated in a variety of training activities, including fast rope exercises, helicopter operations, and explosive ordnance detection and disposal.

Lt. j.g. Mark Hyatt, officer in charge of EODMU 5 Platoon 502, said the training helped build a bond between the men and women of the two countries' navies.

"This exercise [allowed] us to work on interoperability, solidify our friendship, and learn from each other," he said. "We really enjoyed working with the [Singaporeans]. They're extremely professional and smart, and every time they come over here, we learn something from each other."

The exercise ended with both sides gaining valuable experience and learning techniques that will prove to be valuable tools, given the inherent danger that comes with being an explosive ordnance disposal technician.

"It's a really great thing to have learning on both sides," said Explo-



Feedback: Cmdr. Scott Kraft, left, commanding officer, Explosive Ordnance Disposal Mobile Unit (EODMU) 5, listens to feedback from a Republic of Singapore Navy EOD technician, following a training exercise at Andersen Air Force Base South in Yigo, Sept. 20. Joint exercise Miata is an annual opportunity for U.S. Navy EOD technicians to work with, learn from, and build ties with American allies. (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Peter Lewis/Released)

sive Ordnance Disposal Technician 2nd Class (EWS) Joe Stutzke. "I know that [the Singaporeans] are teaching us good things and we're teaching them good things in return. Hopefully we can continue on with this partnership."

EODMU 5 is a forward deployed mobile command providing EOD detachments and a fly-away recompression chamber detachment to 7th Fleet. The primary mission is to enable access for carrier and expeditionary strike groups, mine countermeasures operations and special operations forces. Secondary missions include support to the U.S. Secret Service and the command's naval operations sponsor in the testing and development of acquisition programs and their associated tactics, techniques and procedures.

Navy EOD technicians are an elite team of warriors who eliminate hazards from conventional ordnances, weapons of mass destruction, sea

mines, improvised explosive devices (IEDs) and accomplish expeditionary diving and salvage objectives. These Sailors foster trust and cooperation with like-minded nations, ensure offensive maneuver for conventional and special forces, and mitigate harm to U.S. and coalition forces, as well as civilians.

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

Right: Sailors from Explosive Ordnance Disposal Mobile Unit (EODMU) 5 examine discovered ordnance as their shipmates and their counterparts from the Republic of Singapore Navy observe during a training exercise at Andersen Air Force Base South in Yigo, Sept. 20. (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Peter Lewis/Released)



Uncovered: Explosive Ordnance Disposal Technician 2nd Class Taylor Shoaf, of Explosive Ordnance Disposal Mobile Unit (EODMU) 5, inspects uncovered ordnance during a training exercise at Andersen Air Force Base South in Yigo, Sept. 21. Joint exercise Miata is an annual opportunity for U.S. Navy EOD technicians to work with, learn from, and build ties with American allies. This year the Sailors of EODMU 5 trained alongside their counterparts from the Republic of Singapore Navy. (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Peter Lewis/Released)



Frank Cable welcomes NJROTC cadets

By Mass Communication Specialist 3rd Class Corey Hensley
USS Frank Cable (AS 40)
Public Affairs

Sailors assigned to the submarine tender USS Frank Cable (AS 40) welcomed visitors from the Father Duenas Memorial School (FDMS) Navy Junior Reserve Officers Training Corps (NJROTC) in Hagatna, Sept. 23.

Once they boarded Frank Cable, cadets toured the bridge, berthing spaces, ship's store, and various repair spaces such as the machine shop and carpenter shop. Cadets even caught a glimpse of one of the submarines in port and Frank Cable's new diver support vessel.

Retired U.S. Navy Master Chief Valentino Separa, the NJROTC senior Naval Science instructor, said tours like this are an important and popular part of the program because they show what life is like for Sailors in the Navy.

"It brings to life the material the cadets have been studying," Separa said. "They get to witness what active duty personnel actually do in their daily activities."

The JROTC program helps students understand the rank structure, and the customs and courtesies of our armed services. Basic elements of military bearing – such as standing at attention, marching, and drill movements – are taught to each cadet in the program.

"I feel a very strong connection with JROTC programs," said Navy Diver 1st Class John Felts. "The program in my high school and the solid instructors' leadership, helped to deter me from making poor choices throughout my teenage years."



Fabrication: Hull Maintenance Technician Fireman Tyler Drumm demonstrates sheet metal fabrication techniques to cadets from Father Duenas Memorial School (FDMS) Navy Junior Reserve Officers Training Corps (NJROTC) during their tour of the submarine tender USS Frank Cable (AS 40). 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 Jason Swink/Released)

Felts, a Sailor assigned to Frank Cable, is a former U.S. Marine Corps (USMC) JROTC Warrior Battalion cadet at Pacific High School in Pacific, Miss. Like Separa, Felts thinks the JROTC program is important, especially for youths.

"The leadership, education and discipline learned is an invaluable asset to any potential cadet," Felts said. "Whether they decide to enlist, continue on to college or go straight into the work force, their character will represent more maturity and budding leadership skills."

Felts said he highly recommends the JROTC program to any student that may be considering the military as a possible career path.

One of the cadets, Lt. Cmdr. Justin Brown, said he plans to use the NJROTC scholarship program to fulfill his career goals in USMC. Brown, a senior who has been in NJROTC since he was sophomore, said he enjoyed the tour of Frank

Cable and hopes his fellow cadets have gotten something out of this experience.

"I would like [the cadets] to see how professional the real Navy is, and maybe they can learn from that and it be something they emulate," Brown said. "These cadets, they are driven and hopefully this will reassure that motivation."

According to Separa, FDMS is an all-male Catholic high school and the majority of the cadets are Pacific Islanders from Guam and



Formation: Cadets from Father Duenas Memorial School (FDMS) Navy Junior Reserve Officers Training Corps (NJROTC) march in formation on Polaris Point after touring the submarine tender USS Frank Cable (AS 40). The 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 Jason Swink/Released)

the Philippines.

"The purpose of JROTC is to instill in students the value of citizenship, service to the United States, personal responsibility, and a sense of accomplishment," Separa said.

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

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

7-year-old uses problem-solving techniques for ice cream

By Mass Communication Specialist Seaman Apprentice Chris Salisbury
U.S. Naval Base Guam Public Affairs

The sound of bells and music can now be heard throughout the streets of military housing neighborhoods in on U.S. Naval Base Guam (NBG) due to the creativity and persistence of a 7-year-old girl.

Sophia Lindee, a second-grade student at Cmdr. William C. McCool Elementary/Middle School, has been attending school on Guam for the last two years. While at home one day, she thought about NBG getting an ice cream truck for military families.

"Since they have an ice cream truck at Andersen (Air Force Base) and it doesn't come here, I thought they should have an ice cream truck on base too," Lindee said.

After discussing the topic with her parents, they decided to e-mail Lindee's teacher, Jean Tuquero. Tuquero liked the idea and decided to incorporate it into her classroom.

"(Sophia Lindee's) parents sent me an e-mail asking if we could pull together

some data and do simple surveys in the classroom," Tuquero said. "We altered lessons for the week and had the kids interview each other to generate creative ideas."

Once the plan was completed, it had to be put into action. The class decided to present the idea to NBG Commanding Officer Capt. Richard Wood, at the town hall meeting. Lindee decided to step up and do the presentation herself.

"She was really confident; we were so proud of her," Tuquero said.

Supported by her parents, fellow students and teacher, Lindee bravely introduced her idea to Wood.

"She had talked to other people, gathered information and presented a solution," Wood said. "She put a lot of time into it and that's what I'm looking for."

Wood was impressed by Lindee's presentation and handed the matter over to Morale, Welfare and Recreation and Navy Exchange personnel. The ice cream truck arrived at the end of the summer and has since been making its rounds throughout the NBG neighborhoods.

"I thought it was a great idea and I appreciated the fact that she had done a lot of research," Wood said. "She didn't just present us with a problem, but she presented us with solutions."



Makin' Rounds: A mother and daughter enjoy ice cream from the new ice cream truck on U.S. Naval Base Guam. The Navy Exchange provided the ice cream truck after receiving requests and a town hall presentation from 7-year-old Sophia Lindee from Cmdr. William C. McCool Elementary/Middle School. (U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Chris Salisbury/Released)

Take the challenge for energy awareness month

By Kevin D. Evans
Joint Region Marianas
Supervisory Energy Manager

As we get ready to kickoff our celebration of October energy awareness month, how about taking the ENERGY STAR challenge? You can show your commitment by taking the pledge to make energy-efficient product changes in lighting, electronics, appliances and water heaters, heating and cooling, and insulation.

This year's national campaign asks folks with ENERGY STAR products, and millions of people who are taking action, to conserve energy and protect the environment. This new campaign broadens the way Americans can join the fight against global warming by making energy-efficient

changes at home and at work. The "Change the World, Start with ENERGY STAR" campaign launches this Earth Day with national media outreach, a new campaign page on www.energystar.gov, stories from everyday Americans who are saving energy, and a new expanded pledge that provides consumers with additional actions they can take to reduce energy use, save money, and join the fight against global warming with ENERGY STAR.

So, take the pledge at: <https://www.energystar.gov/index.cfm?fuseaction=globalwarming.showPledge>. For those who want to see how Guam is responding to the challenge, click onto the U.S. map to the right, select "See Energy Stars across America," scroll down to "Guam," and click the link. Join the challenge, enjoy the fun, and help us celebrate energy awareness month.

2011 Energy Awareness-Conservation Month events

NEX-Naval Base Guam

Oct. 12, from 10:30 a.m.-1 p.m., Navy Exchange (NEX)

The event will take place at the entrance of the NEX, near the food court, with Mr. Brite greeting customers as they enter the NEX. The energy team will have one table containing energy awareness handouts and the NEX home center is also planning to set up an energy-efficient display.

Cmdr. William C. McCool
Elementary/Middle School (MEMS)

Oct. 19, 9-11 a.m.

The event will include an informative session for kindergarten through 3rd grade and a visit from Mr. Brite.

NEX-Finegayan Naval Computer and Telecommunications Station (NCTS)

Oct. 13, from 11 a.m.-1 p.m.

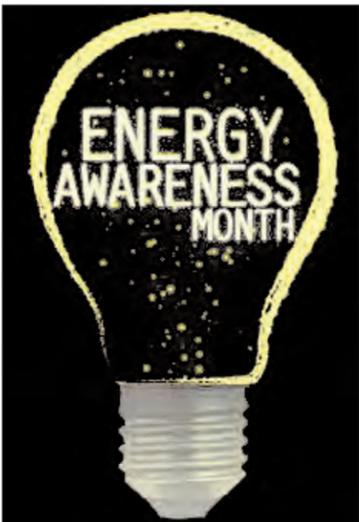
The event will take place near the electronics department, with Mr. Brite greeting customers around NEX-Finegayan. The energy team will have one table containing energy awareness handouts and NEX-Finegayan will have a table with energy-efficient store items.

Andersen AFB embraces energy awareness month

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

The first of October marks the beginning of National Energy Awareness Month, an effort to underscore how integral energy is to our national prosperity, security and environmental well-being. In commemoration of the campaign, the 36th Wing is kicking off a month of clean energy events and activities.

In the coming weeks, the 36th Civil Engineer Squadron's (CES) energy department is scheduled to host a kick-off event at the Andersen Air Force Base (AFB) Exchange, address and educate students at Andersen Elementary School, and install an energy-efficient shower head at the home of Brig. Gen. John Doucette, 36th Wing commander, to name just a few activities in store for Team Andersen members.



"The Department of Defense is one of the largest energy users in the world," said Patrick Russell, 36th CES energy manager. "Fortunately, energy is an area in which we can easily cut costs simply by being more vigilant. It is a great opportunity to affect change and show our desire to improve stewardship of the taxpayer dollar."

As the cost of energy soars, it has become more and more prevalent that the Air Force's long-term effort to improve energy security through efficiency succeeds. This year, Andersen AFB has spent a reported \$50 million to sustain energy on base - \$20 million more than the previous year.

"Energy is becoming more expensive and we are seeing that increase each fiscal year," Russell said. "In order to stop the trend it is important to be aware of energy conservation methods you can implement on a day-to-day basis in your own home."

"The number one way for base housing residents to reduce energy use is to raise the temperature setting on your air conditioning unit," he continued. "Any setting 72 degrees or lower runs continuously, never shutting off. We ask that residents maintain a temperature of 76 degrees or higher."

According to the Energy Policy Act of 2005, Executive Orders 13423 and 13514 and the Energy Independence and Security Act of 2007, all federal agencies are required to reduce their resource consumption, reduce greenhouse gas emissions and increase the use of renewable energy used in federal facilities.

"I believe it is important to recognize the goals we are called to achieve in the coming years," said John Manaloto, 36th CES energy efficiency manager. "It's not as if we don't have something to strive for."

According to the mandates, all federal agencies must reduce their energy intensity by three percent per year through 2015, reaching a 30 percent reduction from the 2003 baseline.

Additionally, federal agencies must establish benchmarks for renewable energy use.

"By the year 2013, 7.5 percent of a facilities' energy consumption must come from a renewable source," Manaloto said. "Renewable sources include wind, ocean energy, solar energy, municipal solid waste and landfill gas to name a few. Through a combined effort, these goals are more than attainable. The great thing about it is folks like you and me can make it happen simply by putting forth a little effort."

Achieving energy goals requires sustained effort, a systematic approach, determined leadership and a firm commitment from all Team Andersen members to identify and implement workable solutions. Daily commitment to enhancing our nation's energy security complements the Air Force's core values and supports the Air Force mission.

Helping to clean up Guam's environment



Sorting: Chief Master-at-Arms (SW) Chad Williams, assigned to U.S. Naval Base Guam (NBG) Security, helps sort through trash at Asan Beach during the International Coastal Cleanup, Sept. 17. The effort was part of a worldwide event aimed at improving the environment. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Gabrielle Blake/Released)

Navy projects continue to progress



By JoAnna Delfin
Joint Region Edge Staff

It's been smooth sailing for several multi-million dollar construction projects awarded by Naval Facilities Engineering Command (NAVFAC) Marianas this fiscal year. Projects including wharf improvements at Uniform and Tango wharfs parts A and B; U.S. Naval Hospital (USNH) Guam replacement project; and the Guam Army National Guard (GUARNG) readiness center are expected to improve quality of life and mission readiness.

Wharf Improvements (Uniform and Tango) Parts A and B

Mobilized in May, the ongoing repairs and improvements to Uniform and Tango wharfs at Apra Harbor on board U.S. Naval Base Guam (NBG) are planned to enhance Navy and Marine Corps operational requirements.

"We are upgrading infrastructure, making wharf improvements, and installing necessary utilities to allow cold-iron berthing for extended transient ships; primarily for the amphibious readiness group, escort ships and the joint high-speed vessels," said NAVFAC Marianas Construction Management Engineer Julie Mages.

Mages said additional work includes installation of ship connectors and risers, removal of deficient and deteriorated water distribution systems, and installation of new foam-filled fenders for ship berthing.

According to Mages, stone column testing has completed and will help to stabilize the soil on the

wharves. She added this is the first time this method of construction has been performed on Guam.

As the project evolves, Mages said there will be some changes in the next month.

"In October the contractor will be temporarily shutting down the Tango wharf for construction," she said. "While this may have some impact to selected tenant commands, and other offices located in Bldg. 3169, we will be sure to coordinate notices in advance so everyone affected will have adequate time to prepare for the temporary situation."

Mages added the pace of current construction puts them on schedule to meet their anticipated completion date of fall 2013.

U.S. Naval Hospital Guam

The Navy's largest project currently underway is the construction of the new U.S. Naval Hospital Guam.

Lt. j.g. Joshua Sharp, assistant resident officer in charge of construction, said the new hospital would replace the current facility.

"Once complete it will have 42 inpatient beds, including six beds in the Intensive Care Unit (ICU), four operating rooms, two caesarean section rooms, full diagnostic imaging with magnetic resonance imaging (MRI), and a modern layout to efficiently serve patients," he said.

Sharp added one of the unique features of the current project is the utilization of two tower cranes for the installation of the foundations and footings and stem walls, which can be seen from Marine Corps Drive. "We have placed nearly 3,500 cubic yards of concrete so far," he said.

Sharp added the building will be eco-friendly and meet compliance standards set forth in federal guide-

lines for sustainability. "We're also in the process installing storm drains, sewer lines and finishing up the stormwater detention basin."

Hospital patrons may have noticed changes throughout the naval hospital compound with the creation of a new temporary gate for entry and exit. This has significantly decreased disruption to traffic flow, and public and business operations.

"We have built a separate entrance and road so that construction traffic does not interfere with patients and emergency vehicles," Sharp said.

The new hospital is expected to be complete by summer 2013 while the existing hospital will be demolished by October 2014.

Guam Army National Guard Readiness Center

The new state-of-the-art Guam Army National Guard readiness center in Barrigada is close to completion.

According to Francis Sanford, the new facility will house the following GUANG units – Delta Company of the 1st Battalion, 294th Regiment, 721st Army Band and future 1990th Contingency Contracting Team.

"The project will provide a permanent primary facility for these units' functions," he said. "The facility includes an assembly hall, classroom and learning facilities, and family support and recruiting offices."

Sanford added the building is completely enclosed as the interior walls and utilities are being installed.

According to John McCulloch, NAVFAC Marianas resident officer in charge of construction, the project is nearly 75 percent complete and is expected to be ready for a ribbon cutting ceremony in spring 2012.

Crane Work: A bird's eye view 175 ft. from one of two tower cranes brought to Guam by the Department of Defense specifically to support the construction U.S. Naval Hospital (USNH) Guam replacement project. The \$158 million project broke ground in January and contractors are phasing the work so the existing hospital remains operational during construction, and the new hospital will be operational before demolition. Construction is expected to be completed in fall 2014. (U.S. Navy photo by Lt. Joshua Sharp/Released)

To prevent illness, get your flu immunization

From U.S. Naval Hospital Guam

Influenza, often referred to as the "flu," is a common respiratory illness caused by the influenza virus. While most people recover from the flu, an average of 36,000 people die from influenza each year, and another 200,000 require hospitalization. The Centers for Disease Control and Prevention recommend seasonal influenza vac-

cine as the best way to reduce your chances of becoming sick from the flu.

U.S. Naval Hospital Guam's Family Medicine department will offer influenza immunizations to all Department of Defense beneficiaries and employees at the following dates, times and locations:

Oct. 8 and 15: 11 a.m.-3 p.m. at Navy Exchange on U.S. Naval Base Guam (NBG)

Oct. 15, 11 a.m.-3 p.m. at Charles King Fitness Center, NBG

Oct. 22, 11 a.m.-3 p.m. at Navy Exchange at South Finegayan, U.S. Naval Computer and Telecommunications Station (NCTS) Guam

We will also be going to Department of Defense Education Activity (DoDEA) Elementary and Middle School on Oct. 3 and 5, 2:30-4:30 p.m.; and Guam High School on Oct. 11, 12:30-2:30 p.m.

The Branch Medical Clinic on NBG is also offering influenza immunizations during normal working hours on weekdays from 8 a.m.-4 p.m. Andersen Air Force Base Clinic is offering immunizations to all eligible beneficiaries.

Immunization for seasonal flu is mandatory for all military personnel and is highly recommended for beneficiaries. The vaccination is offered in two forms, injection and nasal spray.

Here are some recommendations to prevent spreading the flu:

Avoid contact with flu patients. Don't go to work or school if you are ill.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

For more information call the Naval Hospital Immunization Clinic at 344-9453.

Hawaii-Pacific CFC aims to raise \$6.5M for those in need

From U.S. Pacific Command Public Affairs Office

Starting Oct. 3, Hawaii-Pacific military and federal employees will celebrate 50 years of giving through the Combined Federal Campaign (CFC).

Combined Federal Campaign is the world's largest and most successful workplace fundraising campaign, with more than four million federal employees and military personnel participating. President

Kennedy established CFC by Presidential Executive Order in 1961. This campaign will run from Oct. 3 to Nov. 18.

"Our people are making a lasting impression on people's lives each and every day," said Maj. Gen. Peter Pawling, U.S. Pacific Command mobilization assistant. "Through this fundraiser, we can continue to make a difference helping others," he said.

This year, two new developments have been added to the campaign. The first is the launch of a Face-

book page where fans can "like" the page and view photos from kick-off events, read about local charities, and view the status of the campaign. The other is the ability to donate online through a payroll deduction program.

Each area command or agency has a unit project officer representative. Last year, the Hawaii-Pacific Area, which includes all of Hawaii, Guam, Samoa, and Northern Marianas, raised a little more than \$6 million. This year's goal is \$6.5 million.

In total, CFC supports more than 2,200 local, national and international charities helping men, women, children and animals. These nonprofits provide services and assistance to people in nearly every walk of life. It is only through charitable donations that these organizations can sustain their efforts.

CFC and individual service relief campaigns are the only fundraising drives authorized for federal and military workplaces. CFC allows federal employees and military personnel an opportunity to sup-

port philanthropy through a program that is employee-focused, cost-efficient and effective in providing all federal employees a chance to contribute to a wide range of charities, both local and nationally.

Lt. Avery Haines is serving as this year's Project Agency Officer for Joint Region Marianas. For more information, contact Haines at avery.haines@fe.navy.mil or your unit or organization's project officer. The campaign can be found on Facebook under Hawaii-Pacific Combined Federal Campaign.

Submit comments for DoD's public access plan

By Erin Pueblo
Joint Region Edge Staff

Public comments are being collected through Oct. 24 for the Department of Defense (DoD) public access plan, intended to enhance current processes for visits to historic and cultural sites located on DoD properties throughout Guam and the Commonwealth of the Northern Mariana Islands (CNMI).

The Programmatic Agreement for the military relocation signed March 2011 sets forth the requirement to develop this plan in coordination with the Guam and CNMI Historic Preservation Offices, and all interested members of the public.

"This is a chance for the community to provide their input, thoughts and ideas on access to historic and cultural sites of interest," said Jenn Farley, environmental planner, Naval Facilities Engineering Command (NAVFAC) Marianas. "We want to hear from as many people as possible during this 30-day public comment period. All comments will be taken into consideration as we draft the public access plan."

Historic sites conditionally open to the members of the local community for memorials and remembrance ceremonies include the Sumay village and cemetery, and the Fena caves, both located on U.S. Naval Base Guam.

The public comment period runs from Sept. 26-Oct. 24 and forms are



Historical Site: Santa Rita Mayor Dale Alvarez, right, speaks with families during a memorial Mass at the Sumay Cemetery on U.S. Naval Base Guam (NBG) July 20. The Mass was held in conjunction with Guam's Liberation Day and allowed former residents of the pre-World War II village of Sumay and their families and friends to visit the cemetery and pay respects to their ancestors. A public access plan for cultural and historical sites located on Department of Defense property, such as NBG, is currently being developed and public input is sought. The comment period for the access plan is ongoing until Oct. 24. (Joint Region Edge file photo)

available online and in selected locations through Guam and CNMI. The comment form states the information

provided by the public will contribute to the development of a "consistent and consolidated plan that supports

traditional cultural practices on Guam and Tinian, and takes into consideration operational requirements of the

military."

Information being sought for comments includes:

Sites the public finds culturally important and would like to visit or have visited.

Sites to be visited for responsibly gathering plants and other natural materials for non-commercial practices, such as traditional healing, crafts and ceremony.

Types of plants or other natural materials important to traditional cultural practices and listing its common or traditional name; also the best time of year or time of day for collecting plants or other natural materials.

A description of any traditional relationship to particular historical properties, villages or locations.

The comment form can be found online at NAVFAC Pacific's Cultural Resource Information Web site: <http://bit.ly/NAVFAC-GuamPA>.

Residents also can submit their comments into collection boxes located at their respective mayor's office, Department of Chamorro Affairs in Hagatna, Guam State Historic Preservation Office (SHPO) in Agaña Heights, and the Micronesia Area Research Center (MARC) at the University of Guam. The form will also be posted on the Guam SHPO Web site: www.historicguam.org. Comments can also be mailed to: Naval Facilities Engineering Command (NAVFAC) Marianas, DPRI Environmental, PSC 455 Box 195 FPO AP 96540.

NAVFAC employee awards presented during ceremony

Right: Naval Facilities Engineering Command (NAVFAC) Marianas honored its employees during an awards ceremony, Sept. 22 at U.S. Naval Base Guam (NBG). Winning the award for NAVFAC Pacific 2010 Team of the Year are, from left: Aileen Aguon, Kevin Perez, Christopher Rosario, Eleanor Mantanona and Jessica Blas. Not photographed are: Lorie Aguon, Shena Hess and Juvée Pangelinan. All awardees are contract specialists formerly with the Facility Support Contracts (FSC), NBG Public Works Department. (U.S. Navy photo by Reynaldo Rabara/Released)



Left: Naval Facilities Engineering Command (NAVFAC) Marianas honored its employees during an awards ceremony, Sept. 22 at U.S. Naval Base Guam (NBG). Presenting the award to Doris Castro for NAVFAC Pacific 2010 Supervisor of the Year is Capt. John Heckmann, commanding officer for NAVFAC Marianas. Castro is the acquisition service line team leader for Integrated Product Team (IPT). (U.S. Navy photo by Reynaldo Rabara/Released)



Left: Naval Facilities Engineering Command (NAVFAC) Marianas honored its employees during an awards ceremony, Sept. 22 at U.S. Naval Base Guam (NBG). Presenting the Navy Commendation Medal to Lt. Cmdr. Russell Pile, deputy assistant operations officer for Integrated Product Team (IPT), is Capt. John Heckmann, commanding officer for NAVFAC Marianas. (U.S. Navy photo by Reynaldo Rabara/Released)



Above: Naval Facilities Engineering Command (NAVFAC) Marianas honored its employees during an awards ceremony, Sept. 22 at U.S. Naval Base Guam (NBG). Presenting the award to Victoria Zialcita for NAVFAC Pacific 2010 Employee of the Year is Capt. John Heckmann, commanding officer for NAVFAC Marianas. Zialcita is a utilities engineer for NBG Public Works Department. (U.S. Navy photo by Reynaldo Rabara/Released)



Campaign helps Airmen 'Be Ready'

By Robert Genova
Headquarters Civil Engineer
Support Agency

The Air Force Emergency Management's Be Ready Awareness Campaign features a new website and products designed to raise awareness and promote readiness on military installations and within local communities.

Emergency Management planners said they hope the messages will educate both military members and civilians about common home or workplace hazards and encourage them to begin their emergency planning to protect themselves and their loved ones in the event of disaster.

"Military (members), civilians, contractors – really anyone living or working on a base – needs to know about the types of emergencies or hazards they might face and

what they can do to survive them," said Fred Casale, the chief of emergency management support at the Air Force Civil Engineer Support Agency at Tyndall Air Force Base (AFB) in Florida.

"Historically, Air Force emergency managers did not have a formally recognized program that pushed information to the public," Casale said. "Our goal is for everyone to 'get a kit, make a plan, and be prepared,' and the Be Ready Awareness Campaign provides a variety of tools and resources to help Airmen and members of the public do just that."

The Air Force Emergency Preparedness Guide is a 64-page handbook that includes removable sheets for key resources, phone numbers and helpful sites. It also contains an emergency supply kit checklist and a template to help families develop an emergency plan. The guide is available through

local base emergency management offices or the Be Ready website.

Emergency management planners have also created a series of awareness posters to reinforce basic messages about individual preparedness.

Part of the campaign, "Be Ready Kids," is just for children. It includes several activity sheets educating two groups, ages 4-7 and 8-11, about a variety of emergency and disaster situations. The sheets use easily understood disaster terms and present safety messages and preparedness practices using crossword and word search puzzles, matching games, decoder puzzles, mazes and more.

For more information about the Air Force Emergency Management Be Ready Awareness Campaign, call or visit your local emergency management office or visit www.BeReady.af.mil.

All invited to women's health fair, to be held Oct. 15

From U.S. Naval
Hospital Guam

U.S. Naval Hospital Guam is holding the 2nd Annual Women's Health Symposium on Oct. 15 from 9 a.m.-4 p.m. at Charles

King Fitness Center on U.S. Naval Base Guam (NBG).

A wide variety of health topics of particular interest to women will be featured at the fair. Come see presentations, posters and demonstrations on nutrition (including healthy snacks), tobacco

cessation, understanding Papanicolaou smear results and various types of cancer such as breast, colorectal, and uterine. Other topics include proper shoe fitting, proper bra fitting, stress relief, how to find reliable health information on the Internet, the ombudsman

program, women and depression, and getting control of your bladder.

In addition, view active-wear and Zumba-wear fashion shows, as well as demonstrations of massage therapy, Zumba and other exercise classes available at the gym. Watch for the up-

coming schedule.

Influenza shots, known as flu shots, will also be offered from 11 a.m.-1 p.m. Please bring your ID card and shot record.

A bounce castle and healthy snacks will also be available for the kids.

NAFjobs.org eases application process

By Erin Tindell
Air Force Personnel,
Services and Manpower
Public Affairs

Air Force Services officials continue refining NAFjobs.org to make it easier for job seekers to apply and hiring managers to make their selections for nonappropriated fund (NAF) vacancies Air Force-wide.

The online job board advertises NAF vacancies at Air Force Clubs, golf courses, child development centers, youth centers, bowling centers, outdoor recreation centers and many other NAF activities. There are currently more than 3,800 NAF jobs advertised worldwide.

Using the results of a hiring manager survey conducted in April, upgrades to the website were made in August to benefit applicants, hiring managers and NAF human resources specialists. According to Bobbie Nugent, an Air Force Services Agency human resources specialist, the greatest benefit for both applicants and hiring managers involves the time saved using the website.

"Hiring managers can more efficiently determine qualified applicants using a new side-by-side

applicant comparison tool," she said. "Additionally, applicant forms can be autogenerated based on information completed in an applicant's profile."

Other major enhancements include the ability for hiring managers to make multiple selections from the same announcement as well as immediately identify previously reviewed and qualified applicants. Applicants will also benefit from a standardized document format for uploading files.

"We consider the website a work in progress and will continue to request feedback from our many categories of users to make improvements to the hiring process and website," Nugent said.

Unlike the nearly 150,000 federal civilian employees paid out of the federal appropriated fund budget, the 25,000 Air Force NAF employees are paid by money generated by NAF activities, such as Air Force Clubs, golf courses and lodging. These facilities provide a community environment for Air Force families to live, work and play.

For more information on NAF employment, visit www.NAFjobs.org or contact the local NAF human resources office.



Fighter Wing: A ground crewman guides a 388th Tactical Fighter Wing (TFW) F-16C Fighting Falcon aircraft onto the taxiway in this Air Force file photo. The 388th TFW is deploying to Saudi Arabia to take part in Operation Desert Shield. Mounted on the aircraft's left outboard wing pylon is an AN/ALQ-131 Electronic CounterMeasures (ECM) pod; mounted on the side of the engine intake is a Low Altitude Navigation, Targeting Infrared Night (LANTIRN) navigation pod. (U.S. Air Force file photo)

Iraq makes first payment for 18 F-16s

By Cherly Pellerin
American Forces Press Service

The Iraqi government has transferred its first payment for 18 F-16C Fighting Falcons, bringing Iraq closer to independently securing its airspace, Pentagon Press Secretary George Little said Sept. 27.

"These aircraft will help

provide air sovereignty for Iraq to protect its own territory and deter or counter regional threats," Little said.

The fighter aircraft, he added, "are also a symbol of the commitment to a long-term strategic partnership between the United States and Iraq."

The fighters are the block 50/52 variant of the aircraft – the current production version

of the F-16 Fighting Falcon. The sale is valued at about \$3 billion, Little said.

The United States conducts foreign military sales with Iraq, he added, "and fully supports Iraq's efforts to purchase military equipment in line with its domestic spending priorities and in accordance with its budget laws and procedures."

Such foreign military sales

will be a cornerstone of future cooperation and support the development of a long-term cooperative security relationship with Iraq, Little said.

"Foreign military sales around the world, such as this purchase of F-16 aircraft," the press secretary said, "strengthen our diplomatic and military relationships with our allies and supports American industry and jobs at home."

Rumble: Worst-case scenarios simulated

Continued from Page 1

Director Timothy Moon.

On Sept. 21, an imaginary 9.1 magnitude earthquake struck 50-70 miles away from Guam and the CN-MI and set off a chain of simulated disaster situations such as fallen buildings, fires, and trapped civilians around the island that prompted emergency responders.

"It is important to exercise our emergency response teams in a variety of locations and under varied conditions to allow them to demonstrate [their] capabilities," Moon said.

On the second day of the exercise, training coordinators created a simulated earthquake of similar magnitude near Mindanao, Philippines, that generated a tsunami designed to hit Guam.

Various key players from local, federal and military entities met at NBG headquarters where they discussed specifics of the impact from a tsunami and what to do in a real-life situation.

"We picked that location because it will generate the strongest tsunami effect on Apra Harbor," Moon said. "We want the team to think about the worst-case scenario and prepare plans to mitigate the damage."

After the two-day exercise, Randy Morgan, Commander, Navy Installations Command (CNIC) training director, evaluated the response efforts of JRM emergency coordinators and participants.

"My team and I visit every region within CNIC on their emergency preparedness and [JRM] continue to be the top dog in being prepared for disaster response out of all the regions," he said.

Morgan added that because of



Left: Firefighters from U.S. Naval Base Guam's Fire and Emergency Services search building 870 during a mass casualty drill at Navy Munitions Command. The mass casualty drill was part of a larger island-wide earthquake drill known as the Marianas Rumble. (U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Chris Salisbury/Released)

Below: Firefighters from Naval Base Guam's Fire and Emergency Services simulate extinguishing a fire. The fire drill was part of a larger island-wide earthquake drill known as the Marianas Rumble. (U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Chris Salisbury/Released)

the island's critical location in typhoon alley, coordination with local, federal and military agencies is essential to ensure the best precautions are taken in the event of a natural disaster.

As the exercise came to a close, Moon applauded all participants and encouraged them to note what they've learned and evaluate where they can improve.

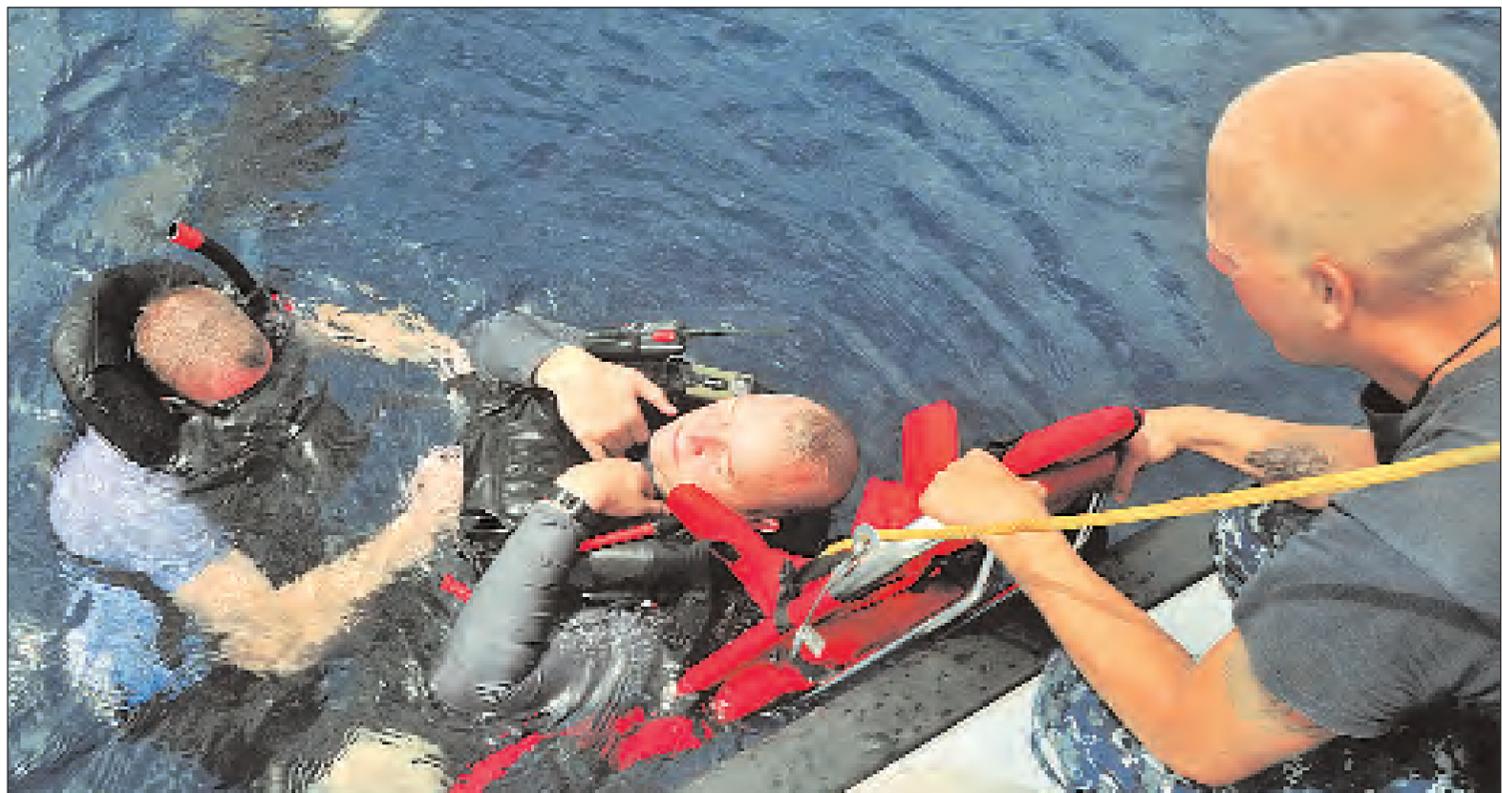
"Self-evaluation highlights some of the more critical feedback of exercise participation because people always strive to find ways to perform better," he said. "We note participant comments then align, standardize and synchronize them with future training efforts."



Counseling programs discussed

Presentation: Commander, Navy Installations Command (CNIC) Force Career Counselor, Master Chief Navy Counselor (SW/AW/SS) Michael L. Cheshier, spoke to Navy career counselors from commands around Guam. Cheshier discussed Perform-to-Serve, Enlisted Retention Board and many other programs the Navy counselors work with. (U.S. Navy photo by Mass Communication Specialist 2nd Class (AW) Catherine Bland/Released)

Right: Seaman Anthony Cordafreeland, assigned to the submarine tender USS Frank Cable (AS 40), holds a medevac litter in place while Operation's Specialist Seaman Justin Brother secures the survivor during a Search And Rescue (SAR) training exercise. 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 Damage Controlman 3rd Class Delesia Buchanan/Released)



USS Frank Cable holds SAR training



Above: Sailors assigned to the submarine tender USS Frank Cable (AS 40) secure Ensign Rick Bates to a medevac litter during a search and rescue training exercise. 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 Damage Controlman 3rd Class Delesia Buchanan/Released)

Left: Seaman John Steinhauer, assigned to the submarine tender USS Frank Cable (AS 40), checks survivor Ensign Rick Bates' pulse while other Sailors apply first aid during a search and rescue training exercise. 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 Damage Controlman 3rd Class Delesia Buchanan/Released)

EBS: Crew flew more than 3,500 miles continuously

Continued from Page 1

timeline in a simulated threat environment," said Capt. William Lange, 20 EBS electronic warfare officer. "We simulated fighting our way into the designated target area and fighting our way back out. This mission enabled us to validate the specific strike capability we bring to the area of responsibility."

Flying these long-duration sorties also serves as a credible deterrent to potential foes by illustrating the B-52's capability to operate anywhere across the Pacific.

"The significant nature of the sortie was the fact that we actually flew a mission in excess of 24 hours," Lange said. "The only thing that limits the B-52 is the stamina of the crew. In a real-world scenario this will be similar to a duration we would probably fly. Here at Andersen (AFB) we have the opportunity to train the way we would fight."

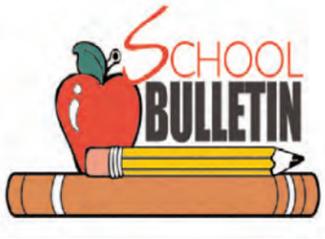
The goal of the CBP at Andersen AFB is to ensure the United States, its territories and interests are protected, and the Asia-Pacific region is stable and secure. Air Force Global Strike Command bombers enhance this sta-

bility and security by routinely deploying forces to Andersen (AFB) where they conduct training missions and familiarize themselves with flying across the Pacific Ocean and working with foreign allies.

"The successful completion of this mission just proved that we can take off from any base in the world, fly for long durations, strike any target in the world, make it all the way back home and be able to do it again," Price said. "That's what we're here for, that's our whole mission. We provide that deterrent; we provide that stability."



Refuel: A B-52 Stratofortress from the 20th Expeditionary Bomb Squadron, Barksdale Air Force Base, La., connects with a KC-135 tanker for in-flight refueling during a weapons training mission Aug. 19. Currently deployed to Andersen Air Force Base in support of the continuous bomber presence, the mission to Alaska was the first higher-headquarters directed mission of their tour. (U.S. Air Force photo by Capt. Aaron Bogart/Released)



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.

DoDEA

The Preliminary Scholastic Aptitude Test/National Merit Scholarship Qualifying Test (PSAT/NMSQT) is scheduled for Oct. 12.

The PSAT/NMSQT measures critical reading, math problem-solving and writing skills. The test also prepares students to take the SAT Reasoning Test.

Eleventh-graders are automatically entered into the National Merit Scholarship competition. DoDEA Guam High School 10th-graders, 11th-graders and 9th grade Advancement Via Individual Determination (AVID) Program students are not charged a fee. DoDEA 9th-graders can take the test, but must pay the \$14 fee.

McCool Elementary and Middle School (MEMS) and Andersen Middle School (AMS) 8th-graders can also take the PSAT and pay the fee. Home-schoolers who are eligible to attend DoDEA Guam Schools may also take the test. Contact your child's Guidance Counselor or the school office for more information: AMS, 366-3880; MEMS, 339-8676; GHS, 344-7410.

DoDEA School Board meeting, Oct. 13, 6 p.m. at McCool Elementary and Middle School Information Center. DoDEA parents, students, service members, and the military community are encouraged to attend. There is a great opportunity during the Open Forum segment to have your questions and concerns addressed by the school administrators and DoDEA-Guam District representatives. DoDEA-Guam School Board Meetings are held monthly and rotate between DoDEA-Guam schools. The School Board monthly meeting schedule can be found www.guam.pac.dodea.edu.

Guam High School (GHS)

Parents are invited to meet with school administrators on Sept. 30 from 8-8:45 a.m. at the GHS cafeteria for the First Panther CAFÉ (Caring Adults for Education) meeting. The topic of discussion: "How can the school better communicate with all sponsors?"

The GHS administrative team and high school counselors will be available at Andersen Middle School, Oct. 12 from 4-6:30 p.m.



Instructional Visit: Marilee Fitzgerald, Department of Defense Education Activity (DoDEA) acting director, meets with parents and teachers of Andersen Air Force Base (AFB) schools during an instructional visit, Sept. 20. Fitzgerald visited Andersen AFB schools to observe classrooms, introduce new ideas, meet with faculty and parents, and interacted with students of all ages. After the day of observation and classroom interaction, Fitzgerald met in a 'round table' format with some parents and faculty to discuss her observations and see what their suggestions were for the schools. (U.S. Air Force photo by Staff Sgt. Alexandre Montes/Released)

DoDEA director visits Andersen AFB schools

By Senior Airman
Veronica McMahon

36th Wing Public Affairs

The faculty, parents and students of Andersen Air Force Base (AFB) schools opened up to some new Department of Defense Education Activity (DoDEA) initiatives and ideas during an instructional visit Sept. 20.

Marilee Fitzgerald, DoDEA acting director, visited Andersen AFB schools to observe classrooms, introduce new ideas, meet with faculty and parents, and interact with students of all ages.

"I can't believe the level of engagement of our teachers," Fitzgerald said. "I am seeing some powerful teaching and they are really extending themselves on behalf of these children."

During classroom observations, the director met with students and asked some general questions.

"I asked if they were engaged in

learning and what we could do to improve the curriculum," she said. "I also addressed the subject of moving to a digital platform, which got a very positive response."

She added the students expressed good involvement and enthusiasm in learning, and many offered some suggestions of what types of courses and electives they might like to see. Fitzgerald also showed the students her tablet personal computer and demonstrated the benefits this technology could pose to classroom education, and this was a big interest to the children.

After the day of observation and classroom interaction, Fitzgerald met in a 'round table' format with some parents and faculty to discuss what she noticed and see what their suggestions were for the schools.

"Schools have become similar to the setting of an adult work environment," the director said. "The students are exploring and discovering new tools and they aren't afraid of

new technology. Some of these new initiatives will be introduced to DoDEA schools this year."

Fitzgerald also showed the group the advantages of a tablet PC compared to multiple agendas, calendars, notebooks and textbooks. She explained the advantage of keeping everything organized for children, and some of the applications that would better assist teachers.

The discussion prompted a few other topics such as special-needs children and bullying.

"For my son, this will be a good thing," said Jennifer Her, parent of two school-aged children, one in special-needs classes. "The new technology would be phenomenal for him."

The faculty was greatly impressed with Fitzgerald. Both Willette Home-Barnes, Andersen Elementary School principal, and Deborah Krull, Andersen Middle School principal, agreed the visit was well worth the time she spent there and was wonderfully beneficial.

"What stood out to me was how approachable and positive she was," Home-Barnes said.

Fitzgerald said there would be new changes coming to the school in the near future, as well as more implication on the "anti-bullying" campaign.

"There has to be someone in school the children can trust and a place where they can feel safe," Fitzgerald said.

The faculty stressed the pride Andersen AFB school systems take in educating the children about bullying and respect, and agreed they have a great group of students.

"All these children have moved around a lot, with about a 30 percent turnover rate yearly," Fitzgerald said. "It is so invigorating being with these children; they are well traveled with very broad perspectives. It was an incredible day."

Fitzgerald's other school visits included Guam High School and Cmdr. McCool Elementary/Middle School.

MEMS students perform for STOMP

Right: A student from Cmdr. William C. McCool Elementary/Middle School (MEMS) poses with musicians from the musical production, STOMP. (Photo courtesy of MEMS/Released)



By Mass Communication Specialist 2nd Class (SW) Gabrielle Blake

U.S. Naval Base Guam Public Affairs

Students from Cmdr. William C. McCool Elementary/Middle School (MEMS) performed a musical piece for the musicians of the Broadway sensation, STOMP, at the Leo Palace Resort Guam in Yona, Sept. 19.

The students won a contest hosted by Tropical Productions Inc., granting them free tickets to a STOMP show and allowing them to perform and meet the musicians.

STOMP is a musical production of choreographed percussion, movement and comedy. The performers use everyday items as percussion instruments in their shows.

Whitney Mansell, the middle school music teacher at MEMS, and the students came up with a special theme for their performance. Instead of using instruments, they

used items normally found on the beach.

"Since we were welcoming them to Guam, we decided to use items that were native to Guam," Molly Horvath said.

The students performed a three-minute piece for the STOMP musicians using coconuts, seashells, dive flippers, and other items.

"It was fabulous," Mansell said. "The audience was enthusiastic with what the kids were doing. They were getting up out of their seats."

The students agreed that they were nervous when they performed.

"We were kind of nervous at first, but we just did it and we all had fun with it," Horvath added.

Mansell said she was proud of the performance her students put on.

"My joy is coming from them performing, knowing some day they may become the professional musicians," Mansell said. "Also seeing other people's reactions to my students performing makes me so proud."



STOMP: Students from Cmdr William C. McCool Elementary/Middle School (MEMS) pose with musicians from the musical production, STOMP. The students performed for the musicians using everyday beach items to welcome them to Guam. (Photo courtesy of MEMS/Released)

Tale of Japanese Sgt. Yokoi shows local hospitality

By JoAnna Delfin
Joint Region Edge Staff

A rich history is part of what makes Guam an interesting place to live. From tales of mermaids and ancient chiefs to accounts of World War II (WWII), island residents take great pride in sharing stories of the past.

One interesting tale that garnered international attention is the story of a Japanese soldier that lived in the jungles of Talofofo decades after the U.S. forces liberated Guam on July 21, 1944.

On Jan. 22, 1972, Manuel DeGracia, with his sons Manuel Jr. and Anthony, and Jesus Duenas, with his son Ignacio, were checking their shrimp traps in one of the rivers in Talofofo when they encountered Sgt. Shoichi Yokoi.

Thinking he was a fellow villager, the men approached Yokoi, subdued him with handcuffs and brought him to Duenas' ranch.

Rosa DeGracia, wife of Manuel DeGracia, recalled meeting the man for the first time and said though he looked very sick, he was very neat.

"His hair was cut and his face did not have a messy beard," she said. "While he was in the cave, he was cutting his hair by himself."

Elaine Naputi, daughter of Manuel and Rosa DeGracia, said she remembered seeing Yokoi when she was a young girl.

"To me, he looked scary because I'm not used to seeing people like that," she said. "I never experienced the war or anything like that, but I was also very curious. I wanted to see more and know more."

Naputi remembered that although she was afraid of the man, he too seemed afraid of the people around him.

"Maybe there were a lot of things going through his mind, like he didn't know if these people were going to hurt him," she said.

Before the men brought Yokoi to the village mayor's office, Rosa DeGracia was sure he had a good meal, something she was sure he hadn't had in a long time.

"He looked really hungry and we were already preparing dinner," De-



Memories: Elaine Naputi, left, and her mother Rosa DeGracia, look through newspaper articles about the capture of World War II Japanese straggler Sgt. Shoichi Yokoi at their home in Talofofo, Sept. 26. Naputi's father and DeGracia's husband, Manuel DeGracia along with Jesus Duenas discovered Yokoi in the jungles of Talofofo in 1972. (U.S. Navy photo by JoAnna Delfin/Released)



Left: Newspaper articles of World War II Japanese straggler Sgt. Shoichi Yokoi are displayed at Elaine Naputi's home in Talofofo, Sept. 26. Naputi's father, Manuel DeGracia along with Jesus Duenas discovered Yokoi in the jungles of Talofofo in 1972. (U.S. Navy photo by JoAnna Delfin/Released)

Gracia said. "I don't think he really liked the meat because he probably didn't eat that when he was in the jungle. So he just ate the soup and rice."

DeGracia added that her hospitality was something instilled in her since she was a young girl and although Yokoi was a Japanese sol-

dier like the ones she encountered during WWII she did not hold any bitterness toward him.

"The war was over a long time ago," she said. "Even though my brother and nephew were killed at that time I was not angry at Yokoi because I don't know whether he's the

tal for proper medical treatment.

A month after his capture, Yokoi returned to his home in Japan and was reunited with his family. In September 1997, he suffered a heart attack and died at the age of 82.

Though she was only able to see Yokoi as a young girl, Naputi remembered how well her family treated him.

"I feel the way we treated him when he was here really showed the type of people we are," she said. "We're full of respect and hospitality when it comes to visitors. That's pretty much not only our culture, but also in our blood - it's the way we were brought up."

A replica of Yokoi's cave can be seen at a local waterfall park in Talofofo.

one who killed them. I just knew he was sick and needed help."

Soon after the men brought Yokoi to Duenas' ranch they took him to the village mayor's office where authorities were properly notified of the Japanese soldier's capture.

Police officers took statements from the men who found Yokoi, and he was then transported to the hospi-

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

On a Budget

UNDER \$10

Xtreme Midday Madness
At NBG's Orote Point Lanes every Monday to Friday from 1-5 p.m. Bowl for only \$5 (shoes not included)! For more information, call 564-1828.

Willie's Beachside Jazz
At Bamboo Willie's every Sunday from 5-8 p.m., enjoy a relaxing evening at the beach while you listen to great jazz music. For more information, call 653-9814.
Tuesday Fajita Night
At Andersen AFB's Café Latte every Tuesday from 5:30-7:30

p.m. Base price starts at only \$2.95 and you can build your own fajitas! For more information, call 366-6166.

Texas Hold'em Night
Texas Hold'em tournaments are held every Tuesday starting at 6 p.m. in Hightides Enlisted Lounge at the Top of the Rock (Andersen AFB). Play is free for Club Members and \$5 for non-members. Weekly prizes are awarded. Open to ages 18 and older. For more information, call Top of the Rock at 366-6166.

Wing Night
At Café Latte (Andersen AFB)

On a Budget

every Thursday from 5:30-7:30 p.m. Load up your plate with wings for only 35 cents per ounce! For more information, call 366-6166.

Bowl Your Brains Out
At Andersen AFB's Gecko Lanes, every Monday from 6-10 p.m. Bowl all you want for just \$5! For more information, call 366-5085.

TGIF Night
Enjoy your favorite beverages and social hour snacks every Friday in Hightides Enlisted Lounge beginning at 4 p.m. Unwind and enjoy a game of pool or darts with your friends. For more info, call 366-6166.

Saturday Nights at Bamboo Willies
They'll be cranking up the karaoke machine, so come on down and have some fun. There will be lots of giveaways. The Bamboo Willie's menu will be available and there will be beverage specials. For more info, call 366-6166.



FRIDAY, SEPT 30

7 p.m.: Spy Kids: All the Time in the World • PG

SATURDAY, OCT 1

2 p.m.: Spy Kids: All the Time in the World • PG

7 p.m.: 30 Minutes or Less • R

SUNDAY, OCT 2

7 p.m.: 30 Minutes or Less • 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, SEPT 30

7 p.m.: The Help • PG-13
9:30 p.m.: The Change-Up • R

SATURDAY, OCT 1

1 p.m.: Spy Kids: All the Time in the World • PG
3:30 p.m.: Captain America: The First Avenger • PG-13
7 p.m.: Fright Night • R

SUNDAY, OCT 2

1 p.m.: The Smurfs • PG
3:30 p.m.: Rise of the Planet of the Apes • PG-13
7 p.m.: Conan the Barbarian • 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 mwrquam.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

Transition teaches life lessons

By Lt. Cmdr. Thomas A. Ianucci

U.S. Naval Base Guam Chaplain

Transition is what we who have joined the military experience all the time. It starts when we receive permanent change of station (PCS) orders and learn we will relocate. Transition affects us in many ways, some of which we have no control over. Some people can handle transition very well and others find it very stressful.

For me transition has been a way of life, but I do have to say my move to Guam has been a difficult one, being ordered halfway around the world, far from my family and friends. Adding up the many times I had to pack up my belongings and move, I was surprised to find that I have moved 22 times so far, and I expect there will be plenty more while I am still on active duty.

In my experience, the stressful part of moving is the packing and unpacking. I have a lot of "stuff" that I seem to pack up and take with me. Then I'm challenged to find enough room in my new quarters to place or store it. I'm learning to scale back, but I think I have a long way to go. I have come a long way since I first started furnishing my own apartment and collecting "stuff."

Most military families feel the pain in the wallet. Money is always a worry. My dad taught me the value of a dollar when I was

"Never let your life become so hard that you are not able to call for help. Build a network of family and friends to support you and do not forget to call on them when you are in need. If you find or feel you do not have a support network, please stop by and let us help you identify and build a personal network of supportive people. Life is so worth it."

— Lt. Cmdr. Thomas Ianucci
 chaplain, U.S. Naval Base Guam

young, and not to spend more than I make. I am fortunate to have a reserve to help with all the start-up expenses you need for a move, but many do not have such reserves and they often live on the edge.

This is very dangerous when you are moving from one place to another as it places additional burdens on individuals and families. Credit cards quickly max out and living from paycheck to paycheck just does not seem to work all the time.

Living in a hotel room while waiting for lodging may be fun, but paying for the room and waiting for the reimbursement can take longer than anyone can imagine. Finances are an area in our lives that can add stress and pressure when added to other issues like a new job, local rules and customs, housing and career planning. This is an undue stress that

can be avoided. Also, due to the poor housing market, many military personnel are choosing to be geographic bachelors to avoid losing their investments in their homes.

When we move to a place like Guam, we move out of our comfort zone, far away from our support network and those we support. Many are placed in

positions where they cannot easily jump in to help out their spouse or family with issues when they arise, unlike living in stateside, where we can get just about anywhere quickly. Individuals also experience issues with loneliness and isolation when they are out of their comfort zones and do not have their regular friends or family to rely on.

In my short time on Guam, I have been hearing from many people how difficult transition is. With added stresses of job, family and finance, it puts people in a

vulnerable situation. I am very grateful for the support network I have created in my life. They help me through the transitions I go through as I move "on to the next adventure" in life. It is imperative to learn a humbleness that will help us know our limitations and allow us to seek help when we need it.

We are very fortunate in the military because we have free resources to help us. There are workshops to help with transitions in moving and there are caring people to help relieve the stresses you face, like Fleet and Family Services, and of course my office, the Chaplain's Office.

Never let your life become so hard that you are not able to call for help. Build a network of family and friends to support you and do not forget to call on them when you are in need. If you find or feel you do not have a support network, please stop by and let us help you identify and build a personal network of supportive people. Life is so worth it.



Seabee joins Navy soccer team



Coach: Builder 2nd Class Joseph Coyle from Naval Mobile Construction Battalion 133's Detail Guam is photographed at Camp Covington on U.S. Naval Base Guam. Coyle, a former Division I collegiate soccer player, will depart Guam in September on temporary orders to play and coach for the All-Navy Men's Soccer Team. (U.S. Navy photo by Construction Utilitiesman Drew Verbis/Released)

By Utilities Constructionman Drew Verbis

Naval Mobile Construction Battalion 133 Public Affairs

A Seabee from Naval Mobile Construction Battalion (NMCB) 133's Detail Guam joined the All-Navy Men's Soccer Team for training Sept. 25.

Builder 2nd Class Joseph Coyle, a former National Collegiate Athletic Association (NCAA) Division I soccer player for the University of Connecticut Huskies, will join the team in Pensacola, Fla., as both a player and the coach. After tryouts and training, the team will compete in a tournament against the U.S. branches of the

Army, Marine Corps and Air Force at Langley Air Force Base in Hampton, Va., scheduled for mid-October.

"I'm looking forward to this year's team and I'm excited to see what we can do," said Coyle, the 2009 team captain.

In addition to a silver team medal, Coyle received the 2009 Crystal Trophy as one of the top 11 players in the league.

"That was a really good experience," he said. "I missed the 2010 season because I was deployed to Afghanistan. But this time around my role will be a little different - I can't wait to meet with the team and find ways to contribute."

Coyle joined the Navy in 2008 after receiving a bachelor's degree in

history, and a master's degree in education. He has deployed to Japan, Afghanistan and Guam with NMCB 133.

"[Coyle is] a tremendous asset to the detail and NMCB 133 and, obviously, a great athlete too," said his Officer in Charge, Lt. Cmdr. Mike McCain. "In addition to his outstanding work performance here in Guam he's done a commendable job enabling competition in a variety of sports. Now he gets to do it at a higher level. Detail Guam is extremely proud of him and will eagerly root the Navy soccer team on."

NMCB 133 is currently deployed to the Pacific Command area of operations in support of ongoing humanitarian and civic missions.

254th ANG wins softball championship



Championship: Umpire Matt Grant, 36th Security Forces Squadron department of defense police, cleans home plate as the teams take the field during the intramural softball championship on Andersen Air Force Base (AFB), Sept. 20. The 254th Air National Guard (ANG) and the 44th Aerial Port Squadron (APS) played for the championship, and the 254th ANG took home the trophy. (U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released)



Slugger: Timothy Muna, 254th Force Support Squadron, hits a softball during the intramural softball championship game on Andersen Air Force Base (AFB) Sept. 20. Muna hit a homerun to push his team toward a victory during the game. (U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released)

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.

Captain's Cup Flag Football

Tournament will be held Oct. 4. Game times are 6 p.m., 7:10 p.m. and 8:20 p.m. Players must be 16 years of age. Sign up and complete the team roster by Sept. 26 at Charles King Fitness Center. There will be a mandatory coaches meeting at Charles King Fitness Center Sept. 28 at 6 p.m.

Fall Youth Soccer League

The Fall Youth Soccer League, open to youth ages 4-12, has started and will run through 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 Hamon. 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. 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, 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 short, 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 aerobic 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

Palm Tree Golf Course can now save avid golfers big bucks! 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. Also, the pool is looking for certified swimming instructors and lifeguards. For more information, call Outdoor Recreation at 366-5197 or Human Resources at 366-1189.

Aikido Classes

Aikido is a traditional Japanese martial art of self-defense that focuses on using the force of the opponents attack and redirecting it. The Hotspot is now offering two types of aikido classes. One is a traditional (Hombu) aikido class for all levels. Classes will be held Monday and Wednesday from 5:30-6:30 p.m. for kids 8-12 years and 6:30-8 p.m. for adults. The other class is Law Enforcement/Combat Aikido, and is for adults only. This class will be held Tuesday and Thursday from 6-7:30 p.m. All classes are \$60 per month, per student. Sign up at the Hotspot. For more information, call 366-2339.