

# JOINT REGION EDGE

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## Cable celebrates Hispanic Heritage



By Damage Controlman 3rd Class (SW) Delesia Buchanan  
USS Frank Cable (AS40) Public Affairs

U.S. Navy Sailors and Civilian Mariners (CIVMARS) assigned to the submarine tender USS Frank Cable (AS 40) gathered to celebrate Hispanic Heritage Month, Sept. 23. More than 400 Sailors were in attendance as the celebration began early in the morning with a command 5K run. Before the run, Logistics Specialist 2nd Class (SW) Ana Diaz shared a brief history that echoed this year's theme, "Many background, many stories, but one American spirit."

"In the Diversity Committee, we focus on every heritage from every background we have on board," said Chief Machinist's Mate (SW/AW) Lateef Alaka, Diversity Committee coordinator. "Everybody needs to know where everybody's coming from, so they can understand each other and appreciate

See Heritage, Page 10

Hispanic Cuisine: Sailors, assigned to the submarine tender USS Frank Cable (AS 40), prepare a plate of Hispanic cuisine during the Hispanic Heritage Month celebration, Sept. 23. The Hispanic heritage is nationally celebrated from Sept. 15 to Oct. 15. 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)

## 36th MDG earns an 'outstanding'

By Senior Airman  
Veronica McMahon  
36th Wing Public Affairs

The rating 'outstanding' echoed the walls of the 36th Medical Group (MDG) while the team gathered to hear results of the triennial five-day health services inspection, Sept. 16.

Health services inspections assess Air Force Medical Service programs and processes to provide senior leadership with accurate data upon which to base policy decisions. The inspection also assessed the

ability of medical units to fulfill their peacetime and wartime missions, to include evaluation of medical care and the support of the host wing's mission.

"Wow' is all I can say," said Col. Peter Brewer, 36th MDG com-

mander. "An incredible feeling of pride swept over me after hearing the official announcement of 'outstanding' on the medical group's inspection. All of our hard work

See MDG, Page 11

'Outstanding': Members of the 36th Medical Group cheer as they receive an 'Outstanding' on the triennial Health Services Inspection Sept. 16. Health Services Inspections assess Air Force Medical Service programs and processes to provide senior leadership with accurate data upon which to base policy decisions. The inspection also assessed the ability of medical units to fulfill their peacetime and wartime missions, to include evaluation of medical care and the support of the host wing's mission. (Photo courtesy of the 36th Medical Group)



### Sailor of Quarter

7 Sailors and a Coast Guardsman honored at ceremony

SEE PAGE 2



### Domestic Violence

Proclamation signed for awareness month

SEE PAGE 4



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# Sailors, Coast guardsmen awarded

By JoAnna Delfin  
Joint Region Edge Staff

The Navy League of the United States Guam Council honored seven Sailors and a Coast Guardsman for the third quarter of fiscal year 2011 during the Sailor of the Quarter (SOQ) Breakfast at Top O' the Mar in Asan, Sept. 28.

Chief Master-at-Arms (SW/AW) David Flake, of U.S. Naval Base Guam, welcomed attendees to the event.

"Recognizing our Sailors with something like this breakfast is the very least we as leadership can do to show them our appreciation for their performance," he said.

Following Flake's welcoming remarks, Navy League Guam Council President Mark Sablan, thanked the selected service members for their hard work and dedication.

"Today we are here to recognize and reward the Sailors of the Quarter for a job well done and we appreciate all you do for the island," he said.

Sailors from USS Frank Cable (AS 40), Joint Region Marianas, Explosive Ordnance Disposal Mo-



Sailors of the Quarter: The Navy League of the United States Guam Council Sailors of the Quarter (SOQ) pose for a photo after the SOQ Breakfast at Top O' the Mar in Asan, Sept. 28. (U.S. Navy photo by JoAnna Delfin/Released)

bile Unit 5, Naval Airborne Weapons Maintenance Unit 1, Naval Mobile Construction Battalion 133, U.S. Naval Hospital (USNH) Guam, and a Coast

Guardsman from U.S. Coast Guard Cutter Assateague were honored. "I was actually surprised," said Logistics Specialist Seaman Apprentice Michelle Herron, USNH

Guam. "I was looking at the award listing and I wasn't expecting to see my name there so it's a really great privilege." As one of the few Junior Sailors

- 3rd Quarter Sailors of the Quarter**
- Hospital Corpsman 1st Class (SW) Morgan Gerena - USS Frank Cable (AS 40)
  - Culinary Specialist 1st Class Christy Gay - Joint Region Marianas
  - Yeoman Seaman Erik Siebert - Explosive Ordnance Disposal Mobile Unit 5
  - Aviation Electronics Technician 2nd Class Alan Hubin - Naval Airborne Weapons Maintenance Unit 1
  - Utilitiesman Constructionman (SCW) Andrew Verbis - Naval Mobile Construction Battalion 133
  - Logistics Specialist Seaman Apprentice Michelle Herron - U.S. Naval Hospital Guam

who received the SOQ award, Herron said she was overwhelmed to be selected by the Navy League Guam Council.

"I work at a hospital so there's lots of corpsman, so to be a non-corpsman and to be recognized from that command is definitely a great thing," she said.

# 36 CRG touches lives throughout Pacific

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

Like everything else, Operation Pacific Angel 11-3 began as an idea; little more than a few people kicking thoughts around and striving to make a difference. This idea, however, had something many do not: scores of motivated service members from around U.S. Pacific Command's (PACOM) area of responsibility (AOR) with the 36th Contingency Response Group (CRG) in the lead.

More than 150 U.S. military members gathered in Pekanbaru, Indonesia June 11-18 to participate in Operation Pacific Angel, a joint and combined Humanitarian Assistance Rapid Response Team (HARRT) operation conducted in the Pacific AOR to support U.S. PACOM's civic outreach efforts.

"We were able to treat nearly 4,000 Indonesian patients in seven days," said Master Sgt. Lily Samonte, 36th CRG resource management flight superintendent.

The 36th CRG is poised to deploy all, or part, of its 481-person team with no more than 12 hours notice. However, this multidisciplinary, cross-functional force is not just about air base opening, long-haul communications and heavy construction.

"While in Pekanbaru, the CRG was responsible for constructing a fully-operational medical facility," Samonte said. "We have five tents that we make into a mobile hospital. Once we got set up it was go, go, go. We opened the hospital, everyone broke into their teams and we began seeing patients."

The first stage of medical care provided during the humanitarian assistance mission was a health and hygiene seminar where all patients learned proper hand-washing techniques then received multi-vitamins. Additionally, The HARRT tent had a designated area



Indonesia: More than 150 U.S. military members from around U.S. Pacific Command's area of responsibility gathered in Pekanbaru, Indonesia from June 11-18 to execute operation Pacific Angel 11-3 with the 36th Contingency Response Group in the lead. (U.S. Air Force Courtesy Photo)



Dental Checkup: While in Pekanbaru, Indonesia for Operation Pacific Angel 11-3, members of the 36th Wing partnered with more than 150 military members from around U.S. Pacific Command's area of responsibility to provide medical care to local residents. Nearly 4,000 patients were treated in only seven days, June 11-18. (U.S. Air Force Courtesy Photo)

where people with flu-like symptoms could be separated and screened for illnesses and given

information on preventing the spread of viruses and disease. Dental exams were also provid-

ed for those in need. Altogether, hygienists provided more than 260 screenings and performed a few minor procedures. Preventative dentistry instruction was given to teach children proper brushing techniques and care.

"Because some of the villages are very remote it can be difficult to get the medical attention needed," Samonte said. "The medicines and guidance provided during this operation can help to prevent some of these illnesses and improve overall health."

Originally from the Philippines, Samonte was able to connect with local residents in a way few others could. Similarities between the two languages and customs helped bridge the gap and put patients at ease.

"I could sense the relief when they saw me," she said. "Being from the Pacific as well, I looked very similar to them and I was familiar with the culture. You have to be aware of certain customs and courtesies when in a foreign place; it's quite similar to being in the desert. Awareness is essential and it can really help to put the people

around you at ease."

When the time came to close up shop and head home, members of the 36th Wing had taken full advantage of the opportunity to forge lasting bonds with individuals from all over the Pacific including Singapore, Timor, Bangladesh and of course, Indonesia.

"On the final day of the humanitarian service outreach operation, the medical team saw an astonishing 900 patients," said Col. Theodore Corallo, 36th CRG commander. "They never could have accomplished something like that without a concerted team effort."

Samonte echoed the commander's remarks.

"The CRG was responsible for making this operation run as seamlessly as possible," she said. "We needed to ensure the nurses and doctors were able to help as many people as they could. When we were packing up, members of the local community asked us when we would be coming back. That is how I know Operation Pacific Angel 11-3 was a success."

# Improve your knowledge of MSFSC

*Yeoman 1st Class (AW/SW) Maria Manchion answered questions about the Military Sealift Fleet Support Command, Ship Support Unit, Guam (MSFSC SSU GU).*

**Q: How many ships are at the command?**

A: Only one military support command (MSC) vessel is home ported in Guam – submarine tender USS Frank Cable (AS 40). MSFSC SSU GU provides full spectrum operational, repair and logistic support to all other MSC vessels making port of call in Guam. The ship types and missions we support span the gamut of fleet replenishment oilers, dry cargo/ammunition carriers, military preposition assets, hospital ships, tug and salvage vessels, oceanographic survey platforms and a myriad of other fleet support vessels.



**Q: As a member of the military, how is your experience different than working for a Navy command?**

A: While the composition of this command is predominantly civil-

ian, many civilian employees are retired military members from the Navy, Marines, Army, and Air Force. Truth be known, the working environment at this command is refreshing in a manner that rank and

Support: Bert Trafalgar of Military Sealift Fleet Support Command, Ship Support Unit, Guam (MSFSC SSU GU) prepares stores to be delivered to USNS W. Schirra (T-AKE-8) Oct. 4. MSFSC SSU GU provides full spectrum operational, repair and logistic support to all other military support command (MSC) vessels making port of call in Guam. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert/Released)

position do not fully dictate what an individual's role is in support of the Command Mission. For the military especially, there is no limit to what you can do. From the exposure to the programs required to be managed, to the interaction with personnel, the chain of command instills a sense of purpose and a feeling of satisfaction at day's end when

big projects come to fruition. This dynamic environment ensures a person will be a team player and will leave this command a more well-rounded and capable leader and manager.

**Q: Isn't it unique working and witnessing the MSC side of the overall U.S. Maritime mission while still a member of the Navy?**

Q: Admittedly, the overall level of knowledge regarding the significant logistic support MSFSC provides U.S. Navy's Fleet is lacking amongst a vast majority of Fleet Sailors. When deployed aboard a fleet ship, all food, fuel, beans, bullets, mail, sodas, etc. comes from an MSC Ship when underway. Until a person "looks behind the veil," they have no comprehension of the size, reach, capability and reliability the MSC Fleet and Mariners bring to the fight.

**News Notes**

**Job Announcements**

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

**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 1 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](mailto: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](http://www.cnic.navy.mil/marianas).

**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 first Saturday of the month beginning at 8 a.m. in the Chapel 2 annex.

**Air Force Office of Special Investigations Recruiting Effort**

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

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

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

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

**Relocation of U.S. Naval Base Guam Bachelor Housing Service Desk**

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

**Report Fraud, Waste, and Mismanagement**

The Joint Region Marianas (JRM) Hotline provides an opportunity to report significant cases of fraud, waste and misman-

agement. Anyone can file a hotline complaint. All reporters have the right to remain anonymous. To contact the JRM Inspector General, e-mail [M-GU-JRM-IG-HOTLINE-FRAUD-WASTE-ABUSE@fe.navy.mil](mailto:M-GU-JRM-IG-HOTLINE-FRAUD-WASTE-ABUSE@fe.navy.mil) or call 349-1001. You may also mail your report in to JRM Inspector General Office, PSC 455 Box 211, FPO AP 96540. Remember, the more detailed information you provide the better we can assist you.

**Andersen Air Force Base Public Health**

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

**Coalition of Sailors Against Destructive Decision**

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

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# October is Domestic Violence Prevention Awareness Month

## From Fleet and Family Support Center Guam

October is annually and nationally recognized as Domestic Violence Prevention Awareness Month, and this year's theme is "ONE VOICE against domestic violence makes a difference."

One of the primary goals of the Department of Defense (DoD) and the U.S. Navy's Family Advocacy Program (FAP) is the prevention of domestic violence. The FAP establishes education and awareness programs aimed at encouraging Sailors and their family members to make an honest assessment of their challenging behavior and seek help early, so they will learn to practice healthy behavior.

Navy-wide, October is used to enhance public awareness on domestic violence-related issues, and to promote healthy family functioning. The intent of these services is early identification and prevention of more significant conditions, thereby promoting improved quality of life and increased resilience in individuals and families.

The Fleet and Family Support Center (FFSC) Guam states Domestic violence is not just a private family matter. It is a crime with serious repercussions for your loved one, their children and the entire community. Keeping quiet about what you observe could be very dangerous for a victim of abuse.

Domestic violence can involve threats, forced isolation, pushing, punching, slapping, choking, sexual assault and assault with weapons. It is rarely a one-time occurrence and usually escalates in frequency and severity over time.

Domestic violence can be deadly. More than 40 percent of partners who are murdered are killed by their intimate partner. Many are perplexed as to why a victim doesn't simply walk out on their abusive partner. "Why didn't they leave?" is a common question concerning domestic violence, and it is based on the false assumption that leaving always means safety.

Victims of domestic violence tend to remain in abusive relationships because of fear – fear for their lives, fear for the safety of their children and fear of homelessness. Often the abusive partner is a parent and any decision to take children away from one of their parents is difficult. Many times a victim still feels strong emotional ties to their intimate partner. The reality of domestic violence homicides, which often occur after a victim has left their abuser, means that leaving doesn't always mean safety.



Proclamation: Capt. Richard Wood, commanding officer of U.S. Naval Base Guam (NBG), signs a proclamation for Domestic Violence Awareness Month in front representatives from the base's chapel and Fleet and Family Support Center, Oct. 4 at NBG. (U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Chris Salisbury/Released)

### What you can do to help

▲ **Break the silence:** . Call the National Domestic Violence hot line at 1-800-799-SAFE(7233) and talk to staff about your concerns. They can put you in touch with programs and services in your area that assist victims of domestic violence and their children.

▲ **Become informed:** . Visit the National Domestic Violence hot line website Web site at [www.ndvh.org](http://www.ndvh.org) or the public awareness site at

[www.makethecall.org](http://www.makethecall.org) and gather all the information you can about domestic violence.

▲ **Lend a sympathetic ear:** . Letting your friend know that you care and are willing to listen may be the best help you can offer. Try talking to them about the problem of domestic violence in a general way. Tell them this problem concerns you. Don't force the issue, but allow them to confide in you at their own pace. Keep your mind open and really listen to what they tell you. Never blame them for what's happening or underestimate their fear of po-

tential danger.

▲ **Share your knowledge:** . Let them know they are not alone and that caring people are available to help. Encourage them to "break the silence" and seek the assistance of domestic violence advocates at the National Domestic Violence Hotline. They can help a victim of abuse plan for safety and identify options.

▲ **Be a friend in deed:** . Provide whatever you can: transportation, child care or financial assistance. Your friend may need to rely on family or friends for temporary housing. Be very careful when offering and providing safety in your home. A domestic violence victim frequently faces the most physical danger when attempting to flee. Be very discreet and talk to a local domestic violence program about the best way to handle this.

▲ **Report any emergency:** . It cannot be overemphasized that domestic violence is a crime that can result in serious physical injury and even death. If you know that a violent incident is occurring, call the police immediately. Calling the police does not always mean the abuser will be put in jail. It is simply the most effective way to protect the victim and children from immediate harm.

### Warning signs

Warning signs that someone you know may be involved in domestic abuse include:

- Visible injuries, often unexplained (black eyes, bruises or suspicious broken bones);
- Invisible emotional injuries, such as a lack of self-worth and independence;
- Changes in behavior, even in children;
- Frequent absences from work or other activities do to "accidents;"
- The offender exerting an unusu-

al amount of control over their partner's activities, demonstrating extreme jealousy, manipulating contact with friends or family, or ridiculing their partner publicly.

### Reporting domestic violence

For service members, there are two ways of reporting domestic abuse: restricted and unrestricted reporting.

The restricted reporting process allows an adult victim of domestic abuse, who is eligible to receive military medical treatment, the option of reporting an incident of domestic abuse to a specified individual without initiating the investigative process or notification to the victim's or offender's commander.

Benefits to restricted reporting include: medical treatment, counseling services, control over the release and management of personal information, and the option to select unrestricted reporting at any time.

Limitations to restricted reporting include: the offender is not held accountable and may continue to be abusive; the victim cannot obtain a military protective order (MPO); evidence from a crime scene could be lost and may impede an investigation if the victim chooses to switch to an unrestricted report; and, if the victim discloses to someone other than the specified individuals, command or law enforcement may be alerted and an investigation may be initiated. The report then becomes unrestricted.

The unrestricted reporting supports effective command awareness and prevention programs, and law-enforcement and criminal justice actions that maximize accountability and prosecution, as appropriate, of domestic-abuse offenders. Victims of domestic abuse who want to pursue an official command or criminal investigation of

**ONE VOICE**  
against domestic violence makes a difference.

WOMAN  
GRANDCHILD  
**RESERVIST**  
BROTHER COUSIN  
FRIEND ACTIVE DUTY  
MAN PARENT PAL  
**SAILOR**  
OFFICER AUNT  
ENLISTED  
CHILD SISTER  
**MARINE**  
RETIREE GUY  
MOTHER FRIEND  
**AIRMAN**  
GIRL AUNT SON  
DAD CO-WORKER  
DAUGHTER  
UNCLE SPOUSE  
**SOLDIER**  
GRANDPARENT MOM  
FATHER FAMILY  
**OMBUDSMAN**  
**NEIGHBOR**

*If you see something,  
say something.*

an incident should use the unrestricted reporting channels, including chain of command, FAP or law enforcement. Upon notification of a reported domestic abuse incident, Domestic Abuse Victim Advocacy (DAVA) services and FAP clinical services will be offered to the victim. Additionally, at the victim's request, a health care provider, in coordination with criminal investigators, may conduct any forensic medical examination deemed appropriate.

Benefits to unrestricted reporting include: medical treatment and counseling services; the widest range of rights and protections; command support, including separation from the offender; and a full investigation.

Limitations to unrestricted reporting include: the victim cannot change to restricted reporting; the investigative process may be intrusive; information about the domestic abuse incident will be in the public domain; and the investigation and court proceedings may be lengthy.

### Who to call

For help in reporting or understanding the warning signs of domestic abuse, several sources are available:

Fleet and Family Support Center counselors and victim advocates, [www.nffsp.org](http://www.nffsp.org) or call 333-9828

Military healthcare providers  
Base chaplains: Andersen Air Force Base, 366-6139; U.S. Naval Base Guam, 339-2126; U.S. Naval Hospital Guam, 344-9127

Base security: Andersen Air Force Base Guam, 366-4525; U.S. Naval Base Guam, 339-4357

Military Chain of Command  
Military One Source, [www.militaryonesource.com](http://www.militaryonesource.com), 1-800-342-9647

National Domestic Violence hot line, [www.nationaldomesticviolencehotline.com](http://www.nationaldomesticviolencehotline.com), 1-800-799-7233

# Only Coast Guard Medal of Honor recipient remembered

From U.S. Coast Guard Sector Guam Public Affairs

Last week marked the 69th anniversary of the death of Signalman First Class Douglas Munro, the Coast Guard's only Medal of Honor recipient who gave his life protecting 500 U.S. Marines in World War II.

The award was presented posthumously by President Franklin D. Roosevelt to Munro's parents, Edith

and James Munro at the White House in May 1943.

The citation reads: "For the extraordinary heroism and conspicuous gallantry in action above and beyond the call of duty as Officer-in-Charge of a group of Higgins boats, engaged in the evacuation of a battalion of Marines trapped by enemy Japanese forces at Point Cruz, Guadalcanal, on Sept. 27, 1942. After making preliminary plans for the evacuation of nearly

500 beleaguered Marines, Munro, under constant risk of his life, daringly led five of his small craft toward the shore. As he closed the beach, he signaled the others to land, and then in order to draw the enemy's fire and protect the heavily loaded boats, he valiantly placed his craft with its two small guns as a shield between the beachhead and the Japanese. When the perilous task of evacuation was nearly completed, Munro was killed by enemy fire,

but his crew, two of whom were wounded, carried on until the last boat had loaded and cleared the beach. By his devotion to duty, he and his courageous comrades undoubtedly saved the lives of many who otherwise would have perished in defense of our country."

In honor of Munro's legacy, the U.S. Coast Guard commissioned a high endurance cutter in his name. Coast Guard cutter Munro (WHEC-724) celebrates its fortieth anniversary

this week and is underway in the Northern Pacific to commemorate this significant event in Coast Guard history.

Munro's final words were, "Did they make it off?" ascertaining if all of the marines pinned down on the beaches Guadalcanal were safely rescued. A wreath, with the signatures of all current crewmembers and a plaque that reads, "Yes they did," in answer to his final question will be laid in the Pacific.

## NAVFAC Pacific and GCA workshop



Collaborative Conference: Workshop instructor Glenn Saito, an employee of Naval Facilities Engineering Command (NAVFAC) Pacific, leads a presentation to 65 attendees during the NAVFAC Pacific construction scheduling requirements workshop at the Holiday Resort and Spa in Tumon, Sept. 30. NAVFAC Pacific and the Guam Contractors association coordinated the workshop to help Guam contractors gain a better understanding of the NAVFAC construction process. As military construction projects continue on Guam, workshops among members of the construction industry are vital in comprehending military expectations of time and budget. (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Peter Lewis/Released)

## Understanding the SCRA standards, when it applies

By Legalman 3rd Class Christina Oliver

Navy Legal Services Office, Pacific Detachment Guam

The Servicemember's Civil Relief Act (SCRA) has a long history of protecting us from potentially sticky situations as we continue to serve our country around the world. It was created in 1940 with the intent to relieve some of the stress from our civil obligations so we can focus on the missions and provide relief to the families of service members who are deployed. While the SCRA provides an extensive amount of relief for us, it is not without limits. It has come to our attention that many service members believe the SCRA applies to everything, but it is important to know the Act's limitations.

The SCRA does not override state law. An example of this is the Guam driver's license policy. Guam allows for service members to maintain their home state driver's

license, provided it is still valid. However, this does not extend to family members and the SCRA does not cover this. Family members will have 30 days to apply for a Guam driver's license and only have to pay the fees – not retake any driver's test. If the family member's driver's license is expired, however, testing will be mandatory.

The SCRA does not relieve you of your obligations to pay credit card debt. Credit card companies are required to keep your interest rate below 6 percent for pre-service debt. However, regardless of where you are stationed, you are required to pay your credit card debt. Our attorneys can assist you in bringing your interest rate to 6 percent, but just because you move does not mean you are free from your debt.

When under orders for movements such as deployments or missions, the SCRA affords us a means to avoid having to pay fees or losing our deposits for terminating the contract. You must be

under orders to effectively terminate the lease, and you must provide the landlord a 30-day notice and a copy of those orders. The SCRA explains it as an effect of obligated military service. The SCRA ensures that service members will not be punished as a result of deployment.

The SCRA does not provide protection for all contracts. An example is cell phone contracts. Some cell phone companies offer special services and exemptions to service members who deploy or transfer overseas. Not all cell phone companies have this offer, however, due to company preferences. Check with your service provider for their policies and be sure to see it in writing.

The SCRA has its limitations in both policy and locations. For more information regarding the SCRA, visit <http://www.military.com>. Visit us at the Naval Legal Service Office for any questions you may have about the SCRA, or contact us at 333-2061/2.

A Little to the Left: Airman 1st Class Michael Stacey, 36th Civil Engineer Squadron Explosive Ordnance Disposal (EOD) journeyman, controls the Remotec F6A bomb robot in response to an exercise improvised explosive device, Oct. 3, during an Operational Readiness Exercise at Andersen Air Force Base. Stacey uses the control console located inside of an EOD response vehicle, allowing him to manipulate the robot while staying out of harm's way. (U.S. Air Force photo/ Senior Airman Carlin Leslie/Released)



## Andersen AFB conducts exercise



BP Check: Staff Sgt. Emmerson Galupo, 36th Medical Group emergency medical technician, checks the vital signs of a member of the bioenvironmental team during an Operational Readiness Exercise on Andersen Air Force Base, Oct. 3. (U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released)

# 724th AMS earns 'excellent' ratings in LCAP, MCCI

By Senior Airman  
Veronica McMahon  
36th Wing Public Affairs

Airmen in the 734th Air Mobility Squadron (AMS) scored an 'excellent' rating in both the Mission Capability and Compliance Inspection (MCCI) and the Logistics Compliance Assessment Program (LCAP) assessment held Sept. 19-23.

A total of 36 inspectors spent the week evaluating the effectiveness of personnel and logistics processes and the squadron's ability to perform their mission during the LCAP, and compliance with Air Force Instructions (AFIs) during the MCCI.

"A double inspection is a huge event," said Lt. Col. Larry Mitchell, 734th AMS commander. "It's been a lot of hard work. The host wing has helped us tremendously with preparation efforts and has been an impressive partner throughout this whole process."

Mitchell said his "squadron members have been working around the clock to ensure compliance, improve programs and increase proficiency."

"They've been working hard and long hours, doing the right things," the commander said. "They have far exceeded my expectations."

During the inspection, Col. William Murphey, 715th Air Mobility Operations Group (AMOG)



commander, and Chief Master Sgt. Thomas Thackrah, 715th AMOG superintendent, visited from Joint Base Elmendorf-Richardson, Alaska, and were impressed with what they saw in the squadron.

"Throughout the entire inspection

preparation, the 734 AMS received tremendous support from everyone across Andersen (Air Force Base). It was impressive to watch the entire base community come together to support one of their own," Murphey said. "Armed with the support of

Helping a Fellow Airman: Members of the 734th Air Mobility Squadron (AMS) perform self-aid buddy care during the squadron's mission capability and compliance inspection recently. The 734th AMS received a rating of "excellent" by the Air Mobility Command inspector general team for their performance during the inspection. (Contributed photo)

their fellow Airmen, the 734 AMS succeeded because of the attitude of their Airmen and civilians. Throughout these difficult inspections, they absolutely exuded positive energy. Their pride in everything they do was evident to the inspection teams and played a role in their overall assessment."

Many squadron members were recognized during the inspection, but three Airmen stood out during the LCAP and were named outstanding performers. They are Senior Airman Reece Simpson, Airman Jennifer Shippy and Senior Airman Jeremy Jweinat.

The LCAP included 296 total inspections. The squadron achieved a final combined score, across three evaluation areas – maintenance, logistics and programs – of 94.1 percent, less than one percent from an 'outstanding' rating.

The MCCI team recognized 89 strengths and three cross tells, or Air Mobility Command (AMC) Best

Practices. According to Col. Adam McMillan, team chief for the inspection, the 734th AMS is "extremely well-led, motivated and driven to achieve excellence in all they do."

The AMC/Inspector General (IG) team was so impressed that they awarded six IG coins, five individual awards, and six team awards. Jweinat was the only member of the squadron to be named an LCAP Outstanding Performer and an IG coin recipient.

"Prior to the inspection, the whole squadron went to extended shifts at one time or another," said Master Sgt. Parker Alford, 734th AMS Combat Readiness superintendent and one of several individuals recognized during the out brief. "Everyone got together, ran and re-ran checklists and gathered all the required documentation to ace the compliance portion of the inspection."

Across the board, leaders from the squadron, group, wing and inspection teams concurred that every individual involved in the inspection made a great effort.

"The result of 'excellent' from not only the AMC/IG team, but also the AMC/A4 LCAP team validates that the Airmen of 734th AMS exceed standards set by AFIs," Mitchell said. "And it gives confidence to our customers and partners that Team Andersen will deliver on the promise to expertly accelerate air mobility in the Pacific."

## Andersen AFB Exchange integral to MWR impact

By Airman Basic  
Anthony Jennings  
36th Wing Public Affairs

Many consider the Andersen Air Force Base (AFB) Exchange as much more than a convenient shopping center for military service members and their families. The Army and Air Force Exchange Services (AAFES), recently renamed the Exchange, also plays a key role in the funding for Morale Welfare and Recreation (MWR) Programs.

According to the Air Force Services Agency, MWR programs

have been recognized as essential for creating and maintaining the morale of military personnel.

"MWR programs are absolutely vital to the base community," said Lori Propes, 36th Force Support Squadron deputy director. "Since the beginning of the year, more than \$4,300,000 has been allocated for Andersen AFB. Aside from the Non-Appropriated Funds programs, every dollar pumped directly into the MWR facilities



here on base."

MWR programs are the primary funding for facilities such as the bowling alley, HotSpot and swimming pool, to name a few. It is a network of support and leisure services designed for use by military service members, their families, civilian employees, and other eligible participants.

Although the services and facilities provided vary from base to base, the types of programs provided can include fitness centers, pools, marinas,

bowling centers, golf courses, restaurants, conference centers, catering and programs for single Airmen such as the HotSpot.

"By shopping at the Exchange, you're directly providing more funding the Department of Defense can use to build and maintain better facilities because just about every dollar in revenue is pumped right back into the base community," said Terry Veney, Exchange main store manager.

The Exchange sponsors programs such as the Yard of the Quarter – encouraging and rewarding service members who do their part keeping Andersen AFB beau-

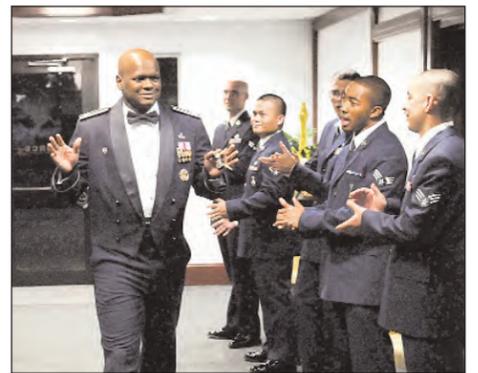
tiful. The Exchange is also a proud sponsor of the You Made the Grade program, rewarding students who maintain B-plus or above grades with store coupons and the opportunity to win \$1,000, \$3,000, or a \$5,000 savings bond.

"We strive to continuously improve the quality of life here on Andersen (AFB) by developing a long-life, emotional connection with our customers," Veney said. "We want our Airmen, Soldiers, Sailors and Marines to go back to the states and continue to shop AAFES; to know we are here for them and will continue to be here for our military and their family."



## ALS Class 11-G graduates

Right: Lt. Col. Craig Smalls, 36th Force Support Squadron (FSS) commander, is greeted by graduates of Airman Leadership School (ALS) Class 11-G during the graduation ceremony at the Sunrise Conference Center at Andersen Air Force Base, Sept. 29. Class 11-G graduated 22 members from Team Andersen getting them one step closer to their next promotion. (U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released)



Left: Airman Leadership School (ALS) Class 11-G hold candles during the classes presentation to the crowd during the ALS graduation ceremony held at the Sunrise Conference Center at Andersen Air Force Base, Sept. 29. The Airman Leadership School Class 11-G recently graduated at the Sunrise Conference Center, Sep. 29. There were 22 members that graduated the class. Friends, family and coworkers came out to celebrate with the graduating class and to congratulate them on a job well done. The class's presentation was based on their experiences during the attacks on Sept. 11, 2001. (U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released)

# Andersen ups the ante with Fire Prevention Week

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

According to the National Fire Prevention Association, Fire Prevention Week was established to commemorate the Great Chicago Fire, the tragic 1871 conflagration that killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures and burned more than 2,000 acres.

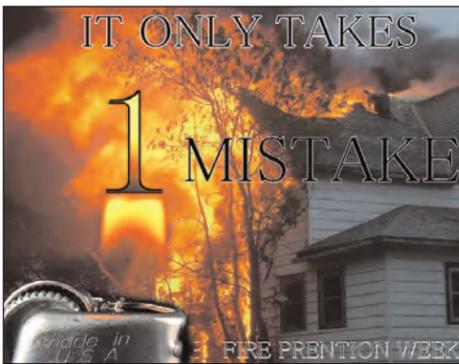
Each year, fire officials across the country strive to raise awareness concerning fire safety. This year is no exception as the Andersen Air Force Base (AFB) Fire and Emergency Services Flight has planned several events to further educate the base populace and promote this year's theme, "Protect Your Family from Fire," Oct. 9-15 and offer fire

safety facts to base personnel.

"Uncontrolled fire can destroy homes, possessions and lives," said Ernest Rios, 36th Wing fire prevention chief. "Fire Prevention Week is a time to check evacuation plans at home and in the workplace to ensure the safety of loved ones and coworkers. It is also a time to check for and eliminate hidden hazards and prepare families and coworkers for any emergency situation."

"Finally, it is a great time to make sure all sleeping areas are equipped with smoke detectors, checking them at least monthly to ensure you will be properly notified if a fire should occur," he continued.

Parents and caregivers should also take the time to discuss and practice emergency plans with children



in the event of a fire. Additionally, around the home, it is important to ensure electronic appliances, machines, and heating units are plugged in and operated properly.

"Many people don't realize that they are at greater danger from fire at home than anywhere else," Rios said. "Fortunately, there are many

things every individual can do to turn that around and make their homes a safer place. Fire Prevention Week is the time when we reach out to the community one-on-one, teaching people of every age how to prevent fires."

Fire Prevention Week events include:

Oct. 8: Andersen AFB parade with Sparky and fire trucks through base housing beginning at 4 p.m.  
Oct. 11-13: Demonstration/presentations for students at Andersen Elementary School,  
Oct. 15-16: Fire muster competition near Chamorro Village parking lot in Hagatna from 9 a.m.-2 p.m.

Home Escape Planning

According to a National Fire Prevention Association survey,

only one in four Americans have actually developed and practiced a home fire escape plan to ensure they could escape quickly and safely.

While 66 percent of Americans have an escape plan in case of a fire, only 35 percent of those have practiced it.

One-third of American households who made an estimate thought they would have at least six minutes before a fire in their home would become life threatening. The time available is often less. And only eight percent said their first thought on hearing a smoke alarm would be to get out.

Adults ages 18-24 are the least likely to have even developed an escape plan.

For more information on fire prevention, contact the Andersen AFB Fire Department at 366-5264.

## 36th CES fixes water line



Water Break: Members of the 36th Civil Engineer Squadron (CES) expose a main water line that ruptured running under Marine Corps Drive in Yigo, Oct. 1. Members of the 36th CES reported to the scene and diverted the water supply so Andersen Air Force Base could continue to have water throughout the repair. (U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released)

## Protect yourself against HFMD disease

By Airman Basic  
Anthony Jennings  
36th Wing Public Affairs

According to the National Centers for Disease Control and Prevention (CDC), hand, foot and mouth disease (HFMD) is a common viral illness of infants and children.

The disease is characterized by blister-like eruptions in the mouth or skin rash. Children below the age of 10 are most susceptible, but it can also occur in adults.

HFMD is often confused with foot-and-mouth (also called hoof-and-mouth) disease, a disease of cattle, sheep and swine; however, the two diseases are not related and are caused by different viruses.

The CDC says the disease is spread from person to person by

direct contact. The infectious virus can be found in nose and throat secretions, saliva, blister fluid and stool of infected persons. The virus is most often spread through unwashed, virus-contaminated hands and virus-contaminated surfaces.

"Although there is no specific prevention method for the disease, the risks can be significantly lowered by following a good hygiene practice such as frequently and correctly washing your hands," said Master Sgt. Jenna Tolar, 36th Medical Operations Squadron Public Health Clinic non-commissioned officer in charge.

Other practices that could lower risk of infection include disinfecting contaminated surfaces with chlorine bleach solution and avoiding close contact with infected persons.

The disease typically starts with

a fever and a vague sense of feeling unwell, accompanied with a sore throat. One or two days after the fever onset, painful sores in the mouth develop. They may begin as small red spots that blister and often become ulcers. The areas of the mouth affected are typically the tongue, gums, and inside of the cheeks.

A non-itchy rash with raised red spots appears on the palms of hands and soles of feet over the next one to two days. In some children, the rash can appear on the buttocks or genitalia. A person with HFMD may have only the rash or only the mouth sores.

The CDC also states that infected persons are most contagious during the first week of illness, but can still spread the disease for a few weeks after symptoms have disappeared.

Rose White, Kiddyland Play and Learn Center director in Deddo, Guam, said she has only noticed one "suspect" case of HFMD among children enrolled in her center and the child has not been back to school since. White said she has taken it upon herself to implement safe screening measures to reduce the chances of HFMD, or any other contagious disease, from spreading among her students.

"I have in place what we call 'screening.' It's a very quick method of checking each child every morning," White said, adding she and teachers at her center also check for signs of child abuse.

"We always have a corrective action posted every day at the day care with a list of possible contagious illnesses. The first thing we do is we inform the parents and isolate the kids if we're not sure. We also require a release from the child's doctor saying it's not contagious," she explained. "The kids, they don't know what's happening or going around. We have to do it; we have to protect them."

The 36th Medical Operations Squadron Public Health Clinic encourages anyone showing symptoms of HFMD to schedule an appointment with their health care provider by calling 366-9355 (9WELL).

# LEED certification awarded to NBG, JRM

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

The Leadership in Energy and Environmental Design (LEED) gold and silver certifications were presented to U.S. Naval Base Guam (NBG) and Joint Region Marianas (JRM) by the U.S. Green Building Council (USGBC) recently.

LEED is a program that promotes energy efficiency in the design, construction and operation of high-performance buildings. The LEED certification focuses on energy-efficient lighting, efficient use of water and materials, and incorporate other resourceful methods of energy conservation.

"The LEED system basically encourages designers and contractors to develop energy-efficient water conservation, and sustainable and green material to use for design and projects," said Joseph de la Cruz, a civil engineer with Naval Facilities Engineering Command (NAVFAC) Marianas.

By lowering energy and water consumption, de la Cruz continued, LEED-certified buildings promote a healthier environment and help lower the cost of maintenance on the buildings.

"LEED-certified buildings are designed to lower maintenance costs



Solar Energy: Solar panels are just one of the many energy-efficient features which supported the Leader in Energy and Environmental Design (LEED) certification for two Navy buildings on Guam. (U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Chris Salisbury/Released)

and increase the asset value, increase energy conservation, reduce the water use and lessen the amount of construction material that hits our landfills," de la Cruz said.

NAVFAC Marianas Project Manager, Lt. Thomas Hartung, said the LEED-certified buildings – JRM/NAVFAC Marianas headquarters and NBG's bachelor enlisted quarters (BEQ) – are equipped with many features to enhance energy efficiency and save money.

"Some of the features the head-

quarters building has in order to get our LEED credits include energy- and water-saving features," Hartung added.

Both buildings are enclosed with a sprayed-on insulation that acts as a seal and saves energy used for cooling. Other building features include digitally direct controlled (DDC) heat, ventilation and air conditioning (HVAC) systems, and special low-emission vehicle parking spaces. As for the BEQ on NBG, it is equipped with a Geo-Exchange system – an

electronically powered heating and cooling system for interior spaces and uses the earth for both a heat source and a heat sink. Both buildings also feature compact fluorescent lights, mold-resistant paperless drywall and double insulated windows.

Marlyna Gumabon, NBG housing manager, said the base will realize cost savings and benefits to quality of life through all of the eco-friendly features of the new BEQ.

"By using less energy, LEED-certified buildings save money for families, businesses and tax payers; reduce greenhouse gas emissions; and contribute to a healthier environment for residents, workers and the community," Gumabon added.

**"By using less energy, LEED-certified buildings save money for families, businesses and tax payers; reduce greenhouse gas emissions; and contribute to a healthier environment for residents, workers and the community."**

– Marlyna Gumabon,  
U.S. Naval Base Guam  
housing manager

tified buildings save money for families, businesses and tax payers; reduce greenhouse gas emissions; and contribute to a healthier environment for residents, workers and the community," Gumabon added.

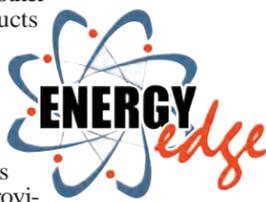
The Energy Policy Act of 2005 mandates design and construction requirements and energy performance standards for all new Federal buildings. The use of the LEED rating system in the planning, design and construction of facilities can address and satisfy the requirements of the EAct 2005 and the President's Executive Order of 2007. NAVFAC Marianas has determined that the USGBC LEED certification process can provide cost-effective assurance of achieving compliance with these requirements.

## Federal regulations in buying Energy Star products

By Kevin D. Evans  
Joint Region Marianas Supervisory Energy Manager

When should we buy energy efficient Energy Star-rated products? The simple answer to this question is "always," – with a few exceptions. Sub-Part 23.203 of the Federal Acquisition Regulations (FAR) states that "[1] When acquiring energy-using products, contracting officers must purchase Energy Star or other energy-efficient products designated by the Department of Energy's (DOE) Federal Energy Management Program (FEMP); or [2] When contracting for services that will include the provision of energy-using products, including contracts for design, construction, renovation, or maintenance of a public building, the specifications must require that the contractor provide Energy Star or other energy-efficient products."

The FAR, of course, has the force of law and governs all government procurement actions from the construction of a building to buying a compact fluorescent lamp (CFL) at the local hardware store using a government credit card. Further, Section 104 of the Energy Policy Act (EAct) of 2005 requires that "... to meet the requirements of an agency for an energy-consuming product, the head of the agency shall ... procure (A) an Energy Star product; or (B) a FEMP designated product." EAct 2005 allows exceptions to the above rule if the agency finds, in writing, that an Energy Star product is not cost effective over the life of the product, taking energy costs into account, or if there is no Energy Star product.



## How do you conserve energy?



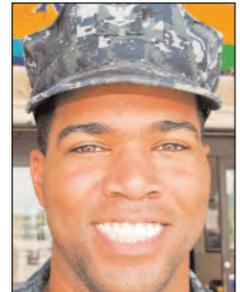
**"I make sure I turn off all the lights before I leave my house."**

Logistics Specialist 3rd Class (SW)  
Kamron White  
USS Frank Cable (AS 40)



**"Whenever I'm not at home, I make sure I turn off the A/C."**

Lt. Cmdr. Cameron Rogers  
USS Frank Cable (AS 40)



**"I open the breaker whenever I leave the house. That saves a ton on the power bill!"**

Electrician's Mate 3rd Class  
Larry Gooch  
USS Oklahoma City (SSN 723)



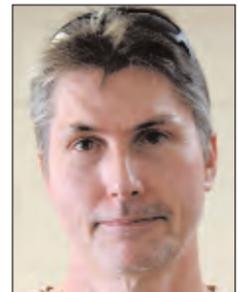
**"While brushing my teeth, I simply turn off the faucet when I'm not using it. I also turn off lights in rooms no one is using."**

Bella Jordan  
36th Security Forces Squadron



**"I turn off the lights whenever I leave the room. I use my car only when I have to, and when I do, I try to make sure I'm going as many places as I can in one trip so I use my gas efficiently."**

Gerard Laitres  
Retired Army 1st Sergeant



**"I make sure I turn off lights when I'm not in the room. I ensure my air conditioning is running at the proper temperature so that it isn't constantly on."**

Klyte Mills  
U.S. Naval Space and Naval Warfare Systems Facilities Pacific

# Guam Sailors clean up local parks

By Electrician's Mate  
3rd Class Claire Farin

USS Frank Cable (AS 40)  
Public Affairs

Sailors assigned to the submarine tender USS Frank Cable (AS 40) and various commands of U.S. Naval Base Guam (NBG) gathered for the national cleanup of local parks, known as National Public Lands Day, Sept. 24.

During National Public Lands Day, volunteers gather at parks, trails, gardens, historic sites and other public lands for a day of service.

Sailors, along with their family members, picked up trash along the coastal line, cut bushes and trimmed invasive vegetation to clear pathways. Others also planted tree seedlings in the area.

"It's a great opportunity to give back to the community," said Chief Navy Counselor (SW/AW) John Jeffries, assigned to NBG, the overall volunteer coordinator for the event. "It's a good time to go out and meet interesting people in the community and the different commands."

Along with USS Frank Cable (AS 40) and NBG, Helicopter Sea Combat Squadron 25 (HSC 25), U.S. Naval Hospital (USNH) Guam, and Naval Computer and Telecommunications Station (NCTS) also participated in the cleanup.

"I think everybody is pitching in, no matter what their level of motivation is," said Construction Electrician 2nd Class Joel Glanz, of HSC 25. "It's definitely been a positive outcome."

A major part of the cleanup focused on maintenance of Asan Beach Parks and the War in the Pacific National Historical Park at Ga'an point. Located in Guam's southern coast, Ga'an point was one of the landing sites used by U.S. forces to liberate Guam during World War II.

"This site was a very significant point during the battle to liberate Guam in 1944 where the fiercest fighting of the battle was done," said Ben Hayes, park ranger. "There are pretty significant cultural resources here including guns and pillboxes, which we are helping to maintain today."

"I am really happy and honored that we have such a big turnout for the National Public Lands Day," Hayes said.

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

For more news from USS Frank Cable (AS 40), visit [www.navy.mil/local/as40/](http://www.navy.mil/local/as40/).



Left: Religious Programs Specialist 1st Class (SW) Christine Tamag, assigned to the submarine tender USS Frank Cable (AS 40), cuts bushes during a community service project at the War in the Pacific National Historical Park, Sept. 24. The community service project was part of National Public Lands Day, in which volunteers gather at parks, trails, gardens, historic sites and other public lands, for a day of service. Frank Cable conducts maintenance and support of submarines and surface vessels deployed in the U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 1st Class Melvin Nobeza/Released)



Left: Yeoman Seaman Jay Lee, assigned to the Naval Computer and Telecommunications Station (NCTS), gathers dried up tree limbs along the shoreline during a community service project at the War in the Pacific National Historical Park, Sept. 24. The community service project was part of National Public Lands Day. (U.S. Navy photo by Electrician's Mate 3rd Class Claire Farin/Released)



Right: Electrician's Mate 3rd Class (SW) Geraldine Igueldo, assigned to the submarine tender USS Frank Cable (AS 40), cuts bushes during a community service project at the War in the Pacific National Historical Park, Sept. 24. The community service project was part of National Public Lands Day, in which volunteers gather at parks, trails, gardens, historic sites and other public lands, for a day of service. Frank Cable conducts maintenance and support of submarines and surface vessels deployed in the U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 1st Class Melvin Nobeza/Released)



Left: Sailors, assigned to various commands in Guam, participate in a community service project at the War in the Pacific National Historical Park, Sept. 24. The project was part of National Public Lands Day, in which volunteers gather at parks, trails, gardens, historic sites and other public lands, for a day of service. 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 Electrician's Mate 3rd Class Claire Farin/Released)

## NAVFAC Marianas issues \$1M to UOG for regional invasive species plans

From Naval Facilities Engineering  
Command Marianas Public Affairs

Naval Facilities Engineering Command (NAVFAC) Marianas issued a \$1 million Cooperative Agreement (CA) between the Department of Navy (DoN) and the University of Guam (UOG) Sept. 29 to conduct peer review of the Micronesia Bio-security Plan (MBP) and develop a Strategic Implementation Plan (SIP).

This CA represents the continuation of a DoN initiative to implement bio-security measures that will ensure protection of the region's fragile ecosystem.

"This long term strategy incorporates two components," said NAVFAC Marianas Natural Resources Specialist Jenn Farley. "The MBP will analyze risks of various pathways, organisms, and species associated with the importation to, and exportation from Guam to other areas of Micronesia; the SIP is a multi-

tiered implementation plan which prescribes corrective actions for invasive species, pathways, and organisms that are identified as posing risks."

The MBP is being developed as a comprehensive regional approach. The development of the SIP will be based on results of the MBP research components and subsequent independent peer review and recommendations.

"This project is critically important for the region and will become a model for invasive

species planning," said UOG Assistant Vice President John Peterson. "Working with our partners throughout the region, we will develop a strategic implementation plan and processes that will help defend against invasive species."

A kick-off meeting between the parties to the CA is expected to be held in two weeks, and draft work plans are due within 30 days of the agreement. All work is expected to be completed around springtime of 2013.

# Sailor reflects on Hispanic Heritage Month

By JoAnna Delfin  
Joint Region Edge Staff

The recognition of a person's culture and heritage is a celebration of who they are, where they came from and the contributions their nation has made to build the diverse and rich society of the United States.

In 1988, President Ronald Regan officially declared Sept. 15-Oct. 15 as Hispanic Heritage Month. The declaration was enacted into law Aug. 17, 1988.

Born in Chicago, Ill. and raised in Puerto Rico, Lt. Richard Diaz, assistant resident officer in charge of construction, 36th Civil Engineer Squadron, received his Bachelor of Science degree from the University of Puerto Rico Mayaguez Campus in 2007. He was then commissioned from Officer Candidate School in Pensacola, Fla.

His is now stationed on Guam and is assigned to the 36th Civil Engineering Corps at Andersen Air Force Base, and shared his thoughts on the month-long celebration of his culture.

**Q.** *What does Hispanic Heritage Month mean to you?*

**Lt. Richard Diaz:** It is a month in which we can showcase our culture and the vast difference between each Spanish-speaking country. We can also showcase our contributions to the development of our great nation. We're proud of our unique culture richness of having two different cultures that bonds all of us. That is the very fabric which makes our country what it is today.

**Q.** *As a man of Hispanic descent, is there anything in particular you do to celebrate your heritage, not only during this month, but other days of the year?*



Proud Hispanic: Lt. Richard Diaz, assistant resident officer in charge of construction, 36th Civil Engineer Squadron, works at his desk Oct. 4. Diaz is of Hispanic descent and is proud to celebrate his past during Hispanic Heritage Month. This photo has been altered for security purposes. (U.S. Navy photo by JoAnna Delfin/Released)

**RD:** For me, there are two major days I hold near and dear to my heart. One is New Year's Eve; families meet during the night of Dec. 31 to celebrate the New Year and remember all the different events that happened during the year, but more importantly celebrate the arrival of

a new year. The other important day is Jan. 6, Three Kings Day; it is a celebration of the first three gifts that Jesus received. Our cultures share the same religious principles as all other Spanish-speaking cultures.

**fluenced by the Hispanic culture when Spaniards set foot on the island. Do you see any similarities between the Chamorro and Hispanic cultures?**

**RD:** Guam is very similar to all the other Spanish-speaking cultures in that many of our activities revolve around religion. Another similarity

is we all like to celebrate our culture – we enjoy getting together as family and celebrate life, celebrate that we are all still together. These actions make for strong familial bonds that will be cherish for generations

**Q.** *The native people of Guam were strongly in-*

fluenced by the Hispanic culture when Spaniards set foot on the island. Do you see any similarities between the Chamorro and Hispanic cultures?

See Sailor, Page 11



Display: Logistics Specialist 3rd Class Eric Valadez, assigned to the submarine tender USS Frank Cable (AS 40), showcases his display of Mexico during the Hispanic Heritage Month celebration. Sept. 23. The Hispanic heritage is nationally celebrated from Sept. 15 to Oct. 15. 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)

## Heritage: Poetry, music part of celebration

Continued from Page 1

the other person better."

The celebration concluded with a special luncheon held on the ship's mess deck. More than 150 Sailors and CIVMARS attended the event to recognize and honor the contributions that Hispanics and Hispanic-Americans have made throughout history.

"The Navy as a whole never forgets about our month," said Chief Machinist's Mate (SW/AW) Juan Abreu. "They basically educate everyone about our culture, where we're from and our past."

Guest speaker, Lt. Cmdr. John Hoyos talked about Hispanics and Hispanic-American military service members throughout history, and also mentioned various prominent Hispanics in fields of government, business, sports and entertainment.

"I thought it was a good turnout," said Personnel Specialist 1st Class (SW/AW) Lakisa Jones. "A lot of people came out to support it."



Cake: Marc Elago and Personnel Specialist 1st Class (SW/AW) Lakisa Jones, both assigned to the submarine tender USS Frank Cable (AS 40), prepare plates of sliced cake during the Hispanic Heritage Month celebration, Sept. 23. The Hispanic heritage is nationally celebrated from Sept. 15 to Oct. 15. 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)

The celebration included trivia, poetry, cultural music and dance presentations of bachata, meringue and salsa. Slideshow presentations spoke of Hispanic culture while artifacts decorated tables. Some of the cultural artifacts included items from Brazil, Portugal, Puerto Rico, Mexico, Columbia, Spain, Cuba, Panama and the Dominican Republic.

The ceremony allowed sailors to taste special Hispanic dishes including ceviche,

chicken enchiladas, menudo, and Spanish rice prepared by non-Hispanic volunteers while the Civilian Mariners prepared the lunch menu of tacos and burritos.

"Diversity is very important," Alaka said. "If you don't know where you're coming from then you don't know where you're going."

President Lyndon B. Johnson established Hispanic heritage week in 1968, and later President Ronald Reagan ex-

tended it to a month-long celebration from Sept. 15 to Oct. 15, to correspond with the independence of the five Latin American countries.

Frank Cable conducts maintenance of submarines and service vessels deployed in the U.S. 7th Fleet area of responsibility.

For more news from USS Frank Cable (AS 40), visit [www.navy.mil/local/as40/](http://www.navy.mil/local/as40/).

# MDG: 'Inspection brought us together as a team'

Continued from Page 1

preparing for this inspection resulted in the best possible outcome."

This Air Force-wide inspection was conducted by 10 military members and three civilians.

"While they were here, 97 interviews were conducted and more than 3,200 documents were reviewed," said Capt. Damian Pardue, 36th

MDG Group Practice manager.

Pardue was the project manager for the inspection team designated six months prior by group leadership. In charge of coordination, the captain assigned duties to different sections and individuals, and shifts went to extended hours.

"There are so few 'outstanding' ratings given out, it's really a validation of how the team did," Pardue

said. "It wasn't about one person, but the group as a whole."

Pardue was one of five recognized for his performance in the clinic. The others recognized were Senior Airman Angelia Pike, Tech. Sgts. Marc Paradis and Jamie Brewer, and Denny Giramur.

"I was ecstatic at the results," Pike said. "I felt like all our hard work paid off and to be recognized was a

great experience."

Paradis also agreed the hard work was well worth it when the team heard the results.

"The inspection brought us together as a team," he said. "We developed a good rhythm and congealed our team. People stepped up to volunteer and offer weekend help. It was awesome to sit back and watch everyone work together."

"Without a doubt, receiving this honor is one of the most important events in my 25-year military career," Brewer said. "The 36th MDG earned this 'outstanding' by demonstrating that we constantly strive to deliver top-notch health care to our beneficiaries by always looking for ways to improve and by working together as a team, a well-defined cohesive team."

# Sailor: Mother is most influential Hispanic person

Continued from Page 10

to come.

**Q.** *Some people can be confused as to who qualifies as Hispanic. What are your thoughts on this? Who do you consider part of the Hispanic culture?*

**RD:** People define Hispanic in many ways. To me, a Hispanic is someone that knows his origins, his traditions and his culture and is able to demonstrate his heritage. It does not matter if the person is a second- or third-generation Hispanic. Once you have a small trace of Hispanic in your blood, you must continue the heritage you have gained. It does not matter what ethnicity you are, you must learn and transfer to future generations your

knowledge of who you are and where you come from.

**Q.** *Who has been the most influential Hispanic person in your life?*

**RD:** The most influential Hispanic person in my life is my mother. She showed me the value of hard work, courage and commitment to the family and others. Her ideals have been the foundation for all the things I do and will continue to do.

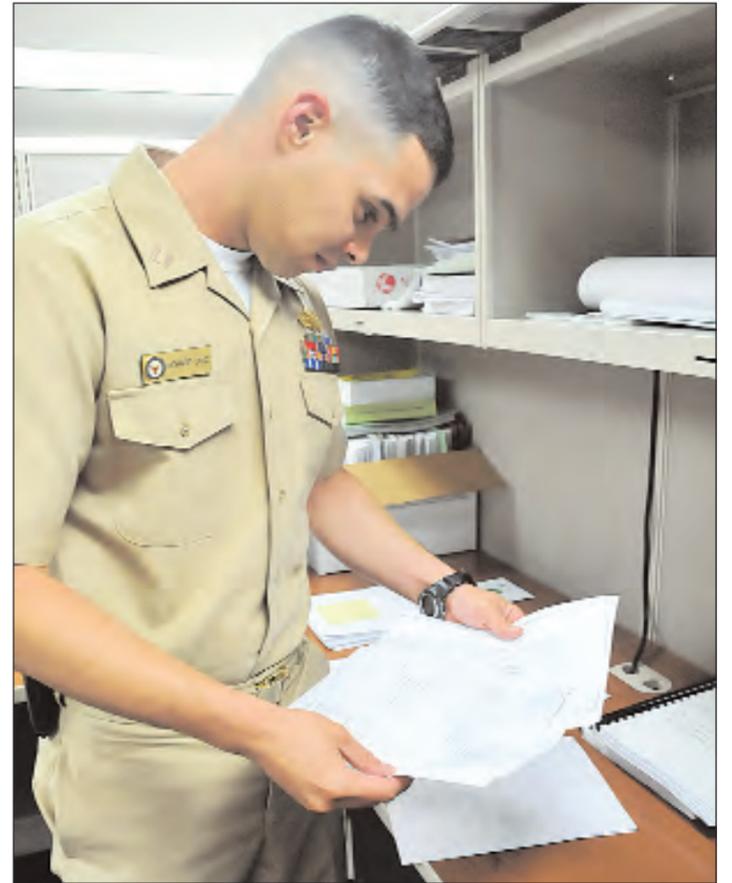
**Q.** *How does it feel to know there is a month set aside for the nation to remember and honor Hispanics?*

**RD:** It is an honor to have a month dedicated our Hispanic heritage. We have been part of the great contribu-

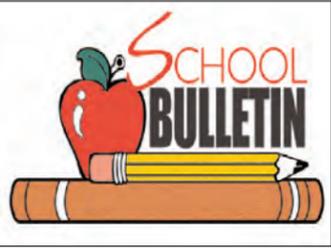
tions the United States of America have made to the world. We will continue to honor our commitment to the greater good through our sacrifices for mankind's greatest gift, "freedom."

**Q.** *Do you have additional comments or words of encouragement to other Hispanic individuals?*

**RD:** We all come from different backgrounds and from different countries. Uniting us is our Spanish language, Spanish heritage and our commitment to honor the culture of our countries of origin. We must foster our culture and traditions, thus expanding the knowledge of our unique and diverse origins to our future generations.



Working: Lt. Richard Diaz, assistant resident officer in charge of construction, 36th Civil Engineer Squadron, works at his desk Oct. 4. Diaz is of Hispanic descent and is proud to celebrate his past during Hispanic Heritage Month. (U.S. Navy photo by JoAnna Delfin/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](mailto: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](http://www.guam.pac.dodea.edu).

### Guam High School (GHS)

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

### Navy College Office

The Navy College Office is located on U.S. Naval Base Guam in Barracks 1. For information regarding Navy college programs, available schools and other educational resources, call 339-8291 or visit the overall Navy College Office Web site at <http://www.navycollege.navy.mil>.

Active-duty service members are invited to attend the Tuition Assistance Course every Thursday at 9 a.m. at the Navy College Office in Barracks 1. For more information, call 339-8291.

# Bordallo presents special Guam flag at MEMS

By Mass Communication Specialist Seaman Apprentice Chris Salisbury

U.S. Naval Base Guam Public Affairs

Guam Delegate Madeleine Bordallo presented a Guam flag to students at Cmdr. William C. McCool Elementary/Middle School (MEMS) during her visit Sept. 29.

The school is named after former Guam resident and astronaut, Cmdr. William C. McCool, who died in the space shuttle Columbia tragedy in 2003.

"It is my pleasure to present this Guam flag to the Cmdr. William C. McCool Elementary and Middle school," Bordallo said. "This flag was carried aboard the National Aeronautics and Space Administration (NASA) mission STS 113 on their final mission of the space shuttle Discovery."

The Guam flag had a special purpose and meaning to McCool.

"Well, the flag is so symbolic," Bordallo said. "I was visited by the crew of the Discovery. They came to my office in Washington and told me William McCool's dream was to take a Guam flag and fly it into space and come back and present it to Guam."

Those attending the ceremony included Rear Adm. Paul Bushong, commander, Joint Region Marianas; Capt. Richard Wood, commanding officer of U.S. Naval Base Guam; and Steven Bloom, superintendent of Department of Defense Education Activity (DoDEA) Pacific.



Distinctive Flag: From left, Capt. Richard Wood, commanding officer of U.S. Naval Base Guam; Dr. Steven Bloom, superintendent of Department of Defense Education Activity Pacific; Guam Delegate Madeleine Bordallo; Rear Adm. Paul Bushong, Commander, Joint Region Marianas; and Don Christensen, Cmdr. William C. McCool Elementary/Middle School (MEMS) principal, present a Guam flag to MEMS students, Sept. 29. According to Bordallo, the flag was carried aboard the National Aeronautics and Space Administration (NASA) mission STS 113 on their final mission of the space shuttle Discovery. (U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Chris Salisbury/Released)

tendent of Department of Defense Education Activity (DoDEA) Pacific.

"Congresswoman Bordallo has been a tremendous supporter of DoD schools, in particular Cmdr. William C. McCool Elementary/[Middle] School,"

Bloom said. "Every time she has an opportunity to commemorate the life and contributions of Cmdr. McCool, she likes to share that with the students."

The staff and students were very thankful and honored by the congresswoman's visit to the school

and the gift she presented.

"We are very lucky, extremely honored and excited," said kindergarten teacher Laurie Alig. "To have her come to our school lets us know that she has taken time out of her busy schedule to visit us and make a special presentation."

## A little communication goes a long way

By Staff Sgt. Alexandre Montes  
36th Wing Public Affairs

The 644th Combat Communications Squadron (CBCS) helped improve the way children will learn this year by setting up a computer lab at Andersen Elementary School (AES) at Andersen Air Force Base (AFB), Sept. 9.

Volunteers from the 644th CBCS visited the elementary school to set up a new computer lab for students. Along with a new lab setup, Smart Boards were also installed. The Smart Board is an interactive whiteboard that uses touch detection for user input.

"The school needed some help putting together the lab, so I thought why not put our skills to use and help out the community," said Tech. Sgt. Patrick Garrett, 644th CBCS cyber surety supervisor.

This was the third time this year they have lent a helping hand to Andersen AFB schools. More than 15 Airmen worked together and setup 51 workstations. Combined, \$100,000 worth of equipment was installed throughout classrooms at the school.

"This was a great way to bond



Computer Lab: Airmen from the 644th Combat Communication Squadron (CBCS) set up a computer lab in the elementary school at Andersen Air Force Base, Sept. 9. Volunteers from the 644th CBCS visited Andersen Elementary School to setup a new computer lab and Smart Boards for students. (U.S. Air Force photo by Staff Sgt. Alexandre Montes/Released)

and give back to our community," said Senior Master Sgt. Dawn Muskett, 644th CBCS network operations flight superintendent. "These Airmen worked hard and quickly to get this task done and it's all for the future education of these children."

Over the years the Air Force has heavily supported the "Air Force Family" ethos. It is good to see that there are Airmen continuing to embrace this moral element. While posturing for tomorrow's fight, Airmen are still pushing to improve quality of life.



Smart Board: Senior Airman Scott Irwin and Senior Airman Jeremy Quinata of the 644th Combat Communication Squadron (CBCS), put together a Smart Board in a classroom at Andersen Elementary School (AES) on Andersen Air Force Base (AFB), Sept. 9. Volunteers from the 644th CBCS visited AES to setup a new computer lab and Smart Boards for students. (U.S. Air Force photo by Staff Sgt. Alexandre Montes/Released)

Morning Show: Department of Defense Education Activity (DoDEA) Acting Director Marilee Fitzgerald, far left, participates in the Andersen Elementary School (AES) Morning News Show, Sept. 20. Fitzgerald visited DoDEA schools from Sept. 19-21. DoDEA Guam District Superintendent Steven Bloom and DoDEA Guam District Assistant Superintendent Jeff Arrington accompanied Fitzgerald. When visiting AES, Fitzgerald visited classrooms, spoke with AES teachers and faculty, and shared instructional "Constitution" facts with a 5th-grade class during their Social Studies lesson. She expressed her sincere thanks to each staff member for their work. (Photo by AES Assistant Principal Art Flores/Released)



Classroom Fun: Department of Defense Education Activity (DoDEA) Acting Director Marilee Fitzgerald, standing, overlooks a classroom activity during her visit to Andersen Elementary School (AES), Sept. 20. Fitzgerald visited DoDEA schools from Sept. 19-21. DoDEA Guam District Superintendent Steven Bloom and DoDEA Guam District Assistant Superintendent Jeff Arrington accompanied Fitzgerald. When visiting AES, Fitzgerald participated in the AES Morning News Show, visited classrooms, spoke with AES teachers and faculty, and shared instructional "Constitution" facts with a 5th-grade class during their Social Studies lesson. She expressed her sincere thanks to each staff member for their work. (Photo by AES Assistant Principal Art Flores/Released)

## DoDEA acting director visits AES



Lunch Time: Steven Bloom, superintendent of Department of Defense Education Activity (DoDEA) Pacific, standing left, and DoDEA Acting Director Marilee Fitzgerald interact with Andersen Elementary School (AES) students during lunch, Sept. 20. Fitzgerald visited DoDEA schools from Sept. 19-21. When visiting AES, Fitzgerald participated in the AES Morning News Show, visited classrooms, spoke with AES teachers and faculty, and shared instructional "Constitution" facts with a 5th-grade class during their Social Studies lesson. She expressed her sincere thanks to each staff member for their work. (Photo by AES Assistant Principal Art Flores/Released)

# Serve up a local treat for Halloween

By JoAnna Delfin  
Joint Region Edge Staff

Make Halloween unique this year by handing out your own special sweet treats. A quick and delicious favorite that is the much-loved coconut candy.

Easily found in countries like the Philippines, Mexico, Jamaica, and even the United States, island residents, as with other recipes, take the basis of every dish and put their own twist on it.

Despite several variations of this local favorite, residents take pride in the main ingredient that makes it the best all-around treat – an abundant amount of grated coconut.

Commercially, coconut candy is processed through a factory where the coconut meat is pressed to extract the milk and cream. However, the dish on Guam is prepared by hand by many families.

"This has to be my favorite sweet Chamorro dessert of all time," said Nicole Castro, a fan of any and every coconut dish. "It's really simple to make and the fun part of it is actually taking the coconut and grating it on the kamyu (kahm-ZOO)."



Coconutty: A delicious and sweet batch of coconut candy sits ready to eat, Oct. 4. The dessert is a favored and easy-to-make local dish made from freshly grated coconut, sugar, and little bit of chocolate. (U.S. Navy photo by JoAnna Delfin/Released)

The kamyu is a handcrafted coconut grater used by many local families when preparing their coconut candy. With a built-in seat for comfort, the kamyu allows the user to sit comfortably while grating the coconut with the saw-like metal attached to the kamyu's base.

"I think using the kamyu instead of a regular grater makes a big difference when making the candy,"

Castro said. "The meat of the coconut isn't too fine, so it lets the coconut last longer."

For those who are not kamyu experts, coconut candy can be found throughout the island in stores that carry Guam food.

However you decide to grate your coconut for this delectable treat, little ghosts and ghouls on Halloween night will devour every piece.

Remove the mixture from the heat once it reaches a caramel-like consistency and spread it evenly on a baking sheet and let cool.

After about 10 minutes, cut into one-inch or one-and-a-half-inch squares, or roll into one-inch circles, and wrap in cellophane secured with decorative wire ties.

Be sure to make a bunch to hand out to all your little trick-or-treaters!

## Coconut Candy Recipe

**Two cups of coconut**

**One cup of granulated sugar**

**One can of condensed milk**

**Two tablespoons of chocolate-flavored powder**

You can purchase grated coconut at your nearest convenience store or grate it yourself. Fresh coconut always tastes better.

Heat your sugar, milk and chocolate powder in saucepan and melt all the ingredients down. Once all your ingredients are mixed well together in the pan, slowly add your grated coconut and continue stirring.

## On a Budget

### FREE

Guam Micronesia Island Fair

Enjoy the song, dance and culture from different Micronesia islands at the annual Micronesia Island Fair at Gov. Joseph Flores Memorial Park in Tumon, Oct. 14 -16. Various groups and organizations will showcase talent from Palau, the Federated States of Micronesia, Marshall Islands, Nauru, Commonwealth of the Northern Mariana Islands, Kiribati and Guam. For more information, call 646-5278.

### 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.

## FREE

### 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.

## 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 366-1836.



# On a Budget

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) 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 information, 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 information, call 366-6166.

## \$10 AND UP

Breakfast at Café Latte Café Latte at the Top of the Rock (Andersen AFB) offers breakfast from 6:30-9:30 a.m. Monday through Friday and 7:30 a.m.-12:30 p.m. on Saturday. Enjoy your morning coffee along with all your traditional breakfast favorites, plus a variety of breakfast burritos and sandwiches. For more information, call 366-6166.



### FRIDAY, OCT. 7

7 p.m.: Colombiana • PG-13  
9:30 p.m.: Conan the Barbarian • R

### SATURDAY, OCT. 8

1 p.m.: Rise of the Planet of the Apes • PG-13  
3:30 p.m.: The Smurfs • PG  
7 p.m.: Our Idiot Brother • R

### SUNDAY, OCT. 9

1 p.m.: The Help • PG  
3:30 p.m.: Spy Kids: All the Time in the World • PG-13  
7 p.m.: 30 Minutes or Less • R

### MONDAY, OCT. 10

1 p.m.: Colombiana • PG-13  
3:30 p.m.: Spy Kids: All the Time in the World • PG-13  
7 p.m.: Our Idiot Brother • 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 [mwrguam.com](http://mwrguam.com).**

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



The movie schedule was not available as of press time. Schedules are subject to change due to circumstances beyond Meehan Theaters on Andersen Air Force Base. **The Meehan Theater hotline is 366-1523.**

## 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

# How to guide without nagging

By Capt. Paul Loser  
 36th Wing Chaplain

The kids have gone back to school. The backpacks are full of books, homework and parts of yesterday's lunch they didn't like. And the home is full of attitude, complaints and apparent disrespect. Having children from elementary to high school grades in my own home, I understand the struggle of many parents to motivate their kids without nagging them. We want the best for our kids, but hate the fight

that often accompanies our "guidance."

The following seven principles will guide us as leaders of our home, but may also help us in other areas where we guide young Airmen, Marines, Sailors, or Soldiers.

First, "Let your yes be yes and your no be no." (James 5:12) Too often as parents, we say yes just to avoid the fight, and later we realize that no was more appropriate. For me, when my daughter

starts to cry, I find it difficult to say no, but I must stand firm. Consistency is the key.



Second, "Use calm action rather than agitated speech." This is very difficult. It is much easier to explode with words than it is to get up off the couch and gently show my daughter how it should be done. This does not mean we do the job while they watch, but it does mean I have to be more involved in the process.

Third, "Explain your reasons."

This should be self-explanatory, but too often we set the rules or enforce the punishment without making the boundaries clear. At work, I have rules that have been spelled out for me; but at home, I do not reciprocate the same to my family.

Fourth, "Enforce your reasons, even when others disagree." My children do not like the consequences of failing to meet my expectations, but they grow more quickly when the rules are enforced consistently.

See Guide, Page 17

## Guide: Positive feedback key to leadership

Continued from Page 16

Fifth, "Be willing to be around so you can devise, advise and supervise." I find the more I spend time with my kids, the less trouble they seem to find. I am not saying I follow them everywhere, but I do know where they are and what they plan to do when they get there. More importantly, because of our time together, they share some of their struggles. And together we learn and grow in our relationships.

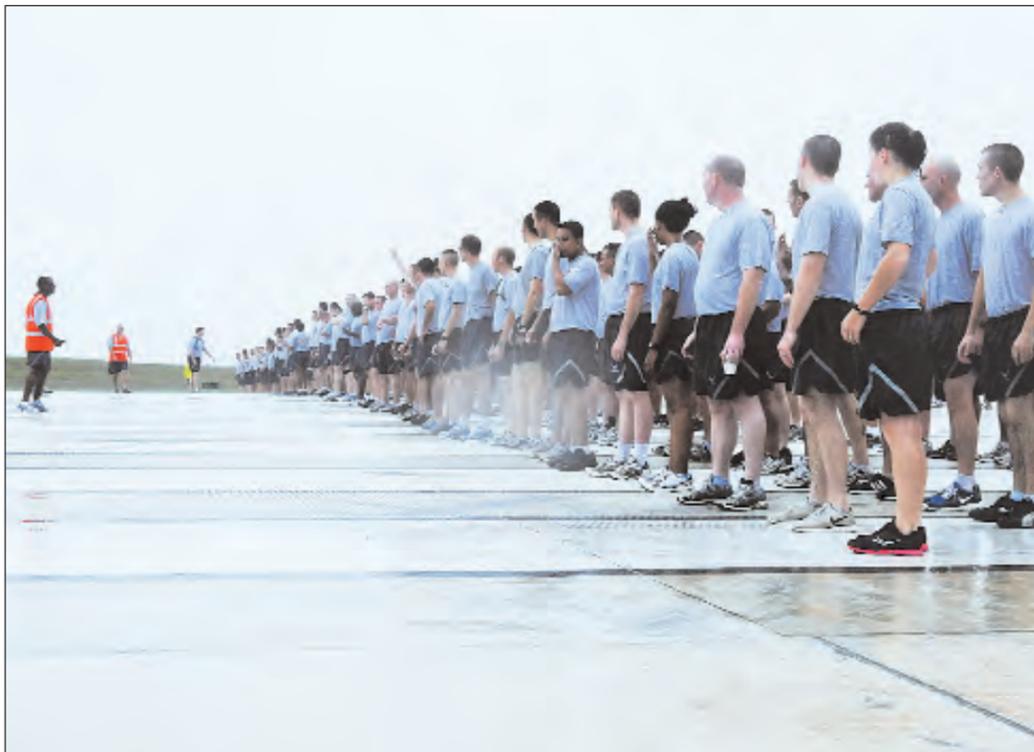
Sixth, "Catch them doing the right thing and say what you see." If you miss any other rule, don't miss this one. We can sabotage any effort to reach out and guide our kids by only catching and correcting the mistakes they make in life. Life is hard enough without being constantly reminded how bad we are at it. It is always fun to watch my daughter's eyes light up when I point out how awesome it was to see her helping her sister with the laundry without being asked. It sure beats yelling.

Last, "Let daily Christ-like behavior be your goal."

# Team Andersen completes wing run



Jumping Jacks: Team Andersen begins the wing run down Arch Light Blvd. at Andersen Air Force Base, led by Col. Dwayne Thomas, 36th Mission Support Group commander and Chief Master Sgt. Margarita Overton, 36th Wing Command Chief Master Sgt., Sept. 30. Following the run, members completed a foreign object debris walk on the flightline. (U.S. Air Force photo/ Senior Airman Carlin Leslie/Released)



Wing Run: Team Andersen begins the wing run down Arch Light Blvd. at Andersen Air Force Base, led by Col. Dwayne Thomas, 36th Mission Support Group commander and Chief Master Sgt. Margarita Overton, 36th Wing Command Chief Master Sgt., Sept. 30. Following the run, members completed a foreign object debris walk on the flightline. (U.S. Air Force photo/ Senior Airman Carlin Leslie/Released)



## MSRON 7 beats NCTS

Left: The running back for team Maritime Expeditionary Security Squadron (MSRON) 7 eludes defenders during a Captain's Cup flag football game at the Charles King Fitness Center on U.S. Naval Base Guam, Oct. 4. The MSRON 7 team beat team Naval Computer and Telecommunications Station, Guam 26-0. (U.S. Navy photos by Mass Communication Specialist 2nd Class (SW) Corwin Colbert/Released)



Touchdown Pass: A receiver from team Maritime Expeditionary Security Squadron (MSRON) 7 catches a touchdown pass during a Captain's Cup flag Football game at the Charles King Fitness Center on U.S. Naval Base Guam, Oct. 4. The MSRON 7 team beat team Naval Computer and Telecommunications Station, Guam 26-0.

### Gab Gab Beach Captain's Cup Half-Marathon results

Held Oct. 1

Place	Name	Command	Time	CC Points
1	John Neubauer	Explosive Ordnance Disposal Mobile Unit 5	1:30:30	5
1	Cameron Payne	Explosive Ordnance Disposal Mobile Unit 5	1:35:30	0
2	John Karus	Maritime Expeditionary Security Squadron 7	1:41:05	4
3	Brad Jones	USS Frank Cable (AS 40)	1:41:12	3

## 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.

### Start Smart Basketball

Start Smart Basketball will begin Oct. 15-28. It is an introduction to basketball class for ages 3-5, costs \$15 and includes a T-shirt. Register now at the Child Development Center located on U.S. Naval Base Guam before Oct. 14. Parent participation is required. For more information, call 564-1844/45 or 727-2575.

### 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 aerobics movements. Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic workout system that will blow you away. The routine features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. For more information, call 366-6100.