

JOINT REGION EDGE

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Ribbon cutting opens Combat Support Vehicle Maintenance Facility

By Senior Airman Veronica McMahon

36th Wing Public Affairs

Andersen Air Force Base (AFB) partnered with Naval Facilities Engineering Command (NAVFAC) Marianas Oct. 26, for a ribbon cutting for the new Combat Support Vehicle Maintenance Facility (CSVMF) at Northwest Field.

The \$13 million project is a joint-use building intended to support the units relocating to Northwest Field but designed primarily for the 554th RED HORSE Squadron (RHS).

"The CSVMF will provide a permanent location for the 554th RHS's complete vehicle maintenance operations and limited space for Andersen AFB's Base Operation Support (BOS) Contractor to provide basic maintenance services at Northwest Field," said Navy Ensign Witt Featherston, 36th Civil Engineer Squadron project manager. "This is the largest building completed out

See Facility, Page 7



Brand New: The first vehicle enters after the ribbon-cutting ceremony held for the Combat Support Vehicle Maintenance Facility at Northwest Field in Dededo Oct. 26. The new maintenance building is used as a joint facility intended to support the units now relocating to Northwest Field Expeditionary Combat Support campus. It is designed for the primary use of the 554th Red horse Squadron which operates and maintains more than 400 pieces of heavy civil and building construction vehicles. (U.S Air Force photo by Staff Sgt. Alexandre Montes/Released)

GUNG Counterdrug program formally receives SECDEF Award

Job Well Done: Members of the Guam National Guard (GUNG) receive the Secretary of Defense Community Awareness Award in Washington, D.C., Oct. 20. From left: Lt. Col. John Holter, South Dakota National Guard (SDNG) deputy chief of staff of operations; Maj. Rober Dejong, SDNG; Pam Teaney Thomas, SDNG Adolescent Substance Abuse Prevention president; Master Sgt. Kristi Palmer, SDNG Drug Demand Reduction; Maj. Gen. David Harris, National Guard Bureau, Domestic Operations and Force Development director; Staff Sgt. Tawnee Unsiog, non-commissioned officer, GUNG Counterdrug Task Force; and 1st Sgt. John Pangelinan, non-commissioned officer in charge, GUNG Counterdrug Task Force. (Guam National Guard photo by Capt. Ken Ola/Released)



By Capt. Ken Ola
Guam National Guard

Representatives from the Guam National Guard's Counterdrug program traveled to Washington, D.C., Oct. 20, to receive this year's prestigious Secretary of Defense Community Awareness Award on behalf of the unit.

The award, presented at the Hall of Heroes at the Pentagon, recognizes the best of the drug awareness programs that help keep communities drug-free and for exceptional community anti-drug outreach programs of each U.S. military service and the National Guard Bureau over the past 21 years.

In 2010, the Guam National Guard's Counterdrug program (CDP), working with the Red

See CDP Award, Page 7



Top Performer
Personnel Specialist
2nd Class (SW/AW)
Renata Flake

SEE PAGE 3



Thanksgiving
Upcoming base
events

SEE PAGE 10



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Joint Region Marianas



Keeping it R.E.A.L. through challenging times

By Command Chief Master Sgt. Margarita Overton

36th Wing, Andersen Air Force Base

Chicken Little was in the woods one day when an acorn fell on her head. It scared her so much she trembled all over. She shook so hard, half her feathers fell out.

"Help, Help! The sky is falling! I have to go tell the king," she exclaimed.

We know how the story goes, Chicken Little frantically proclaimed to anyone who would listen, "Oh, help! The sky is falling!"

Soon she had Henny Penny, Ducky Lucky, Goosey Loosey, and Turkey Lurkey jumping on the band wagon singing the same tune. They let down their defenses to spread a message of fear only to then be lured into the gloomy doom of Foxy Loxy's den.

I'm reminded of the story of Chicken Little so often now as I see the words "challenging, difficult times," in practically every headline. While these well meaning words are meant to manage expectations of the future budgetary picture, these same words can deter us from our overall mission and potentially lead us down the road of fear, uncertainty and doubt. One can appreciate the "keep it real" straight talk but I encourage you to keep it R.E.A.L. even in the face of trying,

difficult times.

Take the first step with "R"—remembering our history and where we came from as an Air Force (AF).

Since its inception, the AF has always faced challenges. History shows sharp fluctuations in personnel and resources through various wars and conflicts. Steep demobilization occurred after World War I, and in the 20 year period between the two world wars, our air branch was stagnated while our leaders tried to rectify reorganization, appropriations and inter-service rivalries to establish the AF as a separate branch of service. Expansion occurred when the Army Air Force (AAF) was created and by the final year of World War II, the quantity and quality of AAF aircraft and Airmen dominated the skies over both Germany and Japan. After air power made it possible for the Allies to claim total victory over the Axis power, demobilization occurred again.

This trend of ramp-up/ramp-down has occurred for all of the services throughout our nation's history, but airpower has continued to prevail from the Cold War, Operation Desert Storm and Operation

Desert Shield, the Global War on Terrorism to today as we conduct operations in multiple theaters. Remember, our proud heritage and legacy remains—the U.S. Air Force is the most respected and powerful air, space and cyberspace force in the entire world.

Our next step is "E"—encouraging our Airmen and ourselves.

To encourage means to inspire with hope, courage or confidence. We can do this regardless of whether we are in a leadership position or not. Positive attitudes are contagious.

Charles R. Swindoll, a wise theologian stated, "The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10 percent what happens to me and 90 percent of how I react to it."

When things are uncertain, or things look bad, we can always find a bright spot somewhere. Earlier this year my son called me complaining his car broke down and he had to use \$500 of the \$750 he had saved up to get it fixed. There were two bright spots in this situation.



First, I commended him for having had that much money in savings and second, I noted that at least he's able to get his car fixed in a timely manner and not hinder his ability to get to work. He could either focus on what he had supposedly lost or look at what he gained. In the end focusing on our gains gives us the motivation to keep pressing forward.

Pointing out the bright spots is a way to spread encouragement to those around us and is also linked to the next step which is "A"—act within our circle of influence; this means being proactive, and according to author Stephen Covey, is one of seven habits of highly effective people.

Too many times people try to focus on things they can't do anything about. Trying to solve world hunger is out of our control, but participating in the Feed the Homeless project in our community is in our control. Our nation's debt problem is definitely out of our control, but we can impact our circle of influence by looking for efficiencies within our work center, by conducting risk analysis on the things we can or cannot support, and by keeping eyes on personnel to notice any behavior changes and step in if you're concerned.

Lastly, we can "L"—lean forward and keep moving, knowing that tough times won't last forever.

We can choose to remain frozen in the face of challenges or see each challenge as an opportunity to overcome. We do not know what changes the future will bring. Some say, certain benefits like medical care or tuition assistance will be diminished. Lean forward by working now to complete your education. Lean forward by ensuring you are using your finances wisely and saving for the future. Lean forward by perfecting your skill. Lean forward by being the best Airman you can be.

I am convinced our nation's leaders have confidence in us as Airmen—that we are the best in the world, we step up to meet any challenge, we overcome any obstacle and we defeat the enemy. Our nation knows we can continue to do so as long as we are given adequate resources.

When Secretary of the Air Force Michael Donnelly visited us and told our Airmen "senior leadership has your back," I walked away with the assurance that leadership knows we have their backs when it comes to executing airpower for the safety of our nation and we should know they have our backs in ensuring we stay organized, trained and equipped to do so.

So let's continue to keep it R.E.A.L. despite what we may hear about "challenging times" ahead.

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.

Attention NBG residents: NBG and GUNG to Conduct Training

Personnel with U.S. Naval Base Guam (NBG) and the Guam National Guard 94th Civil Support Team will conduct Marianas Response, a hazardous material response exercise, Nov. 8, 7 a.m.-11 p.m. in South Tupalao housing on NBG. No hazardous materials will be used during the drill. Base residents should not be alarmed if they hear noise or see service members carrying weapons and wearing protective equipment in the vicinity.

Christmas Mailing Dates

The United States Postal Service wants to be sure your loved ones receive mail from you on time. Please see the following postal dates to mail out packages for the holiday season: From Guam to the U.S. Mainland—First class/priority mail, Dec. 16, express mail, Dec. 20, parcel post, Nov. 12; Hawaii—First class/priority mail, Dec. 19, express mail, Dec. 21, parcel post, Nov. 12; Saipan—First class/priority mail, Dec. 17, express mail, Dec. 21, parcel post, Nov. 26; Federated States of Micronesia, Republic of the Marshall Islands, and Palau—First class/priority mail, Dec. 12, express mail, Dec. 19, parcel post, Nov. 26; APOs and FPOs—First class/priority mail, Dec. 10, express mail, Dec. 15, parcel post, Nov. 17; International—First class/priority mail, Dec. 10, and express mail, Dec. 15. Visit www.usps.com for more information.

Retiree Appreciation Day

A Retiree Appreciation Day event is scheduled for 8 a.m., Nov. 5 at Andersen Air Force Base Sunrise Conference Center. Participants will be able to obtain information about services available to retirees and family members on and off base as well as enjoy

demonstrations by the 35th Wing. Register at www.36fss.com/retiree.html.

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.

Protestant Religious Activities for Men on Andersen Air Force Base

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

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 resi-

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

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.

Personnel Specialist strives to help shipmates

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

Joint Region Edge Staff



Workplace Procedures: Personnel Specialist 2nd Class (SW/AW) Renata Flake, left, of Personnel Support Detachment Guam, instructs a junior Sailor on proper workplace procedures, at the command headquarters on board U.S. Naval Base Guam, Oct. 25. Because of her positive attitude and determination to help her shipmates, Flake was twice selected as her command's Sailor of the Quarter during 2011, and was nominated as Sailor of the Year. (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Peter Lewis/Released)

Personnel Specialist 2nd Class (SW/AW) Renata Flake, an almost 11 year Navy veteran, grew up in a small town in Missouri, where she said there were few career or education opportunities.

"Joining the Navy was the best way for me to get an education, do something important, and still get paid," she said. "Plus there are all the other perks. I get to travel the world, meet a wide variety of people, and enjoy serving my country the entire time."

Flake said that she is proud to be able to say she "is serving in the World's finest Navy!"

"I love being a part of something bigger than myself," she said. "It's a bonus that we are exposed to different experiences that allow us to grow as a people, Sailors and leaders."

Flake originally joined as a fire controlman and NATO Sea Sparrow Surface Missile System technician. She converted to personnelman in 2004, because she wanted to "get away from equipment and work more directly with shipmates."

"Once I was in the position to work one-on-one with Sailors, I knew I had found my calling," she said. "Now I have every intention of becoming a Navy career counselor

to assist my shipmates with their career goals and future decisions."

As a member of Personnel Support Detachment (PSD) Guam's Customer Service Section, Flake processes reenlistments, extensions, entitlement changes and updates to members' pay and personnel

records, and manages limited and temporary duty personnel during their transfers.

"I love that I am part of a command that not only works with and for each other, but also for our shipmates and other service members," she said. "We provide assistance for

the greater good of the Navy. It is our job to ensure our shipmates are provided with the most up to date and expeditious pay and personnel record services. It's a great feeling knowing that I am making a difference for my shipmates."

Because of her positive attitude and determination to help her shipmates, Flake was twice selected as her command's Sailor of the Quarter during 2011, and was nominated as Sailor of the Year.

According to her supervisor, Personnel Specialist 1st Class (AW/SW) Missi-Ann James, Flake is a superior performer who stands out from her peers.

"PS2 Flake's obvious passion for her job and willingness to help others puts her above and beyond high expectations," James said. "Because of her knowledge level, she is constantly sought out by juniors and seniors. She is one of the most well-rounded Sailors out there; outstanding at her job, giving back to the community, striving to educate and better herself, all while ensuring her shipmates are updated continuously with any policy changes."

Though she emphatically said that her "shipmates always come first," Flake still finds time to hold several collateral duties. These include command career counselor, urinalysis coordinator, quality of life representative, housing liaison, and sponsor coordinator.

She also finds time to take part in several important committees. As a Navy Ball Committee member, she

contributed over 40 off-duty hours to help raise funds and solicit door prizes.

As secretary for the U.S. Naval Base Guam Second Class Petty Officer Association, she was crucial in creating the organization's bylaws, and provides guidance and leadership to all second classes on the island's largest Navy base.

How does she find the energy and inspiration to do all this? Flake said she draws inspiration from her role models.

"My mother was always strong for my sister, my brother and me when we were young. She taught us to believe and trust in ourselves," she said. "My dad provided us with the know how to conquer any situation. I use what they taught me every day. And when I find myself in a tough situation, I can always draw on what they've taught me for motivation."

For anyone looking to emulate her proven streak of superior performance, Flake had a few words of advice.

"As members of the U.S. Armed Forces, we have to come to the realization that we are all working together to achieve the same goal," she said. "It's an honor and pleasure to be able to assist my shipmates and fellow service members in any way I can with their pay, personnel records, or any other issues or questions. All the hard work pays off when we work together to get the results we're striving for."

Andersen's Best: Senior Airman Javon Shipman

By Senior Airman Benjamin Wiseman
36th Wing Public Affairs

Airman 1st Class Javon Shipman, 36th Contingency Response Group (CRG) cyber surety apprentice, was awarded Andersen's Best on Andersen Air Force Base (AFB), Oct. 20.

As a cyber surety apprentice, Shipman completed an 8-hour network control center-deployable, version 4 training course that established \$665 of tactical communication equipment, enabling cyber support for the Pacific Air Force Theater.

Shipman's sharp attention to detail and warrior ethos postured him to be hand selected by exercise

evaluation team personnel to instruct entry control point procedures to 29 members during Exercise Beverly Palms 11.

His highly motivated attitude and emphasis on physical health reflect his ability to encourage squadron members during physical training as a physical training leader.

Andersen's Best is a recognition program which highlights a top performer from the 36th Wing. Each week, supervisors nominate a member of their team for outstanding performance and the wing commander presents the selected Airman/Civilian with an award.

To nominate your Airman for Andersen's Best, contact your unit chief or superintendent explaining their accomplishments.



Team Player: Airman 1st Class Javon Shipman, 36th Contingency Response Group cyper surety apprentice, was awarded Team Andersen's Best on Andersen Air Force Base, Oct. 20. Andersen's Best is a recognition program which highlights a top performer from the 36th Wing. Each week, supervisors nominate a member of their team for outstanding performance and the wing commander presents the selected Airman/civilian with an award. (U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released)

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724th ASTF receives 'Outstanding' rating

By Senior Airman
Veronica McMahon
36th Wing Public Affairs

The 724th Aeromedical Staging Flight (ASTF), a reserve unit on Andersen Air Force Base (AFB), received their first rating of 'Outstanding' during a recent Health Services Inspection (HSI) Sept. 22-25.

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.

"It's really a humbling experience to be a part of this phenomenal unit," said Maj. Michael Aflague, 724th ASTF commander. "Having to accomplish the same level of responsibility as larger medical squadrons throughout our NAF (Numbered Air Force), considering our fairly small footprint, really speaks to the level of competency, professionalism and absolute team-

work indicative of the men and women of the 724th ASTF".

According to Staff Sgt. Tiana Duenas, 725th ASTF Aerospace Medical technician, the inspection was performed by a four-member team from Headquarters Air Force Inspection Agency, Directorate of Medical Operations.

The unit's first HSI took place in 2007 and the team stuck together and have been preparing for the recent inspection since.

"Staffing is very stable with only a six percent annual turnover," Duenas said. "Seven of the assigned

32 personnel have deployed since 2007. It is readily apparent that the 724th ASTF is a cohesive unit."

The inspectors looked at many aspects, but mainly in the areas of expeditionary operations, in-garrison operations and leadership.

"It takes diligence and meticulous attention to detail to maintain medical records and operate a medical unit," Duenas said. "The 724th is favored with excellent support from 36th Medical Group (MGD), the co-located active medical unit, in a symbiotic relationship."

"On behalf of Col. Robert

(Randy) Huston and the 624th Regional Support Group, Hickam Air Force Base, Hawaii, and 724th ASTF, I would like to thank Col. Peter Brewer, squadron leadership and the amazing staff of the 36th MDG for their outstanding support," Aflague said. "Our recent 'outstanding' rating is marked improvement from the last in 2007 (excellent rating). It now sets the tone and will remain a goal to continue to provide outstanding management of the various Air Force Medical Service programs and processes under our purview."

36th Wing quarterly award winners announced

By Senior Airman
Benjamin Wiseman
36th Wing Public Affairs

The 36th Wing quarterly award winners were announced during a breakfast ceremony held at the Sunrise Conference Center on Andersen Air Force Base, Oct. 27.

Each group supported their representatives during the ceremony, and a winner was selected for the Airmen, Non-Commissioned Officer, Senior Non-Commissioned Officer, civilian and volunteer categories.

At the end of the year, each quarterly winner will compete for the annual award in their respective category.

Congratulations: The 36th Wing quarterly award winners are congratulated during the award recognition breakfast at the Sunrise Conference Center on Andersen Air Force Base, Oct. 27. Each group was represented by their quarterly award winning Airmen, NCO, SNCO and civilian during the ceremony. (U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released)





Air Force Entertainment Presents

World Tour 2011

TOPS IN BLUE

Rhythm Nation

Tuesday, November 29

UOG Field House In Mangilao at 6:30pm

This show is open to the public.

Doors open at 5:45pm. For more information call 366-2339.

Shuttle bus service available at 5pm from Hot Spot (Aafb) parking lot.



No Federal Endorsement of Sponsor(s) Intended

www.topsinblue.com

36th CRG challenge



One Big Push: An Airman from Andersen's 554th Red Horse Squadron pushes a generator during the 36th Contingency Response Group's warrior challenge on Andersen Air Force Base, Oct. 21. Each squadron assigned to the 36 CRG competed against each other during the challenge. (U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released)

November is military family appreciation month

In 1993, the Armed Services YM-CA along with the U.S. Government established Military Family Appreciation Month. To commemorate this special month, Andersen Air Force Base and U.S. Naval Base Guam will be hosting several events dedicated to the military families.

ANDERSEN AIR FORCE BASE

Fridays at Bamboo Willies

Make plans to bring the entire family to Bamboo Willies at Tarague Beach every Friday from 5:30-7:30 p.m. Children can take part in kids'

karaoke, and the entire family can enjoy a delicious meal from the Bamboo Willies menu. For more information, call 366-6166.

Sunday bowling fun at Gecko Lanes

Bring the family to Gecko Lanes every Sunday from noon-6 p.m. and have the kids bowl for just \$1 per game and a free shoe rental. For more information, call 366-5085.

Outdoor Movie Night

Enjoy a free movie under the stars at Arc Light Park Nov. 12 at 7:30

p.m. The movie "Hoodwinked Too! Hood vs. Evil" is PG-rated so it's fun for the whole family. Movie will be shown weather permitting. Call 366-2339 for more information.

The Dirty Socks Funtime Band

Courtesy of Navy Entertainment, The Dirty Socks Funtime Band will perform at Bamboo Willies, Nov. 11 at 6 p.m. Enjoy the music, dancing and entertainment of the performer all night with the family. For more information, call 366-6167.

Recreation Hike

Get out and experience nature

during Outdoor and Recreation's family hike, Nov. 25 beginning 7:45 a.m. There will be a nature scavenger hunt and coconut palm weaving activities. Cost is just \$5 per person. To make reservations for the whole family or for more information, call 366-5197.

U.S. NAVAL BASE GUAM

The Dirty Socks Funtime Band

Courtesy of Navy Entertainment, The Dirty Socks Funtime Band will perform at The Big Screen Theater, Nov. 10 at 7 p.m. Enjoy the music,

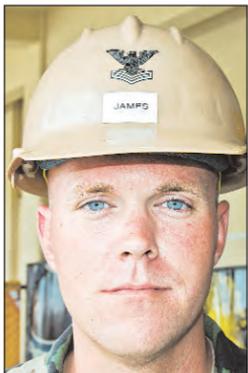
dancing and entertainment of the performer all night with the family. For more information, call 688-7038.

OPEN TO THE PUBLIC

Tops in Blue

Air Force Entertainment presents Tops in Blue at the University of Guam Field House, Nov. 29. The group will perform their outstanding, world-renowned Las Vegas-style show. The show is open to the public and is free of charge. Doors open at 5:45 p.m. and the show starts at 6:30 p.m. For more information, call 366-6167.

What does Veteran's Day mean to you?



"It's a day to remember and be grateful for all those who have gone before us."

*Equipment Operator 2nd Class (SCW) Robert James
Naval Mobile Construction Battalion 133*



"Veteran's Day is a great opportunity to stop and thank everyone in the military, past and present for what they've done for the country. Without our veterans and service members, we wouldn't be able to enjoy the freedoms we have today."

*Electrician's Mate Fireman Jason Barger
USS Frank Cable (AS 40)*



"It's about showing respect to the people who've made the sacrifices that allow America to be the world power it is today."

*Lt. Drew Coffin
Navy Legal Services Office Guam*



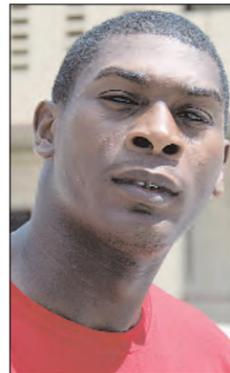
"I'm proud to be able to say I've served the people of the United States. It's truly an honor."

*Army Staff Sgt. Leona Blas
368th Military Police Company logistics*



"Being a part of something bigger than myself certainly fills me with a sense of pride."

*Airman 1st Class Tieler Myers
554th RED HORSE water fuel system maintenance*



"It's all about giving back to the country that's already given so much to me."

*Staff Sgt. Taiwan Jackson
554th RED HORSE services*

Facility: New building is LEED Silver certifiable

Continued from Page 1

there to date. Until then the 554th RHS was doing vehicle maintenance in tents.”

Featherston added that the 554th RHS operates and maintains more than 400 pieces of heavy civil and building construction vehicles, and is directly responsible for all this maintenance.

The new Leadership in Energy and Environment (LEED) Silver certified facility includes eight core maintenance bays, shops, storage and office support.

“The facility you see here is a cog in the wheel of the Pacific Air Forces (PACAF) Regional Training Center and supports vehicle maintenance for the 554th RHS, Commando Warrior, Combat Communications, and Silver Flag when they get here,” said Col. Scott Hartford, chief of Capital Investment Management Division, Air Force Center for Engineering and Environment (AFCEE). “The vehicles of these organizations have been maintained in [a] trailer park city and in tents down here in the yard. This gets the vehicle maintainers into a professional facility, doing first-class work.”

According to a NAVFAC Marianas news release, the design-build task order was awarded in March 2010 by NAVFAC Marianas to a Guam-based joint venture, Guam Pacific International.

“Just as soon as the award was made, our Navy and Air Force teams hit the ground running and struck a true partnership which they maintained throughout the duration



Job Well Done: Capt. Cheryl Hansen, executive officer, Naval Facilities Engineering Command (NAVFAC) Marianas delivers her remarks during the ribbon-cutting ceremony for the Combat Support Vehicle Maintenance Facility in Dededo, Guam, Oct. 26. (U.S. Navy photo by JoAnna Delfin/Released)

of the project,” said NAVFAC Marianas Executive Officer, Capt. Cheryl Hansen. “I would like to recognize our team for maintaining

razor-sharp focus on safety. It is indeed a tremendous achievement to execute 163,000 hours of work without one safety violation or in-

cident.”

The new facility is the largest military construction project that’s been executed to date by the com-

bined 36th Civil Engineering Squadron and Resident Officer in Charge of Construction Andersen team.

CDP Award: Program works with island schoolchildren

Continued from Page 1

Ribbon Committee, reached about 11,600 students through its Educational Outreach Program and other activities.

The CDP team and committee representatives coordinated with public, private, and Department of Defense Educational Activity schools on island to present videos about the Red Ribbon Campaign and to distribute red ribbons.

The team also developed a calendar of scheduled presentations and distributed it to the committee members. At every presentation, there were at least two members of the

committee that joined and gave speeches on how their organizations support the fight against drugs.

In his congratulatory letter, Joseph Angello, Jr., director for Operation Readiness and Safety of the Office of the Under Secretary of Defense applauded the Guam unit for their efforts.

“Your outstanding efforts with regard to drug demand reduction are a model for other agencies to follow. The Guam National Guard, Drug Demand Reduction program demonstrates how innovation and hard work can achieve effective community drug awareness,” Angello stated.

Currently, there are 28 partner organizations partnered with the Red Ribbon Committee. Guam observes a month-long Red Ribbon campaign, unlike most campaigns around the country that observe a week-long campaign.

“We are extremely delighted and proud to receive such recognition from the highest level, the Secretary of Defense,” said Maj. Gen. Benny M. Paulino, adjutant general of the Guam National Guard. “We have a great drug demand reduction program primarily because we have professional and dedicated Soldiers and Airmen who work in the program.”

Among the other accomplishments of the CDP and committee last year for the Red Ribbon campaign were the 5 kilometer walk/run, a poster contest and gate decorating contest, Say “Boo” to Drugs events at key public locations, and Red Ribbon waves at key traffic intersections to encourage a drug-free lifestyle.

A CDP team is also tasked to conduct Criminal Investigative Analyst Support, Surface Reconnaissance/Observation, and Cannabis Suppression/Eradication Support to the Drug Enforcement Administration (DEA), United

States Postal Service (USPS), Customs and Quarantine Guam, and the Guam Police Department’s Violent Street Crimes Task Force.

To combat the threat posed by the introduction of “meth-labs,” or clandestine labs on Guam, the team hosted training to better educate our law enforcement officers on techniques to identify potential labs as well as the dangers these labs pose to the island.

The National Guard’s counter-drug demand reduction programs are designed to promote awareness of the dangers of drug abuse, particularly among school-aged children. The program also aims to encourage an appreciation of the benefits of a drug-free lifestyle and is intended to reach military members, families and the broader communities in which Defense Department activities take place.

Conserve energy throughout the year

By Kevin D. Evans
Joint Region Marianas
Energy Manager

Energy awareness month is over and we had a great set of events during the month educating folks at the bases, schools, and our hospital. Energy and water conservation, however, doesn't end with the end of the month.

Our nation can benefit from the wise use of energy at federal facilities. As the single largest domestic user of energy, the federal government spends more than \$9 billion to power its vehicles, operations, and approximately 500,000 facilities throughout the United States. As most folks already know, efficient energy management at federal facilities:

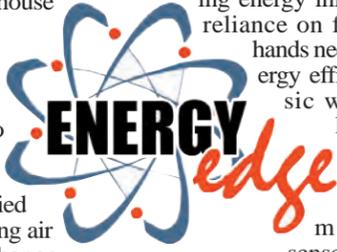
▲ Saves taxpayer dollars

▲ Reduces greenhouse gas emissions

▲ Protects the environment and natural resources

▲ Contributes to our national security

With so many major global challenges tied to energy use, including air pollution, climate change, volatile fuel supplies and costs, ag-



ing energy infrastructure and reliance on fossil fuels, all hands need to include energy efficiency as a basic work ethic and lifestyle. Know also that all personnel are empowered to make common sense energy saving decisions at work.

During Energy Awareness Month, and throughout the year, we must all remember that saving energy is an individual priority and focus, and that we can safeguard our energy infrastructure and reduce our carbon footprint in all that we do through simple choices and attention to energy efficiency. Finally, please report energy and water waste to the energy waste hotline: (671) 349-4NRG (4674).

Joint Region Marianas named Energy Champion 2011 by Guam Energy Office

By Catherine Cruz Norton
Naval Facilities Engineering
Command Marianas Public
Affairs Officer

The Guam Energy Office (GEO) honored Joint Region Marianas (JRM) Oct. 27 with an Energy Champion 2011 award during an island-wide National Energy Awareness Month celebration at the Sheraton Laguna Guam Resort.

According to the GEO, the award is presented to organizations and interagency partners that have demonstrated its commitment to pursuing energy efficiency, conservation and investments in renewable energy technologies.

Lt. Gov. Ray Tenorio praised JRM for its commitment to energy conservation on the island through a variety of renewable energy projects. Tenorio presented the award to Cmdr. Daniel Cook, JRM assistant regional engineer.

"We highly value our partnership with the government of Guam as we advance our efforts to reduce dependence on fossil fuels," said Cook. "This recognition is deeply appreciated."

The secretary of the Navy has outlined five energy goals which seek to enhance and better enable combat capabilities, sustain the environment for future generations, and promote a clean energy economy. Among the five goals is, by the year 2020, 50 percent of total Department of Navy (DON) energy consumption will come from alternative sources.

In seeking to meet this objective, the military on Guam has made tremendous investments over the course of the last few years. "We have been working with the Department of Energy, and many other federal agencies to capitalize on fund-



Energy Champion: Lt. Gov. Ray Tenorio (left) presented Joint Region Marianas (JRM) the Energy Champion 2011 award Oct. 27 during an island-wide National Energy Awareness Month celebration at Sheraton Laguna Guam Resort. Accepting the award on behalf of JRM is Kevin Evans, JRM energy manager (center) and Cmdr. Dan Cook, JRM assistant regional engineer (right). (U.S. Navy photo by Ray Rabara/Released)

ing and resources available," said Kevin Evans, JRM energy manager. "We continue to work towards harnessing renewable energy for JRM where it is cost-efficient and practical."

For example the Navy converted 318 inefficient street lights to efficient induction lighting; playgrounds and sidewalks on Naval Base Guam (NBG) are now powered by solar lights; and solar panel arrays made available through the Energy Savings Performance Contract (ESPC) are now tied to the main grid thereby reducing the military's electricity consumption.

Investments in energy efficient technologies afloat and ashore lessen dependence on fossil fuels and reduce green house gas emissions.

Other SECNAV energy goals include increasing alternative energy ashore by 2020 so that 50 percent of shore-based energy requirements are from alternative sources; and a focus on energy efficient acquisition by mandating utilization of energy factors as part of the evaluation process when awarding contracts for systems and buildings.

In addition, beginning fiscal year 2013 all new DON facilities will be mandated to meet more stringent certification requirements set forth by the U.S. Green Building Council by meeting Leadership in Energy and Environmental Design (LEED) Gold certification. Currently, the mandate is LEED Silver.



Above: Col. Kevin Cavanagh, 940th Wing commander, Beale Air Force Base, Calif., prepares to take flight with Helicopter Sea Combat Squadron-25 during his visit to Andersen Air Force Base, Oct. 26. Cavanagh visited members of his wing deployed at Andersen to observe their daily operations. (U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released)



940th Wing Commander visits Andersen Airmen

Left: Col. Kevin Cavanagh, 940th Wing commander, Beale Air Force Base, Calif., walks out to flight line to board a helicopter for a tour of the island Oct. 26. Cavanagh visited members of his wing deployed at Andersen to observe their daily operations. (U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released)

Social networking scams make off with thousands of dollars

By Legalman 3rd Class
Christina Oliver

Naval Legal Service Office Pacific
Detachment Guam

As military we have the privilege to travel across the planet and see great things. Our families and

friends all know this too. One month we could be in Spain and another in Japan. It is what we do — A Global Force for Good.

On our travels, we are completely taken care of thanks to the wonderful programs provided by our military. Often times though, those who have never traveled under the military's wing do not know of the

programs that are in place in the event of an emergency. There is a new scam milling about that target your contacts on your friends list via your Facebook or e-mail.

For example, your social networking account or e-mail has been hijacked by an evil cyber ninja. Many don't notice their accounts have been compromised until some-

one else gives notice or something unusual happens. The thief, pretending to be you, takes your friends list and sends an alert message saying that you are stranded somewhere on earth because all your stuff was stolen and you need money to pay your hotel bill, fly, or obtain an emergency passport. The message contains a panicked story of the mis-

fortunate event, provides a location to wire the money, and gives a deadline, promising to pay back the money upon your return.

It is usually the deadline that creates the pitfall for our unsuspecting friends who rush to our aid. All who react to the false message wire the money to the scam artist who pockets it and moves on to their next victim. Unfortunately, wired money cannot be traced, so the money these evil-doers pillage is gone for good. Scams using this method are pretty common. We usually see it in a message containing links asking for us to register our personal information or download from sites provided by these villains.

What we need to do is keep a vigilant watch on our e-mails and social accounts checking for unauthorized activity. It is the same as checking your bank accounts for unauthorized purchases. Doing so can help protect those we care about from being swindled, and also keep yourself from falling victim to the very same tactics by investigating the message before you fly into your own savings. One would find that a little detective work can easily scare off most cyber criminals from completing their heist. Simple account maintenance can go a long way.

If you feel you have been a victim of a scam, be sure to report it to the FBI, your local police, bank, and credit companies. News of the latest scams can be found on the FBI's website at <http://www.fbi.gov/scams-safety/e-scams>. As always, if you have any questions, please visit your local Naval Legal Service Office for legal assistance.

Plan your Thanksgiving with great food and good company

Celebrating holidays away from home can be difficult, especially when you are far from families, friends and loved ones.

Make your Thanksgiving special this year by enjoying a home-cooked meal on Andersen Air Force Base, U.S. Naval Base Guam or the Guam USO.

U.S. NAVAL BASE GUAM

Holiday meals to go

Let the wonderful chefs at Top O' the Mar prepare a traditional feast for you. Enjoy a turkey for only \$55,



turkey meal for \$105, ham for \$65, or a ham meal for \$115. Dinners include fresh mashed potatoes, corn on the cob, traditional stuffing and gravy, cranberry sauce, candied yams, dinner rolls, a choice of pecan, pumpkin or apple pie. Orders must

be placed by Nov. 21. For more information, call 472-4606.

Thanksgiving luncheon

Sit down to a great Thanksgiving lunch at Top O' the Mar, Nov. 24 from 11 a.m.-2 p.m. Adults are \$23 and children, ages 5-11, are only \$11.50. For more information, call 472-4606.

ANDERSEN AIR FORCE BASE

Holiday meals to go

Enjoy a traditional turkey dinner for \$95, or a ham dinner for \$105. Dinners include fresh mashed potatoes, corn on the cob, traditional stuffing and gravy, cranberry sauce, candied yams, dinner rolls, a choice of pecan, pumpkin or apple pie. Orders must be placed by Nov. 18. For more information, call 472-4606.

USO

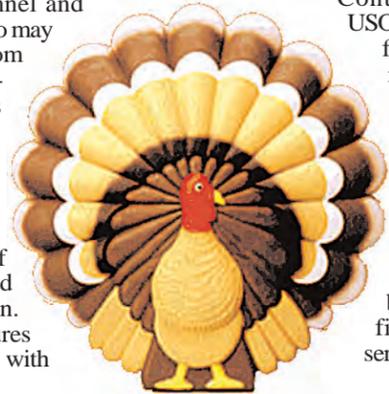
The Guam USO invites all military personnel and their families who may be far away from home for the holidays to enjoy its popular candle-light holiday feast Nov. 24 from noon-5 p.m. on the ground floor of the Royal Orchid Hotel in Tumon. The event features turkey and ham with

all the fixings, festive drinks and desserts.

The celebration also features performances from local entertainers, raffles, and much more. Guests can enjoy the regular free services of the Guam USO including internet, long distance calls to the states, Skype phones and Skype video calls, small theater, Wii, PS3 and X-box 360 gaming on flat screens, billiards and much more.

Contact the Guam USO at 647-4876 before Nov. 22 to reserve your place for "Thanksgiving at the USO!"

Please arrive at the USO by noon on Thanksgiving Day. Food will be served on a first come, first served basis.



What you don't know, can hurt you

By Lt. MeeDeessa Livingston
U.S. Naval Hospital Guam
Family Nurse Practitioner

Chlamydia is the most common sexually transmitted infection in the United States with one million new cases each year. It can be spread through any sexual activity and often times those infected with it are not aware of their infection.

Fifty percent of those infected with Chlamydia will have no symptoms which increases the risk of continued transmission to others. Other factors that increase transmission include young age, multiple sex partners, unmarried status and

inconsistent use of barrier contraceptive (i.e. condoms). Birth control methods such as intrauterine devices, birth control pills and Depo shots do not protect against sexually transmitted diseases (STD) such as HIV and Chlamydia.

Health Organizations such as the Center of Disease Control and the American Academy of Family Practice now recommend that sexually active females between 16-25 years old be screened for Chlamydia annually even if they do not have symptoms. In the past, women 18 and older were usually screened for STDs with annual pap smears. With changes in practice guidelines, most

women will not have their first pap smear until 21 which leaves them without screening for up to five years which could lead to infections being missed and complications developing.

Why is there a push to screen young women versus young men? One in three women infected with Chlamydia that are not treated will develop pelvic inflammatory disease. Pelvic inflammatory disease is an acute infection of the uterus, fallopian tubes and ovaries that can lead to infertility ectopic pregnancy (pregnancy in fallopian tubes) and chronic pelvic pain. Each day a woman remains infected with

Chlamydia her chances of long-term and irreversible damage to pelvic organs are increased.

Although isolated from the mainland, Guam is not isolated from the epidemic. In 2010, there were 900 cases of Chlamydia on island with almost half of those cases in individuals between the ages of 15-24. In 2010, U.S. Naval Hospital (USNH) Guam had 129 confirmed cases of Chlamydia and in the first nine months of 2011 there have already been 122 cases of the STD. These numbers only represent those who have been tested though many may be infected but will not be screened due to lack of symptoms.

USNH Guam offers patients two screening methods for Chlamydia. One method requires a urine sample while an alternate method of screening requires a genital swab. Please talk with your health care provider to discuss what option is best for you. If you are a female between the ages of 16-25 years old and you are sexually active, please be proactive and be screened for Chlamydia at least yearly. If you are under the age of 18, parent permission is not required for screening.

For more information please see your healthcare provider or go online to www.cdc.gov/std/Chlamydia or www.familydoctor.org.

AF updates image, phases out BDU



Out With the Old: Andersen Air Force Base Airmen stand by the "Old 100" B-52 static display for one last Battle Dress Uniform (BDU) photo before its final wear date on Andersen Air Force Base Oct. 27. As of Nov. 1, the wear of the BDU will be prohibited and the Airman Battlefield Uniform (ABU) and ABU items will be mandatory according to Air Force Instruction 36-2903, Dress and Personal Appearance. Base leadership calls upon Airmen to not only adhere to the uniform updates themselves, but to monitor and remind other Airmen of compliance standards. (U.S. Air Force photo by Staff Sgt. Alexandre Montes/Released)

By Airman Basic
Anthony Jennings
36th Wing Public Affairs

The Air Force has finalized an image update, phasing out a uniform that has been worn by military service members for more than two decades.

As of Nov. 1, the wear of the Battle Dress Uniform (BDU) will be prohibited and the Airman Battle-

field Uniform (ABU) and ABU items will be mandatory according to Air Force Instruction (AFI) 36-2903, Dress and Personal Appearance.

On July 18, Air Force officials revised the AFI to phase out the BDU, black shirt, black combat boots, desert camouflage uniforms and tan boots.

"I've seen many iterations of the utility uniform during my 24 years

of service," said Chief Master Sgt. Margarita Overton, 36th Wing command chief. "What I like about the ABU is not only is it designed to have us operate in any terrain, but it's meant to save Airmen both time and money in upkeep, maintenance, and replacement."

According to AFI 36-2903 1.1.2, "Pride in one's personal appearance and wearing the uniform, greatly enhances the esprit de corps essen-

tial to an effective military force. Therefore, it is most important for all Airmen to maintain a high standard of dress and personal appearance."

Base leadership calls upon Airmen to not only adhere to the uniform updates themselves, but to monitor and remind other Airmen of compliance standards.

"Despite the changes I've seen there has been a constant through-

out; the words 'U.S. Air Force,'" Overton said. "As we embrace the ABU as our official utility uniform, always remember it's not about what's written on the right side, it's about what is written on the left. Wear the uniform correctly with pride and expect others to do the same."

For more information on the proper dress and appearance, refer to AFI 36-2903.

Andersen helps Airmen, families cope with holiday stress

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

The holiday season is a time for joyful smiles and priceless moments with friends and family. But for some, surviving the holidays away from loved ones, reindeer sweaters and cherished traditions may seem to be more of a challenge than a celebration.

Numerous agencies at Andersen, and Air Force bases across the globe, provide programs and assistance to those who are feeling a little less than jolly this holiday season.

"There are multiple stressors that military members and their families face during the holiday season," said Maj. Doreen Tomasi, 36th Medical Operations Squadron Mental Health Flight commander. "Separation from family, living in a new and unfamiliar environment, deployments, temporary duties and financial issues all impact the stress levels we face."

"We face stress 365 days a year," she continued. "But often, people

find themselves needing additional help when the stressors are coming in from multiple areas of life at the same time. The holidays can contribute to every day stress and feel overwhelming."

Mental Health Flight officials provide ongoing counseling services to active-duty Airmen.

Tomasi encourages Airmen to embrace the wingman concept year-round and recognize when Airmen need help coping.

"Our mental health, like our physical health, is part of our resiliency and responsibility as Airmen," she said. "We need to be willing to go outside of ourselves and recognize the signs that our wingman may be feeling alone or overwhelmed. This is something we need to practice 24/7, not just during the holidays."

If an Airman is struggling with substance abuse, dependency issue or addictive behavior, they can receive help through the Alcohol and Drug Abuse Prevention and Treatment Program.

Though there are exceptions to the rule, most Airmen who capitalize on the programs available move

forward without any problems.

"As with any medical appointment, there are limits to confidentiality," the major said. "However, the vast majority of members who receive help in the mental health clinic have no impact on their duty status or career. By coming in for help early, a member will decrease the likelihood of a negative impact. The longer the issue is left untreated, the more likely it is that it will lead to problems at work or home."

The mental health clinic isn't the only agency that extends a helping hand. Outside the clinic, other avenues for assistance are readily available.

Airman and Family Readiness Center (A&FRC) officials provide several programs to assist in relieving holiday stress.

"A big stressor for families is being separated during the holiday season," said Cheryl Dollard, A&FRC work life specialist. "For our deployed families, we host monthly social activities and deployed family dining to boost morale and connect families together. In addition, our deployed families can sign up to

receive weekly morale calls to keep in touch with their deployed spouse."

Other services offered by many A&FRCs include individual financial assistance and seminars in an array of areas, including budgeting, saving, debt management and investing.

"Overspending during the holiday season can also be a cause for seasonal stress," Dollard said. "We have several classes and programs in place to help members get back on track if need be."

The center also offers a military family life consultant to assist with those having relationship problems.

"Relationship issues can be very stressful and magnified during the holiday season," Dollard said. "The military family life consultant can provide individual counseling to assist in building healthy relationships and provides the aspect of anonymity. In addition, the A&FRC provides seminars on relationship enhancement and divorce support."

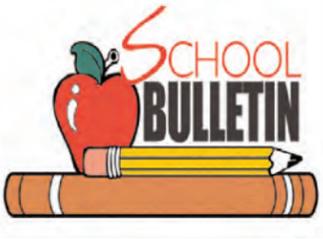
If it's a spiritual plight, Airmen can seek assistance through a base chapel. Chaplains provide pastoral

counseling and help with spiritual support for all members and their families. Chapels also provide programs that offer faith-based learning and opportunities to meet new people.

Military families can also receive mental health, educational and financial services and more through Military One Source. The 24-hour phone service can be reached at (800) 342-9647.

No matter what stress reduction option an Airman or family member may choose during the holiday season, whether they seek help from the clinic or work out their frustrations in the gym, the option takes them one step closer to a less-stressed life and a happier holiday season.

"Stress is stress any time of the year," Tomasi said. "Sometimes we associate it more evidently around the holidays, but just like the wingman concept, it is about acting 365 days a year and learning how to manage stress in a healthy way so that we never hit that tipping point."



School bulletin aims to promote educational activities in the Navy and Air Force communities. If you know of an education-related event that you would like to include, send it to jointregionedge@fe.navy.mil or call 349-2115.

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.

Phone Numbers

Andersen Elementary School: 366-1511

Andersen Middle School: 366-3880/5793

Commander William C. McCool
Elementary/Middle School: 339-8676

Guam High School: 344-7410



Paying Close Attention: Capt. Melvin Pilarca, of the Guam National Guard Counterdrug program, speaks to Andersen Elementary School students during Red Ribbon Week on Andersen Air Force Base, Oct. 25. During Guam's Red Ribbon Week, Pilarca and his staff briefed more than 10,000 children on the ill-effects of using drugs. (U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released)

Andersen students celebrate Red Ribbon Week

By Airman 1st Class
Whitney Tucker

36th Wing Public Affairs

Teachers and students from Andersen Elementary and Middle Schools (AES/AMS) on Andersen Air Force Base (AFB), attended a Red Ribbon Week assembly Oct. 25.

The event aimed to educate students on the dangers of drugs, and the backlash abuse has on individuals, families and the nation.

Red Ribbon Week is the nation's oldest and largest drug prevention program, reaching millions of Americans during the last week of October every year.

By wearing red ribbons and participating in community anti-drug events, young people pledge to live a drug-free life and pay tribute to Drug Enforcement Administration

Special Agent Enrique "Kiki" Camarena, who was killed in February of 1985 while investigating a major drug cartel in Mexico.

"The challenges facing children today are the same as they have been for years," said David Mizelle, Andersen Drug Demand Reduction manager. "They continue to combat peer pressure, feeling the need to be accepted by society and their friends."

Throughout the year, individuals from the drug prevention program on base host a variety of events empowering children and adolescents to "just say no" to drugs. Students had the opportunity to compete in a drug awareness poster contest and participate in a demonstration that simulates what it is like to drive while impaired.

"We do different outreach prevention activities all year," Mizelle said. "At Drug Demand, we like to

be active in all the different things that happen on base. With the elementary school this year we had the drunken buster peddle cart. It simulates what it's like to be under the influence as they try to perform day-to-day activities."

In addition to current programs, Mizelle has taken it upon himself to spearhead a new anti-drug initiative called Drug Education for Youth, or DEFY.

"This program will be geared toward Andersen's youth," he said. "Once in place, we will be able to get the word out to both the schools and the general populace."

Educating and informing children is essential to ensuring a healthy and drug-free environment for generations to come. Exposing the youth of today to the effects their choices will have on their future is vital in the fight against drugs and alcohol abuse.

"Talking to students about these issues at a young age is crucial," said Rebekah Levy, AES teacher. "If we don't address tough issues when they're impressionable, we leave room for others to take advantage of that vulnerability."

Levy added that Red Ribbon Week supports the goal of educators by teaching children to be aware of their surroundings and the dangers of poor decision-making.

Mizelle echoed Levy's sentiments and encouraged students to consider the outcome of their actions before making decisions based on peer pressure or impulse.

"This year's theme says it all, 'It's all up to me to be drug free,'" he said. "I want kids to know they have the power to make the right choices no matter what someone might say or do; the choice to live a drug-free lifestyle remains theirs."

Navy Water Treatment Facility field trip

By Bridgett Cantrell

Cmdr. William C. McCool Elementary/Middle School
Fifth-grade

On Oct. 28, Mrs. Atoigue's fifth-grade class and Mrs. Tuquero's first-grade class went on a study trip to the Navy's Water Treatment Facility.

"The trip was very educational and fun. I like how they did the water recycle process thingy," said Isaiah Kahana, fifth-grade student.

The two classes went to see how our water gets from the lake to our houses and buildings. They learned about all of the steps the water has to go through before it is clean and usable.

"It was cool to learn how our water was treated, how it got to our houses, and the chemicals they use. I liked when we got to test the water," Ella Eisenhardt, fifth-grade, said.

Water Treatment Visit: Cmdr. William C. McCool Elementary/Middle School (MEMS) students from Elizabeth Atoigue's fifth-grade class get a glimpse of the water during their visit to the Navy Water Treatment Facility in Santa Rita, Oct. 28. (U.S. Navy photo by Nikita Haws, MEMS 8th grade/Released)



PDN

Local Thanksgiving tradition: Chamorro stuffing

By JoAnna Delfin
Joint Region Edge Staff

There are many traditions, values, ideas and beliefs Guamanians have adopted from other cultures and transformed into their own. From songs and dances to fashion and language, the Chamorro people have taken what they have learned from other countries and made a few changes to create what we now know as the Guam culture. One of these examples is the tra-

ditional turkey stuffing found in most U.S. homes during Thanksgiving and Christmas dinner. Several variations call for ingredients such as walnuts, raisins, parsley and sage. But on Guam, Chamorro stuffing, as it is most commonly known, has a twist all its own.

Local resident, Jacqueline Delfin, makes her Chamorro stuffing every year on Thanksgiving and Christmas for her family to enjoy.

"I like making the dish for my whole family," Delfin said. "They

really enjoy it and when I make it for other people who've never tried the stuffing before, they always ask for more."

As the name of the dish suggests, a turkey should be "stuffed" with the stuffing. However, Delfin said she usually doesn't stuff her whole turkey but instead serves it as a side dish to eat with Thanksgiving dinner.

"I usually just put a little stuffing in the turkey and then serve the rest in a separate pan, Delfin said. "My family prefers to have the stuffing on the side, they don't really eat it when it's in the turkey."

Chamorro stuffing will probably be one of the main dishes found on a local Thanksgiving table this year. But no matter how you decide to prepare your stuffing, remember the most important thing is the people you are most thankful for.

Chamorro stuffing recipe

Two pounds of ground beef

- Four large potatoes**
- Half an onion**
- Four cloves of garlic**
- Three tablespoons of soy sauce**
- Salt and black pepper (to taste)**
- One medium can of whole olives**
- One small can of diced olives**
- Four large dill pickles**
- Two small jars of red pimentos**
- Half a loaf of white bread**
- One can of evaporated milk**

Begin by peeling potatoes. When complete, cube your potatoes into one-half pieces, mix in a bowl with a pinch of salt and pepper, and fry until golden brown. As your potatoes fry, dice your onions and garlic and sauté them in a pan, then add your ground beef, soy sauce and black pepper.

Once your potatoes are fried and the ground beef is browned, remove both from heat and set aside for five minutes. After about five minutes, mix the ingredients in a bowl and continue to let cool.

As the potatoes and ground beef

cool, strain your pimentos, diced and whole, olives and diced pickles and toss them into the bowl with the potatoes and ground beef.

In a separate bowl, tear your bread into one-half inch pieces and combine it with your evaporated milk. Continue mixing until your bread is thick like paste. Add water if needed, but be sure not to let it become too watery. This mixture serves as a bonding agent for all your ingredients.

Once you've finished your bread and milk mixture, combine all the ingredients in a large mixing bowl and fold until everything is well combined. Don't stir it together as you want to avoid breaking the potatoes.

Preheat your oven to 325 degrees. As the oven heats up, grease your baking pan and pour your stuffing, cover with aluminum foil and poke small holes at the top to allow ventilation. Once the oven is heated up, bake your stuffing for about 45-60 minutes or until the top is lightly browned.



A Taste of Thanksgiving: A plate of warm Chamorro stuffing waits to be devoured Nov. 1. Served with a holiday turkey or by itself, this delish dish is sure to please everyone. (U.S. Navy photo by JoAnna Delfin/Released).

Delish: A plate of warm Chamorro stuffing waits to be devoured Nov. 1. Served with a holiday turkey or by itself, this delish dish is sure to please everyone. (U.S. Navy photo by JoAnna Delfin/Released).

FREE

Tops in Blue Rhythm Nation
Listen to the music of Tops in Blue during a free concert at the University of Guam Field House in Mangilao, Nov. 29. Doors open at 5:45 p.m. and the show starts at 6:30 p.m. For more information, call 366-2339

Outdoor movie night
Enjoy a free movie under the stars at Arc Light Park Nov. 12 at 7:30 p.m. The movie

"Hoodwinked Too! Hood vs. Evil" is PG-rated so it's fun for the whole family. Movie will be shown weather permitting. Call 366-2339 for more information.

Armed Forces Appreciation Fridays
Active duty military members can stop by Gecko Lanes, Fridays from 11 a.m.-1 p.m. and bowl free as an appreciation for your service. Please show your ID at the front desk. For more information, call 366-5117.

UNDER \$10

Moms and Tots
Need to keep your kids busy? Enroll in the Mom and Tots program! Stations are set up for parents to help their child climb, build, stack, and play! \$3 per class. Parents can register beginning October 1. Classes start Nov. 4 for children walking to 3 years of age and their parents. For more information, call 564-1844/5 or 727-2575.

Buck Saturday Matinee
Every Saturday from noon-6 p.m. enjoy \$1 games, rental shoes, 16 oz. soda, small fries and small nachos at Gecko Lanes. For more information, call 366-5117.

Kids Day Sundays
Bring the kids to Gecko Lanes every Sunday from noon-8 p.m. and pay just \$1 per game with a free kid's shoe rental. For more information, call 366-5117.

Tuesday Texas Hold'em nights
Texas Hold'em tournaments are held at 6 p.m. in the Top of the Rock ballroom. Play is free for club members and \$5 for non-members. Open to ages 18 and older. For more information, call 366-6166

Holler for a Dollar Tuesdays
Don't miss Gecko Lanes' Tuesday evening special, "Holler for a Dollar". Every Tuesday from 6-10 p.m. enjoy games, shoe rentals, and fountain drinks for \$1 each. For more information, call 366-5117.

Thirsty Thursdays
Games, shoe rentals and fountain sodas are on special for \$1 each every Thursday from 6-10 p.m. For more information, call 366-5117.

Brown Bag Fridays
How Much Can You Stuff? Every Friday, you can fill a bag with as much clothing as you can fit for only \$5 at the Navy-Marine Corps Relief Society. 9-11 a.m.: Open to E5 & below (Active Duty/dependents only); 11 a.m.-1 p.m.: Open to all authorized patrons. For more information, call 564-1879.





FRIDAY, NOV. 4

7 p.m.: Dolphin Tale • PG

SATURDAY, NOV. 5

2 p.m.: Dolphin Tale • PG

7 p.m.: Abduction • PG-13

SUNDAY, NOV. 6

7 p.m.: Killer Elite • R

The movie schedule is subject to change due to circumstances beyond Meehan Theaters on Andersen Air Force Base. **The Meehan Theater hotline is 366-1523.**



FRIDAY, NOV. 4

7 p.m.: Moneyball • PG-13

9:30 p.m.: Drive • R

SATURDAY, NOV. 5

1 p.m.: Contagion • PG-13

3:30 p.m.: Warrior • PG-13

7 p.m.: Killer Elite • R

SUNDAY, NOV. 6

1 p.m.: I Don't Know How She Does It • PG-13

3:30 p.m.: Abduction • PG-13

7 p.m.: Don't Be Afraid of the Dark • R

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

(Source: Navy Morale, Welfare and Recreation Office)

Chapel Schedule

Naval Base Guam

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

Protestant Worship Service

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

Jewish Shabbat

Friday, 6:30 p.m.

Naval Hospital Guam

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

Andersen Air Force Base

Roman Catholic Mass (Chapel 1)
 Weekday Mass: Tuesday, Wednesday, Friday, 11:30 a.m.
 Saturday Vigil Mass: 5 p.m.
 Sunday Mass: 9:30 a.m.
 Sacrament of Reconciliation: Saturday, 4:30-4:50 p.m.
 Catholic Women of the Chapel: First and third Wednesday of the month, Chapel 1 Annex, 6:30 p.m.
 Catholic Youth of the Chapel: Second and fourth Wednesday of the month, Chapel 1 Annex, 6:30 p.m.
 Choir Rehearsal: Saturday 4-5 p.m. and Sunday, 8-9 a.m.

Protestant Worship Service

Praise Service: Sunday, Chapel 2, 9 a.m.
 Gospel Service: Sunday, Chapel 2, 11:30 a.m.
 Emerging Worship Service: Sunday, Lighthouse, 6 p.m.
 Protestant Women of the Chapel: Second Monday of each month, Chapel 2 Annex, 6:30 p.m.
 Protestant Men of the Chapel: Wednesday, Lighthouse, 7 p.m.
 Protestant Youth of the Chapel: Thursday, Chapel 2 Annex, 7 p.m.
 Protestant Young Adults: Thursday and Saturday, Lighthouse, 6 p.m.
 Protestant Sunday School: (September-May) Sunday, Chapel Activity Center, 10:15 a.m.

Schedules subject to change. To confirm times or for information about other programs, call the chapels at:

Andersen Air Force Base: 366-6139
 U.S. Naval Base Guam: 339-2126
 U.S. Naval Hospital Guam: 344-9127

Answering the cry of the orphan

By Lt. Alam Fleming

USS Frank Cable (AS40) Chaplain

November is National Adoption month and it is an ideal time to call attention to one of the most life-changing choices people can make. Throughout the Bible there runs an unmistakable thread that connects God's heart to the fatherless – to orphans. In fact over 40 times Scripture speaks of God's care, concern, and call regarding orphans. James 1:27 lists caring for orphans as a vital part of what God considers to be "pure and genuine" religion.

In Deuteronomy 10, God states that he defends the cause of the fatherless. Psalm 68 names God as a father to the fatherless and in Hosea 14 we read that God has compassion on the fatherless.

Not only does the Bible hold adoption in high esteem but some of the most loved personalities from its pages were adopted. Moses was adopted by Pharaoh's daughter as part of God's good deliverance plan for his people. Samuel was dedicated to God before his birth and was left at the tabernacle to be raised by the priest Eli—again by God's plan. After Esther's parents died she was adopted and raised by her older cousin Mordecai where she was key to God delivering the Jews in Persia from extermination. And how

about Jesus? Was he too not in a way an adoptee? Joseph raised Jesus as his own even though he was not Jesus' biological father—again this was part of God's divine plan for deliverance, for redemption.

See a common theme? Adoption is consistently presented in Scripture not as a second-best plan, but rather as something God used and continues to use for his purposes—for the redemption of people.

In Scripture the picture of adoption is put forth in such grand fashion that it helps us to grasp the truth that the only way to enter the kingdom of God is through adoption. We must become God's adopted children through Jesus Christ.

"God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure. So we praise God for the glorious grace he has poured out on us who belong to his dear Son" Ephesians 1:5-6.

Orphans and adoption are so precious to God that he calls his people to defend the orphan, to provide for the orphan, and to seek justice for the orphan. God takes these com-

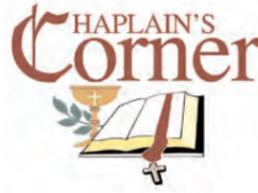
mands so serious that obedience to these commands results in great blessings, and neglect of these commands results in God's judgment on societies, past and present.

In God's never changing faithfulness, my wife and I have known his great blessings since the adoption of our daughter over five years ago. We could not have imagined the depth of God's goodness and grace apart

from seeing his work on our behalf in the adoption and in each of our lives. Our cup truly overflows.

If you would like to learn more about God's heart for the orphan join us on Nov. 6 at the U.S. Naval Base Guam (NBG) Chapel as we celebrate Orphan Sunday.

The NBG Chapel will host the adoption workshop "If You Were Mine" on Nov. 12." This seven-session workshop invites prospective adoptive parents to investigate adoption from a biblical and practical perspective.



Reilly: Rear Adm. Paul J. Bushong, right, commander, Joint Region Marianas (JRM), presents the Meritorious Service Medal to Master Chief Electronics Technician (SS) Robert Reilly, during an awards ceremony at the JRM headquarters, Oct. 28. Reilly retired after 30 years of honorable and dedicated service. (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Peter Lewis/Released)



Colbert: Rear Adm. Paul J. Bushong, left, commander, Joint Region Marianas (JRM), presents a Flag Letter of Commendation to Mass Communication Specialist 2nd Class (SW) Corwin Colbert, during an awards ceremony at the JRM headquarters in Asan, Oct. 28. Colbert received the award for his selection as the command's Junior Sailor of the Quarter for 4th Quarter, FY11. (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Peter Lewis/Released)

JRM employees awarded for hard work



Watanabe: Rear Adm. Paul J. Bushong, left, commander, Joint Region Marianas (JRM), presents the Joint Service Commendation Medal to Lt. Cmdr. Grant Watanabe, during an awards ceremony at the JRM headquarters, Oct. 28. Watanabe earned the award while serving as officer in charge of Detachment Action Team Guam from June to August 2011. (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Peter Lewis/Released)



Relativo: Rear Adm. Paul J. Bushong, right, commander, Joint Region Marianas (JRM), presents a Flag Letter of Commendation to Grace Relativo, during an awards ceremony at the JRM headquarters in Asan, Oct. 28. Relativo received the award for her selection as the command's Civilian Supervisor of the Quarter for 4th Quarter, FY11. (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Peter Lewis/Released)



San Nicolas-Perez: Rear Adm. Paul J. Bushong, right, commander, Joint Region Marianas (JRM), presents a Flag Letter of Commendation to Coleen San Nicolas-Perez, during an awards ceremony at the JRM headquarters in Asan, Oct. 28. San Nicolas-Perez received the award for her selection as the command's Civilian Employee of the Quarter for 4th Quarter, FY11. (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Peter Lewis/Released)



Schumacher: Rear Adm. Paul J. Bushong, right, commander, Joint Region Marianas (JRM), presents a Special Act Award to Sarah Schumacher, during an awards ceremony at the JRM headquarters in Asan, Oct. 28. Schumacher earned the award while serving as a Program Analyst for JRM. (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Peter Lewis/Released)

NBG to commemorate Orphan Sunday

From U.S. Naval Base Guam Chapel

Determined to stand for the oppressed and defend the cause of the fatherless, the U.S. Naval Base Guam (NBG) Chapel will commemorate Orphan Sunday on Nov. 6.

The special service and event will be held during the 11 a.m. Protestant service. Lt. Alan Fleming, staff chaplain aboard USS Frank Cable (AS 40) will assist in leading the service as well as the free follow-up work-

shop titled "If You Were Mine" on Nov. 12 from 8 a.m.-4 p.m. This workshop invites participants to investigate adoption from a biblical and practical perspective.

Fleming was awakened to the cry of the orphan while deployed to Pattaya, Thailand. While stationed in Okinawa, Japan, he and his wife joyfully adopted their daughter, now 5 years old. For them, adoption was their first choice, not a last resort.

Fleming has a bachelor's degree in Biblical studies from Liberty University and a Masters of Divinity from Liberty Baptist Theological

Seminary. He is currently working on a Doctorate of Ministry in Marriage and Family Counseling from Denver Seminary in Denver, Colo.

Orphan Sunday began as a simple idea in Africa that swept the U.S. in 2009 and 2010. Over the past two years, following an example set by Zambian churches, hundreds of thousands of American Christians have participated in local Orphan Sunday events. This year, Orphan Sunday will again be celebrated across America, and is now echoing back across the seas to countries as diverse as Ukraine, Guatemala and

Kenya.

On this special day, churches and families celebrate God's heart for the fatherless and how Christians can respond through adoption, foster care and global orphan initiatives. The movement has spurred an increase in interest and support for orphan care initiatives. According to the Evangelical Council for Financial Accountability's most recent "State of Giving Report," three of the top four categories for increased giving over the past two years have been directly related to adoption and/or orphan care.

There are roughly 420,000 children in the foster system in the U.S. today, with nearly 120,000 waiting to be adopted. Globally, an estimated 18.3 million children have lost both parents. The Orphan Sunday campaign seeks to make Christian families and churches the answer to these needs.

For more information on the global movement Orphan Sunday, visit www.orphansunday.org. For information about NBG Chapel's Orphan Sunday event or to learn more about the workshop, please call the chapel at 339-2126.



Quarterback Attack: A defender for Maritime Expeditionary Security Squadron 7 (MSRON 7) zeros in on the quarterback for the U.S. Coast Guard, Sector Guam's flag football team during Captain's Cup flag football Nov. 1. Coast Guard beat MSRON 7, 20-7. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert/Released)

Captain's Cup flag football: USCG Sector Guam shuts out MSRON 7



Trying for a Touchdown: The quarterback for the U.S. Coast Guard, Sector Guam's flag football team bulldozes in for a touchdown during Captain's Cup flag football Nov. 1. Coast Guard beat Maritime Expeditionary Security Squadron 7 20-7. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert/Released)

Sports Shorts

The following is a list of sports and health-related activities held on U.S. Naval Base Guam. To submit your sports note, e-mail jointregionedge@fe.navy.mil.

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 Harmon. There is also a registration fee of \$20, which includes a jersey. For more information and practice locations, call 637-4321.

Morale, Welfare and Recreation Swim Program

Register now for the Morale, Welfare and Recreation Swim Program. There are classes for all ages and skill levels. Learn to swim or just improve your stroke. 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 note, call 366-2228.

Pre/Postnatal Exercise Class

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

Zumba

Free Zumba classes are held at the Coral Reef Fitness Center. Zumba is a Latin fitness dance class that also incorporates aerobic movements. Zumba fuses

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

Monday Driving Range Special

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

Monthly Green Fee Card

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

Lap Swimming

The Andersen pool offers lap swimming outside the recreational swim hours. Lap swimming hours are 6-8 a.m. and 11 a.m.-noon Friday through Wednesday, 6-7 p.m. Monday, Tuesday and Wednesday. No lap swimming will be available Thursdays, weekends, holidays and down days. Also, the pool is looking for certified swimming instructors and lifeguards. For more information, call Outdoor Recreation at 366-5197 or Human Resources at 366-1189.

Aikido Classes

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

Tumbling for Tots

Tumbling for Tots, an interactive play program for kids and parents, is now available at the Hotspot Gym. Hours of operation are Monday-Friday from 9 a.m.-noon; closed holidays and down days (schedule subject to change due to base exercises, official unit functions, etc). This is a self-directed activity. A Family Advocacy staff member will be available Tuesdays and Thursdays to talk with parents. For more information, call the Hotspot at 366-2339.