

JOINT REGION EDGE

Volume III No. 49

Friday, December 9, 2011



Andersen bids farewell to 20th EBS, welcomes 23rd EBS

By Senior Airman Veronica McMahon

36th Wing Public Affairs

Honing their expertise for the last four months, Airmen from the 20th Expeditionary Bomb Squadron (EBS) from Barksdale Air Force Base (AFB), La., bid farewell to Andersen Airmen after their deployment at Andersen AFB.

Andersen will now host the 23rd EBS from Minot AFB, N.D.

Andersen has hosted the U.S. Pacific Command's (PACOM) continuous bomber presence (CBP) since 2003 when Pacific Air Forces began to routinely deploy B-1, B-2 and B-52 bomber aircrafts to Guam on a rotational basis. The rotation of the bomber aircraft is specifically designed to

See EBS, Page 8



Attention: Airmen from the 20th Expeditionary Bomb Squadron (EBS) stand in formation in front of their B-52 at Andersen Air Force Base Nov. 5. The 20th EBS will be returning to Barksdale Air Force Base, La. after a four-month deployment to Andersen. (U.S. Air Force photo by Staff Sgt. Alexandre Montes/Released)

Sharing Concerns: Gunnery Sgt. Douglas Gray, right, senior enlisted advisor for Marine Forces Pacific (Fwd) Guam and Commonwealth of the Mariana Islands, provides feedback on his military experience and quality of life on Guam to members of the American Legion at U.S. Naval Base Guam headquarters Dec. 5. Legion members stopped in Guam, Korea, Japan and Taiwan to learn about American military operations in the Asia-Pacific region. (U.S. Navy photo by Mass Communication Specialist 2nd Class Waris Banks/Released)



American Legion group speaks with service members

By Mass Communication Specialist 2nd Class Waris Banks

U.S. Naval Base Guam Public Affairs

Leaders from the American Legion held a roundtable discussion on U.S. Naval Base Guam (NBG) with Sailors and Marines as part of a tour of the Asia-Pacific region Dec. 5. The tour was intended to give service

members firsthand knowledge of U.S. military activities.

American Legion National Commander Fang G. Wong led a delegation of four legionnaires and spoke with 11 junior and senior enlisted members from the Coast Guard, Marine Corps and Navy.

Wong began the discussion by outlining the Legion's

See Legion, Page 8

Notice to Readers:

The last 2011 issue of Joint Region Edge will be Dec. 23 to prepare for the new year. Publication will resume Jan. 13, 2012.



Energy Travel

Keep mindful when away from home

SEE PAGE 7



cnic.navy.mil/marianas



facebook.com/jrmguam



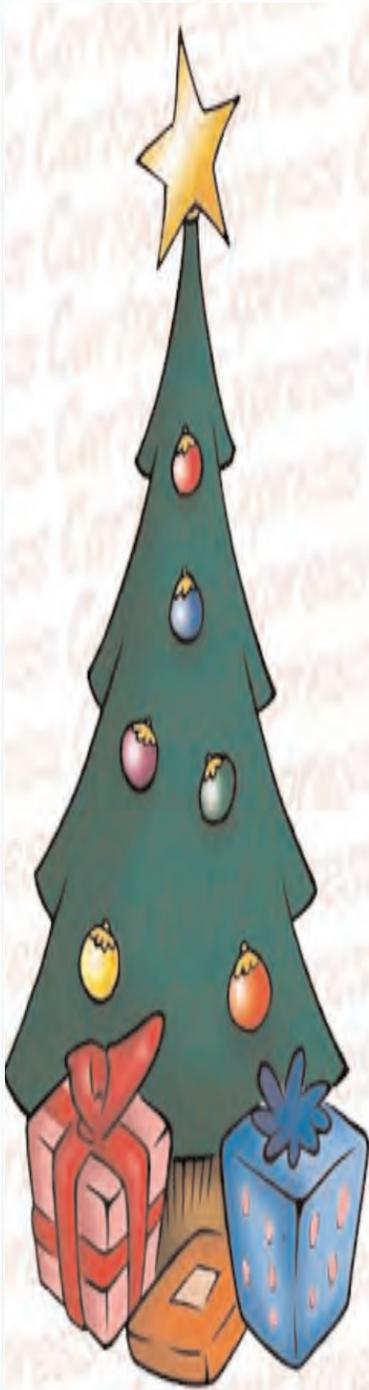
twitter.com/jrmguam



youtube.com/jrmguam

Scan for direct links to Joint Region Marianas





DECEMBER 2
NEX Balloon Bash
 NBG 6:00pm-9:00pm, Main Store, Home Gallery, and Home Center.

DECEMBER 3
Christmas Cards Making Class
 AAFB AAFB Arts and Crafts 10:30am-12:30pm. \$12 fee. Includes instruction and materials for 6-5x7 cards w/ envelopes.

DECEMBER 3 CONTINUED
Christmas Tree Lighting: brought to us by Naval Base Guam
 NBG 6:00pm at Chapel. for the festivities. Lighting at 7:00pm. This event is free.

DECEMBER 4
Advent Liturgical Service
 AAFB 11:30am, Andersen AFB, Chapel One, Protestant Worship Services.

DECEMBER 7
MWR's Holiday Culinary Boot Camp Class
 MWR Top o' the Mar 5:30pm. Call 685-5142 for more information.

Special Children's Storytime: Christmas for our Troops.
 AAFB 10:30am and 3:00pm, Library. Sign up at the Base Library beginning November 30.

Annual Andersen Giant Holiday Card Contest
 AAFB Judging will take place December 7 and winners announced at the Base Tree Lighting Ceremony that evening. Pick up rules and entry forms at the Hotspot, or call 366-2339 for more information.

Base Tree Lighting Ceremony
 AAFB Starting at 6:00pm. Enjoy festive entertainment and a visit by Santa. Call 366-2339 for more info.

DECEMBER 8
Guam High School Presents: a Holiday Band Concert!
 NBG 7:00pm, doors open at 6:15pm, The Big Screen Theater.

Immaculate Conception of the Virgin Mary Mass
 AAFB 6:30pm, Andersen AFB, Chapel One, Catholic Worship Service.

Harlem Globetrotters!!
 AAFB 6:30pm at Coral Reef Fitness Center. Free Event. Call 366-6167 For more information.

DECEMBER 9
NEX Balloon Night
 NBG 5:00pm-7:00pm, Mini Mart.

Harlem Globetrotters!!
 NBG Charles King Fitness Center in Courts 1-2 at 6:00pm, doors open for seating at 5:15pm. Free Event. Concessions will be available for sale. Cash only.

36FSS and Armed Forces Entertainment Presents the Players from the Florida Marlins Baseball Team
 AAFB Youth Dance Clinic 3:00pm at AAFB Youth Center Gym. Youth Baseball Clinic, 3:00pm at Arc Light Baseball Field. Meet & Greet/Autograph Signing 4:00pm at Coral Reef Fitness Center. Call 366-6167 for more information.

DECEMBER 10
USO/Matson Run for Our Heroes
 Run for Our Heroes! Round-trip ticket for two from United as a Grand Prize drawing. Tee shirts for the first 1,000 runners. 5:00am: Show time /6:00am: Go Time. "Old USO in PH!"

Origami Gift Box Class
 AAFB 10:30am-12:30pm at AAFB Arts and Crafts Center \$12 fee includes instruction and materials.

Creative Jewelry Design
 AAFB AAFB Arts and Crafts Center 1:30pm-3:30pm \$45 fee includes instruction, materials and tools.

DECEMBER 10 CONTINUED
MWR and Armed Forces Entertainment bring you: The Florida Marlins Baseball Players
 NBG We will have a Youth Clinic at 2:00pm at Ebbett Field NBG. Softball Game with the Florida Marlins at Ebbett Field. NBG at 7:00pm. Contact MWR sports for information on how to get in on this game!! This is a Free Event.

Free Outdoor Movie Night
 AAFB AAFB Arc Light Park at 7:00pm. The movie will be "A Christmas Story." Movie will be shown, weather permitting. Call 366-2339 for more info.

DECEMBER 11
NEX Pet Pictures with Santa
 NBG 11:00am-4:00pm, Home Center (registration December 1-9)

Advent Liturgical Service
 AAFB 11:30am at Andersen AFB, Chapel One, Protestant Worship Services.

DECEMBER 12
MWR Liberty 12 Days of Christmas!
 NBG December 12-23, Bidding Day December 24th, Open to Active Duty Single Sailors at NBG's Single Sailor Sanctuary.

DECEMBER 13
Palm Tree Golf Course Holiday Pro Shop Sale
 AAFB December 13-24. Unbeatable prices! Everything must go! For more information, call 366-4653.

Parish Penance Service
 AAFB 6:30pm at Andersen AFB, Chapel One, Catholic Worship Service.

DECEMBER 14
MWR & CYP presents the Children's Holiday Dance Recital
 NBG (Practice and Event). 4:00pm-6:00pm at The Big Screen Theater. Free.

DECEMBER 15
MWR & CYP presents the Children's Holiday Dance Recital
 NBG (Practice and Event). 4:00pm-6:00pm at The Big Screen Theater. Free.

Guam Territorial Band Concert
 NBG Starts at 7:30pm at Big Screen Theater.

DECEMBER 16
CYP and MWR present Children's Holiday Program!
 NBG Kids will celebrate the holidays and winter recess! Holiday festivities, entertainment, and music! Ages 1-12. Call NBG CYP 685-5013, 2:30pm-4:00pm. Free.

MWR Ultimate Frisbee Tournament
 NBG December 16 Time: 5:00pm-9:00pm on 16. December 17 Time: 8:00am-1:00pm on 17, at Blue Jacket Field. Sign up deadline 12/7 at CKFC.

NEX Carnival Night
 NBG 6:00pm-9:00pm, Main Store Only.

DECEMBER 17
NEX Breakfast with Santa
 NBG 8:00am-10:00am to be determined.

Monthly Flea Market
 AAFB From 8:00am-11:00am in the Hotspot Gym AAFB. Table fee for sellers is just \$10 each. Sign-up at the Hotspot, or call 366-2339 for more information.

Christmas Ornament Craft
 AAFB 10:30am-12:30pm at AAFB Arts and Crafts Center. \$12.00 fee includes instruction and materials for 7 to 8 projects.

MWR Reindeer Run 5k
 NBG Show time: 6:00pm. Meet right outside Clipper Landing. Go time: Immediately following the Christmas Boat Parade.

MWR Marina's Christmas Boat Parade
 NBG Registered before Noon on December 1, 2011. Rain date will be Sunday, December 18th. Parade will begin after sundown 6:30pm at Sumay Cove Marina.

DECEMBER 18
Advent Liturgical Service
 AAFB 11:30am at Andersen AFB, Chapel One, Protestant Worship Services.

Winners Announced for the MWR and Command Festival of Trees!
 MWR The Command winner of the Holiday Command Festival of Trees for the MWR Holiday Split Slick and \$500 in MWR credit will be announced at Top o' the Mar brunch at noon.

DECEMBER 19
MWR's Big Screen Theater presents Winter Break Matinees
 NBG Monday-Thursday, December 19 - 29. Monday to Thursday each week, we will feature Free matinees at 3:00pm. The Theater will be closed Christmas Day.

"Christmas Meals To-Go Deadline"
 MWR Meals can be picked up at Top o' the Mar 12/24 by 10am. Call 472-4606/7

DECEMBER 21
Ho Ho Ho 5K Run/Walk
 NBG Starting at the Palm Tree Golf Course Driving Range Parking Lot. Show time is 6:00am. Go time is 6:30am. No sign-up required. Call 366-6100 for more information.

NEX Midnight Madness
 NBG 7:00pm-Midnight at Main Store only.

Ecumenical "Lessons & Carols"
 NBG 7:00pm, NBG Chapel. Combined faith gathering that will retell the true story of Christmas alongside everyone's favorite Christmas carols.

DECEMBER 22
MWR Gingerbread House Decorating Contest!
 NBG At Naps starting 9:00am for setup and showcase; winners announced at 10:30am. Cost: Be prepared to make your own gingerbread house and bring to MWR. Materials will not be provided.

DECEMBER 23
Jewish Chanukah Service
 NBG 6:30pm, NBG Chapel.

DECEMBER 24
Christmas Eve Mass
 NBG 5:30pm, NBG Chapel.

Christmas Eve Vigil Mass
 AAFB 6:30pm (No 5:00pm Mass) at Andersen AFB, Chapel One, Catholic Worship Service.

Protestant Candle Lighting Service
 NBG 7:00pm, NBG Chapel.

Christmas Eve Holy Eucharist
 AAFB 8:30pm, at Andersen AFB, Chapel One, Protestant Worship Services.

DECEMBER 25
Protestant Christmas Service
 NBG 8:00am and 11:00am, NBG Chapel.

Christmas Day Mass (The Nativity of the Lord)
 AAFB 11:00am-2:00pm. \$23 for Adults / \$11.50 for Children. Reservations recommended. Call 472-4606 to reserve today.

Christmas Day Mass
 NBG 9:30am, NBG Chapel.

Christmas Day Combined Parish Service
 AAFB 10:30am at Andersen AFB, Chapel Two Protestant Worship Services.

MWR Celebrates Christmas Feast at Top o' the Mar
 MWR 11:00am-2:00pm. \$23 for Adults / \$11.50 for Children. Reservations recommended. Call 472-4606 to reserve today.

USO Christmas Dinner at the Guam USO
 12:00pm-5:00pm, Royal Orchid Hotel.

DECEMBER 30
MWR Holiday Cigar Night at Molly McGee's Irish Pub
 NBG 5:00pm-8:00pm. \$26 pp. Open seating; however tables can be reserved by calling 564-1834.

DECEMBER 31
New Year's Eve Mass
 AAFB 5:00pm at Andersen AFB, Chapel One, Catholic Worship Service.

New Year's Eve Mass
 NBG 5:30pm, NBG Chapel.

New Year's Eve Family Bash
 NBG 8:00pm at Grote Point Lanes, Fun, Games, Giveaways, Party Favors. Reserve a Lane deadline is 12/20.

DECEMBER 31 CONTINUED
Celebrate New Year's Eve at Molly McGee's!!
 NBG Festivities starts at 9:00pm! Ring in the New Year at midnight!! Molly McGee's Irish Pub.

Watch Night Service

AAFB 10:30pm, Andersen AFB, Chapel Two, Protestant Worship Services.

Celebrate New Year's Eve at Bamboo Willie's!!
 AAFB Ring in the New Year at midnight!! Bamboo Willie's.

Celebrate New Year's Eve at Top of the Rock!!
 AAFB Get dressed up and ring in the New Year at midnight!! Top of the Rock.

JANUARY 1
Protestant New Year's Day Service
 NBG 8:00am & 11:00am, NBG Chapel.

New Year's Day Mass
 NBG 9:30am, NBG Chapel.

New Year's Day Mass (Mary, Mother of God)
 AAFB 9:30am at Andersen AFB, Chapel One, Catholic Worship Service.

New Year's Day Combined Parish Service
 AAFB 10:30am at Andersen AFB, Chapel Two, Protestant Worship Services.



Chamorro Christmas Night! by FFSC
 NBG December 12 at 6:00pm-8:00pm at Naval Base Community Center, FREE. Come and sample some island holiday desserts, iced cocoa, sing songs, and even ride a carabao! Fun for all those that are young at heart and those that are in need of some Christmas cheer island style!!!

McCool Christmas Concert by McCool Middle School
 NBG December 13 at 6:00pm at The Big Screen Theater. FREE. McCool Middle band students to perform!

Caroling with Naval Base Guam Chapel
 NBG December 14, 6:00-8:00pm at Chapel, there will be Christmas Caroling and Cookie Exchange from 6:00pm-8:00pm. Bring the children to a caroling event and let them participate in the Chapel's wonderfully scrumptious cookie exchange. This is a FREE event.

Christmas Craft Night by Naval Base Guam Recreation Committee!
 NBG December 15, 6:00pm-7:30pm. Christmas Craft Night at the NBG Community Center. Get into the holiday spirit by making Christmas crafts and participating in the cupcake walk. We promise there will be laughter and fun for all!!! FREE

Holiday Movie Under the Stars with MWR!
 NBG December 16 at 7pm, "Polar Express", Molly McGee's Field, NBG FREE for the movie, concessions are additional charge.

Naval Marine Corps Relief Society - Kids Shopping Day
 NBG December 17 9:00am-Noon NMCRS Thrift Store. Buy a lot for a little!

AAFB Andersen Air Force Base
 NBG Naval Base Guam
 MWR MWR Off Base Facility
 N-13 Naval Base Guam Telecommunications Site
 36FSS 36FSS Off Base Event



IT maintains networks, improves command

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

With less than two years of military service, Information Systems Technician Seaman Timothy Swaney said he already knows "the Navy is a good fit."

"I joined because I wanted to experience something new in life," he said. "The Navy has definitely been a different experience, and I've been loving every minute of it."

As a Navy information systems technician (IT), Swaney is trained to design, install, operate, and maintain state-of-the-art information systems, including local and wide area networks, mainframe, mini and microcomputer systems, and associated peripheral devices.

ITs also write programs to handle the collection, manipulation and distribution of data for a wide variety of applications and requirements; perform the functions of a computer system analyst; and operate telecommunications systems, including automated networks and



the full spectrum of data links and circuits.

As a self-professed "tech geek," Swaney said he feels right at home in his rate.

"I always had a talent for networking and computers," he said. "Those are the things that interest me. It's great that the Navy provides me with an opportunity to work in a field I love. This rate really fell in line with what my aspirations were when I joined."

As a member of U.S. Naval

Computer and Telecommunications Station (NCTS) Guam, Swaney plays a big role in keeping the military's lines of communication open throughout the island.

"I'm responsible for fielding all OCONUS (Outside Continental United States) Navy Enterprise Network (ONE-NET) trouble tickets for all commands on island," he said. "It's my job to perform quality assurance on all ticket submissions, ensure they are routed up in a timely manner, and later follow-

up through completion." According to his supervisor, Chief Information Systems Technician (IDW/SW/AW) LeRoy Wallace, Swaney "is a true inspiration to be around."

"He always sees the positive potential in any scenario no matter how discouraging things may look from the outside," Wallace commented. "I think this trait causes those around him to feel the same."

The chief said Swaney constantly takes the initiative to improve himself and his peers.

"When there is a new certification to be had, not only is Swaney usually the first one to get it, but he also makes every effort to ensure that his peers know about it, sets up training to aid shipmates in achiev-

ing it and he can often be seen heading up a study group," Wallace said. "Like a lot of commands throughout the fleet we are very short-manned, but Seaman Swaney has been very effective at recognizing and filling in the gaps that would normally be fulfilled by seasoned second class petty officers. NCTS is definitely a better more effective command for having him onboard."

In addition to his IT responsibilities, Swaney also serves as the command's Morale, Welfare and Recreation funds custodian, and the assistant community relations representative.

He said he gets the motivation to do his best for the Navy and his shipmates, from the lessons taught to him by his mother.

"She has instilled in me a superior work ethic and she always pushed me to give my all to every project I'm associated with," he said. "Making her proud is one of my greatest joys."

For anyone looking to emulate Swaney's proven record of motivation, dedication and success, he had a few words of advice.

"I see a lot of things in life as a competition and I always strive to be the best I can be," he said. "This pushes me to see just how far I can go, and how successful I can be."



Andersen's Best: Staff Sgt. Elizabeth Ramos

By Staff Sgt. Alexandre Montes
36th Wing Public Affairs

Staff Sgt. Elizabeth G. Ramos, 36th Force Support Squadron Career Development Element, was awarded Andersen's Best on Andersen Air Force Base Nov. 23.

Ramos is a consummate professional and the cornerstone of career development. She takes the utmost pride in every task and is a true team player. As the supervisor of the assignments section she continuously receives kudos from her customers for her outstanding service and dedication.

"Sgt. Ramos is a very inspiring non-commissioned officer, with an outstanding work ethic," said Tech. Sgt. Lesley Tucker, 36th Force Support Squadron Career Development non-commissioned officer in charge. "Every day she displays service before self while maintaining family values."

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.

Hard Worker: Staff Sgt. Elizabeth G. Ramos, 36th Force Support Squadron Career Development Element, was awarded Andersen's Best on Andersen Air Force Base Nov. 23. 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 Staff Sgt. Alexandre Montes/Released)



Joint Region Edge is an authorized publication for overseas members of the U.S. military and their families. Contents of this publication are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or Guam Publications, Inc. The appearance of advertising in the publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, Commander, Joint Region Marianas of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. Joint Region Edge is published by Guam Publications, Inc., a private firm in no way connected with the Department of Defense, the U.S. Navy, or the U.S. Air Force, under exclusive contract with the Commander, Navy Region Marianas, located in Bldg. 200. Editorial material is due at noon on the Thursday before publication date. All

classified advertisements are due no later than 3 p.m. on the Tuesday the week prior to publication. Joint Region Edge reserves the right to edit, rewrite or reject material submitted for publication.

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

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

Joint Region Marianas Public Affairs

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

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

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

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

Reporters

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

Mass Communication Specialist 2nd Class (SW) Corwin Colbert, 349-4376

corwin.colbert@fe.navy.mil

Photographers

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

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

36th Wing Public Affairs

Capt. Timothy Lundberg

Chief of Public Affairs, 366-2228

Tech. Sgt. Beth Del Vecchio

Noncommissioned Officer in Charge of Operations, 366-2228

Senior Airman Veronica McMahon, Noncommissioned Officer in Charge of Internal Information, 366-2228

Reporters

Staff Sgt. Alex Montes, 366-2228

Senior Airman Ben Wiseman

366-2228

Senior Airman Carlin Leslie

366-2228

Airman 1st Class Jeffrey Schultze

366-2228

Airman Basic Anthony Jennings

366-2228

Airman 1st Class Whitney Tucker

366-2228

GUANG 254th SFS Airmen return home

From Guam National Guard Public Affairs

Six more members of the Guam Air National Guard's 254th Security Forces Squadron (SFS), returned home over the last couple of days following their six-month long deployment to the Middle East.

Two of the 18-manned 254th SFS team returned several days ago. The remaining 10 Soldiers still in the area of operations are expected to return to Guam over the next several days.

The Airmen have been returning in smaller teams due to the limited number of seats available on flights departing their current area of operations, according to Col. Johnny Lizama, 254th Air Base Group commander.

While in Iraq, the team conducted air base ground defense missions which included perimeter patrols and security for base entry points.

According to 254th SFS Commander Capt. Joseph Pangelinan, part of the unit's mission involved the transition of operations as U.S. forces worked on handing over much of the responsibilities to the Iraqi military.

The transition allowed Airmen to work closely with other military branches in order to fulfill their mission.

"It was a unique opportunity for the security force squadron," Pangelinan said. "Most of the bases were breaking down, so we had a chance to be involved in a transition of the base we were in. The opportunity to work with the Army and the Navy was a unique process for us."

The 254th SFS was officially stood up in 2005. All of the more than 90 members of the unit have been deployed to various locations throughout the Pacific Air Forces area of operations. They have also supported such missions as Operation Jump Start in the southwestern United States and have been deployed to Louisiana in support of Hurricane Katrina recovery operations.

The squadron's first Air Expeditionary Force rotation was to Eskan Village, Saudi Arabia, in 2007.

Home: Tech Sgt. Nathaniel Martin, left, Staff Sgt. Mark Enaje, center, and Staff Sgt. Rewi Caron of the Guam Air National Guard's 254th Security Forces Squadron exit customs at the Antonio B. Won Pat International Airport Dec. 5. The Airmen returned from a six month deployment in Iraq. (Guam National Guard photo by Spc. Jesse Toves/Released)



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.

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; Hawaii—First class/priority mail, Dec. 19, express mail, Dec. 21; Saipan—First class/priority mail, Dec. 17, express mail, Dec. 21; Federated States of Micronesia, Republic of the Marshall Islands, and Palau—First class/priority mail, Dec. 12, express mail, Dec. 19; APOs and FPOs—First class/priority mail, Dec. 10, express mail, Dec. 15; International—First class/priority mail, Dec. 10, and express mail, Dec. 15. Visit www.usps.com for more information.

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.

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 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.

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.

USPS Naval Station Business Hours

The United States Postal Service location in Barracks 4 on U.S. Naval Base Guam is open Monday through Friday from 8 a.m.-12 p.m. and 1-3 p.m. and

closed on Saturdays, Sundays and federal holidays.

Human Resources Hotline

Call the Joint Region Marianas Human Resources hotline to be connected with human resources specialists and services. Check the latest vacancy announcements, view available training or be put in contact with personnel to answer questions regarding equal employment opportunity and employee labor relations at 1-855-HRO-GUAM (1-855-476-4826).

Safety Hotline

Naval Base Guam and Andersen Air Force Base service members, dependents and personnel are encouraged to report any unsafe or unhealthful incidents and situations to their respective installation safety hotlines. The base safety office will promptly investigate all reports. On NBG, call 339-SAFE (7233) or 777-1809 during non-duty hours. On Andersen AFB, call 366-SAFE (7233) or 366-2981 during non-duty hours.

Andersen AFB Auto Hobby Shop Alignment Machine

The Andersen Air Force Base Auto Hobby Shop's alignment machine is currently inoperable. Wheel alignment service has been suspended until further notice. To assist you with any questions, contact Ike Evangelista at 366-2745 or Syomi Dodd at 366-2220/7443.

Key Spouse Training

The Airman and Family Readiness Center on Andersen Air Force Base offers both initial and quarterly Key Spouse Training. Key spouses are appointed by unit commanders to provide assistance to families of members who are currently deployed. For more information, call 366-8136.

NORAD ready to track Santa's flight

From 21st Space Wing Public Affairs

The North American Aerospace Defense Command (NORAD) Tracks Santa Web site, www.norad-santa.org, went live Dec. 1 featuring a countdown calendar, a kid's countdown village complete with holiday games and activities that change daily and video messages from students and troops from around the world.

With the addition of Brazilian Portuguese, the Web site is now available in eight languages: English, French, Spanish, German, Italian, Japanese, Brazilian Portuguese and Chinese.



This year, using free applications in the Apple iTunes Store and the Android Market, parents and children can also countdown the days until Santa's take off on their smart

phones. Tracking opportunities are also offered on Facebook, Google+, YouTube and Twitter. Santa followers need to type "@noradsanta" into each search engine to get started.

Starting at midnight MST Dec. 24, Web site visitors can watch Santa as he makes all the preparations for his flight. Then, at 4 a.m. MST, trackers worldwide can talk to a live

phone operator to inquire about Santa's whereabouts by dialing the toll-free number 1-877-HI-NORAD (1-877-446-6723) or e-mail norad-trackssanta@gmail.com. NORAD's "Santa Cams" will also stream videos as Santa makes his way over various locations worldwide.

NORAD Tracks Santa started in 1955 when a local media advertisement directed kids to call Santa direct, only the number was misprinted. Instead of reaching Santa, the phone rang through to the crew commander on duty at the Continental Air Defense Command Operations Center. Thus began the tradition that NORAD has carried on since it was created in 1958.

What gift do you want this holiday season?



"I think it would be nice to have one of those new tablets. That way I can take work anywhere I go."

*Chief Master-At-Arms (EXW/SW) Timothy Kashino
U.S. Naval Base
Guam Security*



"I want to see my sisters this holiday."

*Hospitalman Norma Flores
U.S. Naval Hospital Guam*



"I would like a telescope. That would be awesome."

*Master-at-Arms 3rd Class
Angela Atkinson
U.S. Naval Base Guam
Security*



"Good health"

*Capt. John Paul Arre
36th Communications
Squadron*



"I want a project car."

*Airman 1st Class Thomas
Palmer
36th Communications
Squadron*



"I just want my kids and husband here with me."

*Airman 1st Class
Samantha Smith
23rd Expeditionary Bomb
Squadron*

GUARNG competes for DA award

From Guam Army National Guard Public Affairs

Food service professionals from F Company, 29th Brigade Support Battalion, of the Guam Army National Guard, were evaluated Nov. 6 as part of a prestigious competition held among units in the U.S. Army.

The Philip A. Connelly Awards Program recognizes excellence in Army food service and honors professionals, Soldiers and Department of the Army civilians who rise above the standard and continually demonstrate excellence in food service, according to the mission statement on the program's Web site. The competition places units in a variety of categories to compete to be the best in their class.

F Company was entered in the National Guard Field Kitchen category, one of five categories that make up the competition.

Earlier this year, the unit was

“The company not only competed in this prestigious competition but also provided sustainment support to 1-294th Infantry Regiment and to itself simultaneously. The unit already won by being recognized nationwide and elevates the education and training process simply by having these seasoned inspectors onboard.”

— Capt. Juan King, F Company Commander

evaluated in the preliminary regional competition and beat units from other larger states, such as California, Utah, Connecticut, Rhode Island, Delaware, Wisconsin, Iowa, Texas, Louisiana, Missouri and Colorado.

That win took the unit to the next and last round where they are contending with six other units who won their respective regional-level competitions.

Capt. Vince Guerrero, former F Company commander and now command food program manager, said the unit's participation at this level of the competition serves to

increase overall readiness for the unit and helps it achieve a T on its task to Provide Food Service Support.

“The competition provides recognition for our food service Soldiers, improves the professionalism of food service personnel and trains them to provide the best quality food service to Soldiers,” he said.

The evaluation committees are made up of one civilian from the International Food Service Executives Association (IFSEA) and two military personnel from the Joint Culinary Center of Excellence (JC-CoE). The U.S. Army Quartermas-

ter School at Fort Lee, Va., manages the awards program through the JCCoE, while the IFSEA and the DA G-4 are co-sponsors of the awards program.

These committees visit the finalists across the country and around the world to see how Army food service personnel perform their jobs. Earlier this month, one committee arrived on Guam and conducted the assessment.

The unit was judged in areas such as preparation, food taste, nutrition, service and sanitation. Evaluations take place between October and December. Judges choose a winner

and runner-up from each category and the DA makes the announcement by Feb. 1.

F Company Commander Capt. Juan King praised the extra effort from his Soldiers during the evaluation.

“(The unit) performed quite well considering this is its first ever competition at this level,” King said. “The company not only competed in this prestigious competition but also provided sustainment support to 1-294th Infantry Regiment and to itself simultaneously. The unit already won by being recognized nationwide and elevates the education and training process simply by having these seasoned inspectors onboard.”

Part-time Soldiers who came onboard learned and benefited from the competition. And the minute details that they had overlooked were identified and corrected on the spot. I view this as both an education and evaluation process at its best,” King said.

The road ahead for communications squadrons

By Lt. Col. Freddie Rosas

36th Communications Squadron Commander

In the last 22 years of my career, I've witnessed firsthand how the communications career field in the Air Force (AF) has evolved rapidly and one thing is for sure, it is constantly changing.

Military and commercial technology has given our military the upper hand with respect to other countries because it has enabled the creation of superior weapons and deployment of forces with more effective aircraft, satellite, intelligence and network systems. Like it or not, change is here to stay therefore, we must embrace it and figure out its true potential and be aware of its limitations as well.

Another way to illustrate how change has affected our base communications squadrons is to look back at a time where our units were so large with so many people and responsibilities under one commander. For example, did you know or remember that air traffic control duties belonged to communications? Most young Airmen today without a doubt in their mind will say, “Responsibility belongs to the operational support squadron.”

What most probably don't know is air traffic control duties came from communications. If you look around the Air Force, you will no-

tice our communications services support every career field and every base around the world.

In the last 10 years, our career field has had an approximate 70 percent reduction in officer manpower; and most squadrons that used to have five or six flights, now only have two.

Technology

These drastic changes can be attributed to the financial cut backs in several military programs, the advancement of technology, the need for better security, standardized procedures, centralized cyber command and control, etc. The part I don't think many really understand is that every base is unique, independent and has completely different network capabilities. This is because each major command and wing helped fund their own infrastructure as money became available.

While this approach provided each wing and major command complete control and oversight of their network, it lacked the strategic vision that our Air Force and the Department of Defense (DOD) needed.

The first step in the right direction was to develop an Air Force network enterprise solution and to move all these individual networks into a more effective, cohesive and efficient operational support plat-

form.

Are we there yet? The answer is no, but we are making great progress by embracing concepts like Air Force Network (AFNET) and e-mail. AFNET leverages existing commercial technology to help the Air Force better manage the network and all of the users across the AF enterprise. Once we convert all the installations into AFNET it will allow all users to move from one base to another, be able to login to any computer on the AF network, and get access to the resources they need anywhere around the world.

Furthermore, instead of closing and opening network and e-mail accounts over and over with every permanent change of station, or having two accounts because you are on temporary duty or deployed, your network accounts will only need new permissions according to your assignment while never losing any e-mail.

Currently, we are at the crossroad of this change and centralization. While a change like AFNET can be great, nobody likes to lose control. The AF has made a corporate decision to centralize cyber

operations and support as much as possible; therefore, each base is relinquishing some operational control of their local network into a central regional location to ensure AF standards are applied uniformly across the enterprise. This is needed to prevent threats and provide more effective services. The communications career field is working very hard to establish great tactics, techniques and procedures to ensure no matter where we manage and protect the network from, we continue to provide effective and efficient mission support.

Prioritize

In the next five to 10 years, I see a few things that could happen both within the AF and DoD. Within the AF, communications squadrons could become detachment or flight-sized units.

For example, as we continue to modernize airfield and radar systems, telephony and internal infrastructure, eventually we may only need to retain touch up maintenance responsibilities at installations because everything could po-

tentially be done remotely.

My only concern is to keep a healthy balance between centralizing and keeping technical experts at each base to support the wing's mission. On the other hand, DoD will most likely implement an AFNET-like capability to ensure true interoperability across all the branches of the military and make it available anywhere. These efforts should also include the need to develop similar capabilities for our allies and coalition partners.

As we continue to live in a more financial and resource-constrained environment, we need to ask ourselves, what communications capabilities we need to have versus what we would like to have every day.

Everything costs money and limited resources can't tackle all the requirements at the same time; therefore, we need to prioritize. The good news is it doesn't matter how many times things change in our communications career field; we'll continue to provide the best capabilities because we have Airmen with a lot of creativity, technical talent and determination to make things happen.

Keep energy in mind when traveling

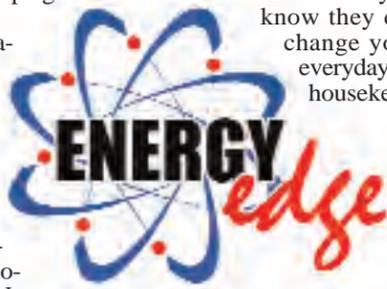
By Kevin D. Evans
Joint Region Marianas Energy
Manager

For those planning a vacation this holiday season, remember the savvy energy conserver takes with them their energy discipline and ability to have a green and sustainable trip. Here some tips on how to conserve energy when traveling:

Remember to turn off the lights, radios and televisions when you leave your hotel or guest room. If your room has a coffeemaker with

a timer or clock, unplug it after use;

Water conservation, too, is important. Conserve the use of towels. Hang the towels you wish to reuse on the rack and leave a note for housekeeping. Many hotels such as the Navy Gateway Inns and Suites already practice this. To conserve wa-



ter and electricity, let your hotel know they don't need to change your bed linen everyday. Instead have housekeeping change bed linen every two days during your stay. Take a quick shower instead of a bath. Did you know a typical occupied hotel room soaks up 218 gallons

(828 liters) of water a day? Ensure faucets and taps are not dripping and report leaks to the management. One constant drip can waste up to up to 20 gallons a day. If it's hot water that's leaking, you're literally sending energy dollars down the drain;

If you have control of the heat, turn it down when you leave the room. Just like home, raise the thermostat setting on the room air conditioner. In the summer, to keep the heat out, close your blinds and curtains

during the day. In the winter, keep the blinds and curtains open and let the sun heat and light your room naturally.

Many hotels are committed to environmental measures that include energy conservation. Look for these green properties in your vacation choices and practice good energy conservation discipline when you're on vacation. To search for a green-rated hotel please visit the Green Hotel Association at www.greenhotels.com.

Andersen AFB's Legacy: Operation Linebacker II

By Jeffrey N. Meyer
36th Wing Historian

Thirty-nine years ago, Andersen Air Force Base (AFB) became involved in Operation Linebacker II, an operation that would arguably be the most significant event in the installation's long and distinguished history.

Andersen became the site of the most immense buildup of air power in history. More than 12,000 Airmen and 153 B-52s took up five miles of ramp space on the flight line. This article is about the operation that had many names, to include The Eleven Day War, 11 Days of Christmas, December Raids or Bombings and The Christmas Bombings. Whatever moniker is used, it boils down to the massive bombing effort of North Vietnam from Dec. 18-29, 1972.

For there to be an Operation Linebacker II there must have been a Linebacker I. The first operation was in response to the Easter Offensive when the North Vietnamese army invaded South Vietnam. From May 9-Oct. 23, 1972, units of the U.S. Air Force and Navy bombed targets throughout North Vietnam. Although the B-52s were minimally used in these northern bombings they continued their traditional Arc Light missions of bombing Vietnam positions south of the 17th Parallel.

As part of the buildup for Linebacker I, Strategic Air Command (SAC) launched Operation Bullet Shot, which sent 124 more B-52s from bases in the U.S. to Guam; bringing the total B-52 strength available for operations in Southeast Asia to 207. One hundred fifty three B-52s were at Andersen and another 54 B-52Ds were based at U-Tapao, Thailand. Over 12,000 Airmen on Guam were packed into the dorms, with spillovers residing in temporary steel dorms called Tin City. A collection of tent shelters and available off-base hotels, and even the base gymnasium were converted to living quarters to house all the Airmen. The last time there were this many bombers and Airmen on Guam was 1945, for World War II air operations against Japan.

After the Linebacker I bombings halted, Secretary of State Henry Kissinger announced that "peace is at hand." It seems history has a bad habit of repeating itself. Similarly,



On to the Next Mission: A B-52 bomber takes off from Andersen Air Force Base in support of Linebacker II. (Photo courtesy of U.S. Air Force)

after the Munich Conference with Adolf Hitler in 1939, British Prime Minister Neville Chamberlain declared, "peace for our time" right before World War II started.

The North Vietnamese rebuilt their military strength during this peace. On Dec. 13, 1972, North Vietnamese delegates walked out of the Paris Peace Conference, and two days later President Richard Nixon, a big football fan, thus the operation's name Linebacker, ordered the implementation of Linebacker II and the continuation of airstrikes against North Vietnam. However, these new bombing missions would be much different; the big B-52 bombers would have the central role in the operation.

The majority of U.S. Air Force personnel stationed on Guam and in Thailand were surprised by the new air offensive, but most air crews agreed it was about time that B-52s were used in this capacity.

During the first night of the operation 129 bombers were launched, 87 from Andersen and another 42 from U-Tapao. There was an additional 39 support aircraft from Seventh Air Force; Navy's Task Force 77; Marine Corps F-4 fighter escorts; F-105 Wild Weasel SAM-suppression

missions; Air Force EB-66 and Navy EA-6 radar-jamming aircraft chaff drops; KC-135 refueling capability; and search and rescue aircraft. The skies over North Vietnam were dominated by U.S. airpower to guarantee the success of the operation and the safety of the aircraft involved.

Even with these precautions, three B-52s were shot down the first night after being hit by SA-2 surface-to-air missiles (SAMs). Tragically, an Andersen crew aboard a B-52G, call sign Charcoal 01, was hit by a SAM. The pilot, Col. Donald L. Rissi and gunner Master Sgt. Walt Ferguson were killed. Maj. Dick Johnson, radar navigator, Capt. Bob Certain, navigator, and Capt. Dick Simpson, electronic warfare officer, survived the attack, but were captured. They were later released from captivity in 1973 as part of Operation Homecoming. The remains of co-pilot Lt. Robert J. Thomas were later identified and returned to his family in 1978.

Another B-52D from U-Tapao was shot down the first night and crashed into a lake in the Hanoi suburbs. Two of her Airmen are still listed as missing-in-action (MIA) and four became Prisoners of War

(POW). The wreckage of the aircraft has been left in the lake and serves as a memorial for the Vietnamese people's war effort against the United States.

The third day of operations was the deadliest as the North Vietnamese were learning the repetitive tactics used on the B-52s bombing runs. As waves of B-52s were approaching Hanoi, North Vietnamese MiGs would keep their distance and not attack. This was because the MiGs were reporting the B-52s heading, altitude, and air speed to SAM sites on the ground. Heavy SAM launches followed and they flew directly into the bombers paths resulting in six B-52s shot down. Five of the aircraft lost were from Andersen AFB and of those five, four were G models. Only about half of the B-52Gs models during Linebacker II were modified for Southeast Asian operations as the B-52D. The G models did not have the EW systems and robust jamming capabilities of the veteran D models, which led to dire consequences. This resulted in Andersen's B-52s being returned to their traditional Arc Light missions in South Vietnam and U-Tapao's aircraft taking the bulk of the North Vietnam bombings until the eighth

day of operations. Besides the EW issues with the G model, U-Tapao's location was much closer to its targets, meaning quicker turnaround and no mid-air refueling.

After a 36-hour Christmas break, aircraft had completed maintenance checks and air tactics were changed. Day Eight would be the second largest attack of the whole campaign as 120 B-52s from Andersen and U-Tapao attacked military areas around Hanoi and Haiphong. Though the Air Force lost two additional B-52s from U-Tapao, the mission was a huge success because North Vietnam contacted Washington D.C. afterwards to resume peace talks. However, President Nixon would not call off the bombings until talks had actually resumed. The final two days of Linebacker II would see two more B-52s lost. One of those was from the Andersen's 43d Strategic Wing.

Linebacker II ended on Dec. 30, 1972 and on Jan. 23, 1973, the cease-fire was signed effectively ending the war for the U.S.

Overall Air Force losses during Operation Linebacker II included 15 B-52s, two F-4s, two F-111s, and one HH-53 search and rescue helicopter. Navy losses included two A-7s, two A-6s, one RA-5, and one F-4. Seventeen of these losses were attributed to SA-2 missiles, three to daytime MiG attacks, three to anti-aircraft artillery, and three to unknown causes. Bombers stationed at Andersen flew 729 sorties, each one a long 12 to 18 hour mission over the 11 days.

More than 20,000 tons of bombs were dropped on targets in and around Hanoi and Haiphong, with relatively few civilian casualties. This was because the operation was focused on military sites and not on striking civilians. During Linebacker II, 1,624 people were killed in North Vietnam, 1,318 in Hanoi and 306 in Haiphong. By comparison, during nine days of bombing on Hamburg, Germany in 1944, less than 10,000 tons were dropped and more than 30,000 people died.

Andersen AFB will hold a Linebacker II memorial ceremony at the 36th Wing Headquarters on Friday, Dec. 16, 2011 at 2:30 p.m. If you have any questions about this event please contact Community Relations Outreach Chief Pat Gay at 366-4111.

Of final note, there are still eight Airmen from Andersen AFB's MIA who flew in Linebacker II missions.



Successful Team: Airmen from the 20th Expeditionary Bomb Squadron pose for a photo in front of the unit's B-52 on Andersen Air Force Base Nov. 5. The 20th EBS will be returning to Barksdale Air Force Base, La. after a four-month deployment to Andersen. (U.S. Air Force photo by Staff Sgt. Alexandre Montes/Released)

EBS: Goals met, team may return in 2013

Continued from Page 1

enhance regional security and demonstrate the United States' commitment to stability in the Asia-Pacific region.

"We have been here in support of the CBP mission," said Lt. Col. Mike Miller, 20th EBS commander. "The CBP's stated intent is to support Pacific Command through engaging with our partners across the PACOM area of responsibility and provide on-call combat capa-

bility for the PACOM commander."

Roughly 85 operators along with 220 maintenance troops were deployed here in with six B-52s. During the past four months, 176 sorties equaling 1,370 and a half hours were flown over Japan, Korea, Alaska, Australia, Hawaii and Guam.

"While here, we integrated with USS Stennis (CVN-74) Navy Carrier Strike Group, trained with Joint Terminal Air Controllers from Aus-

tralia, flew multiple missions in RED FLAG Alaska, and engaged with regional partners in Australia, Japan, and Korea," Miller said. "We also made significant strides by integrating with the 607th Air and Space Operations Center (AOC) in Korea and the 608th AOC at Barksdale to enable rapid retargeting of cruise missiles."

During their time here, 20th EBS Airmen lent a helping hand to the community, dedicating 275 community service hours with sev-

eral different local organizations.

As with the 20th EBS, the 23rd EBS also arrives with six B-52s.

"We are here now in continuous support of the same mission," said Lt. Col. Robb Billings, 23rd EBS. "Our goal here in Guam is to sharpen skills in the conventional realm."

The 20th EBS showed they have met their goals and will tentatively return in April 2013.

"The CBP is an ideal place for us to focus on the conventional as-

pects of our mission," Miller said. "We have here on Guam an outstanding arrangement of airfields and ranges, to include weapons ranges, all co-located with tankers, which allows us to maximize training opportunities. At the same time we get to focus on the PACOM mission and train specifically to that mission in that environment. After four months here the 20th EBS is returning home [as] experts of all aspects of support to the PACOM mission."

Legion: Service members share concerns, express opinions

Continued from Page 1

objectives which are to prevent war through strong defense, educate youth, promote patriotism and assist veterans and their families.

He also told service members the American Legion exists to help their families as well as advocate for active-duty veterans and retirees to American lawmakers on issues such as veteran employment and claims assistance with the U.S. Department of Veterans Affairs.

Wong then opened up the floor to questions and comments. One Marine expressed his concerns about the possibility of cuts to the tuition assistance program.

"I think it's very important to be able to use tuition assistance while on active duty," said Sgt. Justin Dues of Marine Forces Pacific (Fwd) Guam and Commonwealth of the Northern Mariana



Islands. "I know with the budget cuts everything is being looked at."

Wong expressed his understanding of Dues' concerns as he once took advantage of the tuition assistance program and the

Montgomery G.I. Bill (MGIB) while he was on active duty. It was because of his experience as a service member that he maintains support for tuition assistance and the Post 9-11 G.I. Bill.

Before thanking the members

Insightful Information: American Legion National Commander Fang Wong introduces members of the Legion delegation to Sailors, Marines and Coast Guardsmen before beginning a roundtable discussion with the service members about their military experience and quality of life on Guam at U.S. Naval Base Guam headquarters Dec. 5. Legion members stopped in Guam, Korea, Japan and Taiwan to learn about American military operations in the Asia-Pacific region. (U.S. Navy photo by Mass Communication Specialist 2nd Class Waris Banks/Released)

of the round table for their participating, Legion representatives heard additional concerns about housing, recreation, quality of life and military retirement.

"You're all doing a very critical job on behalf of your country," Wong said. "Our job is to take care of the veterans; you're

part of our family."

Besides meeting with service members at NBG Headquarters, the Legion delegation, received a command brief from Joint Region Marianas (JRM) and NBG leadership at JRM headquarters, lunch with NBG Sailors of the Year and toured historic sites on the base.

The American Legion delegation's visit to the Asia-Pacific region includes stops in Korea, Japan and Taiwan.

According to the organization's Web site, The American Legion was chartered by Congress in 1919 as a patriotic veterans' organization. Focusing on service to veterans, service members and communities, the Legion evolved from a group of war-weary veterans of World War I into one of the most influential nonprofit groups in the United States.

For more information about

Right: Deputy Chief of Staff of Logistics, Fleet Supply and Ordnance, Commander, U.S. Pacific Fleet, Rear Adm. Glenn Robillard, right, looks at the submarine tender USS Frank Cable's (AS 40) supply department roster board with the ship's Supply Officer, Cmdr. Philippe Grandjean Nov. 30. Frank Cable conducts maintenance and support of submarines and surface vessels deployed in the U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 3rd Class Corey Hensley/Released)

Below: Side boys render honors to Deputy Chief of Staff of Logistics, Fleet Supply and Ordnance, Commander, U.S. Pacific Fleet, Rear Adm. Glenn Robillard, as he crosses the quarterdeck of the submarine tender USS Frank Cable (AS 40) Nov. 30. Frank Cable conducts maintenance and support for submarines and surface vessels deployed in the U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 3rd Class Corey Hensley/Released)



Rear Adm. Robillard visits Cable



Warm Welcome: Deputy Chief of Staff of Logistics, Fleet Supply and Ordnance, Commander, U.S. Pacific Fleet, Rear Adm. Glenn Robillard, right, greets Master Chief Logistics Specialist (SS/SW) Theron Fischer, assigned to the submarine tender USS Frank Cable (AS 40), on the ship's quarterdeck Nov. 30. Frank Cable conducts maintenance and support of submarines and surface vessels deployed in the U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 3rd Class Corey Hensley/Released)

Frank Cable Sailors donate time for Toys for Tots



Left: Logistics Specialist 3rd Class (SW) Brandon Herring, left, and Logistics Specialist 3rd Class Eric Valadez, of the submarine tender USS Frank Cable's (AS 40) Junior Enlisted Association, accept donations for the Toys For Tots toy drive at the Navy Exchange main complex on U.S. Naval Base Guam Nov. 26. Frank Cable conducts maintenance and support of submarines and surface vessels deployed in the U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 1st Class Jason Swink/Released)



Right: Hull Maintenance Technician 2nd Class (SW/AW) Jennia Howard, of the submarine tender USS Frank Cable's (AS 40) Second Class Petty Officer Association, accepts donations for the Toys for Tots toy drive at the Navy Exchange main complex on U.S. Naval Base Guam Nov. 26. Frank Cable conducts maintenance and support of submarines and surface vessels deployed in the U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 1st Class Jason Swink/Released)

Submarine tender frocks petty officers



Left: Cmdr. Timothy Sparks, submarine tender USS Frank Cable (AS 40) executive officer, announces the promotion of first, second and third class petty officers during a frocking ceremony Dec. 5. 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 Seaman Brooke Zimmerman/Released)

Below: Capt. Pete Hildreth, submarine tender USS Frank Cable (AS 40) commanding officer, frocks first, second and third class petty officers during a frocking ceremony Dec. 5. 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 Seaman Brooke Zimmerman/Released)



Above: Capt. Pete Hildreth, submarine tender USS Frank Cable (AS 40) commanding officer, frocks first, second and third class petty officers during a frocking ceremony Dec. 5. 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 Seaman Brooke Zimmerman/Released)



Right: Capt. Pete Hildreth, submarine tender USS Frank Cable (AS 40) commanding officer, addresses newly frocked petty officer following a frocking ceremony. 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 Seaman Brooke Zimmerman/released)



Frank Cable recognizes Sailors of the Year

By Mass Communication Specialist 3rd Class Corey Hensley

USS Frank Cable (AS 40) Public Affairs

Sailors assigned to the submarine tender USS Frank Cable (AS 40), gathered together to recognize six of their peers as Sailors of the Year, Junior Sailors of the Year and Blue Jackets of the Year Dec. 5.

Hull Maintenance Technician 1st Class (SW/AW) Cory Ervin, Hospital Corpsman 1st Class (SW) Neville Willoughby, Hospital Corpsman 3rd Class (SW) Fredrick Reischour, Hull

Maintenance Technician 3rd Class (SW) Jessica Scholl, Machinist's Mate Fireman (SW) Diane Saidat and Information Systems Technician Seaman (SW) Mason Wicks were singled out during an all-hands muster on the pier by Frank Cable's Commanding Officer, Capt. Pete Hildreth, for all their accomplishments throughout the year.

"The Sailor of the Year program recognizes dedicated Sailors who best exemplify the Navy's core values and made significant contributions to the accomplishment of Frank Cable's mission," Hildreth said. "They epitomize the hard work that

hundreds of Sailors accomplish on Frank Cable every day."

Scholl said it was a great honor to be recognized for his hard work and dedication to the Navy, Frank Cable and fellow shipmates.

"I feel honored and blessed," Scholl said. "I feel that if I can be recognized for the things I do on a day-to-day basis and that makes me a Sailor of the Year then I have done something right."

Willoughby shared Scholl's sentiments and added they both strive to make themselves someone others can emulate. Both Sailors spend a great deal of their time doing vol-

unteer work and dedicate themselves to those around them.

"It feels very rewarding to know that all of your hard work is being recognized," Willoughby said. "I always ensure I'm performing at the highest level in every aspect of my career, i.e. Sailor development, education, command/community involvement, physical fitness and performance."

Immediately following the Sailor of the Year ceremony, Frank Cable held a frocking ceremony for the entire newly selected first, second and third class petty officers.

Among those that made rank

were Scholl and Saidat, who are now both eligible to wear the rank of petty officer second class and petty officer third class, respectively.

"Never give up on yourself even if things get hard once in a while," Scholl said. "Never let yourself think you cannot do something, because anything is possible when you put your mind to it."

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/.



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.

DODEA

Special Screenings for Students
 Department of Defense Education Activity (DoDEA) offers comprehensive special education services to eligible students age 3- 21. Services include screening in areas of suspected disabilities, such as vision, hearing, motor skills, speech, language and general development. For more information contact Susan Hokanson, Cmdr. William C. McCool Elementary/Middle School at 339-8676 or Claire Brinkman, Andersen Elementary School at 366-8505.

Central Texas College

Register now for Term 3 to begin Jan. 16. CTC offers courses in criminal justice, general studies, information technology, aviation maintenance and technology, restaurant and culinary management and more!

We are also recruiting instructors for the following: criminal justice, fire protection, executive assistant, early childhood and legal assistant/paralegal.

For more information, call 339-3366.

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

Students create ornaments for charity

By Charles Subbiondo

Cmdr. William C. McCool Elementary/Middle School, Eighth Grade

Joaquin Guzman and Jennifer Forsyth's fifth-grade classes at Cmdr. William C. McCool Elementary/Middle School are finding ways to brighten up people's Christmas trees and make money with only simple art supplies and leaves.

Their students spent the last few classes making environmental ornaments to sell in order to raise money for charity.

The ornaments were made from paint, glitter and palm tree leaves. They were hand woven into designs such as reindeer, bells, trees, wreaths and stars.

"It's very difficult, but I still have fun making them," said fifth-grader Avery Porter.

While the goal for the stu-

dents was to sell them for a profit, they seemed to find there is a greater importance.

"It's not all about making them or selling them," said fifth-grader Kate Augelli. "It's about knowing you light up someone's living room that much more for Christmas."

The ornaments will hopefully be on sale during lunch on the week of Dec. 12, just before the holiday break.



Environmentally Creative: Cmdr. William C. McCool Elementary/Middle School fifth-graders from Mr. Joaquin Guzman and Ms. Jennifer Forsyth's classes display handmade environmentally-friendly Christmas ornaments at the school Dec. 2. The ornaments will be sold at the school and profits will be donated to charity. (U.S. Navy photo by Kayla Kinney/Released)



Soccer Fans: Cmdr. William C. McCool Elementary/Middle School eighth-grade students show team spirit for the boys' soccer team during a pep rally at the school's gym Dec. 2. (U.S. Navy photo by Denise Giamelle/Released)

School holds pep rally, supports athletes

By Skyler Bagwell

Cmdr. William C. McCool Elementary School, Eighth Grade

Cmdr. William C. McCool Elementary/Middle School's student council held its first pep rally of the year at the school's gym Dec. 5. The rally was held to gain support for our school's sports teams.

"The student council wanted

some way to boost school spirit so I came up with a pep rally," said Mrs. Cynthia Barcinas, student council advisor.

McCool student athletes were honored at the pep rally.

"It felt like they all were cheering for me," said Michael Adams of the McCool soccer team.

After students cheered for the athletes, student council decided to have

a scream-a-thon. Each grade had to scream as loud as they could.

"It was loud for a place we have to be quite," said Deams Fitzgerald, sixth-grader.

To end the pep rally McCool cheerleaders did some cheers while eighth-grader Byron Pablo shook the gym with his acrobatic flips.

"It was amazing to have the whole school chant my name," Pablo said.



Music Stars: As part of spirit week, Cmdr. William C. McCool Elementary/Middle School eighth-grade students model their favorite rap stars at the at the school's campus Nov. 29. (U.S. Navy photo by Michael Adams/Released)

MEMS celebrates school spirit

By Skyler Bagwell

Cmdr. William C. McCool Elementary/Middle School, Eighth Grade

Students from Cmdr. William C. McCool Elementary/Middle School celebrated spirit week Nov. 28-Dec. 1.

Spirit week is one week of the year where each day had a different theme. Students were

allowed wear what they wanted long as it went with the theme.

"It was cool to be free," said seventh-grader Travis Wagner.

The most popular theme was character day where students were able to dress up as their favorite character.

"I came as SpongeBob Because I love SpongeBob," said eighth-grader Emma German.

Santa Marian Kamalen: Guam's legendary iconic protector



By JoAnna Delfin
Joint Region Edge Staff

Every year on Dec. 8 thousands of island residents gather at the Dulce Nombre de Maria Cathedral Basilica in Hagatna to celebrate the Feast of the Immaculate Conception and to honor the island's patron saint Santa Marian Kamalen. Traditionally a mass and procession around Hagatna is held during the local holiday.

Many stories have circulated about how the statue came to the island and why it is Guam's patron saint.

According to popular legend, a

man was fishing in Merizo when he spotted the statue at the bottom of the ocean floor. He swam toward the statue in an attempt to take it back to shore but as he got closer, the statue moved farther and farther away.

Unsuccessful in his venture, the fisherman turned to the local Catholic priest, shared his story and asked how he would be able to obtain the statue. The priest told the fisherman to dress in his Sunday best and try again.

Following the priest's advice, the man dressed in his Sunday best, returned to beach and the statue

See Statue, Page 15

Santa Marian Kamalen: A replica of the Immaculate Conception or Santa Marian Kamalen, foreground, sits in the Dulce Nombre de Maria Cathedral Basilica in Hagatna Dec. 7. The original statue of the island's patron saint, background, rests on a pedestal at the top of the altar and is only brought down once a year for the islandwide procession Dec. 8. (U.S. Navy photo by Reynaldo Rabara/Released)

FREE

Guam Symphony Society's Holiday Seaside Concert

Join music lovers for the 22nd Annual Holiday Seaside Concert presented by the Guam Symphony Society Dec. 11 from 3-6 p.m. at the Gov. Joseph Flores Memorial Park in Tumon. The free public event will feature the Guam Symphony Orchestra and Corale, the University of Guam Singers and University of Guam Jazz Band. In addition to the great music the event will feature Santa Claus, a best picnic basket competition and raffle drawings.

Attendees are encouraged to bring their own beach chairs, umbrellas and picnic hampers. For more information, call 477-1959 or 687-7727 or visit www.guamsymphony.com.

Winter Break Matinees

Enjoy a movie during the break, Dec. 19-29, 3 p.m. at the Big Screen Theatre on U.S. Naval Base Guam. For more information, call 564-1831.

Bands at Molly McGee's

Check out the following bands at Molly McGee's on U.S. Naval Base Guam:

Blacksheep, Dec. 9, 23 at 10 p.m.

Everything Zen, Dec. 16 and 30 at 10 p.m.

For more information, call 564-1833.

Movies Under the Stars

Come out and enjoy the movie "Polar Express" with the whole family at Molly McGee's Field on U.S. Naval Base Guam Dec. 16, 7 p.m. The event is free. For more information, call 688-7038.

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.

\$10 AND UP

New Year's Eve Family Bash

Bowling at Orote Point Lanes, Dec. 31 from 8 p.m.-1 a.m. Fun for the whole family! There will be games, party favors, a live DJ and karaoke. Rent a lane for \$90. This includes two large single topping pizza and unlimited fountain beverage. Register Dec. 1-20. For more information, call 564-1828/9.

Christmas Sale at Admiral Nimitz Golf Course

Purchase golf clubs, bags, footwear and apparel at a discounted price now through Dec. 24. For more information, call 344-5838 or go to mwr-guam.com.

Christmas Day Traditional Feast

Enjoy Christmas with family and friends at Top O' the Mar, Dec. 25 from 11 a.m.-2p.m. The lunch is open to the public. Adults are \$23 and \$11.50 for kids. Call 472-4606/07 to reserve a table by Dec. 23.

On a Budget UNDER \$10

Statue: Residents strongly believe in saint

Continued from Page 14

appeared to him once again only this time it was floating on the water and escorted by two gold-spotted crabs, each bearing a lighted candle between its claws.

The fisherman took the statue back to his barracks where it was stored in a tool shed. The Spanish word for tool shed is "camarin" (ka-MAHR-ihn), and "kamalen" (kah-MAH-lin) in Chamorro. It was then the statue become known as Santa Marian Kamalen or Our

Lady of Camarin.

Internationally the celebration itself is a belief in the Immaculate Conception of Mary, but for many locals, the day holds special significance as Dec. 8, 1941, was the day Japanese forces attacked Guam.

"I remember that day so clearly," said 77-year-old Maria Cruz. "I was 9 years old and we were at the church getting ready for the procession when the Japanese came. We were frightened and were scrambling to find each other."

During the Japanese occupation,

Mariquita "Tita" Torres cared for the statue after Father Jesus Baza Duenas took the cathedral's valuables to the Torres family home. After American forces recaptured the island in 1944, they found the statue in perfect condition.

Many island residents believe Santa Marian Kamalen protected and continues to protect the island.

In 2002, the governor of Guam announced Dec. 8 would no longer be a local holiday. This announcement enraged many of the island's faithful who believed Superty-

phoon Pongsona (pohng-sahn-WAH) was caused by the governor's decision. The following year, Dec. 8 was declared a local holiday once again.

"I believe that Pongsona was caused by Santa Marian Kamalen," Cruz said. "She is our patron saint and is there to protect the island."

The original statue of Santa Marian Kamalen rests at the Dulce Nombre de Maria Cathedral Baslica in Hagatna and is only taken down once a year for the annual procession.



FRIDAY, DEC. 9

7 p.m.: **The Three Musketeers** • PG-13

9:30 p.m.: **The Thing** • R

SATURDAY, DEC. 10

1 p.m.: **Real Steel** • PG-13

3:30 p.m.: **The Big Year** • PG

7 p.m.: **Paranormal Activity 3** • R

SUNDAY, DEC. 11

1 p.m.: **Johnny English Reborn** • PG

3:30 p.m.: **Footloose** • PG-13

7 p.m.: **The Ides of March** • R

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

(Source: Navy Morale, Welfare and Recreation Office)



FRIDAY, DEC. 9

7 p.m.: **Puss in Boots** • PG

SATURDAY, DEC. 10

2 p.m.: **Puss in Boots** • PG

7 p.m.: **In Time** • PG-13

SUNDAY, DEC. 11

7 p.m.: **In Time** • PG-13

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.**

Chapel Schedule

U.S. 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

Find ways to rid holiday blues

By Lt. Cmdr. Thomas Ianucci
U.S. Naval Base Guam Chaplain

Holidays are traditionally a time when we join together with friends and family in celebration, and take a few moments to relax from the stress of our daily lives. As service members, however, our duties and being deployed often conflict with our personal lives, preventing us from being with family during the holidays the way we would like.

Consequently, the holidays can be a time when many of us feel anything but jolly, and feel like drowning our sorrows in egg nog. There is no cure-all for the holiday blues, but you don't have to suffer during the holidays. The only person in charge of how you feel is you, and you can make choices to improve the way you feel.

If you think that you might be at risk for increased sadness and stress during the holidays, here are a few pointers to help you beat back the holiday blues:

- Avoid alcohol. If you are al-

“ *There is no cure-all for the holiday blues, but you don't have to suffer during the holidays. The only person in charge of how you feel is you, and you can make choices to improve the way you feel.* ”

– Lt. Cmdr. Thomas Ianucci, U.S. Naval Base Guam Chaplain

ready feeling down, alcohol depletes the brain of serotonin, a chemical required to regulate normal mood;

• Continue to exercise and keep those endorphins flowing. Recent studies have shown regular exercise can have the same benefits on mood as medication or psychotherapy. Choose healthy food rather than

gorging yourself on holiday candy. Excess sugar can cause fluctuations in your blood sugar which can adversely affect your mood and

energy level;

• If you are lonely, do not choose to isolate yourself. Show up where people are and don't be afraid to reach out and ask if you can join in;

• Stay busy. The idle mind tends to focus on negatives rather than positives. We all handle stress better when we are distracted by a task;

• Practice gratitude. Be thankful for all the things you do have and avoid focusing on what you lack; and.

• Look out for your buddies, and ask them to look out for you.

In some cases, holiday blues can

develop into more serious symptoms of depression. Warning signs to look for are changes in personality; a loss of interest or pleasure; loss of appetite; difficulty sleeping; decline in performance at work; avoidance of friends or social events; and expressions of hopelessness or guilt. In serious cases, individuals can express thoughts of death or suicide. If you notice these signs in yourself or a buddy, do not keep it a secret, and report it immediately to the chaplain, counselors or seek medical assistance.

Beat back the blues by being proactive, and think positively. You can determine the type of holiday you will have and most of all make good decisions. Have a safe and blessed holiday. Peace.



High-energy exercise keeps patrons kicking



Working it Out: Joanna Wyatt instructs new students during her Turbo Kick at Charles King Fitness Center on U.S. Naval Base Guam Dec. 6. Turbo Kick is a combination of intense kick-boxing moves, as well as, dance moves all choreographed to high energy and motivating music. (U.S. Navy Photos by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



Sports Shorts

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

Miami Marlins and Marlins Mermaids
Meet and greet members of Florida Marlins and the Marlins Mermaids Dec. 10 for a youth baseball clinic at Ebbett Field at 2 p.m., a youth dance clinic at the Charles King Fitness Center at 2 p.m., softball game at 7 p.m. at Ebbett Field and an autograph session at CKFC at 6 p.m. For more information, call 688-7038.

Harlem Globetrotters
Come and see the original Harlem Globetrotters at the Charles King Fitness Center, 6 p.m., Dec. 9. For more information, e-mail mwrquamevents@gmail.com

Fall Youth Soccer League
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.

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.mwr-guam.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.

Zumba
Free Zumba classes are held at

the Coral Reef Fitness Center, Monday-Wednesday at 7 p.m. and Saturdays at 8:30 a.m.. 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.

Zumbatomic Children's Dance Class
Have the kids join in the Zumba movement with Zumbatomic at the Coral Reef Fitness Center.

Classes for the Lil' Stars, children ages 4-7, are held on Wednesdays from 3-4 p.m. for eight weeks with a fee of \$30. Big Stars classes, children ages 8-12, are held on Tuesdays and Thursdays from 3-4p.m. for eight weeks with a fee of \$50. All classes are conducted at the Hotspot. For more information, call 366-2339.

Miami Marlins and Marlins Mermaids
Meet and greet members of Florida Marlins and the Marlins Mermaids Dec. 9 for a youth baseball clinic and youth dance clinic at Arc Light Park from 3-4 p.m., and an autograph session at the Coral Reef Fitness Center from 6-7:30 p.m. For more information, call 366-6167.