

JOINT REGION EDGE

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Operation Christmas Drop 2011

Annual event spreads holiday cheer across islands

By Senior Airman Veronica McMahon
36th Wing Public Affairs

From Dec. 12-17 Andersen Airmen, along with the help of the 374th Airlift Wing from Yokota Air Base (AB), Japan, began the different deliveries to more than 50 Micronesia Islands in support of the longest running humanitarian mission in the Air Force, Operation Christmas Drop (OCD).

While many children wake up each year to Christmas presents surrounding their chimneys, some children in the Pacific islands receive their holiday surprises from something a bit different than a sleigh.

For 59 years many island children have received presents in parachute-rigged pallets from the back of a C-130 while waiting on the ground, making it possible for them to also share the holiday spirit during the



Ready to Roll: Staff Sgt. Kyle Favorite, 374th Airlift Wing loadmaster, from Yokota Air Base Japan, pushes a pallet out of a C-130 Hercules over the island of Fais, Dec. 15. Operation Christmas Drop 2011 is an annual event, airlifting pallets for 57 islands of Micronesia. The pallets contain school supplies, toys, medical supplies and common day items. (U.S. Air Force photo by Staff Sgt. Alexandre Montes/Released)

See Christmas Drop, Page 8

HSC-25 Detachment 6 returns from six-month deployment

Early Christmas Gift: Family members of Sailors from Helicopter Sea Combat Squadron (HSC) 25 Detachment 6 anxiously await the group's homecoming during a welcoming ceremony at Andersen Air Force Base Dec. 15. HSC-25 Detachment 6 returned home following a six-month deployment aboard USS Essex (LHD 2). (U.S. Navy photo by Logistics Specialist 3rd Class Stephon Scott/Released)



From HSC-25 Public Affairs

Helicopter Sea Combat Squadron (HSC) 25 Detachment 6 returned home from a six-month deployment Dec. 15.

Detachment 6, also known as the Island Knights, embarked aboard USS Essex (LHD 2) twice during their six-month deployment totaling over 100 days at sea. While on its Fall Patrol, Essex traveled over 13,000 miles visiting Okinawa, Japan; Subic Bay, Philippines; Bali, Indonesia; and Manila, Philippines before returning to its home port in Sasebo, Japan.

Essex participated in two exer-

cises while underway. First was the certification exercise (CERT-EX) 2011 in which Marine ground and aviation units practiced tactics and techniques used during an amphibious raid. Second was the Spanish Amphibious Landing Exercise (PHIBLEX) 2011 which is a biennial exercise between U.S. and Philippine forces. PHIBLEX is specifically designed to strengthen professional and personal bonds between the armed forces of the two allied nations. Upon completion with both exercises Essex provided support for President Barack Obama's visit to Bali, Indonesia for the South East Asian Nations Summit.

While embarked aboard Essex,

See HSC-25, Page 8

Notice to Readers:

In preparation for the new year, this is the last 2011 issue of Joint Region Edge. Publication will resume Jan. 13, 2012.



SOG Golf

Service members volunteer for good cause

SEE PAGE 5



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MCPON sends holiday message

From Master Chief Petty Officer of the Navy (SS/SW) Rick D. West

Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick D. West released the following holiday message to the Fleet Dec. 12.

"Shipmates and Navy families, Can you believe another year is almost over? It's amazing how quickly time passes when you're staying busy! It seems we were kicking off 2011 just yesterday and here we are, about to usher in 2012.

With the traditional festivities of December upon us, I want to wish you all the happiest possible holidays, and to say thank you for the outstanding service and support you provide to our Navy and nation. I continue to be humbled by your selfless dedication and the outstanding job you do every day around the globe.

We faced some challenges this year and

will continue to do so for the foreseeable future, but we will get through them together as we have done for the past 236 years. The Navy, after all, is a team sport and in 2011, we enjoyed many operational successes together that are worth celebrating. They are your legacy ... the deployments, the steady presence in difficult places, the helping hand when natural disasters left vulnerable people in their wake.

You and your shipmates worked hard and sacrificed often. As you visit with loved ones, scour the shopping malls or hit the ski slopes during these joyous weeks, take a moment to reflect on the special appreciation America has for you and your family. Be proud of your accomplishments, and share sea stories with moms, dads, siblings, aunts, uncles, and old buddies.

Most of all, be safe and enjoy the holiday season to its fullest. Celebrate responsibly: You are important to our Navy family and we need every one of you to return recharged for

the next adventure. Don't let bad judgment ruin the New Year or your life. Look out for each other, and keep an eye on your shipmates who may be having a difficult time.

It's also important that we remember the thousands of our shipmates who are deployed, on station around the world vigilantly keeping the watch, ready to answer our nation's call. They are there ensuring we have this chance to deck the halls, gather around family dinner tables, and belt out Auld Lang Syne in a storm of confetti.

Thank you again for serving our great Navy and preserving our nation's freedom. Sailors and families, you are truly among this country's greatest gifts.

Happy holidays shipmates and HOOY-AH!

Very Respectfully,
MCPON"

For more news from Master Chief Petty Officer of the Navy, visit www.navy.mil/local/mcpn/.



Speech: Master Chief Petty Officer of the Navy (MCPON) Rick D. West talks with Sailors stationed at the Center for Information Dominance Unit Monterey and Naval Postgraduate School. (U.S. Navy photo by Mass Communication Specialist 1st Class Nathan L. Guimont/Released)

Hospital recognizes nurse for 50 years of service

By Mass Communication Specialist 1st Class (SW)

Peter Lewis

Joint Region Edge Staff

Doctors, nurses, corpsmen, friends and family gathered Dec. 16 at U.S. Naval Hospital (USNH) Guam to celebrate the 50-year nursing career of Guadalupe Mafnas.

"Ms. Mafnas, who is so beloved, has dedicated so many years to taking care of people, being drawn to the profession of nursing, and serving the people of Guam, both here at Naval Hospital Guam and at [Guam Memorial Hospital]," said USNH Guam Commanding Officer Capt. Kevin Haws. "[She is] such a wonderful member of our staff."

Capt. Elizabeth Swatzell, direc-

tor of nursing services, USNH Guam, spoke of the tremendous effect Mafnas' knowledge, skills and teaching abilities have had on the command and its staff.

"She's had a phenomenal impact of the command," Swatzell said. "She's worked side-by-side with our doctors, nurses, corpsmen and her civilian counterparts for so long. She's helped orient many of our nurses and corpsmen to their roles, not only in the medical arena, but also to the cultural aspects of Guam. She brings so much to us. She's really a treasure."

Joaquin Perez, senior policy advisor to Guam Congresswoman Madeleine Bordallo, was on hand to present Mafnas with a Certificate of Special Congressional Recognition, and read a handwritten letter from the congresswoman to Mafnas.

"Your many years of service personify the devotion of health-care professionals to the betterment of mankind; to the persistent pursuit of health and body, mind and spirit; and to the belief that everyone in our community deserves the best quality of life, the best quality of care," Perez read.

Surrounded by celebrating family and friends, a tearful but happy Mafnas praised her coworkers for their efforts, their friendship, and the recognition they bestowed on her.

"I really appreciate them, they're just like my sons and daughters," Mafnas said. "I love working with the people in Naval Hospital Guam. They are my family. I cherish them as family, and [I cherish] working with them."

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



Surprise: Guadalupe Mafnas reacts during a surprise celebration of her 50-year nursing career, at U.S. Naval Hospital Guam in Agana Heights, Dec. 16. (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Peter Lewis/Released)

Home for the Holidays Events

■ NBG Chapel - Jewish Chanukah Service

Friday, December 23
Time: 6:30pm

■ Christmas Eve Mass

NBG Chapel: Saturday, December 24
Time: 5:30pm
Andersen Chapel (Catholic):
Saturday, December 24; Time: 6:30pm

■ NBG Chapel - Protestant Candle Lighting Service

Saturday, December 24
Time: 7pm

■ Andersen Chapel - Christmas Eve Holy Eucharist (Protestant):

Saturday, December 24
Time: 8:30pm

■ NBG Chapel - Christmas Day Mass

Sunday, December 25
Time: 9:30am

■ NBG Chapel - Protestant Christmas Service

Sunday, December 25
Time: 8am and 11am

■ Andersen Chapel - Christmas Day Mass (The Nativity of the Lord)

Sunday, December 25
Time: 9:30am

■ Andersen Chapel - Christmas Day Combined Parish Service

Sunday, December 25
Time: 10:30am

■ MWR Celebrates Christmas Feast at Top o'the Mar

Sunday, December 25

Enjoy a beautiful holiday buffet spread! Bring your family and celebrate the day together with Top o'the Mar. Reservations recommended. Call 472-4606 to reserve today.

Time: 11am to 2pm

Cost: \$23 for Adults / \$11.50 for Children

■ USO Christmas Dinner at the Guam USO

Sunday, December 25

Free turkey dinner with all the fixings, entertainment and gifts for service members away from home for holiday. First come, first serve until the food is gone!

Time: 12pm to 5pm

Location: Royal Orchid Hotel

■ MWR Holiday Cigar Night at Molly McGee's Irish Pub

Friday, December 30

Enjoy a three-course meal paired with your option of three cigar selections

and beer from our preferred list. Meal will be served on our back patio. Enjoy music, cigars and great food with MWR! Open seating; however tables can be reserved by calling 564-1834.

Time: 5-8pm

Cost: \$26 pp

■ New Year's Eve Mass

NBG Chapel: Saturday, December 31;
Time: 5:30pm

Andersen Chapel: Saturday, December 31; Time: 5:00pm

■ Celebrate New Year's Eve at Molly McGee's!

Saturday, December 31

New Year's Party, entertainment, special meal package and more!! Call Molly's at 564-1834 or 688-7038 for more information. The special meal package will include three courses and champagne. Price is \$26 pp for meal package. Dinner and Meal Package will be available all day!

Party starts at 9pm!

Ring in the New Year at midnight!!

Location: Molly McGee's Irish Pub

For more information call 688-7038.

Andersen's Best: Staff Sgt. Jarrett J. Boyd



Great Job: Staff Sgt. Jarrett J. Boyd, 554th REDHORSE structural craftsman, was awarded Team Andersen's Best, Dec. 13. 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 Carlin Leslie/Released)

By Senior Airman Carlin Leslie

36th Wing Public Affairs

Staff Sgt. Jarrett J. Boyd, 554th REDHORSE (RHS) structural craftsman, was awarded Team Andersen's Best, Dec. 13.

Boyd is an exceptional crafts-

man that takes charge on his projects and is trusted to train the Airmen on the latest structural techniques. He led a crew of four in design, fabrication and building of a rain water drainage system for a \$731,000 warehouse project saving over \$12,000 in contract costs.

"Sgt. Boyd has been one of our go-to guys during the buildup for

Northwest Field and the Pacific Air Force Regional Training Center," said Tech. Sgt. Michael Malone, 554th REDHORSE. "He has all of the job skills and leadership it takes to lead massive construction projects, yet still has time to be an equally effective supervisor. Hands down he is one of the finest NCO's I have ever had the pleas-

ure of working with."

Boyd also built a concrete pad and steps for the 554th RHS static display, as well as a memorial to fallen Navy Explosive Ordnance Device servicemen fostering interservice relationships as well as creating a lasting legacy at Andersen.

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 Airmen/Civilian for Andersen's Best, contact your unit chief or superintendent explaining their accomplishments.

Bronze Star Medal presented to Joint Region Marianas engineer

From Naval Facilities Engineering Command (NAVFAC) Marianas Public Affairs

Cmdr. Daniel Cook, Naval Facilities Engineering Command (NAVFAC) Marianas assistant regional engineer, received a Bronze Star Medal Dec. 14 during an awards ceremony in front of Joint Region Marianas headquarters building.

Cook was credited for his exceptional meritorious service as the operations officer while deployed in support of Operation Enduring Freedom with 22nd Naval Construction Regiment (22NCR)/Task Force Alliance from February to August 2010.

According to the citation, Cook demonstrated exceptional leadership and keen foresight while directing engineers from three Navy Seabee Battalions, three Army Engineer Battalions and two Air Force Engineer Squadrons in the brilliant execution of a myriad of critical contingency engineering, construction and mobility support for the International Security Force Joint Command.

While serving in harm's way, Cook was credited for his tireless efforts which led to improved combat mo-

bility, force protection, sustainability, habitability and overall effectiveness of coalition forces conducting security and stability operations throughout Regional Commands South, Southwest and West areas of operation in Afghanistan.

During the ceremony Cook thanked the team of Army, Navy and Air Force engineers he served with in Afghanistan for their hard work, and then turned his appreciation to his family for their enduring support.

"We were primarily charged with supporting the troop surge and worked within compressed timelines, balancing many priorities, to design and build new bases and critical infrastructure for tens of thousands of U.S. troops," he said. "The time I spent in Afghanistan was very challenging for all of us. My receipt of this medal is only possible because of your love and support."

Bronze Medal Recipient: Naval Facilities Engineering Command (NAVFAC) Marianas Commanding Officer Capt. John V. Heckmann Jr., right, presents a Bronze Star Medal certificate to NAVFAC Marianas Assistant Regional Engineer Cmdr. Daniel Cook in front of the Joint Region Marianas headquarters in Nimitz Hill Dec. 14. (U.S. Navy photo by Reynaldo Rabara/Released)



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366-2228

Senior Airman Carlin Leslie

366-2228

Rota Drive light show for Andersen community

By Senior Airman Benjamin Wiseman
36th Wing Public Affairs

Members from the Andersen community came out to see the Christmas lights during Andersen's Rota Walk on Andersen Air Force Base, Dec. 17.

Each house was decorated with lights and other ornaments by different units and groups. Nearly 50 houses were decorated for this year's Rota Walk.

Several activities were available to participants during the walk. Candy, games, fake snow and light shows continued through the night as the Andersen Community was treated to a hint of Christmas in a tropical environment.



Lighting up the Night: Each house on Rota Drive was lit with Christmas lights as the Andersen community toured during the holiday season on Andersen Air Force Base, Dec. 17. Nearly 50 houses along the road were decorated by different groups and units to bring a feel of the holiday season to the tropical island. (U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released)



Left: A child visits with Santa Claus during Andersen's Rota Walk on Andersen Air Force Base, Dec. 17. The Rota Walk had candy, lights, fake snow and costumed characters for the participants to enjoy during the holiday season. (U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released)



Right: Members of the Andersen Fire Department hands out hotdogs and other treats during Andersen's Rota Walk on Andersen Air Force Base, Dec. 17. Candy and other prizes were handed out to Rota Walk attendees during the traditional event. (U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released)

What is your New Year's Resolution?



"My New Year's resolution is to do more volunteer work."

*Jeanne Lazzara
Navy Spouse*



"My New Year's resolution is to stop smoking."

*Master-at-Arms 3rd Class
Lamar McNeal
U.S. Naval Base Guam
Security*



"My New Year's resolution is to save some money."

*Electronics Technician 3rd
Class Aaron Bird
USS Houston (SSN 713)*



"To learn how to talk to girls."

*Airman 1st Class Justin
Czarniecki
36th Wing Finance Office*



"To get a closer relationship with God."

*Airman Matthew Hustun
36th Wing Legal Office*



"No more talking bad about my ex."

*James Charfauros
36th Logistics Readiness
Squadron*

Service members volunteer for SOG

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

Service members on Guam along with Sailors from visiting ship USS John Paul Jones (DDG 53) volunteered during the 2nd Annual Special Olympics of Guam Golf Exhibition, Dec. 17 at the Admiral Nimitz Golf Course in Barrigada, Guam.

The visiting Sailors said they were honored to be able to help with such a meaningful event.

"We made it a mission to do a project with the community in every port we hit," said Command Master Chief (SW/AW) Marilyn Kennard, of John Paul Jones. "It shows that even though we're not a representative of Guam, we're here to support."

According to Master Sgt. Kevin Schumacher, Andersen Air Force Base Special Olympics volunteer coordinator, the volunteer opportunity benefited service members as much as the athletes.

"I know a lot of Airmen up on Andersen are looking for ways to get involved, and the athletes from Special Olympics give us a great way to interact with the community," he said. "I think they get to see

a different part of Guam and they get to help out. I think it gives them a lot of satisfaction to get involved with such a good organization."

According to the participants' parents, the athletes were very happy to have the service members present at the event.

"It brings up their morale, it makes them more 'gung-ho' to participate in the sport that they're in," said Ed Boswell, parent of a Special Olympics athlete. "It's really great for the military to help us out here."

As service members continue to volunteer their time at community events such as the golf exhibition, Chief Navy Counselor (SW/AW) John Jeffries, U.S. Naval Base Guam Special Olympics volunteer coordinator, encouraged more Sailors, Airmen, Soldiers, Marines and Coast Guardsmen to get involved.

"I think volunteering is important because it sets a good example for ourselves and others," he said.

Service members interested in volunteering for the Special Guam Olympics can contact Jeffries at 339-2218 or Schumacher at 788-0447.

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



Sure Shot: A Special Olympics of Guam athlete putts as military volunteers look on during the 2nd Annual Special Olympics of Guam Golf Exhibition at the Admiral Nimitz Golf Course in Barrigada, Guam Dec. 17. Local military service members, along with Sailors from visiting ship USS John Paul Jones (DDG 53), volunteered their time to ensure the athletes had a safe and fun event. (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Peter Lewis/Released)

Cable takes part in Parade of Lights



Christmas on the Ocean: Capt. Pete Hildreth, right, commanding officer of the submarine tender USS Frank Cable (AS 40), sails his decorated captain's gig to Guam's Morale Welfare Recreation's (MWR) first Christmas Parade of Lights held at Sumay Cove Marina on U.S. Naval Base Guam Dec. 17. Frank Cable is being temporarily relieved by USS Emory S. Land (AS 39) as the primary afloat maintenance activity in the U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 2nd Class (AW) Jeremy Starr/Released)



Happy Holidays: The submarine tender USS Frank Cable (AS 40) Sailors decorated the captain's gig for Guam's Morale Welfare Recreation's (MWR) first Christmas Parade of Lights held at Sumay Cove Marina on U.S. Naval Base Guam Dec. 17. Frank Cable is being temporarily relieved by USS Emory S. Land (AS 39) as the primary afloat maintenance activity in the U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 2nd Class (AW) Jeremy Starr/Released)

Marines travel through history park

By Lance Cpl. Vanessa Jimenez
Marine Corps Air Station Iwakuni

Marines with Marine Strike Fighter Attack Squadron (VMFA) 115 took a tour at the War in the Pacific National Historical Park in Guam Dec. 3.

The purpose of the tour was to reintroduce Marines to their roots, build camaraderie and unit cohesion.

"The park was created by Congress in 1978 to commemorate the bravery and sacrifice of everyone who participated in Pacific theater of World War II and to preserve and protect the natural, cultural and historical resources of Guam for the benefit and enjoyment of present and future generations," said Ben Hayes, a park ranger with the National Park Service and tour guide for the event.

Hayes provided photographs and recordings from the battles, which gave Marines a different look at history and took them back in time.

"It's really cool the park ranger supplied photos, which gave us a unique perspective to see what that Marine was looking at back when the event was happening," said Capt. Taylor Shenkman, VMFA-115 Section One officer-in-charge and a pilot.

Following the attack on Pearl Harbor, the Japanese captured Guam. Prior to the Japanese invasion Guam had been in U.S. possession since its capture from Spain in 1898.

"Seventy years ago Guam became the first American soil captured by a foreign power since the war of 1812," Hayes said.

Guam, the largest of the Mariana Islands, was not as heavily fortified as other island in the archipelago but Japanese forces had built up a large garrison by 1944.

Guam was chosen as a target because its large size made it a suitable base to support the next stage of operations towards the Philippines, Taiwan and the Ryukyu Islands. The deep-water harbor would also be able to accommodate the largest ships and the two airfields would be suitable for B-29 Superfortress bombers.

Despite the natural obstacles of cliffs, reefs and heavy surf, American troops landed on both sides of the Orote peninsula on the west coast of Guam, July 21, 1944 with a plan to take over the airfield. The 3rd Marine Division landed near Agana to the north of Orote, and the 1st Provisional Marine Brigade landed near Agat to the south.

Hayes narrated the history as Marines stood on top of a hill overlooking the beach where 20,000 troops landed. Through Hayes' narration and photographs, the Marines imagined the scene as it was when the battle for Guam began.

Japanese artillery sank 20 Landing Vehicles Tracked, and caused heavy casualties to Marine troops, but troops and tanks still made it ashore.

The U.S. Army 77th Infantry Division had a more difficult land-

ing. They lacked amphibious vehicles and had to wade ashore from the edge of the reef where they were dropped by their landing craft.

Marines moved inland and by nightfall had established beachheads approximately 2,000 meters deep. Throughout the first few days of the battle, Japanese counter-attacks were made using infiltration tactics. American troop defenses were penetrated several times and were driven back with heavy casualties and equipment loss.

Imperial Japanese Army Lt. Gen. Takeshi Takashina, commanding general of all military units in Guam's defense, was killed July 28, and Lt. Gen. Hideyoshi Obata, Japanese 31st

Army commanding general, assumed command.

The two beachheads were joined July 25, and the Orote airfield and Apra Harbor were captured by July 30.

At the beginning of August, Japanese troops were running out of food and ammunition and had few tanks left. Obata withdrew his troops from the south of Guam as he planned to make a stand in the mountains of the central and northern part of the island.

Resupply and reinforcement became impossible because American troops now had control of the sea and air around Guam. Obata could do no more than delay defeat for a few days.

August 10, 1944, after three weeks of fierce and bloody fighting, organized Japanese resistance ended. Guam was declared secure



Historic Guns: Marines with Marine Strike Fighter Attack Squadron 115 examine one of three Piti guns, Japanese-made Vickers-type Model 3 140 mm coastal defense guns, in their original emplacements during a comprehensive tour of battle sights and relics from the war in the Pacific during World War II here Dec 3. The weapons although intended for use primarily against ships and landing craft during World War II have never been fired. Piti guns weapons will remain silent for the rest of their existence. (U.S. Marine Corps photo by Lance Cpl. Vanessa Jimenez/Released)

after two and a half years of Japanese occupation.

The last stop on the tour was the memorial dedicated to all those who lost their lives and fought in the war.

Once the tour ended, Marines were invited to the Pacific War Museum to enjoy the historical relics from the war and to enjoy a hearty dinner provided by some veterans and locals of Guam.

"We're here to look at history, cherish it and see how we came to be the Marine Corps we are today through World War II and previ-

ous wars," said Cpl. Clayton Kavenaugh, a VMFA-115 fixed-wing aircraft mechanic, F/A-18. "Through tours like this, we can see where everything, which was instilled in us through all our training, came from and how the Marine Corps came to be the way it is today."

Kavenaugh encourages all Marines who pass through Guam to take the tour, citing that taking a look back in time will help everyone support fallen service members and cherish the world we live in today.

Keeping Sailors happy during the holidays

By Lt. Tom Gordy
Chief of Navy Personnel Public Affairs

The director for Personnel Readiness and Community Support offered ways to reduce stress during the holiday season Dec. 12.

The holidays can be a joyous time for Sailors and their families, but they can also be stressful.

By doing some simple things, most people can manage their stress and have an enjoyable and safe holiday, said Rear Adm. Martha Herb, director, Personnel Readiness and Community Support.

"We can feel the full range of emotions during this holiday time," said Herb, a member of the explosive ordnance disposal community and a licensed clinical professional counselor. "They can range from happiness and joy to extreme stress and we can deal with the stress if we plan appropriately."

There are practical steps Sailors can take to manage the stress of the holidays, to include: maintaining an exercise rou-

tine; ensuring enough sleep; taking time to relax; planning and keeping to a budget for gift-giving; and celebrating in moderation.

But if the stress and struggles seem overwhelming, Sailors are encouraged to ask for help.

"It's ok to reach out and ask for help," Herb said. "In fact, it takes courage to reach out and tell somebody, 'I'm struggling. I need some help.' If you take the time to ask for help you can solve your issues and move on."

Sailors are also encouraged to help shipmates navigate stress by taking the time to be a friend and listen.

"Everybody needs a friend," Herb said. "Everybody needs to be connected with another person. By connecting with somebody, you help them feel better and help them deal with stressors in life."

Herb reminded Sailors they can make a positive difference in the life of a shipmate who is struggling by taking a little extra time to A.C.T - Ask if they need

help; Care enough to listen, offer hope and not judge; and Treat, take action, get proper professional assistance, and follow up.

Additionally, command leaders can maintain a healthy unit by being familiar with the resources the Navy offers and recommending them to their Sailors who are dealing with stress or thoughts of suicide. These resources include Military OneSource at www.MilitaryOneSource.com and 1-800-342-9647, the Veterans Crisis Line at <http://www.veteranscrisisline.net> and 1-800-273-8255, Navy Fleet and Family Support Program, Navy chaplains and medical providers.

By looking out for each other and planning ahead, Sailors can make sure that their holidays are happy for themselves and their shipmates.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.



Santa Visits: Santa Claus greets Sailors and their families during the Helicopter Anti-Submarine Squadron (HS) 10 and Helicopter Sea Combat Squadron (HSC) 21 children's Christmas party sponsored by the First Class Petty Officer Associations from both commands Dec. 3. (U.S. Navy photo by Mass Communication Specialist 3rd Class Amanda Huntoon/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.

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.

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 strives for new recycling initiatives

By Senior Airman Veronica McMahon
36th Wing Public Affairs

In compliance with the Executive Order 13514 "Federal Leadership in Environmental, Energy and Economic Performance," Team Andersen leadership is striving to educate the base populace on what should and shouldn't be recycled.

Due to the base landfill closure in October, Andersen's Municipal Solid Waste is currently being disposed at the new Guam landfill, and with disposal costs at roughly

\$156.00 per ton, the 36th Civil Engineer Squadron says the base is doing great but there's room for improvement.

"Besides the obvious environmental benefits of recycling, as Airmen in today's fiscally constrained climate, we need to be aware of how simple decisions over whether we place an item in a trash can or recycle bin, directly effects the funds available to support our quality of life and our mission," said Maj. Jacob Kremmel, 36th CES Operations Flight commander.

"For fiscal year 2011, with a respectable 43% recycle rate, Andersen saved over \$800,000 by avoid-

ing costs associated with the processing of recyclable refuse," Major Kremmel continued. "EO 13514 further mandates a 50% diversion rate by 2015, and we predict that if more of Andersen's Airmen exercise improved recycling practices, we can save an additional 29% a year, thus exceeding the 50% mandate and, perhaps more importantly, providing an additional \$200,000 or more a year in critical savings."

According to Russell Grossley, 36 CES Pollution Prevention chief, if there is recyclables in the dumpsters the landfill will refuse the load and contractors have begun to re-

fuse even the dumpster pickups. Cardboard has been the biggest problem but plastic, paper, aluminum cans and glass bottles have also been found in the dumpsters.

Bins are located in each house in base housing and at work areas, but if there are any issues in finding recycling dumpsters, the recycling center by the main gate is open 24/7.

"Placing recyclables in your trash costs us an additional \$50 for every man-hour spent separating recyclables from refuse at the transfer station," Major Kremmel said. "Therefore, we can think of each item we place in the wrong recep-

tacle as a withdrawal from our collective bank account and each properly sorted item as a deposit towards our quality of life and mission capabilities."

The 36 CES recommends that Airmen be wingmen to each other and make recycling a high priority.

"We need individuals to reinforce the recycling process," Mr. Grossley said. "It's important to recycle for many reasons. Most importantly it's the right thing to do, but it is also mandated by the EO, saves energy, saves landfill space and protects the environment."

JROTC cadets participate in exercise on NBG

By Mass Communications Specialist 2nd Class Waris Banks
U.S. Naval Base Guam Public Affairs

Junior Reserve Officers' Training Corps (JROTC) students from Father Duenas Memorial School, George Washington (GW), Simon Sanchez (SS) and Southern High Schools (SHS) took part in a weekend-long exercise on U.S. Naval Base Guam (NBG) Dec. 17-18.

The exercise tested the knowledge and skills of the cadets while offering them a real-world experience of military life.

"We tried to take what we learned in the classroom, especially the leadership skills that these cadets have learned and do outdoor camping called the Cadet Leadership Challenge," said Maj. Paul Luarca, director of Army instruction for GW, SS and SHS.

The cadets retained the lessons learned over the weekend and applied them to their final test Dec. 19 as they were required to rappel down a 50-foot tower.

"It takes a lot of courage," said Cadet Alina Marsal, a 17-year-old senior at SHS. "It really breaks down a lot of cadets and makes them know they can overcome their fears, and it really helps them as a leader to know that they can do what they set their mind out to do."

According to Luarca the event also helped build the cadets' character by teaching them skills such as self-reliance.

"It makes them better leaders; it makes them better adults," he said.

Luarca also said having the students come onto a military installation strengthens ties between the military and the community as well. He also said JROTC's primary goal is ensure that students complete high school and further their education or pursue careers.

NBG Commanding Officer Capt. Richard Wood said he was glad the cadets were given to opportunity to train on base and fully supports their endeavors to become future service members.

"Since coming to Guam I have been impressed with the strength of the JROTC

program here," Wood said. "We are happy to support their training exercises on Naval Base Guam as it enhances the students' understanding of the military, as well as them as good citizens."

Cadet Robert Rasmussen, a senior at GW, said he would like to join the military after graduation and then pursue a college degree.

"I like the JROTC program," he said. "It gives me a sense of structure and I like the fact that we get to be outdoors. I'm glad we got this opportunity this weekend to do something like this."

JROTC is funded by the U.S. Armed Forces and is in various schools across the United States.



Above: A George Washington High School Student prepares to rappel down a 50-foot tower aboard Naval Base Guam. Students from George Washington, Simon Sanchez and Southern High School, camped out on base all weekend in an outdoor exercise designed to help them apply the skills that they learned in the classroom. (U.S. Navy photo by Mass Communications Specialist 2nd Class Waris Banks/Released)

Left: A Simon Sanchez High School JROTC student takes part in training exercise on rappelling at during the Junior Cadet Challenge at Gab Gab Beach aboard Naval Base Guam. Students from George Washington, Simon Sanchez and Southern High School, camped out on base all weekend in an outdoor exercise designed to help them apply the skills that they learned in the classroom. (U.S. Navy photo by Mass Communications Specialist 2nd Class Waris Banks/Released)

Christmas Drop: Spreading cheer to others

Continued from Page 1

Christmas season. "Since it's the season of giving, family and helping out each other, what a great way to help the islands of Micronesia," said Master Sgt. John Hernandez, 44th Aerial Port Squadron air transportation and OCD participant. "It was absolutely rewarding to see islanders run to the presents. It is something I wish all people could

experience."

The traditional Operation Christmas Drop serves as a training mission for the United States Air Force. In 1952, aircrew from a WB-29 aircraft assigned to the 54th Weather Reconnaissance Squadron, formerly assigned to Andersen Air Force Base, Guam, were flying a mission south of Guam over the Micronesian island of Kapingamarangi. The aircrew saw some islanders waving to

them, and the crew quickly gathered items they had on the plane, placed them in a container with a parachute attached and dropped the cargo as they circled back.

This year, along with presents, medical supplies were also airdropped to the island Pagan in support of a recent dengue fever outbreak. Some islands, like Pagan, are in remote locations and aren't able to regularly receive needed materials and supplies.

Though the flights took a few hours, participants of this year's OCD were excited to be a part of the event and agreed the experience was worthwhile.

"The men and women of the armed services do amazing things every single day, and I just witnessed one of them," said Peter Prahar, U.S. ambassador to the Federated States of Micronesia.

While volunteers spent months gathering and preparing, the pallets

were all successfully delivered to the islands in five days.

"They are small islands and bringing a little Christmas cheer for them once a year lets them know that we know they are there and that we care," said Capt. Bryan Huffman, C-130 navigator from Yokota AB. "It was exciting to drop Christmas presents and hopefully some supplies to people that don't have much. I'm sure it means a lot."

HSC-25: Team home just in time for holidays

Continued from Page 1

HSC-25 Detachment 6 flew over 560 hours as the ship's primary search and rescue platform and flew seven medical evacuation flights saving seven lives. The Island Knights also served as an anti-terrorism force protection asset during the critical phases of the president's trip to Indonesia. The maintenance department executed over 4,000 separate maintenance actions on four different aircraft allowing the detachment to be fully mission capable 100 percent of the time.

Lt. Cmdr. Mason Allen was one of the officers in charge during the group's deployment and praised his team for a job well done.

"Everyday Sailors are out there in harm's way, standing the watch and you stood at the watch the last six months and now you're home," Allen said. "So you're relieved for a few days to be with your friends and family."

Sailors of Detachment 6 re-

united with friends and families after 190 days of being deployed.

"Days like this are awesome," said Lt. Richard Hill, HSC-25 pilot. "It's one of the best parts about being in the military, coming home and being with your friends and family. We're glad to be here."

Even as the sailors celebrated their homecoming their thoughts remain with the new members of Detachment Six who will take over the detachment for the next six months.

HSC-25 Commanding Officer Cmdr. John Compton commended the detachment's efforts and welcomed them home just in time for the holiday season.

"They did a phenomenal job over the last six months," he said. "They were involved in probably one of the most phenomenal transfers of aircraft in such a short period of time that I've ever witnessed in my whole Navy career. They were doing the Navy's core mission of projection and power. I'm extremely proud of them."



Best Gift of All: Sailors from Helicopter Sea Combat Squadron (HSC) 25 Detachment 6 embrace family members as they returned home, Dec. 15, following a six-month deployment aboard USS Essex (LHD 2). (U.S. Navy photo by Logistics Specialist 3rd Class Stephon Scott/Released)



Waiting Patiently: Family members of Sailors from Helicopter Sea Combat Squadron (HSC) 25 Detachment 6 anxiously await the group's homecoming during a welcoming ceremony at Andersen Air Force Base Dec. 15. HSC-25 Detachment 6 returned home following a six-month deployment aboard USS Essex (LHD 2). (U.S. Navy photo by Logistics Specialist 3rd Class Stephon Scott/Released)



Resolve to be energy efficient in the new year

By Kevin Evans
Joint Region Marianas
Energy Manager

Yes, Santa will be here soon but it isn't too early to start thinking about New Year's resolutions. When it comes time for our annual energy and water conservation resolutions and for us to be more energy conscious, look for energy efficiencies at work and at home and help us attain our annual energy reduction goals for this new year.

Here are a couple of resources to help you along the way to keeping those annoying resolutions. To get a lot of information on practical devices for conserving energy and water visit the Real Goods home page at <http://www.realgoods.com/>. This company specializes in conservation products ranging from small items such as low-watt compact fluorescent light bulbs and low-flow water nozzles to complete solutions to take your household completely off the grid.

Of course let us not forget the Energy Star Web site www.energystar.gov, the program that offers businesses and consumers energy-efficient solutions. This site provides a variety of messages about energy conservation for different constituencies including homes, schools, religious congregations and small businesses.

We at the Joint Region Marianas energy office wish everyone a Merry Christmas and a happy and sustainable new year. Tell us some of your resolutions.

Frank Cable and Emory S. Land Sailors work together



Hard at Work: Sailors from the submarine tenders USS Emory S. Land (AS 39) and USS Frank Cable (AS 40) crane a Capsule Launch System (CLS) Tomahawk down into the Los Angeles-class fast attack submarine USS Oklahoma City's (SSN 723) Vertical Launch System (VLS). Frank Cable is being temporarily relieved by Emory S. Land as the primary afloat maintenance activity in the U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 2nd Class (AW) Jeremy Starr/Released)



Above: Sailors from the submarine tenders USS Emory S. Land (AS 39) and USS Frank Cable (AS 40) crane a Capsule Launch System (CLS) Tomahawk down into the Los Angeles-class fast attack submarine USS Oklahoma City's (SSN 723) Vertical Launch System (VLS). Frank Cable is being temporarily relieved by Emory S. Land as the primary afloat maintenance activity in the U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 2nd Class (AW) Jeremy Starr/Released)

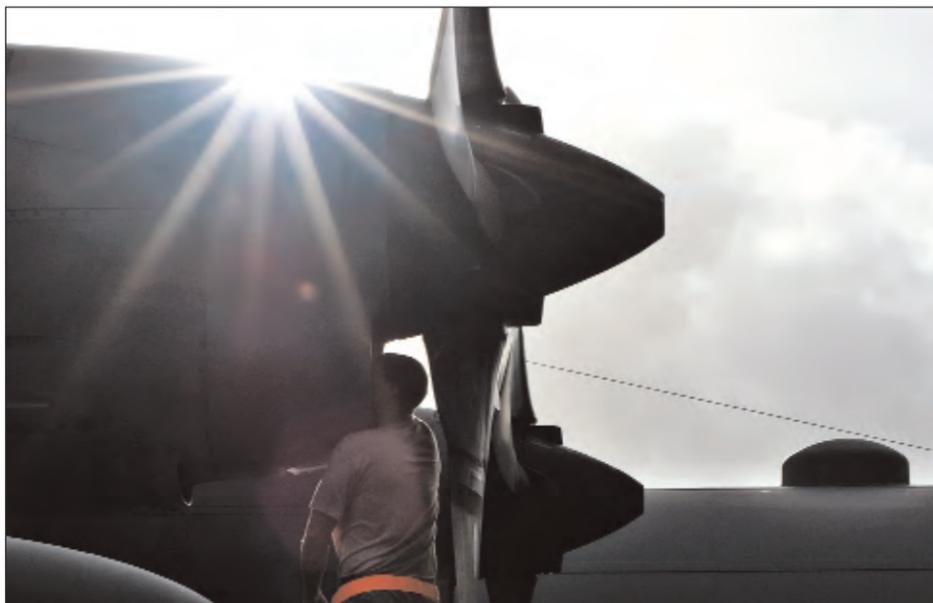
Right: Sailors from the submarine tenders USS Emory S. Land (AS 39) and USS Frank Cable (AS 40) crane a Capsule Launch System (CLS) Tomahawk down into the Los Angeles-class fast attack submarine USS Oklahoma City's (SSN 723) Vertical Launch System (VLS). Frank Cable is being temporarily relieved by Emory S. Land as the primary afloat maintenance activity in the U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 2nd Class (AW) Jeremy Starr/Released)



Loading: Sailors from the submarine tenders USS Emory S. Land (AS 39) and USS Frank Cable (AS 40) crane a Capsule Launch System (CLS) Tomahawk down into the Los Angeles-class fast attack submarine USS Oklahoma City's (SSN 723) Vertical Launch System (VLS). Frank Cable is being temporarily relieved by Emory S. Land as the primary afloat maintenance activity in the U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 2nd Class (AW) Jeremy Starr/Released)



OPERATION DRO



Flight Check: A 374th aircraft maintainer performs post flight checks during Operation Christmas drop at Andersen Air Force Base Dec 15. (U.S. Air Force photo by Staff Sgt. Alexandre Montes/Released)



Wrappin' it Up: A young boy from Andersen Air Force Base tapes up a box prior to Operation Christmas drop at Andersen Air Force Base Dec 10. (U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released)



Merry Christmas: Staff Sgt. Kyle Favorite, 374th Airlift Wing loadmaster, from Yokota Air Base, handles a Christmas gift box during Operation Christmas Drop 2011. (U.S. Air Force photo by Staff Sgt. Alexandre Montes/Released)

Presents Ready: Two pallets strapped in a C-130 are prepared to be air dropped over Fais and Ngulu, two islands in the Micronesian Islands, Dec. 12 in support of 2011 Operation Christmas Drop. The annual event delivered care packages to more than 50 islands within Micronesia. (U.S. Air Force photo by Senior Airman Carlin Leslie/Released)



Taking in the View: Airmen take in the view from the back of a C-130 Hercules during Operation Christmas Drop, Dec. 12. The island of Fais, located within Yap was one of the more than 50 islands that received care packages this holiday season as part of Operation Christmas Drop. (U.S. Air Force photo by Senior Airman Carlin Leslie/ Released)

CHRISTMAS 2011



Staff Sgt. Kyle Favorite, 374th Airlift Wing loadmaster, from Yokota Air Base Japan, pushes a pallet out of a C-130 Hercules over the island of Fais, Dec. 15 in support of Operation Christmas Drop 2011. (U.S. Air Force photo by Staff Sgt. Alexandre Montes/Released)



Caring Hearts: Members from Andersen Air Force Base prepare boxes prior to Operation Christmas Drop on Andersen Air Force Base Dec 15. (U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released)



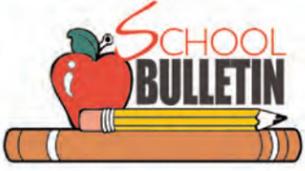
Santa's View: Staff Sgt. Kyle Favorite, 374th Airlift Wing loadmaster, from Yokota Air Base Japan looks off into the horizon after their Operation Christmas Drop mission Dec. 15. (U.S. Air Force photo by Staff Sgt. Alexandre Montes/Released)



Here We Go: Staff Sgt. Kyle Favorite, 374th Airlift Wing loadmaster, from Yokota Air Base Japan, pushes a pallet out of a C-130 Hercules over the island of Fais, Dec. 15 in support of Operation Christmas Drop 2011. (U.S. Air Force photo by Staff Sgt. Alexandre Montes/Released)



What a Sight to See: An aircrew member of the 374th Airlift Wing, Yokota, Air Base Japan, looks out the cargo hold door to spot the pallet that was just pushed over Ngulu Island, Dec. 12 in support of 2011 Operation Christmas Drop. The pallet contained goodies for the islanders including school supplies, toys, medical supplies and common day items. (U.S. Air Force photo by Senior Airman Carlin Leslie/Released)



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

DODEA

Winter recess for all Department of Defense Education Activity (DoDEA) Guam District schools is from Dec. 19-Jan. 4. There will be no school for students Jan. 27.

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.

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.

Central Texas College

Register now for Term 3 to begin Jan. 16. Central Texas College (CTC) offers courses in general studies, criminal justice, information technology, restaurant and culinary management and more.

We are also recruiting instructors for the following: criminal justice, fire protection, executive assistance, 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

“It’s the world that the kids live in. (It’s) a world of information and instant access. That seems to be where we all are going.”

— Don Christensen
Principal, Cmdr. William C. McCool Elementary and Middle School

DODEA utilizes technology for students

By Shaina Marie Santos

Joint Region Edge Staff

Social networking, online study groups and interactive classrooms give students the opportunity to work outside the classroom and engage in other types of education.

Administrators at Department of Defense Education Activity (DoDEA) Guam District schools use these technological advances as learning apparatuses to teach students.

William C. McCool Elementary and Middle School (MEMS) offers computers with Internet access to students to explore the Web and assist them with schoolwork and projects.

MEMS Principal Don Christensen said the school works to accommodate new electronic learning materials as they become available.

“It’s the world that the kids live in,” Christensen said. “[It’s] a world of information and instant access. That seems to be where we all are going.”

According to Christensen, the reference materials purchased by DoDEA are safe and appropriate for the students. The Internet is guarded by firewalls and students using computers in the classrooms are protected from offensive content.

As information is ever-changing, access to sources such as the Internet gives students the opportunity to view the most current in-

formation available.

“Kids can see things instantaneously,” Christensen said. “[They are] no longer bounded by a book.”

Navy School Liaison Officer Barbara Askey agreed with Christensen and encouraged student use of technology as it allows them the flexibility to explore.

“I think it’s wonderful,” she said. “It opens up the world to students rather than just having to rely simply on the textbooks or the books that were available.”

With the challenges many schools face such as a shortage of textbooks, Internet resources have become a best friend to students, teachers and parents as some publishing companies have taken an online approach to provide learn-

ing material.

“My son’s teachers send home a variety of subject-specific Web sites for parents and kids to use,” said Rebecca Duncan, Andersen Air Force Base school liaison officer. “I think it helps them with classes that I’m not necessarily that good in. All parents struggle in certain areas and the sites can help where parents have difficulty.”

Duncan, Askey and Christensen all agree that technology is a great tool for students in this day and age.

“Learning doesn’t have to stop when they come home from school,” Duncan said. “It’s another way, because all kids learn differently, it adds another layer for those kids who learn differently.”

“ All Filipinos signify the parol as the beginning of Christmas ... Just to see the parol gives you a light feeling that Christ is coming.

”

Armina Domingo
Navy spouse



Parol: Filipino Christmas Tradition

By Shaina Marie Santos
Joint Region Edge Staff

For those new to the island, this Christmas season is bound to be a new experience. With a melting pot of approaches to decorating during the Christmas season, there is much to learn and absorb.

The parol, or star lantern, is one unique ornament you may see on Guam. With its Filipino origin, the parol represents the star of Bethlehem that guided the three wise men in their search of the baby Jesus.

Parols are traditionally made in the shape of a five-pointed star with the use of bamboo sticks, which is then covered with cellophane or rice paper. Two decorative tails are also commonly added. Today, parols can be made with any variety of materials.

Local resident Glenda Carolino can't remember not having a parol during the holiday season.

"The [parol] is a guiding star for us," she said, "Especially in the darkness, it symbolizes light."

Carolino added the parol is the Filipino equivalent of a Christmas tree in a traditional American home.

"It's the main decoration that everybody can afford because everybody can make one for themselves, and you don't have to buy an expensive one, you can be creative," she said.

Navy spouse Armina Domingo agreed with Carolino and added that parols can be found in almost every home in the Philippines.

"All Filipinos signify the parol as the beginning of Christmas," she said. "Just to see the parol gives you a light feeling that Christ is coming."

According to Domingo, the parol gives hope to those who see it and claimed despite hardship, families in the Philippines always find a way to carry Christmas spirit.

"Once you have the parol, it feels like Christmas," she said. "It feels like there is God and there is hope."

Parol: A parol hangs at the Our Lady of Assumption Church in Piti, Guam Dec. 19. The parol is a traditional Filipino Christmas ornament hung during the holiday season and can be found in many island homes. (U.S. Navy photo by Shaina Marie Santos/Released)



FREE

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:

Passenger 3, Dec. 31 at 9 p.m.
Blacksheep, Dec. 23 at 10 p.m.
Everything Zen, Dec. 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.

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

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.

\$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.



FRIDAY, DEC. 23

6 p.m.: Missoula Children's Theater Performance
9:30 p.m.: Tower Heist • PG-13

SATURDAY, DEC. 24

1 p.m.: Muppet Christmas Carol • G
3:30 p.m.: Puss in Boots • PG-13
7 p.m.: What's Your Number • R

SUNDAY, DEC. 25

Closed

MONDAY, DEC. 26

1 p.m.: In Time • PG-13
3:30 p.m.: Johnny English Reborn • PG
7 p.m.: The Rum Diary • 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. 23

7 p.m.: Jack and Jill • PG

SATURDAY, DEC. 24

2 p.m.: Jack and Jill • PG
7 p.m.: Immortals • R

SUNDAY, DEC. 25

Closed

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

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

Christmas: A time of transformation

By Lt. Cmdr. Ronald T. Rinaldi

USS Frank Cable (AS 40) Chaplain

"In the beginning was the word, and the word was with God, and the word was God... And the word became flesh and dwelt among us, and we have seen his glory, glory as of the only son from the father, full of grace and truth."

John 1:1,14 (English Standard Version throughout)

The world has seen major changes through time often due to catastrophic events, war, forces of nature and world leaders or even

some amazing inventions in their respective times. No one would argue the creation of the printing press, the automobile, television and the advent of personal computers and the Internet in our times have had astounding transforming effect in shaping and changing the world.

In one part of the world 2,000 years ago, a time of which the greatest transformation the world

would ever see came in an amazing moment of seeming silence and grace.

According to Scripture, "...when the fullness of time had come, God sent forth his son, born of woman...to redeem those who were under the law, so that we might receive adoption as sons." (Gal 4:4-5).

That is to say, at just the right moment of God's choosing, he acted

on a new plan for his world – to send his son to bring a transforming and living hope to all mankind through the miracle of what Christians call the incarnation, the union of divinity with humanity in the birth of Jesus Christ.

The world was a very busy in Christ's time. The Romans ruled in Judea and people in that geographic part of the world had to travel to their places of ancestry to register for taxation. It is clear the small town of Bethlehem was crowded since the

See Hope, Page 17



Hope: Reflect on life

Continued from Page 16

innkeeper had no room to offer a young lady, most likely in her upper teens, near the end of her pregnancy.

Though many fault the innkeeper for not providing a space for Mary and Joseph, he may have been the one to provide the next best thing – a quiet area near a feeding trough – to bring the Son of God into the world.

We celebrate Christmas each year many times by taking joy in the festive occasion, holiday cheer and sharing gifts. Yet oftentimes we don't think about why God would send his son into the world. Matthew 1:21 states, "She (Mary) will bear a son, and you shall call his name Jesus, for he will save his people from their sins." Even Jesus' own testimo-

ny of why he came to earth was manifested in Luke 19:10 when he said, "For the Son of Man came to seek and save the lost."

The incarnation had a purpose and it was a savior would come and those whose hearts turned toward him in faith would be reconciled to God through another event in Christ's life that took place around 33 years later – his death on a cross, his burial, and his resurrection.

Through all the busyness of the holiday season, take a moment to reflect on what Christmas is really all about – this one solitary life, born in a solitary and quiet moment in time who brought more change to this world than it has ever seen. Even more, he can bring his greatest act of transformation to something that is near and dear to all of us – our own lives.

Globetrotters entertain crowds

Getting the Crowd Pumped: Harlem Globetrotter mascot "Globie" gets kids pumped up before the basketball match with a game of musical chairs at the Charles King Fitness Center on U.S. Naval Base Guam Dec. 9. The Globetrotters also visited Andersen Air Force Base while on island. (U.S. Navy photo by Mass Communication Specialist 2nd Class Warriors Banks/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.

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. 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 childcare are now available.

Run Registration

Runners can now submit run registrations for Morale, Welfare and Recreation (MWR)-sponsored runs via e-mail. On the Fitness Program page of the MWR Web site, www.mwrguam.com, click on the "NEW Run Registration Form" PDF under Additional Links and follow the instructions on

the form. Pre-registration for all fitness events will end at 5 p.m. on Friday of the week prior to the event.

The following is a list of sports and health-related activities held on Andersen Air Force Base. To submit your sports short, call 366-2228.

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.

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.

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.