



Gifts for All: Santa and Marine Science Technician 2nd Class Nicole Tainatongo of U.S. Coast Guard Sector Guam, distribute gifts at the Angel Tree event at the Merizo Mayor's Office Dec. 23. The annual event is the culmination of a Christmas toy drive coordinated by USCG Sector Guam. U.S. Navy photo by Shaina Marie Santos/Released

Angel Tree delivers to Merizo community

By Shaina Marie Santos
Joint Region Edge Staff

Service members from U.S. Coast Guard Sector Guam and Andersen Air Force Base wrapped and delivered gifts to Merizo residents during the annual Angel Tree event at the Merizo Mayor's Office Dec. 23. The Angel Tree event is

the end to an annual Christmas toy drive for the village hosted by USCG Sector Guam. This year more than 126 children received gifts just in time for Christmas.

USCG Sector Guam Commander Capt. Casey White said she hoped the event made a positive impact on both volunteers and participants alike.

"When we see the list of names of children it really was like the start of the Christmas season," she said. "It just really

brought an opportunity for our crew to participate in Christmas here on Guam."

White added she and fellow Coast Guardsmen were honored to spread the holiday cheer given the command's long-standing relationship with Merizo residents.

Marine Science Technician 2nd Class Nicole Tainatongo's childhood began in Merizo where her roots are still deeply

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Finally home
HSC-25 Sailors arrive in time for new year.
PAGES 8, 9

Airman is best of the
Best

PAGE 4



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Joint Region Marianas



Andersen takes aim: "90 at 90"

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

Maintaining peak combat readiness begins and ends with healthy, motivated and well-trained Airmen. To ensure no one is left behind, Andersen Air Force Base leadership is

seeking to implement a new program pushing service members to the pinnacle of physical fitness.

The new initiative, called "90 at 90," was set in motion by 36th Wing Commander Brig. Gen. John Doucette, and calls for 90 percent of Andersen's active-duty Airmen to achieve a 90 percent or higher on the Air Force phys-

ical training test by the end of 2012.

"This program is important because it shifts wellness and fitness into focus on a grander scale," said Chief Master Sgt. Margarita Overton, 36th Wing command chief. "It calls us, as a wing, to demand more of ourselves and our wingmen, helping one another to succeed and

holding each other accountable for the decisions that affect our health and the Air Force mission. As Airmen, we should be fully committed to the highest lifestyle actions."

Currently, a little more than half of Team Andersen personnel are scoring a 90 or above on the physical test (PT). In order to

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Joint Region Edge

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Do the spice, pay the price



From 36th Wing
Public Affairs

Spice use is on the rise and Air Force officials are using methods such as drug testing, education and the Uniformed Code of Military Justice to put a stop to substance abuse.

While the Air Force has always had a zero-tolerance policy, Guam officials have officially banned the substance under

Public Law 31-164 also making salvia divinorum or salvinorum A and other synthetic cannabinoid products illegal.

"It is not surprising that spice has become a problem in the Air Force and on our installations," said Staff Sgt. Dwight Schweiger, 36th Security Forces Squadron. "Spice is a mixture of herbs and spices that is sprayed with a synthetic compound similar to THC, the psychoactive ingredient in marijuana. Spice is becoming more and more popular due in large part to its avail-

ability and low cost.

Aside from the fact the substance is illegal, there are many reasons the military is against spice use.

"Spice has been associated with impaired driving incidents, attempted suicides and emergency department visits and has been linked to such adverse effects as increased anxiety, panic attacks, heart palpitations, respiratory complications, aggression, mood swings, altered perception and paranoia," Schweiger said.

Along with the negative effects on the human body, using spice can also affect those around you and the mission.

"It is mind-altering and changes people's behavior," said 36th Wing Chief of Military Justice Capt. Craig Austin. "With our jobs in the military, others rely on us and the use of such substances can have effects on

fellow Airmen or even national security depending on what you do."

Another reason the drug is so dangerous is there is little regulation on the substance, and each manufacturer or even each batch can be different.

"Using, possessing or distributing the substance will end in some form of punishment," Austin said.

According to Schweiger, some users may face confinement, discharge under other than honorable conditions or a dishonorable discharge. Some of the more severe punishments can also affect members after military life when it comes to employment and loss of education benefits.

The high gained by using spice is temporary but the effects of drug use in the military can last a lifetime.

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.

Andersen AFB Chapel 2 Sanctuary

Due to the installation of a fire suppression system, the Chapel 2 Sanctuary will be closed for the duration of the month of January. The following is a list of provisions we are offering to accommodate the needs of the Andersen Protestant Community:

Jan. 15, 22, and 29: Combined Protestant Worship service at 10:30 a.m. in the Base Theater. Liturgical and emerging services will maintain their normal schedule. Religious education will be held in the Chapel Activity Center from 9:15-10:15 a.m.

The closure will not affect any Catholic worship or activities. We apologize for the inconvenience and we hope that our chapel schedule will return to normal in February.

Air Force Office of Special Investigations Recruiting Effort

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

SCHOOL BULLETIN

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 Guam District Schools

Jan. 26: Professional Development Day (no classes)
Jan. 27: Teacher Workday (no classes)

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

COMMUNITY Corner

movies • movies • movies

The Big Screen Theater

JAN. 13 (FRIDAY)
7PM HAPPY FEET 2 PG
9:30 PM WHAT'S YOUR NUMBER R

JAN. 14 (SATURDAY)
1PM THE TWILIGHT SAGA: BREAKING DAWN PART 1 PG-13
3:30PM JACK AND JILL PG
7PM IMMORTALS R

JAN. 15 (SUNDAY)
1PM TOWER HEIST PG-13
3:30PM HAPPY FEET 2 PG
7PM J. EDGAR R

Movie Hotline 564-1831 U.S. Naval Base Guam

Meehan Theater
JAN. 13 (FRIDAY)
7PM ARTHUR CHRISTMAS PG

JAN. 14 (SATURDAY)
2PM ARTHUR CHRISTMAS PG
7PM NEW YEAR'S EVE PG-13

JAN. 15 (SUNDAY)
7PM THE TWILIGHT SAGA: BREAKING DAWN PART 1 PG-13

Movie Hotline 366-1523 Andersen Air Force Base

Barracks 1. For more information, call 339-8291.

Phone Numbers

Andersen Elementary School: 366-1511
Andersen Middle School: 366-3880/5793
Commander William C. McCool Elementary/Middle School: 339-8676
Guam High School: 344-7410

MWR HAPPENINGS

U.S. Naval Base Guam:

City Sightseeing Tour

Take a two-and-a-half hour island tour to some of Guam's cultural and historical landmarks in a comfortable air-conditioned bus. You will visit Paseo Park, Proa, the War Museum, Fort Apugan, Latte Stone Park, Plaza De Espana and Two Lover's Point. Cost: \$26 per adult, \$13 per child (3-11 years old).

Boat Charters

Enjoy fishing and snorkeling in Guam's beautiful southern waters on your own or with your family on a boat big enough to have a small party. You can also choose to rent a private charter where you will be able to fish, snorkel, and barbecue onboard. Fishing poles, fish bait, snorkel gear, mineral water and wheat tea are provided. Coolers are also provided for those who wish to bring their own drinks. Maximum capacity: 49 passengers. Cost: \$32.50 per person, or \$525 per boat.

Lunch Bowling at Orote Point Lanes

Enjoy a nice game during your lunch hour Monday-Friday from 10:30 a.m.-1 p.m. \$1 per game per person. Shoe Rental not included

36th FSS HAPPENINGS

Andersen Air Force Base:

Airman and Family Readiness Center Classes

Jan. 18: Basic Budgeting from 1-2 p.m.
Jan. 19: Spouse Newcomer's Orientation from 8:30 a.m.-1:30 p.m.
Jan. 19: Credit Management from 1-2 p.m.

Arts and Crafts Classes

Learn basic knitting techniques Jan. 18-19 from 2-4 p.m. Buy your supplies at our store or bring yarn, needle and scissors. The \$25 fee per person covers two days instructions. Ages 12 and older are welcome with a maximum of four students.

SPORTS SHORTS

U.S. Naval Base Guam

Guam Biggest Loser 2012 Challenge

Start the new year off right in this 12-week weight loss and wellness challenge from Jan. 19-April 12. Sign up at the Charles King Fitness Center front desk by Jan. 18. Call 658-5267 for more information.

Spring Gymnastics

Classes held now through May 25. Schedules are available at the U.S. Naval Base Guam Child Development Center. Classes will be held in the gymnastics facility behind the teen center. For more information, call 564-1844.

Andersen Air Force Base

What about "Zumba"?

Free Zumba classes are held at Coral Reef Fitness Center Monday-Wednesday at 7 p.m., Thursdays at 9:40 a.m. and Saturdays at 8:30 a.m. Call 366-6100 for more information.

Zumbatomic® Children's Dance

The Hotspot is now offering Zumbatomic® Children's Dance Classes for Lil Stars ages four to seven and Big Stars ages 8 to 12. Zumbatomic® is a specially designed class to encourage kids to develop a healthy lifestyle and to incorporate fitness as a natural part of their lives through dance, music and exercise. Lil Stars meet Wednesday from 3-4 p.m. for eight weeks. Class fee is \$30. Big Stars meet Tuesdays and Thursdays from 3-4 p.m. for eight weeks. Class fee is \$50. To register, stop by the Hotspot or call 366-2339 for more information.

Andersen's Best: Yolanda Flores

By Senior Airman Benjamin Wiseman
36th Wing Public Affairs

Yolanda Flores, Aerial Port Flight secretary, was awarded Team Andersen's Best at Andersen Air Force Base Dec. 29.

Flores is a driven secretary who meticulously controls all Aerial Port Flight enlisted and officer performance reports and provides final quality check. She completed 125 reports in 2011 with only one return from the host wing.

She also oversaw flight awards, squadron decoration program and provided critical feedback to final products in a timely manner.

Aside from always caring for Airmen, she spends the rest of her time managing programs and processes to ensure successful mission accomplishment for over 120 assigned military and civilian personnel.

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.



Civilian Awarded: Yolanda Flores, Aerial Port Flight secretary, was awarded Team Andersen's Best on Andersen Air Force Base Dec. 29. Andersen's Best is a recognition program which, highlights a top performer from the 36th Wing. Each week, supervisors nominate a member of their team for outstanding performance and the wing commander presents the selected Airman/civilian with an award. U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released

Seabee gains U.S. citizenship in Guam



'I Pledge Allegiance': Construction Electrician Constructionman Kallalobe Silman of Naval Mobile Construction Battalion 40, center, along with 48 other individuals recites the oath of allegiance to the United States of America during a naturalization ceremony at the U.S. District Court in Hagatna, Guam Dec. 14. U.S. Navy photo by Utilitiesman Constructionman Miguel Fernandez/Released



Proud to be an American: Construction Electrician Constructionman Kallalobe Silman of Naval Mobile Construction Battalion 40, shows his proof of United States citizenship following a naturalization ceremony at the U.S. District Court in Hagatna, Guam Dec. 14. Silman, a native of Dakar, Senegal, was one of 48 people who recited the Oath of Allegiance to the United States of America. U.S. Navy photo by Utilitiesman Constructionman Miguel Fernandez/Released

By Lt. Cmdr. Jeff Jordan
U.S. Naval Mobile Construction Battalion 40

Construction Electrician Constructionman Kallalobe Silman was

among 48 people from eight nations who declared the oath of allegiance to the U.S. at the U.S. District Court in Hagatna, Guam Dec. 9.

Silman, originally from Dakar, Senegal, first arrived on the shores of America in search of a better education and way of life. While

studying pre-med in Dakar, he earned a basketball scholarship to Southern Nazarene University (SNU) and a chance to play for the Crimson Storm in Bethany, Okla. After three years of studying, Silman joined the U.S. Navy Seabees in July 2010 to see more of America, the world and serve his future

country. Silman said he joined the Seabees because he enjoyed the group's spirit and camaraderie.

As he recited the oath of allegiance, Silman said he reflected on his family and the tremendous support he had received.

"My mom influenced me, my brother and four sisters to dream and dream big," Silman said. "America is a place where you can be successful in life and make something of yourself; a place where 'we the people' really means something," he added.

During the naturalization ceremony, U.S. Magistrate Judge

Joaquin V.E. Manibusan Jr. commented on the dedication and sacrifices military personnel make to support this great nation. More importantly, he challenged all new U.S. citizens to embrace their new country, enjoy their new freedoms, and most of all register to vote

Silman achieved his major goal of becoming the first in his family from Dakar to become a U.S. citizen. Silman said his remaining goals are to complete his initial enlistment and see what military opportunities present themselves, or finish his college degree and become a registered nurse.

Guam Airman captures top AF awards

From the Guam National Guard Public Affairs

Tech. Sgt. Maria Quitugua, of 254th Security Forces Squadron, was recently picked as one of the 2011 Air Force Outstanding Security Forces Individual Award winners. She was named the 2011 Air Force Reserve Component Non-Commissioned Officer (NCO) of the Year.

According to the National Guard Bureau, Quitugua was selected as the Air National Guard (ANG) Security Forces NCO of the Year, where she competed against representatives from ANG units from 54 states and territories.

The Adjutant General for the Guam National Guard Maj. Gen. Benny M. Paulino expressed pride in Quitugua's accomplishments and described her as a model for the Guam Air National Guard.

"We are very proud and honored that we have a person, a member of the Guam National Guard that can compete at the national level and win," he said. "We are very, very proud of her accomplishments. It's like we have a symbol here in the command, a poster child to show that we have somebody here who has been recognized at the national level, a model, an icon, for the command to show off."

Quitugua said her selection for both awards was a great experience.

"I am deeply humbled and honored to represent my island and National Guard with the honor of winning the Air Reserve Component NCO of the year," she said. "It has been a truly humbling experience



Great Team: Tech Sgt. Maria Quitugua, third left, poses for a photo with other members of the 254th Security Forces Squadron while deployed in Iraq from June 2009 to March 2010. Quitugua was recently selected as a 2011 Air Force Outstanding Security Forces Individual Award recipient. Photo courtesy of Guam National Guard

to attain such an honor and one of great anxiety. I have yet to take it all in."

Though she has been recognized as an outstanding Airman, Quitugua said she has other goals she would pursue.

"My personal short-term goal is to attain promotion to the rank of master sergeant or E-7, and my long-term goal is to begin my doctorate program, management in organizational leadership," she said.

Col. Johnny Lizama, 254th Air Base Group commander, said Quitugua and her husband, Master Sgt Michael M. Quitugua Jr., are valuable members of the security forces and the Guam Air Guard.

Michael Quitugua is also a member of the 254th Security Forces Squadron.

"They've got their finger on the pulse of what the needs are for the unit," Lizama said. "That shows that we've got great people in the organization. I see great things for her as she progresses up the chain."

In 2006, Quitugua was selected as the 36th Mission Support Group Federal Woman of the Year, 36th Wing Airman of the Quarter and United States Organization (USO) Guardsman of the Year.

In 2007, she captured the Guam Air National Guard Airman of the Year award and garnered the 2007 Pacific Air Force (PACAF) Total Force Outstanding Airman of the Year, 2007 Air National Guard and also won the 2007 Air Force Security Forces Air Reserve Component Airman of the Year, Air National Guard.

She was also part of an 18-member security forces team which deployed to Kirkuk Regional Air Base in Iraq, in support of Operation Iraqi Freedom, from June 2009 to March 2010.

When not on active military orders, she works as the support specialist for the Guam Air National Guard Yellow Ribbon Program.

Quitugua credits the support from her family as the key to her many accomplishments.

"I attribute my success to my husband and son for allowing me to further my endeavors, military and civilian, as well as a very supportive family support system," she said. "In addition, my colleagues throughout my career have, in some way or another, contributed to my success whether negative or positive."



Hard at Work: Tech Sgt. Maria Quitugua, left, takes a break from duty outside the main Air Mobility Command terminal in Iraq. Quitugua was recently selected as a 2011 Air Force Outstanding Security Forces Individual Award recipient. Photo courtesy of Guam National Guard

U.S. Naval Hospital Guam compound tobacco free

By Luis Martinez
U.S. Naval Hospital Guam
Health Promotion Section

On Jan. 1, U.S. Naval Hospital (USNH) Guam officially became tobacco free. Tobacco use of all kinds is now prohibited everywhere within the boundaries of the hospital compound to include the parking areas of the chapel, Child Development Center and the cabana behind the hospital. Tobacco use is also prohibited within 20 feet of the branch medical and dental clinics and all other buildings within the control of the hospital.

By taking this action USNH Guam and its branch clinics join many other Navy medical treatment facilities which have undertaken this important measure to project a positive and healthy image as a healthcare

institution and to enhance the health of its beneficiaries and staff.

Tobacco is the leading cause of preventable death and illness worldwide and this action is just one more step toward meeting the Navy Medicine mission of promoting health and wellness.

The hospital continues to offer its wide range of tobacco cessation services to all of its beneficiaries including over-the-phone help, individual counseling sessions and classes. All beneficiaries are welcome and encouraged to call 344-9124 for information and assistance. Calls from family members, friends and loved ones who are thinking about how to best assist someone who is a tobacco user are also welcome.

We went tobacco free on the first and we encourage all tobacco users to consider putting one's health first.

Everyday heroes: Eagle Eyes helps fight terrorism

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

With the threat of terrorism still ringing hard in the ears of Americans, every citizen, military or civilian, has the opportunity to take action in the ongoing war on terrorism.

The Eagle Eyes program is an Air Force anti-terrorism initiative that enlists the eyes and ears of Department of Defense members and citizens in the war on terror. Eagle Eyes teaches people about the typical activities terrorists engage in to plan their attacks. Armed with this information, anyone can recognize elements of potential terror planning when they see it.

"Eagle Eyes is a global neighborhood watch program," said Special Agent Patrick Morgan, Air Force Office of Spe-

cial Investigations (OSI), Det. 602. "We ask that service members, their families and local citizens stay alert and keep their eyes open for suspicious activity."

"The program is island-wide," Agent Morgan continued. "We want to maintain a proactive stance when it comes to force protection issues, as opposed to reactive. This is a reminder of who we are, what we do and that we must maintain this proactive posture."

No matter how well trained and vigilant our law enforcement and counterterrorism personnel are, they simply cannot be everywhere at all times. Each member of Team Andersen, as well as those of our neighbors in the local community, plays a crucial role in the prevention of terrorism.

"It is a force-multiplier," said Patrick

Glasscock, 36th Wing anti-terrorism office. "It helps the trained professionals, local and federal law enforcement agencies draw on the military and civilian communities to assist in the war on terror. By being aware of suspicious activity and alerting the proper authorities to investigate, we're making it difficult for terrorists to attack on and off base."

OSI has compiled a list of seven observable activities commonly linked to terrorist planning: surveillance, elicitation, tests of security, acquiring supplies, suspicious persons out of place, conducting a dry run and deploying assets.

"When you see any of the seven signs, it is important to notify leadership, OSI or contact the law enforcement desk right away," Morgan said. "It is better to report activity that turns out to be

nothing, than not report it and hope for the best. We encourage everyone to call in and up-channel the information regardless of the outcome."

Service members, dependents and local community members have the ability to impact the lives of countless Americans through the Eagle Eyes program. Few initiatives provide participants the chance to become heroes and touch the lives of individuals around the world.

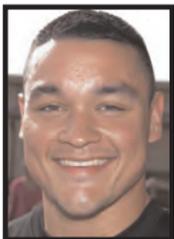
"Eagle Eyes is an avenue to get words out in a timely manner and deals with issues across the board," Morgan said. "Regardless of how irrelevant you think it might be, still always call the 24-hour phone number."

To report any suspicious activity, contact the OSI office at 366-2987 or the law enforcement desk at 366-2910.

MAN ON THE STREET

“What is your New Year’s resolution and how is it going so far?”

“It’s going well right now. My resolution was to complete my training.”



Staff Sgt. Stephen Cahill
203rd Regional Training Institute

“My resolution was to better myself in different aspects. It’s been going well so far.”



Information Systems Technician 2nd Class (SW) Carl Whittle
U.S. Naval Hospital Guam

“Mine was to cut back on rice and potatoes. It’s been going great so far.”



Jennifer Flory
Navy Spouse

“My resolution was to clear out all my debts, and so far it’s been going pretty smooth. I just need to come up with a sure plan an am hoping to be out of debt in three months.”



Senior Airman Royce Sims
36th Maintenance Squadron

“My resolution was to improve my long-distance run and so far it’s going slow and steady.”



Staff Sgt. Mark Stephen
36th Munitions Squadron Unit

“My resolution was to come to work early and so far it’s going good and I have more energy throughout the day and am more happy.”



Corea Estella
Army and Air Force Exchange Service

Andersen welcomes new post office

By Senior Airman Veronica McMahon
36th Wing Public Affairs

Air Force, Navy, Post Office officials and community members gathered at the new Andersen Post Office for a ribbon-cutting ceremony on Andersen Air Force Base Jan. 9.

The new site is now located next to the Andersen Base Exchange, and along with a more accessible location, the new office is bigger and will be more convenient for the base community.

“Look at this incredible facility,” said Brig. Gen. John Doucette, 36th Wing commander. “You have a modern postal service center with accommodations that are modern for not just the USPS (United States Postal Service) employees, but for our military personnel that work in there as well.”

The \$3.7 million project was awarded by Naval Facilities Engineering Command (NAVFAC) Marianas in September 2010 and incorporates all the latest technology for energy efficiency and environmental sustainability, significantly reducing water and

energy consumption.

“It truly takes every team member’s cooperation to complete a project of this size and scope with a clear focus on environmental and energy sustainable construction,” said NAVFAC Marianas Commanding Officer Capt. John Heckmann.

“Every new facility that we build that helps us reduce our water and energy consumption as much as this one does, reflects a commitment towards responsible stewardship of taxpayers dollars and improves the overall efficiency and effectiveness of the Air Force and Navy mission,” Heckmann said.

“The new, expanded facility offers more space to help ease wait times for patrons and employees,” said Staff Sgt. Jason Williams, 36th Communications Squadron (CS) Post Office non-commissioned officer in charge. “It’s really the location that’s great; it’s much easier for people to get their mail.”

“We also have bigger mail boxes and more room,” Williams said. “There are now more windows so the lines won’t be as long.”

According to the 36th CS,



there will be no changes for Army/Air Force Post Office (APO) deliveries. Dorm residents and existing APO patrons will keep their existing PSC 251 BOX____, APO, AP 96542 mailing addresses. APO customers have already received a notice to sign for their new mailbox combinations at the window.

All Military Family Housing residents will be issued a P.O. Box and will be able to start the application process once they receive the USPS information

packet during normal business hours at the current USPS window. Residents are reminded it is their responsibility to make appropriate mailing address change notifications to utilities, magazines, newspapers, etc. After submitting the change of address form, mail will be forwarded to the new P.O. Box for one year.

The new post office is open Monday-Friday from 9 a.m.-3 p.m. and Saturday from 9-11 a.m. For more information, call 366-3243.

Parents welcome first 2012 USNH Guam baby

By Shaina Marie Santos
Joint Region Edge Staff

Tech. Sgt. Wilmer Rodriguez of 36th Logistics Readiness Squadron and his wife, Iliyana Matova, welcomed their son, Boris Raffael Matov, into the world at U.S. Naval Hospital (USNH) Guam Jan. 3.

At 2:49 p.m., baby Boris Raffael Rodriguez Matov became the first baby born at USNH Guam in 2012. He weighed in at 7 pounds, 6 ounces and was 19 inches long. As part of his mother’s Bulgarian heritage his last name is spelled differently.

As the family celebrated Rodriguez’s 36th birthday Jan. 2, Matova began to feel contractions and they knew it was time for their baby to make his debut.

“I’m like, ‘Isn’t it too early?’” said Matova, who guessed that the pain might be due to her physical positioning. “I tried to move here and there, but it continued.



Happy Family: From left, Iliyana Matova, Boris Matov, Viktor Matov and Tech. Sgt. Wilmer Rodriguez, 36th Logistics Readiness Squadron, pose for a photo. at their home in Tumon, Guam Jan. 9. Boris Matov was the first 2012 baby born at U.S. Naval Hospital Guam Jan. 3. U.S. Navy photo by Shaina Marie Santos/ Released

And I’m like, ‘I think it is time. I think it is coming.’ So we really got excited, because at this point we realized we are having another baby.”

Rodriguez said he was

ecstatic to meet his new son. “Imagine, it was my birthday,” he said, “I was very excited. That was my birthday gift.”

Baby Boris came as a surprise to his parents who were planning

to have their second child after their tour in Guam. However, Rodriguez and Matova agreed that having their older son, Viktor, and new baby closer in age would help foster a bond between siblings.

“We just realized that was actually the perfect time to have the other one,” Matova said.

Rodriguez said he is excited for his sons to grow together, learn and care for one another.

“I’m ready for [Viktor and Boris] to be alike, and we can go running, play futbol (soccer), go to the beach,” he said. “I’m ready for them to be good friends with each other. Watching them be best friends and them counting on me would be the best gift.”

Rodriguez and Matova said they only want the best for Boris and Viktor, and for them to know they are always loved.

“We have him because we want him,” said Rodriguez. “We love him. Both of them are our sunshine, the very thing that will move us for the rest of our lives.”

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

Andersen leads the way to AFNet migration

In December, Andersen Air Force Base became the first base in the Pacific Command to successfully migrate to the Air Force Network (AFNet). With the exception of a handful of computers and user accounts, most 36th Wing personnel and mission partners are now operating on the AFNet.

Serving as the pilot base for Pacific Air Forces, 36th Communications Squadron (CS) personnel in conjunction with visiting AFNet migration team members facilitated the smooth transition of more than 4,100 mailboxes and 2,100 work stations from the independent Andersen network to the AFNet.

"We began preparation for the changeover several months prior to the projected start date," said Tech. Sgt. Robert Warminsky, 36th CS cyber security. "Not only did we have to gather network user infor-

mation, we had to take a virtual snapshot of every account on base. With more than 4,000 active accounts, this was quite a feat and demanded the dedication of more than 40 people in four 36th CS sections working 20-hour shifts."

Since the task of rolling so many users into a new network required specialized knowledge and skills, members of the AFNet migration team were essential to the project's success.

"The team is comprised of various individuals who have been specifically trained to accomplish this mission," Warminsky said. "The members, flown in from various bases around the world, utilize

these skills to ease the transition from the old network to the new. Their guidance and expertise during this time was invaluable to the 36th CS."

Following in the footsteps of other services' network consolidation efforts, such as the Navy-Marine Corps Intranet, the AFNet allows Air Force personnel the ability to log on to the unclassified network at any Air Force installation. This network availability greatly benefits personnel going on temporary duty and streamlines the permanent change of station process.

"Until now, major commands and various other Air Force organ-

izations have been operating on their own independent networks, consequently driving unique and unit specific requirements," said Tech. Sgt. Juan Valenzuela, 36th CS project manager. "There was no single organization or commander responsible for the network. The AFNet migration project addresses these issues and places Air Force cyber operations under the operational control of a single commander."

Although a level of trial and error can be expected following the implementation of any new program, the benefits of the AFNet far outweigh the challenges.

"The most noticeable effect of

the AFNet centralization is that the Enterprise Service Desk (ESD) will field all unclassified network issues and outages for Air Force personnel," Valenzuela said. "The ESD is able to provide assistance 24 hours a day via a network of call centers and technicians at Lackland AFB, Texas; Maxwell-Gunter AFB, Ala.; Ramstein Air Base, Germany, and Hickam AFB, Hawaii. ESD technicians are able to field and resolve approximately 50 percent of unclassified network problems during the initial call for reporting an issue and forward tickets for those issues that they cannot resolve to local technicians for resolution."

The migration has enabled changes and advancements to the way service members communicate. Suggestions and feedback are essential elements of making this a change for the better. If solicited for input, please take the time to provide candid, constructive comments. For any additional migration questions or concerns, please contact the 36th Communications Focal Point directly at 366-2666.



FC Sailors hold bone marrow drive

Informational Discussion: Hospital Corpsman 1st Class (SW/AW) Rebecca Jones, assigned to U.S. Naval Hospital Guam, explains to Machinery Repairman 2nd Class (SW) Marlon Bailey and Hospital Corpsman 1st Class (SW) Edgardo Victorino, assigned to the submarine tender USS Frank Cable (AS 40), about the new bone marrow donation process on U.S. Naval Base Guam Jan. 4. Bone marrow drives are being held across the Department of Defense to educate Sailors on the new donation process and to update the current registry. 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 2nd Class Gabrielle Blake/Released



Say 'Ahh': Hospital Corpsman 1st Class (SW) Edgardo Victorino, assigned to the submarine tender USS Frank Cable (AS 40), swabs Logistics Specialist 1st Class Ana Diaz's cheek during a bone marrow drive on U.S. Naval Base Guam Jan. 4. Bone marrow drives are being held across the Department of Defense to educate Sailors on the new donation process and to update the current registry. 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 2nd Class Gabrielle Blake/Released

Resolve to be energy efficient this new year

By Derek Briggs
U.S. Naval Base Guam
Energy Manager

The new year has begun and it is a good time for a few New Year's resolutions and of course, it is always a good time to save energy. Some easy energy savings resolutions are:

Shut down your ONE-NET computer at the end of the working day, except Wednesday; Turn off the monitor and speakers but do not turn off the power strip;

When you pull your Common Access Card (CAC) from the computer, turn off the monitor;

Secure the lights and air conditioning if you're the last person out of your workspace;

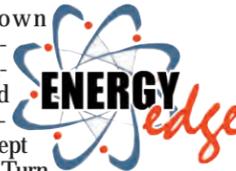
Keep doors to air-conditioned spaces closed;

Don't leave a faucet dripping; Use an automatic shutoff device on your hose; and

Keep your tires properly inflated. Recently when I was in a building on base, an employee pointed out a laser printer that was on but was never used and sits next to the network printer that is used daily. By turning that one laser printer off we saved the Navy over \$60.00 per year. We are also getting the printer redeployed to a spot where it is needed.

Look around your area and see if you have unused equipment that is turned on and check to see if you can get it turned off. Call the energy waste hot line and your energy team will investigate if you need any help.

Only by working together will we meet our goal of 30 percent energy use reduction by 2015. Success will be accomplished by many small actions along with the energy projects being done on your base. To report energy waste call the hot line at 349-4NRG (4674).



"90 AT 90": Airmen to benefit

Continued from Page 1

boost these numbers, members can take advantage of programs offered by the Coral Reef Fitness Center and the Fitness Assessment Cell.

"For us to achieve this goal it will take a lot of hard work from individuals," said Capt. Jesse Calland, 36th Force Support Squadron Sustainment Services Flight commander. "Unit PT (physical training) is primarily intended for team-building purposes and should not be relied upon as an Airman's sole source of exercise. Service members who intend to excel must go the extra mile and work out in their free time."

Calland encouraged Airmen to take advantage of the many services the Air Force provides to ensure service members are kept at their best physical level.

"The Air Force provides all the tools necessary to achieve peak physical performance," he said. "From well-rounded entrees at the dining facility to certified exercise physiologists, it is just up to us to take advantage of these opportuni-

ties and make the right choices for our health."

According to Doucette, if Airmen of the 36th Wing rise to the challenge they can expect to reap more than just physical benefits.

"Because 90 percent of Airmen would only test once a year, fewer man-hours will be demanded of Airmen at the fitness assessment cell," he said. "Airmen will also enjoy long-term health improvements, increased readiness across the board and not to mention, bragging rights for being the only Air Force installation to achieve this goal."

For some, a near-perfect PT score may seem out of reach and unrealistic. However, according to the wing commander, no goal is too lofty for this team of dedicated Airmen.

"This initiative is extreme and it will challenge Airmen of the 36th Wing in a way they have never been challenged before," Doucette said. "I have seen the service men and women here achieve things no one would have thought possible and I have no doubt this goal is within reach."



Santa's Helper: U.S. Coast Guard Sector Guam Marine Science Technician 2nd Class Nicole Tainatongo stacks unclaimed gifts during the Angel Tree event at the Merizo Mayor's Office Dec. 23. The annual event is the culmination of a Christmas toy drive coordinated by U.S. Coast Guard Sector Guam. U.S. Navy photo by Shaina Marie Santos/Released

GIFTS: Opportunity to give back to local community

Continued from Page 1



Physically Fit: Airmen on Andersen Air Force Base attempt to motivate each other, Jan. 6, in order to meet 36th Wing Commander Brig. Gen. John Doucette's physical initiative, "90 at 90." U.S. Air Force photo by Staff Sgt. Alexandre Montes/Released

No Sleigh Here:

Santa pulls into the Merizo Mayor's Office to distribute gifts to local residents at the Angel Tree event Dec. 23. The annual event is the culmination of a Christmas toy drive coordinated by U.S. Coast Guard Sector Guam. U.S. Navy photo by Shaina Marie Santos/Released



entwined with her community.

"I grew up right here in Merizo, born and raised on the island of Guam," she said. "Where I'm from, the roots are here, right down here in Merizo, and so it's a great opportunity to give back and I am very honored to be a part of it."

Tech. Sgt. Joseph Arce, of 36th Civil Support Squadron, said he was excited to give back to the local community.

"It's important for us to get involved," he said. "We obviously have a huge impact and presence here, so I believe we should also have a huge impact and presence in the community."

Arce encouraged more service members to be proactive about extending an arm to the local community. He added through collaboration, there is much potential to improve community quality of life on Guam.

Merizo Mayor Ernest Charqualaf was delighted to see service members taking part in the event and praised them for their continued support of local community.

"It's a way of giving to the community," he said. "Although [the military and local communities] are segregated by the fences, we all live together on one island. [The event is] a way of mingling with the local people and making a difference, not only because you're serving the country and the nation, but you're serving the island."



“ I was extremely impressed with my detachment ... They worked hard for eight months and met every challenge head on.
— Lt. Cmdr. Adam Schultz
HSC-25 Det. 1 Officer in Charge ”

HSC-25 Detachment 1 returns from eight months

From HSC-25 Public Affairs

Welcome Home: Family members of Helicopter Sea Combat Squadron (HSC) 25 Detachment 1 greet their Sailor during a welcoming ceremony at Andersen Air Force Base Dec. 30. HSC-25 Detachment 1 returned home following an eight-month deployment aboard USNS Amelia Earhart (T-AKE 6) and USNS Carl Brashear (T-AKE 7). Photo courtesy of HSC 25

Helicopter Sea Combat Squadron (HSC) 25 Detachment 1 were reunited with family and friends following an eight-month deployment Dec. 30. Detachment 1 embarked aboard USNS Amelia Earhart (T-AKE 6) for the beginning and end of their deployment but also spent time aboard the USNS Carl Brashear (T-AKE 7). The 33 Sailors provided vertical replenishment support of ammunition and supplies from the two ships in the George Washington Strike Group and moved more than 7,000 tons of ammunition, mail, food and other supplies during their deployment





Detachment 1 8-month deployment

They also flew more than 520 hours delivering ammunition, supplies and passengers to more than 15 different ships.

In addition to the logistical support provided to the George Washington Strike Group, Detachment 1 supported Operation Talisman Sabre while off the coast of Australia.

Logistical support was also provided to the Australian navy allowing the opportunity to improve international relations and showcase the vertical replenishment capabilities of the helicopter MH-60 Sierra.

While land-based in Japan, the team conducted joint training with the Marines from Marine Wing Support Squadron 171 with forward area refueling points allowing crewmembers and maintenance team members to

sharpen their skills during key tactical training flights. Cold weather, high traffic densities and unforgiving terrain offered the flight crews valuable experience that cannot be found at sea or even in Guam.

"I was extremely impressed with my detachment," said Lt. Cmdr Adam Schultz, Detachment 1 officer in charge. "They worked hard for eight months and met every challenge head on."

HSC-25 is the Navy's only forward deployed expeditionary and vertical replenishment squadron providing deployed ships a rapid, safe and versatile means of resupplying diminishing stores. In addition, HSC-25 provides 24-hour search and rescue and medical evacuation services to the U.S. Coast Guard for Guam and the Commonwealth of the Northern Mariana Islands.

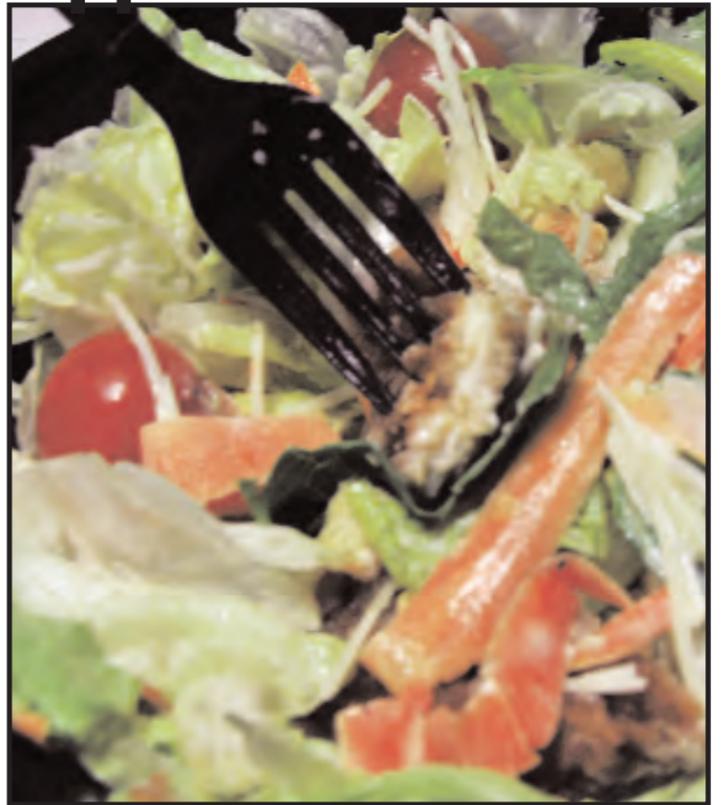


CO's Remarks: Helicopter Sea Combat Squadron (HSC) 25 Commanding Officer Cmdr. John Compton delivers his remarks during a welcoming ceremony for HSC 25 Detachment 1 at Andersen Air Force, Dec. 30, following the group's eight-month deployment aboard USNS Amelia Earhart (T-AKE 6) and USNS Carl Brashear (T-AKE 7). Photo courtesy of HSC 25

New Year's resolutions offer new opportunities



Quality Time: Island visitors Ron Addington and son play a game of table tennis at the Charles King Fitness Center on U.S. Naval Base Guam Jan. 3. Spending more time with family and friends is one of many common New Year's resolutions. U.S. Navy photo by Shaina Marie Santos/Released



Good Eats: Eating healthy is one of many common New Year's resolutions people make to improve their quality of life in the new year. U.S. Navy photo by Shaina Marie Santos/Released

By Shaina Marie Santos
Joint Region Edge Staff

As the new year begins it is not uncommon to make resolutions to improve quality of life. Whether it's at home, work or school many strive to keep their new year promises and reach their personal goals by the end of the year.

Though these personal promises are made, many people understand the difficulties that come with these pledges. Personal devotion, willpower and dedication are a few key things to remember when making and keeping resolutions.

Army spouse Kelly Caffee made a resolution this year to improve her graphic design skills and work on becoming physically fit as her goal is to run a 5k non-stop. She said resolutions give people a chance to look at their life now and make changes for the better.

"New year, new you," Caffee said. "It's always good to evaluate yourself and make improvements."

Local resident Mharjie DeGuzman shared Caffee's sentiments and added that many set the bar high for their resolutions and should strive to keep to them.

"Because it's a new year [people] want to go big," DeGuzman said. "It's like a mental thing, a New Year's hype. You can't break bad habits right away. People usually jump into their resolution like it's easy and they fail because they give up or give in to temptation."

“It's like a mental thing, a New Year's hype. You can't break bad habits right away. People usually jump into their resolution like it's easy and they fail because they give up or give in to temptation.”

— Mharjie DeGuzman

DeGuzman suggested making smaller resolutions are easier to fulfill instead of setting difficult objectives.

Before unwanted habits start to kick in, remember your resolutions were promises to strive for your ambitions. New Year's resolutions are not the only way to move forward, however,, a new year is a

chance to create better habits for yourself to obtain your goals.

New Year encourages students to focus

By Shaina Marie Santos
Joint Region Edge Staff

New Year's resolutions are a good way for people of all ages to look at their lives and decide where to make improvements. One common New Year's resolution for kids is to do better in school.

Students who are looking to progress within their education may utilize any number of resources. Other than finding new learning sources, students can make changes within themselves to improve overall performance in their schoolwork.

Guam High School Principal Phil Keim said students know when they are not putting in their best effort.

"Students realize the importance of education even though they sometimes pretend they don't," he said, "They want to please their parents, but also want to show they can be successful. Students are very aware of their own abilities and know when they are not giving it their all."

Keim encouraged students to remain focused on their studies despite the many other activities going on around them.

"There are many distractions surround-

“There are many distractions surrounding school for the 21st-century child, and it is harder than ever to stay focused on what you need to do to be successful with school.”

— Phil Keim
GHS Principal

ing school for the 21st-century child, and it is harder than ever to stay focused on what you need to do to be successful with school."

Andersen Middle School media liaison Jim Rhodes agreed that the distractions students face hinder their focus and

subsequently, their academic performance. Rhodes also encouraged students to develop good habits in school and out.

"One of the things we all have to remember is that [some students] are still kids," he said. "Parents can allow the fact that they are still young but [can] offer guidance and support, holding high expectations but not an overwhelming expectation, and allow time and space, helping them build routine."

Rhodes pointed to creating a scheduled study time, location, and limiting distractions.

"Distractions have changed over the past few years," he added. "Video games, social media, getting together with friends [and] sometimes sports can be a distraction."

Through dedication and discipline, students may develop better habits to improve their performance, grades and overall attitude toward school. From setting aside time for studying to keeping alert, making small changes in your routine may lead to long term improvements.

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



By Lt. Sheri L. Garrett
U.S. Naval Hospital Guam Chaplain

2012 could be your year of new beginnings. Regardless of what did or did not happen in 2011, you can make a fresh start now. At first the idea of change may be a little scary, but with God's help all things are possible. It is important to remember you can always make a fresh start. As long as you are alive your opportunities will not run out. Here are three steps to help you get started.

First, ask God for help by giving you wisdom and discernment. Ask God to show you how to clear your head to get focused on moving for-

New year brings new beginnings

ward. God is an awesome resource for new beginnings. You can pray, gain insight from the Bible, talk with your pastor or chaplain or gather examples from your friends who have allowed God to be their guiding light.

Second, develop a solid plan that will take you through a process to decide what you want and how to get it. Your plan is the roadmap that will make it less stressful for you as you prepare for your new journey. Most people would not take a trip without a destination in mind and a map to follow. Get a plan, set a few goals and pursue them faithfully.

Third, let go of the past. Take the lessons learned and use them to avoid repeating the same mistakes.

Do not allow your past to hinder your progress. Forgive yourself or whoever may have given you a hard time and keep your eyes on the prize. Let the past be the past and discover how wonderful your life can be as you focus on your new beginnings. Your new beginnings can and will be better than your past. Trust God and believe the best is yet to come.

Be encouraged as you read the following excerpt from a poem titled "New Beginnings" written by Gertrude M. McClain:

"It's only the beginning now, a pathway yet unknown. At times the sound of other steps, sometimes we walk alone. The best beginnings of our lives may sometimes end in sor-

row, but even on our darkest days the sun will shine tomorrow. So we must do our very best whatever life may bring, and look beyond the winter chill to smell the breath of spring. Into each life will always come a time to start anew, a new beginning for each heart as fresh as morning dew. Although the cares of life are great and heads are bowed so low, the storms of life will leave behind the wonder of a rainbow. The years will never take away our chance to start anew; it's only the beginning now so dreams can still come true."

Do not give up or get discouraged, reset your thinking in order to find the pathway to new beginnings.

CKFC ready for patrons to stay active in new year

By Mass Communication
Specialist 2nd Class (SW)
Corwin Colbert
Joint Region Edge Staff

It's a new year at Charles King Fitness Center (CKFC) on U.S. Naval Base Guam and the staff isn't wasting any time getting the facility ready for the many upcoming activities.

Upcoming Sports Events
For those looking to show off

their basketball skills on the court, the Captain's Cup Basketball season begins Jan. 17 and will run for about three months depending on participating teams.

According to Keun Bae, CKFC sports coordinator, the basketball season is the most popular Captain's Cup event.

"Everyone participates in the basketball tournament," Bae said. "We expect 15 to 20 teams to participate."

Other upcoming Captain's Cup

events include the bowling league, which begins Feb. 7 at Orote Point Lanes, and a table tennis tournament from Feb. 13-17 at CKFC.

Admiral Nimitz Golf course will be holding their eighth annual Open Invitation Jan. 20 at the course in Barrigada. Show time is noon and start time is at 1 p.m. For more information, call 344-5838.

Upcoming Fitness Events

With the new year comes New

Year's resolutions and many have made personal promises to live a healthier lifestyle. CKFC has several upcoming events to help people improve their health and quality of life.

Alec Culpepper, CKFC fitness coordinator, said one of the popular upcoming events is the CKFC's Biggest Loser 2012 Challenge.

"It is a 12-week weight loss and wellness program," he said. "It was pretty popular last

year."

Other events include a "Love your Heart" 5k run Feb. 10 at Sumay Cove and a new 10k run group where individuals will train to run 10ks.

For more information on upcoming events at CKFC, call 333-2049 or visit www.mwr-guam.com. For events at Coral Reef Fitness Center on Andersen Air Force Base, call 366-6100 or visit www.36fss.com.