LIBERTY THROUGH UNITY

# JOINT REGION EDGE

Volume IV No. 7 Friday, February 24, 2012

**Beautification Force:** Members of Team Andersen along with members from the Japan Air Self Defense Force and the Royal Australian Air Force participate in a community beautification project in Dededo, Guam Feb. 18. U.S. Air Force photo by Staff Sgt. Alexandre Montes/Released

# Team Andersen, RAAF, JASDF group assist local community

By Senior Airman Veronica McMahon
*36th Wing Public Affairs*

Team Andersen Airmen joined members from the Japan Air Self Defense Force (JASDF) and the Royal Australian Air Force (RAAF) in a community beautification project in Dededo, Guam Feb. 18.

The community relations event volunteers joined efforts with one another to volunteer at three locations throughout Dededo, giving back to the local community as a whole.

"In support of Cope North 2012, we are out here restoring these buildings and working together and giving back to the community," said Staff Sgt. Henry Smith, 36th Force Support Squadron.

"Right now we are painting the mayor's house and we just finished the Dededo Library. We are trying to make it presentable and put our footprint in the community."

The mayor's house and the library were two major landmarks in Dededo which needed some attention; after the hours spent

See **Airmen**, Page 7

# Guam Sailors hold Learnabration for MEMS students

By Mass Communication Specialist 3rd Class (SW) Corey Hensley
*U.S. Naval Base Guam Public Affairs*

Sailors stationed at various commands on Guam volunteered their time as guest speakers during the annual Learnabration at Cmdr. William C. McCool Elementary/Middle School (MEMS) on U.S. Naval Base (NBG) Guam Feb. 17.

Established in 2009 by the Guam Greek Council, Learnabration's goal is to celebrate Black History Month and expand students' knowledge of African-American culture and history.

"Throughout the school year, children get opportunities to learn about everything they can, but they don't get too many opportunities to get really into African-American history," said Master-at-Arms Seaman Zachery Farrell, assigned to NBG Security. "This gives me an opportunity to get out to the community and help them learn a little more about something they may not learn too much about."

The focus of this year's Learnabration was famous women in black history in America. Students rotated through classrooms to listen to different speakers offering particular topics that highlighted black women's accomplishments.

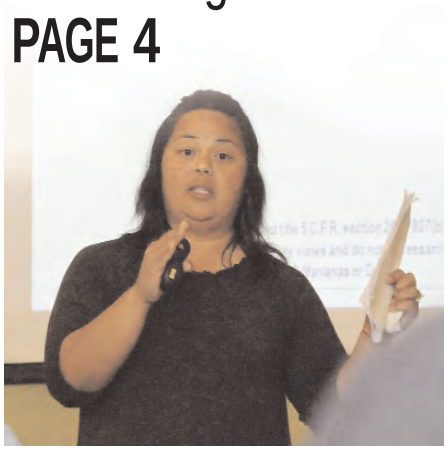
See **Celebration**, Page 7

## COPE NORTH 2012

PAGES 8, 9

## NAVFAC Safety Team shares insight

PAGE 4



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youtube.com/jrmguam

## Joint Region Edge

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

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

### Joint Region Marianas Public Affairs

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

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

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

**Editor**
JoAnna Delfin
349-2113
joanna.delfin.ctr@fe.navy.mil

**Reporters**

Mass Communication Specialist
1st Class (SW) Peter Lewis
349-4376
peter.lewis1@fe.navy.mil

Mass Communication Specialist
2nd Class (SW) Corwin Colbert
349-4376
corwin.colbert@fe.navy.mil

Mass Communication Specialist
2nd Class (SW) Gabrielle Blake
349-5438

Shaina Marie Santos
349-2115
shaina.santos.ctr@fe.navy.mil

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

Write to us at:
Joint Region Marianas
Public Affairs Office
PSC 455 Box 211
FPO AP 96540-1000

### U.S. Naval Base Guam Public Affairs

**Public Affairs Officer**
Annette Donner
339-2663
annette.donner@fe.navy.mil

### Andersen Air Force Base Public Affairs

**Public Affairs Officer**
Capt. Timothy Lundberg
Chief of Public Affairs
366-2228
timothy.lundberg@us.af.mil

**Noncommissioned Officer in Charge of Internal Information**
Technical Sgt. Stephen Teel
366-2228

**Reporters**
Staff Sgt. Alex Montes, 366-2228
Senior Airman Veronica McMahon, 366-2228
Senior Airman Ben Wiseman, 366-2228
Senior Airman Carlin Leslie, 366-2228
Airman 1st Class Jeffrey Schultze, 366-2228
Airman 1st Class Whitney Tucker, 366-2228


# Andersen Airman recognized for life-saving actions

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

Airman 1st Class Cody Frediani, 36th Civil Engineer Squadron Explosive Ordnance Disposal apprentice, was awarded the Air Force Achievement Medal on Andersen Air Force Base Feb. 16, for his precise execution of life saving skills under the most unexpected of circumstances.

It was just after 4:30 p.m. and Frediani was headed home for the day. All that remained on his to-do list was a pit stop at the gas station and he was free for the night. As he ambled into the store and took his place at the back of the check-out line, his eyes were drawn to the parking lot where cluster of people had gathered, all wearing anxious expressions and huddling around a gas pump.

"I heard someone say a man had fallen down and was unconscious," he said. "I ran outside and found the man on the ground lying on top of a gas nozzle."

According to his award write-up, Frediani single-handedly and without hesitation began administering cardiopulmonary resuscitation (CPR) to the lifeless heart attack victim while maintaining control of the situation and ensuring no further harm was done.

"My first thought was to get the gas pump out from under him and check his vital signs," Frediani said. "I found him unresponsive and knew I had to perform compressions."

**Award:** Airman 1st Class Cody Frediani was presented the Air Force Achievement Medal at the Top of the Rock on Andersen Air Force Base Feb. 16. Frediani demonstrated expert lifesaving skills when he responded to a cry for help at the base shopette Aug. 31, 2011. He performed cardiopulmonary resuscitation on an unconscious individual for 15 minutes before emergency response personnel arrived on scene. U.S. Air Force photo/Airman 1st Class Whitney Tucker/Released

Having recently taken the CPR course, Airman Frediani was no stranger its procedures. However, no amount of training could have prepared him for what happened next.

"There is no way to describe what it's like to feel someone's ribs cracking beneath your hands," the EOD apprentice said. "When you go through CPR training the instructors warn you it will happen, but to experience it is something else entirely."

With the sun beating down on his back, Frediani performed CPR for an exhaustive 15 minutes before emergency response personnel arrived on the scene and took over.

"I was getting very minor responses," he said. "I could tell he was trying to breathe; short gasps of air kept escaping from his throat, but he wasn't able to breathe on his own. When they loaded him into the ambulance, the last thing I heard was that he had a pulse again."

Though Airman Frediani was never reunited with the stranger whose life he saved, the two men will share a connection forever.

"When I was 19 my dad had a heart attack," Frediani said. "All I wanted was the chance to speak to him again. I am very proud to receive the Air Force Achievement Medal, but my greatest reward is knowing I gave a father and son more time."

# COMMUNITY Corner

## 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.

**2012 Guam Seabee Ball**
The 2012 Guam Seabee Ball will be held at Hotel Nikko Guam Tasi Ballroom March 17 at 6 p.m. Guest speaker is renowned educator, historian and government official Don Farrell. Attire is dinner dress whites or equivalent for service members, and coat and tie for civilians.

**Ticket prices are as follows:**
E1-E4: $15
E5-E6: $25
E7-O3 and civilians: $40
O4-O5: $50
O6 and above: $60

For tickets, please contact Lt. Thomas Hartung at 333-2031 or thomas.hartung@fe.navy. mil, or Lt. Richard Diaz at 366-1287 or richard.diaz.9@us.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**
March 27: No Classes

**University of Phoenix**
The University of Phoenix offers courses in Masters of Business Administration, Masters of Management, Masters of Management/Human Resources, and Master of Arts in Education. For more information, call 366-6226.

**Central Texas College**
Register now for the 8-week face-to-face course in LGLA 1355- Family Law. The class covers fundamental concepts of family law with emphasis on paralegal's role. Topics include formal and informal marriages, divorce annulment, marital property and the parent-childe relationship. Registration is from March 5-16 and classes will be from March 19-May13. For more information, contact Angel Johnson at 366-3366 or e-mail guam.nv.pfec@ctcd.edu.

**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.

## movies • movies • movies

### The Big Screen Theater

| | | |
|---|---|---|
| FEBRUARY 24 (FRIDAY) | | |
| 7 PM | WARHORSE | PG-13 |
| 9:30 PM | THE DEVIL INSIDE | R |
| FEBRUARY 25 (SATURDAY) | | |
| 1 PM | ADVENTURES OF TINTIN | PG |
| 3:30 PM | THE DARKEST HOUR | PG-13 |
| 7 PM | MISSION IMPOSSIBLE GHOST PROTOCOL | PG-13 |
| FEBURARY 26 (SUNDAY) | | |
| 1 PM | ALVIN AND THE CHIPMUNKS CHIPWRECKED | G |
| 3:30 PM | WE BOUT A ZOO | PG |
| 7 PM | THE GIRL WITH THE DRAGON TATTOO | R |

**Movie Hotline 564-1831 US Naval Base Guam**

### Meehan Theater

| | | |
|---|---|---|
| FEBRUARY 24 (FRIDAY) | | |
| 7 PM | THE MUPPETS | PG |
| FEBRUARY 25 (SATURDAY) | | |
| 2 PM | HAPPY FEET 2 | PG |
| 7 PM | J EDGAR | R |
| FEBRUARY 26 (SUNDAY) | | |
| 7 PM | J EDGAR | R |

**Movie Hotline 366-1523 Andersen Air Force Base**

**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

**Fleet and Family Support Center Classes**
March 1: Welcome to Guam orientation from 8 a.m.-4:30 p.m.
March 2: Island tour from 8 a.m.-4:30 p.m.
For more information, call 333-2056.

**March Culinary Boot Camp**
Explore new ways to eat well and learn some of the health benefits that come with it during our next Culinary Boot Camp, Wednesday, March 7 from 5:30-7:30 p.m. at Top O' the Mar. Sign up and pay for the class by March 5 at the Charles King Fitness Center. Culinary Boot Camp classes are $90 for the first class and $50 for every class after that. For more information, call 685-5142.

## 36th FSS HAPPENINGS

### Andersen Air Force Base

Airman and Family Readiness Center Classes
Feb. 27: 10 Steps to a Federal Job search class from 2-3 p.m.
March 2: Smooth Move from 9-10:30 a.m.
For more information, call 366-2276.

**Free Outdoor Movie Night**
Enjoy a movie under the stars at Arc Light Park March 10 featuring the PG-rated movie "Marley & Me." Show time is 7:30 p.m., weather permitting. Call 366-2339 for more information.

## SPORTS SHORTS

### U.S. Naval Base Guam

**Shamrock Competitive 10K**
Run for your luck at the Shamrock Competitive 10K behind Molly McGee's March 17. Show time is 5:30 a.m. with go time at 6 a.m. Door prizes will be awarded. Pre-register at the Charles King Fitness Center front desk on or before March 16 or sign up on race day. There is no fee to join and the event is open to all authorized patrons. For more information, call 333-2049.

**Captain's Cup Golf Tournament**
Sign up and turn in the sports package at the Charles King Fitness Center by March 16. The event is open to all active duty, reserve, DOD civilian, contractors and immediate family members. The event will take place at the Admiral Nimitz Golf Course Friday, March 23. For more information, call 333-2471

### Andersen Air Force Base

**Spring 5K Run/Walk**
The Coral Reef Fitness Center will hold a 5K fun/run walk March 5 at the Palm Tree Golf Course driving range parking lot. Show time is 6 a.m. and go time is at 6:30 a.m. No sign up is required. Call 366-6166 for more information.

**March Madness Pacific-wide Basketball Tournament**
The annual March Madness Pacific-wide Basketball Tournament will be held March 17-24 at the Coral Reef Fitness Center. Teams throughout the pacific will participate in the biggest tournament of the year. Call 366-6100 for more information.

# Andersen's Best:

## Tech Sgt. Sharnta Bullard

By Senior Airman Carlin Leslie
*36th Wing Public Affairs*

Tech. Sgt. Sharnta Bullard, 36th Medical Operations Squadron (MOS), was awarded Team Andersen's Best on Andersen Air Force Base Feb. 9.

Bullard has filled the non-commissioned officer (NCOIC) in charge 36th MOS Ambulance Services over the last three months due to the assigned NCOIC deploying. As her first NCOIC role, Bullard has handled her new leadership role like a seasoned expert working through multiple manning challenges, Joint Region Marianas nuances and expanding 24/7 mission emergency management capability to a paramedic level standard of care.

"She displays the confidence needed to face the toughest leadership challenges with a smile and positive 'can do' attitude," said Maj. Dana Baker, 36th MOS Flight Medicine and Ambulance Services element chief.

All these feats have been accomplished while filling the manning gaps working 24-hour shifts at the fire department. Impressively, her NCOIC responsibilities, leadership influence, command and control of an ever-changing environment have never faltered.

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.

**Best of the Best:** Tech. Sgt. Sharnta Bullard, 36th Medical Operations Squadron's Ambulance Services non- commissioned officer in charge, is awarded Team Andersen's Best on Andersen Air Force Base Feb. 9. Andersen's Best is a recognition program which highlights a top performer from the 36th Wing. Each week, supervisors nominate a member of their team for outstanding performance and the wing commander presents the selected Airman/civilian with an award. U.S. Air Force photo by Staff Sgt. Alexandre Montes/Released

# Full-time support Sailor gives Sailors full-time support

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

Yeoman 1st Class (EXW) Anna Espiritumoncrief is the training officer for the Navy Operational Support Center Guam (NOSC) and is this week's Top Performer.

As part of the NOSC team, her duties include identify funds needed to send Sailors to schools, plan and schedule trainings for her fellow Navy reservists. She enjoys the job because it gives her a sense of accomplishment.

"My main job is to train my people here at the command," she said. "I enjoy working with people especially at this command. I love doing anything I can to help them succeed."

Espiritumoncrief is a full-time support reservist and has been serving her country for more than 16 years. She joined the Navy initially for college. After serving six years of active duty, she continued her Navy career as a reservist. While in reserve status, she put in her package to go full-time twice before being picked up after her third try.

NOSC's top performer said the reason she wanted to go back to full time active duty was the active-duty Navy culture.

"I love the active duty's culture and camaraderie," she said. "The closeness of service members working together for a common goal is encouraging. You don't get that a lot on the outside. It's the greatest feeling when you can accomplish something and I enjoy helping my Sailors."

**Helping Fellow Sailors:** Yeoman 1st Class (EXW) Anna Espiritumoncrief, training officer for the Naval Operation Support Center Guam, works at her desk on U.S. Naval Base Guam Feb. 21. Espiritumoncrief is this week's Top Performer. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert/Released

ENERGY edge

# Tips to save energy in home offices

> One should put AC adapters on a power strip that can be turned off or will turn off automatically as the transformer in the AC adapter draws power continuously, even when the laptop is not plugged into the adapter.
>
> — *Kevin Evans*
> *JRM Energy Manager*

By Kevin D. Evans
*Joint Region Marianas Energy Manager*

Lately, I've received several questions about energy conservation at home. One of the questions centered on home offices.

Here are some tips from the Department of Energy's (DOE) Web site I trust will help. Energy Star-labeled home office equipment is widely available, saving users as much as 90 percent for some products. Overall Energy Star-labeled office products use about half the electricity of standard equipment. Check out energy related products at http://www.energystar.gov/.

Here are some further home office tips. Turn off personal computers (PCs), monitors, copiers and printers when not in use. New computers have no problems with being shut off. If one wishes to leave them on, consider using the computer's sleep mode which uses less than four watts. Also, one should put AC adapters on a power strip that can be turned off or will turn off automatically as the transformer in the AC adapter draws power continuously, even when a computer is not plugged into the adapter.

Finally, here are some general home electronic tips that are quite useful. Just like home office equipment, look for energy-saving Energy Star-labeled home electronics. Many appliances continue to draw a small amount of power when they are switched off. These phantom loads occur in most appliances that use electricity, such as DVD players, televisions, stereos, computers and kitchen appliances. Phantom loads can be avoided by unplugging the appliance or using a power strip and using the switch on the power strip to cut all power to the appliance. Unplug battery chargers when the batteries are fully charged or the chargers are not in use.

In the military, quite a few of us do work from home from time to time, but it may increase home energy use unless one uses energy-saving office equipment. For more information, check out the DOE Energy Savers Guide: Tips on Saving Money and Energy at Home at http://www.energysavers.gov/tips/.

# NAVFAC safety team shares insight at meeting

By JoAnna Delfin
*Joint Region Edge Staff*

Members from Naval Facilities Engineering Command (NAVFAC) Marianas safety and health division shared insights with local contractors during an American Society of Safety Engineers (ASSE) meeting at the Guam Marriott in Tumon Feb. 16.

The ASSE is comprised of a mix of agencies that perform work under military contracts with NAVFAC Marianas as the main oversight and other companies that may not have any affiliation with the military or NAVFAC Marianas.

NAVFAC Marianas Safety and Health Program Manager Mellissa Cruz said the team's goal was to share experiences and discuss ways to improve the culture of safety within the different organizations represented this evening. It was also an opportunity to listen to concerns of various contractors who may be experiencing safety and health program difficulties or achievements.

"We were invited by the American Society of Safety Engineers to be a guess speaker this evening to discuss ways to develop a positive culture of safety as well as to address our top safety concerns experienced at various project sites and to collective come up with a positive resolution by being proactive and working together to find a solution.

During her presentation, Cruz discussed with the group various safety and health concerns for employees such as hazard recognition, program management, execution, personal protective equipment and housekeeping.

"It's important that we take note of these things and realize that the safety of our employees comes first," she said.

Cruz also covered the NAVFAC Marianas vision of safety which is to provide a safe and healthy work environment for all employees. Executing the work in accordance with the Contractor's Accident Prevention Plan and the OSHA's standard can lead to zero Days Away, Restricted & Transfer of Duty (DART) workforce.

"I believe, speaking about the safety culture in this kind of forum demonstrates our commitment that we care not only about the safety of our people but for the people in our community as well," Cruz said.

**Question and Answer:** Naval Facilities Engineering Command (NAVFAC) Marianas Safety and Health Program Manager Mellissa Cruz, answers the question of an American Society of Safety Engineers member during a meeting at the Guam Marriott in Tumon Feb. 16. U.S. Navy photo by JoAnnaDelfin/Released

**Presentation:** Naval Facilities Engineering Command (NAVFAC) Marianas Safety and Health Program Manager Mellissa Cruz, speaks to American Society of Safety Engineers members during a meeting at the Guam Marriott in Tumon Feb. 16. U.S. Navy photo by JoAnna Delfin/Released

# 90 at 90: Nutrition matters

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

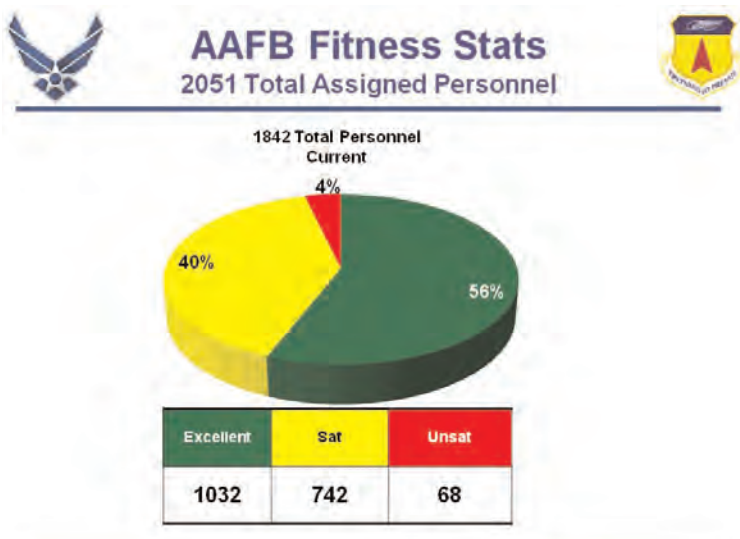
As Team Andersen members strive to attain a 90 percent on their physical training test, they are left to sort through the thousands of articles on the Web about how to lose weight and keep it off. The trouble is, each source swears to a different fat-blasting method than the last.

Team Andersen members can rest assured there is one sure-fire, time-tested method that is often overlooked: nutrition.

"Food is fuel for the body," said Byron Hardy, 36th Wing Health and Wellness Center (HAWC) exercise physiologist. "The American diet is far too processed. You should try to eat as many natural foods as possible. I advise Airmen to stay on the perimeter of the commissary, where they'll find healthy foods such as fruits and vegetables."

Since correcting bad habits developed over a lifetime can be easier said than done, the experts at the HAWC have put programs in place to help ease the transition.

"We offer to go to the dining facility with dorm residents and show them what the healthy options are," said Autumn Bradford, HAWC nutritionist. "For Airmen who live in base housing or off-base, we offer commissary tours. We'll walk through and point out good and bad foods to help you be more successful shopping on your own."




For those who are new to the wide world of fitness, health and proper nutrition, knowing how to set up a balanced schedule that includes all the activities and lifestyle changes necessary to get fit can be confusing and intimidating. The fitness professionals at the HAWC are here to help.

**36th Wing Airman Profile: Chief Master Sgt. James Slisik, 36th Operations Group superintendent**

When we moved from the bike test, I scored a 92 percent on my first physical training test. Thanks to hard work and self discipline, I've slowly improved my score year after year culminating in a 98.3 percent over the last two years. Now, I realize most of you are probably thinking "What does the Chief have to worry about, he already has a 90", but I worry.

My dad had his first heart attack at age 41 and his third heart attack killed him at 62. I'm 42 years old. Using only family history as an indicator, I'm due a heart attack any time and only have roughly 20 years life expectancy left. Now, I can't control my family history but I can control my lifestyle choices. I choose not to smoke, I try to eat healthy foods and I choose to exercise. I'm running for my life, not just because the Air Force set a standard; that's just one important reason, but I run because I want see my kids graduate, I want to see them get married and I want to grow old with my wife. Some may say that's selfish, I say it's a win, win, win: a win for the Air Force, a win for my family and a win for me.

- Cardio: 11:03 / 58.30
- Abdominal Circumference: 29" / 20
- Push-ups: 61 /10
- Sit-ups: 56 / 10.00
- Composite Score: 98.30
- Fitness Level: Excellent

I challenge each of you to strive for a 90 or better and help us meet the 90 at 90 goal, not only for the Wing but for you and your family. Run for your life.

**36th Wing Airman Profile: Chief Master Sgt. Margarita Overton, 36th Wing command chief:**

I am not an athlete, and I wouldn't call myself an extreme enthusiast for hard-core, advanced-level workouts. What I do have in my favor is consistency. My goal is to workout a maximum of six times a week, minimum of four times a week. My workout is usually about 45-60 minutes of cardio at least 5 times per week and 30 minutes of strength training at least two times a week. While I did still score an excellent on my last assessment, my run time, push-ups and waist measurements were not as good as they have been in previous years.

- Cardio: 13:54/58.20
- Abdominal Circumference: 31.10"/20
- Push-ups: 23/8.50
- Sit-ups: 46/10
- Composite Score: 96.70
- Fitness Level: Excellent

I'd like to get back to my previous level of fitness by decreasing my run time by at least one minute, getting my waist down to 29 inches and shooting for at least 30 push-ups.To do so, I will have to incorporate sprints into my workout at least twice a week and focus on core/upper body strength training twice a week. I'm also reading up a lot on nutrition so I can make better choices at meal time. I get bored very easily, but I overcome that by setting mini-goals (60-day, 90-day, etc.) and maintaining variety in my workouts.

You don't have to be an athlete to score a 90 percent or better. All you have to do is commit to a consistent frequency and make your workouts count by exerting yourself and using proper form. I look forward to seeing you around the installation as we encourage each other to accomplish our fitness goals.

# FFSC shares advice for family, finance

**Helpful Information:** Yeoman 1st Class (SW/AW) Vincent Estrada assigned to Navy Operational Support Center Guam, receives information packets from Erlinda Montecalvo, a Family Advocate Program educator for the Fleet and Family Support Center inside the Navy Exchange main complex on U.S. Naval Base Guam Feb. 14. FFSC staff was on hand to promote peaceful family education, discipline and healthy eating habits. U.S Navy photo by Mass Communication Specialist 3rd Class Corey Hensley/Released

# JRM jazzing in the region

By Mass Communication Specialist 2nd Class (SW) Gabrielle Blake
*Joint Region Edge Staff*

Sailors and Department of Defense personnel assigned to Joint Region Marianas (JRM) tapped their feet and danced in their chairs during "Jazzing in the Region" in celebration of Black History Month in Nimitz Hill Feb. 15.

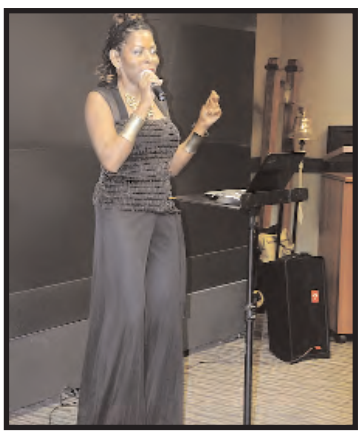
Everyone came together for lunch to enjoy jazz melodies sung by JRM's Acting Executive Director Rowevina Herring, accompanied by pianist and musical director Dante Trinidad.

"I love music," Herring said. "I have been a person that loved jazz and blues for most of my life and so Black History always reminds me of all the musical giants we've had."

Carla Smith, JRM Deputy Equal Employment Opportunity (EEO) officer, organized the celebration as well as many other cultural celebrations throughout the year.

"I believe promoting cultural awareness and educating people about contributions all races have made helps everyone to get along with each other and understand each other more," said Smith. "As EEO, you are supposed to embrace and appreciate all cultures. You are supposed to practice fair treatment of all people and I believe having these programs ties into that."

Different commands on Guam will be holding Black History Month celebrations throughout the month of February.



**Jazzin' it Up:** Rowevina Herring, Joint Region Marianas' (JRM) acting executive director, sings jazz melodies during JRM's "Jazzing in the Region" in celebration of Black History Month in Nimitz Hill feb. 15. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Gabrielle Blake/Released

# Tower renovations
## improve operations, training capabilities

**Standing Tall:** Tower renovations have recently been made to improve operations and training capabilities and after months of working out in an alternate location, the 36th Operations Support Squadron staff has moved back into the renovated tower in time for Cope North 2012. U.S. Air Force photo by Airman First Class Mariah Haddenham/Release

By Senior Airman Veronica McMahon
*36th Wing Public Affairs*

While aircraft conduct sorties from the flight line, Andersen's air space provides training for deployed forces improving Andersen's warfighter capability.

This complicated ground and air dance of aircraft and vehicles depend upon the command and control over by the tower. After four decades of standing more than 260 feet tall, recent renovations have been made to the tower in order to enhance its capabilities for the future.

"All these renovations not only keep systems in place and stable, but keep pilots, ground crew and aircraft safe because we are able to better keep the communication airways open," said Tech.

Sgt. Joseph Arce, 36th Operations Support Squadron Training and Standardization non-commissioned officer in-charge. "It was a big push to get this accomplished before Cope North 2012 to ensure exercise success."

The tower, which used to be the Department of Defense's largest free standing tower, now has a new edition which will be used as a training and conference room. It has been built to last and withstand future typhoons and earthquakes Guam.

Other renovations to the tower include water and electrical upgrades, fire suppressions systems and the refurbishment of cabinets and office space.

"Without the renovations we wouldn't have been able to complete the Air Force mission," Arce said. "We are responsible for the safe movement of aircraft in and out of Andersen AFB (Air Force Base)."

The renovation process initially began in August 2011 and by October the air traffic control (ATC) staff moved to a mobile ATC location so the tower could undergo the proper renovations. This was the longest the staff had to relocate since the tower's initial construction and the alternate site was much smaller and difficult to work in with limited visibility.

"We have to be able to support aircrew and the flying mission as expeditiously and safely as possible so that aircrews can complete the mission they were designed to accomplish," said Senior Master Sgt. Lawrence Witt, 36th OSS chief controller. "Sgt. Arce has been a rock behind this project and it is very impressive smoothly it ran."

On Jan. 24 the 21-person staff of enlisted Airmen was able to relocate back into the tower where they found the remolded accommodations very well done.

"Here at Andersen we can go from few operations to continuous launch and recoveries and the staff needs to be able to adjust to the," Witt said. "Now the crew is able to get the job done more smoothly and the overall morale is enhanced when Airmen are moving these aircraft. We now have a building that matches the caliber of the operations and people working here."

# AF 2013 budget:
## Cuts while keeping agile, flexible, ready force

*From 36th Wing Public Affairs*

The Air Force released its fiscal 2013 budget Feb. 13 and stressed the need for difficult budgetary cuts to meet the new defense strategy while maintaining the service's agility, flexibility and readiness.

The Air Force is requesting $154.3 billion in the president's 2013 budget, a reduction of five percent from the $162.5 billion the service received in fiscal 2012.

"The Air Force made some very difficult choices," said Maj. Gen. Edward L. Bolton Jr., deputy assistant secretary of budget. "But it was our priority to tightly align with the new strategy and also stay within the fiscal environment as a result of the realities we are facing economically."

The Air Force Strategic Choices and Budget Priorities paper, released by Secretary of the Air Force Michael Donley and Air Force Chief of Staff Gen. Norton Schwartz Jan. 27, calls for streamlining of the force, making it smaller and more efficient with care to not create a hollow force.

Under the Budget Control Act, the Department of Defense is required to reduce expenditures by $487 billion over the next 10 years with a reduction of $259 billion over the next five.

"It is worth noting that our budget has reduced by 12 percent in real terms since FY09," Bolton said. "So we have seen a consistent trend of reductions in the budget.The Air Force budget portion of the Budget Control Act reductions over the next five years is $54 billion."

The Air Force's portion is not a result of simply dividing responsibility between the services. Instead, the budget amount is strategy-driven, while maintaining a properly equipped force with the ability to deter, deny and defeat an opportunistic aggressor in a combined campaign any time, anywhere, he added.

"The strategy requires a different force structure and different tools; the Air Force is realigning the total force to address the future," Bolton said.

The service has drawn down many times in the past, but never as a nation still at war. Previous size reductions focused more on maintaining force structure, which left the Air Force with a hollow force, he said.

"It is really about balancing risk among the themes of force structure, readiness, modernization and taking care of our people," Bolton said. "We have sized the force to the strategy within the fiscal constraints we are facing."

According to Bolton, the Air Force is looking at a nearly $3 billion reduction in procurement cost because the service divested and is purchasing less hardware. Also, there is a reduction of about $500 million in research, development, testing and evaluation, but the Air Force continued its focus on modernizing key components that will maintain the service's technological edge.

"Funding for intelligence, surveillance and reconnaissance, and space remain a priority," he added. "We will continue to develop programs in ISR ensuring we are supplying this skill set to the joint warfighter and coalition partners."

According to Bolton, funding also remains in place for the F-35 Lightning II joint strike fighter — the centerpiece for future modernization to be able to prevail in contested environments.

"Ensuring fiscal goals are met and fleet modernization continues are only half of the goal in the new strategy," said Bolton. "Taking care of Airmen and their families is a key component and cannot get lost in talking of mere numbers.

"We are reducing the force by 9,900 Airmen, which will reduce the end strength of active duty, guard and reserve to around a 501,000 total force," he said. "This allows us to appropriately size the force structure to the strategy and hardware we are going to have in the inventory."

The Air Force is proposing a 1.7 percent military pay raise in fiscal 2013 and a 4.2 percent raise in basic allowance for housing and 3.4 percent raise in the basic allowance for subsistence as a continuing growth of compensation for service.

"We are budgeting more than $700 million for family programs including child and youth programs and child development centers," Bolton said. "We will continue to take care of our folks; we just need to ensure it is being done efficiently under tighter fiscal constraints."

Housing is a key ingredient to taking care of Airmen and the Air Force is close to reaching its goal of 53,000 privatized housing units force-wide with over 40,000 units in place and the remaining units to be ready in fiscal 2013.

"We've increased our family housing budget by $93 million and this will allow us to meet our goal," Bolton said. "Completing this transition is important because we have found through privatization we are able to increase the quality of housing for our Airmen and their families."

Looking back to the 2011 requirements — military action and support in Iraq and Afghanistan, supporting NATO missions in Libya, along with humanitarian support to Japan following a major earthquake — Bolton reinforced the reach and responsibility placed on today's Airmen and emphasized the importance of providing them the tools required for a versatile force.

"We will continue to do everything we can to provide them with the tools they need to continue to be the best Air Force in the world for decades to come," Bolton said.

**Playground Restoration:** Members of Team Andersen along with members from the Japan Air Self Defense Force (JASDF) and the Royal Australian Air Force (RAAF) participate in a community beautification project in Dededo, Guam Feb. 18. The community event was part of Cope North 2012 a multinational exercise designed to enhance air operations between the U.S. Air Force, JASDF and the RAAF. U.S. Air Force photo by Senior Airman Carlin Leslie/Released

**Chipping Away:** Members of Team Andersen along with members from the Japan Air Self Defense Force and the Royal Australian Air Force participate in a community beautification project in Dededo, Guam Feb. 18. U.S. Air Force photo by Staff Sgt. Alexandre Montes/Released

# AIRMEN: Trilateral force supports local community, works together

Continued from Page 1

painting, the volunteers gave a whole new look to the buildings.

While many volunteers did primarily spend time painting, others were using different skills to rebuild and beautify the Maria Ulloa Elementary School playground.

"I'm here volunteering and trying to help out the school and get the playground equipment ready for the children," said Staff Sgt. Alexander Port, 36th Munitions Squadron. "We are trying to do as much as we can as a trilateral force to support the community of Guam and it's a great opportunity to give back to the community."

Before the volunteers arrived at the elementary school there was not much of a playground at all. After they began working the playground was quickly built and painted. The school staff was impressed by the efforts the volunteers contributed.

"We are really, really happy to have them here today; the playground looks beautiful now," said Josephine Parel-Fontbuena, Maria Ulloa Elementary School assistant principal. "Earlier it was really dull, but now because of the colors and new swing sets the children will be very happy. When the children come in [Tuesday] and see these, there will be smiles on their faces."

The community event was an initiative of Cope North 2012, a multinational exercise designed to enhance air operations between the U.S. Air Force, JASDF and the RAAF. Such events bring the services together and allow them to make their mark in the local community as well as learn things from one another.

"It's good to get to work with the Japanese and the U.S. Air Force because we learn from each other," said RAAF Cpl. Scott Dawson of the RAAF 1 Squadron. "We find out things we do differently and adapt, making it easy to work together."

**Special Performance:** Sailors assigned to various commands on Guam watch a performance by students at Cmdr. William C. McCool Elementary/Middle School on U.S. Naval Base Guam Feb. 17. Sailors were at the school as volunteer speakers for Learnabration, an annual event which celebrates Black History Month with the goal of expanding students' knowledge of African-American culture and its rich history. U.S. Navy photo by Mass Communication Specialist 3rd Class Corey Hensley/Released

# CELEBRATION: 'African-American culture is part of everyday history'

Continued from Page 1

"The kids were very engaged, very interactive with the presenters, very inquisitive and always wanting more," said Valerie Payne, MEMS event organizer and member of Guam Greek Council. " I hope that the kids will take away from this that African-American culture is a part of our everyday history, and that this one month is used to highlight the contributions of African-Americans."

In one classroom, Chief Hospital Corpsman (FMF) Tony Lafuente, assigned to U.S. Naval Hospital Guam, created an interactive experience for the children, having them imagine they were slaves following Harriet Tubman's route to freedom.

"I talked them about the underground railroad, the dangers that it took and the choices that slaves had to make and how bad they really wanted to have freedom," Lafuente said. "For kids to really get involved, it helps them learn when you give them choices to make, and put them in a spot where the slaves were."

**Reaching to the Past:** Joint Region Marianas Equal Employment Opportunity Officer Carla Smith, speaks to students at Cmdr. William C. McCool Elementary/Middle School on U.S. Naval Base Guam about African-American spiritual hymns Feb. 17. Smith volunteered as a speaker for Learnabration, an annual event which celebrates Black History Month with the goal of expanding students' knowledge of African-American culture and its rich history. U.S. Navy photo by Mass Communication Specialist 3rd Class Corey Hensley/Released

**Prepare For Takeoff:** An F-16 Fighting Falcon Aggressor taxis on the flight line during Cope North 2012 on Andersen Air Force Base Feb. 14. More than 1,000 military members from units spanning the Pacific are scheduled to begin arriving this week for exercise Cope North. The trilateral exercise, which began Feb. 9 and will run through Feb. 24, is a multinational exercise designed to enhance air operations between the U.S. Air Force, the Japan Air Self Defense Force and the Royal Australian Air Force. U.S. Air Force photo by Senior Airman Carlin Leslie/Released

**Above:** A B-52 from Minot Air Force Base, N.D. takes off from Andersen Air Force Base in support of flying operations for Cope North 2012 Feb. 15. The B-52 is deployed to Andersen with the 23rd Expeditionary Bomb Squadron and is part of a continuous bomber presence in the region. U.S. Air Force photo by Senior Airman Carlin Leslie/Released

**Below:** An F-15 Eagle from the Japan Air Self Defense Force takes off from Andersen Air Force Base during Cope North 2012 Feb. 15. More than 1,000 military members from units spanning the Pacific are scheduled to begin arriving this week for exercise Cope North 2012. 0 U.S Air Force photo by Senior Airman Carlin Leslie/Released

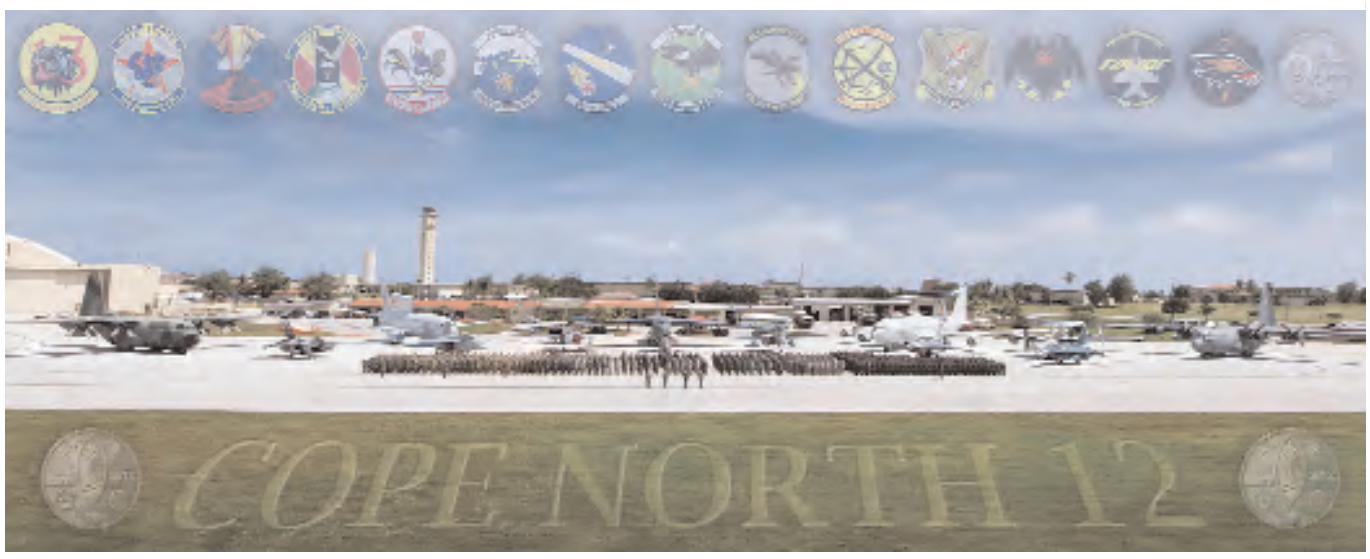
# Cope North 2
# Aircraft take off fo

**Above:** A maintainer from the 18th Aggressor (AS), Eielson Air Force Base, Alaska, completes pre an F-16 Fighting Falcon Aggressor on Andersen Base Feb. 14. U.S. Air Force photo by Senior Airm Leslie/Released

**Right:** Maintainers from the 18th Aggressor Squa Eielson Air Force Base, Alaska, stand ready to re pilots to aboard the F-16 Fighting Falcon Agg Andersen Air Force Base Feb. 14. (U.S. Air Force Senior Airman Carlin Leslie/Released)

maintainer from the 18th Aggressor Squadron (AS), Eielson Air Force Base, mpletes pre-flight on an F-16 Fighting Falcon Aggressor on Andersen se Feb. 14. The 18th AS is on island in support of Cope North 2012, flying as ng force to the other aircraft participating in the exercise. U.S. Air Force photo rman Carlin Leslie/Released

18th Aggressor Squadrons F-16 Fighting Falcons, complete engine run pre-ks during Cope North 2012 on Andersen Air Force Base Feb. 14. More than ary members from units spanning the Pacific arrived this week for exercise . Air Force photo by Senior Airman Carlin Leslie/Released




# 2012
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# Mothers of Preschoolers reach out

By Shaina Marie Santos
*Joint Region Edge Staff*

Military mothers with young children can now breathe easier as Mothers of Preschoolers (MOPS), the international organization that caters to women with young children, was established on U.S Naval Base Guam this year.

The group meets at the base's community center every first and third Tuesday of the month for two-hour sessions that begin at 9 a.m. Meetings will be held September to May to correspond with the school year. The first monthly meeting focuses on parenting, while the second gives mothers a chance to relax and is more craft and fun-oriented.

When co-coordinator Eileen Jones first arrived on Guam, she knew she could not go two years without MOPS.

"MOPS really saved my life," she said. "MOPS is a great support group for women. Mothering is the most challenging job anyone can have and we need support. We need other mothers to kind of help us through the process."

**Mothers in Motion:** A group of mothers work together on a craft project at a Mothers of Preschoolers (MOPS) meeting held at the U.S. Naval Base Guam Community Center Feb. 21. MOPS is an international support group for mothers of young children that has opened a new Guam chapter this year. U.S. Navy photo by Shaina Marie Santos/Released

Co-coordinator Pam Drayton echoed her sentiments. Drayton described MOPS as creating a network of resources, especially friendship.

"Mothering can be a very isolating experience," she said. "It can be very hard and yet mothers are very much in need of relationships. MOPS is a way for women who are in the same setting to come together and share notes, and share stories and support one another."

Drayton believes that an especially important element to MOPS is having time to evaluate one's mothering and learning to become a better mom.

"The MOPS theme is, 'Better mothers make a better world,'" she said. "This is the place for us to come together; we can talk about our victories and failures as moms and we leave better moms."

Mentor mom Anne Overturf recognizes the need for mothers with young children to have motivation to keep going when things get rough.

"I think that it's filling a real need for mothers who have young preschool children and they're just really in the tedious years where they're continually giving and serving and they're not to the point yet where they are reaping the fruit of all their efforts," she said.

Overturf added the encouragement of other mothers in the same season is that shot in the arm that they need to get through the days and the weeks.

"Just having this to look forward to and to be motivated to keep on doing what they're doing; that there is an end in sight and the fruit is sweet when they get there. It's worth it," she said.

For more information, contact Jones at 564-0410.

# Spring cleaning renews home, life

By Shaina Marie Santos
*Joint Region Edge Staff*

Spring cleaning ushers in a fresh start when you rid your home of grime and clutter from the previous year. Aside from providing you with a breath of fresh living space, having a newly cleaned home creates a healthier outlook on life, a sense of efficiency and may inspire you to make healthier choices throughout the year.

To clean thoroughly, planning is essential. Make a list of the things in each room that need to be cleaned and consider the amount of time you will need to tackle the task.

Remember not to stress out by looking at a long list of cleaning activities. Allow yourself to focus on one room at a time. Not only will this save your stress levels but your rooms may be more thoroughly cleaned when your focus is in the same area.

Though you would like to have your whole house spotless in two days, it may not be realistic for you. Give yourself a reasonable amount of time so you can achieve the results you want.

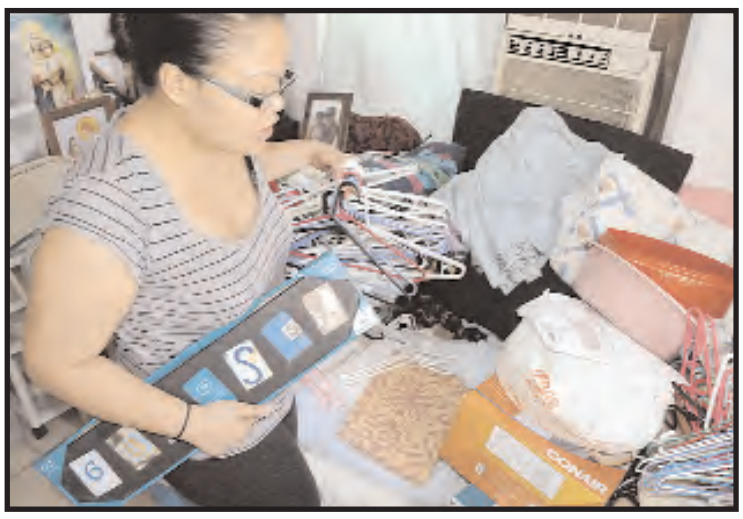
When your home is clean, you may be able to see more potential in your space. Envision the rooms of your home and how you would like them to function through the year and mold your rooms accordingly.

Though Navy spouse Amanda Grambo keeps her home clean throughout the year, she looks forward to spring cleaning to do more redecorating and reorganizing.

"If it wasn't for spring cleaning I wouldn't have a set time every year that makes me evaluate what I have and no longer need," Grambo said. "It's a self checkup that makes me go over my whole house and get rid of the unnecessary."

Not only is cleaning top to bottom a way to improve the health of your home, but yours as well. If gone unchecked, particles and chemicals could be left to build up in your home and adversely affect your health. Regular cleaning keeps your home free of these potentially dangerous factors, keeping you healthy in the long run.

A clean home can contribute to a happier and healthier life. Making good choices, healthier choices, no matter how small, add up and can make the biggest difference.



**Clearing Up the Clutter:** Jenedine Cruz does some spring cleaning around her home in Piti Feb. 21. According to Cruz, spring cleaning is a great way to get rid of the old to make room for the new. U.S. Navy photo by JoAnna Delfin/Released)

# USNH Guam promotes oral health at MEMS

**Pearly Whites:** U.S. Naval Hospital (USNH) Guam Hospital Corpsman 3rd Class Tykeshia Jackson instructs students on proper oral hygiene during a dental health presentation at Cmdr. William C. McCool Elementary/ Middle School Feb. 15. During children's dental health month, the USNH Guam Dental Clinic promotes oral health for students. Photo has been altered for security purposes. U.S. Navy photo by Shaina Marie Santos/Released

By Shaina Marie Santos
*Joint Region Edge Staff*

Sailors from U.S. Naval Hospital (USNH) Guam's Dental Clinic held a dental health presentation for third-graders at Cmdr. William C. McCool Elementary/Middle School in Santa Rita, Guam, Feb. 15.

February is Children's Dental Health Month, and every year USNH visits the school to instruct students on proper oral hygiene.

Third-grade teacher Neal Kranz appreciated the presentation, which taught students ways to properly maintain oral hygiene.

"It's a lot of fun for the kids, they really enjoy it," he said. "They love it because the kids get to hold the brushes and practice brushing techniques."

Though the presentation is not usually geared specifically toward third-graders, this year USNH Hospital Corpsman 1st Class (SW/AW) Shivonne Willoughby decided to focus specifically on that age group, since this is the age when children are most likely to comprehend the importance of oral hygiene.

"We really wanted to drive that home," she said. "We covered how to brush, when to brush, what kind of foods can give you cavities, just try to establish routines that they should be doing to help their teeth."

Willoughby emphasized the importance of oral health's impact on overall health.

"Oral health is connected to your health," she said. "People think of their mouth separately, but oral health is very important and it contributes greatly to your overall health. I just want the kids to be making better choices for their teeth and it ultimately leads to better choices."

Kranz echoed Willoughby's sentiments and hoped students learned from the event in order to maintain great smiles and healthy gums.

"It's just about building good habits for the kids," Kranz said. "Teaching them what's expected and what's good for them and hopefully they can take it and incorporate it in their lives."

**No Cavities Here:** U.S. Naval Hospital (USNH) Guam Hospital Corpsman 2nd Class Christopher Ogden instructs students on proper oral hygiene during a dental health presentation at Cmdr. William C. McCool Elementary/ Middle School Feb. 15. During Children's Dental Health month, the USNH Guam Dental Clinic promotes oral health for students. U.S. Navy photo by Shaina Marie Santos/Released

## 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 a.m.

Sacrament of Reconciliation: Saturday, 5 p.m.

Protestant Worship Service

Sunday Service: Traditional and Contemporary Service: 10:30 a.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

# Prayer in the new year

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

Chaplain's Corner

Well, we are clearly in the new year, and my question to you is, "Where are we regarding our New Year's resolutions?" One joke I heard all the time at the gym just before the new year was, "The gym is going to be crowded for the first few weeks of the new year, and then after a few weeks everyone will fall back to their old ways."

We make a good attempt to start the new year by trying to change our lives in some way, sort or fashion. Exercising and eating right are, of course excellent choices, but sometimes our expectations of being able to set aside old routines or starting new ones is more than what we or our bodies can handle. We go for the gold right away instead of starting off changing little things which can then lead us to more significant change. We bite off more than we can chew, so to speak, which then discourages us from continuing with our ambitious plan.

Have you ever thought about prayer or going to church as a New Year's resolution? Actually the best part about starting to bring prayer back into your life or going to church again is that you can start at anytime. In fact, this weekend would be a great time to start. Many Christian churches started their Lenten Season this past Wednesday with the celebration of Ash Wednesday. Lent is a time for the Christian churches to reflect on the meaning of preparing ourselves for the great Easter event. If you are not a Christian, examine your own faith group, and you will find that most religions have holy days in which they prepare their hearts, homes and their communities to celebrate the major events that make their communities special.

Find out what your religious faith community values and holds dear, and start celebrating with your community to come to a full understanding of how to live your faith out in the world. We set the example for future generations and bear the obligation to carry forward the faith which has been handed down to us. Do not let it stop with you, but be excited about what your faith can do for you and how it can effect others. Faith is amazing, come try it.

# Far East Boys' Basketball Tournament

**Above:** A Kadena High School Panthers' basketball team member gets the and-one over a Father Duenas Memorial High School defender during the 2012 Far East Boys' Basketball Tournament Division 1 at the Charles King Fitness Center on U.S. Naval Base Guam Feb. 22. The tournament is being held on Guam through Feb. 26. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert/Released

**Left:** A Kadena High School Panthers' basketball team member shoots over a Father Duenas Memorial High School defender during the 2012 Far East Boys' Basketball Tournament Division 1 at the Charles King Fitness Center on U.S. Naval Base Guam Feb. 22. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert/Released