



LIBERTY THROUGH UNITY

JOINT REGION EDGE

Volume IV No. 8

Friday, March 9, 2012



Teamwork: Delegates from the Philippine Air Force, Royal Cambodian Air Force, Royal Lao Air Force, Royal Thai Air Force, Mongolian Air Force and Vietnam People's Air Force pose outside Andersen Air Force Base. As part of U.S. Pacific Command's Theater Security Cooperation Program, a multilateral subject-matter expert exchange co-hosted by senior civil engineer and security forces personnel from Headquarters 13th Air Force concluded here Feb. 23. U.S. Air Force photo by Capt. Grant Harwell/Released

Andersen concludes Asia-Pacific SMEE

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

As part of U.S. Pacific Command's Theater Security Cooperation Program, a multilateral subject-matter expert exchange (SMEE), co-hosted by senior civil engineer and security forces personnel from Headquarters 13th Air Force concluded on Andersen Air Force Base Feb. 23.

The exchange, called "Pacific Unity and Pacific Defender" allowed officers from regional Asia-Pacific partner nations to exchange views related to civil engineering

and security forces operations, to tour 36th Wing facilities and programs and to establish international and interpersonal relationships.

The SMEE is a joint and combined military information-sharing forum designed to enhance regional partnerships and promote interoperability between the U.S. and its Asia-Pacific partner nations.

"The SMEEs are great because while Airmen and noncommissioned officers

are showcasing our tactical capabilities, they are making a much larger impact on a strategic level," said Maj. Tara Opielowski, 763th Security Forces Squadron commander. "The lessons learned and relationships built are invaluable to all nations involved. We are meeting higher headquarters objectives for building partnership capacity and it is

See SMEE, Page 7

USS Bonhomme Richard makes brief stop in Guam



Standing Watch: Lt. Caleb Swigart watches as a tugboat maneuvers amphibious assault ship USS Bonhomme Richard (LHD 6) away from the pier after a one day port visit in Guam. The ship is en route to relieve USS Essex (LHD 2) in Sasebo, Japan. U.S. Navy photo by Senior Chief Mass Communication Specialist Joe Kane/Released

By Mass Communication Specialist
Duke Richardson
USS Bonhomme Richard Public Affairs

The amphibious assault ship USS Bonhomme Richard (LHD 6) made a brief port call to Guam May 3. The stop gave crew members and embarked Marines the opportunity to relax, unwind, and enjoy some tropical sights.

While a good portion of the crew took a well-deserved break from operations,

work was still in full swing for others as the ship received supplies and fuel for its journey to the Far East.

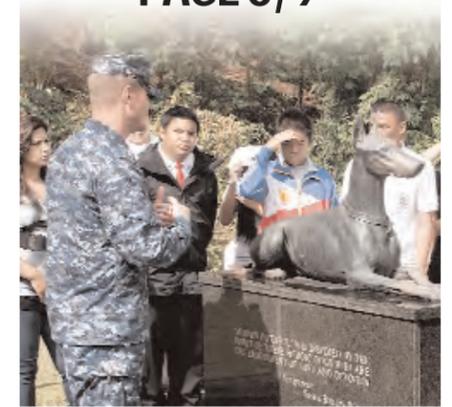
"This visit to Guam gave our Sailors and Marines the chance to visit a portion of the United States that most people within the 50 states won't ever get the chance to see," said Capt. Chuck Litchfield, Bonhomme Richard's commanding officer. "It also gave the ship a chance to take on fuel and supplies and

See Visti Page 7

LOCAL MILITARY ICON REMEMBERED PAGE 6



STUDENTS TOUR NAVAL BASE GUAM PAGE 8, 9



Scan for direct links to
Joint Region Marianas



-  cnic.navy.mil/marianas
-  facebook.com/jrmguam
-  twitter.com/jrmguam
-  youtube.com/jrmguam

Joint Region Edge

Joint Region Edge is an authorized publication for overseas members of the U.S. military and their families. Contents of this publication are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or Guam Publications, Inc. The appearance of advertising in the publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, Commander, Joint Region Marianas of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. Joint Region Edge is published by Guam Publications, Inc., a private firm in no way connected with the Department of Defense, the U.S. Navy, or the U.S. Air Force, under exclusive contract with the Commander, Navy Region Marianas, located in Bldg. 200. Editorial material is due at noon on the Thursday before publication date. All classified advertisements are due no later than 3 p.m. on the Tuesday the week prior to publication. Joint Region Edge reserves the right to edit, rewrite or reject material submitted for publication. Rear Adm. Paul J. Bushong, USN, Commander, Joint Region Marianas

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

Joint Region Marianas Public Affairs

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
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's Best: Staff Sgt. Whitney Rogers

By Senior Airman
Veronica McMahon
36th Wing Public Affairs

Staff Sgt. Whitney Rogers, 36th Wing Protocol specialist, was awarded Team Andersen's Best on Andersen Air Force Base Feb. 23.

Rogers was the protocol officer on the high-visibility visit of Maj. Gen. Timothy Byers, during the Air Force civil engineer's visit to Andersen, where she drafted itineraries, organized 12 points of contact and provided the project officer event guidance. She also coordinated 18th Air Force Commander Lt. Gen. Mark Ramsay's visit where he traveled with three general officers and

four chiefs during a Pacific Air Force area-of-responsibility trip. She was coined by the general for her efforts.

She also facilitated the president of the United States' layover and provided protocol and logistical support to the Secret Service.

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

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



Superb Job: Staff Sgt. Whitney Rogers, 36th Wing Protocol specialist, was awarded Team Andersen's Best on Andersen Air Force Base Feb. 23. Andersen's Best is a recognition program which highlights a top performer from the 36th Wing. Each week, supervisors nominate a member of their team for outstanding performance and the wing commander presents the selected Airman/civilian with an award. Photo courtesy of the U.S. Air Force

NEWS NOTES

Job Announcements

Interested individuals can view the vacancy listings by visiting the Joint Region Marianas Web site at <https://www.cnic.navy.mil/Marianas/index.htm> or at <https://chart.donhr.navy.mil>. For more information, call 349-6119/2224.

Guam National Wildlife Refuge Closure

The Ritidian Unit and Nature Center of the Guam National Wildlife Refuge will be closed to the public March 9 due to fence installations. The facilities will reopen March 10 and remain open thereafter. Hours of operation are 7:30 a.m.-4 p.m. daily and closed on all federal holidays. Visit www.fws.gov/guam for more information.

Family Health Fair

A Family Health Fair will be held April 14 from 9 a.m.-3 p.m. at the Charles King Fitness Center on U.S. Naval Base Guam. There will be free food, giveaways, activities for the kids, a dance contest and Zumba party. Staff will be on-hand to share information for the entire family including men's health, cancer, massage therapy, a bra-fit clinic and more. For more information, visit <http://www.facebook.com/pages/Family-Health-Symposium-2012-NH-Guam/175326905909113> or call 344-9436.

Tax Services Available

The Navy Legal Services Office's Volunteer Income Tax Assistance (VITA) program will be available for all eligible personnel at the Navy Exchange Main Complex food court on U.S. Naval Base Guam Wednesdays and Fridays from 9 a.m.-3 p.m. For more information, call 333-2061.

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
E7-03 and civilians: \$40
04-05: \$50
06 and above: \$60

For tickets, please contact Lt. Thomas Hartung at 333-2031 or thomas.hartung@fe.navy.mil, or Lt. Richard Diaz

COMMUNITY Corner

movies • movies • movies

The Big Screen Theater

MARCH 9 (FRIDAY)
7 PM EXTREMELY LOUD AND INCREDIBLY CLOSE PG-13
9:30 PM CONTRABAND R

MARCH 10 (SATURDAY)
1 PM WAR HORSE PG-13
3:30 PM RED TAILS PG-13
7 PM GIRL WITH THE DRAGON TATTOO R

MARCH 11 (SUNDAY)
1 PM WE BOUGHT A ZOO PG
3:30 PM JOYFUL NOISE PG-13
7 PM UNDERWORLD: "AWAKENING" R

Movie Hotline 564-1831 US Naval Base Guam

Meehan Theater - TEMPORARILY CLOSED until June

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 23: No Classes

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 12: Sexual Assault Prevention and Response (SAPR)

Training from 11 a.m.-noon
March 12-16: Transition Assistance Program (TAP) from 7:45 a.m.-4 p.m. For more information, call 333-2056.

36th FSS HAPPENINGS Andersen Air Force Base

Airman and Family Readiness Center Classes
March 13: Base Introduction from 7:15 a.m.-12:30 p.m.
March 13: Thrift Savings Plan from 1-2 p.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.

St. Patrick's Day Dinner

Celebrate St. Patrick's Day with friends and family at Bamboo Willies at Tarague Beach March 17 at 5:30 p.m. An Irish-style dinner is \$7.95 for club members and \$9.95 for non-members. For more information, call 366-6166

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

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.

By Shaina Marie Santos
Joint Region Edge Staff

Conference empowers veterans

Female veterans on island recently gathered at the sixth annual Guam Women Veterans Conference at the Outrigger Guam Resort and Spa March 2.

The event, themed "Women Education, Women Opportunities," was sponsored by the U.S. Department of Veterans Affairs, the Department of Labor Bureau of Women's Affairs and other organizations. It focused on assisting veterans in search of different educational opportunities.

Army National Guard veteran Norma Castillon, event coordinator, said the conference shared the educational benefits offered to women and who they can look to if they need help.

"The briefs and the folks that are here today to give information to the women all have some sort of background in either education or job opportunities or any type of opportunities and benefits that the women can utilize," she said.

Guam Army National Guard Maj. Esther Aguiqui was the keynote speaker of the conference and illustrated struggles in a woman's efforts for recognition.

"Women's education comes in many forms," Aguiqui said. "I submit to you that an educated woman is an empowered



Left: Keynote speaker Guam Army National Guard Maj. Esther Aguiqui pauses during her speech at the sixth annual Women Veteran's conference held at the Outrigger Guam Resort in Tumon March 2. The conference focused on education opportunities and other benefits available to female veterans. U.S. Navy photo by Shaina Marie Santos/Released



Right: Women veterans and other attendees stand to pledge allegiance at the 6th Annual Women Veteran's conference held at the Outrigger Guam Resort, Tumon, March 2. U.S. Navy photo by Shaina Marie Santos/Released

woman. The empowered woman spends her lifetime defining expectations, challenging assumptions, and achieving amazing success."

Lt. Col. Aisha Bakkar, of U.S. Marine Forces Pacific (Forward) Guam and the Commonwealth of the Marianas Islands, said any time she has the opportunity to

build up her camaraderie with her fellow service members is one to take.

"It's always good to be able to come and network and kind of bounce off of each other the challenges that we face that may be unique and the way that we deal with things," she said. "I always learn something new because when you listen to other people's personal experiences and how they dealt with deployments from family or different situations in the workplace you always learn something from their experiences much more than you could ever learn from a Powerpoint presentation or from any type of book."

With an attendance list of more than 100 female veterans, Castillon hopes for larger participation next year and plans to reach out to commands and veterans sooner to better inform prospective attendees.

"The reason why we [reach out] is because women vets are very important to us," she said. "They offer a large portion of our unit support and a lot of them are now holding supervisory if not directorship positions in the military. A lot of times they're just not aware of these programs and we want to let them know that there are support groups and support programs that are out there. Our goal is to get them together."

HSC-25 conducts MEDEVAC at sea

By Lt. j.g. Danielle Gill
HSC-25 Public Affairs

Helicopter Sea Combat Squadron (HSC) 25 assisted in the medical evacuation (MEDEVAC) of a Philippines national who required advanced medical care Feb. 28.

Knight Rider 05, a Navy MH-60S helicopter, was launched from Andersen Air Force Base at approximately 11:45 a.m. The crew of two pilots, a crew chief, rescue swimmer and an Air Force doctor flew approximately 50 miles northwest of Guam to meet the cruise ship Arcadia at sea. After lowering the search-and-rescue swimmer and corpsman, Navy personnel assessed and stabilized the patient. Upon determining that the woman was stable enough to move, the crew hoisted the patient onto Knight Rider 05 and transported her to U.S. Naval

Hospital Guam where she was treated and later released that same day.

The incident was the second search-and-rescue executed by HSC-25 personnel this year.

The mission of HSC-25 is to deploy detachments to conduct helicopter sea combat operations in support of 5th and 7th Fleets and national defense. In addition, the Island Knights provide logistics, search and rescue, force protection, and disaster response support to Guam and the Commonwealth of the Northern Mariana Islands. As the Navy's forward-deployed vertical replenishment squadron, HSC-25 actively contributes to the nation's Maritime Strategy efforts, which call for the security of America and its citizens, the application of sea power to ensure the protection of America's way of life and a strengthened partnership with allies.



Rescue Mission: A Sailor from Helicopter Sea Combat Squadron (HSC) 25 carefully descends from Knight Rider 05, a Navy MH-60S helicopter to assist in the medical evacuation of a passenger onboard the cruise ship Arcadia Feb. 28. The patient was transported to U.S. Naval Hospital Guam where she was treated and later released. Photo courtesy of Helicopter Sea Combat Squadron 25

Andersen recognizes 2011 top performers

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

Team Andersen recognized six Airmen and four civilians for their hard work and dedication both on and off duty during the Annual Awards Banquet Feb. 10 at the Sheraton Laguna Resort in Tamuning.

Each year, the recognition of outstanding performers serves as a reminder that Airmen and personnel are the heart of the Air Force, propelling each mission to success.

"These Airmen are truly the best of the best," said Chief Master Sgt. Margarita Overton, 36th Wing command chief. "I'm proud to serve with such great talent here at Team Andersen, whether an award winner, nominee, supervisor or peer, every member of Team Andersen is doing great things for Pacific Airpower and our Air Force."

The following Airmen and civilians were honored for their efforts during 2011:

Airman of the Year
Senior Airman Angelia M. Pike, 36th Medical Operations Squadron

Noncommissioned officer (NCO) of the Year
Tech. Sgt. Wyll G. Yabut, 36th Medical Operations Squadron

Senior NCO of the Year
Senior Master Sgt. Lynn T. Rooker, 36th Communications Squadron



Outstanding Employees: Team Andersen's Annual Award winners pose for a photo after the ceremony at the Sheraton Laguna Guam Resort Feb. 10. Annual awards recognize the year's best of the best of Team Andersen with a formal ceremony and dinner. U.S. Air Force photo by Senior Airman Carlin Leslie/Released

First Sgt. of the Year
Master Sgt. Shawn E. Bendixson, 36th Security Forces Squadron

Honor Guard of the Year
Staff Sgt. Marcus Thomas, 36th Maintenance Squadron

Company Grade Officer of the Year
Capt. Marcus L. Hunt, 36th Civil Engineer Squadron

Civilian I
David Laguana, 36th Civil Engineer Squadron

Civilian II
Mark Overton, 36th Communications Squadron

Civilian II

Carmela Rapadas, 36th Wing Staff Agency
Andersen volunteer of the Year

Jacalyn Clark-Woods, 36th Maintenance Squadron

"Winning this year's Civilian Category III award was truly an honor and it was exciting to represent the wing staff agencies," said Carmela Rapadas, 36th Wing Protocol chief. "I thank everyone who made this event possible."

Nominees for annual awards submit packages detailing their efforts in many categories, including job performance, volunteerism and education. The thorough process ensures each candidate embodies the total person concept and is truly a cut above.

Budget request preserves troop benefits, official says

By Karen Parrish
American Forces Press Service

The \$48.7 billion in medical spending contained in the 2013 defense budget request follows Defense Secretary Leon E. Panetta's often-stated priority of keeping faith with military members, a senior Defense Department official said Feb. 13.

Though the request would establish or increase TRICARE enrollment fees and deductibles for most retirees and raise retail and mail-order pharmacy co-pays, fees will not increase for active-duty service members, survivors of military members who died on active duty, or medically retired service members, Dr. Jonathan Woodson told Pentagon Channel and American Forces Press Service reporters.

Woodson, a vascular surgeon, is the department's assistant secretary for health affairs and director of the TRICARE Management Activity.

"Active-duty family members will be affected by increases in co-pays when they obtain prescriptions from retail or mail-order phar-

macies," he said. "Prescriptions will continue to be filled at no cost to beneficiaries at military treatment facilities."

Panetta has taken a balanced approach to required spending cuts, Woodson said.

"There's a global fiscal crisis, there's a national fiscal crisis, and of course, we're conducting business under the Budget Control Act," he said. The Defense Department has a \$487 billion dollar bill to pay under that act.

"All things needed to be considered," he said. "But I think there's been a real fair approach in making sure that we honor the service of our men and women who commit to defending this nation."

Department leaders have protected personnel benefits, particularly health care, as much as possible, he said.

"The health care will remain superb," Woodson pledged. "The access to health care will be preserved and it will be quality care."

Proposed changes include:
 ■ Increasing enrollment fees for retirees under age 65 in the TRICARE Prime health plan, using a tiered approach based on retired

pay that requires senior-grade retirees with higher retired pay to pay more and junior-grade retirees less;

Establishing a new enrollment fee and increasing deductibles for the TRICARE Standard and TRICARE Extra plans;

Establishing a new, tiered enrollment fee for the TRICARE-for-Life program for retirees 65 and older;

Increasing pharmacy co-pays while offering incentive costs for use of mail order delivery and generic medicines;

Indexing fees, deductibles, pharmacy co-pays, and catastrophic caps to reflect the growth in national health care costs.

Proposed pharmacy co-pay costs for a one-month supply of retail drugstore prescriptions are set at \$5 for generic drugs and \$12 for brand-name medicines in fiscal 2012, and will rise over time to \$9 and \$34, respectively, in fiscal 2017.

For mail-order three-month prescriptions, those costs begin at being free for generic drugs and \$9 for brand-name medicines, and rise in fiscal 2017 to

\$9 and \$34. Defense officials noted that nonformulary drugs — those not on the department's list of standard medicines — often are not available in retail pharmacies and have higher mail-order co-pays, ranging from \$25 in fiscal 2012 to \$66 in fiscal 2017.

Under the tiered system, retirees younger than 65 enrolled in TRICARE Prime will pay a minimum enrollment fee of \$460 this fiscal year, rising to \$893 in fiscal 2017 for those receiving less than \$22,589 in annual retirement income. Maximum TRICARE Prime enrollment fees, charged to retirees receiving more than \$45,179 in annual retirement pay, are set at \$460 to \$520 this year and \$2,048 in fiscal 2017.

In his prepared testimony Feb. 14 before the Senate Armed Services Committee, Panetta said service members and their families will see no increases in health care fees or deductibles.

Military retirees younger than 65 will be most affected, and their costs will remain, "as they should be," below those of most private-sector plans, Panetta said.

Health care: benefit, individual responsibility

By Capt. Damien Pardue
36th Medical Group

Did you know in 2011 over 2,100 appointments resulted in no-shows for the 36th Medical Group (MDG)?

A missed appointment without prior notifications cost the military approximately \$100 in lost opportunity, meaning over \$210,000 was wasted in the past year alone. Additionally, patients who failed to attend a scheduled appointment prevented other patients from being scheduled, which resulted in increased wait time for an appointment. Such delays may adversely affect patient health and often increase frustration. We need your help. If you can't keep your appointment, please cancel by calling the appointment line so someone else can use it.

To help decrease our no-show problem, an appointment reminder system is being utilized that calls the patient one day prior to an appointment. Each patient household will receive a recorded message identifying the patient by birth month and day, as well as the appointment date and time. Additionally, we are working on adding a feature to our appointment reminder system that would also give our patients the option to cancel the appointment, freeing a bookable appointment for someone else. To make this work the sponsor and family member's telephone numbers are pulled from the Defense Enrollment Eligibility Reporting System (DEERS), so it's critical your phone number in DEERS is current. This is why you are asked to validate your information when you make an appointment. Should you need to update your DEERS information please contact Andersen's Force Support Squadron or visit www.tricare.mil/mybenefit.

The 36th MDG continues to explore options to improve access to health care for all beneficiaries, but we need the help of our beneficiaries. If you realize you cannot make an appointment, please call 366-9355 as soon as possible, but at least three hours prior to family medicine, flight medicine and pediatric appointments, and 24 hours prior to mental health, optometry, physical therapy, and women's health appointments. The 36th MDG appreciates your partnership in helping us meet the goal of maximizing appointment availability while offering world class health care to all of our beneficiaries.

USNH Guam celebrates Black History Month

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

Sailors from U.S. Naval Hospital (USNH) Guam celebrated Black History Month in the hospital auditorium Feb. 29. Sailors highlighted this year's theme "Black women in American History and Culture."

"A lot of times we're known as housekeepers or cooks, but there's so much more to our history," said Lt. Sherri Garrett, USNH Guam chaplain. "We are entrepreneurs, we're astronauts, race car drivers, you name it. African-American women have contributed a lot."

Corpsmen performed as African-

American singers Lena Horne and Tina Turner, first Black female pilot Bessie Coleman and the first African-American woman to command a ship in the U.S. Navy Rear Adm. Michelle Howard.

The ceremony had praise dancing, poetry and music from the live band Jammawe Soul. Every aspect of the celebration touched on the contributions and roles black women played in history.

"It's important to recognize everyone's history," Garrett said. "Unfortunately we can't get everything into the history books so, I think it's good that Sailors get a chance to celebrate different cultures throughout the year and understand that their history involves a lot of other people and that includes Black Americans."

Remembering the Past: Hospital Corpsman 2nd Class Brandon Little, assigned to U.S. Naval Hospital (USNH) Guam, recites a poem during a Black History Month celebration at USNH Guam Feb. 29. The celebration highlighted this year's theme, "Black Women in American Culture and History". U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Gabrielle Blake/Released



Paying Tribute: Sailors assigned to U.S. Naval Hospital (USNH) Guam, stand for the Black National Anthem, "Lift Every Voice and Sing," during a Black History Month celebration at USNH Guam Feb. 29. The celebration highlighted this year's theme, "Black Women in American Culture and History". U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Gabrielle Blake/Released



SECRETARY OF THE NAVY ANNOUNCES 21ST CENTURY

From Secretary of the Navy
Public Affairs

Sailor and Marine initiative

Speaking to the fleet during a worldwide All Hands Call on board USS Bataan (LHD 5) which was televised and web-streamed live to the fleet March 5, Secretary of the Navy Ray Mabus announced the establishment of the 21st Century Sailor and Marine initiative.

The secretary explained that the initiative consolidates a set of objectives and policies, new and existing, to maximize Sailor and Marine personal readiness. The programs are divided into five categories, or "areas": readiness, safety, physical fitness, inclusion, and continuum of service.

"The new defense strategy will put increased responsibilities on the Navy and Marine Corps in the years to come," Mabus said. "You are the department's most essential asset, and it is the duty of the department's leadership to do all we can to provide each individual Sailor and Marine with the resources to maintain that resiliency."

Various programs fall under the readiness area, all of which help ensure we have the most mentally prepared service members and family in department history.

Continued emphasis on the responsible use of alcohol, zero tolerance for drug use, suicide reduction, family and personal preparedness, and financial and family stability all work together to prepare Sailors, Marines and their families for the challenges they may face and reinforce healthy alternatives on liberty or off-duty. A new initiative will include breathalyzer tests when Sailors stationed onboard ships, submarines and at squadrons report for duty and randomly elsewhere to reduce the occurrence of alcohol related incidents that can end careers and sometimes end lives. This month, the Navy will begin random testing of urine samples for synthetic chemical compounds like Spice.

The initial testing will be conducted by a contracted laboratory, with the Navy Drug Screening Laboratory capable of conducting in-house testing later this year. Every positive result on a urinalysis for synthetic drugs will be sent

to Naval Criminal Investigation Service (NCIS) for investigation. Synthetic chemical compound drug use impacts a Sailor's career and family. Sailors found to have positive urinalysis results and possession of synthetic chemical compounds like Spice will be punished under the Uniform Code of Military Justice.

"We will enable and support our Sailors and their families," said Chief of Naval Operations Adm. Jonathan Greenert. "I am extremely proud of our people. We have a professional and a moral obligation to lead, to train, to equip and to motivate them. Our personnel programs deliver a high return on investment in readiness."

In addition to ensuring the readiness of our Sailors and Marines, the initiative will aim to make the Navy and Marine Corps the safest and most secure force in the department's history. All personnel in the fleet should expect to work in a safe environment, free from ha-

zardment or hazards, and when confronted with these, have the resources available to immediately correct the problem.

The Department of the Navy (DoN) continues to work aggressively to prevent sexual assaults, to support sexual assault victims, and to hold offenders accountable. Part of this effort is implementing new training at multiple levels in both the Navy and Marine Corps.

A recent program, the Bystander Intervention (BI) course, which is part of the Navy's Sexual Assault Prevention and Response (SAPR) program, began in January for all A-school students. BI is intended to educate Sailors that, as bystanders, they have the power - and responsibility - to intervene in a potentially harmful situation, regardless of rank. BI training is part of a larger strategy addressing changes in attitudes and behaviors in the Department of the Navy. SAPR training for Navy leadership and the fleet is in development.

Everyday Sailors and Marines do a great job of managing risks on-duty, proven by fiscal year 2011 being recorded as the safest in terms of operational fatalities. Un-

See Initiative, Page 7

Make your home energy efficient

By Kevin D. Evans
Joint Region Marianas Energy
Manager

Are you looking for ways to save home energy and dollars? With a simple walk-through, one can spot many energy related problems in a residence. Keep a checklist of areas you inspect and problems found to help you prioritize energy efficiency corrective measures.

Locating Air Leaks

Make a list any air leaks. The potential energy savings from reducing air-conditioning loss in a home may range from 5 to 30 percent per year. Check for gaps along the baseboard or edge of the flooring and at junctures of the walls and ceiling.

Also look for gaps around pipes and wires, electrical outlets, foundation seals and mail slots. Ensure caulking and weather stripping are applied properly and are in good condition. Inspect windows and doors for air leaks. If you can see daylight around a door or window frame, then the door or window leaks. Seal these leaks by caulking or weather stripping. Check any typhoon windows to see if they fit and are not broken. You may also wish to consider replacing your old windows and doors with newer, high-performance ones.

Cooling Equipment

Inspect cooling equipment annually or as recommended by the manufacturer. Consider replacing older systems with a newer, energy-efficient unit. A new unit would greatly reduce your energy consumption, especially if the existing equipment is in poor condition. Check ductwork for dirt streaks, especially near seams. These indicate air leaks and they should be sealed. Insulate any ducts or pipes that travel through unheated spaces.

Lighting

Energy for lighting accounts for about 10 percent of one's electric bill. Examine the wattage size of the light bulbs in your house. You may have 100-watt, or larger, bulbs where 60 or 75 watts would do. Please consider using compact fluorescent lamps to replace all incandescent lamps. Your electric utility may offer rebates or other incentives for purchasing energy-efficient lamps.

For more home energy savings tips, check out this great Web site, http://www1.eere.energy.gov/consumer/tips/tips_redirect.html. Starting with a simple walk-through can easily help saving you money and energy at home.



All Hands: Secretary of the Navy (SECNAV) the Honorable Ray Mabus announces the 21st century Sailor and Marine initiative to the fleet during an all-hands call on board the amphibious assault ship USS Bataan (LHD 5) at Naval Station Norfolk March 5. Secretary Mabus told the audience the initiative was intended to maximize Sailor and Marine personal readiness, build resiliency and hone the most combat effective force in the history of the Department of Navy. U.S. Navy photo by Chief Mass Communication Specialist Sam Shavers/Released

NMCB 40 commemorates Seabees' 70th birthday

Special Morning Colors: Sailors from Naval Mobile Construction Battalion (NMCB) 40 salute the American flag as it is raised during morning colors at the command's headquarters on U.S. Naval Base Guam March 5. The flag raising ceremony was held in celebration of the Seabees 70 years of "We Build, We Fight" service to the nation and their birthday. The Seabee Birthday Ball on Guam will be held 6 p.m. March 17 at the Hotel Nikko Guam in Tumon. Guest speaker for the evening's event is renowned educator, historian and government Don Farrell. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert/Released



Seabee Betty remembered for her hospitality and good will

By Shaina Marie Santos
Joint Region Edge Staff

Vicenta Chargualaf Peredo had a passion for hospitality and a strong appreciation for the military. Peredo was born in 1934, grew up in post World War II Guam and experienced first-hand the sacrifices of the military in the liberation of the island.

As a grateful member of the community, Peredo dedicated her life to giving back to service members.

Peredo was well known for the fiestas she hosted in her Yona home. For many years, she hosted welcome aboard and farewell parties and invited military members to enjoy the local food and culture. These fiestas served a dual purpose: to celebrate her Catholic faith and integrate the military and local communities.

Navy construction battalions were among the first military units to arrive with the liberators of the island in 1944. The Seabees are to credit for the construction of many of the island's roadways and runways including Guam's main thoroughfare, Marine Corps Drive. They are also to thank for the island's initial infrastructure, utility systems, and Glass Breakwater, which fortifies Apra Harbor as a port for American vessels.

Today the Navy construction battalions carry out projects and missions throughout Guam and the region including Yap, Philippines, Cambodia and Timor Leste. These projects are designed to foster relationships between the military and foreign nations, a mission that Seabee Betty carried for Guam.

In the early 1950's Peredo began to develop strong ties with Seabees attached to Naval Mobile Construction Battalions deployed to Guam to help rebuild the island's roadways, runways and infrastructure after the devastation of war.

Thousands of Seabees were touched by her sincere generosity, kind-hearted spirit, and out-pouring of local delicacies at the various fiestas she hosted. Shortly after she established a familial relationship with thousands of Seabees, she was affectionately dubbed Seabee Betty.

According to Seabee Betty's daughter Debbie Peredo Lujan, Seabee Betty had a special affinity for the deployed Seabees because of their hard work and contributions in local communities such as offering aide after typhoons.

"[Seabees] were the military group that was there to help the community with their hands every time that any disaster would occur on Guam," Lujan said. "They're al-

ways ready to volunteer."

Lujan was dubbed Seabee Debbie by then-Naval Facilities Engineering Command Marianas Commanding Officer Capt. David Boone in 2004 to carry on her mother's legacy.

Many military members believe that Seabee Betty's fiestas and hospitable nature are to credit for stronger ties enjoyed between the military and local communities today.

Seabee Debbie fondly remembers her mother's strong spirit and can-do attitude. She said her mother was recognized on not only Guam, but received rare notoriety in 1985, when she was inducted into the Seabee Museum at Port Hueneme, Calif. as the only civilian other than John Wayne to receive the honor.

Over the years she has received recognition and numerous letters of appreciation for her unselfish contributions from local and national military leaders including U.S. senators, chiefs of naval operation, President Ronald Reagan and President George W. Bush. Stacks of photos, news articles and party dresses tell a story of Seabee Betty, the last Seabee Queen and her desire to welcome service members serving on Guam into her extended family.

Other than her fiestas, Seabee Betty was known for her motherly nature as she arranged Chamorro-style weddings for service members and offered a listening ear and counsel.

She recognized the plight of many military service members on Guam and made it her mission to take the Seabees under her



A Mother's Legacy: Seabee Debbie Lujan speaks about her mother at Camp Covington on U.S. Naval Base Guam Feb. 27. Her mother, Seabee Betty is an icon in Seabee history, known for her hospitality and regular fiestas that fostered relationships between the military and Guam community. U.S. Navy photo by Shaina Marie Santos/Released

wing and offer a home away from home. Her home, generosity and kindness became a refuge for Seabees and indeed, all service members – a place to enjoy themselves and find comfort in a place that felt like home.

Today, the name Seabee Betty is well known in many military circles as Guam's unofficial ambassador of good will.

Though Seabee Betty has passed on, Seabee Debbie has taken up her mother's role and hopes to carry the traditions in Seabee Betty's memory. By hosting Seabees during annual fiestas similar to the parties her mom held, Seabee Debbie hopes to continue her mother's legacy.

"She had a big heart and unconditional love for her family and her military families," she said. "My mother devoted her talents in welcoming and fostering the family spirit amongst the Seabees and the people of Guam".

In January of this year, Seabee Debbie and her siblings held a fiesta in a similar spirit to her mother's. She looks forward to hosting them more often, at least once a year to maintain relationships between her family, the local community and the

military.

The Seabees will celebrate their 70th birthday March 17 during the annual Seabee Birthday Ball event scheduled for the Nikko Hotel in Tumon. Naval Mobile Construction Battalion (NMCB) 40 Officer in Charge Lt. Cmdr. Jeff Jordan said having Seabee Debbie and her family attend the Seabee Birthday Ball and representing Seabee Betty is a significant part of their continued focus on fostering relationships between the military and communities outside of the United States.

"It goes to show you her legacy and what she did for the NCF (Naval Construction Force) and the Navy as a whole," Jordan said. "I think it's a great thing that her daughter will be there to represent her in that capacity because her mother was a very important, and still is, a very important person to the NCF."

According to Seabee Debbie, the recognition at the annual ball is a great tribute to the contributions her mother made to the Navy and most especially to the Seabees both past and present.

"I get to sit in her chair," she said. "I'm so honored and blessed that I'm carrying this on for my mother. It's a total honor."

VISIT: Crew enjoys time spent on Guam

Continued from Page 1

to bring aboard personnel from [Helicopter Sea Combat Squadron 25 search and rescue] Detachment.”

“I definitely had fun spending time on the beach,” said Aviation Boatswains Mate (Handling) 3rd Class Nicole Gonzalez. “This was my first time visiting Guam and it was great to check out different areas with some friends from the ship. We didn’t have that much time here but I still enjoyed it and wouldn’t mind coming back one day on vacation to see more of Guam.”

USS Bonhomme Richard is currently in the middle of a scheduled deployment for its upcoming hull swap with USS Essex (LHD 2) in Japan.

Entering Harbor: The amphibious assault ship USS Bonhomme Richard (LHD-6) pulls in to Apra Harbor Guam for a brief port visit March 3. The ship is currently in the middle of a scheduled deployment for its upcoming hull swap with USS Essex (LHD 2) in Japan. U.S. Navy photo by Mass Communication Specialist MC1 Jason Swink/Released



INITIATIVE: Focus on individual, family life

Continued from Page 5

der the 21st Century Sailor and Marine area of safety, DoN will continue stressing to Sailors and Marines that they should apply the same operational risk management (ORM) skills to their off-duty activities.

“All leaders must guard against reckless behavior - it jeopardizes the health, safety, and combat readiness of our entire force” said Gen. James F. Amos, commandant of the Marine Corps. “Risk mitigation is one of the best means available as we fight to eliminate senseless and needless loss of life and injury, both on duty and on liberty.”

Statistically, the most dangerous thing Sailors and Marines do every day is also one of the most common, driving a personal motor vehicle. While there are a number of factors that make this even more dangerous: driving while fatigued, distracted, or under the influence of alcohol or drugs; the good news is that alcohol-related motor vehicle fatalities are down across the fleet. The Naval Safety Center has tools and resources available to help train Sailors and Marines - particularly those under the age of 25 who are statistically much more likely to be killed or injured behind the wheel. One of the tools is the travel risk planning system (TRIPS), an online, automated risk-assessment tool that Sailors and Marines use before they go on liberty or leave, driving outside command travel limits. The system helps them recognize and avoid the hazards they may face on the highway.

While each of the five areas provide important support for department personnel, physical fitness can be viewed having some of the farthest reaching beneficial effects. Sailors and Marines must be ready to meet the demands of performing in a tactical environment, and physical readiness is a crucial link to ensuring Sailors and Marines are ready to take on the challenges the Navy and

Marine Corps faces today, and will face in the future. As part of the 21st Century initiative, Sailors and Marines must maintain the highest level of sustained fitness with the ultimate goal of having the fittest, most deployment-ready force in the history of the Navy and Marine Corps.

“Sound minds and sound bodies are the fundamental elements of successful Sailors and combat readiness,” said Master Chief Petty Officer of the Navy (SS/SW) Rick D. West. “The transition from a ‘culture of testing’ to a ‘culture of fitness’ means that we deliberately incorporate physical proficiency and holistic health into our daily routines rather than simply doing just enough to get by on tests twice a year. The more we do each day to improve our physical conditioning, the better prepared we are to handle stress, deployments, and unexpected situations.”

“Sometimes it’s difficult to find the time or resources to get in a run or hit the gym, but if leadership and Sailors actively make those things part of their commitment to excellence, the pay-off is significant,” West continued. “We are not a sedentary Force ... we are forward-deployed, we are expeditionary, we are agile ... and we need to be physically ready as Sailors to answer any call at any time.”

The Navy continues to build a culture of fitness as part of the physical fitness area, by urging Sailors to incorporate fitness into their daily lives. Adopting the “Fueled to Fight” program fleetwide will provide a nutrition strategy to increase high quality fuel, such as food, drink, fleetwide to meet the warfighter’s nutrition needs. Additionally, Mabus is moving the DoN to be smoke-free by choice with a continued education campaign on the hazards of smoking, providing easy access to free cessation tools to every Sailor and Marine trying to quit and ending the discounts for cigarettes in Navy Ex-

changes and Marine Corps Exchanges. Ending the discounts will bring the prices up to 100 percent market pricing.

Ensuring all personnel, regardless of race or gender, are given every opportunity to excel and succeed is the hallmark of the program’s forth area, inclusion. In order to operate globally, the DoN will need diversity of ideas, experiences, areas of expertise, and backgrounds to fulfill a variety of missions, while remaining relevant to the American people. Regardless of mission, in the Navy women are permanently assigned to all types of ships, aviation squadrons, afloat staffs, Naval Construction Force units and certain submarine platforms. The nature of today’s ground conflicts is evolving; there are no front lines in Iraq or Afghanistan. Women in the Marine Corps are assigned to units and positions that may necessitate defensive combat actions - situations for which they are fully trained and equipped to respond.

There are many areas in which opportunities can be expanded for women to serve and contribute and the Marine Corps is taking a deliberate approach in identifying those areas.

A new DoN Diversity Office will be established, with the Assistant Secretary of the Navy, Manpower and Reserve Affairs, serving as the DoN’s Diversity Officer. The Diversity Office will leverage, coordinate and formalize ongoing efforts within the Navy and Marine Corps and will include the heads of the Navy Office of Diversity and Inclusion, Marine Corps Office of Equal Opportunity and Diversity Management and the DoN Office of Civilian Diversity as team members.

“Diversity of Thought - Connect-ness with America - Diversity is more important than race, ethnicity, or gender,” said Sgt. Maj. Micheal P. Barrett, the 17th sergeant major of the Marine Corps. “We are committed to

attracting, mentoring and retaining the most talented men and women who bring a diversity of background, culture and skill in service to our nation.”

The final area, continuum of service, aims at ensuring Sailors and Marines are provided the most robust transition support in department history. Whether retraining wounded warriors, providing voluntary education, or helping achieve civilian credentialing, the department will aim to provide personnel every opportunity for personal and professional growth.

The Navy’s Credentialing Opportunities Online (COOL) program offers Sailors the opportunity to earn civilian certifications and licenses corresponding to their Navy ratings, collateral duties, and out-of-rating assignments. COOL is designed to further develop the personal and professional capability of the Navy total force, enhancing force readiness.

Through each of the areas described in the secretary’s address, the 21st Century Sailor and Marine initiative will realign many programs throughout the department and focus their combined efforts to ensure all personnel are not only mentally and physically prepared for the future fight, but that they will also have the knowledge, skills and support needed to succeed for the remainder of their lives.

“The 21st Century Sailor and Marine initiative is focused on the whole life of the individual and their family’s lives. When a Sailor’s or Marine’s time in the military ends whether it is after four years or forty, we want your productive life to continue and for you to leave the service in better health, more trained and better educated than when you came in.”

To read more from the Secretary of the Navy, visit www.navy.mil/secnav

SMEE: Allies build strong, lasting ties

Continued from Page 1

truly an enjoyable experience.”

The exchange included officers from the Philippine Air Force, Royal Cambodian Air Force, Royal Lao Air Force, Royal Thai Air Force, Mongolian Air Force and Vietnam People’s Air Force. It focused on key facilities and programs, training, tactics, and techniques utilized by 36th Civil Engineer Squadron (CES) and 736th Security Forces Squadron (SFS) personnel.

“My country will be better prepared for any future contingencies,” said Philippine Air Force civil engineer Lt. Col. Fidel Igmedio Cruz, Jr. “Knowing that the U.S. is willing to provide us with technical expertise helps to further our relationship. Learning about each other’s aspirations and expectations shows we are working toward a peaceful world.”

Cruz added he would like to implement many of the contingency measures he learned within his command’s current capability.

During the delegates’ visit to Andersen, they toured the 36th Contingency Response Group, the 554th RED HORSE Squadron (RHS), the 36th CES, the 736th SFS and North West Field. Throughout the week, attendees conducted discussions on emergency management preparation, weaponry and utilization, surveying and data collection as well as antiterrorism and force protection.

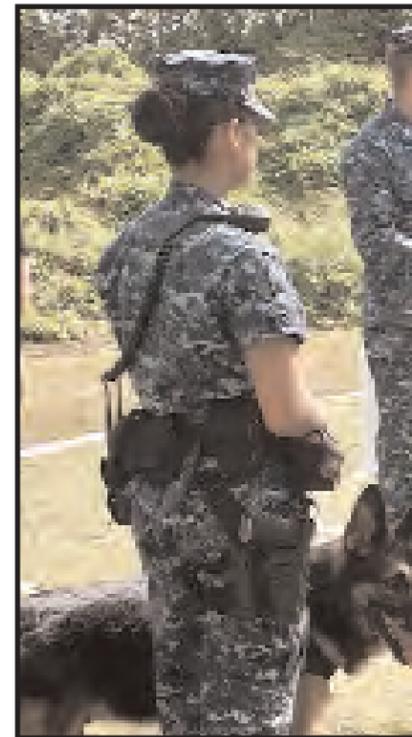
“We have learned a lot from our U.S. counterparts, like antiterrorism and base defense,” said Mongolian Air Force training officer Maj. Enkhzorgol Baatarkhuu. “It was all very important information. We hope to return in the future and learn more about airfield defense as well.”

The civil engineering and security forces community have conducted SMEEs for more than 40 years as their responsibilities have grown in number and complexity with more subject matter experts participating in exchanges to share the depth of knowledge required in specific areas.

“Conducting multinational engagement with our foreign partners in this atmosphere enabled our allies to better understand, and potentially benefit from, the inner-workings of the wing’s 36th CES, 554th RHS and the 736th SFS,” said Col. Theodore Corallo, 36th CRG commander. “The SMEE also served as a platform to build relationships, allowing us to further our understanding of each other’s military capabilities while advancing our mutual interests.”



Historic Monument: Master-at-Arms 1st Class Blake Soller and Master-at-Arms 2nd Class Patrick Mihalko, Sailors assigned to Naval Base Guam (NBG), explain the history of military working dogs to Simon A. Sanchez High School students at the War Dogs Memorial on NBG Feb. 29. The students' visit was part of a tour that took them to various historical and cultural sites on base. U.S. Navy photo by Mass Communication 3rd Class Specialist Corey Hensley/Released



Outdoor Lessons: Master-at-Arms 1st Class Blake Soller explains the history of military working dogs to Simon A. Sanchez High School students at the War Dogs Memorial on NBG Feb. 29. The students' visit was part of a tour that took them to various historical and cultural sites on base. U.S. Navy photo by Mass Communication 3rd Class Specialist Corey Hensley/Released

Naval Base Guam welcomes students for history

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

Students from Simon Sanchez High School (SSHS) toured some of the historical sites on U.S. Naval Base Guam (NBG) Feb. 29.

The students and their teacher visited the Sumay Cemetery, War Dog Memorial, Captain Glass monument at Gab Gab Beach and the Japanese Prisoner of War Amphitheatre.

"The Navy is committed to preserving the culture and heritage of Guam," said NBG Public Affairs Officer Annette Donner. "One of the reasons we are so happy to bring the students onto the base is that it gives

them an opportunity to see some of the cultural and historic sites that they normally wouldn't have access to."

First stop on the tour was Sumay, the site of a pre-World War II Chamorro village which was occupied by the Japanese during from 1942 to 1944, and later destroyed by the American pre-liberation bombardment. Today, a cross representing the village's original church and the Sumay cemetery are all that remains.

"I didn't know much about Sumay before, so I am actually pretty glad I went on this field trip," said SSHS student Fatima Valencia.

Valencia said the tour was part of a research project involving WWII that was assigned by her teacher.

After Sumay, the students were taken to the War Dog Memorial, home to the dogs that served with Marines on Guam during the war. Once there, they were surprised by NBG Security, who brought several of today's working dogs and a spoke to the history of the War Dogs in Guam as well as the duties of today's working dogs at NBG.

These devil dogs, as they are sometimes called, are documented as having saved hundreds of Marines' lives during the WWII Battle for Guam. They were trained to search for enemies in the jungle, find mines and booby traps, and deliver messages, ammunition and medical supplies.

"This tour is an extension that helps [students] with their research," said SSHS teacher Linda Tay-

Walk Through History: Students from Simon A. Sanchez High School walk through Sumay Cemetery on U.S. Naval Base Guam Feb. 29. The students' visit was part of a tour that took them to various historical and cultural sites on base. U.S. Navy photo by Mass Communication 3rd Class Specialist Corey Hensley/Released





...e Soller, assigned to U.S. Naval Base Guam security, explains the history of military working dogs to Simon A. Sanchez High School students at the War Dogs Memorial on NBG Feb. 29. The students' visit was part of a tour that took them to various historical and cultural sites on base. U.S. Navy photo by Mass Communication 3rd Class Specialist Corey Hensley/Released

Historical tour

...t. "It also gives the students more knowledge about their heritage, about their culture, and about their history."

At Gab Gab Beach the students learned the area believed to have been a popular fishing site for ancient Chamorros and is near where the American flag was first raised on Guam in 1898 by Captain Henry Glass, claiming the island for the United States. More than 45 years later the area became a vast recreation center for the 50,000 Marines stationed on the base during WWII from 1944-1945. The students' last stop was at the Japanese POW Amphitheater, built by Japanese prisoners of war in 1945.

For information on Guam history and Chamorro culture, visit www.guampedia.com.



Lesson: Master-at-Arms 2nd Class Patrick Mihalko, assigned to U.S. Naval Base Guam (NBG) security, talks about the history of military working dogs to Simon A. Sanchez High School students at the War Dogs Memorial on NBG Feb. 29. The students' visit was part of a tour that took them to various historical and cultural sites on base. U.S. Navy photo by Mass Communication 3rd Class Specialist Corey Hensley/Released



Walk Through History: Students from Simon A. Sanchez High School walk through Sumay Cemetery on U.S. Naval Base Guam Feb. 29. The students' visit was part of a tour that took them to various historical and cultural sites on base. U.S. Navy photo by Mass Communication 3rd Class Specialist Corey Hensley/Released

Visiting expert to educate community on dating, intimacy

From Joint Region Marianas Family Readiness

The Fleet and Family Support Center Guam along with Andersen Air Force Base Sexual Assault Prevention and Response Program (SAPR) brings a nationally-renowned healthy-dating expert and author to Guam March 12-13.

Mike Domitrz, founder of The Date Safe Project, has the passion and the expertise to provide people of all ages realistic skills and tools for dealing with dating and intimacy. Known for his interactive, hilarious and hard-hitting approach with audience, he inspires atten-

dees by providing simple solutions.

Before you kiss, do you ask? Will it ruin the moment? Will you feel like an idiot? Most people do not ask their partner before engaging in intimacy. Yet, the far majority of individuals love being asked. Why?

"Asking takes away all the pressures and eliminates potential confusion," Domitrz said. "Plus, when you learn how easy it is, you discover how sexy and romantic asking can be."

The presentation will help men, women and families address consent, respect, bystander intervention, and provide teenagers with the right tools and skills for making the best choices re-

garding dating, intimacy, and alcohol.

For a preview of what to expect at the presentation, visit <http://YouTube.HelpMyTeensDating.com>

Domitrz will be at the U.S Naval Base Guam Big Screen Theatre March 12 at 2:30 p.m. for single Sailors; 4 p.m. for parents, teens and pre-teens accompanied by their parents; and 5:30 p.m. for teens with a signed permission slip. For more information, contact FFSC at 333-2056.

Domitrz will also be at the Sunrise Conference Center on Andersen Air Force Base March 13. For more information, contact the SAPR office at 366-7715.

Hands On: John F. Kennedy High School Reserve Officer Training Corps cadets from John F. Kennedy High School join with members of the 554th REDHORSE Squadron (RHS) to build tents for them to spend the night in during their tour of Andersen Air Force Base Feb. 25. Capt. Adam Burwinkle from the 554th RHS headed up the event working closely with the school so the cadets could get a first-hand experience of the active-duty Air Force. U.S. Air Force photo by Senior Airman Veronica McMahon/Released



JFK cadets

visit Andersen



Elmo, Rosita Talk, Listen, Connect with MEMS students

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

Students from Cmdr. William C. McCool Elementary/Middle School on U.S. Naval Base Guam met real live characters from Sesame Street March 5 in the school's auditorium.

Elmo and Rosita were at the school to talk with various students from kindergarten through second grade as part of a special program aimed at kids of military service members deployed around the world.

"Sesame Street is a really firm supporter of military families," said Philip Toscano, a publicist for Sesame Workshop. "This project that we have, which is called Talk, Listen, Connect, teaches families how to cope with the realities of deployment."

Sesame Workshop's mission is to use the educational power of media to help children everywhere reach their highest potential.

According to Toscano, the Talk, Listen, Connect project delves into issues such as what happens when a family member comes back from a deployment mentally or physically injured. It also deals with what happens when family members don't come back at all.

"We have these really special characters that can really reach children, and so we work hand-in-hand with the United States government and special sponsors to create this content for military families," Toscano said.

One of the sponsors that Sesame Workshop teamed on this project was the USO, which aims to lift the spirits of America's troops and their families. Betty Nalor, a tour producer for USO Headquarters in Arlington, Va., said Elmo and Rosita's interaction with the children is vital part of the program.

During the show Elmo and Rosita connected with the children through familiar songs from the show, and themes of love and understanding to show the children that they are part of an important part of a bigger family.

"It's always nice to have visitors come into the school and reinforce the things we teach in the classroom," said Tina Manibusan, a kindergarten teacher at McCool. "[Elmo and Rosita] really engaged with the kids, and rewarded them with little prizes and did it in a way that even if some kids didn't get it, they were so happy to be a part of the

show."

Toscano hopes through this program, families will be able to communicate better and talk with one another about these important issues.

"It's really a nice form of self expression, to get the kids to come out of their shell a little bit and talk about the things that are bothering them," Toscano said.

For information visit www.sesameworkshop.org



Spreading Cheer: Carman Osbahr-Vertiz as Rosita, left, and Kevin Clash as Elmo, perform with a student from Cmdr. William C. McCool Elementary/Middle School on U.S. Naval Base Guam March 5. Elmo and Rosita visited the school as part of Talk, Listen, Connect, a multiphase educational outreach initiative designed to help kids through deployments, homecomings, combat-related injuries and the death of a parent or loved one serving in the military. U.S. Navy photo by Mass Communication Specialist 3rd Class Corey Hensley/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.

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. Col. Donnette Boyd
36th Wing Chaplain

In the midst of our Lenten season we are given an opportunity to deny ourselves of creature comforts and focus on service to God and others. Our religious observances give us an opportunity to make personal sacrifices. The motives behind our sacrifices are dictated by our traditions and theologies that offer us a common advantage of hope as we journey through life with its share of challenges and uncertainties. This is a way of checking the religious box. I challenge you to not fill a square but think outside the box in order to truly fill your God-shaped hole.

So much of our faith focuses on what we do and don't do and how much we sacrifice in order to be a true follower of our faith. Your outside-the-box journey can begin with two simple steps:

▫ Focus less on what you do and

Faith outside the box



don't do, but instead focus on what others do and have done for you. It is far more humbling to acknowledge others' sacrifices than to focus on our own. There are numerous biblical examples of how self-righteousness causes us to miss the mark.

When we look at ourselves, look deep within. Our outer behavior, our observance of the do's and don'ts, are far less significant than the contents of our hearts. People often use religion as a mask to cover up hid-

den secrets and shortcomings within ourselves. It is far easier to give up chocolate or meat than to give up envy or unforgiveness.

The very things that keep us in our faith box are the things that keep us bound. Instead of filling a square we confine ourselves to emotional prisons of legalism and self-righteousness.

The prophet Isaiah challenged us by saying: (Isaiah 58:4-7) New Living Translation

“What good is fasting when you keep on fighting and quarreling? This kind of fasting will never get you anywhere with me. You humble yourselves by going through the motions of penance, bowing your heads like reeds bending in the wind. You dress in burlap and cover yourselves with ashes. Is this what you call fasting? Do you really think this will please the Lord? No, this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people. Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them and do not hide from relatives who need your help.

The above passage transcends all religions and denominations. I challenge you, regardless of whether or not you observe Lent, to break out of the box and live a life of true faith and freedom; the life that God intends for you.

Delicious Treat: Morale, Welfare and Recreation employee Jaeline Nededog, dispenses frozen yogurt into a cup for a fruit smoothie she is preparing for a customer at Beaches and Cream in the Charles King Fitness Center (CKFC) on U.S. Naval Base Guam March 5. Beaches and Cream serves CKFC patrons delicious and healthy smoothies, along with other convenient items. U.S. Navy photo by Mass Communication Specialist 3rd Class Corey Hensley/Released

Beaches and Cream open at CKFC

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

Beaches and Cream at the Charles King Fitness Center (CKFC) on U.S. Naval Base Guam turned on their blenders for the first time Feb. 18, treating fitness center members to a variety of food items and beverages designed to make the trip to the gym more enjoyable.

"Our goal is to serve the community and it's our pleasure to serve the community," said Robert Walter, Morale, Welfare & Recreation (MWR) food and beverage director. "We really enjoy serving those who serve."

With a fruit and vegetable bar available, Beaches and Cream offers customers the ability to customize their choice of healthy smoothies. Fruits such as strawberries, bananas, oranges, pineapple and many more

are available along with a growing variety of vegetables like carrots, soy beans and tomatoes.

"We are going to continue to offer more of a variety on the healthy side, and we're also going to expand the choices on meal items," said Noel David, Beaches and Cream manager.

Among many of the other healthy choices the bar offers are sports drinks, granola bars and, for those on go hot soup like chicken noodle and clam chowder.

For families using the pool or during special events, Beaches and Cream has other cold beverages, frozen yogurt, smoothies, cookies and ice cream.

"Whenever we host some special events here like the [Far East Basketball Tournament], we'll offer other things too, like hot dogs, just in case somebody may want something quick before they go to the game," David said.

The bar's hours of operation are Monday through Friday from 6-10 a.m. and 4-7 p.m.; Saturdays, Sundays and holidays from 11 a.m.-2 p.m.

Sweet Smoothie: Morale, Welfare and Recreation employee Jaeline Nededog, tosses strawberries into a blender while preparing a fruit smoothie for a customer at Beaches and Cream in the Charles King Fitness Center (CKFC) on U.S. Naval Base Guam March 5. Beaches and Cream serves CKFC patrons delicious and healthy smoothies, along with other convenient items. U.S. Navy photo by Mass Communication Specialist 3rd Class Corey Hensley/Released



Local ROTC cadets practice 90 at 90 initiatives

By Senior Airman Veronica
McMahon
36th Wing Public Affairs

Team Andersen Airmen introduced the "90 at 90" physical fitness standard initiative to local Reserve Officer Training Corps (ROTC) cadets Feb. 26, allowing them to experience the active-duty expectations firsthand.

High school cadets from John F. Kennedy (JFK) High School spent most of the weekend touring Andersen Air Force Base's assets, yet the 6 a.m. morning physical test (PT) gave them a different glance the standards Airmen must meet and the importance that fitness plays in the military.

The test was conducted by members of the 36th Force Support Squadron (FSS), and the cadets were required to meet the same standard as active-duty Airmen.

"We can't stress enough that you make these efforts to meet these challenges," said Capt. Jesse Calland, 36th FSS Sustainment Flight Services chief. "We have set this standard because fitness is important and makes you well-rounded."

After taking the test, the cadets were briefed on the importance of the PT standards.

Calland also explained the nature of the military and that we are subject to deploy, wear battle rattle and adjust to climate changes, therefore being physically fit is absolutely necessary.

The cadets agreed that the standards were difficult and said they struggled but gave it their all.

"PT is important because they are supposed to be the best of the best and be ready to go outside to war," said Cadet 1st Lt. Fancine Aflague, tour participant and winner of the superior performer in the female fitness category. "Some of it was hard but we pushed through."

As the tour concluded Brig. Gen. John Doucette, 36th Wing commander, briefed the cadets about the active-duty Air Force and stressed the importance of PT. He emphasized that although the standards might seem strenuous, they are now part of our culture.

Along with the PT test, the cadets witnessed a dog demo, toured the flightline, participated in roll-over training and geared up to participate in the weapons simulator. They also joined the 554th REDHORSE squadron (RHS) to build tents in which they camped out in overnight.

"A lot of them will be coming into the military and these are the standards they will have to meet," said

Col. David Cruz, ROTC cadet instructor. "Coming out here is good, it connects the dots between high school and real life and they hearing it from professionals."

Capt. Adam Burwinkle from the 554th RHS headed up the event and worked closely with the school to make it possible. The principal was impressed at the enthusiasm of the cadets and the training they gained.

"This is a great way to let them observe in a whole what the Air Force does and gives them an opportunity to see it in real life, it is very powerful," said JFK High School Principal Kenneth Chargualaf. "Now they know they need to perform to a certain level to even be considered. This tour has given them a sense of worth and a sense of pride to be an Air Force cadet."

Future Airmen: John F. Kennedy High School Reserve Officer Training Corps cadets participate in a standardized Air Force physical fitness (PT) test conducted by 36th Force Support Squadron members Feb. 26. As well as conducting the test, 36th FSS Airmen emphasized the importance of PT and stressed Andersen's 90 at 90 initiative, which Airmen are striving for a 90 percent on their PT tests. U.S. Air Force photo by Senior Airman Veronica McMahon/Released

