



LIBERTY THROUGH UNITY

JOINT REGION EDGE

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Friday, March 30, 2012

Fortresses forged with steel and unity



Take-Off: A 23rd Expeditionary Bomb Squadron B-52 takes off during the Cope Norrrth Exercises on Andersen Air Force Base Feb. 13. Participating in the Cope North Exercises is one among many accomplishments of the 23rd EBS during their tour of Guam. U.S. Air Force photo by Senior Airman Jeffrey Schultze/Released

23RD EBS BIDS FAREWELL TO ANDERSEN

By Airman 1st Class Marianique Santos
36th Wing Public Affairs

“The future of politics will be decided in Asia, not Afghanistan or Iraq, and the United States will be right at the center of the action,” a quote from an article written in November 2011 by Hillary Clinton, U.S. Secretary of State, regarding the importance of a strong U.S. military presence in the Asia-Pacific region.

Clinton’s lines are resonant of the importance of the Continuous Bomber Presence (CBP) that Andersen has been hosting since 2003, according to Capt. Jarred Prier, 23rd Expeditionary Bomb Squadron (EBS) mission planning cell team chief.

As part of the CBP, the 23rd EBS from Minot Air Force Base (AFB), N.D., have been training in Guam since December 2011 and will be relieved by 69th Expeditionary Bomb Squadron, also from Minot AFB.

The swap-out ceremony was held March 22.

“The CBP’s mission is to assure our allies in the region that there is a strong U.S. military presence in the Pacific and to deter any potential adversaries,” Prier said.

The CBP is also an ongoing effort by the Pacific Air Force to show the United States’ commitment to the security and stability of

See EBS, Page 7

MWR faces budget constraints makes necessary adjustments

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

Morale, Welfare and Recreation (MWR) Guam will begin another phase of adjustments to some of the programs it offers service members and their dependents April 1.

These adjustments are designed to ease

the financial burden of a decreasing MWR budget while also trying to provide a healthy continuation of the services used most by active-duty service members, families and other government employees.

“All MWR programs must live within a budget and ours is decreasing,” said Capt. Richard Wood, commanding officer of U.S. Naval Base Guam. “Going forward, I must find cost reductions and efficiencies in or-

der to provide MWR program that will best address the needs of our community.”

In the past few months, several changes have already been implemented to include removal of lifeguards at Gab Gab Beach, suspension of towel service at the Charles King Fitness Center, closure of the Auto Hobby Shop and Clipper Landing

See MWR, Page 7



Andersen stresses road, runner safety

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CPOs celebrate 119th birthday

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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
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

Deputy Public Affairs Officer
2nd Lt. Sarah Bergstein
366-2228
sara.bergstein2@us.af.mil

Public Affairs Superintendent
Master Sgt. Carrie Hinson
366-2228
carrie.hinson@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 Mariah Haddenham, 366-2228
Airman 1st Class Marianne Santos, 366-2228
Airman 1st Class Jeffrey Schultze, 366-2228
Airman 1st Class Whitney Tucker, 366-2228



IT&E OPENS shop at Andersen Exchange

Grand Opening: Guam Army and Air Force Exchange Service employees join with members of the IT&E telecommunications company to cut the ribbon on Andersen Exchange's newly opened IT&E store during a ceremony March 15 at the facility. In addition to the IT&E store, the exchange also offers telecommunications services through its GTA shop. Photo courtesy of Exchange Pacific Region Public Affairs

NEWS NOTES

Job Announcements

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

Navy Commercial Access Control System Center Moving

The Navy Commercial Access Control System Center (NCACS), in front of the U.S. Naval Base Guam (NBG) main gate, will close March 30, reopen April 2, in the existing NBG Visitor Control Center (VCC) located at the back side of the Navy Housing Office (building 1657) and in front of the Navy Federal Credit Union. The VCC will become the sole location where the RAPIDGate registration and passes are issued.

The merged NCACS and VCC is open Monday-Wednesday from 6 a.m.-5:30 p.m., Thursday from 7 a.m.-4:30 p.m., Friday from 7 a.m.-4 p.m. and closed weekends and holidays. For more information, call 339-2663.

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 about the Family Health Fair, visit <http://www.facebook.com/pages/Family-Health-Symposium-2012-NH-Guam/175326905909113> or call 344-9436.

Tax Services

The VITA Tax Services will be officially close for the tax season April 16. Overseas Service members have auto extension until June 15, in which case the office can take accept by appointment only with our tax manager, Jared Anderson. For more information, please call 339-2328.

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

Stem Awareness Week: April 23-17
Call schools for more details

COMMUNITY Corner

movies • movies • movies

The Big Screen Theater

MARCH 30 (FRIDAY)

7 PM	JOURNEY 2: THE MYSTERIOUS ISLAND	PG
9:30 PM	EXTREMELY LOUD AND INCREDIBLY CLOSE	PG-13

MARCH 31 (SATURDAY)

1 PM	MAN ON A LEDGE	PG-13
3:30 PM	RED TAILS	PG-13
7 PM	SAFEHOUSE	R

APRIL 1 (SUNDAY)

1 PM	BIG MIRACLE	PG
3:30 PM	THE WOMAN IN BLACK	PG-13
7 PM	CHRONICLE	PG-13

Movie Hotline 564-1831 US Naval Base Guam

Meehan Theater - TEMPORARILY CLOSED
until June

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

April 2: Building healthy relationships from 1-3 p.m.
April 6: Red Cross babysitting training from 8 a.m.-3:30 p.m.
April 10-13: Stress management multi-sessions from 9-11 a.m.

Easter Egg Hunt

Come out and enjoy Morale, Welfare and Recreation's Easter Eggs-Travaganza April 7. There will be a special appear-

ance by the Easter Bunny, bounce houses, fun and prizes. Be sure to bring your camera to snap some photos and capture this special day. There will be an Easter Egg Hunt at 4 p.m. Kids age 11 and under eat free with a paying adult at Nap's Alabama BBQ from 4-8 p.m. This celebration will be held in Molly McGee's field. For more information, please call 688-7038.

Easter Brunch at Top O' the Mar

Enjoy Easter brunch at Top O' the Mar April 8 from 10:30 a.m.-1p.m. \$27.95 for adults, \$13.95 for kids and free for children five and under. Reservations required. Call 472-4606 for more information.

36th FSS HAPPENINGS Andersen Air Force Base

Annual Easter Egg Hunt & Spring Carnival

The Youth Center's annual Easter egg hunt and spring carnival will be Saturday April 7. The Easter egg hunt will begin at 9 a.m. followed immediately by the spring carnival. The Easter Egg Hunt will take place on the soccer field adjacent to the Youth & Teen Centers. There will be four age groups: three and under, ages four to six, seven to eight, and nine and up. The spring carnival will be held in the Youth Center parking lot and the Youth Center gym. Call 366-3490 for more information.

Special Event: Easter Brunch

The Top of the Rock Collocated Club will have their annual Easter Brunch April 8 from 10:30 a.m.-1:30 p.m. in the ballroom. Enjoy a wide variety of breakfast and lunch items plus an omelet station, waffle station, a carving station featuring top round and turkey and a dessert station. Cost is \$20.95 for members, \$26.95 for nonmembers and free for ages five and under. Reservations are required and must be made by April 6. Call 366-6166.

SPORTS SHORTS U.S. Naval Base Guam

Free Golf Clinics

Learn the basics of golf or practice perfecting your game during golf clinics at the Admiral Nimitz Golf Course every Saturday and Sunday from 9-10 a.m. For more information, call 344-5838



Coast Guard inspector looks out for the islands

Watching the Region: U.S. Coast Guard Sector Guam's Marine Science Technician 2nd Class Pete Calori holds up his designator and a ship container pin with the Marianas highlighted on a globe in the background on U.S. Naval Base Guam March 27. The pin signifies his job of protecting Guam and the surrounding island that depend on the port for good. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert/Released

By Mass Communication specialist 2nd Class (SW) Corwin Colbert
Joint Region Marianas Public Affairs

Marine Science Technician 2nd Class Pete Calori is the leader of the facility inspection team at U.S. Coast Guard (USCG) Sector Guam.

His job involves keeping the Mariana Islands safe by performing pollution re-

sponse, search and rescue operation, container, and fuel and crew ship inspections. "It is important to inspect what goes in and out the port of Guam," he said. "This ensures the protection of the people of Guam as well as the surrounding island that depend on the port for good."

Sector Guam's Sailor of the Quarter is a 10-year veteran of the Coast Guard. He said enlisting wasn't brain surgery but

natural.

"I was going to the University of Guam for marine biology while also working full time on a dive boat," Calori explained. "One day my boat was inspected by the Coast Guard and it was intriguing to me. So I started to talk to the Sailor and he told me everything I needed to know. I went down the recruiting office and signed up."

Since then Calori said he worked hard through his many assignments including U.S. Coast Guard Cutter Jarvis, USCG Sector Hawaii and now Guam.

"Calori's work ethic is commendable," said Chief Boatswain's Mate Chuck Ashmore, Calori's supervisor. "What makes him a top performer is his diligence and attention to detail. He is the type of sailor that will go the extra mile."

Andersen's Best: Senior Airman Matthew McCoy

By Airman 1st Class Mariah Haddenham
36th Wing Public Affairs

Senior Airman Matthew McCoy, 36th Munitions Squadron Missile Maintenance Support technician, was awarded Team Andersen's on Andersen Air Force Base March 8.

"Airman McCoy is a work-horse

within the conventional air launched cruise missile flight," said Staff Sgt. Herbert Hall, McCoy's supervisor. "He continually looks to improve the support section by constantly maintaining three composite tool kits, 20 support equipment items and performing accountability of over 152 precision measurement equipment laboratory

items and their associated inspections." "His dedication is unrivaled to ensure mission success," Herbert continued.

McCoy also participates on the squadron and wing basketball teams in his free time. He has family residing in Cleveland, Ohio and is also a LeBron James fan.

Andersen's Best is a recognition pro-

gram that 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.



Recognition for Great Work: Senior Airman Matthew McCoy, 36th Munitions Squadron Missile Maintenance Support technician, was awarded Team Andersen's Best, March 8. To nominate your Airmen/Civilian for Andersen's Best, contact your unit chief or superintendent explaining their accomplishments. U.S. Air Force photo by Senior Airman Carlin Leslie/Released

Rules of the Road for runners and drivers

Signs of the Road: There are guidelines and safety tips everyone must know before running the roads around base. U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released

By Senior Airman Veronica McMahon
36th Wing Public Affairs

The sunny Guam weather and fitness initiatives at Andersen have a large number of people constantly jogging, running and enjoying outdoor activities here. With this high volume of active people, it is important that all joggers, runners, pedestrians and drivers know the rules of the road.

Air Force instructions and base regulations state some of these guidelines. There are also suggestions that help ensure safety for drivers and joggers alike.

It is also important to note that roads are primarily intended for vehicle traffic. Pedestrians should always use sidewalks and other non-road running surfaces when they are available. The safest place for individuals to run, for both runners and vehicles alike, is on the approved running courses.

"There are three safe environments for running or jogging on base," said Tech. Sgt. Carlos Rogers, 36th Wing Safety ground safety manager. "They are the base running track, the running trail on Bonins Boulevard and the trail at Arc Light Memorial Park."

According to Rogers, while these are the recommended areas to run, many people still use the roads. When running on the roads, there are certain things to be aware of.

"Formation runs are runs with at least 10 members running with formation integrity," Rogers said. "Each formation needs a leader and four road guards. Anyone not in a formation running must run single file against the traffic. Individuals are allowed to run two abreast when there is no approaching traffic."

Another thing runners should be aware of is their attire. Reflective belts or vests are required during limited visibility if official physical training gear is not worn. These rules apply on base and are highly encouraged off base as well.

When listening to music while running, the rules currently state that a single-bud earpiece may be worn unless on one of the running tracks. However, the rules are subject to

change in the near future.

It is also suggested that runners should use low traffic areas during peak traffic periods. Aside from the three safe running routes, Sanders' Slope and the route by Tarague Beach are also good places to get a workout.

While runners and pedestrians can follow these rules to help ensure roadside safety, drivers should also be aware of their surroundings.

"Drivers should slow down regardless of posted speed limit signs when runners or pedestrians are present," Rogers said. "This is the key to mishap prevention."

The 36th Security Forces Squadron personnel encourage the base populace to be aware of unsafe drivers.

"Any personnel observing unsafe driving practices near pedestrians, runners or joggers can call the Base Defense Operations Center at 366-2910 to report

an incident," said Staff Sgt. Jay Mendoza, 36th Security Forces Squadron flight chief. "Please note the vehicle description, license plate number, location, route of travel and occupants information if available."

For any additional information please contact the 36th Wing Safety Office at 366-7233 (SAFE).



USNH Guam Sailor promoted to Navy ensign



Moving Up in Rank: Hospital Corpsman 1st Class (FMF/DV) Nathan J. Tuoch, right, of U.S. Naval Hospital Guam, recites the oath of office administered by Lt. James Allen March 15. Tuoch was commissioned in the Medical Service Corps (MSC) and his commissioning source was the 2012 MSC Inservice procurement program. Photo courtesy of U.S. Naval Hospital Guam

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

Each year, the secretary of the Air Force, Chief of Staff and chief of Safety Awards are presented to safety teams throughout the Air Force who are able to reach a higher standard than their peers.

Recently, the 36th Wing was recognized as one of the elite, garnering awards for its exemplary ground and explosive safety programs.

According to the Air Force Safety Center, the Ground Safety Division develops Air Force ground safety programs and procedures in addition to developing and maintaining current Air Force Occupational Safety and Health standards. It performs oversight, conducts evaluations and provides staff assistance to ensure regulations are met.

“Managing safety programs, organizing safety activities, conduct-

Team Andersen upholds safety standards, garners awards

ing inspections to eliminate mishap potential and promoting safety education are some of the responsibilities that fall to the safety team,” said Tech. Sgt. Carlos Rogers, 36th Ground Safety manager. “Being recognized at the Air Force level says a lot about the team of safety professionals here and their dedica-

tion to keeping Andersen personnel safe and out of harm’s way.”

Members of the Weapons Safety Section provide for the development of Air Force, Joint and Office of the Secretary of Defense explosives safety policy and standards, as well as the approval of explosives facility siting and con-

struction plans.

“The Explosive Safety team manages the safety aspect of all explosive operations,” said Master Sgt. Timothy Anderson, 36th Ground Safety weapons safety. “This not only includes all licensed facilities, but the sighting of all explosive loaded aircraft parking

spots, explosive storage facilities and operating locations of the Air Force’s largest net explosive weight in a munitions storage area.”

Lt. Col. William Percival, 36th Ground Safety chief, expressed his belief that the award could not have been bestowed upon a more deserving unit and praised his team for their tireless efforts to uphold the integrity of the safety program.

“The 36th Wing Safety team is nothing short of exceptional,” the colonel said. “Made up of dedicated noncommissioned officers who are experts in the disciplines of flight, weapons and ground safety, they aggressively support the wing’s mission of Pacific Airpower.”

“That they have been recognized at the Air Force level doesn’t surprise me,” Colonel Percival continued. “The work they have done, and continue to do, makes me proud to be a member of this first-rate team.”



Cleaning up the Trash: Airmen from the 36th Security Forces Squadron spend the day cleaning Tanguisson Beach in Dededo, Guam March 22. Assisting in such events allow Team Andersen to get out and enjoy Guam while further improving themselves and public relations. U.S. Air Force photo by Airman 1st Class Mariah Haddenham/Released

Beautifying Guam: Airmen from the 36th Security Forces Squadron spend the day cleaning Tanguisson Beach in Dededo, Guam March 22. U.S. Air Force photo by Airman 1st Class Mariah Haddenham/Released



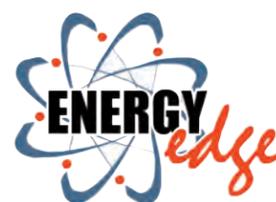
Clean Diving: Airmen from the 36th Security Forces Squadron spend the day cleaning Tanguisson Beach in Dededo, Guam March 22. U.S. Air Force photo by Airman 1st Class Mariah Haddenham/Released



Airmen help community, clean up beach



Walk on the Beach: Airmen from the 36th Security Forces Squadron spend the day cleaning Tanguisson Beach in Dededo, Guam March 22. U.S. Air Force photo by Senior Airman/Released



Vending machines, energy go hand-in-hand

By Kevin Evans
Joint Region Marianas Energy
Manager

Did you know that a typical soda machine uses 120 watts of non-essential lighting, costing more than \$60 per machine each year? If only one-tenth of the 400,000 Department of Defense buildings took out a soda machine lamp, over \$2.4 million could be saved annually. An alternative is installing sensors, called vending misers, on cold drink machines which turn off the lights and allow the coast on its ambient internal coolness until rising internal temperature require additional cooling saving about 25 percent in energy.

Producing aluminum from recycled aluminum consumes 90 percent less energy than producing it from raw materials and generates 95 percent less air pollution, so please remember to recycle your soda cans when you’re done. By the way, disposable (throwaway) bottles consume three times the energy as reusable, returnable bottles.

You can help. The next time you visit your local soda machine, please also, take a moment to consider all the energy and sustainability ramifications. So, enjoy a nice cold beverage, take a look at your vending machine and let your base energy manager know of any potential energy savings opportunities and recycle your cans.

Celebrating 119 years of deckplate leadership

By Command Master Chief Greg A. Vidaurri
Joint Region Marianas Regional Command Master Chief

The 119th birthday of the United States Navy chief petty officer is April 1. Chiefs all around the Navy will pause that day to reflect on the history and tradition of the chief petty officer rating and the honor associated with leading Sailors. In the United States Navy, the title chief petty officer carries with it responsibilities and privileges no other armed force in the world grants enlisted people. These responsibilities and privileges exist because for 119 years, chiefs have routinely sought out greater challenges and assumed more responsibility. The example set by chiefs for the last century inspires our young men and women of today.

U.S. Navy Memorial Foundation (USMF) has designated 2012 as The Year of the Chief. In 2012, for the first time, the USNMF will shine a nationwide spotlight on the history and contributions of our Navy's chief petty officer mess—highlighting you, the group of leaders with a direct impact on every Navy and Coast Guard community. The Year of the Chief will officially be launched with a special kick-off event at the U.S. Navy Memorial April 2.

On Guam, our chief petty officers birthday will be celebrated with a dining out on

March 31 at the Westin Resort in Tumon. All active, retired and sister service senior enlisted leaders are invited. To draw attention to our 119th chief petty officers birthday, I would like to personally ask all chief petty officers to wear their service khakis with combination covers from April 2-6. Nothing says "deckplate leader" like a chief walking down the pier wearing the fleetwide symbol of our brand of leadership.

As we look back on our heritage and history with pride, we

must also look to the future and another century of meeting new challenges. The influence that our chiefs mess has on our Navy is truly immeasurable. The training and mentoring that we provide everyday as chief petty officer's to the Sailors we lead is what will ensure our success in the future. For more than a century, Sailors have heard the phrase "ask the chief." To each of you I would say don't wait to be asked!

Happy birthday chiefs! Navy chief....Navy pride!

Strike FOL opens on Andersen Air Force Base



Ribbon Cutting: Brig. Gen. John Doucette, left, 36th Wing commander, a representative from DCK Pacific-ECC group, and Lt. Cmdr. Grant Watanabe of U.S. Naval Facilities Engineering Command Marianas, cut the ribbon at the opening of the Strike electrical infrastructure Forward Operating Location on Andersen Air Force Base March 21. The \$26 million project took two years to complete and is now able to withstand typhoons and is fit for the number of missions conducted at Andersen. U.S. Air Force photo by Senior Airman Jeffrey Schultze/Released

PACAF Award winners announced

By 36th Wing Public Affairs

Many awards have been presented to Team Andersen's personnel this year, and March has been no exception to the recognition shown some of the superior performers at Andersen Air Force Base.

The following Pacific Air Force award winners were announced March 20:

Ray Hardin Air Traffic Control Facility of the Year

- The 36th Operations Support Squadron

- Col. Derrel L. Dempsey Airfield Operations Officer of the Year

- Capt. Anthony S. Hayes, 36 OSS

- Air Traffic Controller of the Year

- Tech. Sgt. Chad Thompson, 36 OSS

Airfield Management Craftsman of the Year

- Tech. Sgt. Priscilla Lopez-Lucas, 36 OSS

Airfield Management Journeyman of the Year

- Airman 1st Class Alyce Nejame

MWR: Additional funding to be sought

MWR FACILITIES' BUSINESS HOURS EFFECTIVE APRIL 1, 2012

Charles King Fitness Center (CKFC):

Monday-Friday, 5 a.m.-8 p.m.
Saturdays, Sundays and holidays, 10 a.m.-6 p.m.
Guest pass: \$5 per guest per day

CKFC pool: When school is in session:

Monday-Thursday, 5 a.m.-1 p.m.
Friday, 5 a.m.-1 p.m. and 4-7 p.m.
Saturdays, Sundays and holidays, 10 a.m.-5 p.m.

When school is not in session:

Monday-Friday, 5 a.m.-7 p.m.
Saturdays, Sundays and holidays, 10 a.m.-5 p.m.

U.S. Naval Hospital Guam gym:

Monday-Friday, 5:30 a.m.-6 p.m.
Closed Saturdays, Sundays and holidays

U.S. Naval Hospital Guam pool:

Monday-Friday, 5:30-7:30 a.m. and 11 a.m.-1 p.m.
Closed Saturdays, Sundays and holidays

Rec-n-Crew: Monday and Friday, 11 a.m.-6p.m.

Saturdays, Sundays and holidays, 8 a.m.-6 p.m.
Closed Tuesday-Thursday

Library: Tuesday-Saturday, 10 a.m.-6 p.m.
Closed Sunday-Monday

Marina: Monday, Thursday and holidays, 8 a.m.-5 p.m.
Friday-Sunday, 6 a.m.-5 p.m.
Closed Tuesday and Wednesday

Single Sailor Sanctuary: Monday-Friday, 3-8 p.m.
Saturdays, Sundays and holidays, 10 a.m.-8 p.m.

Nap's Alabama BBQ: Monday-Thursday, 11 a.m.-2 p.m.
Friday 11 a.m.-2 p.m. and 5:30-7:30 p.m.

C-Street Café: Monday-Friday, 6:30-11 a.m.

Molly McGee's: Sunday-Thursday, 11 a.m.-11 p.m.
Friday and Saturday, 11 a.m.-11:30 p.m.

Top O' the Mar: Mongolian night – Second Thursday of each month; Sunday Brunch brunch to be announced.

Please look for Top O' the Mar brunch dates and schedules at www.mwrguam.com, Facebook, Twitter and other electronic media advertising available at all MWR facilities.

For questions or comments, please contact MWR at 333-2147.

Continued from Page 1

restaurant, and changes to business hours of other MWR establishments.

Unfortunately, Wood said these mitigations were not enough to meet operation costs. Wood said additional adjustments will be implemented next month. These changes are designed to eliminate unnecessary waste to the budget during slow periods of business at different MWR establishments.

Hours of operations will be adjusted for the Charles King Fitness Center and pool, Rec-n-Crew, MWR library, Single Sailor Sanctuary, the Marina, Nap's Alabama BBQ, C-Street Café, Molly McGees and Top O' the Mar.

"I am very sensitive to the hardships that these changes will create," Wood said. "While I cannot promise increased funding, we will continue to seek additional funding while soliciting feedback from the entire Naval Base Guam community."

EBS: Group accumulates many hours of community service

Continued from Page 1

the entire Asia-Pacific region. The 23rd EBS is one of the squadrons that rotate in and out, and provides the area with a rapidly deployable contingency response force.

Since the 23rd EBS' inception, it has participated in almost every major conflict the U.S. has been involved in.

"The B-52 Stratofortress has served as the 'Big Stick' in the fight, so to speak, for most of the conflicts the United States has been involved in, and we will be a player in a 'night-one' scenario in most future conflicts," Prier said. "It can carry a variety of weapons, and can fly for long periods at a time. With aerial refueling, the B-52 can fly a continuous 24-hour mission, or longer."

"We also have the capability to loiter," Prier continued. "We can fly

to the location, remain within the area, and wait for the perfect opportunity to execute the plan. We have the reach and the power."

With its numerous capabilities, it is no surprise that the B-52 is a maintenance intensive aircraft.

"It takes a lot of man-hours to regenerate this aircraft and get it off the ground. It's an older aircraft; it's a legacy aircraft," said Chief Master Sgt. Michael Crabtree, 36th Expeditionary Aircraft Maintenance Squadron superintendent.

"They've tried to replace it with the B-1s and the B-2s, but it didn't happen," he continued. "It can hold a lot of bombs. It's a proven platform. It's irreplaceable."

Trusting that their maintenance team will have the aircraft mission-ready, the flyers are able to focus on the specific missions and exercises that they were scheduled to execute while in Guam.

"Here in the island, the crew members are able to spend more time studying tactics, techniques, and procedures," Prier said. "We are then able to hone our skills on our training sorties."

Through all the missions, the maintenance group worked tirelessly to make sure the fleet was in good condition.

"We fixed 426 pilot-reported discrepancies," Crabtree said. "We take care of everything. At one point, we had several broken aircraft and our MC (mission capable) rate was down to 16 percent, but within 24 hours, we were able to get the fleet's MC rate back up to 83 percent."

With the cooperation between the flyers and their maintenance group during their deployment, the 23rd EBS participated in multiple exercises successfully. The squadron flew 1200 flight hours

and 186 sorties, according to Crabtree.

"We had two aircraft fly over the Linebacker II ceremony," said the Chief. "We also did a fly over at a Singapore air show, which was the first one ever."

"Cope North was a huge one for us because we got to interact with different nations," he continued. "There were seven or eight different airframes. We did a swap. Their maintainers came and launched out B-52s, and our Airmen got to launch their fighters."

Aside from the training they have accomplished, the members of the 23rd EBS also accumulated a total of over a thousand hours of community service; each person contributing, at least, 15 hours of their free time to the community.

"I like running, so I participated in the Guam Running Club," Prier said. "The club holds races almost

every week, and several of the races' proceeds go to charity. I also volunteered for the Guam Animals In Need shelter. There were a lot of volunteer opportunities available to us."

The 23rd EBS, who came in with six aircraft and nine crews, take pride in their leadership and their team unity.

"We have a great commander," Crabtree said. "The 23rd EBS Commander Lt. Col. Billings, makes sure to acknowledge everyone's hard work, including the maintenance team, and recognizes everyone's achievements."

"Considering that our team came from Minot, a small, close community, we've always had a tight team," Prier said. "Living together as a unit during a deployment just makes our team more cohesive, and ultimately, more effective in executing our missions."

90 at 90: Emphasize the exercise

By Airman 1st Class Mariah Haddenham
Andersen Air Force Base Public Affairs

Physical fitness is more important than ever as the Air Force moves forward in restructuring. This requires our Airmen to be better, faster and stronger. Military members should look not only to keep up with the pace, but to exceed it, striving for excellence.

Possibly the most strenuous part of the assessment is the one-and-a-half mile run. This area of the physical fitness assessment can be vastly improved upon, according to Byron Hardy, 36th Medical Operations Squadron Sports physiologist at the Health and Wellness Center on Andersen Air Force Base.

"There are some technique problems out there that can be fixed right away," Hardy said. "The most common errors are stride length and foot strike. A lot of people still think they need to take longer strides to run faster but it's the opposite."

Turnover, which is the rate at which feet are moving over a surface, is what can affect a run time.

"The foot impact needs to be mid-foot, directly under your center of gravity," Hardy said.

"When you're taking a long stride and landing on your heel, it's like running on a flat tire."

Improper running form can also lead to sport related injuries resulting in medical profiles.

"Some of the more common profiles that I'm seeing are running related," Hardy said. "Shin splints, plantar fasciitis, achilles tendonitis, patellar tendonitis and lower back pain are injuries usually due to impact."

"Turning it on and turning it off is the way to go," he said, as he talked about a variety in training. "Rest and recovery is huge, but variety is even bigger. You're body gets accustomed to stressors and ceases to adapt."

Some additional exercises that can help your running form include skipping rope and barefoot sprints. Both of these exercises provide a good cardiovascular workout, while lowering the repetitive impact that can occur with running.

Your heart rate while exercising and training is also an often overlooked area when



Running for Excellence: Physical fitness is more important than ever as the Air Force moves forward in restructuring. This requires our Airmen to be better, faster and stronger. Military members should look not only to keep up with the pace, but to exceed it, striving for excellence. Possibly the most strenuous part of the assessment is the 1.5 mile run. U.S. Air Force photo by Senior Airman Veronica McMahon/Released

pushing to improve your performance and training. According to Air Force physical fitness standards, the recommended maximum heart rate for ages 20-35 is between 185-200 beats per minute, with ages 35-60 having a recommended heart rate between 160-180 beats per minute.

In closing, a variety in exercise regimens, along with proper running form can help improve your run times. Airmen looking to make improvements here can do so by following easy steps to top physical fitness and peak warfighting capability.

Safety enables Airmen to fly, fight, win

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

With mission capabilities such as the continuous bomber presence, theater security package and a contingency response group poised for action anywhere in the area of responsibility, the 36th Wing is accustomed to playing host to a myriad of bomber, refueling and fighter aircraft.

In light of the ever-increasing operations tempo, having a thorough knowledge of flight line safety regulations and procedures is of paramount importance to the Team Andersen mission.

"Following procedures and safety guidance is important in everyone's line of work," said Master Sgt. Byron Gwyn, 36th Wing Flight Safety noncommissioned officer. "The airfield is an especially busy and hazardous place to be if you do not know the correct procedures such as how to drive on the airfield or how to communicate on the radio using proper terminology."

In 2011, the 36th Wing reported five controlled movement area (CMA) violations. These violations are caused when an aircraft, vehicle or pedestrian enters a CMA without air traffic control approval, jeopardizing the integrity of the airfield.

"Every one of the CMA violations Andersen had last year was related to inadequate communication or failure to follow driving procedures," Gwyn said. "That's five times personnel crossed an active runway without the proper approval."

"At any of those moments an aircraft could have been landing, taxiing, or taking off from that same runway," he continued. "Following the correct procedures and safety guidance ensures everyone goes home at the end of the day and the mission is a success."

Multiple factors can negatively influence a driver's ability to navigate the airfield properly, such as unfamiliarity with the airfield, lack of experience, or failure to remain vigilant. However, infractions are most often found to be a direct result of shortcomings in the classroom.

"A common cause of runway incursions is poor training," said Tech. Sgt. Priscilla Lopez-Lucas, 36th Operations Support Squadron deputy airfield manager. "Some examples of poor training include not providing all training in accordance with airfield driving guidance, drivers not fully comprehending concepts and operating procedures, or drivers not maintaining proficiency by accomplishing annual refresher training."

Runway incursions have the potential to impede the Air Force mission and result in equipment endangerment and loss of life. In today's complex airfield environment, it is crucial to exercise situational awareness and strictly adhere to the procedures outlined in airfield driving guidance.

"We need your help in reducing the risk, improving the training and increasing awareness," Lopez-Lucas said. "Incursions have a direct impact on the mission and increase the risk to aircraft pilots, passengers and personnel operating on the airfield. We all need to do our part to see our wingmen home safely."

Emory S. Land, HSC 25 conduct training

Right, Below: An MH-60S Sea Hawk helicopter, assigned to Helicopter Sea Combat Squadron (HSC) 25, conducts torpedo retrieval training with submarine tender USS Emory S. Land (AS 39) March 14. HSC 25 provides logistics, search and rescue, force protection and disaster response to Guam and the Commonwealth of the Northern Mariana Islands. U.S. Navy photos by Mass Communication Specialist 2nd Class Elizabeth Fray/Released





Meeting Sailors: Adm. Cecil Haney, Commander, U.S. Pacific Fleet, shakes hands with Quarter Master 3rd Class Megan Hallemeier at the Joint Region Marianas headquarters in Asan, Guam March 23. Haney visited military installations on Guam before returning back to his headquarters in Hawaii. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert/Released



Q&A Session: Adm. Cecil Haney, Commander, U.S. Pacific Fleet, answers questions from service members assigned to Commander, Submarine Squadron 15, USS Frank Cable (AS 40) and USS Emory S. Land (AS 39) at Polaris Point in Guam March 23. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert/Released



Meeting Adm. Haney: Adm. Cecil Haney, U.S. Pacific Fleet commander, meets with Aviation Machinist's Mate 3rd Class (AW) Edward Cayanan, Aviation Machinist's Mate 1st Class (AW) Sheldrick Rogers and Aviation Machinist's Mate Airman (AN) Diana Umbarila from Helicopter Sea Combat Squadron 25 during his visit to Andersen Air Force Base March 23. Haney visited Guam to meet the Sailors and Airmen of the Joint Region Marianas. U.S. Air Force photo by Senior Airman Carlin Leslie/Released

PACFLT commander visits Guam, meets service members



All Aboard: Adm. Cecil Haney, Commander, U.S. Pacific Fleet, and his official party board a MH-60S Seahawk helicopter on U.S. Naval Base Guam for an aerial tour of the island. U.S. Navy photo by Mass Communication Specialist 3rd Class Corey Hensley/Released



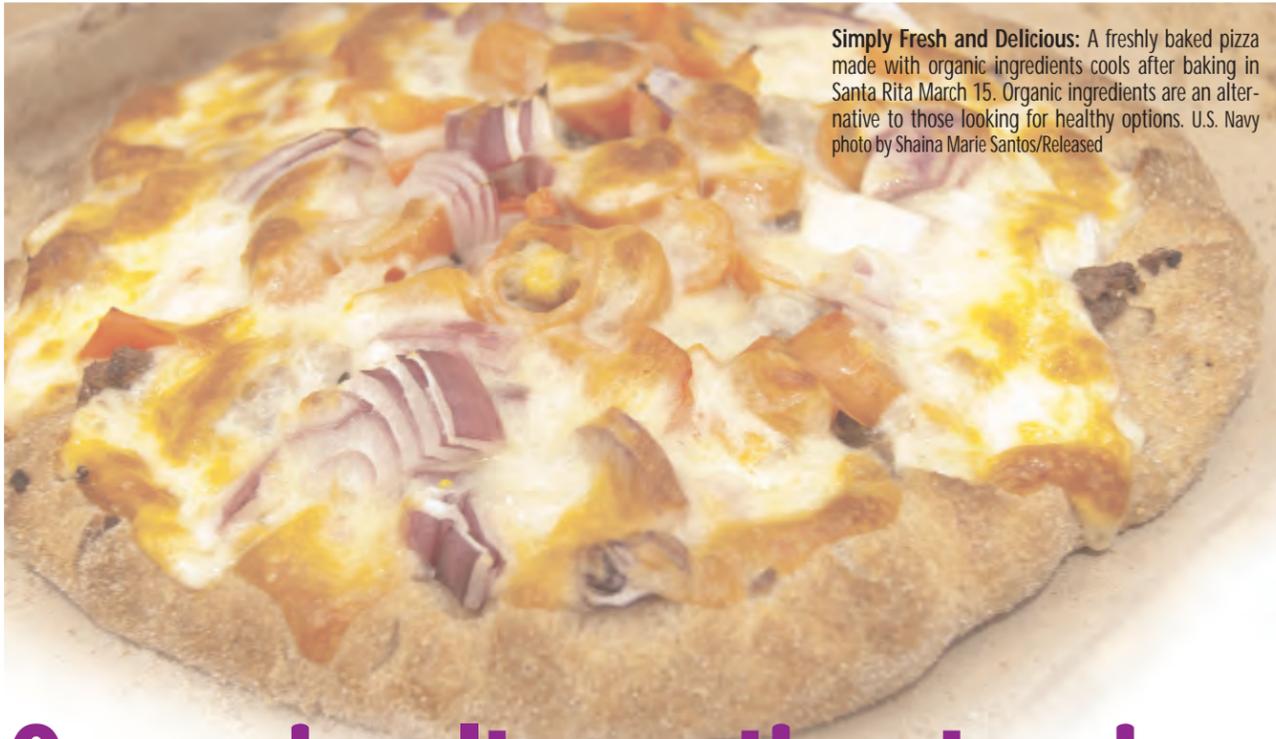
Ready for Takeoff: Adm. Cecil Haney, Commander, U.S. Pacific Fleet, and his official party board a MH-60S Seahawk helicopter on U.S. Naval Base Guam for an aerial tour of the island. U.S. Navy photo by Mass Communication Specialist 3rd Class Corey Hensley/Released



Island Tour: Adm. Cecil Haney, Commander, U.S. Pacific Fleet, and his official take off on a MH-60S Seahawk helicopter on U.S. Naval Base Guam for an aerial tour of the island. U.S. Navy photo by Mass Communication Specialist 3rd Class Corey Hensley/Released



Touring Andersen AFB: Adm. Cecil Haney, U.S. Pacific Fleet commander, lands at Andersen Air Force Base after an island tour March 23. U.S. Air Force photo by Senior Airman Carlin Leslie/Released



Simply Fresh and Delicious: A freshly baked pizza made with organic ingredients cools after baking in Santa Rita March 15. Organic ingredients are an alternative to those looking for healthy options. U.S. Navy photo by Shaina Marie Santos/Released

Organic alternative to pizza

does not lose flavors, is just as delicious

By Shaina Marie Santos
Joint Region Edge Staff

With rising concerns around the world about healthier diets, nutrition programs and diet systems promote healthier alternatives to everyday foods and practices. A number of people have turned to organic alternatives in hopes of improving their quality of life.

According to the Food Standards Agency (FSA), organic farming is a holistic approach to food production that utilizes crop rotation and environmental management. Pesticides and additives are regulated in organic food, along with practices used to raise crops and farm stock.

Joint Region Marianas Regional Emergency Planner Lt. Timothy White and his wife are among those who have gone organic. The decision for change was made when the Whites found health complications in different aspects of their lives, which prompted necessary change. With research, they found that organic foods could address many of their concerns.

White described a sinus infection he was plagued with since high school, which followed him throughout his naval career. Later he found he had intolerance to lactose products.

"I cut out dairy in my diet," he said. "If dairy products can have an effect on you, other products can have similar effects that we're not aware of."

After the switch to organic products, White can now enjoy cheese with one of his family's favorite meals, organic pizza.

The pizza recipe the Whites use was developed by the matriarch of the family and is made using dough with freshly milled, whole grain wheat and topped with organic beef and cheese.

"We like to tell people how we enjoy

making pizza because it's healthy for our bodies," Franicia White said. "Pizza's like a type of flat bread that's just topped with good vegetables, meat and cheese."

Flaky and Creamy Crust Pizza

Pizza Dough Recipe

Four cups of flour - Fresh organic whole grain, unbleached or similar and an additional two cups of flour for dough forming and pizza stone dusting

Four teaspoons of sea salt
Three teaspoons of instant yeast
One-half cup of extra virgin olive oil or similar
Two eggs
One-fourth cup of honey
Three-fourth cups of warm water

Directions:

Place dry ingredients into a mixing bowl, stir and add remaining ingredients. Blend with a fork until well mixed and continue with a mixing spoon. If the dough doesn't form a nice ball, gently knead into a ball within the bowl. Continue to knead for a minute or less.

Sprinkle an additional 1/8 - 1/4 cups of flour on top of the dough. Gently pull the dough in at the sides with a wooden spoon or your hand to form a nice coated ball of dough.

Let the dough rest for at least two to four hours. When the dough has doubled in size, punch down or pull off dough balls to form your desired crust size.

Make your Pizza Crust:

For a personal pan pizza size, pull off dough equivalent to the size of two golf balls. Make the rounds anywhere between 1 1/2- 2 inches in diameter. Lightly coat your hands with flour and roll the dough in-

to a ball using the palm of your hands.

Apply some flour to your rolling pin and the surface you will use to flatten the dough. Roll the dough towards you and away from you to form a flat circular shape, an oval is fine. Flip the dough and continue on the other side. Do this until your crust is anywhere between 1/8-1/4 inch thickness.

Transfer to a lightly floured or greased pizza stone or cookie sheet. Working in a circle, fold the edges down to seal the pizza crust edge. Do this twice.

For sauce, you may use whichever kind you prefer. Instead of sauce, White spreads olive oil on top of the pizza crust and sprinkles sea salt. She suggests using fresh basil, crushed garlic and crushed pine nuts or walnuts for a pesto flair.

Add olive oil a little at a time on the center of your pizza crust. A half teaspoon to one teaspoon will do on top of the personal pan-sized pizzas. Use enough to lightly coat the centers of your pizza crust no matter what the size of your pizza is. Gently spread the olive oil on the crust with the back of a spoon. Sprinkle sea salt around your crust according to your taste.

Toppings

One cup of grape or cherry tomatoes sliced, halved or quartered into small pieces
One-half to one cup of diced sweet bell peppers

One to two onions sliced into thick rings and then to one-half to one-inch pieces

8 oz. of organic mozzarella cheese, cut into thick slices

When your sauce and toppings have been added, bake in a preheated oven at 425 degrees for 14 minutes. Allow five minutes to allow dough to firm up a bit before transferring with a spatula onto a serving dish or slice right on the pizza stone. The pizza is normally extremely hot for at least ten to fifteen minutes. Enjoy!

March is National Nutrition Month: "Get Your Plate in Shape"

Editor's Note: This is the second in a two-part series in recognition of National Nutrition Month.

By Lt. Cmdr. Tamara Koch
U.S. Naval Hospital Guam

The theme of this year's campaign is "Get Your Plate in Shape," with the key message being before you eat think about what goes on your plate or in your bowl.

Foods like vegetables, whole grains, low-fat dairy products and lean-protein foods contain nutrients you need without too many calories. Over the course of your day, include a variety of food from all the food groups. Try these three tips in addition to last week's article to "Get Your Plate in Shape" followed with moderate physical activity.

1. Choose a variety of lean protein choices. Lean meats include chicken, tuna, turkey and fish. Non-meat protein choices include nuts, beans, tofu and soy products. Eggs are another source of protein. The American Heart Association recommends no more than three whole eggs a week for the healthy adult. For individuals with high cholesterol or diabetes, it is recommended no more than two whole eggs a week. Keep in mind, all cooking methods are healthy except fried so you can bake, broil, grill or microwave food and keep the frying to a minimum. If you have low high density lipoprotein or HDL (good cholesterol), choose seafood such as salmon twice a week for the Omega-3 fatty acids.

2. Cut back on sodium and empty calories from solid fats and added sugars. Do not salt food for flavor. Use fresh herbs and spices for seasoning such as fresh cilantro, thyme, rosemary and oregano. Pre-packaged foods are higher in sodium than fresh or frozen. When making mashed potatoes, use fresh potatoes instead of instant boxed potatoes and you will have less sodium content. Major sources of saturated fats include bacon, sausage, hot dogs, pepperoni, salami, pizza, cheese and whole milk; desserts such as cheesecake, pies and donuts and oils such as vegetable oil, lard and butter. Select lean cuts of meat such as 97 percent lean ground beef, filet mignon steak and skinless chicken and monounsaturated fat sources such as olive oil, peanut oil and canola oil.

3. Enjoy your food but eat less. Small portions more often is the right way to go. Five to six small meals a day depending on how much sleep you get is better than two or three large meals. Try to eat small portions every two to four hours. Go to www.ChooseMyPlate.gov to obtain your personal daily recommended calorie limit based on age, gender and activity level. Avoid large portions. When in doubt, the average serving size is half a cup and the size of a deck of cards when considering proteins (meats). Use a smaller plate, bowl or glass but that does not mean to stack the food three times as high. Cook more often at home instead of eating out at fast food establishments or restaurants. When cooking at home, you are in control of what ingredients go into the food and how it is cooked. When eating out, choose options from the lower calorie menu and foods that include vegetables, fruits and whole grains. Choose less gravies, Alfredo and soy sauces. Keep a daily food journal to write down what you eat the portion and time of day. This will help you be more aware of what you are doing or not doing to reach your goals. If you drink alcohol, do so sensibly. Limit yourself to one drink for women and two drinks for men. Daily consumption is not recommended.

You can find more healthy eating tips at the following internet websites: www.eatright.org, www.kidseatright.org or at www.ChooseMyPlate.gov

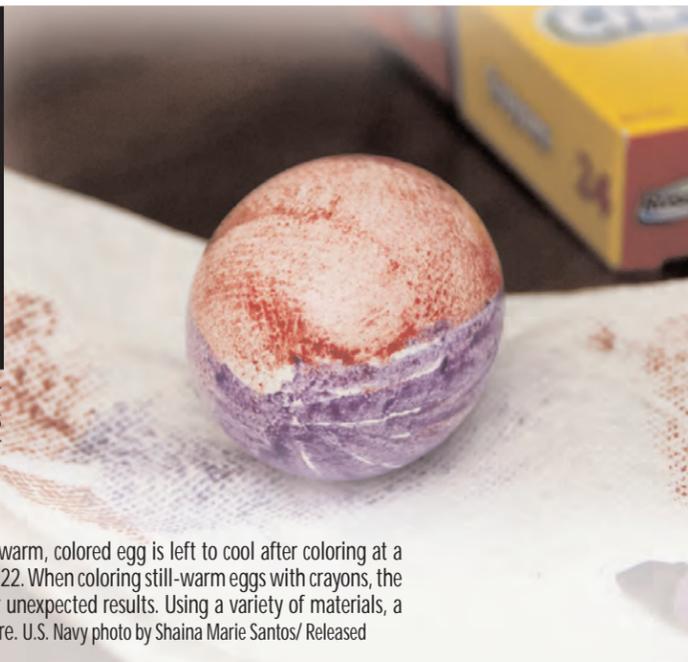
For further information please contact U.S. Naval Hospital Guam's Nutrition Department at 344-9706, the Health Promotion division at 344-9124 or your primary care manager.



Easter Smiles: A child smiles next to her finished egg at her home in Santa Rita March 22. Coloring still-warm eggs with crayons can create fun, new and unexpected results when preparing for Easter egg hunting. U.S. Navy photo by Shaina Marie Santos/ Released



Artist at Work: A child slides a crayon over a still-warm egg at her home in Santa Rita March 22. Coloring still-warm eggs with crayons can create fun, new and unexpected results when preparing for Easter egg hunting. U.S. Navy photo by Shaina Marie Santos/ Released



Ready for the Hunt: A warm, colored egg is left to cool after coloring at a home in Santa Rita March 22. When coloring still-warm eggs with crayons, the melted wax can make for unexpected results. Using a variety of materials, a design can be given texture. U.S. Navy photo by Shaina Marie Santos/ Released

Easter crafts engage youth, promote skill-building

By Shaina Marie Santos
Joint Region Edge Staff

As Easter approaches, the excitement of egg hunts, prizes and other activities builds in anticipation especially for young children.

To prepare eager Easter egg hunters, have your children participate in creating crafts such as egg decorating. Getting them involved in such an activity is not only fun but also a chance to fully engage their creative skills, said Andersen Air Force Base Library circulation technician Randie Music.

"[Crafts gives children] more appreciation for reading," Music said. "[Crafts] make [the story] more interesting and they remember."

According to Music, when the library begins telling Easter stories, young patrons will be treated to crafts that revolve around Easter, reflecting the stories they are told

and further helping the young children retain information. The Andersen Air Force Base Library conducts arts and crafts sessions for children twice a day every Wednesday.

Army spouse and Joint Region Marianas Marketing Assistant Kelly Caffee said she believes exercising a child's creativity helps children think abstractly, outside of the box and problem solve.

"I think creativity is important in self-expression when kids are trying to figure out who they are," she said.

In celebration of Easter and to enhance her children's creativity skills, the Caffee household recently learned to color still-warm hard-boiled eggs with crayons, which led to different and surprising results. The wax from the crayons melted over the eggs that were left to cool for ten minutes after boiling, sliding easily over the shell to leave

a shiny sheen of color.

"[Melting crayons over eggs] was actually really cool," Caffee said. "I liked it. My kids liked it, too. I think [decorating eggs over Easter] helps [my kids] develop a sense of family, American culture and history."

During their test run, Caffee colored her egg in halves using purple and red crayons while her daughter Lauren chose colors in tandem, overlapping them and smudging them away with a paper towel to create a marbled finish.

Instead of spending money on plastic eggs that will be left to collect dust after the hunt is over, you can bond with your children over egg decorating. Connecting doesn't have to be costly. If you have a stash of old crayons, use them. Even the simplest art supply can be used in different ways with a little creativity and this Easter the Caffee family is looking forward

to using this method of embellishing their eggs.

Melted Crayon Eggs

Materials:
Eggs
White vinegar
Paper towels
Crayons

First, boil the eggs in a mixture of water and vinegar, using approximately 1tablespoons of vinegar for every cup of water for 10 minutes. When finished, turn off the heat.

Parents can remove one egg at a time, letting cool for 10 minutes before decorating.

Hold the egg in a paper towel, and begin to draw a design on the egg with your crayons. Use your creativity but remember to avoid smudging your design.

When finished coloring let the egg set for about 30 minutes.

Below are some safety tips to keep in mind this Easter:

Hard Boiled Eggs:

- Buy eggs only if sold from a refrigerator or refrigerated case.
- Wash hands, utensils, equipment, and work surfaces with hot, soapy water before and after they come in contact with eggs.
- Thorough cooking is perhaps the most important step in making sure eggs are safe. Cook eggs until both the yolk and the white are firm.

• Bacteria can multiply in temperatures from 40°F (5°C) to 140°F (60°C), so it's very important to serve foods safely.

• Hard-boiled eggs should not sit out for more than two hours. Within two hours either reheat or refrigerate.

• Use hard-cooked eggs within one week after cooking.

• Cooked eggs for a picnic should be packed in an insulated cooler with enough ice or frozen gel packs to keep them cold. Don't put the cooler in the trunk — carry it in the air-conditioned passenger compartment of the car. If taking cooked eggs to work or school, pack them with a small frozen gel pack or a frozen juice box.

Plastic Eggs:

• Individual wrapped candy is ideal to put in plastic eggs. That way it reduces the number of hands handling the candy.

• For information to parents regarding the candy in the plastic eggs, display a list of what kinds of candies are inside the plastic eggs, so they are informed and can make the decision if it is fine for their children to consume.

Source: Lt. j.g. Paula Volk, U.S. Naval Hospital Guam Preventative

Chapel Schedule

U.S. Naval Base Guam

Office Hours: Monday-Friday,
8 a.m.-4 p.m.
Roman Catholic Mass
Saturday Vigil Mass: 5:30 p.m.
Sunday Mass: 9 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.
Military Council of Catholic
Women: Second and fourth
Tuesday 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: Chapel 1,
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

Taking the road best traveled

By Lt. Cmdr. Ronald Rinaldi
USS Frank Cable (AS 40) Chaplain

"I lift up my eyes to the hills,
from where does my help come
from? My help comes from the
lord, who made heaven and earth.
He will not let your foot be moved;
He who keeps you will not slumber."
Psalm 121:1-3

This psalm is called a song of
ascents. These types of psalms were
sung by pilgrims traveling to
Jerusalem for any of three special
holy days annually. Psalm 121 be-
gins with a fearful traveler asking a
question as he was worried that he
may not make it there due to the
many dangers that lurked on the
rugged roads of that day.

The good news for this traveler
was that another pilgrim was near-
by who rose above the fears brought
on by thieves, wild animals and slip-
pery rocks on the trail. He let it be
known that he trusted the lord and

looked to the day he could rejoice
when he reached his destination.

When we believe we are having
difficulties or circumstances beyond
our abilities to cope, it should be
seen as an opportunity to measure
our spiritual lives and
examine how much we really
trust God (Prov. 3:5-6). The sec-
ond traveler understood, as we
should, what living
Coram Deo (in the
presence of God) is all
about.

How did he do this? First, living
in God's presence, he knew God
was near no matter the situation.
He never feared because he trusted
God to make his journey succeed.
This is a good lesson for us and tru-
ly gives comfort to God's children
as they walk through the mine fields
of this life. Best of all, we have this
promise in Isaiah 26:3, "You (God)
will keep him in perfect peace

whose mind is stayed on you, be-
cause he trusts in you."

Second, the first traveler did not
understand the protecting nature of
God. Verses five through seven dis-
play that God is our keeper, the
shade at our right hand, our shield
from the dangers of the
heat from the sun
and our protector
from all evil. The
metaphor of shade
was well under-
stood where this psalm was
written as the Mideast cli-
mate was often very hot.

The point is that even
when the heat is turned up in life,
our protector is with us – just a
prayer away. Some further words of
encouragement for us are found in
Psalm 120:1, which states, "In my
distress I called to the Lord, and he
answered me." When the tempera-
ture in your life is turned up, where
do you go? Again, help is just a
prayer away.

Third, the second traveler

understood God's provision (verse
eight). To know that the Lord is
watching over our steps in life day
by day is a great source of comfort.
Many people don't realize that God
is not just a "Sunday thing." This
pilgrim thought of God as an al-
ways thing – no matter what cir-
cumstances come our way. Jesus
Christ, in the Lord's Prayer, taught
his followers to request our daily
bread from him (Matt 6:11). This
thought goes beyond food to all our
essential needs, though most in the
culture of Jesus' time never really
knew where the next day's meal
was going to come from.

It is a significant source of en-
couragement that God is aware of
our needs and active in the lives of
those follow him. Whether the road
is dangerous, the temperature is ris-
ing or we have special needs for
our journey in life, no doubt, the
road to peace followed by the sec-
ond traveler is the road best traveled.
Which traveler are you?



Easter Services Schedule

Andersen Air Force Base

Catholic Services
April 1 (Palm Sunday): 9:30 a.m., Chapel 1
April 5 (Holy Thursday): 6:30 p.m., Chapel 1
April 6 (Good Friday): 6:30 p.m., Chapel 1
April 7 (Easter Vigil): 5 p.m., Chapel 1
April 8 (Easter Sunday): 9:30 a.m., Chapel 1

Protestant Services
April 1 (Palm Sunday):
9 a.m. - Praise Service, Chapel 2
11:30 a.m. - Gospel Service, Chapel 2
6 p.m. - Emerging Worship Service, The Lighthouse
April 8 (Easter Sunday):
6 a.m., Easter Sunrise Service, Sunrise Conference Center
10:30 a.m., Combined Easter Service, Chapel 2

U.S. Naval Base Guam

Catholic Services
April 5 (Holy Thursday): 7 p.m., Mass of the Lord's Supper
April 6 (Good Friday): 7 p.m., Celebration of the Lord's Passion
April 7 (Easter Vigil): 7 p.m.
April 8 (Easter Sunday):
9 a.m. - Mass
10 a.m. - Easter Egg Hunt for children one to 10 years old

Protestant Services
April 8 (Easter Sunday):
6 a.m., Sunrise Service at the Japanese Amphitheater
10:30 a.m., Sunday Service
11:30 a.m. - Easter Egg Hunt for children one to 10 years old

Source: Joint Region Marianas Region Religious Programs

Airmen enjoy friendly basketball games at Andersen



Slam Dunk: Airman 1st Class Marcus Middlebrooks from the 36th Logistics Readiness Squadron jumps for the hoop during a warm-up session March 17 at Andersen Air Force Base. U.S. Air Force photo by Senior Airman Carlin Leslie/Released

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Contact: Master-at-Arms 2nd Class Victor Martinez of the U.S. Naval Base (NBG) Guam Security softball team, swings and hits the ball during a softball tournament held by NBG's Second Class Petty Officer Association on the base March 24. Half of the proceeds from the tournament went to the Navy Marine Corps Relief Society. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Gabrielle Blake/Released

Sailors participate in SCPOA softball tournament

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

Teams from commands around the island competed in U.S. Naval Base Guam's (NBG) Second Class Petty Officer Association's (SCPOA) softball tournament March 24-25 held on the base.

The purpose of the tournament was to raise funds to go toward the Navy Marine Corps Relief Society (NMCRS).

"Everybody falls on hard times and NMCRS is always there to help out so SCPOA came up with a fundraiser to help out by donating half the pot to the NMCRS and the other half going to the winner of

the tournament," said Master-at-Arms 2nd Class Marqurell Harris of NBG Security.

The tournament hosted eight teams, which included both service members and civilians. There were two Round Robin tournaments with four teams playing on both Ebbett Field and Sampson Field. Each team played three games and then single elimination.

"It was a really good turnout and got everybody involved," said Master-at-Arms 2nd Class Jami Tedrow, NBG Security. "Guam being isolated adds to the hometown feel. You really enjoy your time spent together doing things like this, playing softball and going to the beach. Everybody comes together and it really has that

hometown feel."

The SCPOA raised approximately \$1,600 and donated half to NMCRS.

"I love playing softball and NMCRS has helped me out in the past so I look at this as my way of giving back to them," Harris said.

Personnel Specialist 2nd Class (SW/AW) Renata Flake, of NBG Personnel Support Detachment, said she appreciated the help of all the participants and people who came to volunteer with SCPOA.

"SCPOA's mission is to help build second classes into future leaders and also help build our junior enlisted into second classes so they can be the supervisors and eventually the leaders as well," Flake said.



Softball Champs: The Southern Impact softball team won the softball tournament on U.S. Naval Base Guam (NBG) hosted by NBG's Second Class Petty Officer Association March 24. The team had a victory over Helicopter Sea Combat Squadron 25 softball team, Island Knights. Half of the proceeds from the tournament went to the Navy Marine Corps Relief Society and the other half went to the team. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Gabrielle Blake/Released