



LIBERTY THROUGH UNITY

JOINT REGION EDGE

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Joint Color Guard: The Joint Color Guard marches down Marine Corps Drive during the 68th Guam Liberation Day parade in Hagatna July 21. Thousands of island residents gathered to celebrate the annual parade which commemorates the island's liberation from Japanese forces in 1944. U.S. Navy photo by Shaina Santos/Released

Guam celebrates 68 years of liberation

By Shaina Marie Santos
Joint Region Edge Staff

Thousands of service members, veterans and local residents gathered to celebrate Guam's liberation during the 68th Liberation Day Parade in Hagatna July 21.

The parade was dotted with cultural floats; groups and organizations that marched, provided music and performances; and military vehicles escorted by service members who passed out treats.

Liberation Day Parade Chairman and Ordot-Chalan Pago Mayor Jessy Gogue said the importance of Liberation Day is to remind everyone of the sacrifices made by local residents and service



Parade: Sailors march alongside the Mangilao village float during the 68th Guam Liberation Day parade in Hagatna July 21. U.S. Navy photo by Shaina Santos/Released

See **Parade**, Page 7

36th EAMXS breaks record

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

The 36th Expeditionary Aircraft Maintenance Squadron (EAMXS) has broken records and exceeded expectations on Andersen Air Force Base (AFB) since their arrival from Minot AFB N.D. in April.

The 36th EAMXS has achieved an outstanding maintenance scheduling effectiveness rate of 99 percent, surpassing the standard of 95 percent.

"The maintainers on this rotation have met all the challenges that

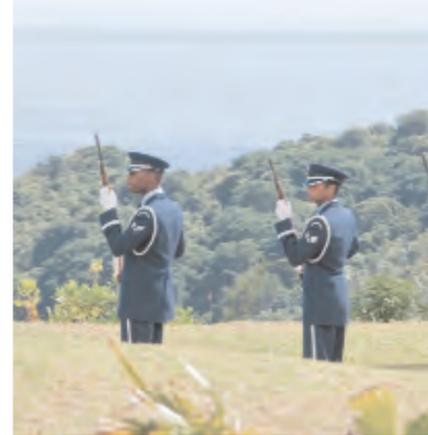
they have been given and have consistently provided quality maintenance," said Capt. Meghan Bailey, 36th EAMXS officer in charge. "From the feedback we've been getting from permanent party leadership, they couldn't ask for more than the performance that the maintainers have given."

The 36th EAMXS went two consecutive months, May and June, where there were no lost sorties due to maintenance. The 36th EAMXS also contributed to surpassing the standard B-52 Mission Capable Rate at Andersen.

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ASAN BAY MEMORIAL

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Fena Cave victims remembered

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Joint Region Edge

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Navy leadership hosts veterans luncheon

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

Military leadership on welcomed veterans during a luncheon at the Top O' Mar in Asan July 18.

The event was hosted by Rear Adm. Paul Bushong, Commander, Joint Region Marianas.

"Thank you for serving while you were on active duty," Bushong said. "And the work you do to continue to support the military, community and the island."

Veteran Ken Propes said he appreciated his invitation to the luncheon and was glad to see active military members come together with those who have previously served.

"Holding an appreciation luncheon like this is a good thing," he said. "It shows the military still cares about the men and women who have served before them."

Tony Duenas, member of a veterans' motorcycle club, went to the luncheon not only



Couple of Laughs: Rear Adm. Paul Bushong, Commander, Joint Region Marianas shares stories with former service members during a Veterans Luncheon at the Top O' Mar in Asan July 18. Military leadership on Guam invited the veterans to show their appreciation for their service during and after their military careers. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert/Released

That's why we support the military."

U.S. Naval Hospital Commanding Officer Capt. Kevin Haws said he valued the

event's intent as he plans to retire this year. "I'm blessed to be a part of this," Haws said. "It won't be very much longer and I will be a veteran and I hope to be able to someday take part in a really nice celebration like this."

to support the veterans but active-duty military as well.

"My family grew up here during World War II," he said. "They told me about all the experiences and (how) relieved they were when the Americans came back to Guam."

NEWS NOTES

Job Announcements

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

U.S. Navy Water Quality Report Available Online

The Safe Drinking Water Act requires the U.S. Navy Water System to issue an annual report on water quality. If you would like to learn more about U.S. Naval Base Guam's drinking water, the 2011 U.S. Navy Water System Water Quality Report is now available online at www.cnic.navy.mil/marianas.

SCHOOL BULLETIN

The 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.

Department of Defense Educational Activity-Guam District 2012-2013 Schedule

Aug. 27: First-12th grade students' first day of school
Aug. 27-31: Pre-K home visits
Aug. 31: Professional development; no classes
Sept. 4: PSCD and kindergarteners first day of school

Guam High School

Practice for all cross-country runners begins Aug. 6 at 4:30 p.m. at Ypao Beach Park.

Central Texas College

Register now! Central Texas College is a two-year, open admissions institution that offers associates degrees and certificates. We have five, eight-week terms per year. Term one for the 2012-2013 school year begins Aug. 20. We offer several distance-learning courses that are perfect for the military lifestyle because they go where you go. The last day of registration for Term one is Aug. 17. Come see what we have to offer.

Phone Numbers

Andersen Elementary School: 366-1511
Andersen Middle School: 366-3880/5793
Cmdr. 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
Aug. 3: Keys to home ownership from 5-7 p.m.
For more information, call 333-2056

COMMUNITY Corner

movies • movies • movies

The Big Screen Theater

JULY 27 (FRIDAY)
4 PM MADAGASCAR PG
7 PM PROMETHEUS R

JULY 28 (SATURDAY)
1 PM MEN IN BLACK 3 PG-13
3:30 PM SNOW WHITE AND THE HUNTSMAN PG-13
7 PM THE DICTATOR R

JULY 29 (SUNDAY)
1 PM MADAGASCAR PG
3:30 PM WHAT TO EXPECT PG-13
WHEN YOU'RE EXPECTING
7 PM SAFE R

Movie Hotline 564-1831 US Naval Base Guam

Meehan Theater - TEMPORARILY CLOSED

36th FSS HAPPENINGS

Andersen Air Force Base

Airmen and Family Readiness Center Classes
July 31: "How to avoid falling for a jerk" from 5-8 p.m.
Aug. 3: "Smooth move" from 9-10:30 a.m.
For more information, call 366-8136

Free Outdoor Movie Night

Enjoy the PG-rated animated movie "The Adventures of Tintin" at the Hotspot's free outdoor movie night July 28, at Arc Light Park. Show time is 7:30 p.m. Movie will be shown, weather permitting. Call 366-2339 for more information

Youth Summer Camp Schedule

The Youth Center is offering an exciting variety of Summer Camps while school's out. Here's what they've scheduled:
July 30-Aug. 3: Cultural camp II
Aug. 6-10: Basketball Camp
Aug. 13-17: Technology Camp. Fee is \$70
Aug. 13-17: Missoula Children's Theater Camp (No fee! For ages kinder to 18 years old) Except for the Missoula Children's Theater Camp, all camps are for ages 9-18, are \$50 per person and will be held from 9 a.m.-noon at the Andersen Youth Center. Sign-up soon, or call 366-3490 for more information.

SPORTS SHORTS

U.S. Naval Base Guam

Captain's Cup Dodgeball

Registration for the tournament begins Aug. 1 and ends Aug. 22. Active duty, reserve, Department of Defense (DOD) civilians, immediate family members and DOD full-time contractors can register at the Charles King Fitness Center front desk. Games begin Sept. 4 and end Sept. 7. For more information, call 333-2471 or 685-5243.

Self Defense Brazilian Jiu Jitsu

Sign up for Self-Defense Brazilian Jiu Jitsu Mondays and Wednesdays: Beginners class from 6-7 p.m. and advanced class from 7-8 p.m. Saturday: Beginners class from 10-11 a.m. and advanced class from 11 a.m.-noon. Age requirement: Students must be 6 years old or older to participate. Fee is \$45 per student per calendar month. Register at the Charles King Fitness Center. Call 333-2049 for more information.

Andersen Air Force Base

What about "Zumba"?

Free Zumba classes are held at Coral Reef Fitness Center Mondays, Tuesdays and Wednesdays at 7 p.m., Thursdays at 9:40 a.m. and Saturdays at 8:30 a.m. Zumba features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Call 366-6100 for more information.

Off-Limits Establishments

The Guam Armed Forces Disciplinary Control Board has placed restrictions on the following establishments:

Club Romeo and Juliet in Tumon

• Off-limits to all military personnel

Club Lush in Tumon

• Off-limits to military personnel ages 18-20 and all military personnel between 0100-0800

Service personnel, whether in uniform or in civilian clothing, found entering or leaving the establishments during the restricted periods may be subject to disciplinary action under the Uniform Code of Military Justice.

Andersen's Best Staff Sgt. Michael Evans

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

Staff Sgt. Michael Evans, 36th Wing ground technician safety, was awarded Andersen's Best on Andersen Air Force Base July 19.

"Sgt. Evans has been an integral part of a team that has been manned at 50 percent for the last year," said Tech. Sgt. Carlos Rogers, 36th Wing ground safety manager and Evans' supervisor. "He single-handedly conducted 80 spot inspections, 16 unit annual inspections and processed 35 ground safety reports."

With diligence and dedication to duty, Evans instilled a culture so rich in safety that there have been zero fatal ground mishaps during his tenure.

"In addition to performing his duties above and beyond, Sgt. Evans completed his bachelor's degree and also scored (more than) a 90 percent on his PT (physical test) test," Rogers said.

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.

Excellent: Staff Sgt. Michael Evans, 36th Wing ground safety apprentice, was awarded Andersen's Best on Andersen Air Force Base July 19. Team Andersen's Best is a recognition program which highlights a top performer from the 36th Wing. U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released



By Shaina Marie Santos
Joint Region Edge Staff

Safety Second Take a look at traffic habits

Remembering to keep an eye out for possible risks is important to ensure you and your passengers safe when traveling on the road, especially with today's distractions and preoccupations.

According to Naval Facilities Engineering Command (NAVFAC) Marianas Safety and Health Manager Mellissa Cruz, there are a number of factors that can affect roadway safety.

"Driving is similar to mishaps in that sometimes you might get too preoccupied," she said. "You don't know how the other person is feeling or what their demeanor is, but if you stay attentive and vigilant in your driving, you might possibly avoid a bad situation."

Cruz said to maintain roadway safety of NAVFAC employees, NAVFAC Marianas ensures employees handling vehicles have the proper training.

"We can provide the training...we can track training requirements" she said. "It's all about ensuring our employees know the rules and expectations for safe driving, whether it's a vehicle or a motorcycle."

She said that although tracking a person's daily safety procedure is not realistic for the workplace, making sure employees are prepared, is definitely something that has been proven that can be done to prevent accidents.



Safety Check: Naval Facilities Engineering Command Marianas Management Assistant Carmelita Cruz performs a routine inspection on a government-owned vehicle at her office in Asan July 12. Performing a quick inspection before entering your vehicle is one way to maintain safety of yourself and passengers when driving. U.S. Navy photo by Shaina Marie Santos/Released

"You don't just let (someone inexperienced)...go behind the wheel to drive," she said. "They need to be educated and get experience. This ensures that they not only know the rules, but that they understand and follow the rules,

leading to improved personal and passenger's safety."

NAVFAC Marianas conducts regular inspections of their own fleet of vehicles before use, ensuring passenger safety before entering a vehicle.

Cruz encouraged all motorists to check the ins and outs of their vehicles before venturing on the island's roadways.

"Walk around the vehicle and see if there are any defective items such as low or flat tires, damaged lights or burnt out lights (or) any obstructions when reversing that could be in a blind spot," she said.

A vehicle's operating manual is another valuable source drivers should familiarize themselves with before driving.

"Always read the vehicle operating manual, surprisingly there will be an inspection log that will be filled out by [an] authorized mechanic when performing scheduled maintenance," Cruz said. "Also in the manual, there may be a quick check section that addresses what the operator should routinely inspect, such as air pressure of the tires, engine oil level, water coolant level, wiper washer liquid and battery."

Cruz also reminds drivers that it is against the law to use cellular phones while driving.

"Use of a hands-free or ear-piece device will allow an individual's hands to be free and focus on the road rather than to answering a call," she said. "Don't answer unless there is a hands-free device installed in (your) vehicle... safely pull to the side of the road or wait until you get to your destination to answer the call."

Andersen's radiology clinic minimizes risks

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

Andersen Air Force Base's (AFB) Radiology clinic uses imaging to diagnose and treat its patients with different techniques, from X-rays to magnetic resonance imaging.

Many patients fear these scans will expose them to cancer-causing radiation. However, there is more than one type of scan, both routine, and each with different and minimal amounts of radiation.

"I would say that the most common misconception about X-rays is that if you get one, it will cause cancer," said Staff Sgt. Jahmal Nicholas, 36th Medical Support Squadron (MDSS) diagnostic imaging craftsman. "This is far from the truth. On average, getting your normal standard series of X-rays is like a day outside at the beach."

X-rays are commonly used for looking for breaks or fractures in bones, but depending on the injury,

a computerized tomography scan can give a more accurate description and location of the injury.

"The difference between an X-ray and a CT scan is that an X-ray is two-dimensional and a CT scan is three-dimensional," Nicholas said. "The multi-dimensional image helps us to see things we might not see in a standard X-ray."

According to Nicholas CT scans have 80 times more radiation than an X-ray, but this number is still small by comparison and it is uncommon a patient would experience any adverse side effects.

"I've been doing X-rays for 12 years and I've never seen a problem," he said. "If I had to name a side effect it would be radiation burn, which is comparable to sunburn. In my career have I seen a case of it?"

A third type of scan used by radiologists is magnetic resonance imaging (MRI), which helps to visualize internal structures of the body in detail.

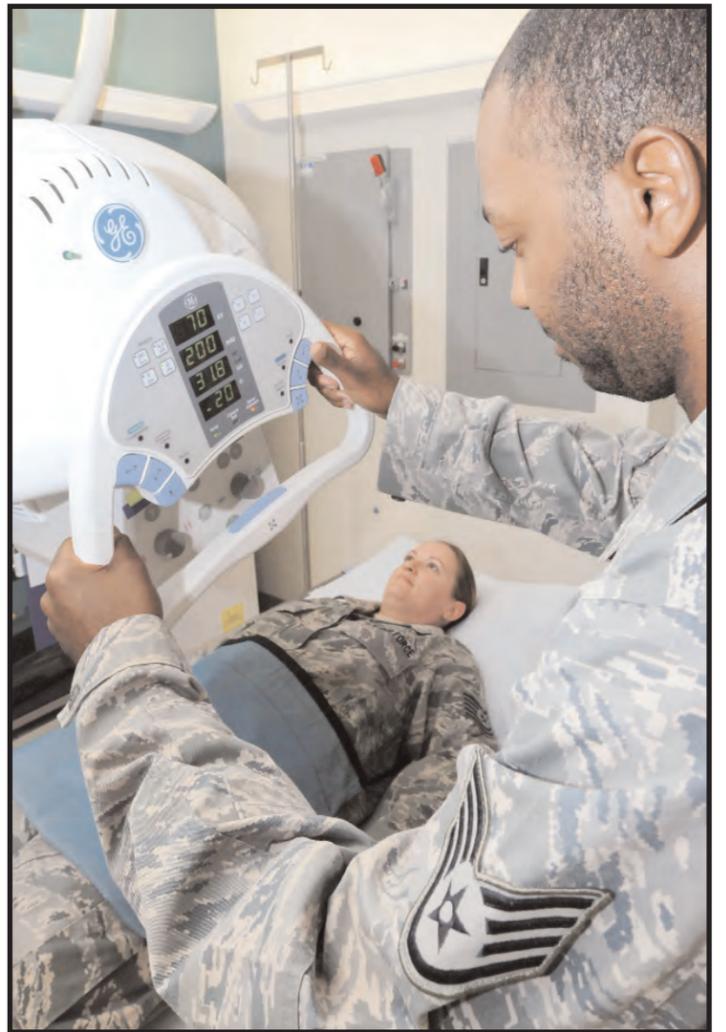
An MRI is an alternative method to a CT scan that uses magnets and radio waves to create the images.

"MRI's are a good alternative to

patients who have any sort of surgical metal in their bodies or cannot risk any radiation at all," said Tech. Sgt. Shirley Velez-Nicholas, 36th MDSS diagnostic imaging craftsman. "However, MRI's can be very expensive and patients often feel claustrophobic during the procedure which may last up to 45 minutes per session."

A doctor will typically start with a standard X-ray, but will rely on a CT scan or an MRI depending on what he is looking to find. Andersen's radiology department practices a process called 'as-low-as-reasonably-achievable' where patients are shielded with a lead apron during an X-ray. Referred to as ALARA, it is the standard practice the radiology clinic uses to expose its patients to the least amount of radiation possible.

Whether it is an X-ray, CT scan, MRI, or another one of the services Andersen's Radiology clinic provides, such as ultrasounds and mammograms, patients can feel good knowing the clinic operates at highest standard of care and safety for the patient.



X-ray: Staff Sgt. Jahmal Nicholas, 36th Medical Support Squadron diagnostics imaging craftsman, aligns crosshairs for the X-ray machine after placing a lead blanket over the patient on Andersen Air Force Base July 18. Aligning the field of view makes sure that only the selected portion of the patient will be X-rayed. U.S. Air Force photo by Senior Airman Carlin Leslie/Released

WWII remembered at Asan Bay Overlook

Meet and Greet: Marines extend their gratitude to World War II (WWII) veterans at the Asan Bay Overlook Commemoration Ceremony in Asan July 20. The ceremony is one of many events held annually in memory of Guam's liberation from Japanese occupation in WWII. U.S. Navy photo by Shaina Marie Santos/Released



By Shaina Marie Santos
Joint Region Edge Staff

Service members, park rangers, island residents, visitors and veterans remembered World War II sacrifices made on Guam during a commemorative ceremony at the War in the Pacific National Historic Park Asan Bay Overlook July 20.

War in the Pacific National Historic Parks Superintendent Barbara Alberti said the memorial is one place where residents and visitors can learn about the past.

"The Asan memorial commemorates all those who were on Guam as both survivors or casualties of the occupation of Japan as well as the military service members who died liberating Guam," she said in opening remarks.

Veterans Thomas Spry and Gerald Hanson were two of those present during the ceremony, who returned to Guam to remember their fallen comrades.

"I landed right down there and came up this hill," Hanson said referring to the trek he made from Asan Beach Park. "I came back mainly to honor my friends who had fallen here. It's very emotional (and) humbling."

Posting Colors: The Joint Color Guard prepares to post colors at the Asan Bay Overlook Commemoration Ceremony in Asan July 20. The ceremony is one of many events held annually in memory of Guam's liberation from Japanese occupation in WWII. U.S. Navy photo by Shaina Marie Santos/Released



Spry shared Hanson's sentiments and added they will continue to remember their fellow veterans.

"A lot of our friends are no longer with us," Spry said. "We come back to maybe pay gratitude. As long as we're physically able to travel, we'll come back."

Asan-Maina Mayor Benny San Nicolas thanked the veterans for their contributions to Guam.

"It really does give me goose bumps," he said. "I was born in '43...and the war was ongoing. Here we are standing because of them."

In his remarks, Governor of Guam Eddie Calvo also thanked the veterans and stressed a continued vigilance toward peace.

"As we reflect...there should be thankfulness," he said. "But also as we appreciate the gifts of freedom and liberty, there should be vigilance. (Those) who were once enemies 68 years ago are now our dearest friends. We are now here in a spirit of brotherhood, of fellow democracies who are longing for peace."

Marine Corps Activity Guam Sgt. Alex Polley said the event was a true representation of a dedicated bond.

"You have the Army National Guard here...you have the Marine Corps, you have the Navy, you have everyone here," he said. "It (is) important to build a bond. It's also important to show the dedication to those that you know have been before us who fought for this island and not only this island but the whole country."

Sumay Memorial Mass held on NBG

By Mass Communication Specialist
2nd Class (SW/AW) Jeremy Starr
U.S. Naval Base Guam Public Affairs

Former Sumay village residents and their families attended a memorial Mass at the Sumay Cemetery on U.S. Naval Base Guam (NBG) July 20.

The event allowed those present to pay respect to their ancestors and pray with one another.

NBG Roman Catholic Command Chaplain Lt. Cmdr. Thomas Ianucci co-celebrated the Mass with Our Lady of Guadalupe Catholic Church Rev. Fabio Faiola and was pleased to offer support at such a special event.

"The military is pleased to provide the opportunity for the people of Santa Rita to come to Sumay and hold special masses, once on All Souls Day and today for Liberation Day," Ianucci said.

Sumay was once Guam's second largest village and center of commerce and industry for the entire island. Much of the economic growth was attributed to the proximity of the U.S. Marine Corps barracks, the Cable Communication Station and Pan American Airlines hotel.

The village was the primary point of attack Dec. 8, 1941 when the Japanese forces bombed Guam. The Japanese occupied the village for 31 months during World War II.

Due to extensive damage Sumay suffered during the war residents were forced to relocate to present-day Santa Rita following the island's liberation on July 21, 1944. Today Sumay is located on NBG.

Ianucci said many former residents still remember their time in the area when it was an active



Special Mass: Rev. Fabio Faiola, Our Lady of Guadalupe Church priest, says Mass at the Sumay Cemetery for former Sumay village residents and their families on U.S. Naval Base Guam (NBG) for the former Sumay village residents and their families July 20. Sumay was the primary point of attack Dec. 8, 1941 when the Japanese forces bombed Guam and Japanese occupied the village for 31 months during World War II. U.S. Navy photo by Mass Communication Specialist 2nd Class Jeremy Starr/Released

village.

"If you watch the people walking around, you can see them remembering what the place really looked like, where their homes were and where the chapel was, which was where a lot of the festivities used to take place such as baptisms, weddings and funerals," he said.

Faiola, who has celebrated the Mass in previous years, said the annual event holds much significance as it brings former residents to a place they once lived before the war.

"The people of Guam have suffered a lot and there are still many people today that are suffering for the events that happened in the

past," he said. "It is very important to bring the people back here."

Isabel Alvarez Iguga, a former Sumay resident and mother of Santa Rita Mayor Dale Alvarez, lived in the village behind the Cross of the Nuestra Senora de Guadalupe Church for 23 years before being evacuated during the Japanese occupation.

"I feel good when I get to see my mom," she said while attending the Mass. "I was just praying for both my mom and my daddy at their graves."

To learn more about NBG, visit www.cnic.navy.mil/guam.

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



Ceremony: Capt. Mike Ward, U.S. Naval Base Guam (NBG) commanding officer, and Guam Congressional Delegate Madeleine Bordallo, far right, with former Sumay village residents and their families attend a memorial Mass at the Sumay Cemetery on NBG July 20. U.S. Navy photo by Mass Communication Specialist 2nd Class Jeremy Starr/Released



Visit: World War II and Vietnam veterans celebrated Guam's 68th Liberation Day by visiting the historical sites on U.S. Naval Base Guam (NBG) July 21. The veterans visited the Sumay Cemetery, War Dog Memorial, Capt. Glass monument at Gab Gab Beach, the Pan American Hotel and landing site, Japanese fortifications and the Japanese Prisoner of War Amphitheatre. U.S. Navy photo by Mass Communication Specialist 2nd Class Jeremy Starr/Released

NBG hosts vets on Liberation Day

By Mass Communication Specialist
2nd Class (SW/AW) Jeremy Starr
U.S. Naval Base Guam Public Affairs

World War II (WWII) and Vietnam veterans celebrated Guam's 68th Liberation Day visiting the historical sites on U.S. Naval Base Guam (NBG) July 21.

The veterans visited the Sumay Cemetery, War Dog Memorial, Capt. Henry Glass monument at Gab Gab Beach, the Pan Am Hotel and landing site, Japanese fortifications and the Japanese Prisoner of War Amphitheatre.

Northern Marianas Historian and author Don Farrell, known as the Battlefield Tour Guide, was the spokesperson for the tour. He explained the significance and history of NBG to the veterans.

"The most important thing about today's tour is to allow the veterans to see the size and magnitude of NBG as it is today," he said. "NBG is the core of the island of Guam. Everything that happens around Guam is centralized around the activities on Naval Base Guam. They support every military facility on the island and as each of the military

sites on Guam grows, Big Navy has to grow with it."

WWII veteran Claud B. Martin Jr. was 19 years old when he and fellow Sailors from the 56th Naval Construction Battalion came ashore Dadi Beach during the American effort to recapture the island. He was also present for the surrender of Rota.

"It is an accomplishment for me to come back to the place 68 years after seeing the events long ago," he said.

Though very knowledgeable in WWII history, Farrell said he learned a lot from the tour and was pleased to be part of the event with veterans as they shared war stories and reminisced about their time in the Marianas during the war.

"Being with the veterans on this tour is an educational experience for me," he said. "It has given me the opportunity to meet, talk and listen to first hand stories of the veterans that served here during WWII."

To learn more about NBG, visit www.cnic.navy.mil/guam.

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

MSG Corner: Knowledge operations

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

This week, the 36th Mission Support Group highlights the 36th Communication Squadron's (CS) knowledge operations.

The 36th CS' knowledge operations support the mission by making information reusable, shared, protected, consistent and compliant.

"We help units with their stored information, like files in the office, appointment letters or any document with information that can make the units job easier," said Master Sgt. Alicia Mason, 36th CS knowledge operations section chief. "We come in and make sure units are maintaining information. We'll also show the unit where they are supposed to store that information, and provide them the training to properly manage it. When it is time to move or dispose information, we can train the units with the proper procedures as well."

Knowledge operations also has an informational aspect, which includes Sharepoint -a common access card (CAC) accessible information sharing site for Air Force personnel-and electronic management systems. These are tools that allow Airmen and civilian personnel to collaborate and share information without recreating it.

"The bottom line is that we are helping the warfighters out there by allowing them to find the information in a timely manner and



Teamwork: The 36th Communication Squadron knowledge operations, photographed July 11 on Andersen Air Force Base, support the mission by making information reusable, shared, protected, consistent and compliant. Knowledge operations provide five services to include: records management, publications management, the Freedom of Information Act, Privacy Act management and Sharepoint. U.S. Air Force photo by Airman 1st Class Marianique Santos/Released

be able to use it when needed," Mason said.

Knowledge operations provide five services to include: records management, publications management, the Freedom of Infor-

mation Act (FOIA), Privacy Act management and Sharepoint.

Records management deals with maintaining government records that have his-

torical purpose, while publications management organizes instructions, supplements and guidance.

The FOIA and Privacy Act management deals with personnel information. FOIA enables current and prior service members to obtain military records, while Privacy Act management protects information.

"We're responsible for making sure that we control the release of information and that breaches are prevented," Mason said. "We remind groups to encrypt e-mails and put 'for official use only' for sensitive information."

The unit's latest project is developing a new Sharepoint training.

"We started with the 36th CS, but we're trying to push this out there," Mason added. "There's so much more to Sharepoint than we are currently utilizing it for. This will allow units to work more efficiently."

In addition to training, the Water Cooler, which can be accessed through Sharepoint, has recently become available to Andersen network users. It has information about what happening on base, such as the wing run; a substitute to sending tons of emails about multiple events.

With all their services and projects, knowledge operations remain steadfast in supporting the warfighting mission, protecting Airman information and helping the Air Force win the war in air, space and cyberspace.

Optometry keeps Andersen's eyes on the mission

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

It is common knowledge that flying a plane requires near perfect eyesight. A common misconception for those looking to join the Air Force is that a person is required to have 20/20 vision.

Before entering the Air Force, routine tests are conducted to qualify individuals for various career fields. Vision-testing can determine which career recruits are best suited for and there are several options for those without perfect eyesight.

Depth perception and colorblindness are two very common problems found during vision tests. Both can hinder career choices for those looking to join the service.

"Depth perception is the visual ability to see things in three dimension," said Tech. Sgt. Joshua Karash, 36th Wing Medical Operations Squadron optometry technician. "To have true depth perception requires both eyes working together at the same time."

According to Karash, a problem frequently found during testing is a lack of depth perception. This can cause one to misjudge

movements during daily activities such as driving and picking up objects.

Career fields such as boom operators, pilots, load masters and vehicle operators would not be able to perform their tasks accurately with a lack of depth perception.

Along with depth perception, color is another attribute of vision that is assessed.

"While depth perception can sometimes be corrected, colorblindness cannot," Karash said. "Approximately one out of 13 million people (are) truly colorblind."

Color defects are usually passed through genes and often mistaken for color blindness. Having a color deficiency means the individual lacks a certain type of pigment in their color-sensing receptors in the back of their eye. The color they are deficient in seeing depends on the color of the pigment they are lacking.

"When I took the armed services vocational aptitude battery test, I scored highest in electrical," said Tech. Sgt. Rudy Villegas, 254th Force Support Squadron personnelist. "Because I was colorblind, my recruiter found me a job as a personnelist."



Eye Exam: Tech. Sgt. Joshua Karash, 36th Medical Operations Squadron optometry technician, right, uses the phoropter to measure the refractive error to determine a patient's prescription on Andersen Air Force Base July 18. By changing these lenses, the technician is able to find the necessary prescription to correct a person's refractive error. U.S. Air Force photo by Senior Airman Carlin Leslie/Released



Cool Specs: A technician selects trial lenses to be used in a patient's prescription on Andersen Air Force Base July 18. By using trial lenses, a technician can make sure the prescription is correct for the patient. This photo has been altered for security purposes. U.S. Air Force photo by Senior Airman Carlin Leslie/Released



Proud to Serve: Lt. Col. Freddie Rosas, 36th Communications Squadron commander, and 2nd Lt. Linsley Hatcher, 36th Communications Squadron chief of operations, wave to the Liberation Day grandstand July 21. Guam's Liberation Day marks the anniversary of the day in 1944 when U.S. Forces liberated the island from Japanese occupation. U.S. Air Force photo by 2nd Lt. Sarah Bergstein/Released



Cooling Off: Children stand on the parade route to catch a sprinkle of water from Commander, Submarine Squadron 15's float USS Gadao during the 68th Guam Liberation Day parade in Hagatna July 21. U.S. Navy photo by Shaina Santos/Released

PARADE: 'We are proud to be a part of this freedom'

Continued from Page 1

members during World War II that liberated the island from Japanese occupation.

"We've done it for 68 years to remember what it was like to be indentured," he said. "That's the whole idea of liberation, is to remember and appreciate the freedoms we currently have because at one time, we didn't."

The Joint Color Guard, 3rd Marine Expeditionary Force Band, U.S. Air Force 36th Wing, U.S. Coast Guard Sector Guam and Guam Army National Guard led the parade.

Guam Air National Guard Director of Air Staff Lt. Col. Timothy Puzan said he has been a part of the parade for more than 20 years and looks forward to the event every year.

"[I] love to march, love to see the sights

and people each year," he said. "It's as good as every other year."

Puzan added the parade was an opportunity for the entire island to gather and celebrate one of the island's most special events.

"This is where military and civilian community actually come together in a single venue, a single event and get to really just enjoy each other's company, enjoy what the military has to show (and) enjoy some local food," he said. "(For) the military folks that are here just for a few years, this is what it's all about and this is their big chance to get out in the local community and mingle with the local community and enjoy the hospitality that Guam has to offer."

U.S. Naval Base Guam Security Master-at-Arms 2nd Class Daniel Padilla celebrated his first Liberation Day this year, partic-

ipating in the parade alongside fellow service members and military working dogs.

"The Navy and Marine Corps helped liberate the island of Guam and I think it's really awesome that they still use us in a community aspect where we get to be involved in the parades and in their lives," Padilla said.

U.S. Coast Guard Sector Guam Operations Specialist 2nd Class Alex Azcarraga also celebrated his first Liberation Day and said he enjoyed the atmosphere.

"It just shows that there is a good military presence here on island and we are community-friendly, we try to help out the community as much as we can," he said.

Local resident and retired Army Solider Anthony Lukeala proudly introduced himself as the father of a fallen soldier whose ban-

ner was raised in front of his tent. Lukeala's son Army Sgt. Joshua Lukeala died June 7, 2010 from wounds suffered when enemy forces attacked his vehicle with an improvised explosive device in Kona, Afghanistan.

With another son currently serving in the Army, Anthony Lukeala maintained that the celebration was to honor the people who died liberating Guam, those who still survive and those troops that serve to this day.

"I feel honored today because of the military; the five different branches of the armed forces," he said. "To see them all in uniform... we all feel secure knowing that they're around us in the Pacific. Knowing that my son served in the Army and of course, he paid the ultimate price... we're proud to be a part of this freedom."

MAINTAINERS: Airmen make mission possible in remarkable time

Continued from Page 1

"The small numbers of sorties lost in those months were due to weather, none were due to maintenance," Bailey said. "We made everything we were scheduled to do."

The praises and accolades came after the hard work. The 36th EAMXS constantly face and overcome challenges, such as material availability and manning.

"One of the main challenges has to do with the availability of certain parts," said Tech. Sgt. Roger Phelps, 36th EAMXS aircraft section chief. "Over in there are more assets and tools available. We usually have to wait a number of days to receive the parts coming from the."

Phelps added the team finds ways solutions to problems when materials are not readily available for maintenance use.

"Because the B-52 is an old aircraft, there are parts the Air Force doesn't have contracts for anymore," he said. "For those situations we have to adjust and find the parts and outsource these parts to different vendors. Some materials, like brackets, we locally manufacture with our machines."

In addition to aircraft issues, Phelps said the limited manning and 12-hour shifts can sometimes take a toll on the maintainers, but just as

they overcome operational obstacles, it's nothing the Airmen can't handle.

"At home it's eight-hour shifts and there are a lot more people available," he said. "The 12-hour shifts affect the Airmen after a period of time. Once they get into the routine, the Airmen adjust very well. Recently, we did a shift swap so that a number of people don't have to stay on night shift the entire duration of the deployment."

The 36th EAMXS adaptability and quality performance contributed in the successful accomplishment of the following exercises and events they have participated in, including 36th Wing Combat Ammunition Production Exercise, U.S. Marine Corps Exercise Geiger Fury, Australia B-52 Air Show Flyover and Rim of the Pacific 2012.

"Just this month, we are participating in a Rim of the Pacific exercise, a large-force exercise that requires us to have B-52s fixed and ready to fly long duration sorties from and back while simultaneously sustaining local sorties," Bailey said.

B-52 crews are attempting to fly 20 consecutive sorties without a maintenance abort during a deployment. So far, two B-52s have achieved this 'Nine-o-Nine' Award; a testament to the hard work and outstanding maintenance the 36th

EAMXS have put forth everyday.

"We've had fighter aircraft maintenance fill manning slots in , so we've been getting people who've had years of mechanical experience," Phelps said. "Some of the guys brought different perspectives on solving problems. It's a different mentality, but they have done a good job in adapting."

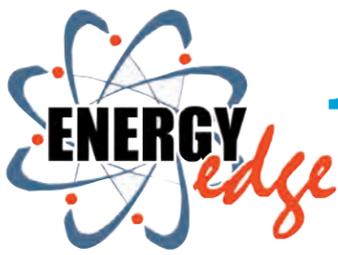
Phelps attributed the squadron's success to the diverse background and experience of the 36th EAMXS Airmen. He also said the recent influx of fighter aircraft maintainers filling in slots in the bomber side also helped the squadron become more resourceful, proficient and expeditious.

A little over halfway through their deployment, the 36th EAMXS have also accumulated a total of four individual and team wing-level awards.

"Many of these guys have never been here before," Bailey said. "It's a different working environment and climate. The way they've adjusted and made the mission happen in a short amount of time is remarkable. Our maintainers just come in on their shifts, click on all cylinders, take off and make it look easy. They have met everything they were tasked to do. This is because we always have a plan, we stick to that plan and execute with flying colors."



'I Got it': Andersen Air Force Base, Guam- Airman 1st Class Javier Peralta, 36th Expeditionary Aircraft Maintenance Unit (EAMXS) hydraulics maintainer, works on an in-flight refueling receptacle during maintenance on a B-52 Stratofortress aircraft on Andersen Air Force Base July 19. U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released



Make computer systems energy efficient

From Department of 2012 Energy Management Toolkit

At work, computer system energy efficiency means shutting things off when we don't need them. Somebody else chooses our equipment and makes sure energy-saving "sleep mode" settings are enabled.

Follow these simple steps to make sure

your computer system receives all the latest updates, but also saves the most energy by getting some of the same time off work that you do.

- At the end of the day, shut down your computer by going to the "Start/Shut Down" selection in the lower left hand corner of your monitor;

- Make sure your computer's central processing unit is plugged into surge-protected power that won't be switched off

when you leave

- Make sure peripheral units are plugged into a surge-protected plug strip with a switch that is easy for you to reach and switch it off when you shut down your computer. Peripheral units may include your monitor, speakers, a personal printer and scanner.

As long as you follow steps one and two above, your computer can be en-

ergized remotely during the night to receive software updates.

At home, in addition to shutting equipment off when you don't need it, you can save energy by buying Energy Star equipment and ensuring that power management "sleep mode" settings are enabled. You might also consider using a laptop instead of desktop unit for an energy savings of 50-80 percent.

Emory S. Land Sailors conduct real live fire exercise while underway

Practice Makes Perfect: Sailors assigned to submarine tender USS Emory S. Land (AS 39) reload a .50 caliber heavy machinegun under supervision from the range safety officer during a live fire training exercise underway July 18. Land, homeported in Diego Garcia, British Indian Ocean Territory, is on an extended deployment to Guam. U.S. Navy photo by Mass Communication Specialist 2nd Class Elizabeth Fray/Released



Above: Gunner's Mate 1st Class (SW) William Gaut, assigned to submarine tender USS Emory S. Land (AS 39), prepares to shoot a .50 caliber heavy machinegun as members of weapons department supervise, during a live fire training exercise underway July 18. U.S. Navy photo by Mass Communication Specialist 2nd Class Elizabeth Fray/Released

Below: Gunner's Mate 1st Class (SW) William Gaut, assigned to submarine tender USS Emory S. Land (AS 39), performs safety checks on a .50 caliber heavy machinegun during a live fire training exercise underway July 18. U.S. Navy photo by Mass Communication Specialist 2nd Class Elizabeth Fray/Released





Cave Visit: Marines assigned to U.S. Marine Forces Pacific Forward Guam and the Commonwealth of the Northern Mariana Islands assist visitors in and out of Fena Cave on naval magazine in Santa Rita July 19. As U.S. Armed Forces moved closer to Guam in an effort to recapture the island from Japanese occupation on July 19, 1944, Japanese forces ordered some residents into the Fena Cave. U.S. Navy photo by Mass Communication Specialist 2nd Class Corey Hensley/Released



Memorial: Pictured July 19 is a memorial at Old Agat Cemetery honoring those who died during the Fena Cave Massacre in World War II. Wreaths, candles and torches were placed by the cross during an annual memorial remembering those who died July 19, 1944 during Japanese occupation of Guam. U.S. Navy photo by Mass Communication Specialist 2nd Class Corey Hensley/Released



In Remembrance: Governor of Guam Eddie Calvo, right, Guam Congressional Delegate Madeline Bordallo, center, and Senator Tina Muna-Barnes honor those killed at the Fena Cave Massacre during World War II at a memorial service at Old Agat Cemetery July 19. U.S. Navy photo by Mass Communication Specialist 2nd Class Corey Hensley/Released

Family members remember Fena Cave Massacre

By Mass Communication Specialist 2nd Class (SW/AW) Jeremy Starr
U.S. Naval Base Guam Public Affairs

Victims of the Fena Cave Massacre were remembered during a ceremony at the Old Agat cemetery July 19.

Our Lady of Guadalupe Catholic Church Rev. Fabio Faiola began the ceremony with a blessing for massacre survivors which followed with an introduction of guests including Guam and military leadership, and the Consul General of Japan Hisatsugu Shimizu.

Guam Historian Tony Ramirez attended the event and shared the somber story of the Fena Cave Massacre.

"It's a history of tragedy, but it al-

so has to bring to the current generation a history of reconciliation, because we all have to move forward," he said. "We need to see a liberation from the atrocities that occurred that should have not transpired in the first place, but must never happen again."

Fena Memorial Foundation member Silvina Taumomoa participated in the ceremony as part of the choir and shared her story of her father's heroic sacrifice.

"During the massacre at the cave he saved his younger brother's life by pushing him down into the cracks of the cave and covering his body with his own as shield when the grenades were thrown in," she said. "He died there."

Governor of Guam Eddie

Calvo and first lady Christine Calvo along with Shimizu and survivors of the massacre laid wreaths at the graves in honor of those who perished at the cave.

Later in the day, Naval Munitions Command, East Asia Division, (NMCEAD) Unit Guam provided access to the Fena cave on naval magazine in Santa Rita where visitors had the opportunity to pay their respect.

U.S. Naval Base Guam Commanding Officer Capt. Mike Ward was in attendance and highlighted the importance of the visit.

"We're here to remember those (who) fell and (,or) survived the Fena Cave Massacre on July 19, 1944 as well as the events of the invasion day and reflect on what these events meant in liberating

Guam," he said.

Guam resident Antonio Lizama visited the cave and remembered how his older siblings were taken to the Fena caves while the rest of the family was confined in the Manenggon concentration camp.

"I remember this place very clear," he said. "This is the place where my oldest brother and my oldest sister were killed."

Lizama said he comes to the cave every year for the ceremony when it is open. He was thankful to Navy leadership for allowing him the opportunity to visit on this historic day.

To learn more about NBG, visit www.cnic.navy.mil/guam. For more news from U.S. Naval Forces, Marianas, visit the Web site www.navy.mil/local/guam/.



Reflection: Guam Historian Tony Ramirez speaks in both English and Chamorro language while reflecting on the Fena Cave Massacre during World War II at a memorial service at Old Agat Cemetery July 19. The Fena Memorial Service was in memory of those killed on July 19, 1944 during Japanese occupation of Guam. As U.S. Armed Forces moved closer to Guam in an effort to recapture the island from Japanese occupation on July 19, 1944, Japanese forces ordered some residents into the Fena Cave. U.S. Navy photo by Mass Communication Specialist 2nd Class Corey Hensley/Released



Creative Touch: Naval Facilities Engineering Command (NAVFAC) Marianas Safety Specialist Kevin Rosario displays some of his designs at his office in Asan June 26. When not at work, Rosario devotes some of his spare time to his art. U.S. Navy photo by Shaina Marie Santos/Released

NAVFAC MARIANAS SAFETY SPECIALIST HAS

CREATIVE FLAIR

By Shaina Marie Santos
Joint Region Edge Staff

Naval Facilities Engineering Command (NAVFAC) Marianas Safety Specialist Kevin Rosario's artistic background remains hidden underneath a professional exterior.

Rosario's passion began in his childhood, leading him to seek a Bachelor of Arts degree in fine arts from the University of Guam (UOG), his favorite form being sculpture.

"Loved it since (I was) a kid," he said. "Drawing and painting. I loved working with clay, loved the medium, you can always add or subtract the medium and it can be very forgiving."

Though Rosario has not pursued any new projects with clay in a number of years, he especially enjoyed using the medium to create cultural items such as latte stone huts, ceramics such as plates and bowls, as well as canoes and waves.

"(Sculpting) is very diverse," he said. "You can create pieces for decoration or you can make it a



Man at Work: Naval Facilities Engineering Command (NAVFAC) Marianas Safety Specialist Kevin Rosario poses for the camera at his office in Asan June 26. U.S. Navy photo by Shaina Marie Santos/Released

useful item.'

Today, though Rosario's art has gone digital, his subjects are rooted in islander history. After taking

a printmaking class, he now works from his computer, using his creativity to design island-centric cultural T-shirts with his friend Dexter Mendiola in his spare time.

"(We) were college students at UOG and both majored in art and both loved to do artwork in relation to our island and our culture," he said. "(He) works with paint and drawings. Together, (we) get the perfect combination of two-dimensional and three-dimensional artwork all rolled up into a T-shirt."

Though today he would much rather unwind at home with his family after a long day at work, Rosario stresses time management to balance a full schedule with a hobby.

"I design only part-time," he said. "First (it's) family. Then work and chores around the house and then left over time to work on designs."

Rosario suggests anyone interested in design to start with education.

"Take a beginner's art course to better understand the concepts of two-dimensional versus three-dimensional art and how colors and contrast all work together."

Base libraries offer rich educational support



Curious Minds: Two young children look for their next adventure at the Navy Morale, Welfare and Recreation Library on U.S. Naval Base Guam July 10. U.S. Navy photo by Shaina Marie Santos/Released

By Shaina Marie Santos
Joint Region Edge Staff

On U.S. Naval Base Guam (NBG) and Andersen Air Force Base (AFB), Navy Morale, Welfare and Recreation (MWR) Guam and 36th Forces Support Squadron (FSS) libraries provide a useful educational tool for patrons.

According to 36th FSS Library Director Melissa Taitano, the libraries' mission is to support education and improve quality of life of active duty military members and families.

"By providing resources, services and opportunities for self-enrichment and family-friendly activities such as Story Time Hour and the Summer Reading Program...

...the library provides an opportunity for families to engage in lifelong learning in a safe and nurturing environment that promotes interaction between families," she said.

On Wednesday afternoons, base libraries engage children in what is called the Story Time Hour, where a reader brings the story alive for young patrons.

"A cornerstone of learning and education begins with the ability to read," Taitano said. "Through library programs including Story Time, we promote the love of reading and sponsor activities designed to encourage interaction, play and skills development."

Navy spouse Miranda Saenz brings her children to the MWR library regularly, to promote her

children's interest in reading.

"My oldest is an avid reader year round and so this is perfect for him," she said.

Learning continues through the ages, through the library's education and adult non-fiction collection of more than 14,000 print and audiovisual resources.

Saenz said the benefits of reading carries into school with her eldest son reading years before his level.

"I think it builds on their imaginations instead of sitting in front of the [television]," she said. "I think the constant reading... is definitely beneficial."

Though books and audiovisual resources such as DVDs are in no short supply, those aren't the only resources available for patrons' use. On both bases, libraries are outfitted with computer centers with wireless Internet and printing capabilities for research, reports, essays and other needs.

U.S. Coast Guard spouse Birte Bojarzin said she and her family especially enjoy that through the library, they can access resources close to home.

"It's nice that people can actually get everything they need... on reading, even for college," she said.

To learn more about the MWR Library, call 564-1836. To learn more about the 36th FSS Library, call 366-2598.



Family Reading: U.S. Coast Guard spouse Birte Bojarzin picks out books with her daughter at the Navy Morale, Welfare and Recreation Library on U.S. Naval Base Guam July 10. Libraries on base provide excellent learning resources for patrons of all ages. U.S. Navy photo by Shaina Marie Santos/Released



Parental Support: Navy spouse Miranda Saenz logs books her children have read through in participation of the Navy Morale, Welfare and Recreation Library's Annual Summer Reading Program on U.S. Naval Base Guam July 10. U.S. Navy photo by Shaina Marie Santos/Released

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,
Thursday, 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.
Catholic Men of the Chapel:
First and third Tuesday of the
month, Chapel 1 Annex, 6 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.
Liturgical Service: Sunday,
Lighthouse, 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.; Wednesdays (September-
May), Chapel 2 Annex, 8 a.m.
Protestant Men of the
Chapel: Wednesday,
Lighthouse, 6 p.m.; First
Saturday of the month, Chapel 2
Annex, 8 a.m.
Protestant Youth of the
Chapel: Thursday, Chapel 2
Annex, 7 p.m.
Protestant
Single/Unaccompanied:
Thursday, 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. Aaron Robertson
USS Emory S. Land Chaplain

If I had to pick one word as the most misused and misunderstood word of our present day it would be the word 'love.' Unfortunately many marriage ceremonies are performed for couples who do not love each other. Many children grow up starving for love. We live in a time where people are devastated, compelled to live alone and away from others because they cannot get past the hurt in their lives. Many people are suffering because of a false understanding of the nature of love.

I believe that love is very important. So recently I have been trying to reflect on love to discover the nature of it. I wanted to gain a deeper understanding of what it means when I tell somebody I love them. I wanted to know what to expect of those who tell me that they love me. I counsel many people who are married or who want to marry. I speak to Sailors that struggle with their relationship with

Love is sacrifice

their parents as they often complain their parents did not love them well. So it's a very important subject.

I believe that love is sacrifice. When somebody tells you that they love you, they are telling you that they will sacrifice for you. The sacrifice may come in various forms such as money or gifts. They could choose to spend their money on themselves, but instead they use it to the delight of those they love. Somebody who loves

someone else gives their time to help others. They could choose to spend their time relaxing, but they choose to give their time away.

In marriage, I believe that when a person says they love their spouse, they are promising to sacrifice for them. A spouse works for the other caring for their needs, giving their life to their spouse. Spouses who want to demonstrate their love give up their own well-being to make sure the other is well.

The well-being of the other is the priority of their life that is love. When spouses learn to consider the other before considering themselves they are in love.

Parents who love their children sacrifice for them. Children who love their parents sacrifice for them and they learn love when they see their parents model it. The more a child observes their parents sacrificing the more likely they become to sacrifice for their parents. When children learn to sacrifice for their parents, they love their parents.

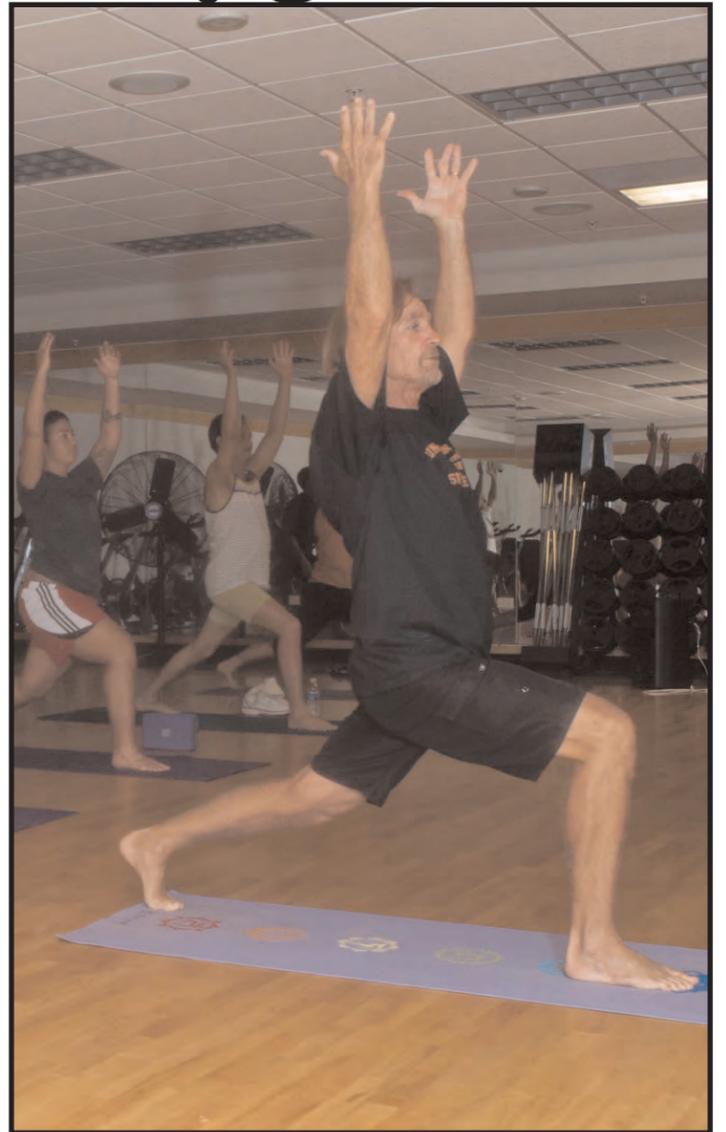
This is true in so many relationships. Do you want your friends to think of you as a loving person? Make sacrifices for them. Do you want your co-workers to think highly of you? Sacrifice for them, putting their success before your own. Do you want to show God love? Put God's priorities ahead of yours. Live your life as a living sacrifice and you will be known as a person that understands love. Most importantly, you will be loved.

CHAPLAIN'S
Corner



CKFC patrons learn yoga moves

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One, Two, Three, Breathe: Yoga instructor Dennis teaches Morale, Welfare and Recreation patrons different yoga positions at the Charles King Fitness Center (CKFC) on U.S. Naval Base Guam July 24. CKFC offers the class on Tuesdays and Thursday at 5:30 p.m. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert/ Released