

JOINT REGION EDGE

Volume I No. 46

Thursday, January 7, 2010



F-22A Raptors return to Guam

By 36th Wing Public Affairs

Fifteen F-22A Raptors will arrive here in January for an approximately three month deployment. This will be the third deployment of F-22As here.

The fighters and associated personnel will deploy from the 90th Fighter Squadron at Elmendorf Air Force Base, Alaska.

The deployment of the Raptors here will support the U.S. Pacific Command theater security packages in the Western Pacific and follows the recent departure from the theater of two deployed squadrons of F-22As that also supported U.S. PACOM's TSP. The fighters and personnel deployed



Return Flight: Two F-22 Raptors fly over the Pacific Ocean during a theater security mission in March of 2009. (U.S. Air Force photo by Master Sgt. Kevin J. Gruenwald)

here and to Kadena Air Base, Japan completed their deployment in October 2009.

The F-22A is a transformational combat aircraft that can avoid enemy detection, cruises at supersonic speeds, is highly maneuverable, and provides the joint force an unprecedented level of integrated situational awareness.

As part of continuing force posture adjustments to address worldwide requirements, the United States continues to deploy additional forces through the Western Pacific. This is the latest example of the flexibility U.S. forces have to meet their ongoing commitments and security obligations throughout the Pacific region.

For more info

To learn more about the F-22A Raptor, see the U.S. Air Force graphic on page 11.

JSOTF-P conducts bomb training with PNP

By Lt. j.g. Theresa Donnelly

Joint Special Operations Task Force-Philippines
Public Affairs

Members of Joint Special Operations Task Force-Philippines (JSOTF-P) taught more than 40 officers from the Philippine National Police (PNP) techniques for identifying homemade bombs in Zamboanga del Norte province Dec 22-23.

Law enforcement in Zamboanga regularly come across suspected IEDs and often have to investigate individuals accused of making homemade bombs, making this training imperative to perform their duties.

"The purpose of the class was to teach the bomb squads what to look for when searching a property of someone who is suspected of making explosives. Even typical household products can be used for making IEDs," said Explosive Ordnance Disposal Technician 2nd Class Dave Friedman.

The JSOTF-P members were from Explosive Ordnance Disposal (EOD) Mobile Unit 5 (MU-5), and taught bomb squad officers from the Regional Explosive Ordnance

See JSOTF-P, Page 11

Explosive Matter: Philippine National Police (PNP) Officer Three (PO3) Efrem Sissay and U.S. Navy Explosive Ordnance Disposal Technician 2nd Class Dave Friedman from Joint Special Operations Task Force-Philippines assemble an explosive device during a training exercise at the Regional Explosive Ordnance Disposal and Detection Unit 9 headquarters. Friedman and two other JSOTF-P EOD Task Unit members taught a two-day bomb detection course, instructing members of the PNP bomb squad on what types of chemicals can make up a homemade bomb. (U.S. Navy photo by Lt.j.g. Theresa Donnelly)



INSIDE

- USS Frank Cable Sailors help students make the grade, page 8
- Tops in Blue returns to Guam, page 11



Fallen honored
Linebacker II Memorial held at Andersen AFB.

SEE PAGE 2



New Year's baby
U.S. Naval Hospital Guam welcomes its first baby of the new year.
SEE PAGE 4



Top Performer
Seaman Yeoman Wilson
PAGE 3

JSOTF-P: EOD Task Force share expertise on IEDs

Continued from Page 1

Disposal and Detection Unit 9 (REODDU9).

PNP officers spent the first day in a classroom setting learning about materials used to make crude Improvised Explosive Devices. On the second day, the bomb squad detonated the explosives during a live-fire exercise at police headquarters.

For the past six months, MU-5 members

have been working closely with the Region Nine bomb squad on a variety of different training exercises, building their capacity to better recognize, respond and overall counter IEDs in the Philippines.

In our job, we must understand the mixtures that can make up these IEDs, so we can counter them," said PO1 Kenneby Damsid, a bomb technician with Region Nine. "We really enjoy working with the JSOTF-P EOD teams,

we learn so much from them," he said.

JSOTF-P EOD teams are situated at various locations throughout the Southern Philippines, assisting the Armed Forces of the Philippines, the PNP, and Local Government Units. Using a combination of classroom instruction, city-wide drills, and demolition exercises, teams are sharing their years of training on how to detect and safely render safe IEDs.

Teams here draw upon not only their expe-

rience working in the Philippines, but also knowledge gained by multiple deployments in Iraq and Afghanistan.

"It is great to share our knowledge with the teams here. I feel honored to work with the AFP and PNP teams, and I am glad we can share our best practices with them," said Explosive Ordnance Disposal Technician 2nd Class Daniel Smith.



Chemistry Class: U.S. Navy Explosive Ordnance Disposal Technician 2nd Class Daniel Smith, assigned to Joint Special Operations Task Force-Philippines, examines some of the chemical compounds in Improvised Explosive Devices. Smith and two other EOD Task Unit members taught a two-day course to members of the Philippine National Police Regional Explosive Ordnance Disposal and Detection Unit 9 at their headquarters in Zamboanga del Norte. The class focused on ways to identify the various chemicals in homemade bombs, should the teams have to search a home of a suspected bomb maker. (U.S. Navy photo by Lt.j.g. Theresa Donnelly)

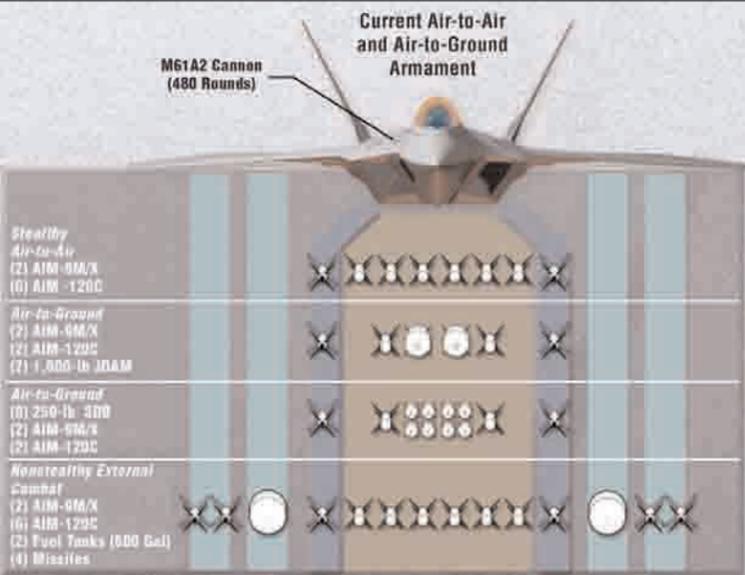


Emergency Kit: U.S. Navy Lt. Erik Spalding, assigned to Joint Special Operations Task Force-Philippines, uses a Hazmat Identification kit to identify chemical compounds during a bomb detection course at the Philippine National Police Regional Explosive Ordnance Disposal and Detection Unit 9 headquarters. Spalding assisted in teaching a two-day course; to increase the PNP's knowledge regarding the chemical make-ups of various Improvised Explosive Devices. PNP Bomb squad members now have an increased understanding of what types of chemicals are used in making homemade bombs. (U.S. Navy photo by Lt.j.g. Theresa Donnelly)

F-22A Raptor: Transformational combat aircraft



- **Low Observable/Highly Maneuverable**
- **Mach Number: Mach 2 Class**
- **Supercruise (Mil Power): > 1.5 Mach**
- **Altitude: 60,000 Feet**
- **Engines**
 - **Two F119-PW-100, 35,000-lb Class**
 - **Thrust Vectorable**



Current Air-to-Air and Air-to-Ground Armament

Stealthy	
Air-to-Air	(2) AIM-9M/A (0) AIM-120C
Air-to-Ground	(2) AIM-9M/A (2) AIM-120C (7) 1,000-lb JDAM
Air-to-Ground	(0) 250-lb 300 (2) AIM-9M/A (2) AIM-120C
Nonstealthy External	
Combat	(2) AIM-9M/A (6) AIM-120C (2) Fuel Tanks (800 Gal) (4) Missiles

F-22A Raptor: This fighter is a transformational combat aircraft that can avoid enemy detection, cruises at supersonic speeds, is highly maneuverable, and provides the joint force an unprecedented level of integrated situational awareness. (U.S. Air Force graphic)

Remembering the fallen of Linebacker II

By Capt. Timothy Lundberg
36th Wing Public Affairs

Members of the 20th Expeditionary Bomb Squadron, the 36th Wing, veterans on Guam and distinguished guests from the local community remembered the sacrifice of those who fought during Operation Linebacker II on Andersen Air Force Base on Dec. 18.

During Linebacker II more than 15,000 people and 150 B-52 aircraft assembled at Andersen Air Force Base. In the 11 days of Linebacker II, from Dec. 18 to Dec. 29, bombers flew 729 sorties, dropping 49,000 bombs weighing almost 15,000 tons.

The Arc Light Memorial here is dedicated to the 75 Airmen who did not return from their missions over North Vietnam. But their sacrifice brought an end to the war when a peace settlement was negotiated shortly after the conclusion of Linebacker II.

Right: Members of the Andersen Honor Guard pay respect to those who sacrificed their lives during Operation Linebacker II at the Arc Light Memorial Park here Dec. 18. The ceremony commemorates its 36th anniversary of the campaign that led to the end of the Vietnam War. (U.S. Air Force photo by Airman 1st Class Julian North)



Above: Two B-52 Stratofortresses fly over the Operation Linebacker II Ceremony at the Arc Light Memorial Park here Dec. 18. The ceremony commemorates its 36th anniversary of the campaign that led to the end of the Vietnam War. (U.S. Air Force Photo by Airman 1st Class Julian North)

Left: Gen. Phillip Ruhlman, 36th Wing Commander, Lt. Col. Charles "Chuck" McManus and Master Sgt. Felemenio "Pete" Chamberlain, retired, salute the wreath layed in honor of Operation Linebacker II at the Arc Light Memorial Park here Dec. 18. The ceremony commemorates its 36th anniversary of the campaign that led to the end of the Vietnam War. (U.S. Air Force Photo by Airman 1st Class Julian North)

Below: Arc Light Memorial Park. (Photo illustration by Airman 1st Class Julian North)



Seaman Yeoman Wilson an EODMU5 asset

By Jesse Leon Guerrero
Joint Region Edge Staff
jesse.leonguerre.ctr@fe.navy.mil

For the more than 100 Sailors at Explosive Ordnance Disposal Mobile Unit (EODMU) 5, Seaman Yeoman Jennifer Wilson serves as their connection between the work they do and the records that keep track of it all.

Wilson provides administrative clerk and legal clerk duties to the entire command. She manages status changes to Personnel Support Detachment Guam, which means she handles a wide range of career-related information dealing with pay, rate changes, retirements, benefits and more.

"If someone has an issue, they come to me," Wilson said. "I try to take care of everything that can affect their pay."

All Sailors who check into the command for the first time also process through Wilson. Her other responsibilities include handling e-mail and other official correspondence as well as picking up and de-

livering physical mail. It's steady work, which she enjoys.

"This job takes up your whole day because they're coming in from every department," Wilson said, referring to the Sailors and their requests.

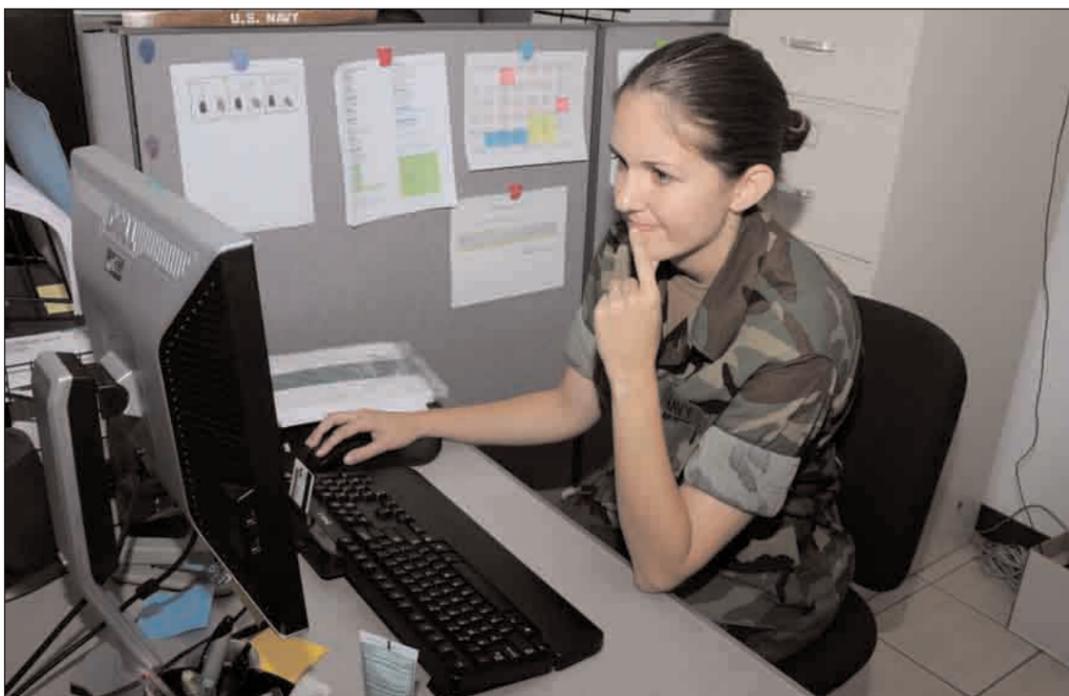
Although her work doesn't deal directly with EODMU 5's mission of locating, identifying and rendering potential explosives safe, Wilson still makes a positive impact on the Sailors' mission readiness. She explained detachments shouldn't have to worry about financial concerns and anything else that can distract them from what they've been

sent to do.

"If they're not mentally ready, then they're not ready to deploy," Wilson said.

Wilson said the Navy has helped her achieve a personal goal of traveling abroad. Wilson explained she had never been outside the continental United States before enlisting in 2008. Guam is her first duty station.

Wilson said the job isn't always easy, but she likes getting to know



Record Review: Seaman Yeoman Jennifer Wilson, of Explosive Ordnance Disposal Mobile Unit (EODMU) 5, reviews service records at the command's administration office aboard U.S. Naval Base Guam Dec. 22. Wilson performs administrative and legal clerical duties for all of EODMU 5's Sailors. (U.S. Navy photo by Jesse Leon Guerrero)

the other Sailors and her chain of command. Her family and friends have also supported her Navy career.

"I didn't understand before I joined how much meaning that it would have," Wilson said. "But

now, seeing my family as proud of me as they are... it makes me realize that it is meaningful."



PSD Guam helps keep Sailors records straight

By Jesse Leon Guerrero
Joint Region Edge Staff
jesse.leonguerre.ctr@fe.navy.mil

Active-duty Sailors and their families can rely on Personnel Support Center Detachment (PSD) Guam as an important resource for their Navy career. The command provides consolidated pay and personnel services as well as passenger transportation services.

It's a busy mission for the more than 20 Navy personnel and civilian employees who man the offices at Barracks 5 on U.S. Naval Base Guam. The command supports about 2,600 service members and another 4,000 family members.

"We're always open just to make sure everyone gets what they want processed and on time," said Personnel Specialist 1st Class (SW/AW) Frederick Napiza, PSD lead petty officer.

To accommodate the workload, PSD meets its customers' needs at two departments. First floor office workers assist personnel with requests for identification cards, travel processing, permanent change of station orders, and separations from the Navy. Second floor staff take care of payments and entitlements that can affect a service member's salary. PSD ac-



Checking Records: Seaman Recruit Personnel Specialist Wajid Chaudry, left, of Personnel Support Center Det. Guam, assists Logistics Specialist 2nd Class (AW) Melissa Williams, of U.S. Naval Hospital Guam, with her service records Jan. 5. (U.S. Navy photo by Jesse Leon Guerrero)

counts for bonus payments, hazardous duty pay, cost-of-living allowances, overseas housing allowances, promotions, rate changes and

more in this all-inclusive list.

"The new thing is that it's also online," Napiza said. "Commands can enter these

changes for their Sailors' service records."

Napiza explained the vast amount of data records are maintained through not only PSD's hard and soft copies, but also through Total Workforce Management System and Defense Finance and Accounting Service's myPay system. Sailors can access these Web sites at their commands to update their data.

"If we didn't have that, they'd be here walking in all the time and it would always be crowded," Napiza said.

Napiza estimated the number of online-submitted records PSD processes can be as high as 100 to 200 per day.

In their line of work, Napiza said good customer service is always their focus. All customers require different services, so PSD staff need to be able to work with their unique situations.

If someone does call or visits their office for assistance, Napiza recommended they have their ID and proper documents with them to quicken the process. He added Sailors and family members should always contact them if there is any change to the status of their service records.

"How can we help you if we don't know about it?" Napiza asked. "We must work hand in hand with you."

Joint Region Edge is an authorized publication for overseas members of the U.S. military and their families. Contents of this publication are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, or Guam Publications, Inc. The appearance of advertising in the publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, Commander, Joint Region Marianas of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. Joint Region Edge is published by Guam Publications, Inc., a private firm in no way connected with the Department of Defense, the U.S. Navy or the U.S. Air Force, under exclusive contract with the Commander, Navy Region Marianas, located in Bldg.

3190. Editorial material is due at noon on the Thursday before publication date. All classified advertisements are due no later than 3 p.m. on the Tuesday the week prior to publication. Joint Region Edge reserves the right to edit, rewrite or reject material submitted for publication.

Rear Adm. Douglass T. Biesel, USN, Commander, Joint Region Marianas

Brig. Gen. Phil Ruhlman, USAF Deputy Commander, Joint Region Marianas

Joint Region Marianas Public Affairs

Lt. Jodie Cornell, USN, Public Affairs Officer 339-4055 jodie.cornell@fe.navy.mil

Coleen R. San Nicolas-Perez Deputy Public Affairs Officer 339-3209 coleenperez@fe.navy.mil

Theresa Merto Cepeda Public Affairs Director, DZSP 21 LLC 339-6114 theresa.cepeda@fe.navy.mil

James Fee Editor james.fee.ctr@fe.navy.mil 339-7113

Reporters Jesse Leon Guerrero 339-5207 jesse.leonguerre.ctr@fe.navy.mil

Oyaol Ngrainid Deputy Public Affairs Officer 339-2115 oyaolngrainid@fe.navy.mil

Photographers Reynaldo Rabara 339-8423 reynaldo.rabara@fe.navy.mil

Raymond Torres 339-8423 raymond.torres@fe.navy.mil

Write to us at: Joint Region Marianas Public Affairs Office PSC 455 Box 152, FPO AP 96540

36th Wing Public Affairs

Capt. Timothy Lundberg Chief of Public Affairs 366-4202

Capt. Andrew Hoskinson Deputy Public Affairs Officer 366-2228

Reporters

Staff Sgt. Jamie Lessard 366-4202

Senior Airman Shane Dunaway 366-2228

Senior Airman Isaac Garden

366-2228

Senior Airman Nichelle Anderson

366-2228

Senior Airman Vanessa Fuentes

366-2228

Airman 1st Class Courtney Witt

366-2228

Airman 1st Class Jeffrey Schultze

366-2228

Airman 1st Class Julian North

366-2228

Prechtel family welcomes New Year baby

By Oyaol Ngirairikl

Joint Region Edge Staff
oyaol.ngirairikl@fe.navy.mil

At 1:17 p.m. Jan. 1, 2010, Dylan Matthew Prechtel was the first baby born for 2010 at U.S. Naval Hospital Guam.

The New Year baby was born to Staff Sgt. Matthew Prechtel, of 36th Munitions Squadron, and Torina Prechtel. The couple has been on Guam for almost two years.

"We found out in May that we were pregnant and we couldn't be happier," said the proud dad. "We've been waiting since 2006 — trying for what seems like a long time."

The rosy-cheeked, grey-eyed baby was born a healthy 7 pounds, 6 ounces and 22 inches long.

"He's perfect," Matthew Prechtel said.

As the pregnancy progressed, the couple celebrated milestones.

"When we got over the first trimester, we were thrilled because that's when the baby is most delicate," Matthew Prechtel said. "Then we got to 30 weeks and we were just so grateful that the baby was healthy and just growing bigger and stronger."

Those small miracles culminated when the day came for baby Dylan to make his way into the world — though he took his time

about it.

The Prechtels went to U.S. Naval Hospital Guam Dec. 30 where circumstances required labor be induced. Thirty-six hours later, still no baby.

"We were at the point where the baby's blood pressure would drop after every contraction, so there was some concern," Prechtel said. After a few more hours, Dylan was born via a C-section.

"The labor, the c-section — it was all worth it to have him," Torina Prechtel said. "He's our little miracle baby."

Matthew Prechtel said the entire process was amazing for him.

"When Dylan was finally born, and I held him for the first time, I was happy, ecstatic, I don't know," he said. "It was a long time coming and it was kind of hard to believe that this beautiful baby was my son. I don't know the words to describe it. It was just an amazing feeling."

A couple of days after the delivery, both mom and baby were released and were situated comfortably at home where Torina Prechtel's mother, Tana Daley, was able to cuddle both her daughter and her grandson.

"They're beautiful aren't they," she said looking at her daughter and her family. "I'm so proud and so happy for them."



New Year Baby: Staff Sgt. Matthew Prechtel, of 36th Munitions Squadron, and Torina Prechtel hold their newborn son Dylan Matthew Prechtel at their home Jan. 3. Baby Prechtel was born 1:17 p.m. Jan. 1, 2010 at U.S. Naval Hospital Guam. (U.S. Navy photo by Oyaol Ngirairikl, Joint Region Edge)

While both parents have their thoughts of playing football and getting ready for the first day of school, for now, the Prechtel's are enjoying their son — learning his

likes and dislikes and preparing to be the best parents they can be.

"We just want him to grow up knowing he's loved and being happy," Torina Prechtel said. "We're

going to teach him values and morals, and help him to grow up to be a well-educated man, and trust that he'll do what's right and be happy with his life."

Letter from Gen. North: Foster a culture of safety

By Gen. Gary L. North

Commander, U.S. Pacific Air Forces

Our Air Force has traditionally placed great emphasis on safety and has enjoyed a measure of success in reducing mishap rates over the years.

Yet in the last 10 years, we have lost over 800 Airmen and \$11 billion

dollars through preventable mishaps. During this period, PACAF has lost 35 Airmen in both on and off duty mishaps. Unfortunately, 25 of these fatalities were due to private motor vehicle accidents. These were valuable members of our PACAF family who are no longer with us to perform the mission.

We must foster a safety culture that embraces risk management and mishap prevention while advancing our combat capabilities. This begins at the top with commanders and supervisors continuing to support our wingman and mentoring every Airman.

In order to prevent mishaps, we

must learn the lessons of others. It is vital that all of us take part in an open reporting system. Reporting minor events, including near-misses, will allow us to correct deficiencies and prevent the next mishap before it occurs. We will continue to improve safety accountability at all organizational levels. We must

make safety personnel.

We owe it to each other, our families, and our nation to ensure that we operate in a safe manner, both on and off duty. You are the last line of defense to prevent an accident. Please follow the rules, look out for your fellow Airmen, and pay attention to safety.

If you're going out, have a plan

Andersen AFB
Wingman/Designated Driver
Taxi/Shuttle Ride
Taxi ride costs \$50-DUI up to \$15,000
Airman Against Drunk Driving
366-RIDE(7433)

Naval Base Guam
Designated Driver Programs:
NBG CDO Tel #777-1809
USS FRANK Cable Quarter Deck
#343-2545
CSS 15 Quarter Deck
#777-9088

MSRON 7 Quarter Deck
#333-4000
EODMU 5 Quarter Deck
#339-8163
NAVHOSP Chief of the Day
#344-9340
NMC EAD Unit Guam Quarter Deck
#349-9087 CDO Cell#777-0942

NCTMS CDO
#688-3497
NMCB 1 Det. Guam Quarter Deck
#339-3232
NSWU - 1 Quarter Deck #339-6293
Sailors Against Drunk Driving

Job Announcements

Interested Individuals can view the vacancy listings at <https://www.cnic.navy.mil/Marianas/index.htm> or at <https://chart.donhr.navy.mil>. For more information, call 339-4222/6210.

Commander Joint Region Marianas, Guam
IT Specialist, Open Continuous

NAVFAC Marianas, Guam
Community Planner, Closes 1/12
Financial Management Analyst, Closes 1/12
Lead Environmental Engineer, Closes 1/14
Supvy Business and Industry Spec.

News Notes

ID/CAC Card Appointments
Were you aware that you and your family can set an appointment to get a new ID/CAC Card?
The 36 FSS Military Personnel Section has developed a new process to increase efficiency and improve customer service by offering a call-ahead option for customers wishing to schedule an ID card appointment.
Customers can call the front desk at 366-2276 between the hours of 9 a.m.-4 p.m. to schedule an appointment. Same day appointments will be scheduled when available. Request customers arrive 10-minutes prior to your appointment time. The average time for

an ID card to be issued is approximately 20 minutes. Also, walk-in appointments are still welcome.

Due to operational considerations, on-duty personnel (military, DoD Civilians, and contractors) are given priority from the hours of 9-9:30 a.m., and 11 a.m.-1 p.m. each day.

Aside from the 36th FSS Military Personnel Section at Andersen AFB, you may also acquire a new CAC/ID card at additional ID stations located on Guam:
Air Force National Guard - Bldg 21018, AAFB - 366-7791
-Army National Guard - Bldg 300, Ft. Juan Muna, Barrigada - 735-0416
-Army Reserve - Bldg 61, 9th Regional

Readiness Cmd, Barrigada - 344-5852
-Navy - Bldg 5, Naval Activities Guam - 339-8301

For more information, please contact Tech. Sgt Payton, 366-4385, or Customer Service, 366-2276.

New Housing Service Desk Phone Number
Chugach World Services will be the point of contact for all service desk calls for housing residents. The new phone number for all service desk calls is 649-9572. This number will replace the previous phone number for housing maintenance. Please update your records accordingly.

Service members make resolutions for 2010

Joint Region Edge asked service members on Guam what they resolve to accomplish in 2010. Here is what they said:



“My new year’s resolution is to save some money...”
— Aviation Electronics Technician 2nd Class Alan Hubin, Naval Airborne Weapons Maintenance Unit 1



“My New Year’s resolution is to get my ESWS (Enlisted Surface Warfare Specialist) and spend time with my family.”
— Electronics Technician 3rd Class Clyde Derecho, of USS Frank Cable (AS 40).



“To try to spend less money...”
— Staff Sgt. Erica Johnson, U.S. Air Force.



“I’m gonna quit smoking...”
— Electrician’s Mate 2nd Class (SS) Justin Yantis, of Commander, Submarine Squadron 15.



“My new year’s resolution is to be a better person than I was in 2009....2010 will be way better...”
— Master-at-Arms 2nd Class Maurice Speaks, of Maritime Expeditionary Security Squadron 7.

How to keep your New Year’s resolutions in 2010

By Oyaol Ngirairikl
Joint Region Edge Staff
oyaol.ngirairikl@fe.navy.mil

From quitting smoking to saving money, just about everyone is looking at ways to improve their quality of life in 2010. Navy and Air Force offer programs that help support positive changes.

Every year, smoking and/or quitting tobacco use are among the most popular resolutions. Yet, while some people are able to quit tobacco use cold turkey, others need help.

“It can be tough to quit smoking or to give up dipping (tobacco), but I tell people who come into the clinic that they can do if they’re firm in their decision to live a healthier life,” said Maj. Cynthia Pouncey, Andersen Air Force Base’s Health and Wellness Center (HAWC) element chief and health promotions manager.

HAWC and U.S. Naval Hospital Guam offer tobacco cessation classes that provide steps, guidance and support for people hoping to kick the habit.

As people look to making 2010 a healthier year for themselves, health and wellness experts say proper nutrition is key.

“Oftentimes people say ‘I’m going to lose weight’ or ‘I’m going to eat healthier’ but they don’t have a plan and they don’t have any real measurable goal,” said Lt. Cmdr.

Angela Bailey, a U.S. Naval Hospital Guam dietician. “Then they get discouraged because they’re not seeing results fast enough.”

Bailey and Pouncey said establishing a realistic goal and then determining short-term goals that support them is key to starting and maintaining a health program.

“Instead of throwing yourself into a strict diet, make one change each week to help you build up to a balanced and nutritious diet,” Bailey said. “For week one, add an extra piece of fruit to your diet. And then week two, maybe cut down on soda — that way you’re easing into it and you’re more likely to stick to it.”

Many people also plan to spend more quality time with their families in the coming year, which Lt. j.g. Gale White, a U.S. Naval Base Guam chaplain, said is an admirable goal.

“Family is so important,” she said. “And making sure that you’re there — whether it’s to help your child with homework or attending that first recital or baseball game — those help create a strong family.”

White said successfully balancing work and family can take a lot of effort, whether it is a family of two or six.

“There are obviously some things you can’t avoid — and if you’re in the military that includes deployment,” she said. “But when you’re

home, make it a point to note your spouse’s birthday and know when the kids’ school or church programs are so you can arrange your work schedule so you can attend the event...At home, do household chores together, whether it’s cooking or cleaning the garage, into quality family time.”

Pilar Pangelinan, a Fleet and Family Support Center (FFSC) personal financial management specialist, said commands have a command financial specialist (CFS) trained to help Sailors make wise financial decisions.

“For people who want to get their finances in order, that would be one resource,” she said. “People also can call my office and we’ll set an appointment to discuss goals and what needs to be done to get there.”

Subhead: Earning Warfare Devices

Command Master Chief (SW/AW) Paul Kingsbury, Joint Region Marianas, said Sailors who want to earn warfare qualifications demonstrate a desire to learn and grow, which will improve their advancement opportunities in the Navy.

“One of the discussion points I have with Sailors during Career Development boards is that they are in control of their career direction,” Kingsbury said. “Sailors should immediately get a hold of their bibli-

For More Info
To learn more about smoking/tobacco use cessation or nutrition programs, call:
- Andersen Health and Wellness Center at 366-2494
- U.S. Naval Hospital Guam Health Education Center at 344-9331.
To learn more about fitness classes call:
Charles King Gym at 564-1861
Coral Reef Fitness Center at 366-6100

To learn more about saving money, call:
- Fleet and Family Support Center at 333-2056.
- Airman & Family Readiness at 366-8136.
For other sorts of guidance, contact your local Chaplain:
- Joint Region Marianas and U.S. Naval Base Guam chaplains, 339-2126.
- U.S. Naval Hospital Guam, 344-9127.
- Andersen Air Force Base, 366-3300.

ography for advancement and make time for an hour of reading each day. When Sailors are at work, they should learn all they can about their rate, their department and the programs in the Navy. A good knowledge base in technical and military knowledge combined with a great work ethic and good attitude are the keys to success.”

He added as Sailors become more senior, they need to look for leadership opportunities through collateral duties.

“By doing so, they will further expose themselves to programs in the Navy...while broadening their leadership and management skills,” he said. “Working on a college de-

gree will also contribute to success, but not to the degree that their day-to-day work and engagement on the deckplates will.”

Pouncey said whatever the resolution, developing and writing down goals and strategies will help make them a reality.

“There’s an acronym I like to use, SMART — that’s specific, measurable, attainable, realistic and time factor,” she said. “Whether it’s losing weight, saving money — figure out what you’re long-term goal is and create a strategy and short-term goals... and remember, you’re not alone. There are resources all around that you can go to for help.”

Remember NMCRS while doing your spring cleaning

By Oyaol Ngirairikl
Joint Region Edge Staff
oyaol.ngirairikl@fe.navy.mil

Navy-Marine Corps Relief Society (NMCRS) Guam helped more than 400 Sailors, Marines and their families in 2009, and provided nearly \$388,000 in interest-free loans and grants.

To continue their work, however, they need the community’s support, through donations of time and talents, used goods, and financial contributions.

“It’s with the help of the commu-

nity that we’re able to help our service members,” said Summer Sweeney, NMCRS Guam director. “And 100 percent of monetary contributions NMCRS receives go back into our programs.”

NMCRS Guam offers a range of services, from emergency financial assistance to financial counseling. The organization also operates a thrift store and has a variety of educational programs, including classes that teach financial planning for the family, such as the Budget for Baby class. It also offers a program in which it sends a nurse to the

homes of new parents to provide them with health guidance and support for their babies.

NMCRS Guam’s area of responsibility includes Guam, Singapore and Diego Garcia.

Sweeney said if people have started their spring cleaning and find toys or clothing that someone else might be able to use, they can bring it to the thrift store. Items should be in good condition or better.

“We sell it at the thrift store for really affordable prices because we’re not about making money,” Sweeney said. “We’re about providing our

service members with quality products and services and helping them stretch their dollar.”

People can contribute their time by volunteering as well.

“Other than myself and my nurse, every other member here is a volunteer,” she said. “We currently have 36 volunteers who run the thrift store, do case work, teach classes, and answer phones. Without them we wouldn’t be able to provide the services we do have.”

NMCRS is a private non-profit charitable organization. It is sponsored by the Department of the

Navy and operates nearly 250 offices ashore and afloat at Navy and Marine Corps bases throughout the world. The mission of NMCRS is to provide, in partnership with the Navy and Marine Corps, financial, educational, and other assistance to members of the Naval Services of the United States, eligible family members, and survivors when in need; and to receive and manage funds to administer these programs.

To learn more about NMCRS or to find out how you can help, visit their Web site at www.nmcrs.org or call 564-1880 or 344-9372.

Military, Guam law enforcement educate public at 3D events

By Oyaol Ngirairikl and Jesse Leon Guerrero

Joint Region Edge Staff
 oyaol.ngirairikl@fe.navy.mil
 jesse.leonguerre.ctr@fe.navy.mil

Military leaders and service members participated in events aimed at reducing drunk and drugged driving related incidents and ensuring Guam's roads are safe for everyone.

These activities were held with government of Guam agencies for Drunk and Drugged Driving (3D) Prevention Month, in accordance with a traffic safety partnering charter leaders of the government and military signed Nov. 30.

Master Chief (AW/SW) Paul Kingsbury, Joint Region Marianas command master chief, said the joint effort underscores the military's longstanding zero tolerance attitude toward driving under the influence of drugs or alcohol.

"Each of us has a responsibility to know our limits and not drink and drive and recognize we need to have a plan," he said. "I think the last part is take care of each other. I think that goes a long way in reducing the number of these accidents."

Vigil

Rear Adm. Douglass Biesel, Commander, Joint Region Marianas, was among the speakers at a Traffic Victims Remembrance Day candlelight vigil held at the Ricardo J. Bordallo Governor's Complex in Adelup Dec. 16.

Lt. Col. Derrick Harris, 36th Wing chaplain, said the vigil underlined the importance of ensuring that traffic laws are followed.

"We need to lift the level of awareness so people will drive safely out there," Harris said. "It's not just about getting behind the wheel — but about all the actions that you do before you get behind the wheel."

Guam Police Department (GPD), Department of Public Works Office of Public Safety, Guam Fire Department, and Guam International Airport Authority (GIAA) were among the agencies represented at the vigil. Guam Legislative Speaker Judith Won Pat represented the governor's office as acting governor.

Robert Camacho, GIAA police chief, said the joint effort is necessary to address an issue that impacts everyone in the island community.

"I'm extremely proud that the men and women of GIAA police, GPD and all of the military are here shoulder to shoulder to support this program," he said. "I think it's a



Test Simulation: Senior Master Sgt. Gerry Lunod, of the Guam Air Force National Guard and Guam National Guard's Counter Drug Program, reaches out to steady a second-grade student from St. Anthony School at a simulated field sobriety test held at Guam Premier Outlets Dec. 18. The activity was part of a Drunk and Drugged Driving 3D Prevention Campaign display involving military and civilian law enforcement personnel. (U.S. Navy photo by Jesse Leon Guerrero)

great testament to the leadership in the law enforcement arena and also in the military."

One of the men and women remembered during the vigil was GPD police officer Sgt. Frankie E. Smith. He was struck by an inebriated driver while on duty December 2007. His widow, Tish Smith, was a guest speaker at the vigil and said working with safety officials to educate the community is one way she copes with her husband's death.

"I have tried to do what he would have done, and that is to spread the awareness, do (public service announcements), telling whoever will listen that drinking does not mix with driving," she said.

Community Outreach

Sailors from NBG Security participated in a Drunk and Drugged Driving (3D) Prevention Campaign event at Guam Premier Outlets Dec. 18.

Guam's 3D month is part of a national campaign that the National Highway Traffic Safety Administration started in 1981. The community outreach event featured static displays and activities explaining the dangers of substance abuse while operating a motor vehicle.

More than a dozen military and civilian law enforcement experts from the Navy, GPD, Guam Fire Department, Guam National Guard, GIAA, Department of Public Works Office of Highway Safety, Prevention and Early Intervention Adviso-

ry Committee, and Superior Court of Guam met with adult and youth bystanders that morning. Sailors handed out brochures with legal and medical facts, tips for preventing a traffic accident, and showed how their intoximeters, also known as breathalyzer wands, work.

Chief Master-at-Arms (SW/AW/FMF) Christopher Atkinson, of NBG Security, said drinking and driving was an issue that concerns everyone on Guam. He said defensive driving tactics and remaining vigilant on the road are critical for reducing collision risks.

"If you pay attention to your surroundings, you can actually avoid accidents," Atkinson said. "You



Breath Test: Master-at-Arms 3rd Class Michael Laeder, right, of U.S. Naval Base Guam Security, administers an intoximeter test for Janet Manibusan, a Mongmong-Toto resident, at a Drunk and Drugged Driving 3D Prevention Campaign display at Guam Premier Outlets Dec. 18. Laeder and other Navy volunteers joined law enforcement representatives from around Guam at the event to promote awareness of health and safety issues related to alcohol and drug abuse. (U.S. Navy photo by Jesse Leon Guerrero)

might see that drunk driver coming into your lane [and] you might be able to do something about it."

Senior Master Sgt. Gerry Lunod, of the Guam Air Force National Guard, said a big part of the problem with drunk or drugged driving is people's senses do not function properly, so they can't make the right driving decisions.

Lunod and his counterparts from the Guam Army National Guard demonstrated a drunken driver's reduced vision by letting passers-by attempt to walk with fatal vision goggles, which distorted their view.

"Getting behind the wheel, people may think that they're going slow... but they're going faster,"

Lunod said. "People may think what looks a hundred feet in front of them is actually only 10 feet in front of them."

Jeff Howat, a Tumon resident who helped chaperone students from nearby Saint Anthony School, said he was glad to see the law enforcement experts sharing their knowledge with the public. Howat added it's never too early for that kind of education.

"A lot of the kids will take it back to their parents and it's kind of funny how second-graders or first-graders will say, 'Hey, Mommy, Daddy, make sure you put your seatbelt on,'" Howat said. "And it'll be with them the rest of their lives."

Partnering Charter

The following is an excerpt from the Partnering Charter signed between Joint Region Marianas, Government of Guam, Andersen Air Force Base, and U.S. Naval Base Guam on Nov. 30.

Joint Traffic Safety Mission:

To coordinate activities that address traffic safety issues of mutual concern that include promoting the awareness of problems associated with impaired driving, the support of programs and policies to reduce the incidence of impaired driving, promoting safe and healthy behaviors regarding the use of alcohol and other drugs, and to provide opportunities for all to support national and local traffic safety initiatives that enhance the safety of our joint community.

Goals:

- To energize and enhance traffic safety program delivery through the development of cross-organizational linkages and effective engagement at the local Government, Joint Region, and Installation levels.
- Identify issues of mutual concern and provide a joint venue in which they may be addressed between the Government of Guam, the Joint Region, and its Installations.
- Provide high visibility enforcement and outreach activities that work to reduce impaired driving and traffic safety related mishaps within the shared community.
- Support National, Local, Joint Region, and Installation traffic safety initiatives that include anti-impaired driving by planning and implementing activities that provide awareness of the effects of unsafe behaviors in our shared community.

Navy triumphs in annual Army-Navy flag football game

By Jesse Leon Guerrero

Joint Region Edge Staff
jesse.leonguerre.ctr@fe.navy.mil

Team Navy defeated Team Army 42-6 at the annual Army-Navy flag football game held at Guam High School football field Dec. 19.

Staff Sgt. Joey Cruz, of the Guam Army National Guard, said there will always be a competitive rivalry between the Navy and Army on the football field, but appreciates the opportunity to strengthen camaraderie between the services.

"When it's all said and done, everyone walks off, shakes hands, and we're fighting for the same cause — our freedom," Cruz said.

Seven minutes into the game, Team Navy took possession off an interception caught by Builder 3rd Class (SCW) Kevin Cutter, of Naval Mobile Construction Battalion (NMCB) 1. Logistics Specialist 3rd Class Jason Warren, of NMCB 1, capitalized on the turnover by scoring Team Navy's first touchdown.

About 16 minutes later, Hospital Corpsman 1st Class (FMF) Lee Cortez, of U.S. Naval Hospital Guam, extended the lead by scoring another touchdown.

With the score 14-0 by half-time, Warren said the players had not practiced together before the game but they had the advantage of having the best players from

U.S. Naval Hospital Guam and NMCB 1. Both teams played in the flag football championship game of the Admiral's Cup league Nov. 30.

"We got out here at 13:30, and we talked, and it just seems like it's gelling," Warren said.

Despite Team Army's efforts to slow down the Navy's running game, Builder 3rd Class (SCW) Bobby Dushane, of NMCB 1, scored a touchdown just two minutes into the second half.

It would not be Dushane's last. An interception and touchdown by Hospital Corpsman 2nd Class (FMF) Damien Bush, of Naval Hospital, widened the scoring gap to 28-0.

Team Army's Maj. Arthur McGrue cut the lead by scoring a touchdown off a short pass, but Team Navy's defense stifled an attempt for the extra point and continued to deny Army's runners from pushing forward.

At the other end, Dushane fired back Navy's response to Army's touchdown with two more touchdowns of his own.

Afterward the game, co-captain and quarterback Senior Chief Hospital Corpsman (FMF) Anthony Guzman, of Naval Hospital, said it was a good partnership between the two Navy commands. Team Navy also won in 2007 and 2008.

"We're just trying to match the Naval Academy streak of eight in a row for them," Guzman said.



Winning Team: Rear Adm. Douglass Biesel, left, Commander, Joint Region Marianas, stands with the Navy's flag football team after the annual Army-Navy flag football game held at Guam High School football field Dec. 19. The 20-player football team was comprised of Sailors from U.S. Naval Hospital Guam and Naval Mobile Construction Battalion 1. Also pictured is Jack Shimizu, right, retired Navy command master chief. (U.S. Navy photo by Jesse Leon Guerrero)

"We did our best."

The local game is an extension of the 100-year-plus rivalry between the collegiate football teams of the United States Military Academy (USMA) at West Point, New York, and the United States Naval Academy (USNA) at Annapolis, Maryland. At the 110th collegiate Army vs. Navy football game,

Navy defeated Army by a score of 17-3 in Philadelphia Dec. 12.

Jack Shimizu, who served for 28 years in the Navy, said he appreciated getting to watch his grandson, Culinary Specialist 2nd Class (SW/AW) Jack Shimizu, of Naval Hospital, play that afternoon. The elder Shimizu said he looked forward to next year's game

between the two military branches.

"The game is wonderful," he said. "I've watched all the Army-Navy games in Guam and I've watched them in Philadelphia."

Frank Cable Sailors help students make the grade

By Mass Communication Specialist 1st Class Eric S. Dehm

USS Frank Cable (AS 40)

A group of more than thirty 6th, 7th and 8th graders gathered at Jose Rios Middle School to get together with Sailors from USS Frank Cable (AS 40) on December 12th. It's not a demonstration of military technology or an opportunity for the students to learn about military careers, these Frank Cable Sailors are here to help the children learn.

The Saturday Scholars program was designed to solicit volunteers from Frank Cable to use their knowledge to help students

who are identified as at risk of failing classes. The program drew to a close today following tutoring throughout the 2nd quarter of the school year according to 7th Grade Science Teacher Gloria Estampador.

"The Sailors really helped the kids and the kids loved it," says Estampador. "To me, it's obvious that it's really helping the kids, you can see them gaining confidence thanks to these Sailors."

Interior Communications Specialist 2nd Class (SW) Craig Burns sees volunteering for Saturday Scholars as an opportunity to make a difference. He also sees the students as young people he can easily identify with.

"We all needed help at one point or another," says Burns as the students make their

way from their desks to a buffet table set up to celebrate the end of this quarters edition of Saturday Scholars. "We have the knowledge, the kids need it, so you put in a little time and help put them on the right path. Knowledge should be shared."

It would appear the students enjoyed receiving that knowledge as well. Stacey Sahagon, Assistant Principal at Jose Rios, says that Saturday Scholars isn't scheduled to be run again until the 4th quarter. But when she asked the students if they would like to continue spending their Saturday's in the program for the 3rd quarter, the answer was a resounding "yes."

"I wasn't expecting that," said Sahagon after hearing the response. "I will talk to the

principal and see what we can do about continuing the program into the 3rd quarter."

7th grader Marvin Asistores says that Saturday Scholars has helped him make some positive changes as a student.

"It's helped me to get started on my work when I should and just getting it all done," says Asistores as he holds the Saturday Scholars certificate of completion awarded to him moments earlier. "I've made my grades better, and the tutoring was a big help."

Teachers and tutors alike say Asistores and the rest of the Saturday Scholars are showing promise. Most of that promise is thanks to their hard work, along with a little help from the crew of Frank Cable.



Tutoring: USS Frank Cable (AS 40) Sailor Navy Diver 2nd Class Timothy Moehring helps two Jose Rios Middle School students with their school work during the final day of the Saturday Scholars program. (U.S. Navy photo by Mass Communication Specialist 1st Class Eric Dehm)



Class Picture: USS Frank Cable (AS 40) Sailors along with students and faculty from Jose Rios Middle School pose for a group picture after the final day of the Saturday Scholars program. Saturday Scholars was designed to use volunteers from Frank Cable and tutor local students. (U.S. Navy photo by Mass Communication Specialist 1st Class Eric Dehm.)

JOINT REGION MARIANAS INSPECTOR GENERAL (IG)
FRAUD WASTE AND ABUSE HOTLINE
671-339-4236 or 3650

Whether Military or Civilian, whenever possible exercise your chain of command, or present the matter to the responsible manager where you have a complaint or concern. To report instances of known Fraud, Waste, Abuse or Mis-Management call the Hotline Number and provide the following information:

- Who did what
- When he/she - they did it
- What rule or regulation (if known) was violated
- What date the allegation took place

Safety Note

As we bring in the New Year we should focus on those things that keep us safe throughout the year and in the work place.

Always remember that risk identification and management is your key to safety success whether you on or off duty, operational, or recreational, be safe.

Wishing you the best for 2010, courtesy of your Region and Installation Safety offices.

Joint Region: 333-4780
Andersen Air Force Base: 366-7233
U. S. Naval Base Guam: 339-7233

Sea cadets graduate from advanced winter training

By James Fee

Joint Region Edge Staff
james.fee.ctr@fe.navy.mil

Nine sea cadets from U.S. Naval Sea Cadet Corps Region 14-2 were honored by their family, friends and local and military leaders during a Winter Advanced Training graduation ceremony at Commander William C. McCool Elementary/Middle School Dec. 30.

These sea cadets had spent a week of their winter vacation training on color guard drills and ceremonial marches.

"This is just one aspect of their training," said Electrician's Mate 1st Class (SW) Willie E. Scott of USS Frank Cable (AS 40), the executive officer of the training. "Normally, we do basic seamanship, we do weapons training, we do all the things that seamen do, whether they be Navy, Coast Guard or Marine Corps. For advanced training we deal with a specific objective. And this year's specific training objective was drill — fancy, ceremonial, color guard and unarmed drills."

This training will allow the sea cadets to perform color guard ceremonies at local and military events, such as the Navy Ball.

A part of their advanced training also focused on history. The cadets learned about the American, Guam, Navy, Marine Corps and Coast flags and wrote reports about each.

"Above all we teach them how to be patriots," Scott said. "It's up to them if they decide to join the military or not. If they don't, then that's fine. At least, they've learned something."

One of the graduates, Brandon Pablo, is planning a military career that he hopes will lead him to being an astronaut. He said he was already learning the value of a military life as a sea cadet.

"It teaches you discipline and the three main things about the Navy, the principles honor, courage, commitment," Pablo said. "You keep to it and you go out into the world



Color Guard: Members of U.S. Naval Sea Cadet Corps Region 14-2 present colors at a Winter Advanced Training graduation ceremony at Commander William C. McCool Elementary/Middle School Dec. 30. The nine sea cadets had had spent a week of their winter vacation from school training on color guard drills and ceremonial marches. (U.S. Navy photo by James Fee)

and you're disciplined everywhere you go... So it helps you in everything you do."

Pablo's father, Chief Warrant Officer 5 Francis Pablo of the Guam Army National Guard, was a special guest at the ceremony and said he was proud of the initiative his son had shown in participating in the Naval Sea Cadet Corps.

"It makes you feel proud as a parent, be-

cause I'm not pushing him," he said. "It's what he wants to do."

Patricia Eustaquio, commanding officer for the training, said she felt a similar pride, seeing how the cadets grew in confidence and skill over the week-long training period.

"I'm seeing a very positive attitude," said Eustaquio, adding that the cadets, who are all E-2, are looking forward to the next level of

advancement. "They're already talking midshipman. They're progressing. The sky's the limit for them."

The Naval Sea Cadet Corps is a civilian non-profit organization, which was federally chartered in 1962. It is sponsored by the Navy League of the United States and supported by the U.S. Navy, Coast Guard, Marine Corps and other military services.

Tops in Blues returns to entertain Andersen AFB

By Senior Airman
Vanessa Fuentes

36th Wing Public Affairs

On Jan. 2 the Air Force's premiere active duty entertainment unit, Tops in Blue, performed for more than 500 people here with a show featuring a top-40 list of songs for the delighted crowd.

Around 6:30 p.m. Airmen and families stationed at Andersen air force base made their way to Hangar 6 to watch the team's annual show as Tops in Blue performed their first show of the year here.

Before the show started audience members made sure they had their snacks ready, picked their seats and looked at the three pristine white pianos sitting on a stage surrounded by red velvet curtains, as they waited for the show to begin.

The show started with a ballad titled "To Dream," which is also the title of this year's show.

"Tops in Blue" is expeditionary entertainment unit comprised entirely of active duty Air Force personnel. For over 56 years their mission has been to provide quality entertainment to Air Force personnel and their families all over the world. Additionally, they promote community relations, support recruiting efforts and serve as goodwill ambassadors around the globe.

This year's show starts with a slow inspirational ballad but quickly picks up in tempo. There is a song for every music genre available and a costume to match. From white sequined dresses and suits for the song "Sweet dream" to more toned down burgundy and black ensembles for their Motown-inspired song set.

The show included more than just

vocals. There are choreographed dances, musical skits, and all the instruments are live. The show also doesn't stay on stage, group members jump into the audience periodically to dance, sing and greet. During the country hit "Amazed" one lucky audience member was serenaded by a singer in an all black suit, making the song a little more personal.

Don't worry if you missed this year's "Tops in Blue" stop in Guam because they should be back early in 2011 to entertain Andersen Air Force Base and the community of Guam once again.

Top Performer: U.S. Air Force Tech. Sgt. Octavious Hill, performs lead vocals with Tops in Blue during a performance here on Jan. 2. (U.S. Air Force photo by Airman 1st Class Julian North)



Andersen AFB honors veterans with appreciation luncheon

By Staff Sgt.
Jamie Lessard

36th Wing Public Affairs

American Veterans from associations like the Army Retiree Association, American Legion and Veterans of Foreign Wars, were invited here for a luncheon held in their honor as well as to watch the Linebacker II memorial ceremony at Arc Light Park on Dec. 18.

Over 70 veterans and 40 active duty members attended the luncheon. Veterans were encouraged to sit with and share their experiences with active duty airmen from the base. Brig Gen Phil Ruhlman, 36th Wing Commander, also gave a presentation on Andersen's mission today and how it will change

in the future.

Captain Timothy Lundberg Sr., the coordinator of the luncheon event, stated that, "it's important for all of us on active duty to remember that no matter if we serve for 4 years or 20, we'll all be veterans someday. We should make sure that we learn from those who came before us and show them what we are doing today."

After the luncheon, the veterans were driven out to the flight line to see a B-52H model static display. While there, they were introduced to a 20th Expeditionary Bomb Squadron crew who described the mission and capabilities of the aircraft.

The crew is deployed here from Barksdale, Louisiana as part of

U.S. Pacific Command's Continuous Bomber Presence here in the Pacific.

After receiving their brief on the B-52H the veteran's were taken to the Arc Light Memorial where personnel from Andersen AFB were participating in a memorial cere-

mony for those crews who did not return from their mission during Linebacker II. Linebacker II was a bombing campaign designed to help end the war in Vietnam by forcing the North Vietnamese to return to the bargaining table to negotiate a peace accord in good

faith.

If you're a veteran or active duty member and would like to be included in any future events on Andersen like the Veteran's Luncheon, please contact the 36th Wing Public Affairs office at 366-4202

A white Christmas at Andersen Air Force Base

By Staff Sgt.
Derrick Spencer
36th Wing Public Affairs

Rota Walk is an annual event here that brings the entire Andersen community together for a magical night during holiday season to view decorated homes all along Rota Drive. Although accounts vary as to how Rota Walk started, the tradition lives on.

On Dec. 19, Andersenites began the 22nd annual walk down Rota Drive, one of the base's most beloved traditions. Many gathered down the winding road to see sights, sounds, and feel the spirit of Christmas.

One of the most visited parts of this year's Rota Walk, is an event not often seen on the isle of Guam, snow. Not your typical crystalline formations of frozen water, the tear-free soap suds were blown from a fan throughout the night sky, so that everyone could get a

little more into the holiday spirit.

Refreshments, such as hot dogs, various candies, and movie-style popcorn kept everyone's stomachs full during the long walks up-and-down the road of lights.

Squadron signs with various mascots and sayings were also a hit with the spectators, boosting the morale of Airman and Sailors when seeing his or her respective unit. Whether it was the 36th Medical Group bringing the ambulance with all the flashers on, or the 554th Red Horse Squadron with their horse statue and bulldozer covered with lights, Rota Walk of 2009 did not disappoint.

This year's walk was as charming as any previous years with children of all ages able to get a little bit of the northern climate they may be missing at this time and year. Most importantly the entire community was able to come together and spend a few hours with their neighbors and fellow Airmen.



Winter Wonderland: One of the many individuals to attend Rota Walk 2009 enjoys the rare Guam snowfall on Andersen. (U.S. Air Force photo/ Airman First Class Julian North)

Volunteers wrap-up cookie caper drive efforts

By Senior Airman
Shane Dunaway
36th Wing Public Affairs
timothy.dunaway@andersen.af.mil

More than 23 volunteers packaged 780 dozen cookies for distribution to Airmen living in the dormitories here during Andersen AFB's Cookie Caper drive held at Chapel 2 Dec. 14.

Wendy Wieder, Andersen AFB's cookie caper coordinator, spearheaded the project, coordinating efforts with unit first sergeants and more than 75 cookie donors as well as the local Girl Scouts, who designed holiday themes for each

cookie bag. The Defense Commissary Agency also donated candy canes and kisses to be added to each bag.

"Volunteering for this event was a great way to bring Christmas cheer to Andersen's Airmen," said Brianne Cihak, military dependent.

Cookie donors brought in their cookies to a collection point inside Chapel 2. Once the cookies arrived, volunteers sorted the cookies by type. Once sorted, volunteers filled each bag with a variety of cookies and handed off each dozen to the packaging team.

Unit first sergeants dropped by to collect the packaged cookies and distribute them to each Airman.

"The entire Andersen AFB community banded together to make this event a success," Mrs. Wieder said. "I volunteered for this project because an event like this helps build the Airmen's morale by showcasing the wing's support for them."

Spreading Holiday Cheer: Volunteers prepare cookie bags for packaging during the Cookie Caper drive held Dec. 14 at Chapel 2. Cookies were sorted and packaged in dozens for distribution to Airmen living in the dormitories here. (U.S. Air Force photo by Senior Airman Shane Dunaway)



Tax centers help make tax season less taxing

By Oyaol Ngirairikl

Joint Region Edge Staff
oyaol.ngirairikl@fe.navy.mil

While service members, retirees, Department of Defense (DOD) federal employees await the start of the tax season, there are some things they can do to make this tax season go smoothly.

"It's difficult to process a tax return when you don't have all the necessary documents," said Antonette Babauta, legal assistant at Naval Legal Service Office (NLSO) Pacific, Detachment Guam. "Whether you seek assistance from a tax center or you do it at home, I would encourage all service members to begin preparing their documents today."

It is important for taxpayers to compile all required documents, such as those with personal information, reporting income, and supporting documents to claim credits and deductions.

"Having all this information ready and at your fingertips can shave off a lot of time and stress when you sit down to do your taxes," she said.

Tax Centers

To help service members, retirees, and DOD federal employees make sense and take advantage of the new tax credits, NLSO and 36th Wing Legal Office will offer some tax preparation services with the help of volunteers. The volunteers are certified by the Internal Revenue Service.

Andersen Tax Center will open Feb. 1 and will assist all active duty Air Force, Guard, and Reserve personnel with federal and state tax returns for free, according to Capt. Bryant Bair, a 36th Wing assistant staff judge advocate.

The Andersen Tax Center will be open 9 a.m.-3 p.m., Monday through Friday. It is located to the left of Bank of Guam in Building 21000.

Form 1040 and 1040A filers will require an appointment, which can be made by calling 366-2937 until Jan. 29. Beginning Feb. 1, call 366-4TAX (4829).

The NLSO Tax Center is scheduled to open Feb. 1 at Bldg 1A and at Naval Base Training Office in

Tax Checklist

Use this checklist to ensure you have the information and documents required to prepare and file your tax return:

Personal Information

Your (and your dependents') Social Security or ITIN cards

Last year's tax return (very helpful)

Support for dependency exemption (Form 8332)

Bank's routing number and account number (required for E-filing)

Reporting Income

Form W-2, W-2G, W-2GU, etc...

Form 1099-INT, 1099-DIV, 1099R, 1099-MISC, 1099-G, and other applicable forms

Supporting documents to claim credits and deductions

Child Care - Name, Address, and Tax ID of Care Provider and total expenses

Mortgage interest - Form 1098/Property Taxes Paid during the year

Educational Expenses - Form 1098-T or receipts Moving Expenses

Student Loan Interest - Form 1098-E

Charitable contributions - Form 1098-C or receipts

IRA Contributions - Traditional or Roth

Medical/Dental expenses - qualified expenses

(Source: NLSO)

Bldg. 4. Both facilities are located on Naval Base Guam. That week, volunteers and staff can help single Sailors with 1040EZ form. Babauta said tax filing assistance should be available for all eligible clients the following week, though tax assistance will be limited.

"We will continue to support Sailors and their family who are willing to learn how to prepare their

own taxes using the Free File program on the IRS Web site," she said. "This is a great opportunity for anyone who wants to take the first step in managing their own taxes instead of waiting in line for a volunteer and having their personal financial information viewed by a third party."

Bair noted that while volunteers are thoroughly trained and certified by the IRS, service members should keep in mind they are not fully licensed tax professionals and a complex tax return may require paid professional attention.

"We try to provide for the widest clientele possible," Bair said. "We include Department of Defense civilians on a space-available basis. I think it's an opportune time for younger service members who can learn how to file their 1040EZ. But all eligible clients are welcome to bring their documents and we'll help them determine which avenue works best for their returns."

Taxes

There are many new changes for tax year 2009, all of which are available on the Internal Revenue Service Web site at www.irs.gov.

For example, many taxpayers

can look forward to the American Opportunity Education Credit, Babauta said.

According to the IRS Web site, the credit modifies the existing Hope Credit, providing more leeway and savings to post-secondary tuition payers. The tax credit goes up from \$1,800 to \$2,500 per eligible student for qualified tuition and expenses, which now includes the cost of course materials like books and other related supplies. Even a computer may be qualified as an expense if it is needed for enrollment or attendance. The tax credit applies to amounts paid in 2009 and 2010 only.

One of the biggest hooplas last year, was the stimulus payments. Babauta said if taxpayers didn't take advantage of the extra money offered then, they won't be able to apply for it this year. There is, however, a new program that aims to put more money in tax payers' pockets.

"This payment is now called the Making Work Pay Credit, which gives individuals up to 6.2 percent of their earned income but no more than \$400, (or) \$800 for married people filing jointly in 2009," she said.

This year resolve to conserve energy

By Kevin D. Evans

U.S. Naval Facilities Engineering
Command Energy Manager

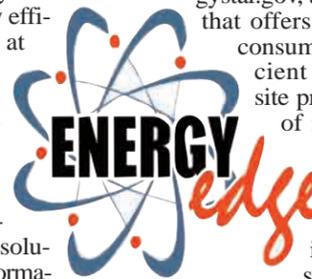
Yes, it is time for our annual energy and water conservation resolutions and we ask all hands to resolve to be more energy conscious, look for energy efficiencies at work and at home, and help us attain our annual energy reduction goals for this new year.

Here are a couple of resources to help you along the way to keeping those annoying resolutions. To get a lot of information on practical devices for conserving energy and water, the Real Goods home page at <http://www.realgoods.com/>. This company specializes in conservation products ranging from small

items such as low-watt compact fluorescent light bulbs and low-flow water nozzles to complete solutions to take your household completely off the grid.

Of course, let us not forget the Energy Star website www.energystar.gov, the EPA program that offers businesses and consumers energy efficient solutions. This site provides a variety of messages about energy conservation for different constituencies - including homes, schools, religious congregations, and small businesses.

We, the energy office wish everyone a very happy new year and a sustainable one. Tell us some of your resolutions.



14 CDH certification classes to be offered at NBG

By Oyaol Ngrairikl

Joint Region Edge Staff
 oyaol.ngirairikl@fe.navy.mil

Spouses of Sailors and federal employees interested in earning money and helping others may want to look into the Child Development Homes (CDH) certification class.

The one week class, which runs Jan. 19-22, will teach potential caregivers CPR, first aid, child abuse prevention training, food and nutrition, and other skills.

The CDH program provides childcare operated out of military homes and is extension of the Child Development Center program.

Lita Gonzales, CDH coordinator, said many military families utilize the CDH program because it offers extended and flexible hours, compared to Child Development Centers.

"The CDH providers play a big part in helping our Sailors stay focused on their mission because they know that their children are being cared for, that their spouses have that support," Gonzales said. "I think it's a great opportunity for homemakers to get to know others and really become a part of the community. It's also a great way to

earn money."

There are currently eight CDH providers and Gonzales said they work closely with parents, especially during times when a parent is on deployment.

To become a CDH provider you have to be 18 or older and living in military housing. Once the training is completed, applicants undergo a thorough background and security check. The potential caregivers' homes are then inspected by fire safety officials. If the requirements are met, the caregivers are certified.

CDH caregivers have to renew their certification every year. To help ensure standards are maintained throughout the year, Gonzales does unannounced visits.

Amy Kettenacker is a Navy spouse who completed the certification process last month.

"I decided to become a (CDH) provider because I can watch my son at home and it's an opportunity for him to meet other children in the community who are his age," she said. "I think it's going to help us build stronger ties with the community and I'll be doing something to help other military parents."

Class registration is required by Jan. 15. For more information, call 564-1844/5 or 688-3753.



Child Care: Amy Kettenacker, a certified Navy Child Development Home (CDH) provider, interacts with a baby Dec. 30. CDH is offering another certification class Jan. 19-22. (U.S. Navy photo by Oyaol Ngrairikl, Joint Region Edge).

Early detection key to caring for special needs children

By Oyaol Ngirairikl

Joint Region Edge Staff
oyaol.ngirairikl@fe.navy.mil

Department of Defense Education Activity (DoDEA) Guam and U.S. Naval Hospital Guam offer programs to help parents detect a disability early in their child's development to ensure their child gets the right education.

Health and educational officials encourage parents to reach out if they have concerns about their children's development.

From hearing their parents' voices as an infant to taking that first step to toddlerhood, there are milestones that indicate a child's physical, mental and social progression.

"If we see a child with developmental issue, we want them on an individualized education plan (IEP) by age 3," said Deputy Superintendent Dr. Sue Burdick, DoDEA Guam. "But if at all possible, the first thing parents should do is work with their pediatrician because the earlier a disability is identified the better the chances of success are for the child."

EDIS

There are a couple of ways children can be registered in DoDEA special education program.

The first is through Educational and Developmental Intervention Services (EDIS), an early intervention program provided at U.S. Naval Hospital Guam.

"We have a team of four that work with Pediatrics, an early childhood special educator, occupational therapist, speech therapist and a physical therapist," said Brigette Flores-Lobo, the EDIS early childhood special educator. "A pediatrician can refer a child below the age of 3 to us and we'll do a screening."

Flores-Lobo said EDIS offers services to children and to parents.

Child Find

Screening for Preschool Services for Children with Disabilities (PSCD) are available at Andersen Elementary School and Commander William C. McCool Elementary/Middle School.

Parents also can call the Department of Defense Education Activity Guam district superintendent office at 339-9579.

Andersen Elementary CSC Chair @ 366-1511/8637

McCool Elementary / Middle School CSC Chair @ 339-8676

Guam District Superintendent's Office Special Education Specialist @ 344-9579

Educational and Developmental Intervention Services

For more information, call 344-9291/9027 or visit <http://www.med.navy.mil/sites/ushguam/Patients/Pages/EDIS.aspx>.

On the Net

- Find out more about the Department of Defense Education Activities (DoDEA) system by visiting their Web site at www.dodea.edu.

- Learn more about the rights of children with disabilities by visiting www.ed.gov and search for Special Education.

- For more information about Disabilities Education Act (IDEA), visit idea.ed.gov.

Rights

The Individuals with Disabilities Education Act (IDEA) aims to ensure that all children receive a free appropriate public education (FAPE) and special services to assist in meeting their educational needs.

Under Part B of IDEA, each state and its public agencies must ensure that a FAPE is made available to all students with specified disabilities in

mandated age ranges, and that the rights and protections of Part B are extended to eligible students and their parents. FAPE includes, among other elements, the provision of special education and related services provided at no cost to parents, in conformity with an individualized education program (IEP). The IEP is the major mechanism for ensuring a child receives FAPE.

The IEP serves as a blueprint for the child's special education needs and any related services. The IEP team consists of the parent(s), the student (if appropriate), at least one of the child's regular classroom education teachers, at least one of the child's special education teachers, and a qualified representative of the public agency.

SOURCE: U.S. Department of Education, www.ed.gov/.

"Our time with the children is limited, so a lot of the training we do is with the parents, teaching them the skills to encourage child's development at home," she said.

Flores-Lobo added parents can also call or visit their office at Naval Hospital if they have questions about their child's development.

Burdick said DoDEA works with EDIS to begin transferring services to the school. When the child reaches the age of 3, the child then attends DoDEA's preschool program.

"At this point we would work with EDIS and the family, and if it's determined that additional services are required then we would create an IEP that addresses the child's needs," Burdick said.

However, there are some disabilities, such as reading disabilities,

which are not discernable until later.

Child Find program

Another way for a child to get into the special education (SPED) program is if a teacher or parent suspects a disability.

Gregg San Nicolas, DoDEA special education supervisory instructional specialist, said DoDEA's Child Find program screens children for disabilities.

"We have a SPED Coordinator in the Guam District Office who can also be of assistance," San Nicolas said.

If the parent suspects more than developmental delay, they need to work with their local school Child Study Committee (CSC).

"They may see a certified physician who can diagnose or evaluate the child for developmental delays and other problems," he said. "CSCs in our schools provide guidance and direction on such matters. They can direct or refer the parent to a clinic or doctor for such assessment and evaluation."

San Nicolas noted the coordinator has access to additional resources. If consultation with off-island experts is needed, parents are included in the meetings or trainings.

"I want to encourage all parents who have a concern about their child's developmental level to reach out," said Burdick, "whether it's with their pediatrician, early intervention, or a school CSC."

Flores receives \$3,000 savings bond in NEX's Project A-OK

By Oyaol Ngirairikl

Joint Region Edge Staff
oyaol.ngirairikl@fe.navy.mil

Navy Exchange (NEX) officials named Joseph Flores the international Project A-OK second-place winner Dec. 21.

Project A-OK is a NEX program that has been rewarding children for getting good grades in school since 1997.

Flores won a \$3,000 savings bond. He is a sixth-grade student at Untalan Middle School and is the son of Mye Flores and Staff Sgt. Joseph L. Flores of the Air National Guard.

"Project A-OK is just another way the Navy Exchange supports our nation's service members and their families," said Mary Ann Nycum, visual merchandising manager for NEX Guam. "This program is like awarding students with a little scholarship for achieving good grades, which I think is very important because you want to encourage children to do their best."

Joseph Flores said he was excited to be named a winner of the savings bond. His parents, say the bond will come in handy in assisting with their son's future and ap-



Winner: Joseph Flores, front center, was named the Project A-OK second-place winner and was awarded a \$3,000 U.S. savings bond Dec. 21. In the photograph, from left, are Jolene Flores, Mye Flores, Staff Sgt. Joseph L. Flores, Joseph Flores, and NEX District Manager Phil Harrison. (Photo contributed by Mary Ann Nycum, Navy Exchange Guam)

preciate the program.

"We always push our children to do their best, but it's also nice to see supporting programs like Project A-OK," said Mye Flores.

Staff Sgt. Flores, who is also an automotive instructor at Simon

Sanchez High School, added he was proud of his son's accomplishment.

"Middle school isn't always easy but Joseph is doing really well, so just for that, I'm really proud of him," he said. "The sav-

ings bond is nice though because I think we'll be able to use that to further support his education in the future."

Any eligible full-time student who has a B-grade point average equivalent or better as determined by their school system may enter the drawing. Eligible students include dependent children of active-duty military members, Reservists and military retirees, including those employed by or whose spouse is employed by the NEX System. Children must be enrolled in first grade through undergraduate school. Dependent children without an individual dependent identification card must be accompanied by their sponsor to submit their entry.

Each student may enter only once each grading period and must re-enter with each qualifying report card. Drawings are held each quarter at the NEX headquarters. To enter, stop by NEX with your current report card and have a NEX associate verify your minimum grade average. Then fill out an entry card and obtain an A-OK ID, which entitles the holder to discount coupons for purchases at the NEX.



School Bulletin aims to promote educational activities in the Navy and Air Force community. If you know of an education-related event that you would like to include, send it to oyaol.ngirairikl@fe.navy.mil or call 339-7113.

Navy College Office
Visit the Navy College Office and find out how to turn your Navy experience and education to college credits. Contact the Navy College Office at 339-8291.

Education Center, Andersen Air Force Base

Take the CLEP and DANTE to earn college credits. Visit the Education Center at Bldg. 2100, or call 366-3170 for additional information.

DoDEA

DoDEA Guam School Board meeting, 6 p.m. Jan. 12 at Guam High School. Parents encouraged to attend and offer comments or ask questions. For more information, call 344-9160.

Commander William C. McCool Elementary/Middle School

Volunteers needed to assist with library inventory scheduled to begin in January. The inventory process itself is simple, but we have a large library with over 21,000 titles, so it will take some time. You need not be a PTO member to volunteer at McCool. You can contact us via e-mail at McCoolPTO@yahoo.com, stop by the PTO office (Rm. A121) any morning between 8:15 and 10:15 a.m. or simply stop by the library.

Guam High School

- School Improvement Team seeks parents, sponsors to attend weekly School Improvement Team meetings held 2:15-3 p.m. every Monday. E-mail mike.schoebinger@pac.dodea.edu for more information.

- National Honor Society offers free tutoring 2:15-4:15 p.m. after school. Students must have a signed parents' permission form and should sign up in advance to requested dates with Mrs. Chaco.

Phone Numbers

- Andersen Elementary School: 366-1511

- Andersen Middle School: 366-3880/5973

- Commander William C. McCool Elementary/Middle School: 339-8678

- Guam High School: 344-7410

- Department of Defense Education Activity Office: 344-9160

- Navy College Office: 339-2485

- Andersen Education Office: 366-3170

Latte stones and their place in Chamorro history

By Jesse Leon Guerrero

Joint Region Edge Staff
jesse.leonguerre.ctr@fe.navy.mil

Guam is known for its beaches, warm weather, fiesta food and island hospitality. But the latte stone is also another image every bit as familiar to those who live here.

Latte stones have a distinct appearance. Some are barely a foot tall and others are more than seven feet high, but all are generally wide and circular at the base with a more narrow neck topped by a solid bowl-like cap.

Guam's native people, the Chamorros, carved out these stone columns hundreds of years ago, but they are still part of the island's identity today. A lot of local art and crafted items have the latte in their design and different businesses and organizations have used the

word in their business name and products.

Tony Palomo, a Guam historian, said one of the reasons the latte stone is so iconic for Guam is its uniqueness.

"Nowhere else in the world, do you see them," Palomo said. "We only find them on this island and a few other islands in our area."

The first latte stones are thought to have been created more than a thousand years ago and the practice didn't end until some time during the Spanish colonization of Guam. Luckily, ancient Chamorros made latte from limestone, basalt and sandstone, so many pieces have been durable enough to survive time and harsh weather.

Undisturbed sites show the latte were placed in two parallel rows of six or more pairs. With that layout, Chamorros used the

larger latte columns as a support structure for houses, where people would gather for meetings or store canoes and other items.

Their presence provides evidence of former villages now long gone, and hikers and others exploring the outdoors can still find a few latte in the jungles and near the ocean.

Latte have been found at burial sites and other spots containing pottery fragments and other artifacts, so many Chamorros consider them and the areas they occupy as sacred ground. It is a bit similar to the traditional Chamorro beliefs of the banyan trees, called "trungkon nunu," as being inhabited by the spirits of Guam's ancestors, known as "taotao mona." Defacing, destroying and littering a latte site is not only disrespectful in Chamorro culture, but is also believed by some to be a

sure way to invite the wrath of these spirits.

Regardless of what is true and what is myth, latte remain an iconic representation for Guam and understanding their place in history shows an appreciation for the island and its people.

"We need to protect them," Palomo said. "If people keep pulling them away from their sites, we're going to lose them."

Where to go

Remnants of latte stones and a few intact ones can still be seen in Guam's jungles, but the most easily accessible latte for the public is at Senator Angel Leon Guerrero Santos Latte Memorial Park, behind the Government of Guam Department of Administration, in Hagatna.



Cultural Support: Latte stones from Guam's former village of Mepo in Fena Valley sit as a tourist attraction and historical site at the Senator Angel Leon Guerrero Santos Latte Memorial Park in Hagatna Dec. 29. Guam's native people, Chamorros, carved latte stones and used them in their architecture as far back as 1,000 years ago, until the practice ceased during the Spanish colonial era. (U.S. Navy photo by Jesse Leon Guerrero)



Touching History: Ray Torres, Yigo resident, visits latte stones from Guam's former village of Mepo in Fena Valley sit at the Senator Angel Leon Guerrero Santos Latte Memorial Park in Hagatna Dec. 31. Although latte stones are generally the size of an average adult, their height varies from as short as three feet to as tall as nine feet. (U.S. Navy photo by Jesse Leon Guerrero)

COMSUBRON 15 helps Inarajan light up for Christmas

By Mass Communication
Specialist 3rd Class
Shannon Burns

USS Frank Cable (AS 40)

With the sound of horns and Christmas music blaring from their vehicles, those participating in the Christmas 2009 Inarajan Parade of Lights slowly drove by friends, family and neighbors amidst the cheers and shouts of joy from the spectators.

This year marks the ninth year the parade has been held and is an effort to gather the villagers of Inarajan and the military communities together, for not only the parade but for food and good Christmas cheer as well.

"I love coming out here every year. When I see all the families coming out to celebrate Christmas together it touches my heart," said Annie Cruz, a resident of Inarajan.

"I love this parade," said Joshua Taitague, a 34-year resident of Inarajan. "Every year it gets better because every year we see more families coming to watch and joining the parade themselves."

Cmdr. Buck Underwood, Commander, Submarine Squadron

(COMSUBRON) 15, had the opportunity to be a part of the festivities by being on one of the floats and helping to light the village Christmas tree.

"This is the third year that I've participated and now it feels like a tradition," said Underwood.

The floats were judged by COMSUBRON 15 Sailors Lt. Joshua Cornthwaite, Lt. Cmdr. Shadrick Williams, and Navy Counselor 1st Class Candice Able on their application of this year's theme, which was "Christmas Fun For Everyone." Their use of lights and decoration, shows the meaning of Christmas and their representation of family.

"I feel that it is a privilege to be able to participate in this. It shows the local community that we do care and that it is important to us to support them because this is our home as well," said Williams.

Danny Diego's float "The Village People" won 500 dollars for first place, Shirley Quinata's float "The Quinata Family" took second for 300 dollars, and the Felix and Julie Manglona's float "Santa's Workshop" took third receiving 200 dollars. Two consolation prizes of 100 dollars each were also given to Gable Cruz for his float "Chamor-

ro Wonderland" and Annie Taimanglo for her float.

After the prizes were awarded, the food was blessed, the Christmas tree was lit, and the villagers continued to enjoy the Christmas spirit and mingle with each other and with their mayor.

"It brings me such pleasure to see the families in the village gathering together and celebrating," said Inarajan's mayor, Franklin Taitague. "This parade really brings out the community as well as strengthens it."

COMSUBRON 15, reactivated in 2001, is now home to USS City of Corpus Christi (SSN 705), USS Buffalo (SSN 715), and USS Frank Cable (AS 40).

Sharing the Holiday Spirit: The daughter of Cmdr. Buck Underwood, Submarine Squadron (COMSUBRON) 15's staff chaplain, gives gifts to kids of Inarajan village as part of COMSUBRON 15's "Angel Tree", a community relations project providing gifts for underprivileged kids of Inarajan, an adopted village of CSS15. (U.S. Navy photo by MC1(SW) Jason Heavner)



FREE

- ❖Silver Dolphin. Offers two events today: Fishing Trip - van leaves Silver Dolphin at 9:30 a.m.
- ❖Movie Night starts at 7 p.m. For more information, call 349-9128 or 564-2280.
- ❖Paintball Games. Sundays - newcomers and experience players welcomed. For more information, call Jose at 646-9122 or 637-5875.
- ❖Ladies Archery Club - Sessions for age 7 to adult 10 a.m.-noon every third Saturday of the month at Island Girl Power Youth Center, Y-Sengsong Road, Dededo. For more information, call 637-3011 or 688-4752.

UNDER \$10

- ❖Hike to Ague Cove Jan. 9 with Guam Boonie Stompers and Rec N' Crew. This hike is rated medium. Show at Rec N' Crew at 8:15 a.m. For more information, call 564-1826.
- ❖Hike to Sella Bay with Andersen Outdoor Recreation 8 a.m. Dec. 19; \$5 per person. For more information, call 366-5197/5204.
- ❖Hike to Talofofu Caves and Window Rock with Andersen Outdoor Recreation Jan. 10. Meet at Outdoor Recreation at 8 a.m. Cost is \$5 per person. For more information, call 366-5197-5204.

OVER \$10

- ❖Kid's Karaoke at Bamboo Willies Jan. 8. Enjoy family singing 5:30-7:30 p.m. For more information, call 366-6166.
- ❖Andersen Auto Hobby. Front brake class from 11 a.m.-1 p.m. Jan. 9. Class fee is \$30 per person. Fee covers hands on instructions: students must supply their own parts. For more information, call 366-2745.
- ❖Andersen Outdoor Recreation World War II Tour starts at 7:45 a.m. Jan. 10. Meet at Andersen Outdoor Recreation. Cost is \$15 per person, club members pay only \$12. For more information, call 366-5197/5204.
- ❖Willie's Beachside Jazz Club. Enjoy a wonderful evening at the beach while you listen to Jazz music CDs, 5-8 p.m. Jan. 10. For more information, call 366-6166.
- ❖Sunday Brunch at Top O' the Mar. Enjoy a delicious brunch, every Sunday 10:30 a.m.-1:30 p.m.; \$20.95 for adults and \$11.95 for children ages 5-11. Twenty percent discount for active duty military and 10 percent off for all other military ID holders. For more information, call 472-4606/7.



THEATER

FRIDAY, JAN. 8
 7 p.m.: The Blind Side • PG-13

SATURDAY, JAN. 9
 2 p.m.: The Blind Side • PG-13
 7 p.m.: Everybody's Fine • PG-13

SUNDAY, JAN. 10
 7 p.m.: Everybody's Fine • PG-13

The movie schedule is subject to change due to circumstances beyond Meehan Theaters on Andersen Air Force Base. **The Meehan Theater hotline is 366-1523.**



FRIDAY, JAN. 8
 7 p.m.: Old Dogs • PG
 9:30 p.m.: The Twilight Saga: New Moon • PG-13

SATURDAY, JAN. 9
 1 p.m.: The Fantastic Mr. Fox • PG
 3:30 p.m.: Christmas Carol • PG
 7 p.m.: 2012 • PG-13

SUNDAY, JAN. 10
 1 p.m.: Planet 51 • PG
 3:30 p.m.: Everybody's Fine • PG-13
 7 p.m.: The Men Who Stare at Goats • R

The schedule is subject to change due to circumstances beyond the theater's control. **The Big Screen Theater hotline is 564-1831 or visit mwr Guam.com.**

(Source: Navy Morale, Welfare and Recreation Office)

Still Moments

Promotion: 36th Wing Commander Brig. Gen. Philip Ruhlman congratulates Andersen's newest technical sergeant, Tech. Sgt. Jennifer Chen, from the 36th Communications Squadron, after being promoted under the Stripes for Exceptional Performers, or STEP, program here Dec. 23. (U.S. Air Force photo by Airman 1st Class Julian North)



Coin for Achievement: 36th Wing Commander Brig. Gen. Philip Ruhlman coins Capt. George Bell, from the 734th Air Mobility Squadron, for his work during Operation Christmas Drop here Dec. 23. Bell was the president of this year's Operation Christmas Drop, which is the Air Force's longest on-going humanitarian airlift mission.

Chapel Schedule

Naval Base Guam

Office Hours: Monday-Friday 7 a.m.-4 p.m.

Roman Catholic Mass
Monday-Wednesday, Friday 11:40 a.m. Weekday Mass
Saturday, 5:30 p.m. Mass
Sunday, 9 a.m. Mass
CCD Sunday, 10:15 a.m.
Choir Practice
Wednesdays, 6 p.m.

Protestant Worship Service
Sunday, 10:30 a.m.
Protestant Sunday School
Sunday, 9 a.m.

Women's Bible Studies
first & third Wednesday
8:30 a.m.

Women's Studies
Second & fourth
Wednesdays, 6:30 p.m.

Choir Practice
Tuesdays, 6 p.m.

Jewish Shabbat
Fridays, 6:30 p.m.

Naval Hospital Guam

Roman Catholic Mass
Sunday, 9 a.m.
Monday-Friday, 11:30 a.m.
CCD
Sunday, 10:30 a.m.

Andersen Air Force Base

Roman Catholic Mass
Chapel 1
Saturday, 5 p.m.
Sunday, 9:30 a.m.
Monday-Thursday, 11:30 a.m.

Sunday Protestant
Worship
Chapel 2
General Worship 9 a.m.
Inspirational Gospel 11:30 a.m.

Sunday Religious
Education
Chapel 2
Catholic R.E., 8 a.m.
Protestant R.E., 10:30 a.m.

Schedules subject to change without notice. To confirm times or for more information about the programs, call the chapels at the following numbers:

Andersen Air Force Base 366-6139
Naval Base Guam 339-2126
Naval Hospital Guam 344-9127

A few remedies for the holiday blues

By Lt. j.g. Gale White
U.S. Naval Base Guam

Three, Two, One, Happy Year!! The ball has dropped and the Christmas decorations have been put away. Just a week into 2010, and for many the post holiday blues are setting in.

It only makes sense that there would be a letdown after all of the twinkling lights are put away, the last of the sugar cookies are consumed, and you jump back into the full swing of work after a stand down.

For some, this letdown includes feeling homesick all over again after a trip home. For others it is the dread of that monstrous credit card bill soon to visit your mailbox. Still others face the disappointments and/or mistakes that have been carried over from last year.

While feeling a little downhearted is typical this time of year, there are some things you that you can do to regain your momentum and

begin to tackle 2010 with gusto. I'd like to offer a few remedies that will help you take a proactive approach to the battle of the blues.

Were you feeling a little to jolly last year and went over budget? The best thing you can do is to take the bull by the horns and start now figuring out how to pay off those bills. Don't wait until you get overwhelmed and behind to seek help.

Pretending that an opponent is not on the football field will not win the game.

There are many resources available to help you, like your Command Financial Specialist and the Fleet and Family Support Center to name a few. They are armed with great tools to help you create a spending plan, make decisions on how to pay off your bills, and to

help you set some goals for the future.

Your Chaplain's office can also be another great resource to give you referrals to other sources of assistance.

Encountering homesickness again? While nothing can replace your friends and family back home, one great way to combat homesickness is to start developing the mindset that Guam is your home. Now might the best time to unpack those last few boxes and hang

up your pictures. There is something about pounding a nail into the wall and hanging a picture that turns a living space into a home.

Pushing the pause button until you return to the States will not stop your life from happening. It will only affect what you take away from that time. Memories are what real-



Still Moments



Bravo Zulu Award: Capt. Scott Galbreath, left, commanding officer of U.S. Naval Base Guam, congratulates Chris Watson, center, an environmental protection specialist for DZSP 21 Annex 1802, for winning a Bravo Zulu award cup at the base's landfill office Dec. 11. Watson helped identify and remove approximately 28 cubic yards of diesel-contaminated soil from the base. Also pictured is Alex Soto, DZSP 21 Annex 1800 manager. (U.S. Navy photo by Jesse Leon Guerrero)



Bravo Zulu Award: Capt. Scott Galbreath, right, commanding officer of U.S. Naval Base Guam, presents a Bravo Zulu award cup to Paul Pinaula, center, a DZSP 21 heavy equipment operator, at the base's landfill office Dec. 11. The award recognized Pinaula's exemplary work in identifying and removing approximately 28 cubic yards of diesel-contaminated soil. Also pictured is Arnold Acojido, facilities services manager for DZSP 21's Annex 1503. (U.S. Navy photo by Jesse Leon Guerrero)



On the Spot: Tommy Aflague, right, former DZSP 21 Contingency manager, presents an On the Spot Award to Debbie Perez, also from Contingency, at their office on U.S. Naval Base Guam Dec. 18. Perez was given the award for her dedication, service and continued commitment to excellence. She was key to the annex's success in a number of exercises and inspections and led the office through a management transition, among other accomplishments. (Photo by Ray Torres, DZSP 21 Public Affairs)



Thanksgiving Donation: Wayne L. Cornell, right, DZSP 21 project director, presents canned goods to Salvation Army volunteer James Smythe Nov. 23. DZSP 21 employees donated more than 100 canned goods to Salvation Army to assist with the community organization's Thanksgiving luncheon held each year for families and individuals in need. (Photo by Oyaol Ngirairikl, DZSP 21 Public Affairs)



Hospital Caroling: Members of the Andersen Air Force Base Home School Group went Christmas caroling in U.S. Naval Hospital Guam Dec. 23. They visited the pharmacy waiting area, the Multi-Service Unit, the Mother-Baby Unit and Pediatrics. (Photo courtesy of U.S. Naval Hospital Guam)

Sports Shorts

The following is a list of sports and health-related activities held on U.S. Naval Base Guam. To submit your sports note, e-mail Joint Region Edge editor James Fee at james.fee.ctr@fe.navy.mil.

AIKIDO

For youth ages 6 years and up. Open registration for continues for classes. Mon, 6:15-7:15 p.m.; Wed, 3:30-4:30 p.m.; Sat, 9:30-10:30 a.m. Cost is \$60 per month, eight classes per month, two classes per week. Uniforms are \$30. Register at Charles King Gym. For more information call 564-1856.

GOT EXCUSES

Meets Jan. 19-Feb. 23, meets every Tue, noon-1:30 p.m. \$25 Charles King Gym. Register at CKG by Jan. 8. For more information, call 564-1856.

WEEK LONG BOOT CAMP

Charles King Gym from 8:30-11:30 a.m. Jan. 11-15, \$100 per person. Register at the gym by Jan. 8. For more information, call 564-1856.

HIP HOP DANCE

Register today for Jan. 21- May 8 session. Class time will be determined on a later date. Eight one-hour classes per month, cost is \$238 per session/\$59.50 per month. Registration deadline is Jan. 18. Register at Charles King Gym. Class is for patrons ages 5 and up. For more information, call 564-1856.

GYMNASTICS

Sign-up deadline is Jan. 18. Session is Jan. 4 -

April 23. Class time will be determined on a later date. \$160 per session/\$40 per month. Discounted price of \$136 per session/\$36 per month for additional child. Register at Charles King Gym. Class is for patrons ages 3 and up. For more information, call 564-1856.

MOMMY AND ME WALKING

For toddlers up to 3 years. Four classes per month. Class is one hour for ages 5 and up. Class is 45 minutes for ages 4 and younger. For more information, call 564-1856.

BALLET CLASSES

- Jan. 8-April 23 for patrons ages 2 and up. Ballet and Tap Combo is offered for patrons 2-4. Cost is \$40 per month/\$160 per session.

- Jan. 4-April 23 for patrons ages 5 and up.

Four classes per month, each class is an hour. Registration deadline is Jan. 18. Register at Charles King Gym. Class times vary according to age and level, visit www.mwrguam.com for times. For more information, call 564-1856.

The following is a list of sports and health-related activities held on Andersen Air Force Base. To submit your sports note, call 366-2228.

NEW YEAR'S VOLLEY-BALL

PACAF-Wide tournament is Jan. 7-10. Games start at 5:30 p.m. each day. For more information, call 366-6100.

Raise your fitness level this new year

By Oyaol Ngirairikl

Joint Region Edge Staff
oyaol.ngirairikl@fe.navy.mil

Physical fitness and health are often at the top of people's New Year's resolutions. Experts say making your health a priority is key to getting and staying in shape throughout the year.

"So often we get caught up in our work, in taking care of the kids, and so many other things," said Stacey Neill, a Charles King Gym fitness coordinator. "We need to make our health a priority. That means scheduling time for exercise, whether it's getting up an hour early, going to bed an hour later or working out during lunch."

Neill said adding fitness to a daily routine will be tough

at first.

"Give it a few weeks, and you'll see it starts to get easier because you're getting your body and mind used to it and getting that workout time is becoming a habit," Neill said.

Neill added that finding a fun activity is key to staying motivated to exercise.

"Find something that you think is fun," she said. "For example, zumba is really popular because there's a lot of dance and people dress up for it. It's just fun. And when your workout becomes fun, then it's not work. It's not a job or something you need to do. It becomes something you want to do."

Experts say regular physical activity has numerous

proven mental and physical health benefits.

"When you're in good shape, you're less likely to get injured doing strenuous activity," said Tech. Sgt. Evi-ta Yuan, an Andersen Medical Clinic physical therapy technician and non-commissioned officer in charge. "The military's physical fitness programs encourage not just exercise, but proper rest and nutrition. When you have all three of those components, you're less stressed, more focused, and you have more patience. All of those things help make you more productive, whether you're on a mission or helping your kids with homework."

Staying physically fit is a little different for Sailors, Air-

men, Soldiers and other service members. Nonetheless, it's a year-round requirement.

"Being physically fit is one of the factors of readiness," said Chief Electrician's Mate Kareem George, USS Frank Cable (AS 40) command fitness leader. "If you're not physically fit, it's going to be a lot harder for you to contribute to the mission. If you aren't able to run — likely either wearing and carrying gear — to respond to an emergency then you'll likely become a liability instead of someone we can rely on. That's why we have programs at our command and other commands, as well as at facilities like Charles King Gym to help keep our men in uniform in top shape."

Tips to staying physically fit

Schedule your workouts into your day and stick with it, whether it's an aerobics class at the gym or a 30 minute walk during your lunch break.

Get a workout buddy or a personal trainer to help motivate you.

Find an exercise or activity you enjoy to help make your workout routines fun.

Make family outings something that will benefit the whole family — go for a bike ride or walk on the beach with the kids

Watch what you eat, remember, staying fit boils down to one equation: calories in = calories out.

Get your family and friends to support your healthier lifestyle.

January-March Fitness Schedule for Charles King Gym. For more information, call 564-1861.

- 20/20/20: Class combines 20 minutes of step, 20 minutes of kickboxing and 20 minutes of strength training for an hour-long workout. Mon. and Wed., 5 p.m.

- Body Sculpting: Tone your body without bulking up. Mon., 8:20 a.m.

- Cycling: A cardiovascular group exercise done on stationary bikes. Friday at 8:20 a.m., Wed., 11:30 a.m.

- H2O Boot Camp: Based on speed, power and strength, the class incorporates pyramid training, kickboxing drills, interval training, power drills, speed bursts and strength exercise. Great for fitness students looking for a new challenge. Tue., 10 a.m.

- H2O Shallow: Held in chest-deep water, this non-impact class takes the pressure off joints while incorporating routines that improve strength, flexibility and cardiovascular fitness. Wed., 10 a.m.

- H2O Deep: Run, ski and do other exercises that tone and strengthen your muscles without the jarring impact of traditional cardio exercises. Thu., 10 a.m.

- Kickboxing: Lose weight, tone muscles and have fun with this aerobic exercises that comes with a martial arts flare. The class combines cardio kickboxing, weight training and other exercise forms. 8:20 a.m., Tue.

- Pilates at the Beach: Pilates is an exercise method, designed to elongate, strengthen and restore the body to balance. Osteopaths, physiotherapists and general practitioners recommend Pilates as one of the safest forms of exercise today. Pilates can be beneficial for just about everyone, regardless of age and fitness level. 10 a.m., Mon.

- Power Yoga: Uses a series of movements that combine traditional yoga with dynamic exercises that places demands on all of the muscles, boosting circulation and improving muscle tone. 5 p.m., Tue.

- Yoga: A system of breathing practices, movements and postures and meditation intended to integrate the practitioner's body, mind and spirit. 6:10 p.m., Mon.; 9:30 a.m., Wed.; 8:20 a.m., Sat.

- Zumba: Combines high energy and motivating music with dance moves. Zumba is a "feel-happy" workout that is great for both the body and the mind. 8:20 a.m. and 6:10 p.m., Thu.

- Zumba Toning: Blend body-sculpting techniques with dance-inspired Zumba moves for a calorie-burning, strength-training class. 9:30 a.m., Tue.

Classes offered at Coral Reef Fitness Center. For more information, call 366-6100.

- 20/20/20: This class combines 20 minutes each of kickboxing, interval training, and ab workouts. 8:30 a.m., Fri.

- Abs & Buns: Workout designed to target the abdominal muscles and the glutes. 8:30 a.m., Tue.; 5 p.m., Wed., and Thu.

- Adventure Boot Camp: Outdoor fitness program packed with fun and energizing activities. Meet at base track in front of Gift Shop. 6 a.m., Mon.

- Body Sculpt: Strength training workout which defines/tones the upper & lower body. ., 8:30 a.m., Thu. and Sat.

- Bootcamp: 7 a.m., Fri.

**Jiu-Jitsu: 9 a.m., Sat.

Jump Rope: 6 a.m., Thu.

**Karate: 7 p.m., Tue.

- Kickbox: Fight away stress while learning punching and kicking movements. 8:30 a.m., Mon.

- Latin Dance: Dance the night away while learning how to salsa, merengue, cha-cha, cumbia, as well as other Latino dances. 7 p.m., Thu.

- Mommy and Me: A class designed for the new mommy. You will use baby as resistance while spending time interacting with them. 9 a.m., Mon. and Fri.

- Mommy Pilates: 8:30 a.m., Tue. and Thu.

- Piyo: This class combines Pilates and Yoga movements into one workout. 6 a.m., Tue.

**Polynesian Dance: 9:30 a.m., Mon. and Wed.; Tue. and Thu. at 11 a.m.

- Spin: A group fitness class which replicates the feel of a bike on the open road. 6 p.m., Mon.; 6 a.m., Tue. and Wed.; 8:30 a.m., Wed.; noon, Thu.;

- Spin & Core: A spin class that focuses on working the core muscle group. 6 a.m., Mon.; 6 p.m., Wed.

- Spin & Sculpt: A spin class that combines light weights, tubing to sculpt and tone. Friday at 6 a.m.; Tuesday at noon;

- Yin Yang Yoga: Friday at 9:30 a.m.; Saturday at 11 a.m.

- Yoga: A class that will increase flexibility & work core muscles while relaxing the mind. Monday at 5 p.m.; Friday at 6 a.m.

- Zumba: A Latin dance based fitness class. Shake your body and burn calories while learning some new moves. Monday at 7 p.m.; Tuesday at 9:30 a.m.; Wednesday at 7 p.m.; Thursday at 6 p.m.;

** Classes require payment. Stop by the Coral Reef Fitness Center front desk for more information.