

ORE: Team Andersen builds mission readiness

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standard. Remember, a positive attitude is a force multiplier; a negative attitude is a force divider.”

Members of the inspector general office have seen marked improvement and steady progression throughout the wing since December’s ORE.

The biggest improvements we saw were in the wing’s ability to coordinate responses to attacks and suspicious activity,” Voegtly said. “Additionally, we deliberately challenged Team Andersen’s mobility machine, a partnership lead by [the 36th Logistics Readiness Squadron] and DZSP-21, and they responded very well.”

December’s exercise tested the wing’s ability to run at 60 percent of its capability. January’s exercise ramped up to 60 percent, according to Voegtly.

“Increasing the intensity of each exercise inevitably identifies additional areas for improvement,” Voegtly said. “However, as a whole, the wing continues to take on each increase with a sense of professional intensity.”

Airmen have already been tested through many scenarios in previous OREs. January’s was no different.

“We stressed the wing’s first

responders and they answered the call,” Voegtly said. “[Our security forces, fire department] and our medics shone. Additionally, the 36th [Munitions Squadron] newcomer’s orientation was cited as a being a benchmark program. With the large personnel influx to many of our units, it is in each squadron’s best interest to build on the system they have in place.”

Voegtly urged Team Andersen to press forward through all the exercises and strive for improvement each exercise.

“We have made big improvements in every area with each successive exercise, but we need to keep on this path toward complete mission readiness,” Voegtly said. “The next two OREs and the August ORI are important and I’m confident we will do well, but the reason we do this is to ensure we are fully ready to accomplish our wartime taskings.

“We all need to continue to build on our Airmen skills and more thoroughly understand how your unit’s role support’s the 36th Wing mission,” Voegtly said. “We are looking for three things across the wing: proficiency in Air Force Specialty and Airmen Skills, attitude and enthusiasm, and the situational awareness to know what needs to get done next.”



Fire Scenario: Members of the Andersen Air Force Base Fire and Emergency Team respond to a KC-135 engine fire scenario during the operational readiness exercise Jan. 26. The first responders took action in response to different contingencies throughout the exercise. (U.S. Air Force photo by Airman 1st Class Jeffrey Schultze)



Above: Airmen from the 36th Expeditionary Aircraft Maintenance Squadron load a conventional air launch cruise missile onto a B-52 during a recent operational readiness exercise on Andersen Air Force Base Jan. 31. (U.S. Air Force photo by Airman 1st Class Julian North)

Left: Staff Sgt. Christopher Uecker, 36th Expeditionary Aircraft Maintenance Squadron, goes through the process of downloading a conventional air-launch cruise missile (CALCM) on Andersen Air Force Base Jan. 27. (U.S. Air Force photo by Airman 1st Class Julian North)



Andersen AFB firefighters answer call for support

By Tech. Sgt. Mike Andriacco
36th Wing Public Affairs

The local civilian fire department recently requested immediate fire-fighting support from Andersen Air Force Base firefighters to assist with a wildland fire near the base's Masada Gate.

Response personnel from Andersen included 16 firefighters, two medics, three 36th Security Forces Squadron personnel and one Navy helicopter to provide real-time aerial surveillance of the fire and containment efforts.

After slightly more than an hour, the fire was brought under control. More than 7,000 gallons of water was used to contain the blaze that consumed 10 acres of forest and brush land.

Andersen's response to the support request from Guam Fire Department is just another example of the close relationship the base enjoys with the local population and government services.

"Emergencies aren't pre-planned events," said Joey San Nicolas, Fire Service Specialist with Guam Fire Department. "Mutual aid is critical and today's event highlights a long history the base and GFD have of working together."

That teamwork is a contributing factor to what firefighters view as the most important part of their job.

"Everyone coming home safely with a job well done is job number one," said William Omeara, assistant chief of operations for the 36th Civil Engineer Squadron firefighting flight. "We have a great working relationship with GFD."

For some base firefighters, the opportunity to participate in a wild fire response was a learning experience.

"Usually we are working to put out structural and aircraft fires," said Senior Airman Christopher Mann, a 36th CES firefighting flight driver/operator. "It was definitely different than the way we are used to doing things. It was quite interesting to see the camaraderie with the GFD. It was an awesome experience."

Andersen's firefighters constantly train for a variety of scenarios that enable them to respond, assess and control fires during a crisis. Their quick response and good partnership with local civilian emergency services enabled them to keep the fire under control and prevent it from spreading even further.

"It was too big for [GFD] to handle on their own and it was too big for us to handle on our own," said John Thompson, Andersen Air Force Base fire chief. "We've had 50 to 60 acre fires out there before. It was on the verge of becoming a much larger fire."

Continued training will be key for Andersen's firefighters, with plans in the future to bring Vandenberg Air Force Base, Calif., firefighters in to share their expertise in fighting wildland fires. This will go a long way toward protecting the resources that Guam offers and keeping up the highly effective mutual aid relationship the firefighting units share now.



Wildland Fire: Firefighters from Andersen Air Force Base support the local Guam fire department with a wild land fire near the base's front gate Jan. 26. Response personnel included 16 firefighters, two medics, three Security Forces Squadron personnel and one Navy helicopter to provide real-time aerial surveillance of the fire and containment efforts. (U.S. Air Force photo by Airman 1st Class Jeffrey Schultze)



First Responders: Firefighters from Andersen Air Force Base support the local Guam fire department with a wild land fire near the base's front gate Jan. 26. Response personnel included 16 firefighters, two medics, three Security Forces Squadron personnel and one Navy helicopter to provide real-time aerial surveillance of the fire and containment efforts. (U.S. Air Force photo by Airman 1st Class Jeffrey Schultze)

Airman Morgan specializes in 'can do' attitude



Hard at Work: Airman 1st Class Jerica Morgan, 36th Contracting Squadron (CONS) contract specialist, reviews work on her computer Jan. 25 here. Airman Morgan was selected by Master Sgt. Thomas Smith, 36th CONS first sergeant, for her 'can do' attitude and strong work ethic. (U.S. Air Force photo by Senior Airman Shane Dunaway)

By Senior Airman
Shane Dunaway

36th Wing Public Affairs
timothy.dunaway@andersen.af.mil

An Airman from the 36th Contracting Squadron earned recognition from her senior leadership for her strong work ethic and positive attitude within the squadron.

Airman 1st Class Jerica Morgan, 36th CONS contract specialist, was selected by Master Sgt. Thomas Smith, 36th CONS first sergeant, to represent her squadron as 'Top Performer.'

"She's not afraid to volunteer," Smith said. "Anything we ask her to do here, she does it 150 percent."

Morgan, a Parker, Colo., native, joined the Air Force in November 2008. She earned the distinction of

honor graduate upon completing basic military training at Lackland Air Force Base, Texas.

"I wanted to do something better with my life, serve my country and have a job that is more meaningful," Morgan said.

During her duty days, Morgan ensures service contracts are in working order and facilitates the needs of customers and contractors.

"She has a positive, 'can do' attitude and is willing to learn," Smith said.

"She tackles projects that are above her knowledge level and asks questions. She works one of our biggest projects in the flight - the housing maintenance. For an Airman of her experience and rank, that is a very large project. Not every A1C gets a project of that dollar magnitude."

She also makes her presence felt

throughout the wing as an active volunteer in the 36th Wing's Honor Guard program here.

"I saw [an honor guard detail] at one of my friend's grandfather's funeral," Morgan said. "It's a great way for me to honor the service men and women who have served before me."

When she's not on duty or on a detail, Morgan enjoys snorkeling, scuba diving, hiking and other outdoor activities.

"I usually ride horses, but we don't have any on the island," Morgan said. "If I had my horse, I would be riding."

Morgan said her future plans while in the Air Force include completing her business degree and commissioning into the officer corps.

"Being selected as a Top Performer lets me know I'm doing what I need to be doing and that people appreciate the work that I do," Morgan said.



USS Ohio hosts Airmen for tour

Guided Tour: USS Ohio (SSGN-726) was host to eight Andersen Air Force Base, three Elmendorf Air Force Base and one Barksdale Air Force Base Airmen during a tour on the guided-missile submarine Jan. 22. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



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Ocean safety awareness a life preserver

By Airman Jeri Moore

Helicopter Sea Combat Squadron 25

The windy season is here again and with it comes potentially dangerous ocean conditions. With proper planning and a few safety precautions, there's no reason this season cannot remain fun and safe in 2010.

"The ocean does not discriminate against its victims," said Master Sgt. Jeff Oyer, 36th Wing safety office, "Develop a plan so that no everyone in the group is in the water at the same time. Be sure that the person still on shore knows how to notify responders."

Individuals unfamiliar with the water should go to a beach when a lifeguard is present. Tumon can be

a safe bet since the lifeguards remain on duty until 6 p.m.

"I believe that one of the biggest contributing factors that leads to an emergency is the lack of understanding about the ocean and its dangers - for example, not knowing how to identify a rip current while swimming, knowing when you're caught in one and not knowing how to escape from the rip current," said Aviation Warfare Systems Operator 1st Class Jesse Peterson, Helicopter Sea Combat Squadron 25 search and rescue group.

Be educated on the ocean situation before getting in the water. From the high-tide to the low-tide is when swimmers want to be the most cautious. On the day of a planned activity, check the current oceanogra-

phy report, by calling 211. Talk to the locals before getting in the water, they have a hometown benefit and know a great deal about the water, access the Guam tide charts on www.surf-forecast.com. The year's predicted tide charts can be accessed through Google as well.

Some of the clues to rip currents are a channel of churning, choppy water, an area having a notable difference in water color, a line of debris moving steadily seaward, or a break in the incoming wave pattern.

More information and safety tips concerning rip currents can be found at www.ripcurrents.noaa.gov, including how to get free from one and how to react if someone else gets caught in a rip tide.



Warning Signs: Beach signs like this one denote whether it's safe to get into the water. All beachgoers should familiarize themselves with signs and take the appropriate measures needed to ensure safety. (U.S. Navy photo illustration by Airman Jeri Moore)

Super Bowl Safety

Fans don't let fans drive drunk

It's Super Bowl time once again. The long awaited game is here, and as two teams meet on the gridiron, we have our own special ways of celebrating. The following tips are provided to help you enjoy this time without incident.

If you are hosting a Super Bowl Party:

- Have your guests designate sober drivers in advance.
- Help arrange ride-sharing with other sober drivers.
- Serve lots of food and include non-

alcoholic beverages.

- Stop serving alcohol at the end of the third quarter.
- Keep the numbers of local cab companies handy.
- Take the keys from those who may be thinking of driving while impaired.

If you are attending a Super Bowl Party:

- Designate your sober driver before the party begins and give that person your car keys.

- Avoid drinking too much alcohol too fast.

- Pace yourself, eat enough food, take breaks, and alternate with non-alcoholic drinks.

- If you don't have a designated driver, ask a sober friend for a ride home or call a cab.

- Never let a friend leave your sight if you think they are about to drive while impaired.

Know safety, no accident. Be safe, have fun, and may the best team win.

Statistics:

- Super Bowl Sunday is one of the year's most dangerous days on the nation's roadways due to impaired driving.
- Young males, ages 21 to 34, are most at risk for driving while impaired and not wearing safety belts.

For additional information on this, or any other safety concern, please contact your local Safety Office:

Joint Region Headquarters: 333-4780

U. S. Naval Base Guam: 339-7233

Andersen Air Force Base: 366-7233

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

News Notes

Job Announcements

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

Joint Region Marianas, Guam

Equal Employment Specialist

U.S. Naval Base Guam

Engineering Technician, closes Feb. 4

Lead Police Officer

Andersen AFB (Naval Support Activity, Andersen)

Supply Technician, closes Feb. 5

Security Specialist

Supvy Police Officer

Naval Hospital, Guam

Nurse (clinical)

NAVFAC Marianas

Environmental Protection Specialist, closes Feb. 4

Industrial Equipment Mechanic, closes Feb. 4

Plumber, closes Feb. 4

Supvy Interdisciplinary Engineer, closes Feb. 5

Air Conditioning Equipment Mechanic, closes Feb. 8

Electrician, closes Feb. 8

Program Analyst, closes Feb. 11

Supvy Realty Specialist, closes Feb. 18

Engineering Technician (Civil)

Quality Assurance (Automotive)

Employment Opportunities

Looking for a part time job? 36th Force Support Squadron offers multiple employment opportunities. Visit the Human Resources Office or call 366-6141 for more information. Current job vacancies and job descriptions within 36th Services are available online at www.36thservices.com by clicking on HRO jobs.

Year of the Air Force Family Web Site

The Air Force is celebrating Year of the Air Force Family. There will be special activities and contests open to youth and adults including a short story contest going on now through Feb. 14. There are other upcoming contests for photos, videos and original songs. Visit www.myairforcelife.com for more information. When you go to the Web site, click on "My Base" for upcoming activities at Andersen Air Force Base. Airmen are encouraged to log on soon and often. For more information, call 366-6157.

Year of the Air Force Family Short Story

The subject is "The Air Force is a great place to live, work and play." Tell a story of what that means to you and your family in 300 words or less in Microsoft Word. There are two categories in which to enter: Adult (18 years and up) or Youth (12 to 17 years of age). You can submit entries now through Feb. 14. Enter for a chance to win the grand prize computer package valued at

\$2,000. Adult category winner will have their story featured in Military Spouse Magazine. Go to www.MyAirForceLife.com for all necessary information regarding this competition.

Andersen Vet Clinic Relocated

The Andersen Vet Clinic has been relocated from its previous location to the old Teen Center (between the Gecko Lanes Bowling Center and the Hotspot) due to in-progress renovations to the permanent location. With the temporary location the clinic is only offering limited services to include: canine and feline vaccinations, microchips, urinalysis, fecal, blood work (including Rabies FAVN), health certificates, well pet visits, acute sick pets visits, skin and ear conditions. For appointments and questions, call 366-3205.

The YES Program Looking for Participants

The Teen Center is looking for qualified teens to participate in the Youth Employment Skill (YES) Program. The YES Program is an on-base volunteer program for high school students and is offered at select Air Force bases. The program is a joint effort between the Air Force Aid Society (AFAS) and Air Force Family Programs Flight to offer high school students an opportunity to learn valuable work skills, "bank" dollar credits toward their post-secondary education, and have a positive impact on the base and community.

2010 Navy Chess Team

Applications are now being accepted for the 2010 Navy Chess Team through April 23. Interested active duty personnel in the U.S. Navy, U.S. Coast Guard or U.S. Public Health Service may apply. All applicants must be U.S. Chess Federation (USCF) member in good standing with an established USCF rating. Additional eligibility requirements and the team application are available on the Navy Chess Web site at <http://www.mwr.navy.mil/mwrprgms/chess.htm>. The top 12 applicants will be invited to the Navy Chess Qualifier, June 11-13 at NSA South Potomac, Dahlgren, Virginia, to compete for a spot on the six-man Navy Chess Team. Navy Chess Team members will advance to the Interservice Chess Championships at NAVSTA Great Lakes, Aug. 2-6. At least one Navy player will advance from there to the NATO Chess Championships in Koege, Denmark, Oct. 18-22.

NLSO Tax Center Open for Free Assistance

Navy Legal Service Office, Pacific Det. Guam offers free assistance for filing EZ tax forms at the newly reopened Tax Center, located at the second floor of Bldg. 4 at U.S. Naval Base Guam. The service is available to any personnel eligible for NLSO legal assistance. The center is open 8:30-11 a.m. and 1-3 p.m. Monday-Friday. For more information, call 333-2061.

Sailors help beautify Inajaran school

By Jesse Leon Guerrero

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Sailors from Commander, Submarine Squadron (COMSUBRON) 15 and Submarine Learning Center, Det. Guam teamed up to beautify a Guam Department of Education school in Inarajan Jan. 30.

More than four dozen Sailors from the squadron and detachment cleaned and painted the exterior walls of Inarajan Middle School, which is COMSUBRON-15's sister school.

"The people of Guam are really great," said Submarine Sonar Technician 1st Class (SS) Leo Rosas, of Submarine Learning Center, Det. Guam. "I haven't met a single person here who hasn't been extremely nice to me and I just want to give a little bit of that back to the community."

Lt. Mike Baldwin, with the squadron, said it's important to participate in these projects because they can help give students an environment that is conducive to

learning.

"We do a lot, but we're only talking about a few hours out of the day on a weekend," he said. "It is important for the community."

Baltazar Bell, the school's art teacher, encouraged other local residents to look for more opportunities to work together with Sailors stationed here.

"I'm really happy that the Navy volunteers have come here to help out," Bell said. "We really appreciate what they're doing."

The mission of COMSUBRON 15 is to prepare assigned units for forward-deployed operations in the Western Pacific and maintain the highest level of readiness at all times to permit surge operations when called upon to respond to emergent theater commander tasking in support of the nation's Maritime Strategy efforts.

The mission of Submarine Learning Center, Det. Guam is to provide navigation, tactical, engineering and other types of training in support of submarine personnel visiting or homeported in Guam.



Lending a Brush: Lt. Cmdr. Shadrick Williams, of Commander, Submarine Squadron (COMSUBRON) 15, joins other Sailors from the Navy command in repainting the exterior of Inarajan Middle School Jan. 30. (U.S. Navy photo by Jesse Leon Guerrero)

Air Force returns enlisted high year tenure to standards

By Master Sgt. Russell P. Petcoff

Secretary of the Air Force Public Affairs

Air Force manpower and personnel officials announced today a return of enlisted high year of tenure limits to their pre-2003 levels.

"We've considered returning HYT limits to their normal levels for several years. Now that our Air Force end strength is stabilizing, it is an appropriate time to return back to the pre-2003 levels," said Tom Voegtler, chief of the retirements and separations policy branch at the Pentagon.

High year of tenure is the maximum years of service a member may remain on active duty in relation to his or her enlisted grade.

The HYT for senior master sergeant, master sergeant, technical sergeant and senior airman will return to 26, 24, 22 and 10 years, re-

spectively. The HYT limits for both chief master sergeant (30 years) and staff sergeant (20 years) will remain the same since they were not raised in 2003, Mr. Voegtler said.

The change will initially affect approximately 2,500 Airmen; 500 senior airmen, 400 technical sergeants, 1,200 master sergeants and 400 senior master sergeants.

The new HYT effective date for master sergeant is April 1, 2011; for technical sergeant, Aug. 1, 2011; and, for senior airman, Sept. 1 2011. The effective date for senior master sergeant is Jan. 1, 2012. This timeline provides Airmen additional opportunities to compete for promotion or plan for separation or retirement from active duty.

All Airmen who separate due to HYT will receive involuntary separation pay. Technical, master and

senior master sergeants may apply for full retirement if leaving active duty due to reaching their HYT just as they would under existing policy.

While the new HYT is applicable now, Airmen who will be "over" their HYT as the policy is normalized will be allowed to remain on active duty until no later than the effective date for their corresponding grades.

An Airman's total active federal military service date will determine whether he or she is under the old or new HYT limit. For example, a senior airman whose TAFMSD is Aug. 31, 2001 or earlier would separate under his or her original HYT date or Sept. 1, 2011, whichever comes first. If the senior airman's HYT date is after Aug. 31, 2001, that Airman's date would be adjusted to the new 10-year limit. In other words, the Air-

man will now be required to separate at the 10-year point rather than the 12-year point if he or she is not promoted to staff sergeant.

Airmen overseas who will reach HYT before they are scheduled to return will receive new dates in accordance with the revised policy, Mr. Voegtler said. Also, deployed Airmen and those soon to deploy who are affected by the policy change will return no later than 30 days prior to their new HYT date.

The new HYT requirements will not affect the Post-9/11 G.I. Bill. Airmen opting to transfer their Post-9/11 G.I. Bill benefits to family members will still be able to transfer these benefits even if their new HYT dates prevent them from completing the required active-duty service commitments.

Extensions of HYT are still applicable under existing guidelines. These include reasons such as ex-

treme personal hardship or when an extension is clearly in the best interest of the Air Force, Mr. Voegtler said.

This change to policy will not affect Air Force Reserve or Air National Guard members.

The AF has a longstanding tradition of taking care of its people, and will continue this tradition through this process and beyond, Mr. Voegtler said.

"There will be no change in retirement or separation pay benefits, and the Air Force is committed to providing our Airmen and their families with an open and transparent process," he added.

Individuals who have questions regarding this policy change or any personnel issue can contact the 24/7 Total Force Service Center toll-free at 800-525-0102 or visit www.afpc.randolph.af.mil.

DDGM keeps warfighter and family supplied

By Oyaol Ngirairikl

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From equipment for Department of Defense Education Activity Guam schools to the water bottles for USS Frank Cable (AS 40), Defense Distribution Depot Guam, Marianas (DDGM) is responsible for ensuring thousands of pounds of items get to where they are needed each day.

DDGM's mission is to support warfighters through forward stock positioning and distribution services. Forward stock positioning involves placing in-demand repair parts and equipment where the military is — overseas or in deployed locations. This pre-positioning reduces delivery time and helps lower shipping costs.

"We provide a unique and essential service out here on Guam, supporting warfighters and their families while at the same time ensuring efficient use of taxpayers' dollars," said Lt. Col. Ly Fecteau, DDGM commander.

Fecteau said military commands in the mainland receive equipment and products directly from their vendors, but that DDGM has a different situation on Guam.

"On Guam, many vendors fly their products in which is more costly — and that's where DDGM comes in," she said. "We ship in our materials, which saves money but still ensures that our warfighters have what they need to carry out the mission in this part of the world."

DDGM has a staff of about 20 civil service employees and 50 contractors. The command stood up in

October 2004. It is the 25th distribution site under Defense Logistics Agency (DLA), which manages the unified material distribution system for Department of Defense.

"Our main customers are the Navy component here, the ships and submarines that are indigenous here," Fecteau said. "We also support exercises and ships that come to Guam."

Fecteau said DDGM also supports local government agencies, such as the Guam Police Department.

"We work regularly with agencies that are authorized to purchase through DLA, so it's not just military clients that we service," she said.

Fecteau said since taking over the command November 2009, she has been impressed with the level of professionalism at the crew.

"It really allows me to be able to focus on the future and address the needs of the clients we serve," she said. "That's one of my goals this year — to bring our command to another level, to help them understand the impact they have on our customers and prepare them for what's coming up."

Testament to DDGM personnel's professionalism was a compliance review in which there were no significant findings.

On Jan. 11-15, DLA auditors observed daily operations and studied documents to ensure standard operating procedures, safety requirements and other processes were being met.

"We did really well," said Fecteau. "We're crossing our T's and dotting our I's. Our team works



On the Job: Alan Camacho, warehouse specialist at Defense Distribution Depot Guam, Marianas, moves cleaning supplies at the command's warehouse in preparation for distribution Jan. 26. DDGM's mission is to support warfighters through forward stock positioning and distribution services. (U.S. Navy photo by Oyaol Ngirairikl)

very hard to make sure they're doing the right thing everyday. They did a really great job during the review and that's due to the professionalism of our staff — both the civil employees and the contractors."

In addition to distributing materials to their clients, Fecteau said her command also reaches out to local schools.

"We're always looking for op-

portunities to support the local community," said Fecteau.

The command also supported Pacific Partnership '09, the fourth in a series of annual U.S. Pacific Fleet humanitarian civic assistance missions, which brought medical, dental, veterinary, and engineering aid to various countries. The partnership works by, with and through partner nations, non-governmental

organizations and other U.S. government agencies.

"We provided materials, from doors for the clinic they were refurbishing in Tonga to medical supplies for the doctors and dentists helping the hundreds of residents without regular medical and dental care," she said.

Sailors take part in GCC Professional Development Day

By Oyaol Ngirairikl
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Sailors from various Navy commands talked to students about career goals and opportunities during the Guam Community College (GCC) Professional Development Day Jan. 30.

About 50 students from Guam Department of Education middle schools attended the event where representatives from the military, business sector and local govern-

ment presented. Sailors from Joint Region Marianas, U.S. Naval Hospital Guam, and Maritime Expeditionary Security Squadron (MSRON) 7 participated in the event.

"Our primary purpose is to help students and families become more aware of what is out there for them," said Millie Afaisen, event coordinator.

Master-at-Arms 1st Class (EXW/SW) Jesse Izdepski, of MSRON 7, said he hoped to teach the children how to plan a success-

ful future.

"We talked about leadership, career goals and making the right decisions, which I think is vital to children at this age, to give them some long-term ideas of how to push forward and achieve," Izdepski said.

Prior to the event, Izdepski said he grew up in a fishing town just outside of New Orleans that is very similar to Guam in that it's a small community. He learned the value of having teachers, coaches and church leaders reach out to him, encouraging him to do well in school and

work hard to reach his goals.

"By allowing a plethora of us to speak with them, it opens more doors for them," he said.

Chief Engineman (SW) Mishal Langston, Joint Region Marianas and U.S. Naval Base Guam equal opportunity advisor, talked to students about her 25-year career with the Navy. She added it's important the students know that "anything is achievable."

"I feel it's really important for the kids to know that it doesn't matter where you come from, what your

circumstances are, and that you do have the opportunity to do good things and have a great choice of careers," she said.

Master-at-Arms 2nd Class (EXW/SCW/SW) Harry Smith, of MSRON 7, said he enjoyed talking to students.

"You have to take time to give back and show (the students) that everybody can make it in life," Smith said. "You need to have these goals and education is the biggest one now."



Introductions: Master-at-Arms 1st Class (EXW/SW) Jesse Izdepski, of Maritime Expeditionary Security Squadron 7, introduces himself at the Guam Community College (GCC) Professional Development Day Jan. 30. Holding the microphone is Millie Afaisen, a program specialist with GCC's College Access Challenge Grant and a coordinator of Professional Development Day. (U.S. Navy photo by Oyaol Ngirairikl)



Educational Assistance: Hospital Corpsman 2nd Class (FMF) Nathan Touch, of U.S. Naval Hospital Guam, talks to students about how the Navy helped him earn his bachelor's degree from New York University during the Guam Community College (GCC) Professional Development Day Jan. 30. (U.S. Navy photo by Oyaol Ngirairikl)



Above: Master-at-Arms 1st Class (EXW/SW) William Groomes, of Maritime Expeditionary Security Squadron 7, talks to Department of Education middle school students about his Navy career during the Guam Community College Professional Development Day Jan. 30. (U.S. Navy photo by Oyaol Ngirairikl)

Left: Hospital Corpsman 2nd Class Sharon Pante, of U.S. Naval Hospital Guam, leads students through some stretching exercises during the Guam Community College (GCC) Professional Development Day Jan. 30. (U.S. Navy photo by Oyaol Ngirairikl)

Navy-Marine Corps Relief Society turns 106

By John Alexander

Navy-Marine Corps Relief Society
Vice President and Chief
Communications Officer

One of the Navy's and Marine Corps' oldest and best friends turned 106 years old last month.

For 106 years, Navy-Marine Corps Relief Society (NMCRS) has supported Navy and Marine Corps families in times of war, peace, natural disaster and personal tragedy, taking care of the essential needs of our warriors, their families and survivors, and helping to ensure those in uniform are able to remain fo-

cused on their mission.

Founded on Jan. 23, 1904, by 19 volunteers with \$9,000 — the Navy's share of gate receipts from the 1903 Army-Navy football game - the society remains true to its founding principles, though its mission has grown through the decades in response to the evolving needs of Navy and Marine Corps clients.

Always willing and ready to lend a hand or help active duty and retired Sailors, aMarines and their families out of a tight spot, NMCRS provides a 24/7 safety net.

Today, the work of this private, non-profit charity is accomplished

by 3,600 volunteers supported by a small professional staff at offices afloat and ashore around the world.

In the last 10 years, the society has disbursed almost \$400 million in interest-free loans and grants to half a million Sailors, Marines and families. During 2009, the society provided \$47.4 million in financial relief in response to 91,374 cries for help — the most clients and the greatest amount of assistance since 1994. That means that one out of every five Sailors and Marines on active duty sought help from NMCRS during the past 12 months.

The revenue required to pay for these services comes predominantly from two sources: the Secretary of the Navy's Active Duty Fund Drive and his direct mail campaign to retirees, both conducted annually during March. The society also receives bequests, memorials, profits from Navy and Marine Corps balls, community events, return on investments, receipts from thrift shop sales, revenue from the repayment of loans and spontaneous, unsolicited donations from corporations, organizations and individuals through the mail and society Web site.

Please consider the Navy-Marine Corps Relief Society your first resource. Remember, NMCRS loans are interest-free. To find out more about this organization — how the staff can help you and to learn about volunteer opportunities — visit the local office on U.S. Naval Base Guam across from Commander William C. McCool Elementary/Middle School in Building 39 or call them at 564-1880. They especially need some help right now. After all, blowing out 106 candles is no small task.

Happy birthday NMCRS!

Military families gain access to free, online tutoring

By Elaine Wilson

American Forces Press Service

The Defense Department has launched a free, online tutoring service for servicemembers and their families.

The site - <http://www.tutor.com/military> — offers round-the-clock professional tutors who can assist with homework, studying, test preparation, resume writing and more.

Marine Corps and Army families have had access to the pro-

gram for more than a year. Seeing the value, Defense Department officials decided to expand the service to encompass all servicemembers and their families, officials said.

"Providing 24/7 academic and career support for military families during a time when so many parents have a deployed spouse has been an important and well-received benefit for Marine Corps and Army families," said Tommy T. Thomas, deputy undersecretary of defense for military communi-

ty and family policy.

"We are pleased to expand this program to all U.S. military families and provide peace of mind that their children are never alone when it comes to learning - there is always a certified, professional tutor available to help," he said.

Active-duty servicemembers, National Guard and reserve personnel on active duty in a deployed status, Defense Department civilians in a deployed status and their dependents are eligible to participate, officials said. Along with test

preparation, the site is open to students of any age - from kindergartners to high school seniors - for one-on-one help in math, science, social studies and English.

Many of these students, officials said, are making the most of the live, one-on-one help. "Thanks for having this service when our family is separated at this time due to deployments and training," a 6th grader of a Marine commented. "My father is unable to help one-on-one."

"I really appreciate this," an-

other program participant, a 9th grader, said. "It really helps me understand my schoolwork. It's going to really help me ace my exams coming up! I am definitely going to use this very often."

Tutor.com's network includes more than 1,800 professional tutors and career specialists who have delivered more than 5 million one-on-one tutoring sessions since 2001, officials said. Each tutor is certified through the site, and all sessions are recorded for quality control.

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

GHS Navy Junior ROTC hosts shooting contest

By James Fee

Joint Region Edge Staff
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Guam High School's (GHS) Navy Junior ROTC program hosted a shoulder-to-shoulder marksmanship competition in the school gym Jan. 30.

Forty-two cadets from GHS, George Washington (GW) High School, Simon Sanchez High

School, Southern High School and Father Duenas Memorial School participated in the contest.

The event had three cycles for three different positions: standing, prone, and kneeling. Teams of five shot air rifles from 10 meters out from their targets, receiving up to nine points per shot based on the proximity of their shots to the bullseyes.

Simon Sanchez took first place

while, GW and Southern followed in second and third, respectively. The overall individual winner was Khristian Perez from GW.

Retired Chief Gunner's Mate (SEAL) Mark Franchino, GHS naval science instructor, noted the good shooting form on display and the qualities marksmanship teaches.

"Focus, concentration, discipline — it takes a lot to be able to stand

there and shoot for 10 rounds in different positions," he said.

Both Army and Navy Junior ROTC programs were represented. Two weeks earlier, cadets from those branches had met for a leadership training encampment.

"This is a good follow-up to two weeks ago when we had the encampment," said retired Cmdr. Doug Bowling, GHS Navy Junior ROTC program senior naval in-

structor. "So it's a good chance for all the school's to work together again. They enjoy it."

Cadets like Antonio Herrera, from Southern High School, agreed that the program provides opportunities to meet peers with similar interests.

"It's a chance to meet new people, make friends and have a great time with other schools," Herrera said.



Above: Cadets from Guam High School's (GHS) Navy Junior ROTC shoot from the prone position at a shoulder-to-shoulder marksmanship competition at the GHS gym Jan. 30. Forty-two cadets from GHS, George Washington High School, Simon Sanchez High School, Southern High School and Father Duenas Memorial School participated in the contest. (U.S. Navy photo by James Fee)

Left: Cadets from Guam High School's (GHS) Navy Junior ROTC shoot from the standing position at a shoulder-to-shoulder marksmanship competition at the GHS gym Jan. 30. (U.S. Navy photo by James Fee)

Air Force program develops senior civilian leaders

By Daniel Elkins

Air Force Personnel Center
Public Affairs Office

Civilian Strategic Leader Program officials are briefing Air Force career field functional leaders this month on details of the program aimed at developing the senior-leader, civilian workforce.

"The Air Force has approximately 300 Senior Executive Service civilians today, and we need to ensure we are deliberately identifying, training and educating civilian employees who can compete in the future for senior leader positions," said Angela Kravetz, CSLP office chief.

The CSLP Office will move the service toward a process of earlier identification of Air Force employees whose past performance and fu-

ture potential indicate they will be the most competitive for leading the Air Force at the executive level, said Kravetz of the program benefits.

CSLP was designed to bring civilian senior leader development and career management practices in line with current general officer, senior executive corps and colonel practices. Program officials are in the process of identifying more than 75 command-equivalent positions, and those will be posted to the Air Force Portal in April. A director screening board will be conducted this summer in order to match eligible individuals with those identified positions. Candidates will be placed into one of those identified positions where they will remain for three years.

Applicants for the new CSLP

program will be identified and invited to participate by their career field leadership; applications must be in by June. Those eligible must be in grades GS-14/15 or equivalent personnel. The Air Force currently has more than 6,500 civilians employed at those grades. Career civilians interested in the program must sign a mobility agreement as part of the program.

"Career field functional authorities are in the best position to help identify initial participants in CSLP," Kravetz said. "We're asking for their best and brightest."

The CSLP office chief said some of the qualities sought in potential candidates are high leadership performance, supervisory experiences, depth and breadth of experience, and mobility to any open position

during the cycle. She added senior developmental education and/or a graduate-level degree are highly desired in candidates.

Eligible employees must have held their current grade for at least 12 months; been in their current position for at least 12 months; and have at least one current Air Force appraisal. They must also possess a minimum 12 months of supervisory experience, hold a bachelor's degree, and not have held a command-equivalent leadership position in the past.

Following a CSLP assignment, officials work closely with AFPC and career field functional leaders to determine a suitable follow-on assignment. Employees may return to their career field where they may best apply their leadership experi-

ence or compete for senior leader opportunities to include SES positions.

A director assignment is the first of four distinct, interrelated but separate areas designed to enhance the overall development and management of the civilian strategic workforce, said Tya Freed-Brewer, a CSLP specialist. Continued participation may also include senior leader education, senior leader experiential management, and senior leader development programs.

To learn more about CSLP, contact Ms. Kravetz at (703) 695-8040, DSN 225-8040 or e-mail angela.kravetz@pentagon.af.mil or Ms. Freed-Brewer at (703) 695-8283, DSN 225-8283 or e-mail tya.freed-brewer@pentagon.af.mil.

Remember forms, steps to submit TRICARE claims

By Shannon Gentry

TRICARE Pacific Marketing

TRICARE beneficiaries usually file claims for medical expenses from care received at a civilian facility.

Civilian providers overseas will require you to pay at the time of service and file your own claim for reimbursement. If care is received in the United States and within the TRICARE network, the provider will file the claim for you. All care received in a Military Treatment Facility (MTF) does not require a claim as there is no out-of-pocket expense to the TRICARE beneficiary.

In most cases, beneficiaries use the DD Form 2642 to submit a claim. If you're hurt in an accident and someone else is responsible, be sure to complete a DD Form 2527 and submit it along with the DD 2642. A completed claims form should include the sponsor's social security number, your home address and phone number and any other pertinent information. Always be sure that you sign your claims form, failure to sign could result in a denial of the claim. Remember that if you have Other Health Insurance (OHI), you must file a claim with your OHI before filing with TRICARE. All these forms can be found at your local TRICARE office at U.S. Naval Hospital Guam or 36th Medical Group on Andersen Air Force Base and also online at: <http://www.tricare.mil/claims>.

If you are enrolled in TRICARE Overseas Program (TOP) Prime, mail your claim to:

WPS-Foreign Claims P.O. BOX 7985 Madison, WI 53707-7985

You would also send your claim to this address if you are in TRICARE Standard and received care anywhere in the Pacific area. For beneficiaries enrolled in other TRICARE regions please visit <http://www.tricare.mil> and follow the steps to find the address to your region.

Submitting a claim as soon as possible will assure reimbursement in a timely manner. It is best if you do not bundle claims, but rather submit each claim separately. Always remember that claims must be filed within one year of the date of service or discharge to be considered for reimbursement.

Beneficiaries enrolled the TRICARE Pacific region or using TRICARE Standard can check the status of their claims online at: <http://www.tricare4u.com>. By registering online you can check your claim status, eligibility, maximum out of pocket expenses, deductibles, OHI, and your Explanation of Benefits (EOB).

If you have any questions or claims issues, visit the TRICARE Service Center staff or your local Health Benefits Advisor (HBA). For more information, call 344-9777 for TRICARE at U.S. Naval Hospital Guam or 366-6547 for 36th Medical Group on Andersen Air Force Base.

Combating obesity may be a matter of routine

By Luis Martinez

U.S. Naval Hospital Guam
Health and Promotional Wellness Division

If we listen carefully to the discussions and debates over the cause of our country's recent obesity increase, we will hear a real difference of opinion.

In one camp, there are those who believe we are collectively eating more calories than before. It seems most of those involved in the "what's causing our weight gain" discussion have this belief.

Yet, there's a smaller camp whose followers make a very interesting counterargument. They say the cause of our country's weight gain is that we do not collectively exercise as much or as regularly as our parents and grandparents did.

However, it's often difficult for this group to make a convincing argument when the other group points out that more people today are involved in exercise programs and activities than ever before.

So who is right? Well, maybe it depends on how we define our terms.

The senior researcher on weight gain at the Cooper Institute in Texas, one of the country's most accomplished centers on exercise research, offers a fascinating solution to this question. He says that if we substitute the concept of exercise (a planned/organized set of physical activities done with a specific health goal in mind) with the concept of daily movement (all of the physical things we do every day, that is, walking, manual tasks, plus formal exercise as defined above), we find an answer.

He conducted a large study regarding the cause of the nation's obesity increase from 1985 to 2003. He found that although the average number of calories consumed per person during that time was greater than those being consumed prior to 1985, the additional calories were not enough to account for the majority of the weight increase

which occurred.

Instead, he found during that time, as compared to earlier years, people decreased how often they: walked to the TV to change the channel (used remote instead); used the stairs (used elevator instead); parked/walked from the end of a store's parking lot (stayed in their cars, waiting for someone to pull out of a space close to the entrance instead); walked to a nearby friend's house (drove instead); did something manually (used a computer instead); among other daily duties.

In other words, he discovered that as a nation we collectively have been doing fewer and fewer ordinary daily physical tasks than our parents and their parents did.

Many of us might think: this does not pertain to me, as I work out regularly. Well, let's examine this by analyzing the amount of movement we do in an average day or week — movement being defined as both formal exercise and

regular daily physical activity.

If our regular day is fairly non-physical, as so many desk and related types of jobs are, whereby our exercise is limited to just the average two to three times/week 30-minute sessions, we might not be moving enough during an average week to burn off the calories we've eaten during that time. For those of us whose exercise routine is less or non-existent, the concept of not moving enough to burn off calories eaten becomes even more likely.

Controlling calorie consumption is of course very important. The research of the Cooper institute definitely confirms this. But the implications of their research about our decreased daily movement has profound implications in the age of Wii-fit, e-mailing co-workers instead of walking down the hall to talk with them, and kids playing on computers for hours instead of running and playing outside.

Consider this: In the "old days"

the idea of walking a half to three quarters of a mile to visit a friend or go to a store was no big thing for most people. Did that thought bother you? It takes only 10 to 15 minutes for most of us to do that walk.

We know what it takes to keep weight under control. It involves consuming an amount of calories which does not exceed the ones we burn off. We may need to pay more attention to the burning off part of the equation. A lot of that burning off can come from daily physical activity such as doing more of the ordinary kinds of physical activities Mom and Dad or Grandma and Grandpa used to do regularly.

Maybe, then, becoming comfortable with that empty space at the far end of the parking lot will help balance out the calories burned side of the equation.

Keep TRICARE dental part of retirement plans

By Shannon Gentry

TRICARE Pacific Marketing

Retirement may be just around the corner or still a few years away. Being prepared is the best way to ensure that your transition is a smooth one; and dental coverage is no exception to your preparations.

The TRICARE Retiree Dental Program (TRDP) is a combined fee-for-service/preferred provider plan administered by Delta Dental of California. You have the option of getting care from either a participating network dentist or a non-network dentist. You can save money, however, by getting care from network dentists.

Comprehensive coverage for dental services includes diagnostic services, preventative services, basic restorative services, endodontic services, periodontic services, and oral surgery services. Additional services, such as cast crowns, bridges, full and partial dentures and orthodontics will be available after the initial 12-month enrollment waiting period. For newly retiring personnel who enroll into the TRDP within 120 days after retirement, the initial 12-month waiting period for additional services will be waived. To take advantage of this opportunity, be sure to submit a copy of your retirement orders with the enrollment form and prepayment.

Monthly premiums vary by region and the number of family members you plan to enroll. Available plans include single, two-person, and family, which covers three or more people.

Initial enrollment requires a two-

month premium prepayment to ensure that your benefits can be received on the day your coverage becomes effective. Additionally, this allows sufficient time for an allotment to be established for monthly deduction of premiums from your retired pay. Any unused portion of the initial prepayment will be refunded to you. To find out the current premium rate for the region that you will be residing in after retirement, visit www.trdp.org or call Customer Service at (888) 838-8737. You will need the zip code of the location in which you will be residing to obtain the premium for that region.

There are three ways to enroll in the TRDP:

- Enroll online at www.trdp.org. Be sure to have your Visa or MasterCard available.

- Call Customer Service Toll-Free at 1 (888) 838-8737 between 6 a.m. and 6 p.m. Pacific Time Monday-Friday and enroll with your Visa or MasterCard.

- Return signed and completed enrollment application and premium prepayment to: Delta Dental of California, Federal Services P.O. Box 537008 Sacramento, CA 95853-7008

Once your enrollment is received and processed, you will receive your membership identification card and benefit booklet. Your coverage will begin on the first of the month following your enrollment.

For more information, log onto www.trdp.org or call 1-888-838-8737.

Pacific Director visits DoDEA Guam schools

By Oyaol Ngirairikl

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Diana Ohman, Department of Defense Education Activity (DoDEA) Pacific director, visited Guam district schools Jan. 25-26.

The visit was her first since taking the helm of DoDEA Pacific in July 2009. DoDEA Pacific has 47 schools throughout Guam, Japan and South Korea, among other countries in the region. As director, her primary function is to interface

between DoDEA and military commanders as well as oversee contracts, military construction projects, and the DoDEA Pacific budget.

"I believe that part of my job is to come out and get my hands dirty, get my feet on the ground in the schools, so I can understand what goes on, what their issues are, what they're happy about and what I can do to help them," she said.

While on Guam, Ohman visited classrooms and talked to students, teachers and administrators.

"There are some great schools on this island," she said during her tour of Andersen Elementary School. "I have seen some wonderful teaching going on... Are there some things we can improve, are there things we can do differently? Yes."

Ohman said her goal for Guam and all other schools in DoDEA Pacific is to excel at every standard. The system-wide goals focus on student achievement, efficiency, professional workforce, and partnership.

DoDEA Pacific is one of three areas where Department of Defense has schools for the children of service members and civilians; the other two areas include schools in Europe and the continental U.S.

"I want DoDEA Pacific to be at the top of the three areas," she said.

Previously, Ohman served as director of Department of Defense Dependents School-Europe for 10 years with oversight of a \$750 million budget and 81 schools organized into five districts serving nearly 35,000 students.



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



Above: Diana Ohman, right, Department of Defense Education Activity (DoDEA) Pacific director, applauds a student's effort during a classroom visit at Andersen Elementary School Jan. 26. (U.S. Navy photos by Oyaol Ngirairikl)



Left: Diana Ohman, Department of Defense Education Activity (DoDEA) Pacific director, talks to art students about their projects during a classroom visit at Andersen Elementary School Jan. 26.

Navy College Office

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

Education Center, Andersen Air Force Base

- Can you use \$6,000 toward schooling or certification? The Military Spouse Career Advancement Account is an opportunity to finance your way through school. For more information, visit <https://aiportal.acc.af.mil/mycaa/default.aspx>

- Financial Aid and Veterans Affairs will be on Guam Feb. 8-12. To make an appointment, call 366-7132/1425.

DoDEA

DoDEA Guam School Board meeting, Feb. 9 at Andersen Elementary School. Parents are 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. You need not be a Parent-Teacher Organization (PTO) member to volunteer at McCool. To volunteer e-mail McCoolPTO@yahoo.com; stop by the PTO office (Rm. A121) between 8:15-10:15 a.m., Monday-Friday; or stop by the library.

Guam High School

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

DoDEA Phone Numbers:

Andersen Elementary School: 366-1511

Andersen Middle School: 366-3880/5793

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

Youth learn healthy life skills at MWR's 4-H Day

By Oyaol Ngirairikl

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Nearly 100 participants from Navy Morale, Welfare and Recreation (MWR) teen center, youth center and school age care program attended 4-H Skillathon Day at U.S. Naval Base Guam Jan. 29.

4-H, which stands for Head, Heart, Hands and Health, is a national youth development program that aims to help students become successful adults through programs and events that foster life skills. The event was sponsored by MWR, which was chartered with 4-H Sept. 25, 2009. MWR then created a 4-H Club open to youth ages 5-18 and who are currently enrolled in the youth programs.

"The affiliation, required by Commander, Navy Installations Command, helps us ensure that we're providing curriculum and activities that support healthy youth," said Mae Lizama, director of the MWR Child and Youth Programs. "Through the affiliation, our teachers get training that help them teach gardening, cooking and other skills that they can then come back and teach our kids during weekly 4-H Club activities."

At the Skillathon, organizers cre-



Art Lesson: A 4-H Skillathon Day participant gets some help from a Navy Morale, Welfare and Recreation (MWR) caregiver at an arts-and-crafts table Jan. 29. MWR, which is affiliated with the national youth development program, held 4-H Skillathon Day at the youth center on U.S. Naval Base Guam to promote healthy habits amongst the youth. (U.S. Navy photo by Oyaol Ngirairikl)

ated various stations at the youth center so participants could roam from an area teaching gardening to an arts-and-crafts table. Participants learned how to plant lima beans and other vegetables that would be part of the youth center's new garden.

Participants learned how to cook a burrito, an example of a healthy

snack that is also easy to make, while others learned different techniques they can use to draw pictures that evoke a range of emotions.

At the art station, Kyla Jensen Holdren, a 4-H Club member, brushed a damp napkin.

"I'm trying to make it look smoky and a little windy," she said.

Iman Warren, another 4-H Club member, said her favorite station was the arts and crafts but she really enjoyed the other stations as well.

"I got to plant seeds and hopefully I'll get to see them grow," Warren said. "I think that would be so cool."

Warren said she hopes to get an opportunity to eat some of the products of her hard work.

"We tried to provide activities where the kids could have fun because I think that's when they are able to really learn, it's when they are engaged and just really into whatever it is they're learning, and I think we succeeded," said Therese Meno, an MWR 4-H Club advisor.

Fellow coordinator Michelle Taitague said 4-H at MWR aims to prepare youth physically through exercise and nutrition classes, support mental development with tutoring and life skills classes, and emotional health through activities.

"The goal is to help our youth so they can have healthy and productive habits that will stay with them as they grow up into adults," Taitague said. "Hopefully, those skills will help them live healthy lives, and in turn equip them so they can teach those same skills to the next generation, whether as parents, teachers, coaches, or mentors."

McCool begins campaign to remain bully free

By Oyaol Ngirairikl

Joint Region Edge Staff
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Commander William C. McCool Elementary/Middle School kicked off an anti-bully campaign during an assembly Jan. 26.

"We want to work as a community to create a bully-free environment so students can feel safe and welcome when they come to our school," said Gail Reichenberger, a school counselor and event coordinator.

The assembly featured guest speakers Guam Attorney General Alicia Limtiaco, U.S. Attorney Leonard Rapadas, and Guam Supreme Court Justice Robert Torres, who spoke to students about bullying and what to do if they know someone being bullied.

"By having the entire community come together, the kids will also understand that this is not something that happens just at school but throughout the community," said Emilyn Veltri, a school counselor. "They'll see this is an issue everyone is concerned about and that it's everyone's job to try to stop this kind of behavior."

Torres said sometimes what children and even adults may consider teasing may be a form of bullying.

"You don't have to hit for it to be considered bullying," he said. "It can be teasing, gossiping and spreading rumors."

Bullying

Bullying happens when someone hurts or scares another person on purpose and the person being bullied has a hard time defending himself or herself. Usually, bullying happens over and over. It includes:

- Punching, shoving and other acts that hurt people physically
- Spreading bad rumors about people
- Keeping certain people out of a group
- Teasing people in a mean way
- Getting certain people to "gang up" on others

Bullying also can happen online or electronically.

Cyberbullying is when people bully others using the Internet, mobile phones or other cybertechnology. This can include:

- Sending mean text, e-mail, or instant messages
- Posting inappropriate pictures or messages about others in blogs or on Web sites
- Using someone else's user name to spread rumors or lies about someone

Students are strongly encouraged to speak to an adult, such as a parent, teacher, or school counselor, if you see someone being bullied.

Source: U.S. Department of Health and Human Services

In addition to bullying in schools or in the neighborhood, Rapadas talked to students about cyberbullying, which is getting bullied online.

"Younger and younger kids are getting more access to the Internet through computers at home, smart phones, game consoles and even the small handheld games," Rapadas said. "They're able to get online and interact with other kids who tease and make fun of them."

As part of the campaign, teachers will be trained on how to identify the early signs of bullying, while parents

will receive education materials about bullying at schools and online. In addition, students will sign pledges to treat others with respect and to understand how their words and actions can negatively impact others.

Bully Pulpit: U.S. Attorney Leonard Rapadas talks to Commander William C. McCool Elementary/Middle School students about bullying and what to do if they know someone being bullied Jan. 26. (U.S. Navy photo by Oyaol Ngirairikl)



Pledge of Respect: Commander William C. McCool Elementary/Middle School students sign their names on a school-wide pledge to treat others with respect Jan. 26.

Community invited to Lunar Calendar Festival

By Oyaol Ngirairikl

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

Guam Fishermen's Cooperative Association is hosting the 2nd Annual Gupot Fanha'aniyan Pulan Chamoru or Chamoru Lunar Calendar Festival Feb. 13.

Some historians believe ancient Chamorros, the native people of Guam, farmed and fished by the phases of the moon. Just like with the Chinese, the Chamorro lunar New Year begins on Feb. 14 this year.

The festival is free and open to the public. It will kick off 9 a.m. at Guam Fishermen's Cooperative at

Hagåtña Boat Basin, which is next to Chamorro Village.

"This is an event that we're encouraging island residents to attend because it's a way of perpetuating the culture – we're passing knowledge on to the next generation but also to others who are interested in learning more about the Chamorro culture and the Chamorro people," said John Calvo, chairman of the event. "There's going to be a lot going on and I think people will really find it educational and really fun."

Activities planned include a showcase of local artisans and crafts with a variety of exhibits from cultural agencies, Guampedia, and

What: 2nd Annual Gupot Fanha'aniyan Pulan Chamoru (Chamoru Lunar Calendar Festival)

Where: Guam Fishermen's Cooperative at Hagåtña Boat Basin (next to Chamorro Village)

When: 9 a.m.-10 p.m., Feb. 13

Guam Community College culinary arts students.

A major highlight of the festival will be a demonstration of "chahan," a method of cooking food in a pit. Calvo said practitioners of the

method will provide festivalgoers with a tasty demonstration of the techniques used by Chamorros centuries ago to prepare their meals.

Also included in the day's festivities is the distribution of a comprehensive Marianas Archipelago Lunar Calendar.

Calvo said the Western Pacific Fishery Management Council formed a committee in 2008 to recreate a lunar calendar based on the knowledge and practices of modern-day fishermen and farmers throughout Micronesia. The committee also tapped the expertise of Manny Sikau, a traditional seafaring navigator originally from

Polowat, one of the outer islands of Chuuk – a state of the Federated States of Micronesia – where many ancient Micronesian traditions are still observed in daily life.

"The council approved the calendar in 2009 and we'll be passing those out, but we'll also have experts there to talk about the calendar and how it correlates with different aspects of the culture, such as fishing," he said. "I think many people will find the lunar calendar to be very interesting."

The festival is also sponsored by the Farmer's Cooperative Association of Guam, Guam Mayors' Council and the Western Pacific Regional Pacific Council.



Chahan: Participants cooked a variety of seafood at last year's Gupot Fanha'aniyan Pulan Chamoru or Chamoru Lunar Calendar Festival held Jan. 24, 2009. In this photo, participants used a method of cooking foods in a pit called "chahan" in Chamorro. Guam Fishermen's Cooperative Association is hosting this year's event Feb. 13. The free event will feature cultural activities and will take place at Guam Fishermen's Cooperative at Hagåtña Boat Basin, which is adjacent to Chamorro Village. (Photo contributed by John Calvo)



Cultural Dancers: Guma Palu Lie dancers performed at last year's Gupot Fanha'aniyan Pulan Chamoru or Chamoru Lunar Calendar Festival held Jan. 24, 2009. Guam Fishermen's Cooperative Association is hosting this year's event Feb. 13. The free event will feature cultural activities and will take place at Guam Fishermen's Cooperative at Hagåtña Boat Basin, which is adjacent to Chamorro Village. (Photo contributed by John Calvo)

FREE

❖ **Healthy Hearts 5K.** 5:30 p.m., Feb. 5 show time at Ebbett Field on U.S. Naval Base Guam. No registration fee, but shirts will be sold for \$5. Register at Charles King Gym or at race site on race day. For more information, call 339-1301.

❖ **Demo Days at Palm Tree Golf Course.** Learn techniques to improve your game and try all the latest and greatest in golf equipment from 10 a.m.-3 p.m., Feb. 6. For more information, call 366-4655.

❖ **Golf Clinic.** Stop by Admiral Nimitz Golf Course 9-10 a.m., Saturdays and Sundays to learn the basic fundamentals of the game of golf. No registration required. For more information, call 344-5838.

❖ **Family Fun at Bamboo Willies.** Kids Karaoke from 5:30-7:30 p.m. Feb. 5. For more information, call 366-6166.

❖ **Paintball Games.** 2-5 p.m., Sundays. Newcomers and expe-

rience players welcome. For more information, call 646-9122 or 637-5875.

UNDER \$10

❖ **Hike Dante River** (very difficult). Show at Rec N' Crew at 8:15 a.m., Feb. 6. Cost is \$5 per person. Sign up deadline is Feb. 5. For more information, call 564-1826.

❖ **Kayak Merizo Pier to Cocos Island & Back** (difficult), Feb. 7. Cost is \$5 per person. Show at Rec N' Crew at 8:15 a.m. Sign up deadline is Feb. 5. For more information, call 564-1826.

\$10 AND OVER

❖ **Parent/Child Tournament.** At Gecko Lanes beginning at 1 p.m., Feb. 7. Entry fee is only \$12 per team. For more information, call 366-5085.

❖ **WWII Cultural Tour.** Andersen Outdoor Recreation takes you on a tour Feb. 6. Show at 7:45 a.m., cost is \$15 per person/\$12 per member. For more information, call 366-5197.

❖ **Reggae in the Park.** Featuring Gregory Isaacs and King Yellowman is Feb. 6 at Yigo Amusement Park. Gates open at 3 p.m. Tickets are \$23 for general admission. For more information, call 564-1851.

❖ **The Art of Card Making.** Andersen Arts & Crafts Center, 10-11:30 a.m., Feb. 6. Cost is \$10 and includes instructions & materials. For more information, call 366-4248.

❖ **Valentine Origami.** At Andersen Arts & Crafts Center Feb. 6, 12:30-2 p.m. Cost of \$10 includes instructions and materials. For more information, call 366-4248.

❖ **Sunday Brunch at Top O' the Mar,** 10:30 a.m.-1:30 p.m. Cost is \$20.95 for adults and \$11.95 for children ages 5-11. For more information, call 472-4606/7.

On a Budget



MEEHAN THEATER

FRIDAY, FEB. 5

7 p.m.: Sherlock Holmes • PG-13

SATURDAY, FEB. 6

2 p.m.: Sherlock Holmes • PG-13

7 p.m.: Did Your Hear about the Morgans • PG-13

SUNDAY, FEB. 7

7 p.m.: Precious • R

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, FEB. 5

7 p.m.: Alvin and the Chipmunks • PG

9:30 p.m.: It's Complicated • R

SATURDAY, FEB. 6

1 p.m.: The Princess and the Frog • PG

3:30 p.m.: Did You Hear about the Morgans? • PG-13

7 p.m.: Ninja Assassin • R

SUNDAY, FEB. 7

1 p.m.: Alvin and the Chipmunks • PG

3:30 p.m.: Avatar • PG-13

7 p.m.: Invictus • PG-13

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)



HOURS OF OPERATION:
Bar Hours
Fri/Sat: 2 p.m. to 11 p.m.
Sun: 2 p.m. to 8 p.m.
Food service starts at 5 p.m.

Phone: (671) 653-9814
Located at Tarague Beach



www.36thservices.com

20 Paying off debts of gratitude and forgiveness

February 4, 2010
Joint Region Edge - Community

By Maj. Andrew G. McIntosh
36th Wing, Andersen Air Force Base

It's fun to spend money over the holidays. We all enjoy the giving and receiving of gifts, but eventually we must lay down in the bed we made when it comes to our finances, that blissful spending must now be paid off.

Many people fear this time of year as they receive credit card bills and other unpaid balances and have to find a way to pay it off.

As one person put it - "Getting into debt is like sliding down an icy slope, getting out of debt is like trying to climb back up that same slope."

We have all heard the mantra of how to get out of debt: "spend less than you bring in, pay more than your minimum payment and stay on track." By following these simple rules, you should get out of debt

just in time to get back into debt with the buying of gifts for next Christmas.

When we think of debts, we most often think of the financial debts that we often face this time of year, but I invite you to consider what other debts we may owe and how we go about paying those off.

There are debts of gratitude that we owe people in our lives.

When it comes to our parents, we often take them for granted, we have an entitlement mentality that leads us to make demands of them and treat their loving care of us as something they are legally and morally bound to do rather than appreciating it as an expression of

their love for us.

A debt of gratitude is established when we have failed to thank the people in our lives who have done so much for us. I know I have come to appreciate more what my parents did for me now that I have two children of my own.

I try to teach my children to not take people or the things they do for them for granted. Is there someone in your life who you could say a well deserved "thank you" to for what they have done for you? A debt of gratitude is easy to pay off and brings the reward of long lasting, healthy relationships.

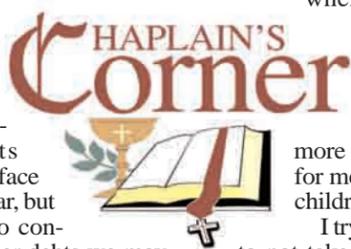
Another debt that often carries a heavy burden is the debt of forgiveness. Many people choose to live with un-forgiveness in their heart towards other people.

What is so sad is that un-forgiveness is like a poison we drink wishing others would die. In other words, we think by not forgiving someone, then that someone will suffer, but in the end we find that we are the ones who are suffering.

I often remind myself of the biblical passage of Romans 12:18 - "Insofar as it depends upon you, live at peace with all people." This tells me that I owe it to others to do all I can to be at peace with them, whether I was the one at fault or not!

It may be hard to take that first step in asking for or granting forgiveness but it is a step that must be taken for our own well-being.

So as you go about paying off those financial debts, consider also what debts of gratitude or forgiveness you may also owe, so you may know the peace that comes from truly being debt free.



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

Still Moments



Oath of Office: Cmdr. Robert DeBuse, right, commanding officer of Explosive Ordnance Disposal Mobile Unit (EODMU) 5, administers the oath of office to Ensign Ryan Brown, of EODMU 5, during a commissioning ceremony on U.S. Naval Base Guam Feb. 1. Brown, previously a yeoman, joined the naval officer community after more than 12 years of enlisted service. Brown also received his second Navy and Marine Corps Commendation Medal during the ceremony. (U.S. Navy photo by Oyaol Ngrairikl)



Promotion: Brig. Gen. Philip Ruhlman, left, 36th Wing commander, presents one of Andersen's newest staff sergeants, Staff Sgt. Jamie Kajiwara, center, of the 734th Air Mobility Squadron, with a promotion certificate during the 36th Wing promotion ceremony Jan. 29. Ruhlman and Chief Master Sgt. Allen Mullinex, right, 36th Wing command chief, congratulated Kajiwara along with other Airmen during the monthly ceremony. (U.S. Air Force photo by Airman 1st Class Jeffrey Schultze)



Compass Graduates: Capt. Scott Galbreath, commanding officer of U.S. Naval Base Guam, and Tzipora Steele, Compass program director, stand with nine new graduates of the Compass program Jan. 28 at the Visiting Officers' Quarters on Nimitz Hill. Back row, from left, Galbreath, Christine Duplissey, Marilee Bunch, Momoko Hill, Sarah Foust and Jade Murphy, all graduates. Front row, from left, Steele, Brooke Aljilani, Britney Christensen, Lanita Copeland, Jennifer Eberlein, all graduates; Laura Riftenberry, Compass mentor; Lisa Petty, Compass mentor; and Rachel Taranto, Food Angel coordinator. Compass is a team-mentoring program developed to help Navy spouses adjust to Navy life. Class subjects focus on need-to-know topics such as the Navy mission, history, organization, customs and traditions, rights and benefits, deployment, pay, moving, interpersonal communication, and investing in self and community. (U.S. Navy photo by Ray Torres)

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 jointregionedge@fe.navy.mil.

Admiral's Cup (AC) Golf Tournament

Sign up today. The tournament is Feb. 26 at Admiral Nimitz Golf Course with a show time of noon. Cost is \$20 per person (Includes round of golf and cart). Register at Charles King Gym by Feb. 23. For more information, call 564-1861.

Racquetball Singles Tournament

The deadline to register your team is March 1. The tournament will be held March 5-6. For more information, call 564-1861.

Racquetball Doubles Tournament

The registration deadline is March 8. The event date is March 12-13. For more information, call 564-1861.

Command Fitness Leader Certification Course

The course will be held March 8-12 at Camp Covington. All command fitness leaders and assistants are encouraged to attend. For more information, contact Stacey Neill at 339-1302.

Kid's Run

MWR will sponsor a Kid's 1.5K and 5K Run at Ebbett Field Feb. 20 with a show time of 6 a.m. The run will start at 6:30 a.m.

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.

Valentine's Day 5K Run/Walk

Andersen's Coral Reef Fitness Center will have a Valentine's Day 5K Run/Walk Feb. 15 starting at Tarague Beach. Show time is 6:30 a.m. with the run/walk starting at 7 a.m. Trophies will be awarded. For more information, call 366-6100.

President's Day Volleyball Tournament

Andersen's Coral Reef Fitness Center will host a President's Day Volleyball Tournament for two-person teams Feb. 13-14 at Tarague Beach. This will be a single elimination tournament, with trophies being awarded to the top two teams. For more information, call 366-6100.

Softball Tournament

Coral Reef Fitness Center will host their annual President's Day Softball Tournament Feb. 15-20 at Andersen Air Force Base softball field. Get your team together and register soon. For more information, call 366-6100.

Tennis Lessons

Seth Haynie is the new Coral Reef Center certified instructor offering sessions for various age groups and skill levels. Private and group lessons are also available. Stop by the fitness center front counter to find out the scheduled times and days for your age group and skill level. Session fees vary according to age group and skill level session you attend. For more information, call 488-1690.

Parent Exercise Room

A Parent Exercise Room is located in Bldg. 25005 in the Plaza Arcade area. The entrance is located on the back side of the building to the rear of the HotSpot. This is a great place for parents to work out and at the same time be able to keep a watchful eye on the young ones. Hours of operation are: Monday-Friday, 8 a.m.-8 p.m.; Saturday from 10 a.m.-4 p.m.; and Sundays and holidays from noon-4 p.m. For more information, call 366-6100.

Exercise Instructors Needed

The Coral Reef Fitness Center is looking for certified group exercise instructors (aerobics, spin, yoga, etc) and certified personal trainers. If you are interested or have any questions, contact Tech Sgt. Max Pontenila at 366-6100.

Learn self-defense, get fit with aikido

By Mass Communication Specialist 2nd Class (SW) Corwin Colbert

Joint Region Edge Staff
corwin.colbert@fe.navy.mil

Navy Morale, Welfare and Recreation is offering aikido classes at Charles King Gym on U.S. Naval Base Guam to all authorized patrons.

Classes are Monday 6:15p.m.-7:15p.m., Wednesday 3:30p.m.-4:30p.m., and Saturday 9:30a.m.-10:30a.m.

Aikido is a Japanese art of self-defense employing locks and holds and utilizing the principle of nonresistance to cause an opponent's own momentum to work against him.

Not a martial art form as violent and graphic as Hollywood would want people to believe, aikido is more for self-defense, fitness and discipline, said Joe Perez, an instructor.

"This is a non-violent martial art form, and strictly self-defense," Perez said. "We teach discipline, relaxation and alertness. To protect yourself from an opponent or assailant, you must be relaxed and focused."

Perez, a black belt in aikido, is one of two instructors

teaching aikido to service members and their families. Their students are mixed gender and ages range from 4 to adult.

"We would like more people to attend classes," Perez said. "I love aikido. It's a great way to stay in shape, increase your energy level and build strength."

Perez said aikido is great for women who want to learn self-defense.

"My teacher is an older five-foot female, and she is fantastic with tons of energy and concentration. She is also the only female seventh degree black belt in the world in aikido," Perez said. "In comparison, Steven Seagal is a seventh degree black belt, as well."

There is no set stereotype about what person is right for aikido. Perez emphasized that aikido is great for any person, big or small.

"I have been tossed around by people one-third my size," he said.

The cost is \$30 for the uniform and \$60 per month. There are eight classes per month and two classes per week. Open registration is at Charles King Gym. For more information, call 564-1856.



Aikido: Joseph Perez, an aikido instructor, teaches a student to take down an assailant during her aikido session at Charles King Gym on U.S. Naval Base Guam Jan. 23. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

Super Bowl preview: Our predictions

By Senior Airman Shane Dunaway

36th Wing Public Affairs
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By Mass Communication Specialist 2nd Class (SW) Corwin Colbert

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Editor's Note: As the Indianapolis Colts and the New Orleans Saints get set to square off in Super Bowl XLIV Feb. 8 (on Guam), two of our reporters weigh in on the team they think will win. All statistics attributed to www.nfl.com.

Air Force - Senior Airman Shane Dunaway

Colts 34- Saints 14.

Sportswriters nationwide used to say Indianapolis Colts quarterback Peyton Manning couldn't win the big games. Three years ago, he silenced the critics with an MVP performance in Super Bowl XLI, defeating the Chicago Bears, 29-17.

Fast forward to 2010 and Manning, a four-time NFL MVP winner, is prepared to do it again versus the New Orleans Saints in Super Bowl XLIV. Manning's Colts have become the model of consistency in the NFL, finishing the regular season with 12 or

more wins for the seventh straight season. Factor in Manning's postseason experience — the Colts have been in the playoffs every year since 2002 — and it's easy to see why the Saints will be outmatched on Super Bowl Sunday.

My Navy counterpart insists the Saints' pass rush will be introducing Manning to the ground in Sun Life Stadium early and often, but the reality is the Colts unheralded offensive line surrendered only 13 sacks in 16 regular season games. The Colts line will give Manning more than enough time to do what he does best — be surgically accurate with his passes.

Though both teams are suspect in run defense, the Colts pass defense, ranked 14th in the NFL, far surpasses the Saints, ranked 26th in the league. In two playoff games, Manning dissected two of the league's best defenses against the Baltimore Ravens and New York Jets so don't expect Saints free safety Darren Sharper to rally the troops and save the day.

Will the real Reggie Bush please stand up? He only had seven carries for eight yards against the Minnesota Vikings after a dominant performance — five carries for 84 yards with one rushing touchdown (TD) and an 83-yard punt return TD — against the Arizona Cardinals. I'd bet

on the former, as Bush continues his Eric Metcalf-esque career of being a mediocre running back and stellar special teamer. One 100-yard rushing game in his four-year career means no breakout game for Bush.

I predict the Colts to jump to a two-score lead early in the first half and put the game squarely on the shoulders of Saints quarterback Drew Brees, effectively eliminating the Saints ground game from the equation.

A quick launch out of the gate for the Colts will put immense pressure on Saints left tackle Jermon Bushrod, filling in for injured Pro Bowl left tackle Jammal Brown. Bushrod will get a heavy dose of Dwight Freeney while protecting Brees' blind side.

There will be no second-half resurgence. The Saints overall inexperience in big games will be their downfall as the Colts take home their second Lombardi trophy in four seasons.

Navy - Mass Communication Specialist 2nd Class (SW) Corwin Colbert

Saints 35 - Colts 31.

Since my counterpart believes or hopes the Colts are going to win, I am going to play the devil's advocate.

There will not be many

field goals in this game. Throw the stat book out the window, because this will not be a Super Bowl one is used to. This is the first time in 17 years the No. 1 AFC seed team will play the number No. 1 NFC seed team.

With a high explosive offense, the Saints are going to take the championship for the first time ever. But I am going to bet that it's the running game that's going to get the job done.

Reggie Bush decided he wanted to join the NFL during this year's playoffs, showing glimpses of his old University of Southern California self — at least on the receiving side. Between Bush and Pierre Thomas, I am predicting the Saints' running game to take over late in the second half to seal the deal.

Manning is the man but that Saints' secondary is going to lock down his receivers in the second half after getting torched in the first. This is not new to the Saints, letting offenses score in chunks in the first half and shutting them out in the second. The Saints pass defense will get a few sacks — something the Jets did once. Figuring the Jets scored 17 points with that overrated rookie at the helm; I am looking for Brees to have an easy day.