

JOINT REGION EDGE

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Aircraft arrive for Cope North

By Senior Airman
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Twenty-one aircraft from more than a half-dozen military units throughout the Pacific region arrived here for Cope North 10-1, a two-week annual bilateral exercise between U.S. forces and the Japan Air Self Defense Force that began Feb. 7.

This is the 11th time Cope North has been held here. The U.S. and Japan have been conducting Cope North exercises since 1978.

The near two-dozen strong aerial ensemble will be working with two B-52 Stratofortresses, currently deployed here supporting the Continuous Bomber presence mission.

“Conducting joint bilateral flying operations allows us to practice all facets of mission planning and execution,” said Maj. Marcelo Morales, a member of the Cope



Getting Ready: Japanese maintenance crew of the 8th Combat Wing, 6th TF Squadron, Tsuiki AB, Japan, prepare their F2 for ammunitions during Cope North on Andersen Air Force Base, Guam on Feb. 9, 2010. (U.S. Air Force photo by Staff Sgt. Andy M. Kin)

North 10-1 staff. “We are able to train to each service’s strength and to discover and overcome any shortfalls. Our maintainers, operators, and support personnel are able to interact face-to-face so that we can enhance our interoperability and learn from our bi-lateral partners.”

Cope North is designed to strengthen military relationships between the two countries as well as enhance U.S. and Japanese air operations in defense of Japan.

“Exercises such as Cope North demonstrate our firm resolve to the U.S. - Japan alliance and send an unequivocal message that both nations are committed to continued peace and stability in the region,” Maj. Morales said.

Photo Pages

To see more photos of Cope North exercises, go to pages 12-13.

NCTS Guam helps train Special Olympics athletes



By Jesse Leon Guerrero

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Sailors from U.S. Naval Computer and Telecommunications Station (NCTS) Guam helped coach Special Olympics athletes from a Guam Department of Education school in Dededo Feb. 5.

The Sailors volunteered their time to prepare Astumbo Elementary School students

Just Getting Warmed Up: Cryptologic Technician Maintenance 2nd Class Anthony Blevins, of U.S. Naval Computer and Telecommunications Station (NCTS) Guam, teaches students from Astumbo Elementary School how to stretch before exercising Feb. 5. Blevins and other NCTS Guam volunteers are coaching the school’s special education students to compete in Special Olympics Guam’s annual track and field competition in March. (U.S. Navy photo by Jesse Leon Guerrero)

for the annual Special Olympics Guam track and field competition in March.

“I just like kids, and seeing their eyes light up when they run and when they compete is pretty cool,” said Cryptologic Technician Maintenance 2nd Class Anthony Blevins, of NCTS Guam.

Blevins and fellow Sailors spent an hour before school ended at the school’s outdoor field, working on the students’ techniques for throwing softballs, long jump, dashing to finish lines and improving their overall coordination and endurance.

Michelle Manalo, Astumbo special education teacher, said the volunteers consistently promote good sportsmanship. Manalo added that the young athletes enjoy interacting with the military.

“Without the Sailors, the kids wouldn’t be able to get good training,” Manalo said. “We’re really thankful for them coming out

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New Chief

An introduction to Command Master Sgt. Allen Mullinex.

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Seattle Seagals

Sailors and Airmen celebrate the Super Bowl with Seagals.

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Top Performer

MA3 Zamora

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NCTS: Project is one of many for the command

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here.”

Information Systems Technician Seaman Daniel Zavala, of NCTS Guam, said he has only been on Guam for seven months, but he has already participated in several volunteer projects. Zavala said he enjoyed working with the kids and looked forward to coaching more often.

“It’s always good to come out and help because we live here,” Zavala said.

Information Systems Technician 3rd Class Javier Sosa, of NCTS Guam, said coaching is just another example of the different ways his command stays close to the local community.

“We like helping out,” Sosa said. “Coming up here is nothing for us because we come up here so often – it’s almost every day. We’re very comfortable here.”

NCTS Guam Sailors have cleaned bus stops, repainted the elementary school, tutored students in math and reading at a nearby middle school, and cleaned kennels at the Guam Animals in Need shelter in Yigo.



Above: Information Systems Technician Seaman Daniel Zavala, left, Information Systems Technician 3rd Class Javier Sosa, center, and Cryptologic Technician Maintenance 2nd Class Anthony Blevins, all from U.S. Naval Computer and Telecommunications Station Guam, show students from Guam Department of Education’s Astumbo Elementary School how to stretch after exercising at the school’s field Feb. 5. (U.S. Navy photo by Jesse Leon Guerrero)

Left: Information Systems Technician 3rd Class Javier Sosa, of U.S. Naval Computer and Telecommunications Station Guam, hands a softball to a student of Astumbo Elementary School Feb. 5. (U.S. Navy photo by Jesse Leon Guerrero)

Airman's mission: 'Fly, Fight, Win'

By Chief Master Sgt. Allen Mullinex

36th Wing Command Chief

The core of what we do as Airmen is to fly, fight and win. It is in our Airman's Creed and our Airman's Manual. It's one of the main reasons why we all enlisted in the Air Force and is why we do what we do every day.

It doesn't matter if we are a heavy equipment operator, aircraft specialist, biomedical technician, security forces specialist, communications specialist, fitness specialist, airfield manager, intelligence officer or pilot.

It also doesn't matter if you are a civilian employee, contractor or

serve in the active duty, guard or reserve; we are all Airmen. If you are a spouse or child of an Airman, you are also proud members of our team. As a team, we all produce the ability to fly, fight, and win. We practice operational readiness so we can continue our legacy of success, accomplishing our wing's mission and



Mullinex

posturing for tomorrow's fight.

Since the beginning of the Air Force, we have been innovators. Developing the best tactics and procedures for every career field through training and lessons learned during conflict. Historically, we have proven that we could fly, fight, and win here at Andersen with B-24s, B-29s and B-52s. We brought peace and stability to this region of the world. Our predecessors trained and innovated to consistently achieve victory. Today we do the same: we train to hone our skills so we can accomplish our wing's mission.

Our mission is to employ: we employ bombers with a continuous bomber presence, tankers with an expeditionary air refueling

squadron, and fighters with a theater security package.

We deploy for Air Expeditionary Force taskings and Contingency Response Group taskings. We integrate runways, ramps, fuels, and munitions so we can fight. We enable U.S. Pacific Command, U.S. Transportation Command, U.S. Strategic Command, U.S. Special Operations Command, and Diego Garcia air and space forces from the most sovereign Air Force Base in the Pacific.

Training to meet our mission enables us to meet today's challenges as well as posture for tomorrow's fight. We practice different scenarios through Operational Readiness Exercises (OREs). Our

Airmen work hard to plan, organize, and execute these exercises so we can learn and improve. It takes every member of our team to give total effort, identify weak points, and innovate solutions so we can be ready.

I am proud of all our Airmen and their families. Their extraordinary efforts and family sacrifices during our OREs will ensure we are ready when needed. This fall we will have an Operational Readiness Inspection (ORI) that will validate all of our hard work and build our credibility, strengthening our deterrence against aggression. So remember, when we train we are all Airmen who together accomplish the mission and are ready to fly, fight, and win.

36th WG/CCC outlines goals, priorities

By Senior Airman Shane Dunaway

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Since he arrived on the scene in January to assume the 36th Wing's highest enlisted position, Command Chief Master Sgt. Allen Mullinex has made his rounds around the wing, meeting and greeting Team Andersen Airmen and gaining insight into the broad mission here.

The mission at Andersen provides an opportunity for him as he settles in his first command chief assignment.

"I'm looking forward to helping Airmen accomplish the mission and

grow to become tomorrow's leaders," Mullinex said.

The Grand Lake, Colo., native has served in the Air Force for 24 years and has seen the evolution and innovation of the force.

"That's what I love about our Air Force," Mullinex said. "If you don't like change, you have to go somewhere else because our Air Force is about innovation and leadership. That's what keeps us at the forefront of being the most powerful Air Force in the world because we learn and grow. Sometimes we make mistakes, but we're always leaning forward to be the best at everything we do."

Mullinex cited accomplishing the mission first, taking care of Airmen

and families, and being good wingmen on and off duty as his three priorities as command chief. Those priorities fall in line with 36th Wing Commander Brig. Gen. Phil Ruhlman's priorities for the wing.

Mullinex honed his leadership skills while in the aerospace ground equipment career field. He attributed his time in AGE as a prime opportunity for him to grow due to the career field's diversity.

"I had the opportunity to lead people at a very young age," Chief Mullinex said. "By the time I was a tech sergeant, I was responsible for 40-plus Airmen. A lot of Airmen in our force don't have that opportunity."

In his first month of duty here, Mullinex acknowledged Team Andersen has made a solid first impression.

"I'm very impressed by our Airmen," Mullinex said. "I think our Airmen are professional and are hard workers."

As the top enlisted leader, Mullinex vowed to help Team Andersen's Airmen keep on track to accomplish the 36th Wing mission - to employ, deploy, integrate and enable air and space forces from the most forward U.S. sovereign Air Force base in the Pacific.

"The Airmen of Team Andersen accomplish the mission," Mullinex said. "I'm here to work for them.

I help by listening to their needs and by being their voice. That's how I help because I can talk to senior leaders about what they need and make sure they get what they need to get the mission done."

While Mullinex plans to do everything within his realm of authority to assist the Airmen of the 36th Wing, he makes the promise with an intended reciprocation of high expectations from Team Andersen.

"In doing that, I'll expect high standards of excellence and integrity because without that, we can't get the mission done," Mullinex said. "If they're doing that, then it makes my job easy."

AFGSC officials assume B-52, B-2 mission

By Air Force Global Strike Command Public Affairs

Air Force Global Strike Command (AFGSC) assumed responsibility for the U.S. Air Force's nuclear-capable bomber force today Feb. 1.

This action completes the step-by-step transfer of all Air Force long-range, nuclear-capable assets to the Air Force's newest major command. The nation's intercontinental ballistic missile force became part of Global Strike Command on Dec. 1, 2009.

The command will gain the 8th Air Force and its three bomb wings, one each at Barksdale Air Force Base (AFB), La.; Whiteman AFB, Mo.; and Minot AFB, N.D. Those organizations control all of the United States' B-52 and B-2 bombers and are transitioning from Air Combat Command as a key component of the Air Force's "Nuclear Roadmap."

"We've worked very closely with Gen. Will Fraser and his ACC team every step of the way," said Lt. Gen. Frank G. Klotz, AFGSC commander. "They have been truly magnificent partners in this endeavor. Even after Feb. 1, we'll still have strong and long-standing ties to ACC as we work closely with them in their special role as lead command for the Combat Air Forces."

The transfer once again places all Air Force assets with a strategic nuclear deterrence and



In Flight: A B-2 Spirit and B-52 Stratofortress fly in formation over Shreveport, La., May 10 during the open house and air show at Barksdale Air Force Base, La. The air show featured modern day bombers, and commemorated the 75th anniversary of the base. (U.S. Air Force photo by Staff Sgt. Samuel Rogers)

global strike mission—missiles and bombers—under one command. According to Klotz, this action will provide for "more focused and effective oversight of this important and enduring mission."

Klotz also noted that the bombers of 8th Air Force "remain critically important to our nation, as well as to our friends and allies around

the world."

The B-52 provides "unique, unmatched stand-off capabilities," and the B-2 has the ability to attack heavily defended targets, the general added. "Both bombers also offer combatant commanders important non-nuclear, or conventional, capabilities as they so convincingly demonstrated in both Operation En-

during Freedom and in Operation Iraqi Freedom."

To mark the transfer of the bomber mission to Global Strike Command, Klotz is scheduled to visit all three bomber bases on Feb. 1. He will be accompanied by the commander of 8th Air Force, Maj. Gen. Floyd Carpenter, and the AFGSC Command Chief, Chief Master Sgt. Jack Johnson Jr.

At each of the bases, the leadership team will conduct a base-wide commander's call to formally welcome the Airmen into the command. They will also meet separately with unit commanders and their first sergeants, civic leaders and local media representatives.

The addition of the bomber units brings Air Force Global Strike Command's force to more than 23,000 people, with about 900 full-time staff expected at the Barksdale headquarters by the end of summer.

Air Force Global Strike Command stood up in August to provide combat-ready forces to conduct nuclear deterrence and global strike operations in support of the president and combatant commanders.

When the command took over the ICBM mission Dec. 1, it gained the 20th Air Force mission, with missile wings at Malmstrom AFB, Mont., F.E. Warren AFB, Wyo., and Minot AFB, N.D. The command also gained the 576th Flight Test Squadron at Vandenberg AFB, Calif., and the 625th Strategic Operations Squadron at Offutt AFB, Neb.

Blue Jacket Sailor drives for success

Mass Communication Specialist 2nd Class (SW) Corwin Colbert

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As Naval Base Guam's 2009 Blue Jacket of the Year and a Navy security petty officer by rate, Master-at-Arms 3rd Class Kylie Zamora is enjoying her temporary assignment as flag driver for Rear Adm. Douglass Biesel, Commander, Joint Region Marianas.

Zamora learned quickly. In just more than a year-and-a-half since enlisting, she already has moved up from standing gate guard to escorting Biesel and distinguished visitors.

"Normally I would be working shifts," Zamora said. "I would stand posts checking IDs or standing by for emergencies and the needs of the base."

Organization is a big part of her job. Time management and attention to detail is essential.

"It's important because my schedule isn't always set in stone," she said. "I am always on the go. When I am in the office, I spend time taking care of the other obligations I have."

Working with officers and high-enlisted service members aren't

the only benefits of being the driver.

"I get to work with other rates and learn different aspects of the Navy," Zamora said.

With everything on her plate, she still has time to work toward personal goals. She is currently enrolled at Coastline Community College to attain an associate's degree in criminal justice.

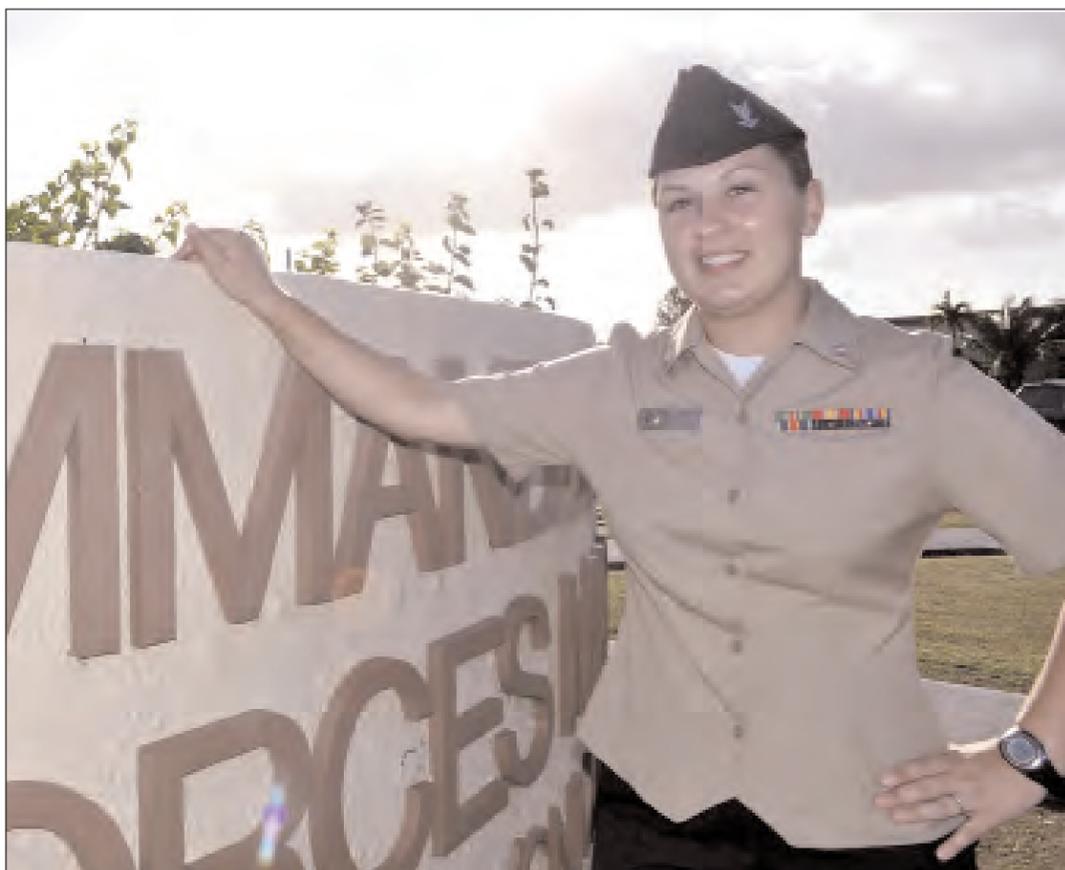
"I enjoy this field," she said. "When I eventually get back to doing (master-at-arms) assignments, I am going to work hard and try to work with military dogs."

This determination is the reason Zamora is the Navy base's 2009 Blue Jacket of the Year. The Blue Jacket award is given to junior enlisted Sailors who perform above and beyond their duties.

"It was one of my goals that I really wanted," she said. "It is another achievement that I am very proud of."

She credits her drive for excellence and motivation to strong support from her family.

"I love being in the Navy and my family is proud of me," she said. "My brother was in the Navy until he was injured. My grandfather was a master-at-arms and fought in the Battle of Midway. I want to follow in both of their footsteps."



Ready for Work: Master-at-Arms 3rd Class Kylie Zamora, flag driver for Rear Adm. Douglass Biesel, Commander, Joint Region Marianas, stands outside Bldg. 3190 Feb. 9. Zamora was recently selected as Naval Base Guam 2009 Blue Jacket of the Year. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

Service members help make Gogo family's dream a reality

By Oyaol Ngirairiki

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With the help of service members, military spouses and other volunteers who donated their time to Habitat for Humanity International on Guam, the Gogo family received keys to their new home at a ribbon-cutting ceremony in Yigo Feb. 6.

Habitat for Humanity International is a nonprofit organization that partners with businesses and individuals to build homes for families around the world. The Gogo home is the 21st home built on Guam by the organization and its local community partners and volunteers.

Guam resident Glenn Gogo said he and his wife have been dreaming of building a home for their family for more than a decade and are grateful for the support they received from Habitat for Humanity, Joint Officers' Spouse Organization (JOSO), and military

and civilian community volunteers to make the family's dream a reality.

"A bunch of really fine people out here have great hearts and helped us make this happen," Gogo said. "It feels great, really great."

Lt. Cmdr. Mike Arnold is the undersea medical officer for Commander, Submarine Squadron (COMSUBRON) 15 and is currently serving as a Habitat for Humanity board member. Arnold said service members donated hundreds of hours of volunteer time over the last year. Among their efforts, military personnel helped clear the Gogo's property, assisted with interior work such as tiling, painted the home's interior and exterior walls and moved furniture into the home.

"Habitat gives you an opportunity to get out there and not as a visitor, but as a member of the community making a difference," he said.

Arnold said participating in community service projects has made him a better Sailor and encouraged other service members to get

involved in the community.

"You really need to get involved with a wide variety of people especially in any kind of leadership position," he said. "You're working with volunteers from everywhere and you're working with families from everywhere."

Shane Intihar, president of Habitat for Humanity International on Guam, said community volunteers are essential to the organization's goal to not just build homes for deserving families, but for building a stronger island community.

JOSO, an organization for active-duty officers' spouses and civilian equivalents from each of the military branches on Guam, donated food to fill the pantry of the new home.

"Our mission is to actually give back to the community in as many ways that we can, to leave a positive footprint on Guam," said Cindy Arnold, JOSO parliamentarian and Habitat for Humanity executive director.

Habitat for Humanity

Habitat for Humanity is a nonprofit housing organization building simple, decent, affordable housing in partnership with people in need. To learn more about Habitat for Humanity visit their Web site at <http://www.habitat.org> or call 647-4667.

Joint Officers' Spouses' Organization

JOSO is a spouses' organization for active-duty officers' spouses and civilian equivalents from the various military branches on Guam. It works for the betterment of Guam through community outreach. To find out how you can get involved, e-mail them at guamjoso@gmail.com or call Cat Harrington at 969-0476.

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366-2228

PACAF stands up Directorate of Information Protection

From Pacific Air Forces Public Affairs

As the cyberspace battlefield broadens, Pacific Air Forces (PACAF) leadership created the Directorate of Information Protection (IP) to effectively protect information across the enterprise.

The structure is mirrored at each wing across the area of responsibility.

The organization goal is to provide an enterprise-wide approach to prevent compromises, loss, unauthorized access, disclosure, destruction,

distortion or non-accessibility of information over the life cycle of information and ensure commanders have effective processes and the right people in place to provide a focused, seamless, functional and supportive environment for protecting information at all levels to conduct effective air, space and cyber-space operations.

Information protection refers to the collective policies, processes and use of risk management and mitigation actions instituted to prevent the compromise, loss or unauthorized access of information over its life

cycle, regardless of physical form or characteristics.

Information protection encompasses multiple disciplines and programs, such as Information security, Personnel Security, Industrial Security, Physical Security, Security Education Training, Classification/Declassification management, Original Classification Authority training, Operation Security, Communication Security, Sensitive Compartmental Information, Special Programs, Technical Communication, Foreign Disclosure, Public Release, and Restricted Data. These processes are

executed through a collaborative established Security Advisor Groups at each installation.

“We want to change the culture of our personnel and make information protection methodologies routine and transparent to our business processes to correctly protect vital information on behalf of our warfighter,” said Johnny Bland, PACAF/IP director. “Our goal is not only to protect sensitive information, controlled unclassified information and classified information, but to ensure every PACAF personnel understand the importance of

protecting information. Information protection affects every PACAF active-duty member, Reservist, Guardsman, civil servant and contract employee, regardless of rank or position. We all have information protection responsibilities.”

Senior leaders all agree that when Information protection staffs are fully mature, they will serve as a single entity to develop and execute policies and procedures to safeguard all levels and types of information using an enterprise-wide approach.

For more information, call DSN 449-2801/2802/2804.

New detailing business rules improving fleet manning

From Navy Personnel Command Public Affairs

February marks the fifth month since the Navy implemented new rules for detailing Sailors using Career Management System Interactive Detailing (CMS/ID), the Web-based program Sailors use to review and apply for permanent change of station orders (PCS).

“We have been through four complete cycles of the new CMS/ID process and we like what we are seeing,” said Rear Adm. Mike Shoemaker, assistant commander of Navy Personnel Command (NPC), which issued more than 88,000 sets

of PCS orders last year.

NAVADMIN 249/09 announced enhancements to the CMS/ID system including increasing Sailor choice, adjusting the orders negotiation window and a requirement to fill all red zone requisitions each cycle.

CMS/ID uses color coding to identify jobs. The majority is displayed in the green zone and is considered open requisitions. Global Support Assignments are displayed in the purple zone. Immediate requisitions — the most critical fills that could directly degrade mission capability if unfilled — are displayed in the red zone.

Under the new detailing rules there are fewer of these red zone billets displayed, but all will be filled each cycle. All Sailors in the negotiating window are considered eligible for assignment to a red zone requisition.

“We are seeing our most critical billets filled,” said Vicky Fabian, assigned to United States Fleet Forces Command, Manning Control Authority Fleet (MCAF), which controls more than 200,000 billets including all sea duty billets in the Navy and some shore assignments. Under the new detailing rules, MCAF can place two billets in the red zone for each rating at each pay

grade.

“Our goal is to make CMS/ID more agile, and responsive to new and changing fleet requirements,” said Shoemaker. “These initiatives bring advantages to both our Sailors and to the commands they serve, improving odds for success in naval operations worldwide.”

Another change was the modification of the orders negotiation window. The detailing window is now seven-to-nine months before a Sailor’s projected rotation date. This allows for a three-month window to negotiate for orders before a Sailor is considered to be eligible for an involuntary “needs of the

Navy” assignment.

“This change encourages more aggressive participation by Sailors in negotiating orders. It also allows NPC better responsiveness to fleet demands and current Global War on Terror Support Assignment deadlines,” said Shoemaker.

One benefit is that Sailors placed into “needs of the Navy” assignments will know at the seven-month window where they are going instead of the five-month window. Assuming a stable PCS budget, another advantage is earlier issuance of orders, giving Navy families more time for PCS moves. For more information read NAVADMIN 249/09.

News Notes

Job Announcements

Interested Individuals can view the vacancy listings at <https://www.cnmc.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, closes Feb. 16

Andersen AFB (Naval Support Activity, Andersen)

Supvy Police Officer, closes Feb. 12

Naval Hospital, Guam

Nurse (clinical)

NAVFAC Marianas, Guam

IT Specialist (Systems Analysis), closes Feb. 16

Perf Assessment Rep (Water/Wastewater), closes Feb. 16

Quality Assurance (Automotive), closes Feb. 16

Engineering Technician (Civil), closes Feb. 17

Natural Resources Specialist, closes Feb. 17

Supvy Realty Specialist, closes Feb. 18

Naval Munitions Command, Guam

Contract Surveillance Rep., closes Feb. 17

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.

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 fluorescent antibody virus neutralization tests or FAVN tests), health certificates, well pet visits, acute sick pet visits, skin and ear conditions. For appointments and questions, call 366-3205.

YES Program

The Andersen 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 applications 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 Naval Support Activity South Potomac in 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 Naval Station 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

Naval Legal Service Office Pacific, Det. Guam offers free assistance for filing EZ tax forms at the newly reopened Tax Center, located on 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.

Women's History Month

“Writing Women Back into History” is the theme for Women’s History Month, March 2010. The Guam Veterans Center, U.S. Department of Veterans Affairs is seeking information and

photographs of women from Guam who have or are currently serving in the U.S. Military and who are interested in documenting their stories. The month’s celebration will include a Women Veterans Conference on March 26 at the Outrigger Guam Resort. All interested parties are invited to contact Cathy Illarmo at the Guam Veterans Center for information at 472-7161.

Giant Voice Testing

The Giant Voice will be tested on Navy installations on the following dates and locations:

Feb. 16	
8 a.m.-10 a.m.	Naval Computer and Telecommunications Station Guam
10 a.m.-noon	South Finegayan
Noon-2 p.m.	U.S. Naval Hospital Guam
2 p.m.-4 p.m.	Flag Circle
4 p.m.-6 p.m.	Nimitz Hill
Feb. 17	
8 a.m.-10 a.m.	Apra View
10 a.m.-noon	Ordnance (upper)
Noon-2 p.m.	Ordnance (lower)
2 p.m.-4 p.m.	Polaris Point
Feb. 18	
8 a.m.-10 a.m.	Lockwood
10 a.m.-noon	North Tip
Noon-2 p.m.	South Tip
2 p.m.-4 p.m.	Camp Covington
4 p.m.-6 p.m.	U.S. Coast Guard, Sector Guam

Military celebrates Super Bowl with Seagals

By Jesse Leon Guerrero
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And Airman Julian North
36th Wing Public Affairs

Eleven members of the Seattle Seagal cheerleaders made a two-day visit to Andersen Air Force Base and Naval Base Guam Feb. 7-8.

They hosted a few community events including an autograph session, a youth clinic, and even made appearances at the base Super Bowl parties at the Top O' the Rock and Top O' the Mar.

At Top O' the Mar, an event sponsored by MWR and Armed Forces Entertainment, the Seagals danced, flipped and shook their pompoms throughout the halftime period to techno, rock and pop songs.

Electronics Technician 1st Class (EXW/SW/AW) Robert Feldmeyer, of Explosive Ordnance Disposal Mobile Unit 5, said he wasn't a big fan of either team in the Super Bowl, but he decided to join the festivity with fellow shipmates and root for the Colts.

"We have lots of food and lots of drinks - we're just having a good

time," Feldmeyer said.

Pia Gillan, a Seagal cheerleader who grew up on Nimitz Hill, Guam, said she was glad to be back home performing for the military.

"It's pretty cool to see them, and they really appreciate it," Gillan said.

Jamie Quitugua, a student at Southern High School, attended the youth clinic.

"It was very exciting to learn from the professionals," said Quitugua, adding that having a former Guam resident as a Seagal was "very inspiring."

Operations Specialist 2nd Class Veronica Montoya, of Navy Cargo Handling Battalion 12 out of Oklahoma City, said she was glad she stopped by with her fellow reservists to the event at Top O' the Mar. Montoya, who is deployed to Guam for two weeks of annual training, said the performance and opportunity to celebrate an American tradition with fellow service members was good for morale.

"I do think that's very important for everybody," Montoya said. "It makes them have that sense of family when you're away from your family."



Pregame Questions: The Seattle Seagals answer questions for some of the children present at the youth clinic the Seagals presented on Andersen Air Force Base Feb. 7. The Seagals made a two day visit to Andersen and appeared at several community functions. (U.S. Air Force photo by Airman 1st Class Julian North)

Naval Hospital event highlights women's health

By James Fee
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U.S. Naval Hospital Guam hosted a Women's Health Day Education Symposium at U.S. Naval Base Guam community center Feb. 4.

Throughout the day, active-duty personnel and civilians from the hospital and representatives from other organizations like Fleet and Family Support Center engaged attendees on a wide range of women

health issues. Presenters used demonstrations, speeches and static displays to address topics such as physical fitness, menopause and hormone changes, heart disease, diabetes and stress management.

"It was a day of learning," said Fay Carbullido, the hospital's breast health coordinator and one of the event organizers. "It was a day where we could share information on health, demonstrate what healthy living is, and enjoy. We had a fashion show, massage therapists, aro-

matherapy, beauty and skincare. It was just a fun day for everyone."

It was also the first Women's Health Day for U.S. Naval Hospital Guam.

"We hope to make it an annual event," Carbullido said.

Connie Miller, a Navy spouse, attended the symposium to find out more about health problems like heart disease and diabetes as well as prevention.

"It was very informative and the speakers knew what they were talk-

ing about," she said.

Rose Bernard, a Navy spouse who just relocated to Guam, said she found the techniques of the presenters helpful.

"A lot of it was hands-on," Bernard said. "They had cooking demonstrations and healthy cooking tips, so it was useful information."

Approximately 50 people attended the symposium, according to Rosita Mahony, a clinical social worker at the hospital and a mem-

ber of the committee that organized the event.

"Even if you're able to reach one person with that knowledge, that one person who is able to get information in regards to either getting a colonoscopy done or preventing diabetes or just to get a regular pap smear, then you're at least reaching one person, and to us that's success," Mahony said.

For more information on women's health, call Carbullido at 344-9617.



Above: Hospitalman Andres Calvo, of U.S. Naval Hospital Guam, shares information about how to have a healthy pregnancy at the Women's Health Day Educational Symposium at the U.S. Naval Base Guam community center Feb. 4. (U.S. Navy photo by Hospital Corpsman 2nd Class (FMF) Jacqueline Ramirez)

Left: Fitness instructors from Navy Morale, Welfare and Recreation demonstrate zumba at the Women's Health Day Education Symposium at the U.S. Naval Base Guam community center Feb. 4 with some help from attendees. (U.S. Navy photo by James Fee)

Ergonomics at Work and at Home

Whether at work or at home, it is important to practice proper ergonomics techniques in order to prevent injuries.

Ergonomics looks at what kind of work you do, what tools you use and your whole job environment. The aim is to find the best fit between you and your job conditions.

parallel to the floor and in line with your wrists.

- Use a padded rest for your wrists. Don't rest them on the sharp edge of a desk.
- Try to move your fingers instead of your wrists.
- Break up the amount of time you spend on the keyboard by taking care of other tasks or duties.



For general ergonomics injury prevention, try the following:

- Take frequent breaks to stretch or relax from repetitive motion.
- Good posture is very important. Your back should be straight when sitting or standing. Your shoulders should be relaxed.
- If you have to grip objects, try to use your whole hand, not just your fingertips.
- If you use hand tools, opt for those that have padded and textured handles.
- Don't grip things more firmly than necessary.
- Don't ignore aches and pains that persist. See a doctor.

When sitting at a keyboard, here are some things to do:

- Your forearms should be

Here are a few exercises to try out between pounding away at the keys:

- Relax your hands and wrists; shake them around in all directions for 10-15 seconds.
- Extend your arms straight out with your palms down and raise your arms up and down
- Make a fist, and then stretch your fingers far apart.
- Put your hands flat on a table top with your upper arms at 90 degrees with the floor, and press down firmly for a few seconds.

For additional information on ergonomics and any other safety concern, please contact your local safety office:

Joint Region Marianas: 333-4780

U. S. Naval Base Guam: 339-7233

Andersen Air Force Base: 366-7233

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

Naval Base firefighters maintain readiness

By Oyaol Ngirairikl

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U.S. Naval Base Guam (NBG) Fire and Emergency Services firefighters took part in a live-fire exercise at Andersen Air Force Base Feb. 2.

It was just one of the training cycles NBG firefighters went through for the past month. Firefighters also participated in confined training and automobile extrication training.

"We train continuously to ensure all of our first responders not only have the tools, knowledge and skills, but are always sharpening those tools so when they're needed they can go out there and save lives," said Fire Chief Robert Green, NBG Fire and Emergency Services.

During the live-fire training, firefighters had to contain fires to a certain room or on a certain floor.

"You don't want to pull the fire to the first floor or out of a room if it can be contained, and practice makes perfect," said Assistant Fire Chief Shane Rayfield, NBG Fire and Emergency Services.

Rayfield said the recent training exercises are tied to firefighters' certification.

"We try to schedule them during our down time, which can be tough because emergencies don't have times or dates," Rayfield said. "When we get a call we're out the door. But we know these exercises help us do our jobs better so we make it a priority only second to emergencies."

The department purchased extrication equipment, also known as Jaws of Life, for \$90,000 to upgrade to the most modern equipment on the market.

During automobile extrication

training, Jan. 8-11, more than 70 fire and emergency services personnel dismantled 16 dilapidated cars.

"This is training that is necessary, especially as the island continues to grow," Green said. "You're never going to see fewer cars on the street. There will always be more. Statistics show that the more cars you have, the greater the number of accidents."

Officials noted that removing entrapped victims without the proper rescue equipment can result in delays and reduce survivability.

"The fact is today's cars are stronger and more resistant to collisions but that also means it's harder to extricate victims," Rayfield said. "Purchasing new equipment and ensuring we're trained in them is a way of ensuring we have the resources we need to do our job."

Firefighters also participated in an earthquake exercise Jan. 21, which required them to simulate rescuing a trapped victim in a deep well at the Sasa Valley Fuel Farm in Piti. The deep wells at the fuel farm range from 30-100 feet deep and are 10 feet in diameter, Rayfield said.

"We had to lower one of our rescuers down one of the wells to save a 200-pound mannequin, which is not an easy job," Rayfield said. "In a real-life situation, the person could be suffering from a serious injury that contributed to his fall or was caused by his fall. Any injury could make it more difficult for rescue workers."

Rayfield added the preparation for this type of rescue is extensive and requires special technical knowledge in confined space entry and rescue and practical rope rescue systems.



Way In: U.S. Naval Base Guam (NBG) Fire and Emergency Services firefighters enter the live-fire training facility on Andersen Air Force Base Feb. 2. The live-fire training was one of several training evolutions NBG Fire and Emergency Services held recently to hone their firefighters' skills. (U.S. Navy photo by Oyaol Ngirairikl)



Up the Stairs: Firefighter Marcel Higgs, of U.S. Naval Base Guam (NBG) Fire and Emergency Services, carries a hose up the stairs during a live-fire training exercise on Andersen Air Force Base Feb. 2. (U.S. Navy photo by Oyaol Ngirairikl)



Rescued: U.S. Naval Base Guam (NBG) Fire and Emergency Services firefighters pull a "victim" to safety during a live-fire training facility on Andersen Air Force Base Feb. 2. (U.S. Navy photo by Oyaol Ngirairikl)

HAWC promotes Great American Spit Out

By Senior Airman
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For Airmen and dependents looking to "snuff out" their smokeless tobacco habit, the Health and Wellness Center offers an opportunity for a whiter, brighter smile as it kicks off the Great American Spit Out (GASpO) Feb. 18.

The GASpO, similar to the Great American Smoke Out, promotes education on the dangers and risks associated with smokeless tobacco products.

The initiative is preceded by the "Through with Chew" Week run-

ning from Feb. 14-20. Both initiatives are part of the Department of Defense's "Quit Tobacco - Make Everyone Proud" campaign.

Individuals interested in signing up for GASpO can visit the official campaign site for GASpO, www.ucanquit2.org. The site offers numerous tools to help people quit using smokeless tobacco, including informative articles, factsheets, applications to track the user's progress in quitting and a text-messaging service that send tips and motivational texts to promote quitting.

For more information on GASpO, contact the Health and Wellness Center staff at 366-2494.

Donations to Haiti relief can be claimed on 2009 returns

By Toni Babauta

Naval Legal Service Office Pacific,
Det. Guam

Taxpayers who give to charities that provide relief in Haiti can claim these donations on their tax return for 2009, according to an Internal Revenue Service news release.

Only taxpayers who itemize de-

ductions on their 2009 return would qualify for this tax relief provision. Taxpayers who claim the standard deduction, including all short-form filers, are not eligible. Contributions made by cash, text message, check, credit card or debit card and are made after Jan. 11, 2010, and before March 1, 2010, are eligible.

If you make donations for this re-

lief after March 1, you can claim them on your 2010 tax return. If you have already filed your tax return and did not include this donation, you may claim it next year on your 2010 return.

Most organizations eligible to receive tax-deductible donations are listed in a searchable online database available at www.irs.gov under

“Search for Charities.” Some organizations, such as churches or governments, may qualify even though they are not listed. Taxpayers should be sure their contributions go to qualified charities. Donations to foreign organizations generally are not deductible.

You are required by law to keep a record of any deductible donations

you make. For text message donations, your telephone bill will meet the recordkeeping requirement. For donations made by other means, keep your bank statement, cancelled checks or a receipt provided to you from the charity organization. Make sure the date and amount of the contribution is listed. For more information, logon to www.irs.gov.

Military Sealift Fleet Support Command keeps ships stocked

By Jesse Leon Guerrero

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As our nation's warfighters perform their duties on Guam, Japan and many other locations overseas, Military Sealift Fleet Support Command, Ship Support Unit (MSFSC, SSU) Guam continues to provide the support they need.

From their compound at U.S. Naval Base Guam, MSFSC, SSU Guam replenishes ships moving into or arriving from the Navy's 3rd, 5th and 7th Fleets.

"We're plugged into a wide swath of operations in this region," said Cmdr. Norman Maple, commanding officer of MSFSC, SSU Guam. "Everything's very, very busy here."

These ships, under Military Sealift Command (MSC) and Commander, Task Force (CTF) 73, cover a wide range of taskings for supply lines in ammunition, combat stores, dry stores, oilers, medicine and research. MSFSC, SSU Guam also supports Maritime Prepositioning Ship Squadron 3 vessels, working with Army, Marine Corps, Navy, and Defense Logistics Agency forces.

Maple said MSFSC, SSU Guam meets current responsibilities and facilitates new training and replenishment needs as they arise. As a result, he relies on the professionalism and experience of his team that is comprised of both civilian and Navy personnel. The command has six Navy service members and employs more than two dozen maritime civilians operating in contracts, logistics, operations, and port engineering.

Maple explained the dynamic between civilians and Sailors works well, and he appreciates his civilian staff willingness to share their years of experience with their active-duty colleagues.

"They are very knowledgeable and ingrained into what we call corporate knowledge," he said.

Maple said he does expect the command's activities to increase as their role changes to accommodate Navy commands, as well as new directives from MSC and CTF-73. The command's skills and experience will allow them to support the Navy mission however they can and wherever they are called to do so, he added.



Ship Survey: Cmdr. Norman Maple, commanding officer of Military Sealift Fleet Support Command, Ship Support Unit Guam, takes a look at operations as the fleet replenishment oiler USNS John Ericsson (T-AO 194) is moored at U.S. Naval Base Guam Feb. 4. (U.S. Navy photo by Jesse Leon Guerrero)

AFSA officials launch family fitness Web site

By Maj. Belinda Petersen
Air Force Services Agency
Public Affairs

In conjunction with the start of the FitFamily initiative, Air Force Services Agency (AFSA) officials will launch a family fitness Web site Jan. 30 as part of the Year of the Air Force Family.

FitFamily is a goal-incentive program and is open to all active duty, Reserve and Guard members, Department of Defense and civilian families, retired military members, honorably discharged veterans with 100 percent service-connected disability, and former or surviving military spouses and their family members.

To enroll in the program, families can log on to <http://www.USAF-FitFamily.com> and click on "Register My Family." The system will send a password to each family member's e-mail.

"FitFamily is an important component of the overall Air Force fitness and health initiative and a visible part of YOAFF," said David Brittain, FitFamily program manager at the Pentagon. "The child and youth programs and the adult fitness centers will work closely together to promote the program. They will partner together and schedule activities throughout the year and incorporate FitFamily activities into already existing YOAFF events."

The FitFamily Web site provides resources, ideas and goal setting tools to help Air Force families be active, make healthy nutrition choices and have fun in an effort to promote overall wellness.

"The FitFamily program is more than just logging points, monitoring progress and earning incentives. It's about families spending quality time together and setting goals with each other," said Chief Master Sgt. of the Air Force James Roy, the Air Force's top enlisted Airman. "Developing and caring for Airmen and their families is a top priority. We must continue taking time to care for and honor our commitment to our families."

One benefit to the FitFamily Web site is that deployed members can still participate with their family by working on their goals at the deployed location.

"FitFamily can boost the morale of deployed Airmen by keeping them involved and working towards a common goal with their family," Brittain said.

"The site will have healthy recipes submitted by Air Force families as well as other resources. The goal of the FitFamily program is for families to begin thinking about family wellness, and ultimately incorporate healthy habits and lifestyles in all aspects of their lives," Brittain said.

Secretary of the Air Force Michael Donley and Air Force Chief of Staff Gen. Norton Schwartz designated July 2009 to July 2010 as the Year of the Air Force Family, a year-long focus on Air Force programs highlighting the importance of, and commitment to, the entire Air Force family.

"The Air Force is a great place to live, work and play," said Mike Bensen, deputy to the commander of AFSA. "Our focus is to make it even better for our Air Force family."

FitFamily Goal Achievement Levels

The maximum number of points each family can log per day is 4,000 points. During bonus months (March, May and July), families can earn up to 8,000 points per day.

Activities are based on a 60-minute activity guideline as recommended by the President's Council on Physical Fitness and Sports.

1st level Togetherness: 250,000 family points

2nd level Commitment: 500,000 family points

3rd level Determination: 750,000 family points

4th level Perseverance: 1,000,000 family points

5th level Wellness: 2,000,000 family point

FitFamily Incentives at Each Level

1st level: certificate

2nd level: certificate + family highlighted on FitFamily Web site

3rd level: certificate + signed letter from Air Force Services director or wing commander

4th level: certificate + family article posted on FitFamily Web site

5th level: certificate + signed letter from Chief Master Sergeant of the Air Force

ABCs of Wellness

During YOAFF, FitFamily will encourage the ABCs of wellness:

A - Activities - plan activities

that include all family members
B - Build - build healthy habits that will last a lifetime

C - Count - count progress; small steps each day make a huge difference

D - Day - schedule day trips, game nights and fun time to develop togetherness

E - Encourage - encourage healthy eating and cooking as a family

F - Fun - have fun as a family while creating healthy habits





(Clockwise from group photo at bottom left)

Joint Force: Airmen gather on Andersen Air Force Base (AFB) for a photo during the annual Cope North exercise Feb. 7. The U.S. Air Force and the Japan Air Self-Defense Force conduct Cope North annually at Andersen AFB to increase combat readiness and interoperability, concentrating on coordination and evaluation of air tactics, techniques and procedures. The ability for both nations to work together increases their preparedness to support real-world contingencies. (U.S. Air Force photo by Staff Sgt. Andy M. Kin)

Arrival: Japan Air Self Defense Force F-2 fighter lands on Andersen AFB Feb. 5 to participate in the two-week Cope North exercise. The Japanese F-2 single-engine fighter has performance capabilities roughly comparable to those of the U.S. F-16. (U.S. Air Force photo by Airman 1st Class Jeffrey Schultze)

Gearing Up: Japan Air Self-Defense Force Tech. Sgt. Kenioki Sakamoto, left, and Tech. Sgt. Hiroshi Saito, 8th Combat Wing, 6th Tactical Fighter Squadron, Tsuiki AB, Japan, prepare an F-2 Attack Fighter for a mission during Exercise Cope North at Andersen AFB Feb. 9. (U.S. Air Force photo by Staff Sgt. Andy M. Kin)

Maintaining: Japan Air Self-Defense Force maintenance technicians from the 8th Combat Wing, 6th Tactical Fighter Squadron, Tsuiki AB, Japan, prepare an F-2 Attack Fighter for a mission during Exercise Cope North at Andersen AFB Feb. 9. (U.S. Air Force photo by Staff Sgt. Andy M. Kin)

Review: Crispin Hasley, a guidance and control systems specialist assigned to the 36th Aircraft Maintenance Squadron, Andersen AFB reviews flight information aboard a B-52 Stratofortress prior to a mission in support of Exercise Cope North Feb. 9. (U.S. Air Force photo by Staff Sgt. Jacob N. Bailey)

Mission Ready: A U.S. Air Force aircrew member from the 20th Expeditionary Bomb Squadron steps from a crew brief prior to a mission in support of Exercise Cope North at Andersen AFB Feb. 9. (U.S. Air Force photo by Staff Sgt. Jacob N. Bailey)



CDC offers monthly extended care

By Jesse Leon Guerrero
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The Child Development Center (CDC) at U.S. Naval Base Guam (NBG) is offering extended care hours from Feb. 26, 6-10 p.m. The cost is \$3 per child, per hour.

June Rosario, CDC director, said the extended care service will be offered one night every month.

"It's really geared for the parents to go out," Rosario said.

The service is open to all eligible patrons and children should have current immunization records that include an up-to-date record for tuberculosis, also known as a purified protein derivative or PPD test.

Rosario said space is limited, so interested parents should register

their children as soon as possible. CDC can accept a total of 60 children for extended care hours in its facilities which accommodate children from infant to age 12.

In order to participate in this program, parents must visit CDC's central enrollment office at NBG to register their child for extended care hours. This allows CDC staff to plan for any special needs and other concerns.

Rosario reminded parents CDC will only provide light snacks during extended care hours, so parents will have to feed their children dinner before arriving.

CDC is regularly open Monday to Friday, 6 a.m.-5:30 p.m.

For more information, call 564-1844.



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.

GHS students learn more about PSAT

By Oyaol Ngirairiki
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Guam High School (GHS) counselors held Preliminary SAT (PSAT) classroom presentations during the past month to help students improve future test scores.

The PSAT, also known as the National Merit Scholarship Qualifying Test (NMQST), is a program cosponsored by the College Board and National Merit Scholarship Corporation (NMSC). It's a standardized test that provides practice for the SAT, which is a widely accepted admissions test among colleges and universities.

The PSAT measures three primary skills: critical reading, math problem-solving and writing skills. It also gives students a chance to enter NMSC scholarship programs and gain access to college and career-planning tools.

"Department of Defense Education Activity (DoDEA) funds PSAT tests for sophomores and juniors for their college and career-planning purposes," said Rolyn Baldevia, a GHS counselor.

Students took the test in October and received their test scores in December in a packet that also included their test booklet and score sheets.

"One of the things we encourage



Test Review: Rolyn Baldevia, a Guam High School counselor, shows students how to use their Preliminary SAT (PSAT) test results Feb. 3 to improve their performance on the next test. A high test score in the PSAT can help qualify students for a National Merit Scholarship. (U.S. Navy photo by Oyaol Ngirairiki)

our students to do is refer back to those questions they got wrong in their test booklet and go onto the SAT Web site," Baldevia said. "When they logon, they'll be able to

find out why the correct answer is the correct answer. The hope is when students go through that process, when they actually take the SAT or take the PSAT in the following year,

they'll score higher. If they score high enough, they can earn a scholarship through the NMSC or get accepted into their top college choice."

The SAT Web site, also referred to as Quick Start, can be accessed at <http://www.collegeboard.com>.

In addition to the classroom presentations, counselors sent information home to parents to help them interpret test scores.

"As a result, I've had kids come up and say their parents want them signed up for the SAT," Baldevia said. "Ultimately that's what we want — to partner with parents to help students succeed."

Christine Taitano, also a GHS counselor, said the test is one way parents can help the school encourage a "college-going culture."

"The more they practice, the better they become," Taitano said. "As far as test-taking, their skills are going to improve, and the more they improve, the better their chances of success in college and in their careers."

Counselors will continue holding presentations this month. Students and parents interested in learning more about the PSATs or upcoming presentations can visit the counselors' offices or call the school at 344-7410.

McCool invites school community to family event

By Oyaol Ngirairiki
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Commander William C. McCool Elementary/Middle School is inviting parents and students to Family Educational Night at the school Feb. 27, 5-7 p.m.

The event, which is sponsored by the McCool Partnership Committee, aims to improve communication between the school, students, parents and the community. During the event, parents will get a taste of some of the things students are learning through various student-

led presentations.

"I think parents will really enjoy the event, because they'll be able to see firsthand how teaching and learning is happening," said Margaret Baza, a second-grade teacher and event coordinator.

Students will show parents how they do science experiments and how they use technology such as the interactive computer-based whiteboard system called the SMART board for classroom presentations.

Students also will showcase writing assignments that incorporate the school's writing curriculum called 6+1 Traits of Writing. Parents will

be invited to try to write a paragraph or two using the same writing techniques.

"We hope it helps families feel more comfortable coming to our school and engaging in constructive dialogue," Baza said. "McCool is constantly looking for ways to promote community because working together helps ensure the best education for children."

Baza said this is the first time the school has held Family Educational Night. The committee is planning to make it an annual event. For more information, call 339-8678.

What: Commander William C. McCool Elementary/Middle School Family Educational Night
When: Feb. 27, 5-7 p.m.
Where: Commander William C. McCool Elementary/Middle School
Info: No registration needed. Parents and students need only to show up.

Holiday

There will be no class on President's Day Feb. 15 for all DoDEA schools.

Navy College Office

•SAT proctored exams will be administered Feb. 16 and 23, and March 9, 16 and 23. To make an appointment or for more information, call 339-2485.

•Navy College Office administers the Defense Language Proficiency Tests (DLPT) to eligible military personnel. Tests are administered on Wednesdays at 8 a.m. To register or for more information, call 339-8291.

•CLEP General, CLEP Subject and DANTES (DSST) examinations are now computer-based. Testing is free to active duty personnel. Dependents will have to pay a minimal fee on a space available basis. To make an appointment, call University of Maryland at 339-2263.

Andersen Education Center

Can you use \$6,000 towards 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>

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 email McCoolPTO@yahoo.com; stop by the PTO office (Rm. A121) between 8:15-10:15 a.m. Monday to Friday; or stop by the library.

Guam High School

•The Sadie Hawkins Dance will be held at the school gymnasium 7-11 p.m. Feb. 13.

•First Semester Awards and Recognition Ceremony will be held 5:30 p.m. Feb. 22 at the school cafeteria.

•Booster Club meeting will be held 6 p.m. March 4 at the GHS Information Center.

•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, send an email to mike.schoebinger@pac.dodea.edu.

USO brings Sesame Street to Guam

By Senior Airman
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And Mass Communication
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Elmo, Rosita, Cookie Monster, Grover and Zoe, all characters from the Sesame Street television show, are slated to visit Guam military installations and perform for service members and their families Feb. 16 and 18.

Show times are 4:30 p.m. and 7 p.m., Feb. 16 at the Big Screen Theater on U.S. Naval Base Guam (NBG); 10 a.m. and 6 p.m., Feb. 18 at the Youth Center gym on Andersen Air Force Base. Doors open 30 minutes prior to each performance.

The United Service Organization (USO) teamed with Sesame Workshop, the non-profit organization that produces Sesame Street, to bring "The Sesame Street/USO Experience for Military Families" to the Asia-Pacific region.

The tour is a part of Sesame Workshop's Talk, Listen, Connect program, a military outreach initiative launched in 2006 to help the

young children of military families deal with the stresses of military life.

The show features singing and dancing and touches on issues, such as deployments, that families face as a result of a military lifestyle.

"Sesame Workshop is proud of its ongoing commitment to serving the needs of military families, and we are thrilled to partner with our good friends at the USO to bring Elmo and the Sesame Street Muppets to military families overseas," said Gary E. Knell, Sesame Workshop president and chief executive officer.

"The U.S. tour last fall was a huge success and further underscored the need for resources to help military

families cope with the challenges of deployment. This is our way of saying thank you to the families in our Armed Forces for their commitment to all of us."

Along with performances from Sesame Street characters, there will also be giveaway prizes and outreach material.

Both shows are free, but for the NBG shows, you must pick up tickets at Navy Morale, Welfare and Recreation's main office before the show. The office is open Monday-Friday, 8 a.m.-5 p.m. For more information, call 564-1830.

Tickets are not required for the Andersen AFB shows. For more in-

formation about the Andersen AFB shows, contact the HotSpot at 366-2339.

The HotSpot recommends that patrons attend the 6 p.m. show.

"We are anticipating a big turnout for both shows," said Tech. Sgt. Max Pontenila, 36th Force Support Squadron noncommissioned-officer-in-charge of the HotSpot. "For members who want to bring their whole family, we recommend going to the evening performance since Andersen Elementary School students are sure to pack the house for the early showing."

Dance festival offers cultural show down south

By Jesse Leon Guerrero
Joint Region Edge Staff
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The Chamorro cultural experts at Gef Pa'go Park in Inarajan welcome all military and local residents to stop by for a weekend of food, fun and games Feb. 12-14.

The park will be open 6-9 p.m. Feb. 12 and 9 a.m.-10 p.m. Feb. 13-14 to celebrate the Fiestan Dinana Minagof Dance Festival.

Admission is free, but attendees can bring money to pick up a souvenir item at Gef Pa'go's shop or grab a lunch plate and refreshments throughout the day. Workshops for playing drums, guitar, ukulele, dancing and more are available. It cost \$15 per person, per workshop.

Fiestan Dinana Minagof, means "a joyful gathering" in Chamorro. Vince Reyes, program director for the park, said dozens of Guam's youth and adult residents will demonstrate that theme through live performances.

Traditional dance groups such as Inetnon Gef Pa'go, Katon I Tano, Rasan Acho' Latte, and Taotao Lagu performed at the festival in 2009, and Reyes expects them to return again this year.

"The wonderful thing is all these groups are coming together, where everyone will celebrate Chamorro dance and the folkways of our people," Reyes said.

Reyes said the dances will start around noon Feb. 13-14 and

What: Fiestan Dinana Minagof Dance Festival

When: 6-9 p.m., Feb. 12; 9 a.m.-10 p.m., Feb. 13-14

Where: Gef Pa'go Park in Inarajan

How to get there: To get to the park, head south on Route 15 through Talofofo, which connects to Route 4. Continue southbound until you reach Inarajan. Gef Pa'go is right off Route 4 along the coastline. Look out for thatched roof huts.

Cost: Admission is free. Workshops are \$15 each.

If you miss the opportunity to attend the festival, Gef Pa'go Park is open seven days a week from 9 a.m.-noon. Admission is \$5 for a child 12 years of age and younger, \$7 for adult local residents and service members, and \$10 for nonresidents and tourists.

For more information on the park and the festival, call 828-1671 or e-mail historic@teleguam.net.



Festival: Dancers from the cultural arts group Inetnon Gef Pa'go perform at the 2009 Fiestan Dinana Minagof Dance Festival at Gef Pa'go Park. This year the festival will be held Feb. 12-14. (Photo courtesy of Jessica Perez, Gef Pa'go Park)

culminate in group chanting with attendees.

When not watching dance performances or attending workshops, festival-goers can tour Gef Pa'go Park. The park features a recreated

Chamorro village that's been built with traditional materials, such as coconut and pandanus leaves, to display the time-honored practices of Guam's native people. Visitors can watch as instructors demonstrate

how they weave baskets, make salt, and produce other Guam products.

Attendees will also get to test their skills at throwing a talaya, which is a traditional net used by Chamorro fishermen; husking and grating co-

conuts; as well as other competitions with prizes.

"Everyone will enjoy their time here," Reyes said. "It's educational, culturally informative and entertaining."

FREE

√ Valentine's Day 5K. Coral Reef Fitness Center at Andersen Air Force Base is hosting a Valentine's Day 5K Run/Walk Feb. 15 starting at Tarague Beach. Show time is 6:30 a.m., go time is 7 a.m. Trophies will be awarded to top finishers. For more information, call 366-6100.

√ Cardboard Boat Regatta. 11 a.m.-2 p.m. Feb. 15 at Sumay Cove Marina. Food and beverage will be available for purchase. Cheer for your favorite team and for your favorite duck during the Great Duck Race! For more information, call 564-1830.

√ President's Day Softball Tournament. Come and cheer on your favorite team at the tournament, which is scheduled for 5:30-6 p.m. Feb. 15-20 at Andersen Air Force Base Softball Field. For more information, call 366-6100.

√ Sesame Street Tour. Will have four shows at two locations: Big Screen Theater at 4:30 p.m. and 7 p.m. Feb. 16. Tickets are free and available at the MWR main office on U.S. Naval Base Guam. For more information, call 564-1830. Two more shows will be held at Youth

Center on Andersen Air Force Base 10 a.m. and 3 p.m. Feb. 18. No tickets required. For more information, call 366-2339.

√ Jeffery Smith at Top O' the Mar. Enjoy a night of jazz from 6:30-9 p.m. Feb. 18 at Top O' the Mar. The event, brought to Guam by the Armed Forces Entertainment, is free. For more information, call 564-1830.

UNDER \$10

√ Andersen Monthly Flea Market. Andersen Hotspot Flea Market will be held 8-11

a.m. Feb. 20 at the Hotspot Gym, just down the walkway from Gecko Lanes Bowling Center. Table fee for sellers is just \$10 each, payable by Feb. 19. Sellers can set-up their items 6-9 p.m. Friday evening prior to flea market or the day of the flea market from 7-8 a.m. To reserve your table or for more information, call 366-2339.

√ Hike to Tarzan Falls. With Andersen Outdoor Recreation 7:45 a.m. Feb. 21, cost is \$5. For more information, call 366-5197.

√ Kayak Ylig River and Bay. Enjoy a scenic view from the water with Rec N' Crew Feb. 25. Meet at Rec N' Crew at

8:15 a.m. Kayaks can be rented for an additional cost. For more information, call 564-1826.

√ Xtreme Midday Madness. Glow in the Dark Bowling at Orote Point Lanes from 1-5 p.m., Monday-Friday. Cost is \$5. Rental shoes not included. For more information, call 564-1828.

√ Texas Hold'em and Game Night. Games start at 6 p.m. on Tuesdays at Hightides, AAFB. Join us for pool and darts. Enjoy the Fajita night and friendly competition. Texas Hold'em free for member and \$5 for non-members. For more information, call 366-6166

On a Budget

OVER \$10

▽ Jeffrey Smith and Wine Tasting. Enjoy an evening of music starting at 7 p.m. Feb. 19 at Top of the Rock featuring the incomparable Jeffery Smith, a highly gifted musician who plays nine instruments and serves up the best in smooth jazz. Preceding the show, and beginning at 5:30 p.m., is the Wine Tasting event, complete with gourmet appetizers, for just \$25 per person. Reservations are required for the wine tasting, which is for adults only. For more information, or to make reservations for the wine tasting, please call 366-6166.

▽ Family Xtreme Glow Bowling. Bring the family to Orote Point Bowling Lanes from 6:30-9 p.m. Feb. 19. Cost is \$10 for adults and \$7 for children. Shoe rental is \$1.50. For more information, call 564-1828.

▽ Adult Xtreme Glow Bowling. Orote Point Bowling Lanes hosts a late night bowling special for adults only from 9:30 p.m.-midnight Feb. 19. Patrons must be 18-years-old and out of high school. Cost is \$10 per person. Shoe rental is \$1.50. For more information, call 564-1828.

▽ Andersen Auto Hobby is holding Oil Change Class 11 a.m.-1 p.m. Feb. 20. Class fee is \$15 per person. Patrons must bring their own oil and filters. For more information, call 366-2745.

▽ Admiral's Cup Golf Tournament. Showtime is noon Feb. 26 at Admiral Nimitz Golf Course. Cost is \$20 per person; fee includes a round of golf, and a cart. Two persons per team, register at Charles King Gym by Feb. 23. For more information, call 564-1856.

▽ Fajita Night Tuesdays. The Top of the Rock offers "Fajita Night" every Tuesday in Café Latte from 5:30-7:30 p.m. The base price is \$2.95 for adults and \$1.50 for children ages 6-12 and includes tor-

tillas, cheese, sour cream, salsa, tomatoes, rice, beans and our ice cream bar. Add beef, chicken, shrimp, onions and peppers to your fajitas for 75¢ per ounce. Add our soup and salad bar for just \$2.95. Show your Club Card and get \$2 off adult meals. For more information, call 366-6166.

▽ Mongolian BBQ Wednesdays. Mongolian BBQ is held in Café Latte at the Top of the Rock every Wednesday evening from 5:30-7:30 p.m. Enjoy thinly sliced strips of beef, pork, chicken and shrimp along with a large selection of freshly sliced vegetables and

an assortment of delicious sauces, then have it grilled to perfection.

Base price is \$2.95 for adults and

\$1.50 for ages 6-12 and includes appetizers, white rice, fried rice, pancit, dinner rolls and our ice cream bar. Add items such as beef, chicken, pork, shrimp, assorted fresh vegetables and various seasonings/sauces for just 75¢ per ounce. Club Members get \$2.00 off adult meals. Call 366-6166 for more information.

▽ Wing Night Thursdays. Wing Nights are held in Café Latte every Thursday from 5:30-7:30 p.m. For more information, call 366-6166.

▽ Thursdays Mongolian BBQ at Top O' the Mar. Enjoy island favorites at Top O' the Mar for only \$17.95 for adults and \$9.95 for children ages 5-11. Active military service members receive a 20 percent discount, all other military ID holders receive 10 percent discount. For more information, call 472-4606.

▽ Sunday Brunch at Top of the Mar. Enjoy Sunday brunch with a view, 10:30 a.m.-1:30 p.m. Sundays. Cost is \$20.95 for adults and \$11.95 for child ages 5-11. Active military service members receive a 20 percent discount, all other military ID holders receive 10 percent discount. For more information, call 472-4606.



Chamorros value shells

By Jesse Leon Guerrero

Joint Region Edge Staff
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In modern society, many people treasure the unique designs of earrings, necklaces and other forms of jewelry. Looking at the artifacts left by ancient Chamorros, it's arguable they felt the same way about the shells they carved and cared for. Remnants of seashells provide evidence that Guam's people viewed shells as being valuable not only for body ornamentation, but also as tools, and possibly as a form of currency.

Without a written language to record what role shells played in Chamorro society before the arrival of Spanish explorers in the 16th century, today's historians and archaeologists look to artifact dig sites from all around Guam for clues.

Tony Ramirez, Guam Museum curator, said seashells and pieces of turtle shells with evidence of use by people on Guam date back to as early as 1,500 B.C., a time known as the Pre-Latte Period.

Judging by what they've found, Ramirez said carvers used the Spondylus genus of mollusk to fashion pendants and other light jewelry. This type of mollusk had the benefit of being both distinct in appearance with its light red color and grooved textures, as well as durable for daily wear.

"They also used a lot of turtle shell, but you don't find turtle shell in the archaeological context because they tend to deteriorate in the humidity," Ramirez said. "But with mollusks, they last the test of time."



Shell Adze: Tony Ramirez, Guam Museum curator, displays a seashell-head adze in the offices of the Guam Museum Feb. 4. Chamorros fashioned these tools for chopping purposes as early as 1,500 B.C. (U.S. Navy photo by Jesse Leon Guerrero)

Ramirez said throughout the different time periods, Chamorros also made use of shells that were sturdy and sharp enough to form the head of an adze, which would have been used for chopping or carving.

"Throughout the different phases, they were using a type of clam," Ramirez said. "In Chamorro they call it 'hima,' but the scientific name is 'Tridacna.'"

Chamorros showed the ability to work with delicate care when they created fish hooks out of the Isognomon genus of mollusk.

These kinds of items can only be seen in family collections, but shells of other types have lately become popularized for modern wear. Most notably, the giant clam shell is used

for the crescent shaped new moon pendant known as "sinahi" in Chamorro.

Ramirez encouraged everyone to learn more about how important shells have been throughout Guam's history.

"They would have an idea of how ancient people adapted to their environment and the various technologies they developed for various aspects of culture, whether it be ceremonial, procuring food or day-to-day living," Ramirez said.

The Guam Museum is currently raising funds for a public facility to display its artifacts. Visit guammuseum.com or call 475-6727 for updates on collection showings and more information.



MEEHAN THEATER

FRIDAY, FEB. 12

7 p.m.: Alvin and the Chipmunks: The Squeakquel • PG

SATURDAY, FEB. 13

2 p.m.: Alvin and the Chipmunks: The Squeakquel • PG

7 p.m.: Leap Year • PG

SUNDAY, FEB. 14

7 p.m.: Youth in Revolt • R

MONDAY, FEB. 15

2 p.m.: Alvin and the Chipmunks: The Squeakquel • PG

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.**



MWR Big Screen Theater

FRIDAY, FEB. 12

7 p.m.: Sherlock Holmes • PG-13

9:30 p.m.: Invictus • PG-13

SATURDAY, FEB. 13

1 p.m.: Planet 51 • PG

3:30 p.m.: Nine • PG-13

7 p.m.: The Twilight Saga: New Moon • PG-13

SUNDAY, FEB. 14

1 p.m.: Alvin and the Chipmunks: The Squeakquel • PG

3:30 p.m.: Avatar • PG-13

7 p.m.: Precious • R

MONDAY, FEB. 15

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

3:30 p.m.: Alvin and the Chipmunks: The Squeakquel • PG

7 p.m.: Sherlock Holmes • 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 mwrguam.com.

(Source: Navy Morale, Welfare and Recreation Office)

20 Three keys to overcoming disappointment

By Lt. Cmdr. Robert Jones
USS Frank Cable (AS-40)

As we continue to make progress into the year of our Lord 2010, we can be assured of several things. First, we will have some level of success in what we endeavor to do. Secondly, we will experience a modicum of failure or lack of success, because we may not be able to win them all. And third, we will be blessed to have had the opportunity to go through both sides of that process. Whether we find ourselves on the winning side of things or the losing end, we will find challenges that relate to both.

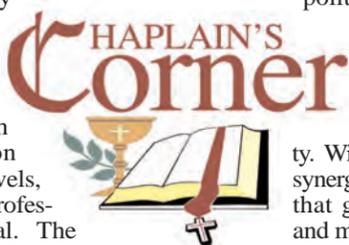
Why? Because the winners have the challenge to stay winners and the losers must challenge themselves to always try to make that hurdle on the next go around. Yet and still, God has the final word and I have a few thoughts.

When we fall short in an area,

we can become disappointed. When we don't get what we thought we deserved, we can experience feelings of disappointment. If we feel very strongly about an outcome that was not in our favor, we may have to come to grips with disappointment on any number of levels, be they personal, professional and spiritual. The key to overcoming disappointment is more art than science and here's why.

Disappointment is a first cousin to frustration. These two family members can show up at your door and invite themselves in and begin to vegetate, fester and generally become irritating. They have no qualms about how long they remain in your presence. Without

time limits and healthy boundaries, they will take up residence and maybe even seek permanent home of record status. My advice is to politely ask them to



leave because their time is up. Next, disappointment can hinder creativity. Without our creative synergies and the juices that get you inspired and motivated flowing freely, the bad can begin to invade that mental space.

If we are not careful, we can drift into resentment, bitterness and possibly depression.

My advice is to get moving, get happy and get that vision for your future into a better focus.

Lastly, we can lose the big picture. Without clear visual acuity in matters of what is just ahead and

farther along in the journey, we can get stifled in the minuscule details. Small issues that don't resonate at any other time become larger than life and we have to combat that possibility with better possibilities of our own preference. In short, let God do what He does best to make our lives better.

Finally, the three keys to overcoming disappointment are very simple. First, stay focused on other people and their well being, welfare and wellness. Second, stay focused on your future and not so much on your past or your present. Third, stay even more focused on God. These three keys place the responsibility for having a better attitude on our lap and the responsibility for blessing us in God's very capable hands. Who could be disappointed for very long, when God is in control of the whole thing anyway?

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



Master-at-Arms Seaman Jason Carpenter: Capt. Scott Galbreith, left, commanding officer of U.S. Naval Base Guam (NBG), awards Master-at-Arms Seaman Jason Carpenter, of NBG Security, a certificate for outstanding performance during a ceremony at the command's compound Jan. 29. (U.S. Navy photo by Reynaldo Rabara)



Master-at-Arms Seaman Corey Green: Capt. Scott Galbreith, left, commanding officer of U.S. Naval Base Guam (NBG), awards Master-at-Arms Seaman Corey Green, of NBG Security, a certificate for outstanding performance during a ceremony at the command's compound Jan. 29. (U.S. Navy photo by Reynaldo Rabara)



Master-at-Arms Seaman Brandon Holliman: Capt. Scott Galbreith, left, commanding officer of U.S. Naval Base Guam (NBG), awards Master-at-Arms Seaman Brandon Holliman, of NBG Security, a certificate for outstanding performance during a ceremony at the command's compound Jan. 29. (U.S. Navy photo by Reynaldo Rabara)



Master-at-Arms Seaman Sarah Ludwig: Capt. Scott Galbreith, left, commanding officer of U.S. Naval Base Guam (NBG), awards Master-at-Arms Seaman Sarah Ludwig, of NBG Security, a certificate for outstanding performance during a ceremony at the command's compound Jan. 29. (U.S. Navy photo by Reynaldo Rabara)



Master-at-Arms 3rd Class Andres Castro: Capt. Scott Galbreith, left, commanding officer of U.S. Naval Base Guam (NBG), awards Master-at-Arms 3rd Class Andres Castro, of NBG Security, a certificate for outstanding performance during a ceremony at the command's compound Jan. 29. (U.S. Navy photo by Reynaldo Rabara)



Master-at-Arms 3rd Class Erik Kasper: Capt. Scott Galbreith, left, commanding officer of U.S. Naval Base Guam (NBG), awards Master-at-Arms 3rd Class Erik Kasper, of NBG Security, a certificate for outstanding performance during a ceremony at the command's compound Jan. 29. (U.S. Navy photo by Reynaldo Rabara)



Master-at-Arms 3rd Class Nicholas Stoner: Capt. Scott Galbreith, left, commanding officer of U.S. Naval Base Guam (NBG), awards Master-at-Arms 3rd Class Nicholas Stoner, of NBG Security, a certificate for outstanding performance during a ceremony at the command's compound Jan. 29. (U.S. Navy photo by Reynaldo Rabara)



Master-at-Arms 3rd Class Luis Mejia: Capt. Scott Galbreith, left, commanding officer of U.S. Naval Base Guam (NBG), awards Master-at-Arms 3rd Class Luis Mejia, of NBG Security, the Navy and Marine Corps Achievement Medal during a ceremony at the command's compound Jan. 29. (U.S. Navy photo by Reynaldo Rabara)



Master-at-Arms 3rd Class Jessica Miner: Capt. Scott Galbreith, left, commanding officer of U.S. Naval Base Guam (NBG), awards Master-at-Arms 3rd Class Jessica Miner, of NBG Security, the Navy and Marine Corps Achievement Medal during a ceremony at the command's compound Jan. 29. (U.S. Navy photo by Reynaldo Rabara)

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.

Kid's Run

Navy Morale, Welfare and Recreation 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.

10K Running Group

Take your 5K to the next level with a six-week training program Jan. 26 - March 12. Meet at 8:30 am in front of Charles King Gym. The cost is \$25 for the session. For more information, call 339-1301/2

St. Paddy's Day 5K/10K

March 12 at Ebbett Field. Show time is 5:30 p.m. with the race starting at 6 p.m. The race is free. T-shirts are \$5. Register at Charles King Gym or at race site on race day. For more information, call 339-1301/2

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 Beach 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.

President's Day 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.

GHS comes close to win against Sharks

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

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

Guam High School (GHS) boys' varsity basketball team squared off against Simon Sanchez High School (SHS) at home Feb. 6, looking to shake off their first defeat of the season the night before to St. Paul Christian School.

However, it would prove to be a tough one for the GHS Panthers as the SHS Sharks came in undefeated and planned to stay that way.

Early in the game, Panthers' Derrell Bruner drew first blood scoring the first basket of the game. This would prove to be the highlight of the Panthers' first half as the Sharks built a six-point lead.

But the Panthers sprang to life in the second half with a rally of points from a few key plays. Down by nine with five minutes and 16 seconds

left on the clock in the third quarter, Panthers' Erick Lang drew a foul further cutting the lead deficit.

Later in the fourth quarter, Panthers' Jayson Brunson splits two defenders with a lay-up drawing the Panthers within a basket. The Panthers would eventually tie the game.

The game ended due to missed opportunities by the Panthers and the Sharks held on to the win 49-47, giving the Panthers their second loss and an overall record of 6-2.

Despite the loss, Panthers' coach Joe Taitano was satisfied with the team's effort and performance.

"I think the team played hard," Taitano said. "We have some new teammates and we now must learn to get into a rhythm. We are going to keep working hard and get a push into the second round. We have the guys to make a significant push but must play well on the defensive and offensive side of the ball. They did a great job."



Up for the Shot: Guam High School (GHS) Panther Jayson Brunson penetrated the Simon Sanchez High School Sharks defense for a lay-up earning two points, pushing the Panthers' score up to 43 during a GHS home game Feb. 6. GHS lost to the Sharks 49-47 despite a strong surge in the final minutes of the game. (U.S. Navy photo by Oyaol Ngirairiki)