



LIBERTY THROUGH UNITY

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Bon Voyage: Seaman Brooke Zimmerman, assigned to the submarine tender USS Frank Cable (AS 40), watches the ship as she prepares to leave her homeport on U.S. Naval Base Guam Jan. 9. Frank Cable is en route to Portland, Ore. for her dry-dock phase maintenance availability. U.S. Navy photo by Mass Communication Specialist 3rd Class Claire Farin/Released

Frank Cable departs Guam Emory S. Land takes watch

By Mass Communication Specialist 3rd Class (SW) Claire Farin

USS Emory S. Land (AS 39) Public Affairs

The submarine tender USS Emory S. Land (AS 39) took the watch as the submarine tender USS Frank Cable (AS 40) departed her homeport in Guam, Jan. 9, for a regular overhaul and dry-docking in Portland, Ore.

Frank Cable is being temporarily relieved by Emory S. Land (AS 39) as the primary afloat maintenance activity in the U.S. 7th Fleet area of responsibility.

After Frank Cable's successful scheduled port visits in 2011 to various countries such as Malaysia, Hong Kong and the Republic of the Philippines, and a decade of tending submarines and surface vessels assigned to the 7th fleet area of responsibility, the submarine tender is now ready to undergo some major preservation and maintenance.

Frank Cable will make her first stop in

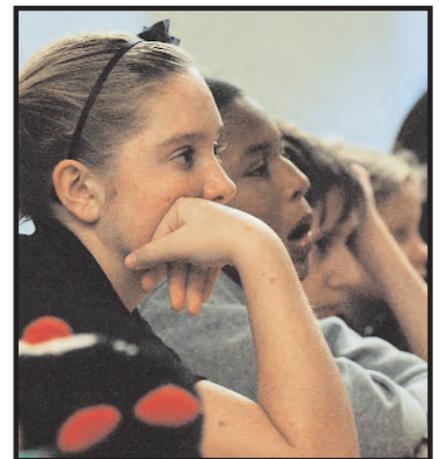
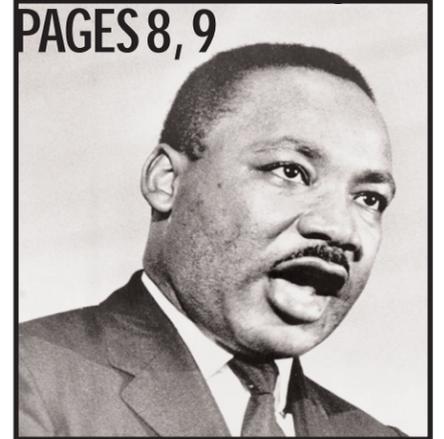
Pearl Harbor, Hawaii before proceeding to Oregon.

"We're stopping there on our way to our regularly scheduled overhaul, and the ship will be going into dry dock to do our routine maintenance that can't be accomplished in Guam," said Frank Cable Commanding Officer Capt. Pete Hildreth.

Hildreth added the regular overhaul involves preventive and corrective maintenance to the hull and propulsion plant and

See Emory S. Land, Page 7

Joint Region **HONORS** Martin Luther King Jr. PAGES 8, 9



MEMS works to **STOP BULLYING** PAGE 11

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Joint Region Marianas



Information Assurance: Defending cyberspace

By Tech. Sgt. Matthew Matlock

36th Wing Information Assurance

Today, as never before, Department of Defense (DOD) networks and the personnel who maintain them are being tested to the very limits of their ability to deflect assault. Attackers all over the world are utilizing every conceivable

method to gain access to our critical systems and introduce malicious code to exploit or destroy our assets.

One of the provisions of the 2011 Defense Authorization Act states a collaborative Intelligence and Cyber Agency report on cyber attacks be drafted and submitted to Congress for review.

"When warranted, we will respond to hostile attacks in cyber-

space as we would to any other threat to our country," the report stated. "We reserve the right to use all necessary means—diplomatic, informational, military, and economic—to defend our nation, our allies, our partners and our interests."

The DOD operates approximately 15,000 networks which are comprised of about seven million computers at bases and out-

posts around the globe; in submarines and research facilities that patrol and monitor the oceans; in manned and unmanned aircraft that control the skies; in satellites that relay vast quantities of data around the earth in seconds and coordinate our efforts.

"The nations of China and Russia, through their intelligence

See Security, Page 7



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Joint Region Edge

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NBG honors Martin Luther King Jr.

By Mass Communication Specialist 2nd
Class Waris Banks

U.S. Naval Base Guam Public Affairs

U.S. Naval Base Guam (NBG) community members observed Dr. Martin Luther King, Jr. Day with a march and ceremony at the base chapel on NBG Jan. 16.

Following an invocation from base Chaplain Lt. Cmdr. Thomas Ianucci, a Roman Catholic priest and event speaker, several Sailors participating in the march and ceremony reflected on King's work and the influence that his teachings had on ensuring that today's Navy is a culture of diversity, equal opportunity and respect.

"The Navy is a lot different than what it used to be," said Master-at-Arms 2nd Class

Alexandra Monroy of NBG Security. "That's why it's important for both our country and the military to remember our history and celebrate Dr. King's work. He was a great man."

Master-at-Arms 3rd Class Leighloni Holmes, of NBG Security, spoke about the multitude of creeds, ethnicities and religions that work together peacefully in the military.

"It's important for people in the Navy to understand what Dr. King did," said Master-at-Arms 3rd Class Leighloni Holmes. "Today's Navy is very diverse and more inclusive because of him."

This celebration of the slain African-American civil rights leader's life was a part of recurring theme announced by NAVADMIN 009/12 — "Remember! Celebrate! Act! A Day On, Not A Day Off" — encouraging Navy commands to increase knowledge and understanding of Dr. King's work through military and community events.



Remembering: From left, Master-at-Arms 3rd Class Karina Perez, Master-at-Arms 2nd Class Alexandra Monroy and Master-at-Arms 3rd Class Leighloni Holmes, of U.S. Naval Base (NBG) Guam Security bow their heads in prayer during a ceremony honoring the life of civil rights activist the Rev. Dr. Martin Luther King Jr. at the NBG Chapel Jan. 17. U.S. Navy photo by Mass Communication Specialist 2nd Class Waris Banks/Released

King was born Jan. 15, 1929 in Atlanta, Ga. and earned a Ph.D. in theology from Boston University. His philosophy was rooted in civil disobedience and nonviolence. The Baptist minister's most important legacies include leading the 1955 Montgomery, Alabama, bus boycott as well as the 1963 March on Washington, which led to eventual passage of the 1964 Civil Rights Act. It was at this march on the National Mall where Dr. King gave his iconic "I Have a Dream Speech." King was assassinated April 4, 1968.

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 349-6119/2224.

Andersen AFB Chapel 2 Sanctuary

Due to the installation of a fire suppression system, the Chapel 2 Sanctuary will be closed for the duration of the month of January. The following is a list of provisions we are offering to accommodate the needs of the Andersen Protestant Community:

Jan. 22, and 29: Combined Protestant Worship service at 10:30 a.m. in the Base Theater. Liturgical and emerging services will maintain their normal schedule. Religious education will be held in the Chapel Activity Center from 9:15-10:15 a.m.

The closure will not affect any Catholic worship or activities. We apologize for the inconvenience and we hope that our chapel schedule will return to normal in February.

36th Wing Chapel Football Sunday

Join football fans and cross into the red and end zones with the winning team at 10:30 a.m. at the Sunrise Conference Center. Wear your favorite team jersey and join the fun during a coin-toss, time out and a tailgate fellowship after the service. Fee memorabilia will be provided to the first 22 new visitors.

Coalition of Sailors Against Destructive Decision

The Coalition of Sailors Against Destructive Decision (CSADD) Program provides an additional resource and communication tool that facilitates positive Sailor interaction and complements a commander's message directing proper conduct both on and off duty. For more information about this program, contact Joint Region Marianas CSADD Team Leader Chief Logistics Specialist (SW/AW) June Magaling at 349-1238 or June.Magaling@fe.navy.mil.

Report Fraud, Waste, and Mismanagement

The Joint Region Marianas (JRM) Hotline provides an opportunity to report significant cases of fraud, waste and mismanagement. Anyone can file a hotline complaint. All reporters have the right to remain anonymous. To contact the JRM Inspector General, e-mail M-GU-JRM-IG-HOTLINE-FRAUD-WASTE-ABUSE@fe.navy.mil or call 349-1001. You may also mail your report in to JRM Inspector General Office, PSC 455 Box 211, FPO AP 96540. Remember, the more detailed information you provide the better we can assist you.

USPS Naval Station Business Hours

The United States Postal Service location in Barracks 4 on U.S. Naval Base Guam is open Monday through Friday from 8 a.m.-noon, and 1-3 p.m. and closed on Saturdays, Sundays and federal holidays.

SCHOOL BULLETIN

School bulletin aims to promote educational activities in the Navy and Air Force communities. If you know of an education-related event that you would like to include, send it to jointregionedge@fe.navy.mil or call 349-2115.

DoDEA Guam District Schools

Jan. 26: Professional Development Day (no classes)
Jan. 27: Teacher Workday (no classes)

DoDEA Guam District Middle Schools Sports Forum

Parents and students are invited to a sports program discussion focusing on ways to improve middle school program participation, quality skill development, supervision and safety. Attendees can attend either

COMMUNITY Corner

movies • movies • movies

The Big Screen Theater

JAN. 20 (FRIDAY)

7 PM "ARTHUR CHRISTMAS"
9:30 PM "IMMORTALS"

JAN. 21 (SATURDAY)

1 PM HAPPY FEET 2 PG
3:30 PM PUSS IN BOOTS PG
7 PM THE TWILIGHT SAGA: BREAKING DAWN PART 1 PG-13

JAN. 22 (SUNDAY)

1 PM THE MUPPETS PG
3:30 PM JACK AND JILL PG
7 PM THE RUM DIARY R

Movie Hotline 564-1831 US Naval Base Guam

Meehan Theater

JAN. 20 (FRIDAY)

7 PM THE SITTER R

JAN. 21 (SATURDAY)

2 PM THE SITTER R
7 PM THE SITTER R

JAN. 22 (SUNDAY)

7 PM THE SITTER R
Movie Hotline 366-1523 Andersen Air Force Base

meeting at Cmdr. William C. McCool Elementary/Middle School Jan. 19 at 5:30 p.m. or Andersen Middle School Feb. 16 at 5:30 p.m.

Phone Numbers

Andersen Elementary School: 366-1511
Andersen Middle School: 366-3880/5793
Commander William C. McCool Elementary/Middle School: 339-8676
Guam High School: 344-7410

MWR HAPPENINGS

U.S. Naval Base Guam:

City Sightseeing Tour

Take a two-and-a-half hour island tour to some of Guam's cultural and historical landmarks in a comfortable air-conditioned bus. You will visit Paseo Park, Proa, the War Museum, Fort Apugan, Latte Stone Park, Plaza De Espana and Two Lover's Point. Cost: \$26 per adult, \$13 per child (3-11 years old).

Boat Charters

Enjoy fishing and snorkeling in Guam's beautiful southern waters on your own or with your family on a boat big enough to have a small party. You can also choose to rent a private charter where you will be able to

fish, snorkel, and barbeque onboard. Fishing poles, fish bait, snorkel gear, mineral water and wheat tea are provided. Coolers are also provided for those who wish to bring their own drinks. Maximum capacity: 49 passengers. Cost: \$32.50 per person, or \$525.00 per boat.

Lunch Bowling at Orote Point Lanes

Enjoy a nice game during your lunch hour Monday-Friday from 10:30 a.m.-1 p.m. \$1 per game per person. Shoe Rental not included

36th FSS HAPPENINGS

Andersen Air Force Base:

Airman and Family Readiness Center Classes

Jan. 23: Pre-separation briefing - 8:30-11:30 a.m.
Jan. 23: Starting a small business - 1-3 p.m.
Jan. 24: VA benefits briefing - 8 a.m.-noon
Jan. 25-27: Transition assistance program workshop - 8 a.m.-4:30 p.m.

Bowler's Value Package

Round up your friends and head for Gecko Lanes to take advantage of their new Bowlers Value Package. For just \$50, you'll get two hours of bowling for up to six people (one lane only), shoe rental, two large pizzas and drinks. For more information, call 366-5117.

SPORTS SHORTS

U.S. Naval Base Guam

Spring Gymnastics

Classes held now through May 25. Schedules are available at the U.S. Naval Base Guam Child Development Center. Classes will be held in the gymnastics facility behind the teen center. For more information, call 564-1844.

Hike Mt. Jumalong Manglo

Show at Rec N' Crew Jan. 26 at 8:15 a.m. Go 8:30 a.m.-2:30 p.m. Signup deadline 1 p.m., .25. For more information, call 564-1826

Andersen Air Force Base

What about "Zumba"?

Free Zumba classes are held at Coral Reef Fitness Center Monday-Wednesday at 7 p.m., Thursdays at 9:40 a.m. and Saturdays at 8:30 a.m. Call 366-6100 for more information.

Zumbatomic® Children's Dance

The Hotspot is now offering Zumbatomic® Children's Dance Classes for Lil Stars ages four to seven and Big Stars ages 8 to 12. Zumbatomic® is a specially designed class to encourage kids to develop a healthy lifestyle and to incorporate fitness as a natural part of their lives through dance, music and exercise. Lil Stars meet Wednesday from 3-4 p.m. for eight weeks. Class fee is \$30. Big Stars meet Tuesdays and Thursdays from 3-4 p.m. for eight weeks. Class fee is \$50. To register, stop by the Hotspot or call 366-2339 for more information.

Aikido Classes

Aikido is a traditional Japanese martial art of self-defense that focuses on using the force of the opponents attack and redirecting it in another direction. The Hotspot offers two types of Aikido Classes. One is a Traditional (Hombu) Aikido. Traditional classes for adult and children beginners are held Tuesday and Thursday from 5-6 p.m. Adult Traditional Aikido classes are also offered Friday and Saturday from 7:30-8:30 p.m. Advanced classes are held Monday and Wednesday from 5:30-6:30 p.m. for kids and 6:30-7:30 p.m. for adults. The other class offered is Tactical Aikido, and is for adults only. Beginner's Tactical Aikido classes are held Tuesday and Thursday from 6-7 p.m. Advanced Tactical Aikido classes are held Tuesday and Thursday from 7 to 8 p.m. All classes are \$60 per month, per student. Sign up soon at the Hotspot, or call 366-2339 for details.

Andersen's Best: Airman 1st Class David Brown

By Senior Airman Benjamin Wiseman
36th Wing Public Affairs

Airman 1st Class David Brown, 36th Comptroller Squadron budget analyst, was awarded Team Andersen's Best on Andersen Air Force Base Jan. 5.

Brown is responsible for managing the 36th Medical Group's 1.3 million-dollar program and advising their resource advisor on all budget issues.

He skillfully certified 193 Contingency Exercise Deployment (CED) orders totaling 480,000 dollars in obligations and implemented the migration of CED orders in the defense travel system, cutting voucher processing time by up to five days. As a master technician he processed 50 pay collection vouchers which returned 41,000 dollars to 14 various wing agencies.

Additionally, Brown is also an active volunteer in the community assisting Andersen Elementary School, Airmen Against Drunk Driving and Andersen's 1st Four.

Andersen's Best is a recognition program which highlights a top performer from the 36th Wing. Each week, supervisors nominate a member of their team for outstanding performance and the wing commander presents the selected Airman/civilian with an award.

To nominate your Airman/civilian for Andersen's Best, contact your unit chief or superintendent explaining their accomplishments.



Role Model: Airman 1st Class David Brown, 36th Comptroller Squadron budget analyst, was awarded Team Andersen's Best on Andersen Air Force Base Jan. 5. Andersen's Best is a recognition program which highlights a top performer from the 36th Wing. Each week, supervisors nominate a member of their team for outstanding performance and the wing commander presents the selected Airman/civilian with an award. U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released

NMCB 40 top performer a positive leader

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

Steelworker 1st Class (SCW) Louis Salazar is the embarkation and training petty officer for Naval Mobile Construction Battalion (NMCB) 40, and is the battalion's top performer for January.

As the command's embarkation petty officer, he ensures the organization and delivery of civil engineer support equipment to all NMCB 40 detachments in the Pacific theater. His role as the training petty officer ensures Seabees in Guam are up-to-date with all Navy trainings and regulations.

Salazar joined the Navy to experience life as a young adult and enjoy the

world. He picked the Seabees because it was interesting.

"I never really had a job growing up except a real small construction gig I did every once in a while during high school," Salazar said. "I wanted to experience some manual labor. An added benefit of this community is little time on the ship and I get to work with the Marines and Army."

Salazar plans to make a career out of the Navy. His leading chief petty officer Chief Builder (SCW) Paul McAllister said Salazar's career will be successful due to his positive attitude.

"He is very dependable and team oriented," McAllister said. "He displays positive leadership and can always be counted on."

Top Performer: Steelworker 1st Class (SCW) Louis Salazar is the embarkation and training petty officer for Naval Mobile Construction Battalion 40 and is the battalion's top performer for January. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert/released



From 36th Wing Public Affairs

For many, January has become synonymous with lofty weight loss goals and renewed visions of fitting into that old pair of skinny jeans. This year, 36th Wing Commander Brig. Gen. John Doucette has provided an extra incentive to turn those wishes into reality in the form of a challenge known as "90 at 90."

Currently the 36th Wing has an 'excellent' physical training (PT) test score for 55.8 percent of personnel assigned to the wing who are not on a profile or otherwise exempt from PT testing.

The 90 at 90 program will mean that out of 1,874 service members, 1,687 of them must get a score of 90 or above on their PT test for the wing to be above 90 percent with an 'excellent.' Out of the 763 Airmen who currently have a 'satisfactory' score between 75 and 89.9, 642 of them must increase their scores to above 90.

The first step for Airmen to increase their score will be a personal decision that they want to improve their wellness, physical conditioning and readiness. Numerous options are available for Airmen regarding the education and physical training needed to improve their score. A good first step for most Airmen will be to look at their current scores by visiting www.my.af.mil and select the AFFMS-AF Fitness Management System under featured link and fitness & health. From there Airmen can view their current scores and identify areas for improvement.

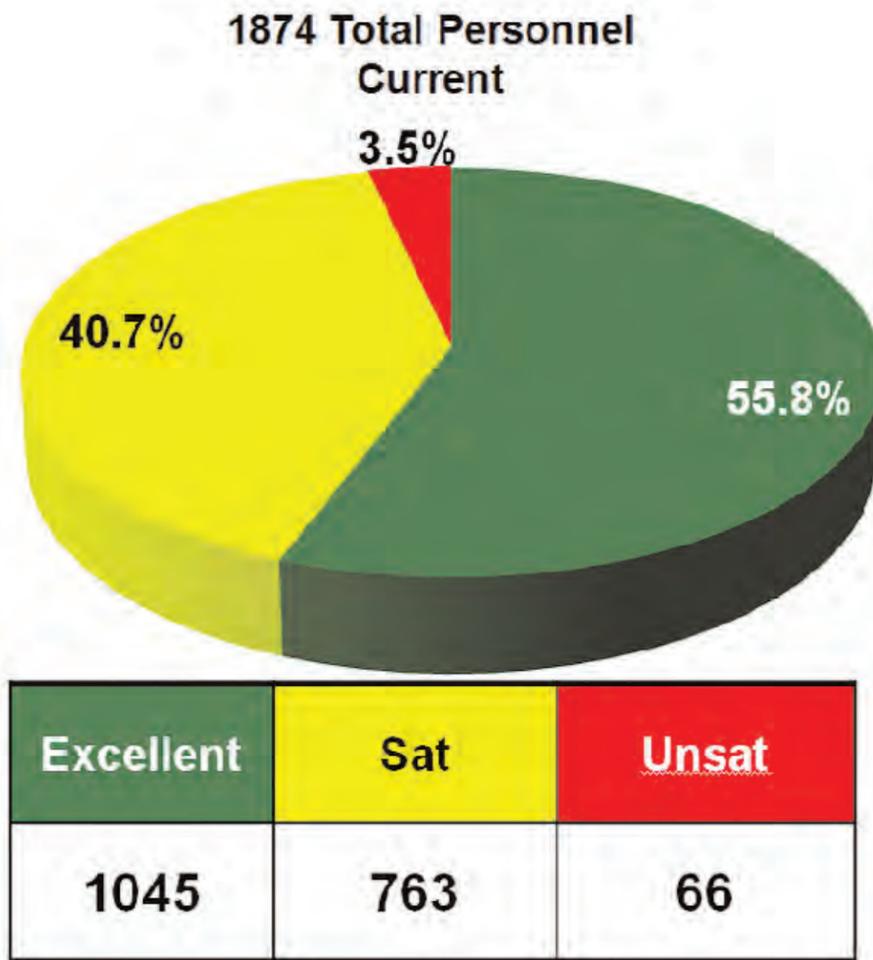
36th Wing Airman Profile: Capt. Tim Lundberg, 36th Wing Chief of Public Affairs.

I currently have a score of 87.90, so I am one of the 763 with a satisfactory score, but with some improvements in one area I can move up above 90 and get an excellent. I think a lot of people will probably be in a similar situation, if they look at their scores and use the fitness calculator they can see where they need to make improvements and sustain performance to get above a 90.

- Below is a breakdown of my scores:
- Cardio: 12:10 / 50.90
 - Abdominal circumference: 35.50" / 17.60
 - Push ups: 51 / 9.40
 - Sit ups: 54 / 10.00
 - Composite score: 87.90
 - Fitness level: Satisfactory

Unfortunately over the holidays my waist measurement has gone up half an inch to 36. Using the fitness calculator I see in order to get above a 90 I need to maintain my push ups and sit ups, but take my run time down from 12:10 to 11:22, or take 48 seconds

90 at 90: Current standings



off my run time, tough, but do-able. To have above a 90, and an excellent, I'll need to match the following chart, I sprained my wrist recently so I'll be exempt on push ups this time:

- Cardio: 11:22 / 54.80
- Abdominal circumference: 36.0" / 17.00

- Push ups: Exempt
- Sit ups: 54 / 10.00
- Composite score: 90.89
- Fitness level: Excellent

Unfortunately, I wasn't quite able to meet my goal Jan. 12. I ran an 11:24, two seconds slower than the 11:22 I needed, giving me an

89.67 score. While I didn't make the goal, I know what I need to do now is focus more on my eating habits and work to keep my run where it is. With just a little bit more improvement, I'll be good to go the next time I test.

I know these scores won't be the same for everyone, and for many folks it will take a more dramatic shift in their scores to get above a 90, but seeing what you need to do and making a plan on how you want to get there is going to be the first step to achieving an excellent.

36th Wing Airman Profile: Airman 1st Class Whitney Tucker, 36th Wing Public Affairs reporter

The last time I took a PT test was October of 2010. I received a score above 90 and wasn't scheduled to test again until the following October. Little did I know I would get pregnant, have a baby and a 12-month break would quickly turn into 18. Since completing basic training in 2009, PT for me has always been about maintenance; working out to sustain a high level of fitness. That changed after the birth of my son. I was out of shape and intimidated by the work ahead of me. But you've got to start somewhere and that's what I've done.

In addition to unit PT, I have been working out at home every night. I've also started eating small, well-balanced meals throughout the day to drop the extra baby weight and get my waist back to pre-pregnancy status. Cardio is the key to reduce my run time. As for push ups and sit ups, P90X has me feeling the burn in muscles I didn't know I had.

Here are my last PT test scores and what I hope to be back at by May:

- Cardio: 13:51 / 54.20
- Abdominal circumference: 29.50" / 20.00
- Push ups: 40 / 9.30
- Sit ups: 44 / 8
- Composite score: 91.50
- Fitness level: Excellent

I know I have a long road ahead of me, but with persistence, hard work and a lot of sweat it's not out of reach.

According to wing data, the average run score for Andersen active-duty personnel is 52.3 or 87 percent; the average abdominal circumference score is 19.1 or 96 percent of possible points. The average push up score is 8.8 or 88 percent and the average sit up score is 9.1 or 91 percent.

Based on the information provided, Airmen lose the most points in the run and push up categories. Since the run carries more weight than any other portion of the PT test, it allows for the most improvement.

MAN ON THE STREET "How do you stay healthy?"

"Eating right. I eat lots of fruits and vegetables."

Samantha Shimizu
Police Officer
36th Security Forces Squadron



"Eat right, exercise."

Information Systems Technician 1st Class
Raul Montes
Navy Reservist



"I exercise by running three to four miles at least three times a week and manage a healthy food intake."

Tech. Sgt. Stephen Amaguin
254th REDHORSE, Guam Air National Guard



"I go swimming and fishing a lot, and eat the fresh fish I catch."

Rodney Marvin Dupree
Able Industries of the Pacific



"Going to the gym when I can. I still indulge, but I guess keeping a good balance between indulging and eating healthy as well."

Jason Chua
Local resident



"I maintain a good diet and exercising at the gym daily to include running and toning."

Airman 1st Class Dannis Schmalz
36th Munitions Squadron

By Col. Peter Brewer
36th Medical Group

Success is an honored word in all organizations, no matter whether they are military or civilian. I believe your success in any job is anchored solidly in your personal vision and values, in a word, your attitude. Look into any department that yields excellent customer satisfaction, high quality performance and a strong binding morale among its employees and you will find it. The common factor among the workers is their positive attitude.

Over the course of my military career I have seen how positive attitudes create a type of team synergy in the work environment. Each worker contributes an element of importance where the result equals more than the sum of the parts. In other words, although we have different personal visions and values, a positive attitude can guide the team's diversity into synergy that is creative and effective.

There is no question in my mind that an effective team, by its definition, consists of quality performers working together day after day resulting in the end product of increased customer satisfaction and organizational goal

The power of attitude

attainment. However, just like people, a team of employees can go through different stages of growth, development and even existence. So how do we maintain those positive attitudes?

Here are some simple guidelines I have found to be most helpful to ensure a positive attitude among employees.

1. Treat everyone with respect.

Sometimes we may have to work with or for someone we personally just do not like. Yes it happens, but you should respect them. Take the

opportunity to realize that everyone on the team can make contributions to help the organization. If this sounds too difficult, I would suggest you spend some time looking at each individual's daily duties on your team. I believe you will start to observe how the team, with all its abilities and ideas, will better the organization. When there is respect for one another, Airmen will feel a sense of cohesiveness and commitment not only toward each other, but to the organization's goals as well. In this way, respect is the basis on which success can thrive in the workplace.

2. Remember each Airmen's contribution is important.

Make sure each person in your work environment feels they have an opportunity to contribute. In the military our teams can encompass several different ranks.

Don't forget even the most junior member has something unique to contribute. Encourage and value everyone's contributions.

3. Be understanding.

Teams are made up of individuals. Be open to the fact that these in-

dividuals bring into the workplace differences of opinions, beliefs, values and ideas. When working as a team, remember you may dislike or disagree with an idea that arises, but never target the person.

By knowing this, Airmen will realize they work in an accepting environment where the overall goal is the accomplishment of the mission through defined objectives and free from personal attack.

4. Praise.

Take the time to praise what other team members have done to help the organization. Praise reinforces great job performance.

It is through respect, valued individual contributions, understanding and praise for a job well done that a positive attitude can be maintained and even strengthened. The power of a positive attitude can be more important than external rewards and fringe benefits. It can sustain an employee through an organization's difficult times. A positive attitude sets the stage for the type of employee you want to be. You can see these positive attitudes in those people who are devoted and committed to their work. The real power of a positive attitude is that it is a major factor of dedicated employees who see their work as an essential contribution for the betterment of the mission. This mindset truly defines success.

Guam educators unite to help military students cope



Training: Cmdr. William C. McCool Elementary/Middle School guidance counselor Jennifer Kukes prepares notes during in the Military Child Education Coalition's (MCEC) Transition Counselor Institute (TCI) Phase II at the Guam Marriott Resort in Tumon Jan. 12-13. The training activity was held to inform educators about the many ways to help military students develop resiliency as they cope with family separation, mobility and transitioning in and out of several schools. U.S. Navy photo by Mass Communication Specialist 2nd Class Waris Banks/Released

By Mass Communication Specialist
2nd Class Waris Banks
U.S. Naval Base Guam Public Affairs

Educators from Department of Defense Education Activity (DoDEA) Guam District schools and the island's public and private schools participated in the Military Child Education Coalition's (MCEC) Transition Counselor Institute (TCI) Phase II at the Guam Marriott Resort in Tumon Jan. 12-13.

The event was the second in a three-part series on the social and emotional factors as they relate to military students and their families.

MCEC is a nonprofit organization that focuses on ensuring that military children receive quality education in a challenging world that includes mobility, family separation and transition.

"Everything that we teach is researched based, and the research was done on military families, hundreds and hundreds of them," said Judy Coffee a lead trainer with MCEC. "The people

we come to train are the frontline helpers, your teachers, your counselors, the people on your post that work with your families and children. We are trying to teach them to teach kids resilience."

On average, military children move six to nine times between kindergarten and 12th grade. School-to-school moves bring different academic standards, courses and graduation requirements that vary across states and schools. In addition to frequent moves and mobilization issues, family separation can also affect a military student's school performance.

Cmdr. William C. McCool Elementary/Middle School (MEMS) guidance counselor Julie San Nicolas said it is important for educators to focus on ensuring a smooth transition into a new school as well as the transition from the old school.

"They've left best friends and they've left a community what they're used to," she said. "This training is going to give us even more ideas on dealing with this."

San Nicolas said one tactic MEMS uses to help students transition to their new academic and social environment is having current students mentor new arrivals.

"These are the students trained to work with the new students coming into McCool," she said. "So they do a tour."

For more information on MCEC, visit www.militarychild.org.

From The Air Force Office of Special Investigations Detachment 602

The Air Force Office of Special Investigations (AFOSI) Detachment 602 needs your help. As a service member, military dependent, U.S. Government employee, retiree or government contractor, you have access to information of value to the adversaries of our country.

Foreign intelligence and security services can exploit even the slightest piece of seemingly harmless data to the detriment of the United States government. Did you know intelligence services routinely go to great lengths to determine individual traits and habits of targeted individuals? A foreign entity may utilize your personal tastes and preferences as leverage; leverage used to blackmail you and coerce your involvement in activity you would not otherwise consider.

For those who live and travel throughout the South Pacific and South East Asia, including Guam, it is important to remember your potential exposure to intelligence activities when visiting adult entertainment venues. Locations like nightclubs, massage parlors, karaoke bars and strip clubs offer an excellent platform from which our adversaries may seek to exploit your association with the U.S. Government. Did you know AFOSI does not conduct criminal investigation into unlawful sexual acts between consenting adults? If you believe you, or someone you know, has encountered a questionable situation at an adult entertainment venue, it is possible to file a counter-intelligence (CI) restricted report.

A CI restricted report allows in-

“ Activities related to the planned, attempted, actual, or suspected espionage, terrorism unauthorized technology transfer, sabotage, sedition, subversion, spying, treason or other unlawful intelligence activities targeted against Department of the Air Force, other U.S. facilities, organizations or U.S. citizens. ”

The counter-intelligence restricted report

dividuals to report contact of a questionable nature to AFOSI, without fearing self-incrimination for otherwise unauthorized activities lying outside of AFOSI's investigative purview (i.e. adultery, prostitution).

Per Air Force Instruction 71-101, Volume 4, U.S. Air Force personnel must report the following categories of incidents to AFOSI within 30 days of occurrence:

- Personal contact with an individual, regardless of nationality, which suggests that a foreign in-

telligence or any terrorist organization may have targeted them or others for possible intelligence exploitation.

- A request by anyone, regardless of nationality, for illegal or unauthorized access to classified or unclassified controlled information.

- Contact with a known or suspected intelligence officer to include attaches from any country.

- Contact for any reason, oth-

er than for official duties, with a foreign diplomatic establishment whether in the U.S. or abroad.

- Activities related to the planned, attempted, actual, or suspected espionage, terrorism unauthorized technology transfer, sabotage, sedition, subversion, spying, treason or other unlawful intelligence activities targeted against Department of the Air Force, other U.S. facilities, organizations or U.S. citizens.

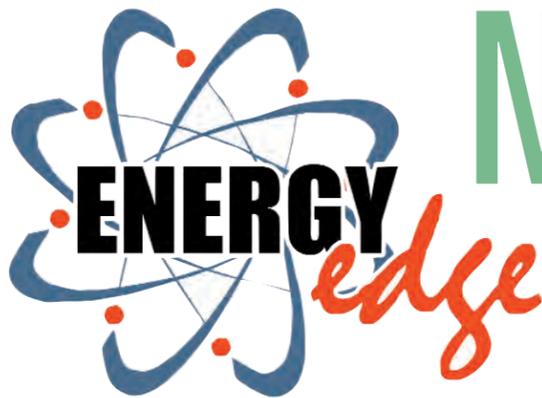
- Information indicating military members, civilians employees or Department of Defense (DOD) contractors have contemplated, attempted, or effected the deliberate compromise or unauthorized release of classified or unclassified controlled information.

- Unauthorized intrusion into U.S. automated information systems, whether classified or unclassified; unauthorized transmissions of classified or unclassified controlled information with regard to medium, destination or origin.

- Unauthorized attempts to bypass automated information systems security devices or functions, unauthorized request for passwords, or unauthorized installation of modems or other devices into automated information systems, including telephone systems, whether classified or unclassified.

Remember, U.S. service members, DOD civilians and DOD contractors may be subject to criminal investigation under the Uniform Code of Military Justice or the United States Code for failing to report any of the above mentioned reportable situations.

You are the counter-intelligence eyes and ears of the United States Air Force. By instituting the CI restricted report AFOSI hopes to encourage the early and frequent reporting of notable issues and contacts. Identifying and reporting a concern early is the key to preventing a small issue from becoming a huge one. We are here to help. Call AFOSI Detachment 602 at 366-2987, or after duty-hours at 366-2910.



Natural light saves energy

“ If you have a task light and work in an area that is not immediately adjacent to windows or other openings, use your task light and turn off the overhead lights if you're the only one working in your workspace. ”

— Kevin Evans
JRM Energy Manager

By Kevin D. Evans
Joint Region Marianas Energy Manager

Daylighting is the practice of using natural daylight whenever possible in the office or work place instead of artificial lighting. Sunlight is plentiful here on Guam and daylighting is a useful way to light up an office and save electricity. So give it a try and if you feel comfortable, work in natural light.

If you have a task light and work in an

area that is not immediately adjacent to windows or other openings, use your task light and turn off the overhead lights if you're the only one working in your workspace.

There is, indeed, a school of thought that having lights out presents a storefront appearance that one's shop is closed. This requires a little bit of willingness to try out daylighting. Misconceptions such as a closed office could be avoided by possibly displaying a sign saying "We're open and saving energy", much like was done for soda machines when we practiced de-lamping for them energy conservation

For the scientific minds among us,

while there is no direct sunlight on the polar-side wall of a building, equatorial-side windows receive at least some direct sunlight on any sunny day of the year, so they are effective at de-lighting areas of the office adjacent to the windows.

If de-lighting is worth considering for you or you command, there are some self-help things to enhance de-lighting, or light levels in general, that can be done. Check the color scheme in your shop of office. Painting bulkheads a light color scheme and using light colored tiles or paint on decks will significantly increase light levels. Sunlight capturing optical fiber lights might be an option as well.

EMORY S. LAND: 'Best-of-the best maintenance talent'

Continued from Page 1

throughout the ship which ensures the ship can continue on her assigned mission on Guam for eight years.

Emory S. Land arrived in Guam last November from its permanent forward deployed homeport of Diego Garcia, British Indian Ocean Territory to support Frank Cable's mission.

"Our mission in Guam is to maintain the three homeported Los Angeles-class attack submarines, USS Buffalo (SSN 715), USS Houston (SSN 713) [and] USS Oklahoma City (SSN 723), as well as those deployed to the 7th Fleet area of responsibility," said Emory S. Land Commanding Officer Capt. Paul Savage. "We'll strive to continue the outstanding submarine repair reputation set by USS Frank Cable while she undergoes maintenance in the continental U.S."

Most of the crew from Frank Cable's repair department are temporarily assigned to Emory S. Land.

"We needed to keep a large portion

of USS Frank Cable's highly skilled Sailors here on Guam with us," Savage said. "This transition went very smooth largely due to over six months of very detailed planning, and there was no interruption of submarine repair service."

Savage also praised the hard work and efforts by Sailors of both ships and applauded their willingness to work together to ensure a smooth transition.

"With this integration, we've retained the best-of-the-best maintenance talent here on

Guam and continue to provide superb support to our submarine force," he said.

Following the dry-docking and maintenance, sea trials will be conducted while Frank Cable makes her transit back to Guam.

Adios: The submarine tender USS Frank Cable (AS 40) transits Apra Harbor for Portland, Ore. Jan. 9. Frank Cable is en route to Portland, Ore. for her dry-dock phase maintenance availability. U.S. Navy photo by Mass Communication Specialist 3rd Class Claire Farin/Released



SECURITY: 36th Wing to undergo AFNet inspection to ensure digital safety

Continued from Page 1

services and through their corporations, are attacking our research and development," said National Counterintelligence Executive Robert Bryant.

"Malicious cyber attacks are not merely an existential threat to our bits and bytes," said Defense Advanced Research Projects Agency director Regina Dugan. "They are a real threat to our physical systems, including our military systems." In September 2011, the Host Based Security System detected a "keylogger" virus in Creech Air Force Base's Predator and Reaper Drone cockpit

systems. The virus was most likely introduced via removable media such as a USB thumb drive or compact disc. The full extent of the infection is still unknown.

In the end, it falls to you, the network user, to protect the integrity and confidentiality of our network. You are the last line of defense against an invisible army of hackers, terrorist cells and foreign governments that have dedicated their most devious minds to the penetration of our information systems- the very systems that control our KC-135 Stratotankers; our B-52 Stratofortresses; our RQ-4 Global Hawks and all the capabilities these aircraft provide to our decision-makers and warfighters.

From Jan. 18 -27, the 36th Wing will undergo an Air Force Network Integration Center inspection called the Information Assurance (IA) Assessment and Assistance Program. Information Assurance is a collection of three disciplines including communications security, computer security (COMPUSEC) and emissions security (EMSEC). To facilitate a smooth inspection and ensure the continued defense of our information systems, be sure to heed the following guidance:

- Find your Unit Information Assurance officer (IAO) and Unit EMSEC Monitor and have them ver-

ify your office is COMPUSEC and EMSEC compliant. If you cannot locate your IAO or EMSEC Monitor, call 366-1020 to reach the 36th Wing IA

- Remove your Common Access Card (CAC) from your computer when you leave your desk.
- Do not bring cell phones or personal electronic devices into rooms that contain Secret Internet Protocol Router Network (SIPRNET) systems.
- Have your IAO verify that no unauthorized software is loaded on government systems and ensure all stand-alone computers are patched and updated to the same standard as

the Air Force Network.

- Remove all wireless devices from your government computer as they are prohibited.
 - All CDs, DVDs, external hard drives, floppy disks, and removable media must be labeled with the proper classification sticker and scanned for viruses before each use. Contact your IAO for extra stickers.
 - Ensure your telephone - including your government issued cell phone - has a DD Form 2056 (red "Do Not Discuss Classified") sticker affixed.
 - Remove all WAV files, MP3s, documents named "password," etc., from your computers. Air Force Network Integration Center (AFNIC) inspectors will look for these items specifically.
 - Ensure your "end of day" checklist (SF-701 Activity Security Checklist) is completed daily.
 - Have your EMSEC monitor verify that protective distribution system line route inspections are being conducted and logged daily.
 - Have your EMSEC monitor verify that all (protected distribution system (PDS) junction and connection boxes are secured.
 - USB thumb drives are prohibited - please remove them from your work centers.
- By following these simple guidelines, we can protect the DoD's cyber capabilities and ensure our assets are reserved for America, her allies, and no one else.

For questions about the upcoming inspection or additional Information Assurance guidance, please contact the 36th Wing Information Assurance Office at 366-1020.



Special Celebration: Carla Smith, Joint Region Marianas (JRM) deputy equal employment opportunity officer, emcees the Martin Luther King Jr. ceremony at the JRM Headquarters in Nimitz Hill Jan. 13. JRM commemorated Martin Luther King Jr. Day with a ceremony comprised of presentations by JRM staff members and Cmdr. William C. McCool Elementary/Middle School students. U.S. Navy photo by Shaina Marie Santos/Released

'Dear Dr. King': A student from Cmdr. William C. McCool Elementary/Middle School presents his essay at the Martin Luther King Jr. ceremony held at the Joint Region Marianas (JRM) headquarters in Nimitz Hill Jan. 13. JRM commemorated Martin Luther King Jr. Day with a ceremony comprised of presentations by JRM staff members and Cmdr. William C. McCool Elementary/Middle School students. U.S. Navy photo by Shaina Marie Santos/Released

Joint Region Marianas remembers Martin Luther King Jr.

By Shaina Marie Santos
Joint Region Edge Staff

Joint Region Marianas (JRM) commemorated civil rights leader Martin Luther King Jr.'s birth and life during a remembrance event at the JRM headquarters in Nimitz Hill Jan. 13.

Carla Smith, JRM deputy equal employment opportunity officer, assisted in coordinating the event and encouraged all to remember the words of King and celebrate his life.

"I think the event was a huge success," she said. "I think everybody learned something about King's life and I think they were challenged to fulfill his legacy, to promote human dignity among people

and to serve other people as well."

Following a presentation of the history of King, several JRM staff members took part in reading the famous 'I have a dream' speech.

Lt. David Blas, JRM current operations officer, read part of the speech and said the words of King inspired him to celebrate the civil rights activist who dedicated so much to ensure equal rights among men.

"Taking part in the reading of Dr. King's speech was very inspiring," he said. "To know that Dr. King was brave enough to preach his thoughts without fear tells me that he was a man of true courage. I think the real power of his speech is how he aims the message to both the individual transformation as well as the social evolution that carries change

as part of his message."

As a tribute to the impact Dr. King's life has made on people of all generations, high-school student Robert Matthews performed a musical tribute and three students from Cmdr. William C. McCool Elementary/Middle School proudly stood at the front of the room and shared their essays about his life.

Noah Gault, a seventh grade student, proclaimed his appreciation for Dr. King and graciously acknowledged the contributions he made to make the world a better place.

"To answer the question, what does his life mean to me?" he read. "It means hope and freedom that we as humanity can continue to improve in virtuous ways to make the world a more decent place for

future generations."

After the ceremony, attendees partook in a celebratory potluck presentation.

"If it weren't for [Dr. King], I wouldn't be here," Smith said. "I had an uncle who was a stevedore in the 30's and he was a stevedore because of the situation he could get was to be a stevedore. Because of Dr. King, I can be a civil rights activist and do this job as an EEO person. I wouldn't have something they could only do by him every day because of his life and it inspires me to live with equal rights as well. It's something that I can't live without."

Letter to Dr. King: A student from Cmdr. William C. McCool Elementary/Middle School presents his essay at a Martin Luther King Jr. remembrance event held at the Joint Region Marianas (JRM) headquarters in Nimitz Hill Jan. 13. JRM commemorated Martin Luther King Jr. Day with a ceremony comprised of presentations by JRM staff members and Cmdr. William C. McCool Elementary/Middle School students. U.S. Navy photo by Shaina Marie Santos/Released



Tribute: A student from Cmdr. William C. McCool Elementary/Middle School performs a musical tribute during the Martin Luther King Jr. remembrance event at the Joint Region Marianas (JRM) headquarters in Nimitz Hill Jan. 13. JRM commemorated Martin Luther King Jr. Day with a ceremony comprised of presentations by JRM staff members and Cmdr. William C. McCool Elementary/Middle School students. U.S. Navy photo by Shaina Marie Santos/Released



...presents his essay at a Martin Luther King Jr. remembrance event commemorated Martin Luther King Jr. Day with a ceremony comprised of school students. U.S. Navy photo by Shaina Marie Santos/Released



Left: Joint Region Marianas (JRM) deputy equal employment opportunity officer Carla Smith and students from Cmdr. William C. McCool Elementary/Middle School and St. John's School pose for the cameras after their presentations during a Martin Luther King Jr. remembrance event at JRM headquarters in Nimitz Hill Jan. 13. JRM commemorated Martin Luther King Jr. Day with a ceremony comprised of presentations by JRM staff members and Cmdr. William C. McCool Elementary/Middle School students. U.S. Navy photo by Shaina Marie Santos/Released

Below: A St. John's School student performs "This Land is Your Land" during a Martin Luther King Jr. remembrance event at the Joint Region Marianas(JRM) headquarters in Nimitz Hill Jan. 13. JRM commemorated Martin Luther King Jr. Day with a ceremony comprised of presentations by JRM staff members and Cmdr. William C. McCool Elementary/Middle School students. U.S. Navy photo by Shaina Marie Santos/Released

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generations."
Attendees had the chance to
pluck and reflect on the
[ng], I wouldn't be here."
e who was in the Navy
ward and the highest po-
e a steward on the Navy
and my parents and oth-
people like them, I have
n where before, it was
dream of. I'm inspired
I realize what he's done
help other people to have
something I'll live for every

Attendees
as a St. John's
student Raymond
ns "This Land is
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Luther King Jr.
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Joint Region
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ceremony com-
of presentations by
aff members and
William C. McCool
ntary/Middle
Students. U.S. Navy
by Shaina Marie
released





Practice Makes Perfect: Chinese School of Guam students practice the Lion Dance in Tumon Jan. 13. The students are practicing in preparation for the Chinese New Year which falls on Jan. 23. According to Chinese tradition the ancient dance is said to drive away evil spirits and promote good luck, health and prosperity in the new year. U.S. Navy photos by Shaina Marie Santos/Released



Chinese school celebrates new year with ancient dance

By Shaina Marie Santos
Joint Region Edge Staff

From food and games to singing and dancing, many people find different ways to celebrate the Chinese New Year. One of the more popular and traditional forms of celebration is the lion dance.

The Chinese School of Guam celebrates the Chinese New Year with the lion dance, which is performed by a team of students who have practiced the dance for years and

hail from various local middle and high schools.

Team captain Maria Wu said the lion dance helps her connect with her culture and promote her culture.

"At first I thought it was messing around," said Wu. "Since we're on Guam and out of Asia, [it helps us] get closer to our culture. [The team] grows as a family. It's amazing to see how much everyone improves."

According to Alan Sung, master line dance coach, the lion dance is one of the oldest Chinese traditions in existence for thousands of years. The performance involves two dancers who mimic the person-

ality of the lion. The dance is believed to promote luck, health and prosperity.

"It's a good luck thing to throw away bad spirits from the previous year," Wu said.

The lion dance is highlighted by three parts including the lion awakening, the lion seeking food and the lion eating. At one point, the lion spits lettuce onto its audience, a blessing of abundance.

The Chinese New Year is often seen as the most important of the Chinese holidays. Celebrated with family gatherings, gift giving and festive decorations, the holiday revolves around driving away the old bad fortune to make way for incoming good luck.

Celebrate Chinese New Year with special dish

By Shaina Marie Santos
Joint Region Edge Staff

While many have taken down holiday decorations and checked off the last Christmas gifts from their lists, another upcoming event has some in anticipation. Chinese New Year will be celebrated Jan. 23, and a special dish is the perfect way to welcome the year of the dragon.

One of the more favored entrées at local Chinese restaurants is honey walnut shrimp. The dish is made up of batter-fried shrimp dressed in a sweet sauce and topped with walnuts.

Guam Community College culinary student Roel Yutuc first encountered the dish during his sophomore year in high school, where he was challenged to make honey walnut shrimp for an in-class competition.

"It snuck up on me," Yutuc said. "I thought that the [ingredients for the sauce] was a weird combination. But I was wrong, I was completely wrong. I was shocked it all went well together."

The sauce that flavors the dish is made of mayonnaise, honey and sweet condensed milk that glazes the batter-fried shrimp.

"It's a popular dish," Yutuc said. "At a Christmas party I went to, that was the first thing that ran out. Even in non-Chinese restaurants they serve it."

Take a break from take-out this Chinese New Year and prepare your tastebuds for a delectable dish as you attempt to make your honey walnut shrimp a success.

- Honey Walnut Shrimp Recipe**
One pound large shrimp (peeled and deveined with tails removed)
One cup water
Two-thirds cup white sugar
One-half cup walnuts
Four egg whites
Two-thirds cup cornstarch
One-fourth cup mayonnaise
Two tablespoons honey
One tablespoon canned sweetened condensed milk
One cup oil

Defrost your shrimp in lukewarm water, peel, devein and remove the tails. Set aside as you prepare your batter and sauce.

In a small sauce pan, mix water and sugar. Bring to a boil and add walnuts. Boil for two minutes, drain and place on a baking sheet to dry.

As the walnuts cool, beat egg whites in a medium bowl until foamy. Stir in cornstarch until mixture begins to thicken.

Heat oil in a deep fryer; dip each shrimp in batter and fry for five minutes or until golden brown. Drain cooked shrimp on a paper towel and set to cool.

In a separate mixing bowl, combine mayonnaise, honey and sweetened condensed milk. Add shrimp and toss to coat with the sauce. Add walnuts and serve.



Ready to Eat: Honey walnut shrimp is a local favorite dish, made of batter-fried shrimp, glazed with a sweet sauce and topped with walnuts. This delectable dish is one way to enjoy the Chinese New Year. U.S. Navy photo by Shaina Marie Santos/Released

information • information

Celebrate Chinese New Year with the Lion Dance at the following locations:

Agana Shopping Center
Jan. 21
1:30 p.m.

Micronesia Mall Center Court
Jan. 22
1:30 p.m.

Guam Premier Outlets
Jan. 24
5:30 p.m.





no to bullying

No Bullies Here: U.S. Attorney General for Guam and the Commonwealth of the Northern Mariana Islands Alicia Limtiaco speaks to middle school students about the harmful effects of bullying and cyber-bullying at Cmdr. William C. McCool Elementary/Middle School Jan. 10. U.S. Navy Photo by Mass Communication Specialist 2nd Class Waris Banks/Released

By Mass Communication Specialist
2nd Class Waris Banks
U.S. Naval Base Guam Public Affairs

The Attorney General of Guam and the U.S. Attorney for Guam and the Commonwealth of the Northern Mariana Islands (CNMI) visited Cmdr. William C. McCool Elementary/Middle School Jan. 10 to speak to students about the harmful effects of bullying and cyber-bullying.

Attorney General of Guam Leonardo Rapadas and U.S. Attorney for Guam and the CNMI Alicia A.G. Limtiaco's visit was part of McCool's three-year-long campaign encouraging students to play an active role in bullying prevention.

"One of the priorities of this office is to conduct educational outreach to the children, especially our children," Rapadas said.

McCool students took a written pledge to step when and if they see one of their classmates getting bullied. They also learned what to do if they find themselves the victim of bullying.

"It's important for students to understand that every student needs to be respected," said Julie San Nicolas, a guidance counselor at McCool, who helped organize the anti-bullying campaign. "The counselors have gone into all the classrooms and have spoken about respect and character."

Limtiaco explained to students that although bullying is harmful in school the problem can extend outside the school's campus. She explained how students can become victims of bullies via e-mail and social media.

"This is what you're doing when you put mean messages about people online," she said while pointing to a slide of a fist erupting through a computer screen and punching a boy in the face.

Limtiaco also warned students that what they post online could affect their future, as universities and employers often conduct Internet searches on applicants to get an idea of their character. She said any hurtful speech online could cost a student entrance into a college or negatively affect their chance at a dream job.

"Just because you press 'delete' doesn't mean it goes away," she explained. "The Internet is forever."

For more resources on stopping bullying, visit www.dodea.edu/StopBullying/.

Chapel Schedule

Naval Base Guam

Office Hours: Monday-Friday,
8 a.m.-4 p.m.

Roman Catholic Mass

Saturday Vigil Mass: 5:30 p.m.
Sunday Mass: 9:30 a.m.

Sacrament of Reconciliation:
Saturday, 5 p.m. and Sunday,
9 a.m.

Protestant Worship Service

Sunday Service: Traditional
Service: 8 a.m.

Contemporary Service: 11 a.m.

Women's Bible Study: Monday,
9 a.m.

Men's Bible Study: Wednesday,
6 p.m.

Prayer Time: Thursday,
11:30 a.m.

Choir Practice: Traditional:
Wednesday, 6 p.m.

Choir Practice: Contemporary:
Tuesday, 6 p.m.

Jewish Shabbat

Friday, 6:30 p.m.

Naval Hospital Guam

Roman Catholic Mass

Monday-Friday, 11:30 a.m.

Chapel of Hope: Sunday, 9 a.m.

Protestant Services

Chapel of Hope: Sunday, 6:30
p.m.

Men's Bible Study: Every first
and third Tuesday of the month
at 7 p.m. at the Interfaith
Chapel, second floor, room
H205

Women's Bible Study: Every sec-
ond and fourth Saturday of the
month at 8:30 a.m. at the
Fellowship Hall, Building 61

Andersen Air Force Base

Roman Catholic Mass (Chapel 1)

Weekday Mass: Tuesday,
Wednesday, Friday, 11:30 a.m.

Saturday Vigil Mass: 5 p.m.

Sunday Mass: 9:30 a.m.

Sacrament of Reconciliation:
Saturday, 4:30-4:50 p.m.

Catholic Women of the Chapel:
First and third Wednesday of the
month, Chapel 1 Annex, 6:30 p.m.

Catholic Youth of the Chapel:
Second and fourth Wednesday
of the month, Chapel 1 Annex,
6:30 p.m.

Choir Rehearsal: Saturday 4-5
p.m. and Sunday, 8-9 a.m.

Protestant Worship Service

Praise Service: Sunday, Chapel 2,
9 a.m.

Gospel Service: Sunday, Chapel
2, 11:30 a.m.

Emerging Worship Service:
Sunday, Lighthouse, 6 p.m.

Protestant Women of the Chapel:
Second Monday of each month,
Chapel 2 Annex, 6:30 p.m.

Protestant Men of the Chapel:
Wednesday, Lighthouse, 7 p.m.

Protestant Youth of the Chapel:
Thursday, Chapel 2 Annex, 7 p.m.

Protestant Young Adults:
Thursday and Saturday,
Lighthouse, 6 p.m.

Protestant Sunday School:
(September-May) Sunday,
Chapel Activity Center,
10:15 a.m.

*Schedules subject to change. To
confirm times or for information
about other programs, call the
chapels at:*

Andersen Air Force Base:

366-6139

U.S. Naval Base Guam

339-2126

U.S. Naval Hospital Guam:

344-9127

Help is there



By Lt. Joseph Mayer
U.S. Naval Base Guam Chaplain

As a chaplain, I often deal with people struggling with the separation that military life can bring. A major reason for these struggles is a lack of social support. At some point, everybody needs a hand from someone nearby which can come from your social network.

Some people may have family and friends nearby who can care for kids, fix a car, offer good advice or help with other stressors but for most of us, when we arrive on Guam, we are half a world away from those people.

if you just ask

Hopefully, you had a good sponsor from your command to help get you and your family settled. After that, you and your spouse need to build a network wherever you are.

Life's challenges tend to happen to those who are the least prepared. Fortunately to ease the transition for many of us, the military offers many services such as base chaplains, ombudsmen, Fleet and Family Services, Navy and Marine Corps Relief Society and similar programs on other bases.

There are many other organiza- tions and services the military has put in place or partnered with for

you and your de- pendants, but there are other informal sources out there as well. Even if you don't live in base housing, chances are some of your neighbors are or were mili- tary so it's a good idea to get to know them. They also know what it is like facing military challenges like a deployment. You can also get to know people through your children's school or other activi- ties.

Find time to get to know the is- land and people better by volun- teering for a worthy local cause or participate in a group activity like diving or golf. As you get involved, you will meet people who have

been there, done that and can help you get through it too.

Then there is your local faith community. In the Christian faith, one purpose for the local church is to be a spiritual family that prays and supports one another. For my family, we know God is always there even when our social network is missing. He gives us the strength, wisdom and direction for the chal- lenges we may face.

Remember, no matter where you are at, you are not alone. You are not the first or only person on Guam to have struggles while in the military, there is help if you just ask. By the way, be a help to oth- ers when they need it. God Bless.

Captain's Cup basketball kicks off at CKFC

Layup: A team member from the "Who's NEX" basketball team attempts a layup during a Captain's Cup (CC) basketball game at the Charles King Fitness Center on U.S. Naval Base Guam Jan. 17. The CC basketball tournament has 18 teams battling through a total of 72 games to become this year's best. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert/Released



Free Throw: A team member from the USS Frank Cable (AS 40) basketball team makes a free throw during a Captain's Cup (CC) basketball game at the Charles King Fitness Center on U.S. Naval Base Guam Jan. 17. The CC basketball tournament has 18 teams battling through a total of 72 games to become this year's best. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert/Released

