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South runway reopened

By Senior Airman Shane Dunaway
36th Wing Public Affairs

Senior leaders here held a ribbon-cutting ceremony May 17 to commemorate the completion of the south runway repair project after roughly 18 months of construction.

Brig. Gen. Philip Ruhlman, 36th Wing commander, wielded the ceremonial scissors, snipping the ribbon and certifying the runway is ready to roll.

"Andersen's runways are the core to our combat capabilities and humanitarian assistance capabilities," Ruhlman said.

The completed runway project wraps up a five-year project to replace both runways. The \$35 million north runway repair project concluded in May 2007.

"The reopening of the south runway will have a huge impact on military ops," said Capt. Anthony Hayes, 36th Operations Support Squadron. "Andersen Air Force Base is a vital hub for U.S. Transportation Command, U.S. Pacific Command and our joint and multinational partners. Having two fully operational runways allows Andersen Air Force Base to significantly increase combat capability and further our country's

national security objectives."

The south runway spans more than two miles long and boasts a width of approximately 200 feet. The runway enables the mission here through its own unique capabilities and added safety features.

"The grooving that extends the length of the runway improves tractions and drastically reduces skidding due to water or rubber buildup," Hayes said. "The upgraded BAK-12 systems, or the arresting cables at each end of the runway, are used by fighter aircraft should the pilot encounter a situation that prevents the aircraft from stopping under its own power. The all-concrete runway, with a compressive strength of 5,000 pounds per square inch, gives the runway a life expectancy of approximately 30-40 years."

Hayes lauded the efforts of the construction crews who made this project's early completion possible.

"Tutor Perini and Black Construction corporations have done a phenomenal job in upgrading the runway or what I refer to as one of Andersen's most critical weapon systems," he said. "If we don't maintain these runways, all the aircraft we have parked on our ramps are useless."



Ribbon-Cutting: Brig. Gen. Philip Ruhlman, right center, 36th Wing commander, along with members of Team Andersen, the Tutor Perini Corp. and Black Construction Corp. cut a ceremonial ribbon on the Andersen Air Force Base Airfield May 17. (U.S. Air Force photo by Airman 1st Class Jeffrey Schultze)

Service members participate in high school career day



Fitness Assessment: Boatswain's Mate 3rd Class (EXW) Cote Laflamme, of Explosive Ordnance Disposal Mobile Unit (EODMU) 5, encourages a Southern High School student attempting to do 50 push-ups while wearing a 23-pound flak vest during a career day event at the school on Guam May 14. (U.S. Navy photo by Oyaol Ngrairikl)

By Oyaol Ngrairikl
Joint Region Edge Staff

Service members on Guam spoke to students about careers available with the U.S. Armed Forces during a career day event at Southern High School in Santa Rita, Guam, May 14.

Navy, Air Force, Marine Corps and Guam Army National Guard (GUARNG) personnel discussed their personal experiences and responsibilities in the military with the public school students. Service members also set up static displays, which included boats, Humvees and climbing walls, to give the kids some hands-on experience with military equipment.

Hospital Corpsman 3rd Class Marinalyn Hale, of U.S. Naval Hospital Guam, said it was a great

opportunity to relate with Guam's students. Hale is a graduate of Southern High, where she said she got her first real look at the Navy and the careers it had to offer at a similar career day event during her sophomore year. She said she hopes she can, in turn, help today's students get on a path to reach their life goals.

"I'm hoping the students here, being 16-, 17-, 18-years-old, understand that it's a big world out there and there are so many different opportunities, whether it be in the military or civilian sector," Hale said. "They just need to go out there and pursue what they love. Go out there and do something for themselves. Make themselves proud."

Hale said the Navy helped her fulfill her dream of working in the field of medicine and to travel. She has been stationed in Connecticut

for three years, travelled to Germany and recently returned from a deployment to Kuwait.

"The Navy has taken me to so many different places that I never thought I could go, never thought I could see," she said. "A lot of the reason why I'm still serving my country now is because it makes me proud to look at what I've accomplished in such little time and to see the respect I get from my family and my peers."

Southern High's career day was one of the first community service events Master-at-Arms 2nd Class (SW) Gabriel Suarez, of Maritime Expeditionary Security Squadron (MSRON) 7, has volunteered for since arriving on Guam two months ago.

Suarez and other members of

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Operation Pacific Angel

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Service members coach athletes for Special Olympics event.

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Top Performer

AM1 Kevin Becca

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Career: Service members share military experience

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MSRON 7's Junior Enlisted Association spoke to students about the command's mission and the tools they use to complete their assignments. The Sailors brought two Oswald patrol boats to the school. Students boarded the boats for a closer look.

Suarez said he appreciated the opportunity to interact with the school and make a difference.

"The relationship is great," he said. "I'm really impressed and I

really enjoy the atmosphere out here."

Boatswain's Mate 3rd Class (EXW) Cote Laflamme, of Explosive Ordnance Disposal Mobile Unit 5, talked to students about the training and discipline he needs to be a contributing member of his command.

He said career day was his chance to help motivate high school students and offer them guidance in the face of a world full of opportunity, something a Navy recruiter helped him with shortly

after graduating.

"In 2006 when I graduated high school, it seemed like the whole world was open and I had no idea what to do," he said. "It's good to come out here and show them, 'Hey, you got options.'"

Staff Sgt. Ben Reeves, of the Air Force Recruiting Office, had a booth at the school. He said he appreciated the chance to interact with the local community, while educating students about the opportunities in the Air Force.

"That's my favorite part — get-

ting to know the neighbors, getting to know the different environment, the different cultures," Reeves said.

Staff Sgt. Joseph Herrera and other GUARNG Soldiers brought their rock wall and several weapons to demonstrate how they train. Herrera said GUARNG takes advantage of any chance to help guide the next generation of leaders.

"The kids really are our future," he said. "In a sense, we're here as one big community — us, the

Navy, the Marines and everybody else, to give these kids more options in life."

Southern High Principal James Petite said service members did a great job of sharing their experiences with students.

"It's wonderful that everybody is out here helping out these kids," Petite said. "All these things we do for these kids is for one goal, and that's to help them get actively involved in the community, show them how to be productive citizens and to [ensure they] graduate."



Tool of the Trade: Gunner's Mate 3rd Class Brian Balch, of Maritime Expeditionary Security Squadron (MSRON) 7, demonstrates to students how an M-240 machine gun works aboard a patrol boat during a career day event at Southern High School on Guam May 14. (U.S. Navy photo by Oyaol Ngrairikl)



Navy Medicine: Hospital Corpsman 3rd Class Marinalyn Hale, of U.S. Naval Hospital Guam, talks to students, about how the Navy has helped her realize her dream of working in the field of medicine during a career day event at Southern High School on Guam May 14. Hale was one of more than a dozen military service members who discussed their career experiences with students in order to illustrate the career options available after high school. (U.S. Navy photo by Oyaol Ngrairikl)



Rappelling: Southern High School students rappel down the Guam Army National Guard climbing rock wall during a career day event at the school on Guam May 14. Guardsmen brought the wall and other equipment to the school to provide students a hands-on experience in military training. (U.S. Navy photo by Oyaol Ngrairikl)

AFGSC commander visits Guam, Andersen AFB



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

Lt. Gen. Frank Klotz, Air Force Global Strike Command (AFGSC) commander, visited Andersen Air Force Base May 13-16 to assess ongoing bomber operations and meet with deployed Airmen.

Although bombers have rotated through Guam continuously since March 2004, the nation's B-2s and B-52s have been aligned under AFGSC only since Feb 1.

Klotz also laid a wreath at a memorial that honors the fallen Airmen of Raider 21. The aircrew were lost when their B-52 went down in the Pacific on Guam's Liberation Day, July 21, 2008.

"As the major command now responsible for the B-52 and B-2, it now falls to us to organize, train and equip those forces and send them forward under the command of

Paying Tribute: Lt. Gen. Frank G. Klotz, Air Force Global Strike Command commander, places his commander's coin on a memorial in Adelup May 14. Klotz had just laid a wreath on the memorial, which commemorates the B-52 crew that was lost when their B-52 went down in the Pacific on Guam's Liberation Day July 21, 2008. Klotz visited the memorial during a trip to Guam and Andersen Air Force Base where he got a firsthand look at the continuous bomber presence mission. (U.S. Air Force photo by Airman 1st Class Jeffrey Schultze)

Pacific Air Forces and Pacific Command to Andersen Air Force Base," the general said.

While on Andersen AFB, the general met with deployed Airmen and observed, firsthand, operations and maintenance activities associated with deployed AFGSC assets supporting the Continuous Bomber Presence mission.

All told, AFGSC is responsible for the operations and maintenance of about 450 Minuteman III ICBMs as well as the B-52 and B-2 bomber fleet. More than 23,000 Airmen and civilians are assigned to AFGSC. The Airmen and assets deployed to Andersen spend about four months at a time here and continue to train and maintain proficiency in their operations. About 300 Global Strike Command Airmen are currently supporting the CBP in the Pacific theater.

Andersen AFB, in turn, supports the Airmen deployed here as they would the in-garrison personnel with support functions such as finance, lodging, education services, as well as quality of life and recreation initiatives.

"I must say that every individual I've talked to who's deployed here from [AFGSC] is very pleased with the living conditions and facilities on Andersen Air Force Base as well as the very warm, gracious welcome they've received from the citizens of Guam and the surrounding community," Klotz said.

"We're very grateful both to the wing and the people of Guam for taking such good care of our

Airmen and I know their families, when I go back and report that to them, will be happy to hear that as well," he added.

Because the Air Force's bomber fleet has such important and unique capabilities, the continuous bomber presence is an effective, and essential, part of the United States' defense and deterrence plan. Andersen's position in the Pacific vastly shortens the "tyranny of distance" by reducing a bomber's flight from more than 15 hours from the U.S. to the Pacific Theater, and about four hours from Guam to anywhere in the western Pacific region.

While the support of Andersen AFB for the Airmen and aircraft of AFGSC are key to accomplishing the mission here, the opposite is also true.

"AFGSC significantly contributes to Pacific Command's Continuous Bomber Presence mission by forward deploying B-2s, B-52s, and highly experienced and qualified Airmen to Andersen Air Force Base," said Brig. Gen. Philip Ruhlman, 36th Wing commander. "Their deployment folds under the 36th Wing command in the presentation of global strike forces that deter potential adversaries and assure our partners in the Pacific region. Deployed AFGSC Airmen are part of Team Andersen's success in the conduct of this very critical mission."

Klotz made the visit to Guam while on a Pacific trip starting with the Combat Air Forces and Mobility Air Forces commander's conference at Hickam AFB, Hawaii.

Service members, families invited to Memorial Day events

By Oyaol Ngirairiki
Joint Region Edge Staff

The local and military communities of Guam will honor the men and women who made the ultimate sacrifice during three ceremonies scheduled for Memorial Day weekend.

A ceremony at Talofofo Memorial Monument in Talofofo starts off the weekend's observances. The event is scheduled for May 29 at 10 a.m.

Talofofo Mayor Vicente Taitague said that much like the original events celebrating Memorial Day following the Civil War, the Talofof ceremony is an intimate setting with family and friends. Each year, service members attend the event, paying their respects to parents, grandparents and children of fallen heroes.

"The families of our fallen have a hand in organizing the event, and the people of the village and military community participate to help them remember their loved ones," Taitague said.

The Guam Veterans Affairs Office (VAO) is leading the organization of the island's largest Memorial Day ceremony, which will be held at the Guam Veterans Cemetery in Piti. The ceremony is scheduled for May 31 at 10 a.m.

Fred Gofigan, Guam VAO interim administrator, said the event wouldn't be complete without the men and women in uniform.

If You Go

Memorial Day ceremonies will be held at various locations in honor of service members who died in the line of duty:

Where: Talofofo Memorial Monument

How to get there: Head south on Route 4, driving through Ipan, Talofofo. Stay on the right lane. You'll reach a three-way stop, which is adjacent to Talofofo Bay Lookout. Turn right at Route 4A and follow that road until you reach the monument, which will be on your right. The monument is nestled between San Miguel Church and the Talofofo Mayor's Office.

When: May 29, 10 a.m.

For more information: 789-1421

Where: Veterans Cemetery in Piti

How to get there: Head north on Marine Corps Drive, or Route 1, through Piti, stay on the right lane. Turn right at intersection at the foot of Nimitz Hill. After the turn, the cemetery will be on the right.

When: May 31, 10 a.m.

For more information: 475-8388/8389

"These Sailors, Airmen, Soldiers, and Marines who will be with us at the ceremony are the ones who've taken up the duty of protecting our island and our nation," Gofigan said. "Their participation shows their respect for the men and women who came before them, and it also shows their bravery in their dedication to duty. They know what fighting for the nation might cost them, yet they put on that uniform every day."

Gofigan said that a Joint Color Guard, comprised of service members from different branches,

will help open and close the ceremony. Military personnel will also participate in the laying of wreaths.

Alan Van Aken, co-chairman of the VAO Memorial Day committee and president of the 3rd Marine Division Organization, a local veterans group, said the Air Force will do a flyover, and that Rear Adm. Paul Bushong, Commander, Joint Region Marianas, will be the guest speaker for the event.

Moving further south, the Umatat Mayor's Office and the Vietnam Veterans of Guam, Chapter 668 will host a Memorial Day ceremony

Where: Guam Vietnam Veterans Memorial Park in Umatat

How to get there: Head south on Route 2, driving through Agat toward Umatat. Continue southbound until you see Guam Vietnam Veterans Memorial Park to your left. Signs will be posted for the public.

When: May 31, 4 p.m.

For more information: Call 828-2940

Memorial Day Beach Bash

Andersen Air Force Base Annual Memorial Day Beach Bash is May 28, 3-6 p.m. at Tarague Beach. There will be fun and games for children and adults alike, plus lots of prize drawings, including a grand prize drawing for round-trip airfare to anywhere in Asia where Delta flies. Entrance is free. There will also be food and beverages available for purchase. There will be a frozen T-shirt contest. Sign up at the HotSpot or at the beach on event day. There will also be a sandcastle building contest. Register at HotSpot by May 27 for the sandcastle contest. Building starts May 28 at noon and judging starts at 4 p.m. Judging will be based on originality and creativity. For more information, call 366-2339.

May 31, 4 p.m. at Vietnam Veterans Memorial Park located on Umatat Hill.

Umatat Mayor Dean Sanchez noted that the ceremony has been held for more than 30 years.

"There have been soldiers who died in the Vietnam War, World War II and Korean War who were from the village of Umatat," Sanchez said. "We know the main event is in the morning at Veterans Cemetery, and I think the ceremony here helps round out the day. We welcome the island community to come and honor those who

came before us."

Formerly known as Decoration Day, Memorial Day commemorates U.S. men and women who died while in the military service. Toward the end of the Civil War, groups of people honored the war dead by leaving flowers on their graves. In 1971, Memorial Day was declared a national holiday by an act of Congress, and is celebrated on the last Monday in May.

To learn more about Memorial Day, visit www1.va.gov/opa/speceven/memday/.

Becca ensures safety at NAWMU 1

By Mass Communication Specialist 2nd Class (SW) Peter Lewis

Joint Region Edge Staff

In late August 1998, Kevin Becca joined the Navy with the hopes of seeing the world and furthering his education. Almost 12 years later, Aviation Structural Mechanic 1st Class (SW) Kevin Becca, of Naval Airborne Weapons Maintenance Unit (NAWMU) 1, said that he is accomplishing his goals and more.



"I love being able to move every few years and meet new people and see different places," Becca said. "Plus I always wanted to work on aircraft, and my rating allows me to do that."

Typically, Navy aviation structural mechanics are responsible for maintenance on aircraft fuselage, wings, airfoils, and associated fixed and moveable surfaces and flight controls. However, Becca said that at his current command he has had the opportunity to work with weapons and other systems.

"My job at NAWMU 1 involves breaking down, testing and reassembling Sidewinder missiles and their components," Becca said, while reassembling a training missile. "This is my first time working with weapons, and I find it pretty interesting."

Becca, who was selected as NAMWU 1's Senior Sailor of the Quarter for first quarter 2010, also has several collateral duties, including Non-Destructive Inspection (NDI) program manager, Emergency Reclamation Team program manager, corrosion prevention program manager, quality assurance safety officer and quality assurance representative.

"I really like being a NDI technician," he said. "I like shooting X-rays and seeing things on the inside."

Becca's chain of command spoke highly



On the Job: Aviation Structural Mechanic 1st Class (SW) Kevin Becca, of Naval Airborne Weapons Maintenance Unit (NAWMU) 1, tightens the bolts on a training missile at the command's compound on the U.S. Naval Base Guam Ordnance Annex in Santa Rita, Guam, May 11. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

of him, and stated that he is an exemplary Sailor and sets a great example for junior personnel to strive toward.

"He stands out because of his technical expertise, work ethic and positive attitude," said Chief Aviation Electronics Technician (AW/SW) David Mutter, Becca's supervisor. "He sets the example for junior personnel and his peers by showing his willingness to tackle any situation, no matter the difficulty level. Additionally, he maintains a positive

approach to problem-solving that all Sailors, junior and senior, can learn from."

Becca also sets a positive example in his extracurricular activities. As vice president of NAWMU 1's First Class Petty Officer Association, he helps to organize command events and community service projects. He is also currently enrolled at Colorado Technical University, completing an associate degree.

Becca credited his desire to maintain superior performance to his parents and said

their example molded him into the Sailor he is today.

"My parents are a big influence in everything I do in the Navy," he said. "They are strong, hard-working folks who both supported my choice to join the military. They have shown me that things are not easy, but you must strive to accomplish your goals. Even when choices are hard, you must stand behind them and what's right and never take the easy way out."

NMCCB 11 takes charge of Camp Covington

By Jesse Leon Guerrero

Joint Region Edge Staff

Naval Mobile Construction Battalion (NMCCB) 1 completed its turnover of Camp Covington to NMCCB 11 during a change of charge ceremony at the camp's headquarters on U.S. Naval Base Guam (NBG) May 13.

Lt. Cmdr. William Breckinridge, officer in charge of NMCCB 11, assumed responsibility of camp duties from Lt. Cmdr. Brian Nottingham, officer in charge of NMCCB 1.

NMCCB 11 arrived from Gulfport, Miss., to relieve NMCCB 1. Both

battalions worked together to ensure ongoing projects, equipment, and the camp facilities would be taken over seamlessly.

NMCCB 1 arrived on Guam with about 200 Sailors in August 2009. During the past ten months, NMCCB 1 constructed a roof and building addition for NBG's Fuel Farm Division, completed a boat tie-down pad at Sumay Cove, upgraded a waterline at Camp Covington for improved fire hydrant water flow, and paved a 42-stall parking lot at the Joint Region Marianas new headquarters construction site.

They also constructed a road and erected a shelter and power conduits at the Potts Junction high-voltage power substation.

Nottingham thanked his chief's mess for their professionalism and guidance, and said all of NMCCB 1 did a great job in improving the Navy's facilities on island.

"Enough can't be said about our guys and the work they did," he said. "Certainly they deserve every accolade they get."

NMCCB 1 Sailors also volunteered for community service projects to include coaching Special Olympics of Guam athletes and donating

holiday gifts to students at a local public school. In addition, NMCCB 1 Sailors celebrated the 49th anniversary of Chief Brodie Memorial Elementary School alongside staff and students. The school is named after Chief Builder Clifford Brodie, a Seabee who led the construction of the school in 1960.

Breckinridge said NMCCB 1 set the bar of excellence high with their accomplishments and developing their Sailors, but he looked forward to what NMCCB 11 will do.

"We've got a lot of hard work ahead, no doubt, but lots of opportunities to excel," Breckinridge said.

"We're going to have a lot of fun doing what we do best. It's truly an honor and privilege to lead these fine men and women of 'Lucky 11.'"

NMCCB 1 is scheduled to return to Gulfport, Miss.

NMCCBs have been on Guam since the island's liberation from Japanese occupation in 1944. Since then, Seabees did the initial construction on the island's main thoroughfare, Marine Corps Drive, and helped Guam recover from the devastation of typhoons.

For more information about the U.S. Naval Construction Force, visit www.seabee.navy.mil.

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Nurse Corps celebrates 102nd anniversary

By Mass Communication Specialist 2nd Class (SW) Peter Lewis

Joint Region Edge Staff

The Navy Nurse Corps celebrated its 102nd anniversary May 13, and members of U.S. Naval Hospital (USNH) Guam gathered to reflect upon the corps history and its dedication to the nation and her citizens.

Formally established by Congress in 1908, the Navy Nurse Corps has continually provided professional nursing care to and promoted the health of uniformed service person-

nel, their dependents, and others as authorized by law. In addition, the corps has provided instruction and supervision of hospital personnel in the theory and practice of providing nursing care to patients for more than a century.

USNH Guam honored its Nurse Corps staff with a ceremony and cake cutting, with the most senior and junior Nurse Corps officers doing the honors, on the command's quarterdeck.

Several nurses said that their hearts were heavy with pride, knowing that they were honoring the nurses that came before them. "I think it's great that we get to

celebrate our heritage and what we do in the Navy," said Lt. Jane Stamey, who has been a nurse for 20 years and a Navy nurse for two years.

Capt. Cynthia J. Gantt, director of Nursing Services and the most senior nurse at the hospital, praised her staff for their abilities, and said that they carry on the legacy of the nurses that went before them.

Gantt said that the hospital is a place "where proactive, patient- and family-centered, compassionate, evidence-based nursing care has been delivered by Navy and wonderful civilian nurses for 99 years." Navy Surgeon General, Vice

Adm. Adam M. Robinson, Jr., praised the Nurse Corps, in an official message, for their selfless volunteer efforts for deployments around the world, their service in harm's way, and their courage in providing compassionate health care that sets the world standards for quality.

"Navy nurses are integral to our force health protection mission, assuring warriors' readiness and wellness are at the forefront of all operational objectives," Robinson said. "The brilliant accomplishments of Navy nurses have made military medicine the envy of the world."

In a letter to the entire Navy Nurse Corps team, Rear Adm. K.A.

Flaherty, Director, Navy Nurse Corps, said that Navy Nurse care epitomizes a patient focused model, which helps to improve the health and wellness of patients and ensures continued practice excellence.

"We are clinicians and advocates for our patients, we are mentors and leaders for our colleagues, and we are the face of caring and compassion to those affected by armed conflict and natural disaster," Flaherty said. "As your director, I am proud, I am humbled and I salute you."

To learn more about U.S. Naval Hospital Guam, visit <http://www.med.navy.mil/sites/usnhguam/Pages/default.aspx>.



Cake-Cutting: Ensign LaShana McAllister, left, of U.S. Naval Hospital (USNH) Guam, and Capt. Cynthia J. Gantt, right, director of Nursing Services at USNH Guam, respectively the junior- and senior-most nurses at the command, cut the cake during a celebration of the Navy Nurse Corps 102nd anniversary on the command's quarterdeck May 13. Gantt praised her staff for their abilities, and said that they carry on the legacy of the nurses that went before them. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)



Bearers of a Legacy: The nurses of U.S. Naval Hospital Guam stand proudly together on the command's quarterdeck during a celebration of the 102nd anniversary of the Navy Nurse Corps. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

Selection boards rescheduled, promotions on track

By Navy Personnel Command Public Affairs

Navy Personnel Command (NPC) has rescheduled the 2010 boards after a flash flood May 1 here caused delays, according to NAVADMIN 179/10.

Reconvening the senior chief board, which was in progress when the deluge hit, was a high priority according to Capt. Leo Falardeau, NPC's director of career progression.

The E8 board is slated to reconvene June 14.

"Even as the flood waters rose, we knew the E-8 board would have to be reconstituted as soon as our systems came back up," he said. Promotions in senior enlisted grades as well as the chief induction period are tied to this board.

Now that NPC is recovering and the information technology systems that support selection boards are back online, the board spaces in Millington are buzzing with activi-

ty. "Luck was with us. Flood waters did not enter the selection board areas," Falardeau said. "We have increased the board membership numbers to ensure we make up for the lost days."

The selection board revised schedule for 2010 is now posted on www.npc.navy.mil.

May 20: Active O4 Staff,
May 24: Reserve/Full Time Support E7,
Submarine CO/XO
June 10: Reserve/Full Time

Support O4 Staff
June 14: Active E8 (reconvene)
June 17: Active Chief Warrant Officer (CWO) 3/4/5
June 24: Reserve CWO 3/4
June 28: Transfer/Redesignation #2
July 6: Active E7
Aug. 12: Supply Corps Commander Sea Screening, Active Duty Flying CWO, Permanent Military Professor
Aug. 16: Reserve Command/Non-command 'Apply,'
Aug. 18: Test pilot #2

Nov. 8: Transfer/Redesignation, Board packages mailed to NPC prior to the flood are safe; however, those who emailed or faxed board packages on May 1-2 may need to resubmit electronically.

Sailors and officers may track the status of their board packages by visiting www.npc.navy.mil and logging into 'selection board status' in the upper right-hand box.

For more news from Navy Personnel Command, visit www.navy.mil/local/npc/.

U.S., Vietnam building great relations

By Capt. Timothy Lundberg
36th Wing Public Affairs

Consul General Kenneth J. Fairfax, from the United States Consulate in Ho Chi Minh City, Vietnam, expressed his thanks to the U.S. and Vietnam for expanding their relationship through Operation Pacific Angel 2010 after touring the hosting facility in Can Tho, Vietnam May 10.

The Tan Thoi Village Elementary School is the site for a medical clinic set up by the U.S. and Vietnamese military and non-governmental agencies to provide family practice, dentistry, optometry and women's health to the Vietnamese residents surrounding the Can Thon area as part of Operation Pacific Angel.

Operation Pacific Angel is a joint and combined humanitarian assistance operation conducted in the Pacific area in support of U.S. Pacific Command capacity-building efforts. It also trains civil-military operators to work together with a focus on civic assistance. The medical and engineering missions were scheduled to run May 10-17 in Vietnam.

Fairfax witnessed first-hand the combined effort of the U.S. and Vietnam personnel working shoulder-to-shoulder to provide medical and engineering assistance to residents of the Can Tho region.

"I just want to thank the whole team that's down here for Pacific Angel, because what you're doing is building great relations between the United States and Vietnam," said Fairfax.



Getting Help: As part of Operation Pacific Angel 2010, scores of Vietnamese villagers eagerly wait to be seen by an optometrist in hopes of correcting their vision and receiving a set of prescription glasses stacked on the table Tan Thoi, Vietnam May 10. Pacific Angel is a humanitarian and civic assistance program. (U.S. Air Force photo by Capt. Timothy Lundberg)

After receiving their supplies and establishing the logistics necessary to see and treat patients on May 9, U.S. and Vietnam medical personnel were prepared to work side-by-side and braced for the influx of patients they would see on opening day. A cross-paring of physicians and medical technicians, within their respective specialties, from the two countries allows both sides to work

together and learn as patients from the Can Tho region were treated at the temporary clinic.

Lt. Col. Kara Gormont, the medical site manager for Operation Pacific Angel 2010 deployed from the 36th Medical Group at Andersen Air Force Base, Guam, noted how months of preparation and planning with their Vietnamese counterparts was paying off in the treatment of

dozens patients.

"The Vietnamese were well prepared," said Gormont. "All of our requests have been met and have exceeded our expectations. In fact, as changes have been necessary throughout the treating of individuals they've been able to adapt much better than we have."

In addition to the medical events, an estimated \$59,000 in repairs for

two concurrent engineering events are occurring at Tan Thoi Village and Truong Thanh Thai Lai Medical Clinics. Both locations are slated for infrastructure improvement by both U.S. and Vietnam military engineers to include: ceiling installation, door and window repairs, plumbing repairs, new electrical wiring and fixtures May 9 -15.

To date, Tan Thoi engineers from the U.S. and Vietnam repaired plumbing, installed a dental chair and began installation of lights and ceiling fans. At the Truong Thanh Village Medical Clinic, door jams and windows were installed and more than 400 feet of electrical wiring.

Master Sgt. Kenneth Way, deployed from the 3rd Civil Engineer Squadron at Elmendorf Air Force Base, Alaska, commented on his experiences so far in Vietnam.

"I worked with an electrical engineer from the Vietnamese military today," Way said. "He was awesome [to work with] and very knowledgeable. Our electricians enjoyed working with him."

The Tan Thoi Village Elementary School medical clinic encountered more than 870 patients through the various clinics to include: 70 pediatric, 57 women's health, 98 dental, 224 optometry, and 421 family practice patients in addition to more than 1,470 prescriptions were provided during the first day.

The medical clinic at Tan Thoi continued through May 12 and then relocated to its second site at Uy Ban Nhan Dan in the Thai Lai District of Can Tho May 12-15.

Joint forces dispose of hazardous material in Philippines

By Mass Communication
Specialist 2nd Class (AW)
Joshua Scott

Joint Special Operations Task Force-
Philippines Public Affairs

Anti-explosive experts from the Armed Forces of the Philippines (AFP) joined forces to dispose of more than 2,000 lbs of unexploded ordnance that had reached potentially hazardous levels in the Sirawai Municipality of the Philippines May 3.

Army Explosive Ordnance Disposal (EOD) technicians from the 3rd EOD detachment from Malagutay, worked with Naval Special Operations Unit (NAVSOU) 6 EOD technicians from Zamboanga. During the daylong event, Sailors from Joint Special Operations Task Force - Philippines (JSOTF-P) provided technical support and subject matter expertise.

"We have a good working relationship with our counterparts in NAVSOU EOD," said Maj. Michael Duquez, commanding officer of 3rd EOD Detachment. "When we conduct an operation near the area of water, we coordinate



Training: A U.S. military Explosive Ordnance Disposal (EOD) technician teaches members of the Armed Forces of the Philippines (AFP) about time fuses. During the event, AFP EOD was trained in safe ordnance handling and disposal techniques. (U.S. Navy photo by Mass Communication Specialist 2nd Class (AW) Joshua Scott).

with them; if they have an activity on the ground they coordinate with us to accomplish the mission safely.

The disposal operation removed a significant portion of potentially

hazardous ordnance items that had been stockpiled.

The total amount of ordnance destroyed included more than 1,500 60-millimeter mortars, 81-millimeter mortars and 105-millimeter

projectiles. An additional large number of miscellaneous items including fuses and grenades was also destroyed.

"Basically, the longer they keep the ordnance stored inside their magazines, the more hazardous it becomes," said Lt. Joe Morgan, JSOTF-P EOD team leader. "It's our job to help them destroy this ordnance."

These items are common parts of improvised explosive devices (IEDs) that have been used throughout the Mindanao and Sulu Archipelago. This year alone, the AFP has recovered more than 30 IEDs throughout Mindanao. Most recently, Abu-Sayyaf Group militants used IEDs during the attacks in Basilan April 13. The destruction of these items prevents terrorists from getting the resources necessary for building IEDs.

"We now have the equipment to effectively address any IED threat on the island," Duquez said.

The disposal range site was specifically chosen because nearby barangays use the pulverized rock to repair the roads in the area. A large amount of gravel created after the

disposal the operation is now usable and immediately for road repairs during the upcoming wet season.

"We were able to dispose of munitions and at the same time, help the community on their road project," Duquez said.

For the AFP and U.S. forces partnership, the training provided an opportunity for the EOD units.

"The AFP EOD units have been doing this job for a long time and they've seen a lot of IED activity here in Mindanao, so they're very experienced," Morgan said. "Our main role is to support and share information, so we relay to them the latest technology, tactics, techniques and safety procedures."

Training is necessary, but the daylong events were even more important due to the elimination of hazardous objects and possible materials that could possibly be used against the local authorities, Philippine National Police and residents.

The successful operation proved to be beneficial not only to the Army and Navy EOD, but also to the local community and the island of Mindanao for fostering peace and prosperity.

Team Andersen takes part in National Police Week



Ceremony: Members of the Andersen Honor Guard perform a three-man fold during a retreat ceremony outside of the 36th Wing headquarters building on Andersen Air Force Base May 13. The retreat ceremony was part of National Police Week activities around base. Members of the 36th and 736th Security Forces Squadrons participated in National Police Week May 11-14. (U.S. Air Force photos by Airman 1st Class Julian North)



Remembrance: Maj. Sarah Babbitt, 36th Security Forces Squadron commander, places flowers in remembrance of a fallen officer during the police week ceremony at the Hagatna Police Precinct May 14. The ceremony was held to honor all the law enforcement agencies on Guam as well as those protectors who have fallen in the line of duty. Two of Andersen Air Force Base's fallen Airmen were honored during the ceremony, Airman Laurie Lucas and Sgt. Stacy Edward Levay. Lucas was killed when a training grenade was thrown into her defensive fighting position during a joint military training exercise. Levay was killed when he was attacked while escorting a money courier for the Andersen AFB bank. (U.S. Air Force photos by Airman 1st Class Julian North)

Guam service members support Special Olympics

By Oyaol Ngirairikl

Joint Region Edge Staff

Service members on Guam volunteered their time to coach Special Olympics Guam athletes at the Hagatna swimming pool May 15.

Sailors, Airmen and Marines are helping to prepare athletes for the annual Special Olympics swimming competition scheduled for June 5.

"These athletes are just really cool people. They're fun to work with," said Builder 2nd Class (SCW) Carle Spragle, of U.S. Naval Facilities Engineering Command (NAVFAC) Marianas' Self Help department. "They work so hard, and that motivates you to work hard right alongside them because you want to see them succeed."

Spragle and fellow service members spent almost two hours at

the pool, stretching out with the athletes, working on swimming techniques, and swimming to improve overall coordination and endurance.

Carole Piercy, athlete coordinator for Special Olympics Guam, said the volunteers promote good sportsmanship and camaraderie amongst the athletes and help to improve the athletes' abilities. She added that the athletes enjoy interacting with the service members.

"There are military personnel who have been with the athletes through various events, from bowling to track and field and with swimming," Piercy said. "They create relationships with the athletes, and that provides the athletes with a sense of constancy and a sense that they are cared for."

Construction Electrician 3rd Class Jill Johnston, also of NAVFAC

Marianas' Self Help, said she has only been on Guam for six months, but has already participated in several volunteer projects. Johnston said she enjoys working with the athletes and looks forward to coaching more often.

"I think it's important for us to reach out to the entire community," Johnston said. "Our Special Olympics athletes are a part of our island community, and I'm glad that I'm able to help and do my part."

NAVFAC Sailors have assisted with tutoring and mentoring students at local public schools and partnered with community volunteers for islandwide cleanup projects, among other activities.

1st Lt. Nathan Waters, a Marine with Defense Information System Agency Pacific, said he, too, enjoys working with Special Olympics

athletes.

"All of us have an opportunity to serve our communities and this is one of the best ways," Waters said. "You see the smiles on their faces knowing that they have this opportunity to compete with each other and to have fun with each other and with us, their coaches."

Waters said building that bond with the athletes and their families "makes it worthwhile."

"Whether it's swimming or track and field, whatever event it is, it puts a joy in your heart to know you helped them reach their goals," Waters said. "As a military member, it's good to not only serve your country on the battlefield, but it's

also good to serve your country outside the battlefield. We're showing that we're serving our community in more than one way."

Master Sgt. Dale Moring, of 36th Maintenance Squadron at Andersen Air Force Base and a volunteer swim coach, agreed that it's important for service members to get involved in local events and programs.

"It makes you feel good," Moring said.

Special Olympics Guam established its programs on the island in 1976 to provide sports opportunities for people with disabilities. The nonprofit group hosts annual events, such as bowling, swimming and track and field competitions, to boost its athletes' confidence, encourage friendship-building, and give its participants a positive outlet for learning and recreation. For more information about Special Olympics Guam's events, visit www.specialolympicsguam.org.



Splash Course: Builder 2nd Class (SCW) Carle Spragle, left, of U.S. Naval Facilities Engineering Command (NAVFAC) Marianas' Self Help department, encourages a Special Olympics Guam athlete working on his breaststroke at the Hagatna swimming pool on Guam May 15. Spragle and service members from the Air Force and Marine Corps volunteered as coaches, helping athletes prepare for the Special Olympics Guam swimming event scheduled for June 5. (U.S. Navy photo by Oyaol Ngirairikl)



Guidance: First Lt. Nathan Waters, right, a Marine with Defense Information System Agency Pacific, guides a Special Olympics Guam athlete through a swimming exercise at the Hagatna swimming pool on Guam May 15. (U.S. Navy photo by Oyaol Ngirairikl)



Camaraderie: Seaman Justin Bey, right, of USS Frank Cable (AS 40), bumps fists with a Special Olympics Guam athlete to congratulate him for a job well done during a swimming practice at the Hagatna swimming pool on Guam May 15. (U.S. Navy photo by Oyaol Ngirairikl)

MSRON 7 volunteers at Guam swim meet

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

Joint Region Edge Staff

Sailors from Maritime Expeditionary Security Squadron (MSRON) 7 helped to time the best swimmers on Guam during the Guam Swimming Federation (GSF) Championships in Hagatna, Guam, May 15.

The six MSRON 7 Sailors acted

as official timekeepers at the event hosted by GSF, the governing body for swimming on Guam.

Information Systems Technician 1st Class (SW/AW) Adrian Estes said that the swim meet was the second community service project he'd had the opportunity to participate in since reporting to the command in April.

"We are here to help out the community," he said. "It doesn't matter how hot or rainy it is. We want to be

here to help out."

Michael Ysrael, GSF swim meet director, said he appreciated the Sailors' support.

"The last couple meets, they have brought in 10 to 16 people, and they have been reliable and very helpful," Ysrael said.

The swim competition featured 78 events, including butterfly, freestyle, backstroke, breaststroke and relays. The events were broken down by gender and mixed compe-

tion. During the competition, in addition to timing the events, Sailors cheered on the athletes and offered encouragement to the swimmers once they completed their events.

"It is very important for us to show we care about the community and continue to earn respect in the community," Estes said. "They support us and we should always remember to support them."

MSRON 7 provides rapidly de-

ployable point defense personnel and assets for force protection/anti-terrorism operations in support of fleet commanders. The mission of MSRON 7 is to protect designated Department of Defense high-value assets against terrorist attacks in locations where U.S. force protection infrastructure does not exist or requires augmentation.

For more information about MSRON 7, visit their Web site at <http://www.msron7.navy.mil/>



Above: Information Systems Technician 1st Class (SW/AW) Adrian Estes, of Maritime Expeditionary Security Squadron (MSRON) 7, helps a swimmer out of the pool during a competition at the Guam Swimming Federation (GSF) Championships in Hagatna, Guam, May 15. MSRON 7 Sailors volunteered as timekeepers at the event. (U.S. Navy photos by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

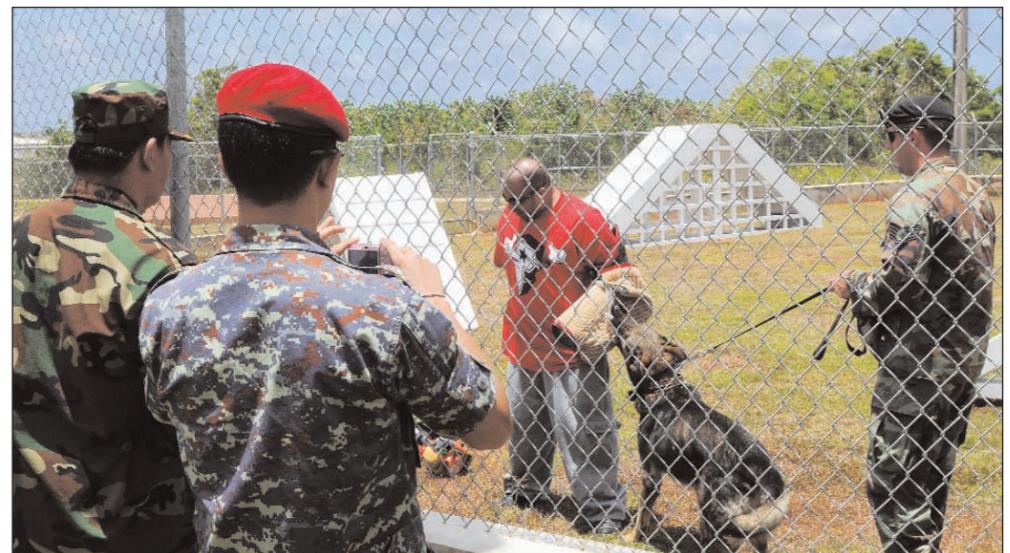


Right: Master-at-Arms 1st Class (EXW/SW) Tom Johnston, left, of Maritime Expeditionary Security Squadron (MSRON) 7, encourages and times a 100-meter swimmer during a competition at the Guam Swimming Federation (GSF) Championships in Hagatna May 15.

Security forum held on Andersen AFB

International Event: Senior security forces personnel from the Pacific Air Forces and 13th Air Force co-hosted the Subject Matter Expert Exchange (SMEE) May 10-13 on Andersen Air Force Base. The SMEE is a multinational military information sharing event that provides a forum for mid-level officers from regional security services to exchange views and establish international and interpersonal relationships. The goal of the exchange is to establish integrated base defense and force protection cooperation with select Asian-Pacific nations. The SMEE is held quarterly and invites two members each from select nations. The latest one

featured officers from the nations of Cambodia, Indonesia and Thailand. The exchange included briefings by experts in many fields of force protection and security forces, including Air Force Office of Special Investigations agents, 36th Security Forces Squadron Commander Maj. Sarah Babbitt, 36th Contingency Response Group Commander Col. Daniel Settergren and 736th Security Forces Squadron Commander Maj. Kirk Hughes. The SMEE attendees also participated in demonstrations of training and fighting capabilities including the K-9 unit, tactical weapons, and simunitions. (U.S. Air Force photos by Airman 1st Class Julian North)



Pilot reaches milestone in B-2 Spirit



Milestone: Lt. Col. Michael Means, center right, a B-2 pilot assigned to the 393rd Expeditionary Bomber Squadron (EBS), is greeted by Col. Tod Fingal, right, 36th Wing vice commander and Lt. Col. Sam White, 393rd EBS commander, after surpassing 1,500 hours of flight time in the B-2 Spirit May 13. Left is Maj. Ben Travers, 393rd EBS. Means was active duty from 1990-2009 and joined the Missouri Air National Guard in January 2009. He has piloted four aircraft including the B-2 Spirit, the B-52 Stratofortress, T-38 Talon, and T-37 Tweet, amassing over 3,800 hours in the process. (U.S. Air Force photo by Airman 1st Class Julian North)

News Notes

Job Announcements

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

Commander, Joint Region Marianas EEO Specialist, closes May 27

Naval Base Guam

Marine Transportation Manager, closes May 24

Naval Hospital, Guam

Financial Technician, closes May 27

NAVFAC Marianas, Guam

Supvy Program Analyst, closes May 24

Community Planner, closes May 26

Program Analyst, closes May 26

Employment Opportunities

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

U.S. Pacific Fleet Band to Perform at Chamorro Village

The public is invited to a free performance of the U.S. Pacific Fleet Band at the Chamorro Village in Hagatna May 21 from 6:30-8:30 p.m.

Under the operational control of Commander, U.S. Pacific Fleet, the Pacific Fleet Band is dedicated to providing top quality music and entertainment. Carrying on the proud tradition of Navy music in Hawaii, the Pacific Fleet Band continues to be an outstanding representative of the pride and professionalism of the U. S. Navy and the Pacific Fleet.

Monthly Flea Market

Sell items you no longer need or pick up some great bargains at the HotSpot's next monthly Flea Market May 22, 8-11 a.m. in the HotSpot Gym, just down the walkway from the bowling center. Table fee for sellers is \$10 each. Sellers can set up the evening before the flea market from 6-9 p.m. or at 7 a.m. the day of the flea market. For more information, call 366-2339.

My Air Force Life

Enter the My Air Force Life Original Song Competition and you could win a \$2,000 gift certificate to Musician's Friend, plus the adult category winner could have their song produced into a music video by the Pentagon Channel. Contestants must write a three-four minute song telling a story about what the following theme means to you: the Air Force is a great place to live, work, and play. There are two categories: adults, ages 18 and up; and youth, ages 12-17. Deadline for submission is May 23. For more information, visit <http://www.myairforcelife.com/>.

Celebrate Asian and Pacific American Heritage Month

The Naval Base Guam Second Class Petty Officer Association will celebrate Asian and Pacific American Heritage Month May 25, 11 a.m.-2 p.m. at the pavilion beside the Navy-Marine Corps Relief Society Thrift Shop in the Lockwood Housing area on U.S. Naval Base Guam. The event is free and open to all eligible patrons. The association will provide food and drinks, but partici-

pants are encouraged to bring their favorite dish. The event will feature a martial arts demonstration from the Philippine martial arts group, Cadenilla Eskrima. For more information, call Master-at-Arms 2nd Class Trisha Galvin at 339-6323.

Critical Days of Summer Event

The U.S. Naval Base Guam (NBG) Installation Safety Office will host a Critical Days of Summer event May 28, 10:30 a.m.-3:30 p.m. at Sumay Clipper Landing Park. The Critical Days of Summer time period is from Memorial Day weekend to Labor Day weekend. The safety office promotes a vigilant safety campaign during the summer to help Sailors and Marines recognize and manage the risks inherent to many summertime activities. At the event, NBG Fire and Emergency Services, NBG Dive Locker, Navy Morale, Welfare and Recreation are among the organizations that will pass out information and give presentations and demonstrations addressing those risks. Sailors and civilian personnel are encouraged to attend. For more information, call 339-7233.

Guam NJROTC students hold PFA

By Mass Communication Specialist 2nd Class (SW) Peter Lewis

Joint Region Edge Staff

Navy Junior Reserve Officers Training Corps (NJROTC) students from Guam High School (GHS), Southern High School and Father Duenas Memorial School gathered at Gab Gab Beach on U.S. Naval Base Guam May 13 to participate in their biannual Physical Fitness Assessment (PFA).

NJROTC mandates that its students participate in a PFA twice yearly. The PFA replicates the Navy PFA. Students must do as many push-ups and sit-ups as possible in a two-minute time period and complete a 1.5-mile run as quickly as possible.

Retired Chief Gunner's Mate

(SEAL) Mark Franchino, the naval science instructor and NJROTC instructor at GHS, said the goal of the program is to develop informed citizens who are fit, ready and patriotic toward their country.

"It's a fantastic program," Franchino said. "It's all about creating officers, pointing people in the right direction, making great citizens. It's a really fun program."

Sailors from several commands on Guam, including U.S. Naval Hospital Guam, Explosive Ordnance Disposal Mobile Unit 5, USS Frank Cable (AS 40), and Maritime Expeditionary Security Squadron (MSRON) 7 volunteered to assist the NJROTC program in conducting the event.

Master-at-Arms 3rd Class Aesha Thomas, of MSRON 7, said she wanted to bring excitement and

motivation to the students as they conducted their PFA.

"I'm a motivated petty officer myself," Thomas said. "I figured if I come out here and show my motivation, and that the kids will be just as motivated."

Franchino said having experienced Sailors helping to coordinate the event ensured that all students stayed safe during the PFA.

"When we have great people helping us administer the test, the safety level goes through the roof with our students," he said.

According to Franchino, being able to participate in Navy-related events, like the PFA, and interacting with Sailors really gives the students an incentive to perform well.

"This brings up their quality of life," he said. "It gives them focus for other sports. It gives them a sense

of accomplishment. They really enjoy it."

After completing the PFA, students had the opportunity to play volleyball, football and swim with each other and the Sailors. Volunteers also cooked steaks and other food to refuel the kids after their morning of physical training.

The day's events closed with an awards presentation. Trophies and medals were handed out to the male and female teams that achieved the highest overall scores on their PFA, as well as the male and female athlete that individually scored highest on the PFA.

Though he was proud of all the students that participated in the PFA, Franchino encouraged anyone interested in or curious about NJROTC to give it a chance.

"Anyone who wants a challenge,

this is a great place to be," he said.

Established in 1964, the NJROTC program is conducted at accredited secondary schools throughout the nation, by instructors who are retired Navy, Marine

Corps and Coast guard personnel. Curriculum emphasizes citizenship and leadership development, as well as maritime heritage, the significance of seas power, and naval topics such as the fundamentals of naval operations, seamanship, navigation and meteorology. Classroom instruction is augmented throughout the year by community service activities, drill competition, field meetings, visits to naval activities, marksmanship training, and other military training.

For more information about the NJROTC, visit their Web site at <http://www.njrotc.navy.mil/>.



Crossing the Line: A Guam High School (GHS) Navy Junior Reserve Officers Training Corps student crosses the finish line during the program's biannual 1.5-mile run on U.S. Naval Base Guam May 13. Students from GHS, Southern High School and Father Duenas Memorial School gathered at Gab Gab Beach to participate in a Physical Fitness Assessment, which consists of push-ups, sit-ups and a run. Sailors from various commands volunteered to assist students during the event. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)



Best Female Team: A team of Guam High School (GHS) Navy Junior Reserve Officers Training Corps (NJROTC) students hold a trophy and medals they received as the overall highest scoring female team during a Physical Fitness Assessment (PFA) held on U.S. Naval Base Guam May 13. NJROTC students from GHS, Southern High School and Father Duenas Memorial School participated in the PFA, which is mandated to be held twice a year, and includes push-ups, sit-ups and a 1.5-mile run. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)



Best Male Team: A team of Guam High School (GHS) Navy Junior Reserve Officers Training Corps (NJROTC) students hold a trophy and medals they received as the overall highest scoring male team during a Physical Fitness Assessment (PFA) held on U.S. Naval Base Guam May 13. NJROTC students from GHS, Southern High School and Father Duenas Memorial School participated in the PFA, which is mandated to be held twice a year, and includes push-ups, sit-ups and a 1.5-mile run. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

Andersen Air Force Base congratulates graduates

From 36th Wing Public Affairs

Class 10-D from the Andersen Airman Leadership School (ALS) graduated on March 25.

ALS is a six-week intensive course designed to help Airmen prepare to become noncommissioned officers and first-line supervisors. The curriculum focuses on communication and development of leadership abilities. Graduation from ALS is a requirement to

be able to write performance reports on subordinates.

There are several awards an attendee can receive for their performance during the course. The Levitow Award is the highest award granted in each class. The basis of the award is overall performance and peer and instructor reviews. The Distinguished Graduate, Leadership and Academic Achievement Awards are all based on academic and leadership performance during the course.

Graduates

Class 10-D from the Andersen Airman Leadership School (ALS) graduated on March 25. Members of the graduating class are as follows:

Staff Sgt.:

Brittany LoveBryant, 36th Civil Engineer Squadron (CES)

Senior Airman:

Vivian Aguon, 724th Aeromedical Staging Flight

Adrian Alonzo, 36th Medical Group

Irwin Ayala Marin, 36th Security Forces Squadron (SFS)

Shawn Britt, 36th Logistics Readiness Squadron (LRS)

Jermaine Dias, 36th Force Support Squadron (FSS)

Matt Earley, 644th Combat Communications Squadron (CBCS) and Commandant Award recipient

Benjamin Evans, 36th Maintenance Squadron (MXS)

Scott Hetrick, 554th RED HORSE Squadron (RHS)

Taiwan Jackson, 554th RHS

Dylan Kioshi, 644th CBCS

Vincent Manabat, 36th CES

Thomas Morgan, 644th CBCS

Patrick Oliver, 36th MXS

Alexander Porte, 36th

Munitions Squadron

Elizabeth Ramos, 36th FSS and Distinguished Graduate Award recipient

Seth Runyon, 644th CBCS and Levitow Award recipient

Xylina Santos, 254th FSS

Ashley Tresvant-Hunter, 36th MXS

Christopher Twiggs, 36th MXS

Jason Watzlawick, 36th LRS

James White, 644th CBCS and Academic Award recipient

Amber Wirgau, 36th SFS

Justin Worley, 734th Air

Mobility Squadron

Program links troops with career resources

By Sarah Lifshin

American Forces Press Service

As the United States' economic crisis lingers, returning veterans are finding it harder to translate the skills they have learned on the battlefields onto a resume, but some employers are working with the military to bridge the gap.

Staff members with the Employer Partnership Office of the Armed Forces are providing the resources needed to help enlisted service members, veterans, retirees and spouses secure employment after their tours of duty end.

The program, formerly known as the U.S. Army Reserve Employer Partnership Initiative, was created in 2008 as an initiative under the leadership of Army Lt. Gen. Jack C. Stultz, chief of the Army Reserve. It offers candidates a jump start into the private sector through partnerships with employers worldwide.

"Through employer partnerships, we can further cultivate an affordable operational reserve force by sharing our men and women with selected civilian employers, who, in turn, will help us to develop and maintain talents, capabilities and skills that are essential on the battlefield," Stultz wrote in the January/February issue of *The Officer*.

"Participating employers see the skills our soldiers bring as value added to their enterprises, while we see employers' contribution in maintaining the skills the nation needs as value added to our force," Stultz added.

As of this spring, officials have recruited more than 1,000 employment partners, including 480 of the Fortune 500 companies. More than 500,000 jobs currently are listed on the employer partnership Web site.

Job seekers are matched with employers such as Wal-Mart, General Electric and Con-way. These companies respect service members' experience and understand the skills and background they can bring to the job, officials said.

Service members provide the necessary qualified and trained human capital needed to fill a variety of positions, defense officials said. Through their experience in the armed forces, they acquire abilities in management, leadership, project execution, team building and strategic planning.

Use of the program is a cost savings for employers, who often spend thousands of dollars in recruiting and screening expenses, officials said. Prior to employment, candidates receive background checks, medical screening and aptitude testing as a result of their military backgrounds.

The partnership has made great strides in career placement, defense officials said. Among its placement and credentialing services, candidates receive coaching, counseling and use of the program's job search engine, among other assistance. A new website, the Employer Partnership Office of the Armed Forces, will include tools to help veterans and employers translate military skills to civilian skills.

Faced with the insecurity of life after military service, veterans often find the civilian hiring process daunting, as hiring managers often

don't understand how their skills will support their companies, said Dave Miller, senior vice president of global policy and economic sustainability at Con-way, a freight, transportation and logistics company.

About 3,000 of the 30,000 workers worldwide for the San Mateo, Calif.-based company have served in the military. Veteran-filled positions include service center managers, mechanics, truck drivers and administrators.

"We need to understand how to jump start their civilian careers," Miller said. "If we are going to support

the all-voluntary military, where the defense of this nation rests on the shoulders of these (service members), we must understand how to support their civilian and military careers, because they run concurrently. Employers need to put themselves into the shoes of those who protect our rights as Americans."

Employers often have difficulties understanding how military job skills will transition into the private sector, he added.

"If you are a colonel, you are an executive vice president," Miller said. "Many human resources professionals don't understand how

you ran a forward unit or had a squad or company help set up a tribal village will help their companies," he said. "These veterans have worked in the most arduous situations and hostile environments, and they are being asked if they ever had a real job. That's demeaning."

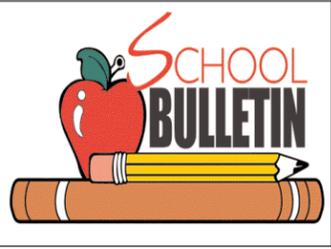
One Con-way employee knows first-hand what it's like to cross over from the armed forces to the civilian work force, and he's using his military background to help in placing veterans into jobs.

Retired Army Lt. Col. David Ellington now serves as Con-way's personnel supervisor in Plainfield,

Ind. He said hiring managers often do not have an understanding of military job descriptions or what value recruiting veterans will bring.

"These candidates are drug-free, often have a security clearance, and (have) good work ethics; these are all advantages," Ellington said. "With their military backgrounds, they understand missions and can understand what a mission is. These analytical tools are essential in the corporate world."

Find Employer Partnership Office of the Armed Forces at <http://www.usar.army.mil/arweb/EP/EP/Default.aspx>.



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 339-7113.

DoDEA

There are no classes for Department of Defense Education Activity schools on Memorial Day, May 31.

Andersen Middle School

The Andersen Middle School Parent Teacher Student Organization (PTSO) has elected Kristen Murren for president and Anne Moran for treasurer for school year 2010-2011. The PTSO still needs parent volunteers to fill the following positions: vice president, Scholastic Book Club representative, and secretary. For more information, contact amsptso@yahoo.com.

McCool Elementary/Middle School

Test reports were sent home with students who took the TerraNova achievement tests. Parents who want to learn more about the test and students' results can stop by the counseling office.

All library books must be returned by May 28. Parents and students can stop by the school library if they have any questions.

The last day to earn fourth quarter Reading Counts points is June 4. Students can talk to their teachers if they have any questions.

Guam High School

The School Improvement Team is inviting parents and sponsors to attend school improvement meetings every Monday 2:15-3 p.m. at the school's conference room. For more information, contact mike@schoebinger@pac.dodea.edu.

Phone Numbers

Andersen Elementary School:
366-1511

Andersen Middle School:
366-3880/5793

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

Guam High School: 344-7410

Department of Defense
Education Activity office:
344-9160

Navy College Office: 339-2485

Andersen Education Office:
366-3170

Readers of all ages enjoy NBG story time

By Oyaol Ngirairikl

Joint Region Edge Staff

Dozens of children and their parents attended U.S. Naval Base Guam Library's story time May 12, which celebrated Mother's Day and National Children's Book Week.

National Children's Book Week was celebrated May 10-16 this year and is a time when communities across the nation focus on promoting a love of reading and encouraging children to read. Mother's Day, a day set aside to honor mothers, was observed May 9.

Librarian Jessica Carbon said the library incorporates special observances and holidays into each week's story time as a way to promote literacy and a sense of community.

"We try to capture the various celebrations and utilize them as themes for our story times because we feel that the library is a center of activity for our community and

Andersen Library

Hours of Operation: Monday-Thursday, 9 a.m.-8 p.m.;
Friday-Saturday, 9 a.m.-5 p.m.;
Sundays, Closed

Wednesday story times: 10 a.m. and 3:30 p.m.

NBG Library

Hours of Operation: Tuesday-Friday, 10 a.m.-7 p.m.;
Saturday and Sunday, 9 a.m.-7 p.m.;
Mondays, Closed

Wednesday story time: 3:30 p.m.

should reflect what's going on but in a way that is connected with literacy," Carbon said.

Anneriz Bulanadi, a Guam High School Navy Junior Reserve Officers Training Corps cadet, read "Love You Forever" by Robert Munsch, a story that celebrates a mother's love. Bulanadi said she wanted to show younger children how fun reading can be.

"My parents read to me a lot when I was younger, and I really enjoyed it," she said. "I think it did help me become a better student, but most of all I wanted to share some of that happiness and fun that I get from reading."

Lawrence Ford, a military dependent and one of the library's youngest guest readers at age 7, read "Diary of a Spider" by Doreen Cronin to celebrate National Children's Book Week. Lawrence said that thanks to his parents, he loves to read.

"Reading is so much fun," he said.

Stephanie Ford, Lawrence's mother and a Navy spouse, said her mother read to her as a child and taught her a love for reading. As a parent, she tries to instill that same passion for reading in her son.

"Programs like story time at the library help me share that heritage

with my own son," she said. "These events help promote reading, writing, comprehension and other skills that help us become life-long learners, which is, I believe, key to a successful life."

Carbon said the efforts of service members who volunteer to read to children help make such celebrations a success. She added that guest readers have included service members from the Navy, Air Force, Army, Coast Guard and Marine Corps, as well as spouses.

"It motivates our young people to actively participate, which helps promote the enjoyment and significance of reading, not only among young people, but as a family in the Navy community," Carbon said. "I am amazed to see that as young as 4 years old, children are starting to volunteer to read at our story times."

To volunteer to read at story time, call the NBG Library at 564-1836 or the Andersen Air Force Base Library at 366-4291



Family Time: Sherry Cruz, a spouse of a civil service employee, and her daughter sing a song at the U.S. Naval Base Guam Library story time May 12. (U.S. Navy photo by Oyaol Ngirairikl)



Guest Reader: A child, left, reads "Diary of a Spider" by Doreen Cronin during the U.S. Naval Base Guam Library story time May 12 as Anneriz Bulanadi, a Guam High School Navy Junior Reserve Officers Training Corps cadet and a guest reader, listens. The event also included a singing activity in celebration of Mother's Day and National Children's Book Week. (U.S. Navy photo by Oyaol Ngirairikl)

What book do you most enjoy reading with your child?

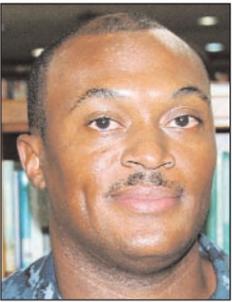
May 10-16 was National Children's Book Week, a time when communities across the nation focus on promoting a love of reading and encouraging children to read. Joint Region Edge asked service members and a civilian on Guam what book they most enjoy reading to their child.



"I like to read "The Family Book" by Todd Parr to my nephew because it teaches him the value of different types of families that exist in the world."
— Melissa Taitano, Andersen Air Force Base Library director



"I enjoy reading Sports Illustrated to my children because they like sports, basketball, any sport, it doesn't matter."
— Tech Sgt. Frederick Jones, 554th RED HORSE Squadron



"We have a large collection of books, so there's not one particular book that I like reading to her. Whatever book she picks, I read it to her. So does Mom. And just the enjoyment of seeing how well she interacts when you're reading the book — she tries to tell the story. At 3 years old, that's amazing because she gets into the book. Hopefully in the future she'll take that on and be a great reader."
— Chief Electrician's Mate (SW/AW) Kareem George, USS Frank Cable (AS 40)



"The books I liked most reading to my children were Dr. Seuss books when they were much younger. And of course, as they are growing older, they're into sports. They love football, baseball and dinosaurs and "Captain Underpants." But they're old enough now that they can read on their own or they can actually read to me now. So it works out."
— Sgt. 1st Class Rose Sharon Indalecio, Guam Army National Guard

Explore the monuments, memorials of Adelup

By Jesse Leon Guerrero

Joint Region Edge Staff

Adelup Point in Hagatna is a small section of Guam, but it holds a distinguished spot on the island.

Originally part of Asan-Maina, Adelup Point was annexed to Guam's capital of Hagatna in 1990. It is home to the Ricardo J. Bordallo Complex, which is named after the former Guam governor and houses the governor's office. The facilities there also include the government's Bureau of Budget Management Resources, the Office of Adequate Education Suruhanu, conference rooms and more offices.

Surrounding the complex are two beachfronts, which are open to the public for relaxing and admiring the natural beauty of Guam. At the front of the complex is a spacious field that accommodates a wide range of events throughout the year, including an annual Veterans Day ceremony.

Tourists and residents can contemplate the events of Guam's wartime experiences by visiting two statues on the complex grounds.

The Liberation Statue honors the sacrifices of both military service members and Chamorro residents by recalling the liberation of Guam from the Japanese occupation during World War II on July 21, 1944. This bronze monument includes six figures of Marines and Chamorro scouts looking across the field to the site of the Marines' landing.

Across from the Liberation Statue stands another sculpted piece that reminds visitors of the tragic story of the Manenggon march. On July 10, 1944, the Japanese military forced thousands of Chamorro men, women and children from all over Guam to march to concentration camps in central and southern parts of the island, such as Manenggon. A figure of a Chamorro mother marching with an infant and young child stands at the



Monumental Latte: A local resident observes the view from the top of the Ricardo J. Bordallo Complex at Adelup Point in Hagatna May 8. The complex features the 60-foot tall Latte of Freedom monument which serves as a 360-degree observation deck. The public can access it for free every day from 9 a.m.-4 p.m. After June 1, admission is scheduled to cost \$3 for visitors over 6 years of age and \$1 for younger children. (U.S. Navy photo by Jesse Leon Guerrero)

head of the Manenggon memorial.

A stone monument situated behind the complex commemorates the six "Raider 21" Airmen who died when their B-52 crashed July 21, 2008. The black monument was unveiled last year, and offers a clear view of the ocean below.

The Government of Guam observed the official opening of the Latte of Freedom on

March 30. Towering at a height of 60-feet, this monument has the shape of a latte stone, a structure used by ancient Chamorros to support houses and meeting halls. The monument is intended to represent the strength of Guam's people. The latte's observation deck is open to the public from 9 a.m.-4 p.m. every day, with free admission until June 1. After that date, admission will

cost \$3 per visitor over 6 years of age and \$1 for younger children.

Connected to the Latte of Freedom is the Hall of Governors Multi-Purpose Cultural Center, where visitors can learn more about the island. The cultural center can also be used for functions and meetings.

For more information, call the Guam Museum Foundation, Inc. at 475-4634.

FREE

Memorial Day Beach Bash
The Andersen Air Force Base Annual Memorial Day Beach Bash is scheduled for May 28, 3-6 p.m. at Tarague Beach. There will be fun and games for children and adults, plus lots of prize drawings, including a grand-prize drawing for round-trip airfare to anywhere in Asia where Delta flies. Entrance is free. Food

and beverages will also be available for purchase. There will be a frozen T-shirt contest. Sign up at the HotSpot or at the beach on event day. There will also be a sandcastle-building contest. Register at HotSpot by May 27. Building starts May 28 at noon and judging starts at 4 p.m. Judging will be based on originality and creativity. For more information, call 366-2339.

Chamorro Village
Take a free trip to Chamorro

Village in Hagatna every Wednesday. Single Sailors and geographical bachelors can catch a shuttle at 6 p.m. at Single Sailor Sanctuary. Sailors at the Ordnance Annex can catch the shuttle 6:30 p.m. at Silver Dolphin. For more information, call 564-2280.

On a Budget

Free Golf Clinic
Learn the fundamentals of golf every Saturday and Sunday, 9-10 a.m. at

Admiral Nimitz Golf Course in Barrigada. No need to register. For more information, call 344-5838.

Tuesday Texas Hold'em Nights
Texas Hold'em tournaments are held every Tuesday starting at 6 p.m. in Hightides at Top of the Rock on Andersen Air Force Base. Play is free for club members and \$5 for non-members. Weekly prizes are awarded. For more information, call 366-6166.

UNDER \$10

Hike to Tarzan Swimming Hole

Meet at Rec N' Crew on Naval Base Guam May 27, 8:15 a.m. Sign up at Rec N' Crew by May 26, 1 p.m. Cost is \$5 per person. For more information, call 564-1826.

Hike Tarzan Falls to Lower Sigua Falls
Meet at Rec N' Crew on U.S. Naval Base Guam May 29, 8:15 a.m. Sign up at Rec N' Crew by May 28, 1 p.m. Cost is \$5 per

person. For more information, call 564-1826.

WWII Tour

Outdoor Recreation's World War II Tour is scheduled for Memorial Day, May 31. Meet at Outdoor Recreation at Andersen Air Force Base before 7:45 a.m. Cost is \$15 per person. Minimum age is 5. Club Card holders get \$3 off. Patrons should also bring money for a lunch stop during the tour. For more information, call 366-5197.



\$10 AND UP

Arts & Crafts

Andersen Air Force Base Arts & Crafts Center is offering the following classes:

Sunshine Handprint Crafts Class: May 22, 11 a.m.-12:30 p.m. Learn to make Sunshine Handprint crafts. Class fee is \$10 per person and includes materials.

Diaper Cakes Instruction & Demo: May 29, 11 a.m.-1 p.m. Bring baby-related items such as diapers, bottles, etc. You'll find out how to create your own beautiful shower gifts. Fee is \$25 per person

and includes instruction and demo.

Intro to Drawing Class: May 29, 2:30-4:30 p.m. Learn the grid and line drawing method to improve your skills and make drawing more fun. Class fee is \$20 per person and includes materials. For more information, call 366-4248.

Kayak and Snorkel Piti Bombholes

Meet at Rec N' Crew on Naval Base Guam May 30, 8:15 a.m. Sign up at Rec N' Crew by May 28, 1 p.m. Cost starts at \$15 per person. For more information, call 564-1826.



FRIDAY, MAY 21

7 p.m.: The Last Song • PG

SATURDAY, MAY 22

2 p.m.: The Last Song • PG

7 p.m.: Date Night • PG-13

SUNDAY, MAY 23

7 p.m.: Date Night • PG-13

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



FRIDAY, MAY 21

7 p.m.: Clash of the Titans • PG-13

9:30 p.m.: She's Out of My League • R

SATURDAY, MAY 22

1 p.m.: How to Train Your Dragon • PG

3:30 p.m.: Why Did I Get Married Too • PG-13

7 p.m.: Hot Tub Time Machine • R

SUNDAY, MAY 23

1 p.m.: The Last Song • PG

3:30 p.m.: Clash of the Titans • PG-13

7 p.m.: The Bounty Hunter • 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.**

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

Keep perspective to reduce stress

By Lt. Aaron Miller
U.S. Naval Hospital Guam

It's that time of year again for the military on Guam. Sorting through stuff, garage sales every weekend and the classifieds full of stuff for sale. Yes, the summer on Guam is PCS time for many. After several years families and individuals

once again prep for that adventure and excitement we all were attracted to the military for: the move.

My family and I are preparing for a long move across the ocean and country to settle on the East Coast for a three year tour.

Needless to say I am up to my elbows in moving issues. Those with animals know what I'm talking about —vet visits, flights scheduling, making sure someone will be able to pick them up. Man,

kids are rough to travel with! Don't even get me started on the dog and cats.

Losing friends and thinking about the cycle of starting again, pay issues, medical and on and on make for a stressful time. I can't help but get a little wound up at all that needs to be done and all that needs to be

set up.

Experience has taught me that the more prepared I am the better things go and that just adds to the stress. There were times I felt as if my head would explode in a ray of light and my body would admit radioactive power from the sheer intensity of my stress.

I admit I'm better than I was. Age and experience have calmed me down a bit. But I still can't help staring at the ceiling at night

wondering if I took pictures of the antique table for insurance or remembered to schedule the car cleaning for shipping.

Stress is a natural part of life. In some cases it is good for us and, yes, it motivates us to sort through the junk before a move. But stress can also be a problem. Stress can account for many health problems as well as make daily life tough to endure. True, we all have chosen an environment that has stress built in like a tire on a car and many of us enjoy a bit of it, but that does not mean we can't take steps to bring some calm to the storm.

Faith, hope and a sense of peace help me to keep that stress from crossing the line from motivation to disaster. Also a good sense of perspective helps keep the edge off. In the case of moving I like to remind myself that a good "spring cleaning" of my stuff is good from time to time. I find things I lost and get rid of excess I don't need.

I have made lasting friends and

now have the opportunity to make more. While the family does get a bit stressed, too, we also enjoy a change of pace. It's a chance to put down the video game controllers, start anew, to take new steps and shake off old habits. We usually take time in between moves to visit family and have some much needed vacation.

Deeper than that is the reminder of what is truly important. It's not the house, car, big screen TV or even the career. It's the people we love; it's the friends we meet along the way and family that will stand by us no matter what.

Hold on to those things that are more important than all others. Hold on to the joy of connecting with those who care about you and the possibility of creating new relationships. It is here in human connection and love that true importance lie. So if you happen to be caught up in the summer stress just remember to stop and smell...life.



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.

Competitive 15K

The Competitive 15K run will be held May 22 at Ebbett Field. Show time is 5:30 a.m. and go time is 6 a.m. Admission is free and T-Shirts are \$5. All ages are invited to participate. Register at Charles King Gym. For more information, call 564-1856 or 339-1301.

Admiral's Cup Volleyball

Tournament is June 7-10 with games at 5:30 and 6:30 p.m. at Charles King Gym (CKG). Active-duty military only. Sign up at CKG by May 26. For more information, call 564-1861.

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.

Youth Baseball/T-Ball/Softball Registration

Registration for the upcoming youth baseball/T-Ball/softball season is now in progress. You can register online at: http://36fss.com/sports_registration.html. For more information, call 366-3490.

Free Throw Contest

Coral Reef Fitness Center will have a Free Throw Tournament May 21 with a 5:30 p.m. show time and 6 p.m. start. Will you be the king of Andersen free throwers? There's only one way to find out. For more information, call 366-6100.

Biggest Loser competition promotes healthy living

By Senior Airman Shane Dunaway

36th Wing Public Affairs

More than 30 two-person teams readied themselves to embark on 12-week journey to shed pounds as part of the Biggest Loser competition hosted by the Coral Reef Fitness Center on Andersen Air Force Base May 17.

The competition was open for all active duty, Department of Defense civilians, spouses and dependents above 16 years old to participate. Participants were required to sign up by May 7 and weigh in by May 14.

"We decided to choose this program for two reasons," said Staff Sgt. Xavier Bryant, 36th Force Support Squadron (FSS) fitness improvement program manager. "The Air Force is transforming into a 'Fit to Fight' military and our Air Force members must be healthy, fit and prepared to complete the mission. Our military member's significant loved ones should be physically fit as well for their health and well-being and in support of those who serve."

During the competition, participants are required to perform two 30-minute strength training sessions and two 30-minute cardio training sessions per week, two spin sessions per month, three aerobic sessions per month and one 5K run per month. Each team also must attend

one class offered by the Health and Wellness Center as well as a fitness one-on-one class with fitness center staff to learn how to use all gym equipment safely and effectively.

"The competition will help our Team Andersen members learn and continue to be fit and healthy," said Airman 1st Class Kathryn Litchfield, 36th FSS fitness apprentice. "Our focus is to make fitness fun so they can make fitness one of their priorities and know how important it is to be healthy overall."

Each team earns points based on total body percentage lost, total weight lost and abdominal circumference lost. Points are also awarded during three monthly challenges designed to test each team's progress.

"Healthy living habits are one of the most complex decisions we face in fitness," Bryant said. "Usually, people would exercise three to five times a week and later eat something unhealthy. We also have people that do the exact opposite - people would eat healthy and become sedentary."

Bryant insisted healthy eating habits and the proper amount of exercise is of utmost importance when controlling a person's overall fitness level and when undertaking weight loss goals and plans.

"Both males and females should exercise for at least an hour three times a week as well as consume 1,200-1,500 calories per day for females a day and 1,500-1,800 calo-

ries a day for males a day depending on their weight, height and level of activity," Bryant said.

Competitors throughout the wing continue to prime themselves for the challenge of becoming Team Andersen's "Biggest Loser."

"I decided to participate in the competition because I needed something to jump-start my motivation," said Juliette Morgan, a dependent spouse. "I know I need to lose the weight and this competition gives me the incentive. I don't want to let my teammate down, either."

The competition ends August 6 with prizes awarded to the male, female and team with the highest percentage of weight loss. The prizes awarded are to be determined at a later date.

"Prizes are all good, but when you look at the big picture, lose the weight and put yourself on a path to get healthy, you're already a winner!" Morgan said. "I am just hoping to get myself in the right direction to lose weight and live a healthier lifestyle."

Editor's note: Senior Airman Shane Dunaway, 36th Wing Public Affairs reporter, will be participating in the 'Biggest Loser' competition. He will be blogging about his experiences and progress throughout the competition. To read about his weight-loss efforts and journey, go to the Pacific Air Forces Pixels blog site at www.pacafpixels.com.