

# JOINT REGION EDGE

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## Military supports Red Ribbon Campaign

By Frank Whitman

Joint Region Edge Staff

Sailors, Airmen and Soldiers joined members of other community organizations to help spread the drug-free message during a Red Ribbon Week outreach at Guam Premier Outlets (GPO) in Tamuning, Guam Oct. 23.

Students from across the continental U.S. and Guam participate in Red Ribbon Week activities and pledge to live a healthy, drug-free lifestyle. The Red Ribbon Campaign started following the murder in Mexico of Drug Enforcement Administration agent Kiki Camarena in 1985. Red Ribbon Week 2010 is Oct. 23-31.

The event included the display and judging of schoolchildren's entries in a poster contest. Judges included Rear Adm. Paul Bushong, commander of Joint Region Marianas, and Brig. Gen. John Doucette, commander of 36th Wing, as well other community leaders.

Volunteers from various organizations manned tables at which they

offered information and promotional items containing the drug-free message. Groups participating in the event included U.S. Naval Hospital (USNH) Guam, 36th Communications Squadron (CS), Guam National Guard and 554th Rapid Engineering Deployable Heavy Operations Repair Squadron Engineer (RED HORSE) Squadron.

"The reason that we're here to help the community is to spread the

See Red Ribbon, Page 11

Red Ribbon: Logistics Specialist 2nd Class (AW) Phuong Bosque, of U.S. Naval Hospital Guam, interacts with an attendee at the Red Ribbon Week event at Guam Premier Outlets in Tamuning Oct. 23. Bosque and other volunteers from her command joined representatives of other military and community organizations as they passed out promotional items and provided information to raise drug abuse prevention awareness. (U.S. Navy photo by Frank Whitman)



## 36th CES projects to improve Andersen AFB life



By Airman Whitney Amstutz  
36th Wing Public Affairs

The U.S. Air Force has a lot to boast about. Not only is it the world's greatest and most effective air power, but it also maintains the highest standard of living for its Airmen and their families.

This year, the 36th Civil Engineer

Renovations: Richard Dizon, a local contractor, works on renovations for the tennis court across the street from the post office on Andersen Air Force Base Oct. 21. The tennis court is being remodeled as part of a basewide quality-of-life improvement initiative. (U.S. Air Force photo by Airman Whitney Amstutz)

Squadron was tasked with the responsibility of disseminating \$12 million for major housing repairs and improvements throughout the base.

"We also received \$12 million for housing projects," said Capt. Joseph Gamez, 36th CES resources flight chief. "Approximately \$8 million of the \$12 million was given to us by the Navy. It is the money that they couldn't spend. Both the Navy and the Air Force are given a certain amount of spending money. However, they didn't execute as many housing projects as we did this year, so we received their excess."

A great deal of the funds received is being put toward the improvement of the quality of life for Andersen Airmen and their loved ones.

"We got most of the money for projects in housing," said Harmony Hartless, 36th CES projects programmer. "Since the housing office and their associates generally have a better handle on the issues in base housing and the dormitories, we consult with them to find out what needs to be accomplished."

In addition to ideas derived from the housing flight, many suggestions made at town hall meetings are put forth and made into reality.

"We are installing covered pavilions in the park areas for families to enjoy," Hartless said. "We got a lot of feedback about the heat, and concern regarding children playing in such hot and humid conditions for

See Quality of Life, Page 11

### INSIDE

- Frank Cable wins SecNav safety award, page 4
- Combat Communications Squadron offers training, page 8



**Aircraft Recovery Team Ready**  
Airmen prepared to clear runway if needed.  
SEE PAGE 4



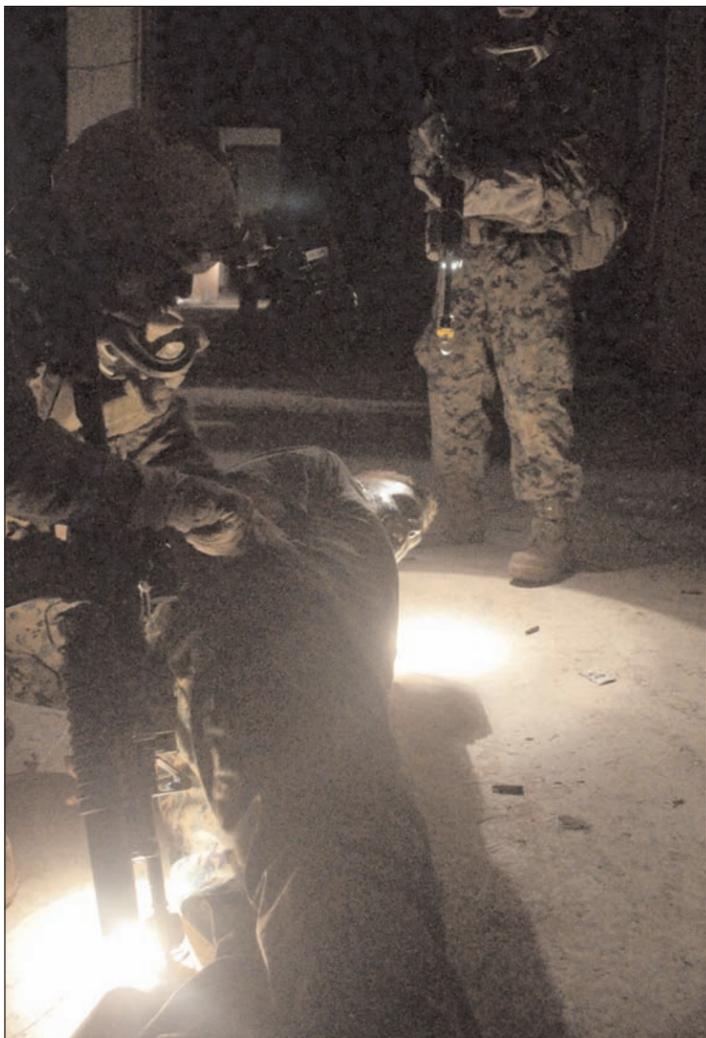
**GHS Champions**  
Panthers claim top football team.  
SEE PAGE 23



**USO Recognized**  
Guam USO wins President's Award  
SEE PAGE 3

# FASTPAC detects, deters and defends

Fast Response: Members of the U.S. Marine Corps Fleet Antiterrorism Security Team Pacific (FASTPAC) conduct day and night helicopter raid exercises at Andersen Air Force Base, South in Yigo, Guam on Oct. 20. The exercise included fast roping from a helo, a house raid and extraction. FASTPAC maintains a forward-deployed presence around the world in order to quickly respond to crises. Its duties are to detect, deter and defend against terrorist activities. (U.S. Navy photos by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



# OSS Airman Centeno Andersen's Best



Andersen's Best: Airman 1st Class Jamaira Centeno, 36th Operations Support Squadron airfield management operations coordinator, poses with her co-workers after being awarded Andersen's Best, Oct. 12. "She is one of our 'rock star' Airmen in the OSS," said Chief Master Sgt James Slisik, 36th Operations Group superintendent. "She is a member of the honor guard here and always goes above and beyond what's expected." As an operations coordinator, Centeno transports and comforts family members of medical patients while coordinating timing with flight nurses and aircrew. Additionally, she led flight-line parking operations for Pacific Command's largest joint-service exercise, Valiant Shield 2010, with zero incidents and was a valuable asset in ensuring on-time departure and arrival of more than 30 distinguished visitor missions.

To nominate your Airman for Andersen's Best, e-mail their accomplishments to [ebone.garden@andersen.af.mil](mailto:ebone.garden@andersen.af.mil).

## \$50 million from DoD for GovGuam port



Port modernization: Rear Adm. Paul Bushong, center right, commander of Joint Region Marianas, presents a ceremonial \$50 million check to Lt. Gov. Michael Cruz, center left, acting governor of Guam, at the Jose D. Leon Guerrero Commercial Port. The check represents funds provided by the Department of Defense for the port's modernization program. (U.S. Navy photo by Jesse Leon Guerrero)

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# CDDAR team ready to respond

By Airman 1st Class Anthony Jennings

36th Wing Public Affairs

Certain jobs evoke a sense of pride of ownership after witnessing the fruits of one's labor, while others hope to never have to put into practice their skill sets.

The Crash, Damaged, or Disabled Aircraft Recovery (CDDAR) Team on Andersen Air Force Base is for recovering an aircraft off the runway or other locations in the event of a crash or incident.

They must safely move the intact pieces or remains of an aircraft so the runway can be reopened while ensuring not to cause additional damage.

Master Sgt. Tony Skumanick, CDDAR Team Chief, maintains the aircraft recovery program and leads a team of three permanent party Airmen who maintain all the equipment necessary to lift, tow and recover a disabled aircraft from the runway.

"We're mainly a skeleton crew at Andersen, since we haven't had any assigned aircraft until recently," Skumanick said. "The units that deploy here bring their own expertise and sometimes additional equipment that I wouldn't have, or is specific to a particular airframe, and we integrate them into our program."

There are several methods that can be used to move a disabled aircraft, such as a crane lift with slings or inflatable airbags used to lift the aircraft high enough to put jacks underneath and tow it.

"That's pretty much the purpose of any lift," Skumanick said. "We want to get the aircraft high enough so we can repair the landing gear or



Recovery: Airmen pull on guide lines attached to an A-10 Thunderbolt II to help maintain its position while it is being lifted by a crane at Spangdahlem Air Base Germany. Crash-Damaged or Disabled Aircraft Recovery teams safely move the intact pieces or remains of aircraft after an accident off the runway so it can be reopened as soon and as safely as possible. (U.S. Air Force photo by Senior Airman Benjamin Wilson)

put jacks underneath it so we can tow it off the runway."

It's never a time to celebrate when the CDDAR team is called to respond to an incident. However, when a C-130 recently incurred a failure in its landing gear, the CDDAR team proved to be an invaluable asset by safely lifting the aircraft

so the gear could be temporarily repaired before towing it off the runway.

"Our guys went out there, ensured the aircraft was safe to move and towed it out of the way, just a day before the Pacific Command's largest exercise, Valiant Shield 2010, where more than 105 aircraft would

be taking off and landing from our runway," said Maj. Robert Leo, 36th Maintenance Squadron commander. "We were fortunate enough to have a team chief with the proper training taking charge, and a deployed B-52 maintenance crew to assist since the aircraft was classified as a heavy. Our CDDAR team is

without a doubt the crew to have on the scene of an incident where their expertise is needed."

Though an aircraft mishap on the runway is something no one wants to see, a dedicated team of aircraft recovery professionals are ready to respond quickly and efficiently if it does happen.

## Cable wins 2010 SECNAV Safety Excellence Award

By Mass Communication Specialist Seaman Corey Hensley

USS Frank Cable (AS 40)

The submarine tender USS Frank Cable (AS 40) was honored as one of the recipients of the 2010 Secretary of the Navy Safety Excellence Award Oct. 5, in Washington D.C.

The ceremony, which was held at the U.S. Navy Memorial and Naval Heritage Center Theater, recognized Navy and Marine Corps units for on-duty and off-duty safety excellence during 2009.

Lt. Cmdr. Scott Greenstein, who has been Frank Cable's safety officer since July 2009, said that the ship's No. 1 priority is safety.

"It's a message that is sent down from the top," Greenstein said. "The captain has set out what his priorities are. The expectation is that safety is first and foremost before any evolution is conducted."

Greenstein said that since Capt.



Excellence Award: Lt. Cmdr. Scott Greenstein, third from left, USS Frank Cable (AS 40) safety officer, accepts the Secretary of the Navy 2010 Safety Excellence Award for Frank Cable at the Navy Memorial and Naval Heritage Center Theater in Washington, D.C. Oct. 4. (Photo by Dayna Smith/Image Smith Media)

Thomas P. Stanley has been onboard as Frank Cable's commanding officer, safety has been the bedrock of his leadership strategy. Safety is the most important, followed by quality and then quantity. When compared to years past, Frank Cable has had a significant reduction in the number of injuries for Sailors, on duty and off duty. The trend is that these incidents will continue to drop, Greenstein said.

"It's the goal of the Navy to reduce mishaps 75-percent by 2012," Greenstein said, "So we are well on our way to meeting those goals."

Greenstein said that there are plenty of things that Sailors can do to help maintain safety aboard the ship.

"As far as avoiding injuries, a lot of it is just doing the right thing and not taking shortcuts," Greenstein said.

USS Frank Cable (AS 40) recently finished a Military Sealift Command integration and is preparing for sea trials.

# Branch Dental keeps service members smiling

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

Joint Region Edge Staff

The mission of U.S. Naval Hospital Guam Branch Dental Clinic is to excel in Expeditionary Force Health protection, promoting, preserving and restoring the health of those it serves.

Force Health Protection (FHP) uses preventive health techniques and emerging technologies in environmental surveillance and combat medicine to protect all service members before, during and after deployment. FHP is designed to improve the health of service members, prepare them for deployment, prevent casualties, and promptly treat injuries or illnesses that do occur.

To meet this goal, the clinic provides all general dentistry services.

"General dentistry services include fillings, cleanings, extractions, crowns, bridges, dental implants," said Hospital Corpsman 1st Class (SW/AW) Shivonne Willoughby, the branch's leading petty officer and registered dental hygienist. "Cosmetic procedures are available on case by case pending availability of manpower and supplies. At Naval Hospital Guam, there is another dental clinic that any active duty military personnel can utilize. We also do not provide services for any dependents or retirees. However, in case of emergencies, we do provide emergency dental service to them on space available basis."

Willoughby said any complex dental surgery cases are referred to the oral surgery department at U.S. Naval Hospital Guam. Some procedures such as crowns, bridges, and implants have remaining time-on-board requirement. For example, the minimum requirement for dental implant treatment is one year.

"Many service members miss out on this opportunity because they put off dental treatment until the last minute," Willoughby said.

Willoughby and five other enlisted, three civilians and three dental officers work well as a team.

"I like working at the dental clinic because it's fun," said Hospital Corpsman 3rd Class Cloyce McAllister. "I enjoy it and all the people I work with. We're a great working unit. The staff is very focused and driven."

Hospitalman Tykeshia Jackson said the job is helping her prepare for the future.

"I like working in the dental clinic because it helps me prepare for dental hygiene school and I work with great people," she said.

With high morale and great service, the staff at Branch Dental Clinic, U.S. Naval Hospital Guam has one request for their patrons.

"Please be considerate of others," Willoughby said. "If you cannot make your appointment, please give us advanced notice so that the appointment can be available to others."

For more information about Branch Dental, call 339-5146.



Dental Procedure: Hospitalman Tykeshia Jackson, of U.S. Naval Hospital Guam Branch Dental Clinic, demonstrates procedures for plaque removal Oct. 15 at the clinic located next to Cmdr. William C. McCool Elementary/Middle School. The clinic provides all general dentistry services to service members stationed on U.S. Naval Base Guam. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

## Think pink, support breast cancer awareness

By Airman Whitney Amstutz  
36th Wing Public Affairs

October is National Breast Cancer Awareness Month and is dedicated to increasing awareness of the importance of early breast cancer detection through education.

Though it is not 100 percent preventable, having the ability to detect breast cancer in its early stages gives medical professionals a better chance to stop the illness in its tracks.

"No type of cancer is totally preventable," said Maj. Joann Palmer, 36th Medical Operations Squadron

maternal child flight commander and women's health practitioner. "We can reduce the risk factors we can control. When it comes to breast cancer, early detection is extremely important. Detection in the earliest stages makes it close to 100 percent treatable and survivable."

"A woman's chance of having breast cancer increases with age," Palmer added. "This makes annual mammogram screening even more important as women get older."

The American Cancer Society recommends most women begin annual screenings at the age of 40.

Though there is no surefire way

to prevent breast cancer, there are several lifestyle choices that may reduce a woman's chances of developing the disease.

"We don't want to scare women," Palmer said. "We don't want them to live in fear. The best advice we can offer women is to focus on making healthy lifestyle improvements, and decrease lifestyle practices that contribute to cancer."

Palmer advises women to strive to make healthy lifestyle choices to impact controllable risk factors and improve overall health and quality of life."

Palmer's top healthy lifestyle rec-

ommendations are: don't smoke; drink alcohol moderately, no more than one drink daily; exercise 30 minutes daily, brisk walking will do the trick; eat a well-balanced diet making sure to get adequate calcium, Vitamin D, folate and Omega 3 oils and minimize solid fat intake.

As time and technology advance simultaneously, many women are being given a new lease on life.

October is set aside to raise awareness and promote education for a cause that impacts the lives of hundreds of thousands of women and their loved ones.

"There's a lot of education we

still need to do," Palmer said. "First and foremost, we want to encourage women to have recommended prevention and early detection screening exams and make healthy life choices. Until we can prevent cancer altogether, it is important we do what we can to help ourselves and each other."

The 36th Medical Group and 36th Force Support Squadron are hosting an Andersen Breast Cancer Awareness 5K on Oct.30. Participants are encouraged to wear pink clothes and pink ribbons to support the cause.

# USO Guam earns USO President's Award

By Jesse Leon Guerrero

Joint Region Edge Staff

United Service Organizations (USO) announced the USO Guam as the winner of the USO President's Award for Outstanding Service and Performance Oct. 22.

The award recognizes the USO office that exemplifies the USO's values and dedication to service members and their families, and for making contributions that significantly impact USO's objectives. It is the highest award that can be bestowed by USO President Sloan Gibson under the organization's recognition program.

"We're very humbled and proud to say we are the recipient from about 150 centers worldwide," said Leigh Lelani Graham, USO Guam director.

USO Guam maintains its recreational center and offices at the Royal Orchid Hotel in Tumon and recently extended its operational hours to 8 a.m.-10 p.m. from Sunday-Thursday and 8 a.m.-midnight on Friday and Saturday. It is open to all U.S. military identification card holders who may sponsor one guest. Patrons under 18 must be accompanied by an adult.

Graham said USO Guam has received 30,000 visitors since the beginning of 2010.

She attributed USO Guam's suc-

cess to USO's team of dedicated volunteers, sponsorship support, feedback from visitors and wide range of services. Visitors can make long distance calls to U.S. locations for free; use any of the six Apple computers or 12 personal computers, all with online access; eat flap-jacks for breakfast and chili, rice, hotdogs and pizza for lunch; play billiards or video games; and watch sports and other shows on flat-screen TVs.

USO Guam plans to continue its annual tradition of hosting free meals and a party on Thanksgiving and Christmas from noon-5 p.m. Graham said these gatherings will offer a variety of dishes, desserts and drinks, which are available on a first-come, first-served basis.

"We do this because there is no greater sacrifice than to support and defend this great country that we live in," Graham said. "A little bit of comfort goes a long, long way and we want to make sure that we provide that at every single chance that we can."

USO Guam maintains a current list of more than 130 volunteers, of which about half are actively involved with daily USO operations or special events.

For more information about USO Guam, its services, volunteer work, and upcoming events, call 647-4876 or visit them online at [www.uso.org](http://www.uso.org).



Rest and Relaxation: Tech Sgt. Wayne Wiggins, of 644 Combat Communications Squadron, spends time relaxing at United Service Organizations (USO) Guam in the Royal Orchid Hotel in Tumon Oct. 26. In addition to the free use of televisions, service members and their families and guests can make free, long-distance calls to the U.S., enjoy food and refreshments, and take advantage of other free services. (U.S. Navy photo by Jesse Leon Guerrero)

## What are your favorite things about the USO?

Joint Region Edge asked readers what they like most about the USO?



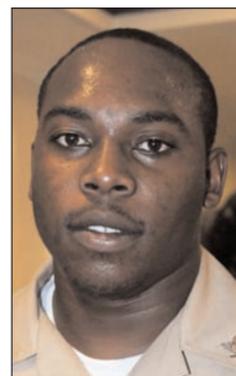
"I like the USO because it makes you feel at home. It gives you that feeling that you have everything that you need here. The biggest thing is using the computers because it gives you the option to use the Internet during the hours they're open."

— Chief Construction Electrician (SW) James Wyche  
Navy retired



"There are really friendly people here and there are a lot of things to do. There's the Internet, you can relax here, and shoot pool. The service here is great."

— Spc. Daniel Cruz  
797th Engineer Company, U.S. Army Reserves



"I come to the USO maybe every week. I like it because there are good recreational activities like pool, Internet and TV. You can relax and the food is good. The volunteers are really good at their job. They really help out a lot."

— Machinery Repairman 3rd Class (SW) Jeron Reid  
U.S. Naval Hospital Guam



"When I first got here, the USO made it possible for me to call home free of charge. They provided an area for my kids to play and a place to watch movies. They really strive to make it feel like a home away from home."

— Staff Sgt. Jennifer Mackey  
36th Munitions Squadron conventional air launch cruise missile bay chief



"It's all about the free Internet. It's important to keep in touch with family and friends, especially when traveling for a deployment because they tend to worry."

— Staff Sgt. Adrian Casey  
36th Munitions Squadron equipment maintainer



"On deployments, the USOs often bring in bands on tour and other sponsored performances that really keep up morale. Also the hospitality room where you can use free Internet, get coffee or just rest is really a great way to get away from it all."

— Master Sgt. Robert Barnett  
36th Civil Engineer Squadron noncommissioned officer in charge of customer service

# Navy, Marines speak about benefits of buildup

By Jesse Leon Guerrero

Joint Region Edge Staff

Military officials spoke to the political leadership and business communities of Guam and its neighboring islands about the impending military buildup on Guam at Guam Marriott Resort & Spa Oct. 20.

The Center for Micronesian Empowerment and Hita I Marianas sponsored the conference, which was titled "The Untapped Potential of the Marianas and Micronesian Workforce."

Rear Adm. Paul Bushong, commander of Joint Region Marianas, spoke to the audience about the positive impact the military has had on Micronesia through training and steady quality employment.

"The budget for Joint Region Marianas that goes directly into Guam is on the order of \$400 million per year," Bushong said. "That is more than the annual budget for the Government of Guam. Many or most of the jobs that we provide offer career opportunities with tremendous opportunities for growth."

That total figure does not include military salaries, funds allocated to Department of Defense Education Activity schools, and support for the operation of ships and aircraft.

Bushong said developing the region to accommodate a new Marine Corps base will increase the need for new jobs not only in construction but also in the engineering, accounting, management and

information technology fields. He added that the military's investment in the services those jobs provide will improve the quality of life for people living on Guam and shows the commitment of the United States.

"This goes beyond just the defense of Micronesia, but also includes improvements in its security and stability," Bushong said. "We see the Guam buildup as a huge step toward the development of Micronesia, which will provide economic stability to those that properly prepare for it."

David Bice, executive director of Joint Guam Program Office, and Bryan Wood, director of U.S. Marine Corps- Pacific Division Plans, Policies, Operations Department, followed Bushong's remarks with insights of their own.

Capt. Peter Lynch, commanding officer of Naval Facilities Engineering Command (NAVFAC) Marianas, also participated and touched on the timing and labor requirements for military construction.

Lynch said NAVFAC Marianas currently employs about 650 personnel, but they will continue to grow as they manage and administer contracts that are also expected to increase. Lynch explained NAVFAC Marianas has had a history of awarding about \$500 million in contracts per year, but that will jump to close to \$1 billion after fiscal year 2010 because this growth and development will be more broad than

just supporting the Marines.

"There's a Guam strike initiative, which provides a lot more capability with the Air Force up at Andersen," Lynch said. "There's a new naval hospital that was recently awarded. That's all separate and apart from what's considered the Marine Corps buildup."

Wood's experiences on the island extend back to the mid-1990s when he served as the Navy's general counsel on Guam. Wood said it is not the military's intention to have the Marines separate from the local community.

"When I lived here on Guam that was the best part of living here, being part of Guam and being part of the Chamorro culture," Wood said. "We're striving to make sure that when we drop all those Marines and their families here, that they take part of that."

The Center for Micronesian Empowerment operates as a private, nonprofit organization, assisting Micronesians through cultural assimilation training, ethics training and job placement services. Hita I Marianas, which is Chamorro for "We are the Marianas," sponsored its military buildup-focused conference, titled "The \$20 Billion U.S. Marianas Build-up: America's Future in Asia," in San Diego, May 25-26.

To learn more about the planned military buildup on Guam, visit the Joint Guam Program Office website at [www.jgpo.navy.mil](http://www.jgpo.navy.mil).



Conference: Rear Adm. Paul Bushong, commander of Joint Region Marianas, delivers his guest speaker remarks concerning the military's planned buildup on Guam at Center for Micronesian Empowerment and Hita I Marianas conference held at the Guam Marriott Resort & Spa Oct. 20. (U.S. Navy photo by Jesse Leon Guerrero)

# 644th CBCS teaches combined combat training course

By Tech Sgt. Charles Ruddek  
644th Combat Communications Squadron, Combat Readiness School NCO-in-charge

Although many Airmen from Andersen Air Force Base (AFB) are familiar with the Commando Warrior training course taught by the 736th Security Forces Squadron, another Air Base Defense Training Center is swiftly gaining prestige for the 36th Wing, the Combat Readiness School (CRS) offered by the 644th Combat Communications

Squadron (CBCS), a unit within the 36th Contingency Response Group.

Like Commando Warrior, CRS teaches students basic Air Base Defense skills to ensure they are ready to perform the Combat Communications Air Base Opening mission in even the most challenging, austere theaters. However, the students who attend CRS are not Security Forces personnel by trade; they are communicators.

"I didn't receive much combat training before I first went down-

range. As a result, there were many times I could have been killed or wounded," said Tech. Sgt. Ian Powell, a Cyber Transport Systems craftsman and the newest instructor at CRS. "Now, I have the proper training, and I am giving that training to my students so they never have to endure the same hardships that I did."

As it turns out, there is good reason for Powell's enthusiasm.

The CRS has been making advances since it was first stood up in 2008. Since then, 84 students have gone through the course, including

three Navy personnel. Also, in the past two years, both the length and complexity of CRS have been increased in order to introduce relevant topics such as basic satellite communications training and HUMVEE Egress Assistance Training (HEAT) into the curriculum. In addition, the latest class just achieved a significant milestone for the 36th Wing, it was a combined class that included Australian forces - the first such class on Andersen AFB.

"Each time the Air Force gives Combat Comm. a more challenging

mission, we succeed. So, the responsibilities given to us by the Air Force are constantly broadening," said Tech. Sgt. Shane McGee, a parachutist, Transmission Systems craftsman and CRS instructor.

The truth of McGee's words is now apparent within the 644 CBCS; with the graduation of CRS 10-3 and the introduction of combined combat skills training into the unit, another success has been achieved and the 644th CBCS mission has undoubtedly become even more robust.



Teamwork: Staff Sgt. David Burrus, 644th Combat Communications Squadron, teamed up with LAC Matthew Brougham of the Royal Australian Air Force 1st Combat Communications Squadron during a 20-day Combat Readiness School (CRS) course on Andersen Air Force Base recently where students learned how to properly secure and defend the Forward Operating Base (FOB) from opposing forces. (Photo courtesy of Sara Mortimer)



Training: An Airman from the 644th Combat Communications Squadron scans the perimeter for opposing forces during a field training exercise of the Combat Readiness School at Andersen Air Force Base Oct. 18. Andersen Airmen teamed up with members of the Royal Australian Air Force 1st Combat Communications Squadron for a 20-day combat-skills training course to teach the Airmen new tactics and act as a refresher course for those who were already familiar with the combat training. (U.S. Air Force photo by Senior Airman Nichelle Anderson)



Patrol: Senior Airman Tyler Patton, 644th Combat Communications Squadron, scans the buildings on Andersen Air Force Base from the gunner's turret during a mounted patrol mission to flush out oppositional forces during a 20-day Combat Readiness School (CRS) course recently. (Photo courtesy of Sara Mortimer)



Simulation: Opposing forces simulate an attack on a forward operating base during Combat Readiness School's field training exercise at Andersen Air Force Base, Guam, Oct. 19. Andersen Airmen teamed up with members of the RAAF for a 20-day Combat Readiness School at Andersen South training base to both teach the Airmen new tactics and act as a refresher course for those who were already familiar with the training. (U.S. Air Force photo by Senior Airman Nichelle Anderson)

# General listens to concerns at Town Hall meeting

By Staff Sgt. Beth Del Vecchio  
36th Wing Public Affairs

Andersen Air Force Base leadership took an opportunity, Oct. 19, to hold a Town Hall meeting and connect with the community, address concerns and pass on updates on quality of life improvements around base.

Brig. Gen. John Doucette, 36th Wing commander, opened up the meeting with recent wing successes

and a highlight of current deployed Team Andersen members.

The general then passed the floor to Col. Alan Wieder, 36th Mission Support Group commander, and Dr. Steve Bloom, Department of Defense Education Activity Guam Superintendent, to discuss the following topics:

- Update on base pool opening, pushed back due to complications with chlorine.
- Current and future quality of life

improvements on base, including new jogging paths; tennis court and dorm renovations; housing area playgrounds and off-street parking.

- Safety improvements, including ten new speed bumps in housing.
- Speeding in base housing; those who observe someone speeding are encouraged to call the Security Forces office at 366-3444.
- National Reduced School Lunches program; call 344-9582 for more information.

- New school curriculum.
- Upcoming parent and teacher conferences.

• School evacuation procedures and improvements to communication between the schools and parents on pick-up procedures.

After all questions were answered, Doucette took some time to thank all in attendance.

"It's very important to us to hear what you have to say. What you say makes a difference," he said. "I'm

very concerned about the safety and security of our children. I'm very concerned about education for our children. Those things matter to all of us."

Doucette went on to say that he hopes to report positive upgrades and changes based on the inputs received.

The date and time for the next Town Hall meeting will be advertised on the Commander's Access Channel, base marquee and [www.andersen.af.mil](http://www.andersen.af.mil).

# Take the ENERGY STAR challenge, use CFLs

By Kevin D. Evans

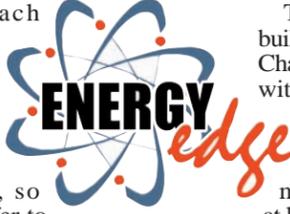
Joint Region Marianas Energy Manager

We continue our celebration of October as Energy Awareness Month by taking the ENERGY STAR challenge. You can show your commitment by taking the pledge to replace at least one light in your home with a compact fluorescent lamp (CFL).

ENERGY STAR qualified CFLs use about 75-percent less energy than standard incandescent

bulbs and last up to 10 times longer. They save \$30 or more in electricity costs

over each bulb's lifetime. They produce about 75-percent less heat, so they're safer to operate and can cut energy costs associated with home cooling.



CFLs are available in different sizes and shapes to fit almost any fixture, indoors and outdoors.

This year's national campaign builds on the success of 10 years of Change a Light, Change the World with ENERGY STAR. The new campaign broadens the way Americans can join in the fight against global warming by making energy-efficient changes at home and work.

The new campaign — Change the World, Start with ENERGY

STAR — launches this Earth Day with national media outreach, a new campaign page on the energy star website [www.energystar.gov](http://www.energystar.gov), stories from everyday Americans who are saving energy, and a new expanded pledge that provides consumers with additional actions they can take to reduce energy use, save money and join the fight against global warming with ENERGY STAR.

So, take the pledge at: <http://www.energystar.gov/index.cf>

[m?fuseaction=cal.pledgeForm](http://www.energystar.gov/index.cf?fuseaction=cal.pledgeForm).

For those who just wish to know more about CFLs, contact your base energy manager: U.S. Naval Base Guam (Derek Briggs) at 333-1325, Andersen Air Force Base (Patrick Russell) 366-3209, U.S. Marine Corps Energy Program (David Motroni) 355-2095, U.S. Naval Hospital Guam (Electronics Technician 1st Class (EXW/SW) Jerry Kleber) 344-9072, and the Guam Army National Guard (Alfonso Molarte) 735-0483.

# Quality of Life: Projects address residents' concerns

Continued from Page 1

long periods of time.” Other quality-of-life improvements consist of a jogging path that extends around base, playground canopies as well as basketball and

tennis courts within family housing. Each project began as a simple suggestion or request and is now only months away from being brought to full fruition. “All of these projects were approved and are forthcoming,”

Gamez said. “They have either already begun work and are underway, or work will begin in the coming weeks. It is an exciting time for residents on Andersen.” With such a multitude of improvements in the making, it is im-

portant to give credit where credit is due. “The impact is huge just because of the quantity of things we’re doing,” Gamez said. “These projects have a huge impact especially with quality of life. It was a large partner-

ship between many Andersen units such as contracting, engineering and members of the financial management shop, as well as with the Navy. It was not a singular accomplishment and it couldn’t have been done without these people.”

## Upcoming Andersen AFB Quality-of-Life Improvement Projects

Design and construct vehicle fueling station to meet requirements for the Northwest Field area that can be shared by all units.

- Start date: May 2010
- Estimated completion date: April 2011
- Cost: \$673,616

Replace 22 Space Operations Squadron Det. 5 security fence

- Start date: October 2010

- Estimated completion date: June 2011
- Cost: \$447,935

Construct Combat Arms Training and Marksmanship (CATM) training facility: Work includes the construction of a 2,000-square-foot reinforced concrete CATM facility to include office space, classrooms, weapons and clearing maintenance rooms, a weapons vault, a common latrine, and a mechanical room.

- Start date: September 2010
- Estimated completion date: April 2011
- Cost: \$739,264

Construct additional off-street parking, military

family housing (MFH).

- Start date: October 2010
- Estimated completion date: April 2011
- Cost: \$1.98 million

Install typhoon-rated shutters in MFH.

- Start date: October 2010
- Estimated completion date: February 2011
- Cost: \$281,400

Repair Ulithi Blvd.

- Start date: October 2010
- Estimated completion date: October 2010
- Cost: \$426,326

Repair youth center parking lot: Remove and replace existing concrete sidewalk. Three-inch thick asphalt concrete over existing base course. Reflective pavement marking stripes on center line and edge of road.

- Start date: August 2010
- Estimated date of completion: October 2010
- Cost: \$365,676

Construct waterline from back gate to Andersen Air Force Base 3-million-gallon tank

- Start date: February 2010
- Estimated completion date: November 2010
- Cost: \$727,738

# Red Ribbon: Event promotes drug-free lives

Continued from Page 1

drug-free message because it not only affects Airmen, Soldiers, Sailors, Marines and Coast Guardsmen, but it also affects the community,” said Information Systems Technician 1st Class (SW) Carl Whittle of USNH

Guam. “The turnout’s been great. I think the message is getting across to the community – stay drug-free.”

Tech. Sgt. Brian Orona, of 36th CS, was also impressed with the turnout.

“There are a lot of school kids here; a lot of parents are coming out and

getting information for their kids,” he said. “I live a drug-free life, too. Anytime I can help young kids follow that lifestyle, it’s a worthwhile cause.”

The chairman of the local Red Ribbon Committee, Capt. Melvin Pilarca, of the Guam National Guard, said the focus of Red Ribbon Week

is education.

“We want to raise awareness, because if the kids know about the drugs out there, they can stay away from it,” he said. “We want to present these activities and events so that they can do this rather than taking Ki-

ki Camarena for the red ribbon, so that when they see the red ribbon when they grow up, they’ll remember what the message is, and tell their kids and their family members.”

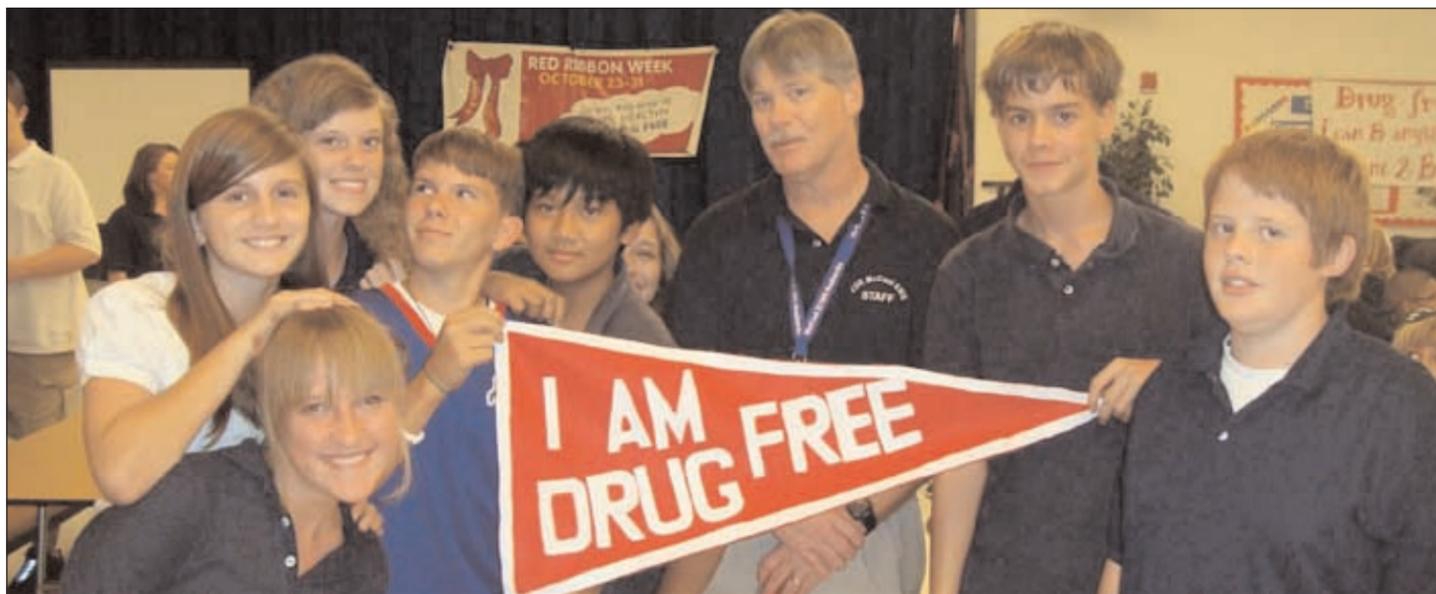
For more information about the Red Ribbon Campaign, visit [www.redribboncoalition.com](http://www.redribboncoalition.com).



Recognition: Sen. Judith Won Pat, front fourth from left, speaker of the 30th Guam Legislature, presents a legislative resolution to the organizers and sponsors of the Red Ribbon Week event at Guam Premier Outlets in Tamuning Oct. 23. Among those receiving the resolution were Brig. Gen. John Doucette, back row left, commander of 36th Wing, and Rear Adm. Paul Bushong, back row second from left, commander of Joint Region Marianas. (U.S. Navy photo by Frank Whitman)



Reaching out: Staff Sgt. Amanda Thomson, of 36th Communications Squadron, interacts with attendees at the Red Ribbon Week event at Guam Premier Outlets Oct. 23. She and other volunteers provided information and passed out promotional items to raise awareness about drug abuse prevention. (U.S. Navy photo by Frank Whitman)



At McCool: Students and Principal Don Christensen of Commander William C. McCool Elementary/Middle School received an “I AM DRUG FREE” banner from the Drug Prevention Team of the Guam National Guard Oct. 19. The banner, which will be displayed at the school, was created by individuals whose lives have somewhat been affected by drug use. (Photo by George Petrucci, McCool Chronicles)

# Rear Adm. Berkey visits Frank Cable

By Mass Communication Specialist 2nd Class (AW) David R. Krigbaum  
USS Frank Cable (AS 40)

Rear Adm. Richard D. Berkey, deputy chief of staff for fleet maintenance, U.S. Pacific Fleet, visited USS Frank Cable (AS 40) Oct. 15 to inspect the submarine tender and her shore-based facilities.

As part of his tour, Berkey spent time at Frank Cable's Polaris Point pure water facility, the shore repair facility (SRF) and supply "T" shed. Berkey also visited Guam Shipyard, the Los Angeles class submarine USS Houston (SSN 713), and Naval Computer and Telecommunications Station (NCTS).

"Rear Adm. Berkey is responsible for all Pacific Fleet maintenance," said Cmdr. Michael J. Dufek, Frank Cable's repair officer. "The purpose of his tour was to review the capabilities of various Guam activities to provide maintenance support for surface ships and submarines."

During his inspection of Frank Cable's facilities, Berkey also visited the ship's dive locker, where

the divers had their gear on display. He also got to take a look at their dive trailers. The dive trailers are mobile dive centers with everything the divers' need to do their job, and go wherever they are needed. The trailers are capable of being airlifted, towed or even taken aboard Frank Cable itself.

"The trip afforded him the opportunity to observe firsthand the exceptional work and quality service that Frank Cable provides for the Pacific Submarine Force," Dufek said.

USS Frank Cable just completed a Military Sealift Command (MSC) integration and is preparing for sea trials.

Cable: Rear Adm. Richard D. Berkey, Deputy Chief of Staff for Fleet Maintenance, U.S. Pacific Fleet, listens as Navy Diver 2nd Class Brian Elkins-Barkley, assigned to the submarine tender USS Frank Cable (AS 40), explains the capabilities of the ship's current dive gear Oct. 15. (U.S. Navy photo by Mass Communication Specialist Seaman Corey Hensley)



## Ombudsmen graduate from FFSC program



Graduates: Capt. Richard Wood, rear right, Naval Base Guam (NBG) commanding officer, awarded certificates to NBG's newest graduates of the Fleet and Family Support Center's Ombudsmen training class on Oct. 21. Navy Family Ombudsmen are communications links, information and referral resources, and advocates for command family members. Appointed by the commanding officer, Command Ombudsmen are volunteers and spouses of service members within their command. (U.S. Navy photo by Annette Donner)

# USS Constitution marks 213th launching day anniversary

By Seaman Shannon S. Heavin  
USS Constitution Public Affairs

USS Constitution and her crew got underway Oct. 21 to celebrate her 213th launching day anniversary.

More than 300 Sailors and guests embarked the ship as she departed her pier in Charlestown at approximately 8 a.m., following morning colors.

"For over 200 years, this ship has used both force and diplomacy to advance American interests all over the world," said Cmdr. Timothy Cooper, Constitution's 71st commanding officer. "Her mission today is one of education and outreach, and I can think of no better way to accomplish that mission than getting Constitution underway. The fact that today is her 213th birthday makes this underway all the more special."

The ship then fired a 21-gun salute in the vicinity of Fort Independence on Castle Island. Fort Independence is a state park that served as a defense post for Boston Harbor at one time.

Sailors also taught guests about "Old Ironsides" history.

"With buoyant spirits, we embarked upon this vessel filled with awe and pride to celebrate the eagle of sea's 213th birthday," said Bobby Power, local historian.

The ship also fired an additional 17 shots as she passed the U.S. Coast Guard Station, the former site of the Edmund Hartt shipyard where Constitution was built.

Each round of this salute honored the 16 states that comprised America when Constitution launched in 1797 and one in honor of the ship. Constitution then returned to her berth at approximately 10:30 a.m.

Finally, Cooper announced the 2010 junior and senior Sailors of the year and the 2010 winners of the Berenson and leadership awards. The Berenson award winner went to the Sailor who consistently gave the best tours of Constitution. The leadership award went to the Sailor who demonstrated the best leadership qualities as determined by peers.

"Winning junior Sailor of the year on board the USS Constitution's birthday underway is a sheer honor, in that I see the rich history that has shaped us today," said Cryptologic Technician (Technical) 2nd Class (SW) Jacob Wallace. "I am proof that hard work pays off."

It took Constitution's crew three attempts in 1797 before successfully launching her Oct. 21. The first failed attempt came Sept. 20 and the second two days later. She kept getting stuck in the mud due to her heavy weight.

Constitution is located in the Charlestown Navy Yard in Boston Harbor. She is the world's oldest commissioned warship afloat and welcomes more than 500,000 visitors a year.

For more information on Constitution, visit [www.history.navy.mil/ussconstitution](http://www.history.navy.mil/ussconstitution) or [www.facebook.com/ussconstitutionofficial](http://www.facebook.com/ussconstitutionofficial).

For more news from USS Constitution, visit [www.navy.mil/local/constitution/](http://www.navy.mil/local/constitution/).



Old Ironsides: USS Constitution, the world's oldest commissioned warship afloat, displays all her flags and pennants in recognition of the Navy's 235th birthday. (U.S. Navy photo by Seaman Shannon S. Heavin)

## Learn the facts about cholesterol and improve your heart health

### From 36th Medical Operations Squadron

What is cholesterol?

Cholesterol is a waxy, fat-like substance found in the walls of cells in all parts of the body. Low density lipoprotein (LDL) is also called the "bad" cholesterol. The higher the level of LDL cholesterol in the blood, the greater your risk for heart disease. High density lipoprotein, (HDL) is also called the "good" cholesterol. A low level of HDL cholesterol increases your risk for heart disease.

Triglycerides are another type of fat found in the blood. Some causes of raised triglycerides are obesity, physical inactivity, cigarette smoking, excess alcohol intake and

a diet very high in carbohydrates. If there is too much cholesterol in the blood, some of the excess can become trapped in artery walls. Over time, this builds up and is called plaque. Plaque can narrow vessels which make it harder for blood to flow.

Following are risk factors for high cholesterol.

Risk factors you can't change:

- Age 45 or older for men; 55 or older for women.
- Family history of early heart disease.

Risk factors you can change:

- Smoking
- High blood pressure
- High blood cholesterol
- Overweight/obesity
- Physical inactivity

### • Diabetes

The main goal in treating high cholesterol is to lower your LDL level. Studies have proven that lowering LDL can prevent heart attacks and reduce deaths from heart disease in both men and women.

Dietary cholesterol comes from foods of animal origin, such as liver and other organ meats, egg yolks, shrimp and whole milk dairy products, including butter, cream and cheese.

To lower your LDL, start by reducing saturated fat, trans fat and cholesterol intake.

Increase physical activity to five to seven days a week of moderate activity.

If overweight, reduce calories, increase fiber-rich foods to help re-

duce calorie intake.

Add soluble fiber to your diet.

Choose hot or cold breakfast cereals such as oatmeal and oat bran that have 3-4 grams of fiber per serving.

Add a banana, peach, apple, berries or other fruit to your cereal.

Eat the whole fruit instead of drinking its juice.

Add black, kidney, white, pinto or other beans to your diet.

Incorporate more fish in your diet based on what is now known. Try to have about two fish meals every week.

Fish high in omega-3 fats are salmon, tuna and mackerel. Pregnant women and nursing mothers should avoid some types of fish and eat types lower in mercury. The av-

erage person should have eight servings a day of grains, three to five servings a day of vegetables, two servings a day of fruit, two to three servings a day of dairy products and six or less ounces a day of meat and fish.

(Sources: Mayo Clinic staff. "Menus for heart-healthy eating: Cut the fat and salt" Mayo Foundation for Medical Education and Research. 1998-2010. May 21, 2009 <<http://www.mypyramid.gov>

USDA "Inside the Pyramid: How much is needed?." United States Department of Agriculture. September 11, 2008 <<http://www.mypyramid.gov> Vickery, Donald M., Fries, James F. Take Care Of Yourself. Cambridge, MA: Eclipse Publishing Co, 2005.)

# Permissible political activities by Air Force members

## From Air Education and Training Command Public Affairs

Involvement in the political process is an important inalienable right, but as an active duty service member certain rules must be followed.

The political activities Air Force members can take part in may be restricted in order for the Air Force to reach the goal of a politically neutral military establishment.

The Air Force provides guidance on what are permissible and impermissible political activities in Air Force Instruction 51-902, Political

Activities by Members of the US Air Force.

Below are some authorized political activities Air Force members may participate in:

- Register to vote, vote, and express a personal opinion on political candidates and issues, but not as a representative of the Air Force
- Make monetary contributions to a political organization
- Attend political meetings or rallies as a spectator when not in uniform
- Join a political club and attend its meetings when not in uniform
- Serve as an election official, if such service is not as a representa-

tive of a partisan political party, or does not interfere with military duties

- Display a political sticker on the member's private vehicle or wear a political button when not in uniform and not on duty

Below are some prohibited political activities Air Force members may not participate in:

- Use official authority or influence to interfere with an election
- Participate in partisan political management, campaigns or conventions, or make public speeches in the course of such activity
- Serve in any official capacity or be listed as a sponsor of a partisan

political club

- Speak before a partisan political gathering of any kind
- Participate in any radio, television, or other program or group discussion as an advocate of a partisan political party or candidate
- Perform clerical or other duties for a partisan political committee during a campaign or on election day
- March or ride in a partisan political parade

Violations of AFI 51-902 are punishable under the Uniform Code of Military Justice, and Air Force service members are highly encouraged to contact their installation legal of-

fice for more guidance on what is authorized.

For more information about permissible and impermissible political activities Air Force members can participate in visit online: <<http://www.aetc.af.mil/shared/media/document/AFD-101025-041.pdf>>

In light of the many questions the Office of Special Counsel (OSC) has received concerning Social Media, OSC has provided the following guidance online at:

<http://www.aetc.af.mil/shared/media/document/AFD-101025-047.pdf>

# Navy sailing toward Great Green Fleet

## From Naval Sea Systems Command Public Affairs

The U.S. Navy conducted a full power demonstration of a Riverine Command Boat (experimental) (RCB-X) powered by alternative fuel, Oct. 22, aboard Naval Station Norfolk, Va.

Testing and evaluation of alternative fuels from the 49-foot fast and agile RCB-X boat supports the secretary of the Navy's efforts to reduce the fleet's reliance on fossil fuels and is part of a series of progressively complex tests and evaluations scheduled through 2012.

These exhibitions will culminate in 2012 with a Green Strike Group of U.S. Navy ships operating locally and by 2016 deploying a Great Green Fleet powered entirely by alternative fuels.

"Going green is about combat capability and assuring Navy's mobility," said Rear Adm. Philip Cullom, director of the Chief of Naval Operations Energy and Environmental Readiness Division, which leads the Navy's Task Force Energy. "It is not just about natural security; it also strengthens national security. By having reliable and abundant alternate sources of energy, we will no longer be held hostage by any one source of energy, such as petroleum.

"First and foremost, energy conservation

extends tactical range of our forces while also preserving precious resources. Our goal, as a Navy, is to be an 'early adopter' of new technologies that enhance national security in an environmentally sustainable way," said Cullom.

The fuel, a "drop in replacement" to standard shipboard fuel, is 50 percent algae-based and 50 percent NATO F-76 fuel, which forms a 50/50 blend of hydro-processed renewable diesel, also known in industry as "HR-D."

Additionally, HR-D, as opposed to biofuel, does not include water which is incompatible for shipboard fuel systems and does not have the limited serviceable life (typically six months) of biofuels. A blended hydro-processed renewable diesel fuel ensures that the integrity of the fuel system is maintained.

The Navy is incorporating a systematic approach of evaluating systems, protocols and standard operating procedures. The testing and certification represents a cost-effective approach for the entire engine inventory.

The testing and evaluation is being led by Naval Sea Systems Command's Advanced Fuels program office.

For more news about Navy energy initiatives and priorities visit <http://greenfleet.dodlive.mil/> or [www.navy.mil/local/nee/](http://www.navy.mil/local/nee/).

For more news from Naval Sea Systems Command, visit <http://www.navy.mil/local/navsea/>.



Going Green: Sailors assigned to Riverine Group 1 conduct maneuvers aboard Riverine Command Boat (Experimental) (RCB-X) at Naval Station Norfolk. The RCB-X is powered by an alternative fuel blend of 50 percent algae-based and 50 percent NATO F-76 fuels to support the secretary of the Navy's efforts to reduce total energy consumption on naval ships. (U.S. Navy photo by Mass Communication Specialist 2nd Class Gregory N. Juday)

## Client confidentiality: Core to the NMCRS commitment

By Lisa Aszklar

Navy-Marine Corps Relief Society

The goal of the Navy-Marine Corps Relief Society (NMCRS) is simple: to improve the lives of Sailors, Marines and their families through both financial management education and need-based assistance. To meet that goal, the society has established a list of guiding principles that have been fundamental to a successful track record of assisting Sailors, Marines, and their families.

First, the society promises to provide the same high caliber service our clients have come to expect since we opened our doors 106 years ago.

Second, the society recognizes that members of today's armed forces face challenges that differ from the needs of personnel who served decades ago. As an organization, we are committed to evolving with today's military so that there is never a gap between the needs of our clients and the types of service we provide.

Third, recognizing that personal financial health is critically important to not only military readiness but also the success of the military family, the society has pledged to provide the means for clients to develop their own problem-solving strategies through financial counseling and educational programs such as Budget for Baby.

Finally, NMCRS has promised that our services and programs will be administered by compassionate, trained staff who are committed to providing, on a consistent basis, a workable solution to the service member's needs.

The society recognizes that every client is a valuable member of our military family and possesses a number of important rights. These include the right to meet with a society representative in a non-judgmental atmosphere, a guarantee that they will be treated in a manner that maintains dignity and self-respect; and an expectation that the nature of the meeting between the client and

the society will remain confidential, as set forth in the society's written policy. This last item is crucial in light of the ease with which personal data may be breached, electronically or otherwise, in today's world.

Navy-Marine Corps Relief Society's confidentiality policy is straightforward: the client's personal information will remain confidential within the society, and members of the society staff are prohibited from discussing that information, except on a "need to know" basis.

This does not apply if, for instance, the service member has engaged in criminal acts, misconduct, or behavior affecting discipline or the security of the command. In these cases, the society does not require the service member's permission to inform the command of these occurrences.

Because of the personal nature of the information discussed between the NMCRS counselor and the client, there is normally no requirement that

a command representative — someone in a position of authority over the client — accompany the service member. If the client requests that a command representative join the meeting, the society caseworker would make certain that the client understands that this is their right, not an NMCRS requirement.

Otherwise, NMCRS will engage the command only if a case is unusual in nature and only with verbal or written permission of the service member. In these cases, the command representative will only be provided information that relates directly to this request for assistance. In other words, the caseworker would not discuss previous history that's not relevant to the current request.

If the NMCRS counselor determines that it is necessary to involve the command but the service member objects, then the Society will do its best to identify other organizations that may be better able to render assistance.

Clients are always welcome to bring a spouse when they meet with the NMCRS staff, but only in certain cases would a spouse be required to attend. Furthermore, if the spouse requests information on the service member's past dealings with the society, that request would be denied, unless the service member authorizes the society to divulge that information.

Navy-Marine Corps Relief Society's privacy policy is designed to uphold the self-respect and dignity of the military members we serve. We take seriously our commitment to act as responsible stewards of the personal financial information collected in any meetings between the service member and our staff.

This is one more way we have earned the respect and trust of Sailors and Marines around the world, one service member at a time, and why they should always consider the society their first resource when facing financial difficulties.

### 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.

#### Naval Facilities Engineering Command Marianas

Civil Engineer, Closes Nov. 1  
Contract Price/Cost Analyst, Closes Nov. 1  
Electrician, Closes Nov. 1  
Engineering Technician (Electrical), Closes Nov. 1  
Engineering Technician (Mechanical), Closes Nov. 1  
Environmental Engineer, Closes Nov. 1  
Interdisciplinary Engineer, Closes Nov. 1

#### 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](http://www.36thservices.com) by

clicking on HRO jobs. For more information, visit the Human Resources Office (HRO) or call 366-6141.

#### Trick-or-treating Schedule

Trick-or-treating in base housing on U.S. Naval Base Guam is scheduled for Oct. 30, 5:30-9 p.m. and on Andersen Air Force Base for Oct. 31, 6-8 p.m. Residents desiring to participate in the trick-or-treat events are asked to turn their porch lights on. Trick-or-treaters are asked not to disturb residents who do not wish to participate.

#### Top O' the Mar Renovation

The Top O' the Mar main dining room will be closed for renovations through Dec. 2. The conference room and catering office will stay open for normal business hours during the renovation. For more information, call 472-4606/7.

#### Holiday Art and Craft Fair

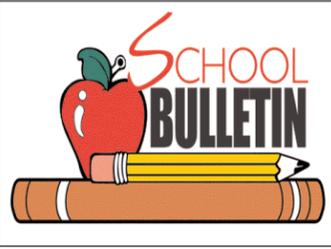
The Guam Naval Officers' Spouse Connection and Guam

USO will host a holiday art and craft fair Oct. 30, 9 a.m.-3:30 p.m. at Top O' the Mar. More than 70 artists and crafters will showcase their unique creations at this longstanding traditional event. There will be an array of ceramics, photography, paintings, scrapbooking items, stamping, gingerbread creations, aromatics, wreaths, quilts and embroidery, toys and children's items, clothing, jewelry, books and much more. Specialty items also include fine oriental rugs direct from Singapore and unique baked goods. Admission is \$5 for adults and \$1 for children under 12. For more information, call 647-4450.

#### U.S. Naval Base Guam Bus Shuttle

Four busses have shuttle routes around U.S. Naval Base Guam and to Polaris Point and Naval Munitions Command. There will be no charge. The service is available to military ID and CAC holders. The bus schedule is as follows:

- Seven days a week, 8 a.m.-4 p.m.
- Monday-Friday, 6-8 a.m., 4-6 p.m.



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**

School board meetings are scheduled for the second Tuesday of every month at 6 p.m. Upcoming meetings are:  
 Nov. 9 at Guam High School (GHS)  
 Dec. 14 at Cmdr. William C. McCool Elementary/Middle School

**Andersen Elementary School**

The Parent Teacher Organization (PTO) is soliciting donations of bags of popcorn kernels for Popcorn Fridays. If you would like to donate, drop them off in the PTO office.

The PTO office is located in Room C-1 in the pre-K building and is open Monday-Friday from 8 a.m.-12 p.m. Parents are encouraged to visit and see how they can help. For more information, e-mail andersen\_aespto@yahoo.com.

**Guam High School**

Five students from Guam High School will be performing in Cinderella at the GATE Theatre in Tiyan Nov. 4-6 and Nov. 10-13. Doors open at 6:30 p.m., showtime is 7:30 p.m. For ticket information, call the GATE theatre at 475-0598.

**McCool Elementary/Middle School**

A flu clinic will be set up in the school cafeteria on Nov. 1, from 3 p.m.-4 p.m. Parents should bring child's shot records. Parents must sign in at front office prior to heading to cafeteria. For more information, contact the school at 339-8676.

Parent portal for Gradespeed is now available for all parents/sponsors. Through the parent portal, parents/sponsors are able to view their child's academic progress. For more information, contact your child's advisory teacher at 339-8678.

**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

# CDC: Caring for what matters

By Airman 1st Class Anthony Jennings  
 36th Wing Public Affairs

America's defenders safeguard this great nation for many reasons, one being to ensure their children have a bright future in a free and prosperous country.

The Andersen Child Development Center (CDC) aims to ensure service members are able to focus on the mission without worrying whether or not their children are in good hands. The CDC provides a safe, nurturing environment that supports a child's development while responding to the needs of the family.

"I would absolutely say the level of care at the Andersen CDC is surely one of the best here on the island and no doubt competitive throughout the country because the rules and regulations we have as

an Air Force installation ensure not just a basic level of health and safety, but a very high standard of care," said Carmalita Ogo, CDC training and curriculum specialist.

"We have a significant number of seasoned staff who have worked a long time with children and are some of the best I've seen in the childcare field," she added.

The CDC has more than 50 staff members servicing nearly 200 children. The CDC requires two staff members in each of the 15 rooms. The staff to children ratio differs in each room, depending on the age group, and is based on the national accreditation criteria by the National Association of Education for Young Children which accredits childcare programs across the country. Those ratios are considered the best practices to ensure the level of care is of high quality.

Moana Omasong, CDC acting

assistant director and supervisory education training technician, said much of the curriculum is tailored to the needs of each individual child.

"We do an initial observation to determine what the child's interests are," Omasong said. "We make sure we have enough books and a variety of activities to keep the children engaged with a desire to learn about the environment and stimulate their curiosity to learn about the world."

Omasong, who is responsible for interviewing and selecting new staff members, said though prior experience is important to being a good childcare provider, there are certain characteristics one must have in order to find fulfillment in the job.

"They really have to have a passion for working with children," Omasong said. "They must have a desire to see the children progress and learn new things. They have

to be caring, understanding, patient and a good listener."

It is vital service members are able to focus on the mission without the distractions of family matters. They can rest assured that while they're out securing America's interests, their children are in the hands of dedicated and passionate caretakers.

"That's what keeps us going," Omasong said. "Knowing that at the end of the day the parents were satisfied because they knew their children were safe, well taken care of and fed. That way they can focus on their mission then come back to what they're fighting for: the children."

The Andersen CDC offers full-day, part-day and hourly care for children ages 6 weeks to 5 years, Monday through Friday from 6:30 a.m.-6 p.m. For more information, call 362-1040 extension 41.



Goopy Hands: A toddler at the Andersen Child Development Center (CDC) explores an unusual substance Oct. 18. The CDC aims to ensure service members are able to focus on the mission without worrying whether or not their children are in good hands. The CDC provides a safe, nurturing environment that supports a child's development while responding to the needs of the family. (U.S. Air Force photo by Senior Airman Nichelle Anderson)



Exploring Something New: A toddler at the Andersen Child Development Center (CDC) explores an unusual substance Oct. 18. The CDC aims to ensure service members are able to focus on the mission without worrying whether or not their children are in good hands. The CDC provides a safe, nurturing environment that supports a child's development while responding to the needs of the family. (U.S. Air Force photo by Senior Airman Nichelle Anderson)

# Local culture offers frightful tale

By Jesse Leon Guerrero

Joint Region Edge Staff

Guam features sun, surf and lots of smiles, but the island still has its share of spooky stories. During Halloween, the Chamorro legend of the White Lady serves as a ghostly tale of tragedy and supernatural history.

No official date exists for when this story first began, but it is set during the Spanish colonial era, which covers the period of 1565-1898. What is known is that it involved a young couple living in the hills of Maina (Mah-EEs-nah).

The couple might have once loved each other, but their marriage faded over time and eventually the husband began abusing his wife. He demanded she bring him fresh water from the Fonte (FON-tee) River everyday and she fulfilled the task without complaint.

Although she spent many nights gathering water with only the moon-

light or fading sun to guide her, the wife accepted her chore as a way to both admire the beauty of nature and enjoy her time alone. The husband, sensing that his wife stayed away from their home for long hours to be away from him, one day became enraged and demanded she fetch the water despite a fast-approaching storm.

Fearing her husband, the wife set out for the river and looked desperately for a sign of its waters. In the darkness and confusion caused by the wind and rain, she did not notice the river flooding over its banks. Slipping over the edge into the water, she could not pull herself from the river and was never seen again, at least not alive.

In the years since, local residents claim to have seen an apparition with silver hair and a white dress, sometimes wailing by the bridge under a new moon. A different version of the story describes the white

dress as a bridal gown, which the ghost wears to grieve over a lost fiancé.

Residents of the village still cross the river over a small, paved bridge. The thick jungle that surrounds this site adds to the overall mystique of the area, with bamboo trees and other foliage nearly overgrown past the connected road.

Possibly due to the older Chamorro belief in spirit-like ancestors such as taotaomo'na (tow-tow-MO-nah), the legend of the White Lady shows a part of local culture that accepts the possibility of life after death. And like the taotaomo'na, who have been depicted as both protective and harmful to the living, the White Lady's origin does not clearly establish her as being good or evil.

Whatever the true nature of the events might be, the legend of the White Lady continues on as a frightfully fun story for scaring people on a dark night.



Fonte River: Water from Fonte River flows beneath Maina bridge along Maria Candelaria Road in Maina Oct. 26. A Chamorro legend identifies the area as the setting for ghostly appearances by a woman from who was swept away and killed in a flood during Guam's Spanish-colonial era. Although there are different versions of the "White Lady" story, the popular belief is that the woman had attempted to gather water for her husband during a stormy night and is sometimes still seen as a precursor to inclement weather. (U.S. Navy photo by Jesse Leon Guerrero)

## FREE

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Sanctuary Oct. 29, 5

p.m. Open to

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only. For more information, call 564-2280.

**On a Budget**

Gamer's Corner: Wii Resort

At the Hotspot on Andersen Air Force Base (AFB), Oct. 29, 7 p.m. For more information, call 366-2339.

5K Spook Fest Run

Meet at Andersen AFB's

Palm Tree Golf

Course, Oct. 30,

6:30 a.m.

show/7 a.m.

go. Sign up by

Oct. 29. For more information, call 366-6100.

Halloween Pet Costume Contest

At the Andersen AFB Vet Clinic Oct. 30.

Registration starts at 9 a.m. Prizes will be awarded to the winner of each of the following categories: Most Original, Pet/Owner Lookalike, and Scariest. For more information, call 366-3205.

Molly McGee's Halloween Party

At Molly McGee's Irish Pub (NBG), Oct.

30, 5 p.m.-2 a.m. Free admission!

Featuring games, costume contests, prizes, and live music. For more information, call 564-1851 or go to [www.mwrguam.com](http://www.mwrguam.com).

Gamer's Corner

At the Hotspot on Andersen AFB, Oct. 30, 7 p.m. For more information, call 366-2339.

Glow in the Dark Pool

At the Silver Dolphin on U.S. Naval Base Guam (NBG) Ordnance Annex, Oct. 30, 7 p.m. For more information, call 564-2280.

Halloween Costume Party

At Andersen AFB's Top of the Rock, Oct. 31, 6 p.m. Featuring costume contests and live music. For more information, call 366-6166.



## On a Budget

### UNDER \$10

**Xtreme Midday Madness**  
At NBG's Orote Point Lanes, Every Monday-Friday from 1-5 p.m. Bowl for only \$5 (shoes not included)! For more information, call 564-1828.

**Bowling Mondays**  
Bowl all you want at Gecko Lanes every Monday, starting at 6 p.m. for just \$5 plus shoe rental. For more information, call 366-5117.

**Thirsty Thursdays**  
Thirsty Thursdays at Gecko Lanes every Thursday, starting at 5 p.m. Enjoy \$1 games, shoe rentals, fountain sodas and more! For more information, call 366-5117.

**Under 21 Night**  
Every Wednesday High Tides Enlisted Lounge hosts Under 21 Night from 7 p.m.-midnight. Patrons can enjoy Mongolian Barbecue, music and a fun environment to hang out and unwind. Patrons 18 years and older can participate. For more information, call 366-6166.

### \$10 AND UP

**Piano Lesson Openings**  
The Andersen Air Force Base Youth Center currently has openings for piano lessons on weekdays after school and on Saturdays. Cost is \$60 per month for four 30-minute lessons. Contact Dale Garcia at 366-3490/91 or email: youth1music@yahoo.com for more information.

**Jazzy Sundays**  
Sundays from 5-8 p.m. at Willie's Beachside Jazz on Andersen Air Force Base. Enjoy a relaxing evening at the beach while you listen to great jazz music. If you get hungry, you can order one the delicious offerings from our Bamboo Willie's menu. For more information, call 366-6100.

**Orote Point Lanes Deal**  
Family Value Package at Orote Point Lanes available on the following days and times: Sunday, 10:30 a.m.-10 p.m.; Monday-Thursday 10:30 a.m.-6 p.m. and 9-10 p.m.; Friday and Saturday 10:30 a.m.-midnight. Cost is \$40 per lane with a limit of five people. Fee covers two hours of bowling, shoe rentals for five people, one large single-topping pizza and one pitcher of soda. For more information, call 564-1828.



## MEEHAN THEATER

### FRIDAY, OCT. 29

7 p.m.: Alpha and Omega • PG

### SATURDAY, OCT. 30

2 p.m.: Alpha and Omega • PG

7 p.m.: Devil • PG-13

### SUNDAY, OCT. 31

7 p.m.: Devil • 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.**



## MWR Big Screen Theater

### FRIDAY, OCT. 29

7 p.m.: Alpha and Omega • PG

9:30 p.m.: Going the Distance • R

### SATURDAY, OCT. 30

1 p.m.: Nanny McPhee Returns • PG

3:30 p.m.: The Last Exorcism • PG-13

7 p.m.: The American • R

### SUNDAY, OCT. 31

1 p.m.: Alpha and Omega • PG

3:30 p.m.: Takers • PG-13

7 p.m.: Resident Evil: Afterlife • R

The schedule is subject to change due to circumstances beyond the theater's control. **The Big Screen Theater hotline is 564-1831 or visit [mwrquam.com](http://mwrquam.com).**

*(Source: Navy Morale, Welfare and Recreation Office)*

## 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, 8:30 a.m.

**Protestant Worship Service**

Sunday Service: Traditional Service: 8 a.m.  
Contemporary Service: 11 a.m.  
Women's Bible Study: Monday, 9:30 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: Thursday, 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 Service  
Monday-Friday, 12:15 p.m.  
Interfaith Chapel

**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, 7 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

# Thanks Lord, I needed that

By Cmdr. Timothy Overturf

Joint Region Marianas Force Chaplain

In the late 1800s Charles Had-don Spurgeon related the story of "a celebrated painter who was painting St. Paul's, and, looking at his work, went gradually back inch by inch, to get a view of it, so that he might see the excellence of its proportions, until his feet were just on the edge of the platform upon which he stood, and he would have fallen down and been dashed to pieces upon the pavement beneath, but just at that moment a

workman who stood there, desirous to save his life, and not knowing how to do it, hit upon an expedient which proved to be a very wise one.

"Instead of shouting out to his master which would most certainly have sent him backward, he took up a brush, and dipping it in a pot of paint,

dashed it at the picture. The good man rushed forward in anger to chastise him, but when it was explained he clearly saw that he had acted wisely."

In the same way, God, knowing what will happen if we continue walking backward, admiring our work, intervenes to prevent our ruin.

What may seem to be a sad providence works together with

other events for our good.

This story bears out the reality of Proverbs 14:12, "There is a way that seems right to a person, but its end is the way that leads to death." Avoiding that unprofitable ending though means change, and change itself can be unpleasant. So unpleasant in fact that avoiding the near pain of change seems better than dealing with a painful, yet further away, conclusion.

A prayer for today: "Almighty God, thank you for that which we see and for all that we do not understand quite yet. Amen."



## Still Moments



Credit Union Anniversary: Cutting the cake to celebrate the 35th anniversary of the Navy Federal Credit Union (NFCU) on Guam are, from left, Rhonda Herrera-Deraco, NFCU assistant manager; Krissa Gutierrez, NFCU supervisor; Capt. Michael Uva, bank liaison; Heather Colapietro, NFCU branch manager; and Capt. Richard Wood, commanding officer of U.S. Naval Base Guam (NBG). The celebration took place at the NBG branch of the NFCU Oct. 15 and members who visited the branch were treated to cake, cookies, sandwiches and beverages throughout the day. (Photo submitted by Navy Federal Credit Union)

# GHS Panthers claw way to championship

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

Joint Region Edge Staff

It's final; the Guam High School (GHS) Panthers are the island high school football champs after defeating the George Washington (GW) High School Geckos, 7-6, at GHS in Agana Heights Oct. 23.

The game was a chess match in the first half with neither team scoring as defenses kept the opposition in check. Despite the lack of scoring, the Panthers' running backs kept the pressure on, pounding the ball forward

and highlighting the team's elite rushing attack. Their wide receivers had a big day stretching the field vertically for large chunks of yardage.

The second half was similar to the first, except that the home crowd was louder, cheering for the Panthers. After a Gecko touchdown and missed two-point conversion, the Panthers offense went into overdrive with a 30-yard pass caught by wide receiver Matthew Eaton. On the ensuing play, Devon Jacobs made a spectacular catch for a touchdown.

"I knew it was do or die; we had to score," he said. "They were up, so

I did what I had to do to pull through for my team."

After the brief scoring drives the defenses stiffened up. That was most evident when, with less than a minute left in the game and the Geckos threatening to score, Jacobs intercepted a GW pass, sealing the Panthers' place as champions.

"I already knew I was going to catch it," Jacobs said. "I said, 'game over; I just had to make sure I held onto the ball and didn't fumble.'"

Head Coach Billy Henry was humbled and overwhelmed by the victory.

"I feel grateful to the administration

for giving me the opportunity to coach this team," Henry said.

He said he and his coaches did their best to plan for this game, but the Geckos still gave the team a hard time.

"We knew they had gotten better but not this good," he said. "I can't take anything away from George Washington; they came defensively strong. I didn't think they were going to stop me as much as they did. I was really impressed by their team; this game could have gone the other way."

Defensive Coach Brian O'Donnell echoed Henry and credited the

victory to the team's defense.

"It was a team effort, my defense practices like we play," O'Donnell said. "We play hard every play and don't give up. Offense fills the stands; defense wins championships. My defense was awesome and everyone plays defense on this team. We are a good defensive team."

Henry said the moment will be remembered forever for the players and the school.

"This school has been here for 13 years and never had a championship," Henry said. "This etches our names into history, bringing home a championship."



Champions: Guam High School Panthers football team celebrates after a victory during a high school football championship game at Guam High School in Agana Heights Oct. 23. The Panthers defeated the George Washington High School Geckos, 7-6. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



First Down: Guam High School Panthers' fullback eludes George Washington High School Geckos' defenders for a first down during a high school football championship game at Guam High School in Agana Heights Oct. 23. The Panthers defeated Geckos, 7-6. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

## 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](mailto:jointregionedge@fe.navy.mil).

### Run Registration

Runners can now submit run registrations for Morale, Welfare and Recreation (MWR)-sponsored runs via e-mail. On the Fitness Program page of the MWR website, [mwr-guam.com](http://mwr-guam.com), click on the "NEW Run Registration Form" PDF under Additional Links, and follow the instructions on the form.

### Turkey Trot

Run off some turkey and mashed potatoes with your friends and family. Thursday, Nov. 25, at Ebbett Field 5:30 p.m. show and 6 p.m. go. No fee. Register at Charles King Gym by Friday, Nov. 19 at 5 p.m. For more information, call 339-1301 or 564-1862.

### Ultimate Frisbee

Ultimate Frisbee games are played at Sampson Softball Field (near pool) on U.S. Naval Base Guam. League games are played Tuesdays and Thursdays, 5:30 p.m. Pick-up games are played Tuesdays and Thursdays, 6:30 p.m. For more information, call 339-2365.

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.

### Aikido

Aikido is a traditional Japanese martial art of self-defense that focuses on using the force of the opponents attack and redirecting it. The Hotspot is now offering two types of Aikido Classes. One is a traditional (Hombu) Aikido Class for all levels. Classes will be held Monday and Wednesday from 5:30-6:30 p.m. for kids 8-12 years and 6:30-8 p.m. for adults. The other class is Law Enforcement/Combat Aikido, and is for adults only. This class will be held Tuesday and Thursday from 6-7:30 p.m. All classes are \$60 per month, per student. Sign up at the Hotspot. For more information, or call 366-2339.

### Youth Basketball Registration

Registration for Youth Basketball is going on now through Nov. 1 from noon-5 p.m. at the Youth Center. Practices will begin Nov. 8, with games starting Dec. 4. Registration and physical forms can be filled out and turned in at the Youth Center. Cost for the season is \$40 per participant. For more information, call Romeo Sanchez at 366-3490.

## GHS golf team swing to third place



Golf Team: The Guam High School Panthers golf team display the trophy they were awarded for their third-place finish in the Independent Interscholastic Athletic Association of Guam (IIAAG) golf season at the Admiral Nimitz Golf Course in Barrigada Oct. 21. The presentation followed the IIAAG Championship tournament in which Ryan Christensen, third from left, placed fourth, and Alex Oudeman, right, placed fifth. (Photo by Doug Bowling, Guam High School instructor)