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NBG holds change of command

By Oyaol Ngrairikl

Joint Region Edge Staff

U.S. Naval Base Guam (NBG) held a change of command ceremony at Big Screen Theater on board NBG July 8.

Capt. Richard Wood relieved Capt. Scott Galbreath as the commanding officer.

Rear Adm. Paul Bushong, Commander, Joint Region Marianas, was the guest speaker at the event. He praised Galbreath's efforts to improve NBG facilities for fleet, fighters and families.

"It is bittersweet, since we will bid farewell to a superb leader who has significantly improved the quality of life and quality of work of our service members and their families on Guam, and we will welcome a new leader who is eager to take command, embed himself in the community, and continue to improve the base," Bushong said.

Bushong praised Galbreath for his commitment to Guam and the military and his ability to build

relationships between the island's civilian and military communities.

"Capt. Scott Galbreath is the one person who has done more than any other over the past three years to ensure the Navy is fully embedded in the Guam community," he said.

Bushong noted that under Galbreath's leadership NBG Sailors volunteered to coach and mentor Special Olympics Guam athletes. NBG Sailors also participated in

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Salute: The official party salutes the national ensign during a change of command ceremony at the Big Screen Theater on U.S. Naval Base Guam (NBG) July 8. During the ceremony, Capt. Richard Wood relieved Capt. Scott Galbreath as NBG commanding officer. From left, Galbreath; Rear Adm. Paul Bushong, Commander, Joint Region Marianas; Wood; and Lt. James Rutan, NBG staff chaplain. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)



Guam Armed Forces celebrate the Fourth of July



By Airman Whitney Amstutz
36th Wing Public Affairs
And Jesse Leon Guerrero

Joint Region Edge Staff

Andersen Air Force Base (AFB) and U.S. Naval Base Guam (NBG) celebrated the 234th anniversary of our nation's independence with

American Football: Staff Sgt. Christopher Shields, of 36th Wing Maintenance Group at Andersen Air Force Base Guam, plays catch at Navy Morale, Welfare and Recreation's celebration of Independence Day at Clipper Landing Park on U.S. Naval Base Guam July 4. (U.S. Navy photo by Jesse Leon Guerrero)

events July 2 and 4, respectively.

Team Andersen kicked off the Fourth of July weekend with its annual Freedom Fest celebration July 2 at Arc Light Memorial Park on Andersen AFB.

The event, hosted by members of 36th Force Support Squadron (FSS), featured food, beverages, a live band, horseback riding and a multitude of booths for patrons to explore.

Hundreds of residents came out to celebrate Independence Day early and take advantage of the opportunity to socialize with friends and neighbors.

Liz Thomas, one of the many dependents who participated in the festivities, said she believes events like the Freedom Fest allow service

members and their families to have a little piece of home right here on Guam.

"The live music allows the kids to be as noisy as they want," Thomas said. "There's food and drinks, and it kind of feels like home."

Throughout the event, attendees had the opportunity to participate in several raffles featuring many prizes. The grand prize this year included round-trip airfare for two to Hong Kong.

In between playing games and trying their luck, residents had the opportunity to browse the many booths set up and manned by members of Team Andersen.

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The governor of Guam signed into law Bills 356, 357 and 389 July 8. In keeping with a strong tradition of honoring the laws of our host territory, Andersen Air Force Base will change the minimum drinking age on base to 21, and no alcohol will be served or sold 2-8 a.m., effective immediately.

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Change: NBG says farewell to commanding officer

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promoting safety for children in the island community by getting involved in events like Project KidCare, which updates children's identification information for emergencies, Bushong said.

Galbreath illustrated his commitment to the Navy's support of the preservation and promotion of Chamorro culture and heritage, Bushong said, by opening historic sites on Navy installations to the community for special events. Galbreath planned and executed, in cooperation with island mayors, annual events of cultural significance such as All Souls Day Masses at Sumay Cemetery, and the first Back to Sumay Day held earlier this year, allowing residents with familial ties to the village of Sumay, located on NBG, to pay tribute to loved ones and to share their

history with younger generations.

Bushong noted Galbreath's leadership in leading NBG's support of operational units of the 5th and 7th Fleets, supplying critical ordnance, fuel and stores in support of Operations Enduring Freedom and Iraqi Freedom, while simultaneously providing base operating support services to 32 tenant commands.

Galbreath also managed a \$965 million investment program in construction and facility service contracts resulting in significantly increased shore readiness capabilities; including wharf refurbishment and utility upgrades, the addition or renovation of 450 housing units, and new construction and renovation of 400 additional barracks rooms.

Following his remarks, Bushong presented Galbreath with the Legion of Merit award for his exceptionally meritorious conduct in the performance of outstanding services

and achievements since taking the helm of NBG in 2007.

Galbreath credited the accomplishments of NBG to the support of people from NBG, other commands and contractors who worked with him, including U.S. Naval Facilities Engineering Commanding Marianas, Navy Munitions Command East Asia Division Unit Guam, U.S. Naval Hospital Guam, Navy Exchange, Defense Commissary Agency, DZSP 21 and Chugach.

"Most all of the credit for the accomplishments of this command belong to many of the people in this audience, and some others who are out standing duty or serving our customers right now, and to some others who have moved on to other jobs or retired," Galbreath said. "I accept this decoration knowing full well that it really reflects on their effort, their dedication, (and) their commitment to doing well."

The outgoing commanding officer said from upgrading wharves to constructing new centers for the youth on base, to expanded facilities for Fleet and Family Support Center, the coordinated efforts helped make NBG a "sustainable, effective and efficient keystone for U.S. engagement in the Pacific and in Asia."

"What I can do is be proud that my team carried out their duties with the care of Sailors and our other customers always at the forefront," Galbreath said.

Galbreath will be departing Guam to attend the National Defense University at Fort Lesley J. McNair, Washington, D.C.

Wood said he is looking forward to working with the Sailors and civilians of NBG and forging relationships with the local community.

"I am committed to working with you as we continue to build on the superb foundation laid by Capt.

Galbreath," Wood said. "We must faithfully execute the mission of NBG — supporting the fleet — because commands throughout the Pacific theater of operation are depending on us. The support that NBG provides to deployed units and tenant commands is critical to their success and we will not let them down."

Wood comes to Guam following his assignment as the E-2 Requirements Officer and section head in the Information Dominance Directorate on the staff of the Chief of Naval Operations at the Pentagon.

NBG's mission is to support the U. S. Pacific Fleet and other operating forces operating from, serviced by or supplied through Guam; support the fighters based on NBG or attached to tenant commands; and to support the families of Sailors stationed in Guam.

To learn more about NBG, visit www.cnic.navy.mil/guam.

Fourth: Base events celebrate freedom on Independence Day

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Airman 1st Class Anthony Tucker, a financial services technician with the 36th Comptroller Squadron, said he feels that it is very rewarding to not only attend, but be involved in an event such as the Freedom Fest. Tucker volunteered at a booth sponsored by the Andersen First Four Council, an organization that promotes the overall morale and welfare of Airmen, E-4 and below.

"It is fun working and hanging out with everyone from the base in a stress-free atmosphere," Tucker said. "It is important to give back and it's good to make others happy when you can."

Freedom Rocks

U.S. Naval Base Guam (NBG) celebrated Independence Day at

Clipper Landing Park on NBG July 4. Hundreds of Navy families and other base patrons attended the Freedom Rocks event, which was hosted by Navy Morale, Welfare and Recreation (MWR).

The celebration featured inflatable jumpers for the kids, games, and music by disc jockey group Music Sensation. Family members also received face paintings and balloon animals, while MWR gave out free hot dogs, hamburgers, crawfish, cotton candy, popcorn and snow cones.

"I think the kids had a blast," said Jessica Sattler, a Navy spouse whose husband, Lt. Doug Sattler, serves aboard USS City of Corpus Christi (SSN 705).

The lieutenant said that he was deployed last year on Independence Day, so he was very glad to make it out for the 2010 festivities.

"It is a good opportunity to get some free food and have fun with the family," he said.

Staff Sgt. Gary Schoenhals, of 36th Wing Contingency Response Group at Andersen AFB, said he didn't mind making the drive south to NBG with his family because they wanted to continue the Fourth of July celebrations throughout the weekend. Schoenhals also attended the Air Force's Freedom Rocks event July 2.

"This is absolutely fun," Schoenhals said. "It's a huge thing, Independence Day, and you've got to keep this going."

Attendees also watched dance performances by MWR's sports instructors and its youth Hip Hop Group, and looked at static displays of heavy vehicles provided by Naval Mobile Construction Battalion 11 and NBG Fire and Emergency Services.

Photo Pages

To see photos of Fourth of July festivities on Andersen Air Force Base and U.S. Naval Base Guam, turn to pages 12-13.

Master-at-Arms 3rd Class Daniel Padilla and Master-at-Arms Seaman Melvin Golmond, both from NBG Security, provided a demonstration of the Navy's military working dogs. Padilla and Golmond performed basic obedience and aggression tactics by having Brit, a military working dog, attack and carry out other commands with precision. Padilla, who is scheduled to deploy soon with Brit, said the dogs train constantly for drug and explosives detection.

"Without them, we couldn't do what we're supposed to do," Padilla said. "With it being Independence Day, we want to keep everybody safe."

Master-at-Arms Seaman Samantha Chiaratti, of NBG Security, and her family attended the Navy and MWR's Fourth of July party for the first time on Guam. Chiaratti's husband, Derrick, said the get-together was a good morale booster for everyone.

"It's definitely worth [MWR's] efforts," Derrick Chiaratti said. "It gives us a chance to interact with each other."

For more information about MWR's programs and upcoming events, visit www.mwrguam.com or call 564-1851.

For more information on 36th FSS programs and upcoming events, visit www.36fss.com/.

USCGC Assateague holds change of command

By James Fee
Joint Region Edge Staff

Lt. Lisa Rodman relieved Lt. Cmdr. James Jarnac as commanding officer of USCGC Assateague (WPB-1337) during a change of command ceremony at the U.S. Coast Guard Sector Guam compound on U.S. Naval Base Guam July 1.

Jarnac took command of the patrol boat Assateague and its 17-person crew on May 9, 2008. It was Jarnac's fourth tour on Guam. During previous tours, Jarnac had served as decommissioning executive officer of USCGC Sassafras (WLB-401) and commissioning executive officer of the USCGC Sequoia (WLB-215).

Guest speaker Capt. Thomas Sparks, Commander, U.S. Coast Guard Sector Guam, said Jarnac's tenure as commanding officer of the Assateague had been quite notable.

"Assateague logged over 3,300 hours of underway time, many of which were hundreds of miles away from homeport," Sparks said. "The Assateague conducted over 250 boardings and prosecuted numerous SAR [search and rescue] cases, saving 11 lives — all with a flawless safety record."

Assateague supports multi-mission operations throughout Sector Guam's vast area of responsibility, which is "roughly the equivalent of the continental United States," Sparks said, including the U.S. Exclusive Economic Zones surrounding Guam and the Commonwealth of the Northern Mariana Islands and an international SAR area that includes the Republic of Palau and the Federated States of Micronesia (FSM).

After highlighting the other operational achievements of the Assateague during Jarnac's command, Sparks spoke highly of Jarnac's personal qualities. Jarnac enlisted as a yeoman in the Coast Guard nearly 20 years ago, Sparks said, and worked his way up to becoming a commanding officer.

"I've held him and his experience out to the men and women of Sector Guam on numerous occasions of how you can do whatever you set your mind to in this service," Sparks said.

Sparks then presented Jarnac with a citation and Coast Guard Commendation Medal for "dedication, judgment and devotion to duty" as commanding officer of the Assateague from 2008-2010. Among the achievements noted in the citation, were Jarnac's direction of the Assateague and other surface and air assets during search and rescue efforts after the July 21, 2008 crash of an Air Force B-52 off the coast of Guam; participation in the international maritime law enforcement exchange Exercise Sea Guardian 2010 with the FSM; and joint fisheries law enforcement operations with the Republic of Palau and FSM, which resulted in the citation of five foreign fishing vessels for illegal fishing.

"Jim, congratulations on a richly successful command," Sparks said. "You are truly a high-flier and you are destined to advance to the highest levels of this service. You are



Farewell: Lt. Cmdr. James Jarnac, outgoing commanding officer, USCGC Assateague (WPB-1337), gives farewell remarks during a change of command ceremony at the U.S. Coast Guard Sector Guam compound on U.S. Naval Base Guam July 1. At the ceremony, Lt. Lisa Rodman relieved Jarnac as commanding officer of Assateague. (U.S. Navy photo by James Fee)



Inspection: Lt. Cmdr. James Jarnac, center right, outgoing commanding officer, USCGC Assateague (WPB-1337), and Lt. Lisa Rodman, center left, incoming commanding officer of the vessel, inspect the crew of Assateague at a change of command ceremony at the U.S. Coast Guard Sector Guam compound on U.S. Naval Base Guam July 1. (U.S. Navy photo by James Fee)

very deserving of your upcoming assignment."

Jarnac will attend graduate school at Naval War College in Newport, R.I.

In his farewell remarks, Jarnac thanked his friends and family, local law enforcement representatives, and other guests at the ceremony. He reserved special praise and words of gratitude for his crew who he said admirably executed the "Assateague Way" of safety, cooperation, camaraderie and selflessness.

"The current and past crews of the Assateague are real-life heroes," Jarnac said. "They've given everything they have to help people

they've never met, and have maintained professionalism and a sense of humor along the way."

Jarnac then referred to a passage by novelist and mariner Joseph Conrad titled "The Prestige, Privilege and the Burden of Command."

"The prestige is not why I'm here," Jarnac said. "And the occasional burdens pale in comparison to the privilege I've had to serve as your commanding officer. I am forever indebted to the crews of Assateague."

After the reading of official orders, Rodman said she was honored to relieve Jarnac as commanding officer and outlined her



Assuming Command: Lt. Lisa Rodman, left, requests permission from Capt. Thomas Sparks, center, Commander, U.S. Coast Guard Sector Guam, to relieve Lt. Cmdr. James Jarnac, right, as commanding officer of USCGC Assateague (WPB-1337) during a change of command ceremony at the U.S. Coast Guard Sector Guam compound on U.S. Naval Base Guam July 1. Rodman's most recent assignment was as an instructor at Coast Guard Officer Candidate School in New London, Conn. (U.S. Navy photo by James Fee)



Inaugural Remarks: Lt. Lisa Rodman, commanding officer of USCGC Assateague (WPB-1337), stands at the podium before giving her remarks to the crew during a change of command ceremony at the U.S. Coast Guard Sector Guam compound on U.S. Naval Base Guam (NBG) July 1. (U.S. Navy photo by James Fee)

goals for the command.

"Assateague, I will endeavor to maintain an environment in which your personal and professional development remains a top priority, because serving you is every bit as important to me as accomplishing the mission," Rodman said. "I am thrilled to be here."

Rodman's most recent assignment was as an instructor at Coast Guard Officer Candidate School in New London, Conn. Prior to that, she had served as the weapons officer aboard USCGC Jarvis (WHEC-725) in Honolulu.

Assateague is the 37th of 49 "Island-class" cutters measuring 110

feet in length and built by Bollinger Machine Shop and Shipyard in Lockport, La. As part of the 14th Coast Guard District team, Assateague has been tasked with the varied missions of today's Coast Guard. With an operating range exceeding 2,000 nautical miles and the ability to operate at sustained speeds in excess of 28 knots, Assateague is an excellent platform to conduct search and rescue response; ports, waterways and coastal security operations; and to enforce the laws and treaties of the United States.

For more information on Assateague, visit www.uscg.mil/d14/cgcAssateague.

Maintainer makes his mark for Andersen AFB

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

Senior Airman Corey Hoefling, 36th Maintenance Squadron (MXS) aircraft structural maintenance journeyman, has stood out as a 'Top Performer,' after being recognized by Pacific Air Forces leadership as a go-to person.



He was recognized by PACAF for his participation with the latest operational readiness exercise and the Logistics Compliance Assessment Program (LCAP). LCAP is a program that provides leadership with an evaluation of a unit's ability to perform key logistics processes in a safe, standardized, repeatable and technically compliant manner.

"LCAP is a big judge in the maintenance career field," said Tech. Sgt. Brian Marseglia, 36th MXS

structures shop chief. "To be recognized as an outstanding performer for something of that caliber is an awesome achievement."

Hoefling has also been lauded as Maintainer of the Month at both squadron and group level.

Hoefling's responsibilities consist of program management and corrosion control for all aerospace ground equipment which consists of inspection, sanding, priming, painting and form documentation.

The 22-year-old, New Jersey native volunteers for the Air Force Ball, the 36th MXS Booster Club and the Andersen First Four Council in his spare time. He attributes his dedication to hard work to his upbringing.

"I've always had an intense work ethic," Hoefling said. "Back home, it was just my mom, my sister and I. So throughout high school I was working hard to do my part."

He also comes from a family decorated with a valiant history within the U.S. military.

"My father was in the Navy, my great grandfather fought in the Spanish American War and World War I, my grandfather was in World War II, and my uncle was in Vietnam," he said.

Hoefling was previously stationed at Kadena AFB, Japan. He has hopes of pinning on staff sergeant during his tour here. He recently tested for his next rank and said he feels confident he'll make it.

"It was definitely faster paced there," he said. "But coming here and slowing down has allowed me to focus on my training and getting the experience I need to put on my next stripe."

The sky is the limit for an Airman, Hoefling said, especially for those with the determination to accomplish anything they put their mind to.

"I'm pretty sure the Air Force will continue to be my career but you never know when other opportunities may come up," Hoefling said. "If I do, my 23 year mark will decide if I gun for chief [master sergeant] or not."



Metal Shop: Senior Airman Corey Hoefling, 36th Maintenance Squadron aircraft structural maintenance journeyman, cuts sheet metal. He was recently recognized as a 'Top Performer' for his participation in the past operational readiness exercise and Logistics Compliance Assessment Program. (U.S. Air Force photo by Airman 1st Class Anthony Jennings)

HSC-25 teams with Coast Guard, GFD to save fishermen

By Oyaol Ngrairikl
Joint Region Edge Staff

Helicopter Sea Combat Squadron (HSC) 25 rescued two stranded fishermen on a 14-foot fishing boat about 35 miles west of Guam July 1.

The command received a call from U.S. Coast Guard (USCG) Sector Guam around midnight July 1 following a report of the missing fishermen. A helicopter was dispatched soon after. A second helicopter dispatched about 10 a.m. and little over an hour into the search its crew members spotted a trail of debris.

"Apparently, the fishermen were breaking off parts of their boat and were leaving them in the water in hopes that the trail would help SAR [search and rescue] find them," said Lt. j.g. Mark Klein of HSC-25.

According to a USCG press release, the fishermen set off early June 30 but did not return later that day as expected. Family members reported them missing to Guam Fire Department. USCGC Washington (WPB-1331), HSC-25 and Guam Police Department participated in the search south of Guam.

HSC-25 SAR helicopters found the boat around noon drifting 31 miles northwest of the Agat coastline.

"The outboard motor had stopped working and the boat had been



Rescue: Aviation Warfare Systems Operator 2nd Class (AW/SW) Frank Breitbach, Helicopter Sea Combat Squadron (HSC) 25, swims to a damaged skiff during a joint search and rescue operation between HSC-25, the Coast Guard, and Guam Fire Department July 1. The fishermen were rescued after drifting at sea for about 24 hours. (U.S. Air Force photo by Capt. Stanley Kimball)

drifting," said Lt. Matt Sevier, helicopter aircraft commander and pilot of the rescuing helicopter. "After spotting the boat, we flew up by it and our rescue swimmer, Aviation Warfare Systems Operator 2nd Class (AW/SW) Frank Breitbach, swam out and got them strapped into the rescue nets and we pulled them up."

Sevier said HSC-25's flight surgeon, Capt. Stanley Kimball of

U.S. Air Force, attended to the fishermen and the crew brought them to U.S. Naval Hospital Guam around 12:45 p.m. July 1.

"HSC-25 is charged with SAR and medevac responsibilities 24/7 so it's part of the job. But it's more than that. It feels good to know that we're saving lives and helping the people of this island and this region," Sevier said.

Two additional members of the rescuing helicopter crew were Lt. j.g. Justin Pacheco, the second pilot, and Aviation Warfare Systems Operator 2nd Class Heath Smith, the helicopter crew chief.

Sevier said the mission is one example of the team effort within HSC-25.

"We're one big team here at HSC-25. We all play different roles

that help make this such a great command," Sevier said. "This search and rescue, as well as HSC-25's many other life-saving missions here on Guam, would not be possible without the tireless efforts of the maintenance and flight line personnel that work around the clock to keep each aircraft flying."

He added that successful SAR missions on Guam and in the region are also testimony to the collaboration between the command and the island's SAR groups.

"Coast Guard, Guam Fire and Rescue, Guam Police Department, and, on board with us, our Air Force flight surgeon – this was everyone working together, making sure that the people of this island are safe," Sevier said.

HSC-25 is the Navy's only forward-deployed MH-60S expeditionary squadron. As part of Helicopter Sea Combat Wing Pacific, it provides an armed helicopter capability for 7th and 5th Fleets, as well as detachments to various commands covering a diverse mission set. It is also the Navy's only squadron that maintains a 24-hour SAR and medical evacuation alert posture directly supporting U.S. Coast Guard Sector Guam and Joint Region Marianas.

For more information about HSC-25, visit their Web site at www.hsc25.navy.mil.

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Navy and Guam hold joint exercise

By Joint Region Edge Staff

The U.S. Navy and Government of Guam successfully completed a joint exercise that tested agencies' response to a simulated transportation accident involving a Navy shipment of material containing low levels of radioactivity at U.S. Naval Base Guam July 1.

The exercise was held on base, but the accident was simulated to have occurred on a public highway.

The exercise was conducted as part of the Navy's continuing program to collaborate with civil authorities and emergency management personnel in areas where Navy nuclear-powered warships are

homeported and to validate current processes and procedures for joint notification and response. This was the fourth exercise of this type conducted with Government of Guam agencies since the homeporting of USS City of Corpus Christi (SSN 705) in 2002.

"This exercise not only helped enhance our procedures, it also solidified a positive, mutually-beneficial relationship between the Navy and the Government of Guam," said Capt. Douglas Wright, commodore of Submarine Squadron 15. "It is our intent to continue to foster a partnership for the good of our Navy and the people of Guam."

Squadron leadership and personnel teamed up with multiple Guam government organizations, including the Guam Department of Homeland Security/Office of Civil Defense, Guam Environmental Protection Agency, Guam Department of Public Health, Guam Fire Department, Guam Police Department, U.S. Environmental Protection Agency, and the Guam Army National Guard 94th Civil Support Team.

"Taking advantage of every opportunity to test our plans is essential to ensuring we are better prepared to face any emergency or disaster," said Frank T. Ishizaki, Guam Homeland Security Advisor.

"Training events like these allow us to exercise interoperability with our local and military counterparts ensuring all our resources are being used efficiently, update and improve existing plans and procedures and to further validate collaboration and communication between all stakeholders."

The Navy generates small amounts of waste containing low levels of radioactivity during routine maintenance of Navy nuclear-powered warships. The radioactivity is from trace amounts of metal particles from corrosion and mechanical wear in the primary system which becomes affixed to the waste during maintenance work. The radioactivity is not from fission

products within the fuel. The waste is typically rags, plastic bags, tools and small equipment.

Waste is periodically transported in secure containers from the USS Frank Cable to the other side of Naval Base Guam and loaded on a Military Sealift Command vessel for shipment off-island and disposal in the continental United States. The waste is transported over a short stretch of public road between the two sides of Naval Base Guam. The exercise was simulated to occur on this short stretch of public road. Navy shipments of radioactive material are completed in accordance with Department of Transportation regulations.



Above: Guam firemen and emergency medical services providers place a man injured in a car crash on a gurney, during a simulated radiological controls accident on Polaris Point July 1. The drill saw cooperation from military and local protection agencies to ensure the accident was controlled and remedied as quickly and efficiently as possible. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)



Right: Guam Fire Department Emergency Medical Services providers remove a man injured in a car crash from the vehicle, during a simulated radiological controls accident on Polaris Point July 1. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

News Notes

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.

Performers Needed for Armed Forces Recognition Day
The Guam Liberation Festivities

Committee is seeking school, church and community performing groups, more specifically those involving children of service members, to perform on July 17 at the War in the Pacific National Historical Park Asan Beach Unit as part of "Armed Forces Recognition Day." The event will feature static displays by various military units on Guam. Performances will be held every hour culminating with a performance by the 3rd Marine Expeditionary Force Band from Okinawa. School, church and community groups interested in performing

should contact entertainment committee chair, Max Ronquillo Jr. at 797-6299 or e-mail gtband@gmail.com.

Tarague Beach Summer Swimming Hours
Tarague Beach is currently open for swimming Thursdays through Tuesdays from 10 a.m.-6 p.m. During these days and times, swimming is authorized only in the designated swimming area, and only when a lifeguard is present. For more information, call 366-5197.

Daughters of the American Revolution Meeting
The National Society Daughters of the American Revolution will hold an open meeting July 14, noon-1:30 p.m., at the Guam Vet Center in Ste. 201 of the Reflection Center on 222 Chalan Santo Papa in Hagatna. Current and former members and any women age 18 or older wishing to learn whether they are eligible for membership are invited to attend this informal informational meeting to discuss forming a Guam chapter of the organization. Space is

limited. RSVP to Joyce Segaloff Regent at 647-6767 or e-mail lsegaloff@msn.com.

Correction

Navy Diver 2nd Class Ryan Kitchens, of U.S. Naval Base Guam Dive Locker, escorted the 2010 Liberation Day Queen Tarra Van Meter at the 66th Annual Liberation Pageant at the Liberation Day Carnival in Paseo June 26. His rank was misidentified in a photo cutline that ran on page 19 of the July 2 Joint Region Edge.

Maintainers keep EODMU5 mission ready

By Oyaol Ngrairikl

Joint Region Edge Staff

Explosive Ordnance Disposal Mobile Unit (EODMU) 5 maintainers ensure their front-line counterparts have the tools they need to guarantee mission capability and safety.

The EODMU 5 Maintenance Department's top priority is to ensure that all boats, vehicles, civil engineering support equipment, and command facilities are maintained at the highest state of material readiness. Maintainers also provide technical assistance and training in all aspects of boat and vehicle operation, and perform maintenance in support of EODMU 5 mission accomplishment.

Chief Engineman (SCW/SW) Jeffrey Jimenez, who oversees the maintainers, said at home and on deployment to locations including Afghanistan and the Philippines, maintainers support EOD Sailors and ensure their safety.

"Our No. 1 priority is safety; the safety of the maintainers who are doing their jobs and the safety of the people who will use the equipment that we take care of," Jimenez said. "That priority marries with our goal, which is mission accomplishment. Our job is to make sure the equipment, whether it's a boat or a Humvee or an MRAP [mine resistant ambush protected vehicle], is ready whenever they need it for



Maintaining: Engineman 2nd Class (SW) John Elvin, leading petty officer of Explosive Ordnance Disposal Mobile Unit (EODMU) 5 facilities shop, cuts the metal arms on a boat trailer at the command compound on U.S. Naval Base Guam July 1. Elvin is one of about 30 maintainers that help support EODMU 5 mission readiness. (U.S. Navy photo by Oyaol Ngrairikl)

a mission."

There are about 30 Sailors who work in the boat, vehicle and facilities shops at EODMU 5, which operates out of U.S. Naval Base Guam (NBG). They have more than 100 Humvees, forklifts, pick-up trucks, 18-wheeler trucks, boats, boat trailers, generators, and other equipment which they maintain.

In doing so, Maintenance Department personnel deliver operational excellence to meet or exceed all commitments with all customers.

Jimenez said his crew is "among the best in the Navy."

"We're at the tip of the spear out here on Guam, and that means we all have to be on top of our game to ensure mission accomplishment be-

cause if there's something wrong with a vehicle or a piece of equipment, then our front-line Sailors will have a tough time getting the job done," he said.

"I'll put it this way. The EOD guys, they're sparring and fighting with the spear. We sharpen the spear and do our part to make sure the EOD Sailors can win the battle,"

Jimenez said. "One team, one fight."

Engineman Fireman Think Truong, who works in the boat shop, said he enjoys what he does and takes pride in being a part of EODMU 5. He said that while the hours at work are usually longer than the typical 9-5 work day, he considers it an honor to be entrusted with such a "big responsibility."

"We have some of the best Sailors, the best EOD guys, here in this squadron," he said. "They have to have equipment in the best shape possible. I do that for them."

While operations are the priority at EODMU 5, Construction Mechanic Constructionman Michael Denham, who works in the vehicle shop, said he's enjoyed working and learning while at EODMU 5.

"I was a mechanic before coming to work here, but I've been really lucky because I've had some great mentors who've helped me learn about all the different machines we're required to work on," he said. "They've really helped me grow and build what I consider a great foundation for my career in the Navy."

Navy EOD is the world's premier combat force for countering improvised explosive devices, weapons of mass destruction, and other types of ordnance. Navy EOD technicians and divers are frequently first responders, enabling access for further combat operations.

36th OSS forecasters help community weather the storm

By Airman 1st Class Anthony Jennings

36th Wing Public Affairs

It is up to a group of forecasters from the 36th Operations Support Squadron's (OSS) weather flight to ensure the local populace has the information they need to react to any weather conditions.

Twelve forecasters in the 36th OSS weather flight provide weather products and knowledge to the expeditionary flying squadrons, wing staff, transient aircrews and flight line operations.

"On a typical day we usually get one or two taskings," said Tech. Sgt. Christopher Bridgham, 36th OSS airfield service element non-commissioned officer in charge.

Weather flight handles "anything from what the weather will be on a certain day to how much rain we had in one month," he continued, "During busy weather days, the taskings get too numerous to count. They vary from when lightning will stop, when the next thunderstorm will start, how high the thunderstorms are, to what Typhoon Condition of Readiness (TCOR) we are in."

The 36th OSS weather flight plays a crucial role with providing weather forecast support and resource protection to Andersen personnel and its assets.

They partner and work with several base agencies including, the Air Mobility Command and 36th Wing command posts to get weather warnings out to the rest of the



Predicting the Weather: Staff Sgt. William Robinson, 36th Operations Support Squadron (OSS) weather forecaster, observes weather conditions over the Pacific Ocean July 6. The 36th OSS's weather flight provides weather products and knowledge to expeditionary flying squadrons, wing staff, transient aircrews and flight line operations. They ensure the local populace has the information they need to react to any weather conditions. (U.S. Air Force photo by Airman 1st Class Anthony Jennings)

base, the Incident Control Center during severe weather, 36th Communications Squadron for various equipment issues, and much more.

They also partner with outside agencies such as the National Weather Service Field Office in Tinian, the Joint Typhoon Warning Center (JTWC) in Hawaii, and all other weather flights in Pacific Air Forces for any aircrews that

may land here.

Predicting weather isn't easy, especially here on Guam. One of the challenges the weather flight has to overcome is quickly creating an accurate forecast for developing tropical storms and typhoons.

"Data is typically limited in the initial stages of a new storm and the computer forecast models are still resolving exactly how 'they'

think the storm will progress," said Capt. Kyle Larson, 36th OSS weather flight commander. "This combines with the fact storms frequently develop close enough to Guam that we are already inside our 72-hour window for TCOR changes and actions that need to start taking place on base."

According to Larson, the weather flight works with JTWC as they determine the official

forecast track and intensity so they are able to distribute the forecast to Department of Defense agencies and personnel.

The forecasters of the weather flight have many tools at their disposal to accomplish the mission but rely heavily on the internet to access weather model data produced on supercomputers at the Air Force Weather Agency and the National Weather Service.

"We also have access to meteorological satellites," said Bridgham. "The satellites provide us with a wealth of information in near-time on volcanoes, typhoons and other general weather conditions out in the ocean that may impact the mission."

In order to stay on top of their game in Guam, forecasters must undergo refresher training for forecasting different types of tropical weather such as typhoons and other high wind events. However, they also must continue to look at forecasting problems pertaining to other areas of the world.

"The physics and dynamics underlying weather conditions remain the same, but weather conditions themselves vary greatly between Guam, and as an example, Afghanistan," said Larson.

With such dynamic and ever-changing weather conditions on the planet, predicting weather can seem a daunting task. But for many forecasters, it's what keeps them going.

"Every day and every forecast is different," said Larson. "It keeps the job interesting."

Soldiers promote quality of life in Palau

By Oyaol Ngirairikl
Joint Region Edge Staff

The U.S. Army team currently deployed to Republic of Palau as Civic Action Team (CAT) Palau is making its mark as the first Army team in Palau in a decade.

The team of 13 Soldiers is from 130th Engineering Battalion, which operates out of Schofield Barracks in Hawaii. The team will remain deployed until late August when they will be relieved by Sailors from Naval Mobile Construction Battalion 11.

CAT Palau fulfills U.S. Pacific Command's (PACOM) engagement strategy by directing and supporting community construction, apprentice training, medical assistance and community relations programs.

Lt. Cmdr. Jeffrey Jasinski, officer in charge, Detachment CAT Guam, which oversees CAT Palau, said that since their arrival in January, the Army team has been a positive presence and has done a remarkable job at executing PACOM CAT program objectives.

"They quickly became fully engaged in all aspects of our mission," Jasinski said.

He added that dignitaries from Palau and the U.S. Department of Defense (DoD) who met with the Soldiers are "very impressed" with the unique relationship each team member has developed with the local community and the national and traditional leadership of Palau.

"The Army CAT Palau is an awesome team with great leadership and an abundance of talent," Jasinski said. "They will surely leave a lasting and positive mark as the first U.S. Army Civic Action Team deployed to the Republic of Palau."

1st Lt. Christopher Gensler, officer in charge of CAT Palau, said while the team has kept busy, he and his fellow Soldiers appreciate the opportunity to make a positive impact on the nation.

"Being the only U.S. military presence in Palau, we are heavily relied on to partake in almost every event that occurs in Palau," Gensler said. "I cannot put into words how much involvement the team has had within the community and the development of relationships between the local nationals and even some of the dignitaries in Palau from across the Pacific."

The team has supported 5K and 10K runs held by various community organizations, helping to promote fitness and health in the community. Gensler also offers swimming lessons twice a week to Palauan youths, and serves as the assistant coach for the Palau National Olympics swim team, which is preparing for the Micronesian Games that will be held in Palau Aug. 1-10.

On the medical side of the house, CAT Palau team member Lt. Katrina Gabelko, the team medic, continues to work closely with Republic of Palau health officials to find ways to bring much-needed medical services to residents living at the far ends of the archipelago. She has



Graduation: 1st Lt. Christopher Gensler, Civic Action Team (CAT) Palau, presents a certificate of completion to Lorna Remarii, a Palau native, during the first U.S. Army Apprenticeship Graduation Ceremony held at Camp Katuu, on the island of Airai in the Republic of Palau, April 17. (U.S. Army photo by Specialist Benjamin Gilbert)



Helping Hand: Specialist Benjamin Gilbert, left, Civic Action Team (CAT) Palau, hands water to a runner during the Palau Red Cross 5K/10K Run for Life in Downtown Koror in the Republic of Palau, June 6. The run was one of several athletic events held by various community organizations that CAT Palau helped to support. (U.S. Army photo by Sgt. Jason Nichols)

organized a clinic in Peleliu, a southern island in the Palauan archipelago, which is separated from the main islands of Koror and Babeldaob by about 35 miles. Travel time to the island is about one hour by speedboat.

Gabelko also has worked closely with Palau Pacific College School of Nursing and has visited schools around Palau to support health education.

"It's a real honor to be a part of this team out here in Palau," Gabelko said. "I've had the opportunity to really practice the skills that the Army has invested in me, as well as share them with others in a way that is really making an impact on individual's lives."

The team is also working on several projects at facilities across the island to help support safety.

One of the projects, funded by PACOM, is the construction of a police and fire substation in Ngardmau State. The team has also built more than 300-feet of fencing around Palau High School in Koror

State, and has replaced old light and power switches with newer, safer fixtures.

The team's apprenticeship program recently graduated three island residents with administrative specialist, mechanic and equipment operator certificates.

Gensler said the new skill-sets the apprentices gained will help them to improve their own quality of life and also help support Palau's developing economy and skilled-labor pool.

"The team, in my eyes, has played a heavy role in shaping and mentoring our apprentices to the standards that we have set in place," Gensler said. "Their expectations are high and challenging but build a stronger individual that will show diverse traits in their field of expertise through working with U.S. Armed Forces."

Lorna Remarii, one of the graduates, said during her training as an administrative specialist with Specialist Shandra Henry, she learned many new skills that will



Construction: Pfc. David Viera, Civic Action Team (CAT) Palau, places anchor bolts for the first-responders facility in the police and fire substation in Ngardmau State in the Republic of Palau May 6. The sub-station will host police, fire and ambulatory services. The U.S. Pacific Command-funded project is estimated to cost \$750,000. (U.S. Army photo by Sgt. Aldrin Tejada)



Donation: Pfc. David Viera, second from left, and 1st Lt. Christopher Gensler, right, both of Civic Action Team (CAT) Palau, pose with members of Koror Day Care Center May 6. CAT Palau donated a television to the center. (Photo contributed by Palau Community College, Student Affairs Office)

help her find a well-paying job.

"It's tough because good jobs are hard to find," Remarii said. "This certificate means I have the skills to work in an office. But it also means I am dedicated to learning to improve myself and working hard. I think it will definitely help me in finding a good job and even moving up in the future."

John Gibbons, minister of Palau's Ministry of Justice, said the team has made tremendous efforts to support safety in the community and the region through their participation in the Joint Interagency Task Force (JIATF) West Police Training Exercise.

JIATF West is a PACOM standing task force authorized to use DoD resources to advance regional inter-agency and multilateral cooperation against illicit drug-related transnational criminal organizations threatening U.S. interests and regional stability. Representatives of police forces from Palau, Republic of the Marshall Islands and Federated States of Micronesia attended

the training.

Gibbons said the team's mentorship with Palau's youth through the Palau National Olympics Committee, anti-drug programs, educational outreaches at schools, and other programs, will also help ensure a brighter future for the island.

"The Republic of Palau is grateful for all the efforts of the CAT, especially this first Army CAT to be deployed in Palau," Gibbons said. "Because Palau has many young men and women serving in the U.S. Army, we feel a special bond with the Army CAT and we hope that an Army team will be included in future CAT deployments."

The mission of the CAT program is twofold — providing infrastructure development and humanitarian assistance, and maintaining a positive U.S. military presence. CAT Palau operates out of Camp Katuu, located in Airai State on the island of Babeldaob.

For more information about civic action teams, visit the PACOM Web site at www.pacom.mil.

Food, fun and sun for Frank Cable

By Mass Communication Specialist Seaman Trevor Welsh
USS Frank Cable (AS 40)

Food, fun and sun were all on the menu for Sailors and civilian mariners at USS Frank Cable (AS 40) command picnic at Gab Gab Beach on U.S. Naval Base Guam June 18.

Frank Cable's Morale, Welfare and Recreation (MWR), enlisted organizations, and crew provided funding and support to enjoy

various games from Rec-N-Crew, fun on the beach and in the water and, according to Senior Chief Logistics Specialist Markarl Manuel, Frank Cable's enlisted MWR representative, some of the best and most popular Filipino food on Guam.

"We [MWR] spent nearly \$10,000 on the command picnic altogether," Manuel said.

According to Manuel, MWR spent about \$2,000 on the rented games and activities from Rec-N-

Crew. Frank Cable's Junior Enlisted Association (JEA) directed and coordinated all games and activities and made them available for all children and adults.

"I am glad that we have an amazing organization like this that I can be an active part of," Hospital Corpsman 3rd Class Victoria Davidson said. "The JEA is really active in playing a big role in shipboard life and command functions, not just for the junior enlisted, but for the whole crew. I was happy to be part

of this picnic and help JEA set up all the games and activities for people to enjoy."

The Frank Cable Ombudsman and Family Readiness Group also had tables set up to provide information on the services they provide and contact information for the organizations.

"The Ombudsman and Family Readiness Group asked to have the opportunity to show Navy families what they can do for them," Frank Cable Command Master Chief (SS)

Pete Kosloski said. "They had static displays to simply provide and share information about their services and contact information."

As Commander, U.S. Pacific Fleet's submarine tender, Frank Cable readily deploys to ports throughout the Western Pacific to provide services to both submarines and surface ships in the 7th Fleet's area of responsibility. For more information, log on to Frank Cable's Web site at <http://www.cable.navy.mil/default.aspx>.



Spike: USS Frank Cable (AS 40) Sailors play a volleyball game at Gab Gab Beach on U.S. Naval Base Guam, during Frank Cable's command picnic June 18. (U.S. Navy photo by Mass Communication Specialist Seaman Trevor Welsh)



Jousting: USS Frank Cable (AS 40) Sailors joust at Gab Gab Beach on U.S. Naval Base Guam during Frank Cable's command picnic June 18. (U.S. Navy photo by Mass Communication Specialist Seaman Trevor Welsh)

How to have PCS success at Andersen AFB

By Airman Whitney Amstutz
36th Wing Public Affairs

Members of the U.S. Armed Forces are known for their ability to be mission ready at all times. They are famous for their bravery and unshakable military bearing. However, one thing can make even the most stoic service members cringe.

For many military members, out-processing can prove to be a daunting task. Fortunately, there are organizations established specifically to aid individuals who are beginning their permanent change of station.

Both the Airman and Family Readiness Center and the Travel Management Office (TMO) are dedicated to making your PCS as seamless as possible.

Community Readiness Consultant, Terry Duenas, who has worked at the Airman and Family Readiness Center for more than 10 years, has found that many service members find it difficult to meet deadlines when trying to out-process.

"Quite a few of our members miss their deadlines due to deployments or temporary duties immediately prior to their PCS move," she said.

Dela Leon Guerrero, project supervisor of household goods, has also discovered that many military members have trouble with PCS moves as a result of missed deadlines.

"Some people receive their orders two months prior to departing Guam and they wait until three weeks out before contacting TMO,"

Leon Guerrero said. "Dates are not always guaranteed and it interferes with household goods pick-up."

Both Duenas and Leon Guerrero said the key to a successful PCS is early preparation.

"I highly advise everyone to come in as soon as possible with their orders," Leon Guerrero said. "Once their orders are cut, we can begin to help them initiate their move."

The Airman and Family Readiness Center provides a Smooth Move class that is designed to prepare individuals for their upcoming PCS.

"I invite all of the subject matter experts so that they are available to answer the service members questions," Duenas said. "It has been very advantageous to the members."

Representatives from the Military Personnel Flight, TMO, housing, the personal property processing office and transportation are only a few of the experts who will be available to answer questions at the Smooth Move seminar.

"I believe that it is vital that people be aware of the Smooth Move class," said Leon Guerrero. "It is a very helpful tool and it is available to everyone."

Out-processing fears can now become a thing of the past. With such helpful organizations as the Airman and Family Readiness Center and TMO, your PCS can become a success.

"We are here because we want to help the members be mission ready," Duenas said. "No. question is too small. We should be their one-stop shop."



PCS Advice: A representative from the finance office speaks at the Smooth Move briefing at the Airman and Family Readiness Center July 1. Held monthly, the briefings are to ensure servicemembers who are preparing for permanent change of station have their questions answered. (U.S. Air Force photo by Airman Whitney Amstutz)

Are you typhoon ready? Guam's typhoon history

By Lt. Roland Clark
Joint Region Marianas Staff
Meteorologist

In August of 2005, I was stationed in Texas and I remember the drama, despair and heart-wrenching imagery left in the wake of Hurricane Katrina. Taking 1,839 lives and inflicting damages of \$80 billion, it was America's costliest natural disaster.

If you're relatively new to Guam, you may not know that in 2002, a storm even more powerful than Katrina hit the island causing over \$700 million in damage, including destroying several of the giant fuel storage tanks near Apra Harbor. Thanks to Guam's sturdy building standards, Super Typhoon Pongsona caused no direct fatalities.

How often do storms like Pongsona hit our island and when can we expect the next one? Even with the most advanced computer modeling, it's impossible to predict long range when we can expect another typhoon.

What we can do is take a look back in time to see that, on average, three tropical storms and one typhoon pass within 180 nautical

Three Actions for You to Do Right Now

- Print or cut this article out and make a copy to distribute to your team to take home.
- Post the article to your command bulletin board.
- Get your typhoon-ready locker prepared. An excellent list of items can be found on the Fleet and Family Support Center's Web site:
<https://www.cnic.navy.mil/Guam/BaseSupport/FleetandFamilySupport/index.ht>

miles of Guam every year. Since World War II, a whopping 210 storms have passed within that distance.

One of the most intense typhoons to ever strike Guam was Super Typhoon Karen, which passed over the southern part of the island in 1962.

Wind gusts were estimated at 160 knots (184 mph) and the storm

DATE	NAME	INTENSITY(KTS) (Near Center)	CPA (NM)	MAX GUST(KTS) (On Guam)
62 NOV 11	KAREN	135	10	160
63 APR 29	OLIVE	110	35	90
76 MAY 21	PAMELA	120	0	145
79 AUG 17	TIP	60	40	78
80 OCT 31	BETTY	70	30	79
84 NOV 12	BILL	85	20	84
88 JAN 12	ROY	110	35	98
90 DEC 20	RUSS	120	50	125
91 NOV 26	YURI	135	55	125
92 AUG 28	OMAR	115	0	130
92 OCT 21	BRIAN	60	0	80
92 NOV 23	GAY	80	0	106
96 NOV 07	DALE	90	110	74
97 DEC 16	PAKA	125	15	160
02 JUL 05	CHATAAN	100	25	126
02 DEC 08	PONGSONA	130	0	140

Weather Chart: The image above shows the 16 most powerful typhoons to hit Guam in the past 45 years. Storms with gusts greater than 100 knots are labeled in red. (Graphic contributed by Lt. Roland Clark, Joint Region Marianas staff meteorologist)

destroyed 95 percent of all homes on the island. Since then, Typhoons Pamela, Omar and Paka all produced damage costs nearing \$500 million.

Fortunately, building codes have greatly improved and new homes in

Guam must be typhoon resistant in order to be insurable.

Next week we'll focus on what may be the most dangerous condition caused by a typhoon hitting Guam: storm surge.

This article is the second in a

series on education, awareness, and tips to help you and your family get typhoon ready. Keep in mind that although awareness is great, it's all useless without adding the key ingredient that only you can provide: action.



Aftermath: Jet fuel tanks burn out of control on Guam due to Super Typhoon Pongsona, Dec. 12, 2002. The fire blocked access to gasoline supplies for the island and caused the shutdown of Apra Harbor, the primary supply and fuel delivery point for Guam. (Photo by Andrea Booher, Federal Emergency Management Agency)

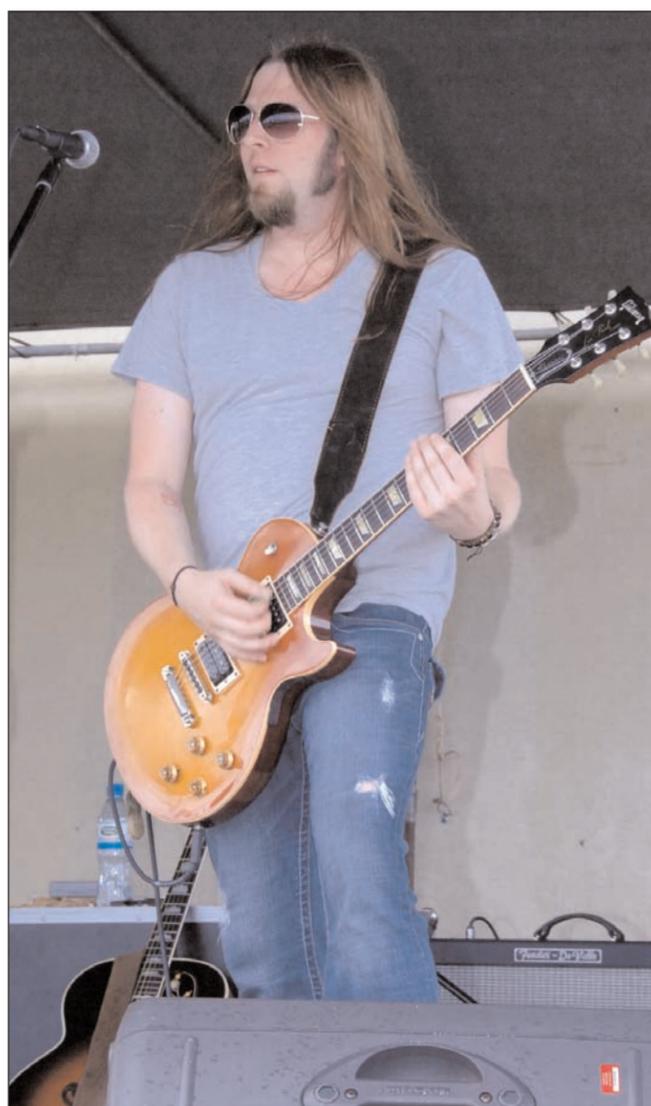
Andersen AFB, NBG celebrate Independence Day



Vending Booth: Members of the First Four Council sell goody bags to raise funds at the annual Freedom Fest July 2 at Arc Light Memorial Park on Andersen Air Force Base. The First Four Council is an organization that promotes the overall morale and welfare of Airmen, E-4 and below. (U.S. Air Force photo by Airman Whitney Amstutz)



Hip Hop: Attendees of Navy Morale, Welfare and Recreation's (MWR) performance by MWR's Hip Hop Group at Clipper Landing Park on Andersen Air Force Base, July 4. The event, titled Freedom Rocks, also featured dancing, free food, inflatable jumpers, music and other entertainment. (U.S. Air Force photo by Airman Whitney Amstutz)



Rocking Out: Zach Williams and the Reformation perform at the annual Freedom Fest July 2 at Arc Light Memorial Park on Andersen Air Force Base. Armed Forces Entertainment help bring the band to the event. (U.S. Air Force photo by Airman Whitney Amstutz)



Cooling Off: A fire engine from U.S. Naval Base Guam's (NBG) Fire and Emergency Services shoots out a stream of water and entertain children attending Navy Morale, Welfare and Recreation's celebration of Independence Day at Clipper Landing Park on Andersen Air Force Base, July 4. The event, titled Freedom Rocks, also featured dancing, free food, inflatable jumpers, music and other entertainment. (U.S. Air Force photo by Airman Whitney Amstutz)

Day with Freedom Fest, Freedom Rocks events



MWR) Freedom Rocks celebration of Independence Day enjoy a live performance on U.S. Naval Base Guam July 4. The event attracted hundreds of attendees. (U.S. Navy photo by Jesse Leon Guerrero)



Clowning Around: Children get their faces painted at the annual Freedom Fest July 2 at Arc Light Memorial Park on Andersen Air Force Base. Face painting was one of many activities available for children to enjoy at the festival. (U.S. Air Force photo by Airman Whitney Amstutz)



to help cool off attendees at the annual Freedom Rocks celebration of Independence Day at Clipper Landing Park on NBG July 4. (U.S. Navy photo by Jesse Leon Guerrero)



Dog Show: Master-at-Arms 3rd Class Daniel Padilla, of U.S. Naval Base Guam (NBG) Security, explains basic obedience tactics with Brit, a military working dog, at a presentation held at Navy Morale, Welfare and Recreation's Freedom Rocks celebration of Independence Day at Clipper Landing Park on NBG July 4. Padilla and Brit demonstrated basic obedience and aggression tactics for attendees that afternoon. (U.S. Navy photo by Jesse Leon Guerrero)



Pony Show: A young girl takes a horseback ride at the annual Freedom Fest July 2 at Arc Light Memorial Park on Andersen Air Force Base. (U.S. Air Force photo by Airman Whitney Amstutz)

Conserve energy for a brighter future

By Kevin D. Evans

Joint Region Marianas Energy Manager

It is difficult to imagine spending an entire day without using energy.

We use energy to light our cities and homes, to power machinery in factories, cook our food, play music and operate televisions. Because of the limited amount of nonrenewable energy sources on Earth, it is important to conserve our current supply or to use renewable sources so that our natural resources will be available for future generations.

Energy conservation is also important because consumption of nonrenewable resources affects the environment as our use of fossil fuels contributes to air and water pollution.

You can help, though, both at home and work to conserve our resources, energy and otherwise by simple actions. These include:

Changing What You Use

- Walk, ride a bicycle or use mass transit instead of driving.
- Install compact fluorescent light bulbs that use less energy than incandescent light bulbs.
- Air-dry your clothes on a laundry line instead of using a clothes dryer.
- Install programmable thermostats that automatically adjust the temperature.
- Buy energy-efficient appliances.

Changing What You Do

- Set the thermostat to no lower than 76 degrees Fahrenheit for cooling.

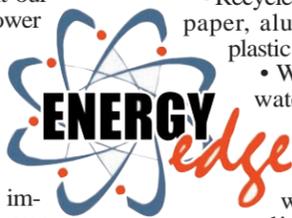
• Insulate the ceiling, walls, and floor of your home.

• Plant a tree next to a window for shade to reduce the need for air conditioning.

• Recycle items such as newspaper, aluminum cans, and plastic bottles.

• Wash clothes in cold water and only in full loads.

• Use energy-saving settings on washing machines, dishwashers, and clothes dryers.



Housekeeping

• Turn down the water heater thermostat to 120 degrees Fahrenheit for military housing.

• Turn off lights when leaving a room.

• Close heating vents and close doors to unused rooms.

• Close drapes and windows during sunny summer days and consider window tinting.

• Stop air leaks around windows and doors with caulk or weather stripping.

• Clean or change air filters on your air conditioning units so that they work more efficiently.

Educating Yourself and Others

• Share knowledge and ideas with family, friends, and neighbors.

• Spread the word. For more information, check with your local base energy manager. On U.S. Naval Base Guam, call 333-1325 and on Andersen Air Force Base, call 366-3209.

• Report energy and water waste to the energy waste hotline at 339-7047.

McCool students get summer reading

By Oyaol Ngirairiki

Joint Region Edge Staff

Commander William C. McCool Elementary/Middle School didn't send students home for summer break empty-handed. The school sent out a reading list that students and their parents can use to keep young minds engaged during the summer vacation.

Frances McDonald, McCool reading coordinator, said while summer is a time for fun and play, it's also the time when many students forget much of the reading skills they learned during the school year.

"This sort of loss in learning skills is referred to by educators as 'summer slide,'" McDonald said. "What usually happens at the start of the school year is teachers will spend about one to two weeks helping students relearn those skills. That's a lot of time – 14 days out of 45 in the first quarter. That leaves about 30 days to learn new skills."

McDonald said summer is a great time for parents to take the reins on their children's education.

"We often say that learning begins at home, and that's as true today as when I started teaching many years ago," McDonald said. "What we did was we found these different sites where children and their parents can go to find book titles that would interest them."

McDonald said in compiling the list, teachers wanted to ensure there were books that were both age- and reading level-appropriate, and also offered varied interests.

"We have everything from your fun-loving characters like 'Ramona' for younger readers, to 'Princess Bride' for teens," she said.

McDonald said many of the books can be found at the U.S. Naval Base Guam Library.

In addition, teachers are encouraging students to continue their online reading experience on Raz-Kids.

"This is a program that students use throughout the school year. They have passwords that they can use to access the reading program from home," McDonald said. "What's great about it is the online books have animated pictures and even music, so the kids really have fun with it."

To learn more about the importance of reading during the summer, visit the U.S. Department of Education Web site at <http://www.ed.gov/news/press-releases/first-lady-federal-agencies-launch-summer-initiative-curb-childhood-obesity-and->

McCool teachers encourage students to check out books like the following, which can be found at:

The Children's Book Review:
<http://www.thechildrensbookreview.com/weblog/2010/05/childrens-choice-awards-book-week.html>

National Endowment for the Humanities:
<http://www.neh.gov/projects/summertime-favorites.html>

Association for Library Service to Children (ALSC) of the American Library Association:
<http://www.ala.org/ala/mgrps/divs/alsc/awardsgrants/notalists/ncb/index.cfm>

READING LEVEL: AGES 4-8

"Imogene's Last Stand" by Candace Fleming

Imogene loves history, and works hard to save a fantastic old house full of antiques, old letters and photos, from being torn down to make way for a shoelace factory.

"The All-American Jump" and "Jive Jig" by M. P. Hueston

A zippy rhyming text takes readers from Maine to Hawaii as children celebrate their states by dancing, prancing, wiggling, twisting, shaking, stomping, and swinging.

"Batman Classic: Meet the Super Heroes: With Superman and Wonder Woman (I Can Read Book 2)" by Michael Teitelbaum

When an evil dragon attacks Gotham City, Batman knows he can't stop it by himself. With Superman and Wonder Woman fighting by his side, there is nothing these three Super Heroes can't do!

READING LEVEL: AGES 6-9

"Mrs. Piggle-Wiggle" by Betty MacDonald

Mrs. Piggle-Wiggle lives in an upside-down house and smells like cookies. She was even married to a pirate once. Most of all, she knows everything about children. She can cure them of any ailment.

Suggested Reading

READING LEVEL: AGES 9-14

"The Dreamer" by Pam Munoz Ryan and Peter Sis

Readers enter the creative, sensitive mind of Pablo Neruda, the Nobel Prize-winning poet, in this beautifully written fictional biography.

"The Tale of Despereaux: Being the Story of a Mouse, a Princess, Some Soup and a Spool of Thread" by Kate Di Camillo.

Tale of a tiny mouse with huge ears, a princess that he loves, a servant girl who wishes to be a princess and a rat named Roscuro who yearns for soup.

"Inkheart" by Cornelia Funke

A girl and her father, a bookbinder who can "read" fictional characters into real life, are abducted by one of the characters, who tries to force them into his service.

"Penny from Heaven" by Jennifer Holm

In New Jersey during the summer of 1953, eleven-year-old Penny, living with her mother and maternal grandparents, learns the truth about her father's death and about her upbringing after she has a serious accident.

"The City of Ember" by Jeanne DuPrau
Twelve-year-old Lina lives in the 241 year-old ruined, underground city of Ember where she and a friend embark on a harrowing journey to find a way out of the city and save their people before it is too late.

"The Thief Lord" by Cornelia Funke

The threat of being separated causes two orphaned brothers to run away to Venice where they join a group of fugitive children and a gentle undercover detective.

"Alex Rider Adventures" by Alex Horowitz

Read about the adventures of Alex Rider, a teenage super spy. (Series does not have to be read in order)

"Percy Jackson and the Olympians, Book 1: The Lightning Thief" by Rick Riordan

Percy learns that he has special powers after he makes his pre-algebra teacher

disappear. Further investigation reveals that he is the son of Greek god Poseidon. To save humankind Percy embarks on an adventure to return a lightning bolt his father stole from Zeus.

"Holes" by Louis Sachar

Stanley Yelnats finds true friendship, a treasure and a new beginning at Camp Greenwood, a correctional camp in Texas for juveniles, where he is sent for a crime he didn't commit.

"A Dream of Freedom: The Civil Rights Movement from 1954 to 1968" by Diane McWhorter

The author writes personal and factual accounts of the modern Civil Rights movement, from Brown vs. the Board of Education through the assassination of Martin Luther King, Jr.

"Eragon" by Christopher Paolini

Eragon's life is changed into a world of suspense, survival and magic after he finds a mysterious stone from which a dragon hatches.

"Dr. Jekyll and Mr. Hyde" by Robert Louis Stevenson

The classic story about a respected doctor who creates a drug that transforms him into a murderous criminal.

"The Hitchhiker's Guide to the Galaxy" by Douglas Adams

After narrowly escaping Earth's destruction, Arthur Dent travels the galaxy with the help of tour guide Ford Prefect, on a quest to save the universe.

"The Seven Habits of Highly Effective Teens" by Stephen Covey

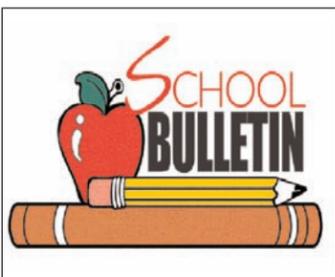
Hints and strategies for success in life, communicated through engaging stories, cartoons and quotations.

"Oliver Twist" by Charles Dickens

An orphan in Victorian England finds his true identity through his misadventures.

"Lord of the Rings Trilogy" by J.R.R. Tolkien

This trilogy includes "The Fellowship of the Ring," "The Two Towers" and "The Return of the King." It is the story of how the dark power of Sauron is destroyed.



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.

Navy College Office

Navy College Office's new schedule is now effective:

- Web Tuition Assistance class: Monday, 8-9 a.m.

- Walk-in hours: Monday, 2-3:30 p.m.; and Thursday, noon-3:30 p.m.

- SAT/American College Test: First Tuesday of the month, 8 a.m.-1 p.m.

- D/L Testing: Second and fourth Tuesday of the month, 8-11 a.m.

- Choosing a College: First and second Wednesday of the

month, 8-9 a.m.

- GED preparation class: Third and fourth Wednesday of the month, 8 a.m.-1 p.m.

- Defense Language Proficiency Tests: First and third Thursday of the month, 8-11 a.m.

- Navy College Program for Afloat College Education: Second and fourth Thursday of the month, 8-11 a.m.

- Appointment hours: Monday and Tuesday, 8 a.m.-4 p.m.; Wednesday, 2-3:30 p.m.;

Thursday, 1-4 p.m.; and Friday, 8 a.m.-3 p.m.

For more information, call 339-8291.

Guam High School

Students interested in participating in first quarter sports must provide the school with an updated sports packet for 2010-2011. The packet requirements are:

- Parent consent form

- Code of conduct

- Notarized medical power of attorney

- Copy of passport

- Current sports physical

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

VBS builds faith, family in Guam's military communities

By Oyaol Ngirairiki

Joint Region Edge Staff

Youth on U.S. Naval Base Guam (NBG) and Andersen Air Force Base (AFB) had a chance to strengthen friendships and their Roman Catholic faith at the Vacation Bible School (VBS) held June 21-25 and June 27-July 2, respectively.

Andersen AFB Chapel led this year's Catholic VBS at both installations with support of Totus Tuus, Latin for "Totally Yours," a summer catechetical program for elementary, middle and high school youth, based out of Denver.

"This is the third year they've been on Guam and it's growing. Our teen group alone had 35 participants in the first night and that's phenomenal," said Michelle MacKeller, Catholic parish and religious events coordinator at Andersen AFB Chapel. "The goal of the program is to teach children and youth about the Catholic faith and having a lot of fun."

During the weeklong program, children and youth learned songs and participated in skits and class discussion.

Protestant VBS will also be held at both installations in August.

Lt. Gale White, NBG chaplain, said VBS for both Catholic and



Summer Fun: Children laugh at the antics of Totus Tuus members during the Catholic Vacation Bible School program on Andersen Air Force Base June 30. Totus Tuus, Latin for "Totally Yours," facilitated the Roman Catholic-based summer program on U.S. Naval Base Guam earlier in June. (U.S. Air Force photo by Michelle MacKeller, Andersen Air Force Base Chapel)

Protestant, also helps families connect with the local community and build a family on Guam.

White said military families, just like other families, have growing pains. Unlike most families, however, military families have to move about every two years.

"That can be tough because we're basically asking the families to uproot and build new friendships [and] new relationships just as they've

built those bonds at their current location," White said. "On top of that, mom and/or dad, might deploy fairly regularly and so we're adding these requirements and all the little stresses that come with it. Programs like these help ease that transition, and make it easier to connect with others and find your place when you're in a new community far away from home."

White and Andersen AFB Chapel



Morality Tale: Members of Totus Tuus, a summer catechetical program for elementary, middle and high school youths, based out of Denver, act out a skit about doing what's right, during the Catholic Vacation Bible School program on Andersen Air Force Base June 30. (U.S. Air Force photo by Michelle MacKeller, Andersen Air Force Base Chapel)

leaders encourage families to sign up for the upcoming Protestant VBS in August.

"It's a fun way to connect with others of the same spiritual base and help make Guam feel more like home," White said. "And, of course, it'll be open to people of different beliefs. We just want to make sure they understand that the program will be based on Protestant beliefs."

Terry Welday, Protestant religious events coordinator at Andersen AFB Chapel, said they too will offer a fun-filled spiritual learning experience for youth ages 4-11. Classes will be held Aug. 9-13, 5-8:30 p.m. For more information, call 366-3717.

Protestant VBS on NBG will be held Aug. 9-13, 8:30-11:30 a.m. each day, for youth ages 5-12. For more information, call 339-2126.

July is the month to remember massacre victims of WWII

By Jesse Leon Guerrero

Joint Region Edge Staff

Every year on Guam, thousands of local residents and military members celebrate the liberation of the island from Japanese forces during World War II. For some family members and friends, that period in Guam's history is not only about remembering the July 21, 1944 landing of Marines to free Chamorros but also for paying tribute to the dozens of Guam natives killed by the Japanese at three massacre sites: Tinta, Faha and Fena.

In the southern village of Merizo, a cave sits in an area called Tinta, which is surrounded by hundreds of yards of deep jungle. On July 16, 1944 at that site, Japanese soldiers gathered a group of businessmen, councilmen, school teachers and other Chamorros, who were told they would be part of a work crew. In all, 25 men and five women were brought to Tinta.

When this group entered the Tinta cave, the Japanese lobbed grenades inside. Although the soldiers stabbed bodies afterwards to confirm the dead, several Chamorros feigned death and successfully hid from them. Only 14 of the Chamorros, or less than half of the group, survived the attack.

The next day at a trench located on a hill in what is known as Faha in Merizo, Japanese soldiers repeated a similar action against Chamorros under their control. Machine guns and grenades tore through a group of 30 Chamorros there. None survived.

Monuments at both Tinta and Faha tell the story of their tragic events with lists of the victims' names and summaries of what happened there decades ago.

The massacre at Fena is traditionally remembered by descendants of its victims at the Agat cemetery.

Chamorros from the villages of Agat and former Sumay, which is now a part of U.S. Naval Base Guam, were kept at a cave in Fena, under the guise of being protected from American bombings. These Chamorros had



Memorial: The Guam Army National Guard Color Guard Team posts the flag to open the memorial Mass at the old Agat cemetery July 18, 2009. The memorial was held in honor of the more than 30 victims of the 1944 Fena Cave Massacre. The 2010 memorial service for Fena cave will take place at the old Agat cemetery July 19 at 9 a.m. A memorial service honoring the victims of the Faha and Tinta massacres will take place at San Dimas Church in Merizo July 16, starting at 5 p.m. (Joint Region Edge File photo)

worked for the Japanese by building structures, cooking, clearing paths through the jungle, and performing other forced labor.

On July 19, the Japanese attacked their captives with gunfire, grenades and bayonets. They killed more than 30 Chamorros, however, dozens survived by hiding or fleeing from the site.

The victims of Tinta, Faha, and Fena died years ago, but Guam's memory of them is kept alive through both Liberation Day festivities and memorial services observed throughout the year. The 2010 Tinta and Faha memorial mass will take place at San Dimas Church in Merizo July 16, starting at 5 p.m. A memorial service for Fena will take place at

the old Agat cemetery July 19, beginning at 9 a.m.

For more information about the history of these events, visit <http://www.nps.gov/archive/wapa>.

To find out more about the memorial services, call the Agat Mayor's Office at 565-2524 and the Merizo Mayor's Office at 828-8312.

Celebrate the military during Armed Services Recognition Day

By Mass Communication Specialist 2nd Class (SW)

Peter Lewis

Joint Region Edge Staff

The local community on Guam will celebrate the military during Armed Services Recognition Day July 17 at War in the Pacific National Historical Park Asan Beach Unit from 10 a.m. until around 8:30 p.m. The event will be free and open to the public.

"The purpose of this celebration is to acknowledge the positive bond that exists between the U.S. military and Chamorro people," said Chalan Pago-Ordot Mayor Jessy Gogue. "This is a great opportunity for locals

to mingle with the military and learn about their role in keeping this great nation safe."

The day's events will be broken down into three distinct parts.

First, from 10 a.m.-4 p.m., various commands and units from around the island will host static displays around the park. Some participating commands will include Maritime Expeditionary Security Squadron 7, Explosive Ordnance Disposal Mobile Unit 5, U.S. Naval Base Guam Dive Locker, Navy Recruiting Station Guam, U.S. Coast Guard Sector Guam, Guam Army National Guard, and Andersen Air Force Base 36th Wing.

The displays will feature things

such as firefighting demonstrations, bomb disposal robots, construction vehicles, a rock-climbing wall, and a military working dog demonstration.

"Many service members from different commands and different services will be on hand to interact with civilians and discuss their jobs," Gogue said. "If you have questions about the military, then come and get them answered."

Starting at 4 p.m., the 3rd Marine Expeditionary Force Band out of Okinawa will perform live music for the public to enjoy.

"It will be a real honor to have Marines come out and perform for the community," Gogue said. "The

day is about honoring service men and women, but they will truly bless us with their performance."

Finally, at sunset the National Park Service will host a movie in the park, which, like the rest of the day, will be free and open to the public. The film to be shown will be "Windtalkers," which deals with battles between American Marine forces and Japanese military forces on Saipan during World War II.

"This will be a great film to watch, as it deals with events that are near and dear to the hearts of all Chamorros," Gogue said. "It is a great opportunity to learn about the shared history between the U.S. armed forces and the island of

Guam."

The mayor went on to say that he encourages all locals and military personnel to come out and enjoy the festivities.

"It's important that we appreciate the role our military plays in protecting our nation and our island and preserving our freedom," he said. "We are one community here on this small island, so we should all strive to know each other and appreciate what we do for each other."

For more information on Armed Forces Recognition Day, contact the Chalan

Pago-Ordot Mayor's Office at 472-8302 or 472-8303, or send an e-mail to ocp.mayor@gmail.com

3rd Marine Expeditionary Force Band to perform on Guam

The 3rd Marine Expeditionary Force Band out of Okinawa is scheduled to perform at a variety of locations throughout Guam, June 17-21.

July 17

Noon, Micronesia Mall (party band)
4-6 p.m., War in the Pacific National Historical Park Asan Beach Unit (full band to play a variety of selections)

July 18

11:30 a.m., Guam Premier Outlets (party band)

July 19

9 a.m., Fena Cave Massacre Memorial Ceremony, Old Agat Cemetery (brass quintet and two buglers to play taps)

July 20

9 a.m., Memorial and Wreath Laying, Asan Bay Overlook (full band)
11:30 a.m., Agana Shopping Center (party band)
7 p.m., Candlelight vigil and remembrance, Liberation Day Carnival, Paseo (adjacent to Chamorro Village) (marine bugler)

July 21

10 a.m., Liberation Day Parade, Marine Corps Drive in Hagatna (full band)
8 p.m., Liberation Day Carnival, Paseo (adjacent to Chamorro Village) (rock band)

FREE

Free Outdoor Movie Night
The next free Outdoor Movie Night at Arc Light Park, Andersen Air Force Base, will be July 10, starting at 7:30 p.m. The movie will be "Alice in Wonderland" (PG). Just bring your lawn chair, blanket or beach mat and enjoy a movie under the stars. Movie shown weather permitting. For more information, call 366-2339.

Armed Forces Entertainment presents DrumJam
Free performance at the Big Screen Theater July 15 at 7 p.m. Mix the frenetic energy of four pulsating drummers with sizzling electric guitar leads and the forecast calls for rock 'n' roll thunder. For more information, call 564-1830.

HotSpot Flea Market
Sell items you no longer need or pick up some great bargains at

the HotSpot Flea Market July 17, 8-11 a.m. in the HotSpot on Andersen Air Force Base. Table fee for sellers is just \$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.

Day in Tumon Beach
On July 18 Single Sailor Sanctuary is offering a free van ride to Tumon Beach. The van leaves the Single Sailor Sanctuary on U.S. Naval Base Guam at 9 a.m. Open to single Sailors and geographical bachelors only. For more information, call 564-2280.

UNDER \$10

Hike to Talofofu Caves
Join Andersen Air Force Base's Outdoor Recreation on a hike to Talofofu Caves July 17. Meet at Outdoor Recreation at 7:30

a.m. for a departure time of 7:45 a.m. Be sure to wear long pants, and bring water, snacks and a flashlight. This hike is rated medium-difficult and is for ages 12 and older. Cost is just \$5 per person. Sign up in advance at Outdoor Recreation. For more information, call 366-5197.

Hike Waterfall Valley
Meet at Rec-N-Crew on U.S. Naval Base Guam July 18 at 8:15 a.m. Sign up by July 16, 1 p.m. Cost is \$5 for adults and \$3 for children, ages 5-11. For more information, call 564-1826.

\$10 AND UP

WWII Tour
Andersen Air Force Base's Outdoor Recreation is offering their popular World War II Tour July 10. The tour meets at Outdoor Recreation and departs at 7:45 a.m. During the tour, Ray Stiers, Outdoor Recreation director, will take participants to historic WWII

sites and explain their significance. This tour is an absolute must for the history buff. Cost is \$15 per person. Minimum age is 5. Club Card holders get a \$3 discount. Be sure to bring money for a lunch stop during the tour. To register or for more information, call 366-5197.

Fishing Trip
Andersen Air Force Base's Outdoor Recreation is offering a fishing trip July 11. The tour meets at Outdoor Recreation at 7 a.m. for a 7:15 a.m. departure time. Cost is \$70 per person, with transportation and gear provided. You can also bring your snorkeling/swim gear in case you'd like to take a dip. Seating is limited, so sign up soon. For more information, call 366-5197.

Kayak Ylig River
Meet at Rec-N-Crew on U.S. Naval Base Guam July 15 at 8:15 a.m. Cost is \$15 for single kayaks and \$25 for double kayaks. Kayaks are limited so call and reserve yours today. Sign up by July 14, 1 p.m. For more information, call 564-1826.



FRIDAY, JULY 9

7 p.m.: Furry Vengeance • PG

SATURDAY, JULY 10

2 p.m.: Furry Vengeance • PG

7 p.m.: A Nightmare on Elm Street • R

SUNDAY, JULY 11

7 p.m.: A Nightmare on Elm Street • R

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



FRIDAY, JULY 9

7 p.m.: Prince of Persia: Sands of Time • PG-13
9:30 p.m.: The Losers • PG-13

SATURDAY, JULY 10

1 p.m.: Furry Vengeance • PG
3:30 p.m.: Letters to Juliet • PG
7 p.m.: Robin Hood • PG-13

SUNDAY, JULY 11

1 p.m.: Shrek Forever After • PG
3:30 p.m.: Sex and the City 2 • R
7 p.m.: MacGruber • 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 mwr Guam.com.**

(Source: Navy Morale, Welfare and Recreation Office)

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

Visual acuity helps us to see others

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

Visual acuity is a key factor in our ability to see things. The ability of our eyes to adjust and focus on what we want to see is a verifiable blessing from God in my opinion.

The challenge in this life is to determine for ourselves, what we see in others and what others see in us. Let's examine both from a personal and biblical perspective and then determine what the relevance might in fact be.

In our respective places of service, work and play we have a God-given opportunity to come in contact with many different types of people.

When we are in the midst of those who are different, can we flourish? When we enjoy recreation and fun, do we prefer only those who share our passions?

In military service, these questions are moot as we place upon our collective selves the cloth of our great nation, render appropriate military courtesies and keep tremendous traditions alive with very fine decorum and precision.

My point here is that whether I am looking at someone in a uniform and I must respect what it represents, do I bring that same level of respect if I were to see a "regular person" on the streets and didn't know them?

Is my military bearing and proficiency towards others only superlative when it is required of me? For example, if I didn't know you, and we walked by each other, when our eyes met would I look away and pretend our paths were not crossing? Given that same moment, as we approached within 30 paces in uniform, I am now required to render a proper salute and respects.

This is what makes military service a professional endeavor. The requirement that we must recognize each other's presence, exchange pleasantries and then continue on smartly.

In the "real world," I have no such obligation. My question here is what is it you see when you see someone whom you have never seen before in or out of uniform? Do you see one of God's greatest creations?

When you pass someone on the

streets are you prepared to share a pleasant greeting from your best etiquette?

Jesus Christ made a wonderful statement when he encouraged many to, "...do unto others as you would have them do unto you." I make that paraphrase as a reference to our best moments between fellow human beings.

Those who choose to shun our presence and raise their arrogant noses in the air, miss a golden opportunity, as do those who communicate only because of military protocol.

When we share a smile or a hearty greeting in passing that comes from a pure motive, we are doing unto others. When we receive the same, it warms our soul because, "...others have done unto us."

However we decide to do it, let's do it to make the world around us a better place.



Still Moments



Piped Ashore: Cmdr. Matthew Suess, left, executive officer of Naval Facilities Engineering Command (NAVFAC) Marianas, escorts his wife Dana as they are piped ashore, following his retirement ceremony at Top O' the Mar July 2. Suess served 21 years in the Navy and was an active member of Guam's local community, joining competitions hosted by both the Guam Triathlon Federation and Guam Cycling Federation. (U.S. Navy photo by Jesse Leon Guerrero)



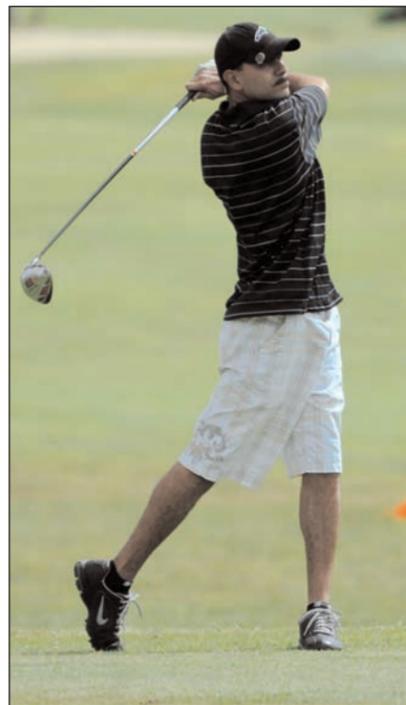
Meritorious Service Medal: Cmdr. Matthew Suess, left, executive officer of U.S. Naval Facilities Engineering Command (NAVFAC) Marianas, receives a Meritorious Service Medal citation from Capt. Peter Lynch, commanding officer of NAVFAC Marianas, at Suess' retirement ceremony held at Top O' the Mar July 2. Suess began his career in the Navy as a submarine officer in 1989 before transferring to the Civil Engineer Corps in 1996. (U.S. Navy photo by Jesse Leon Guerrero)

Team Andersen comes together for fitness and safety

Sports and Safety: Andersen Air Force Base recently hosted a Wing Fitness and Safety Day July 2. There were numerous activities available for all wing members to participate in, including softball, golf, bowling and volleyball. These activities were considered an alternate duty

location and participation was highly encouraged. This was an initiative to promote healthy lifestyles and physical activity. Squadron and group participation was high across the board and the events were all competitive. The overall winners from every activity were presented their award at the

Freedom Fest finale. Also, with a four-day weekend approaching, safety representatives from several groups and squadrons took the time to brief their fellow Airman on the importance of being safe in all activities. (U.S. Air Force photos by Airman Julian North)



What base sports events do you participate in?

Throughout the year, Andersen Air Force Base and U.S. Naval Base Guam hold sports events to promote a culture of fitness and camaraderie. Joint Region Edge asked service members on Guam what base sports events they participate in.



"I play softball because I like the camaraderie and just getting everyone together."

— Tech Sgt. Abel Salas, 36th Civil Engineering Squadron



"I've participated in softball for region and I have been doing that for the past two and a half years. The main reason I do that is because I played baseball in high school, and it was something to do when I first came in the Navy. I got picked up by a couple of chiefs from my first submarine and they were like, 'Hey, we need you to play and see what you've got,' and I have been doing it ever since."

— Chief Culinary Specialist (SS) Michael Clawson, Submarine Squadron 15



"Flag football because I always grew up loving football. It's my favorite sport."

— Hospital Corpsman 1st Class (FMF) Lee Cortez, U.S. Naval Hospital Guam



"Hunting and softball. I just enjoy being outdoors."

— Staff Sgt. John Golden, 36th Civil Engineering Squadron



"I've participated in only basketball. I have been a basketball fan for all of my life and I just love the sport. I've participated in the Admiral's Cup for Submarine Squadron 15 and we did pretty good. We came in second place to Frank Cable. I have also participated in various tournaments over at Andersen (Air Force Base) and whenever a tournament is coming around I will participate if I can."

— Yeoman 1st Class (SS) Markus Howard, Submarine Squadron 15



"Right now I'm participating in the Admiral's Cup as a head coach of the command MSRON 7 (Maritime Expeditionary Security Squadron 7) soccer team for the second time. We have a reputation I have to keep up. We are the defending champion from last year, so we have to defend that title."

— Hospital Corpsman 1st Class (FMF) Earl Bercide, Maritime Expeditionary Security Squadron 7

Sports Shorts

The following is a list of sports and health-related activities held on U.S. Naval Base Guam. To submit your sports note, e-mail jointregionedge@fe.navy.mil.

Admiral's Cup Soccer

Starts on Aug. 2. Games will be from Monday-Thursday, 5:30 p.m.-7:30 p.m. Coaches' meeting will be July 20 at Naps at 5:30 p.m. Registration deadline is July 15 at Charles King Gym. For more information, call 564-1861.

Volleyball Summer Camp

The Youth Sports volleyball summer camp runs from July 12-23, on Monday, Wednesday and Friday, 9-11:30 a.m. The camp is for authorized patrons, ages 11-14, and will take place at Charles King Gym. The cost is \$10 and includes a T-shirt and sports drinks. Register at the Child Development Center by July 14. For more information, call 564-1844/5.

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 Classes

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, 5:30-6:30 p.m. for authorized patrons, ages 8-12, and 6:30-8 p.m. for adults. The other class is for law enforcement/combat aikido and is for adults only. This class will be held Tuesday and Thursday 6-7:30 p.m. All classes are \$60 per month per student. Sign up at the HotSpot. For more information, call 366-2339.

Nite Lite Golf Tournament

Play nine holes in the dark July 23, 7 p.m. at the Palm Tree Golf Course. Cost for members is \$15 and non-members \$20. Register no later than July 21. To sign up or for more information, call 366-4653.

Andersen's AFB's Biggest Loser: Breaking the habit

Editor's Note: This commentary is the third in a summer-long series highlighting the progress of Senior Airman Shane Dunaway in his quest to become Team Andersen's "Biggest Loser." To send words of encouragement or for information on his workout methods and diet, contact him via email at timothy.dunaway@andersen.af.mil.

By Senior Airman Shane Dunaway

36th Wing Public Affairs

As I reflect back on this weight loss journey that unofficially began almost four months ago, I've been thinking about tips, ideas and suggestions I can give to others who may be struggling to overcome obesity.

If you've ever had to sit through a class at the Health and Wellness Center relating to healthy living, you know the feeling of dread inside as you're told that you'll have to wave goodbye to most of the unhealthy habits if you want to wave goodbye to the excess pounds.

How do you make those changes when you've become so accustomed to eating unhealthy foods and living an unhealthy lifestyle for so

long? I'm not going to lie to you, it's a tough journey and it doesn't happen overnight. As I progress through this Biggest Loser competition, I press forward on that journey every day and continue to make strides.

When I first started my weight loss endeavors, I focused on the portion control aspect of controlling food intake. As we all know, food isn't always measured out into the correct portion size.

At the suggestion of a mentor within my office, I bought a food scale. It was \$50 well spent. I use mine to measure out items like cereal, pasta and cashews and place the individual servings in re-sealable sandwich bags. Though some people may think it's not worth the money or time to use a food scale, here's my reasoning.

How many do you know someone who, during the course of the work day, goes through an entire container of cashews or a large bag of potato chips? Each container of cashews or large bag of potato chips contains about nine servings. At about 150 calories a serving, you could down well over half your recommended calories for the day.

I know this well because six

months ago, that was my routine. When I shopped for groceries, I was notorious for loading up the cart with cheese puffs, canned pasta products, four 12-packs of soda and almost anything I could put in a deep fryer.

My habits have changed significantly. If you see me in the commissary, chances are you'll see some multi-grain pasta, light wheat bread, a lean cut of beef, frozen chicken breasts, fat-free milk, and bottled water in my cart. For snacks, I'm a big fan of peanut butter, string cheese, whole pickles, low-fat ice cream sandwiches or a serving of turkey pepperoni slices. I'm not perfect by any means and I do eat other foods, but only if it fits into the daily 1500-1800 calorie window I've set for myself, except for on my designated cheat day.

In order to prepare for the upcoming Biggest Loser challenge July 10, I've ramped up my protein intake since it'll be a strength challenge. After finishing in the second place group in the first challenge, I've got a burning desire to finish first. As long as I'm on a team that's giving 100 percent effort, I won't care where I place because if we're all losing, then we're winning.