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Enlisted Warfare Qualifications: A Mandatory Requirement

By Chief Mass Communication Specialist (SW/AW) Sonya Ansarov

Office of the Master Chief Petty Officer of the Navy

Initial enlisted warfare qualifications are now mandatory for all Sailors per the recent release of NAVADMIN 268-10.

The NAVADMIN announces the release of OPNAVINST 1414.9, Navy Enlisted Warfare Qualification Programs Instruction, which issues the basic overarching requirements for the qualification and designation of all enlisted warfare programs.

The arduous and often unforgiving environment we operate in as a Navy and Sailor dictates the need for all personnel to have a basic understanding and operating knowledge of the platform or command to which they are assigned.

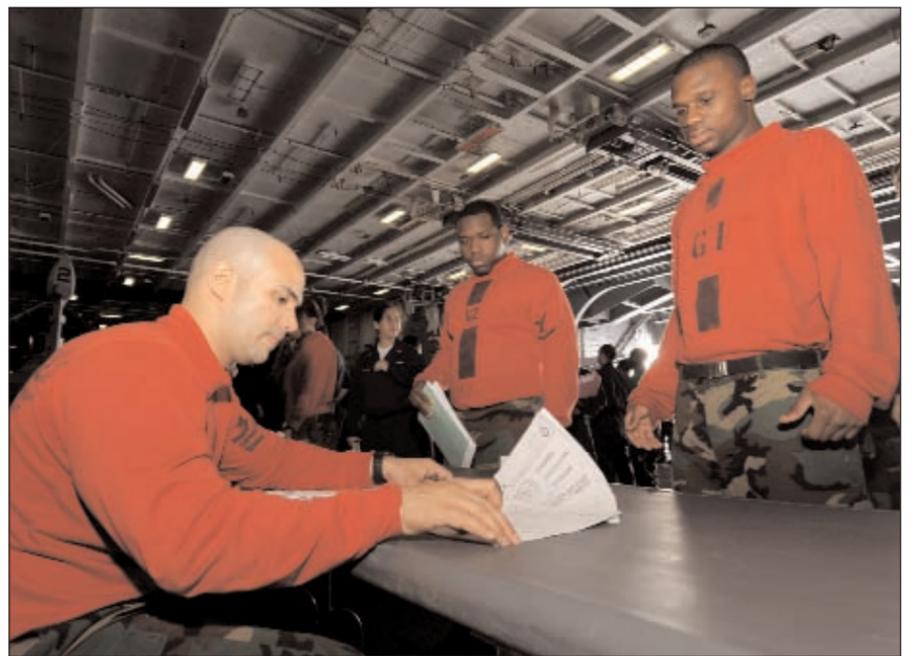
Warfare programs are essential in ensuring our Sailors understand and are able to effectively engage a casualty, operate equipment or platforms safely and ensure backup as needed. Warfare qualifications are about ship, shipmate and self, and ensure the safety and

safe operation of each command and platform on a daily basis.

"It's a standard every Sailor must achieve. The warfare device itself is a symbol that the Sailors who are wearing it have a basic level of knowledge to ensure they are capable of fighting the ship, saving a shipmate and ensuring the safety of themselves at all times," said Master Chief Petty Officer of the Navy (MCPON) Rick D. West. "Having every

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Setting the Standard: Aviation Ordnanceman 1st Class Jose Ojeda, left, signs a personnel qualification standard for Aviation Ordnanceman Airman Deon Stanley during an Enlisted Warfare Qualification stand-down aboard the aircraft carrier USS George Washington (CVN 73) June 6. George Washington is underway from its permanently forward-deployed port at Commander, Fleet Activities Yokosuka supporting security and stability in the western Pacific Ocean. (U.S. Navy photo by Mass Communication Specialist 3rd Class Jacob D. Moore)



New medical mannequin no dummy for training



Life Saving: Firefighter Joe Sablan, left, of Guam Fire Department, and Staff Sgt. Jon-Jay Sabati and Staff Sgt. Tiana Duenas, of 736th Security Forces Squadron Commando Warrior Pacific Air Forces Regional Training Center, administer first aid to a SimMan 3G mannequin Aug. 5 at the Commando Warrior Regional Training Center. SimMan 3G, a realistic human patient simulator created by a major medical equipment manufacturer, is designed to provide a more realistic training experience for emergency responders and medics. The 736th SFS's Commando Warrior Pacific Air Forces Regional Training Center now possesses two. (U.S. Air Force photo by Airman 1st Class Anthony Jennings)

By Airman 1st Class Anthony Jennings

36th Wing Public Affairs

Realistically training emergency response teams at Andersen Air Force Base (AFB) just took another step into the technological future.

SimMan 3G, a realistic human patient simulator created by a major medical equipment manufacturer, is designed to provide a more hands-on training experience for emergency responders and medics. The 736th Security Forces Squadron's Commando Warrior Regional Training Center now possesses two.

"It's the realism," said Staff Sgt. Jon-Jay Sabati, 736th SFS Commando Warrior Pacific Air Forces Regional Training Center medical NCO-in-charge. "It's more effective

to bring students out here to train on something breathing, blinking and bleeding, versus having a piece of plastic and saying we're simulating this mannequin bleeding."

SimMan 3G evolved over the past 10 years and is now wireless, which also means portable, so it can be taken out to the field. It runs on an internal battery system, allowing it to operate for four hours with a fully charged battery.

The idea for a wireless SimMan came from feedback from Airmen working in the field. "Our customers have always asked for something strong enough to handle being moved around while displaying as many clinical features as possible,"

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Top Performer Construction Mechanic Constructionman David Lacure

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NAVADMIN: Requirements strengthen performance

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Sailor at or working toward that level will only strengthen the war-fighting ability of that command and the Navy.”

According to the NAVADMIN, qualification and/or re-qualification is mandatory for all enlisted Sailors assigned to designated warfare qualifying commands.

Warfare sponsors (Type Commanders) will establish specific qualification and re-qualifying timelines however, the maximum allowable time for initial qualification of all enlisted Sailors assigned to designated warfare qualifying commands will not exceed 30 months. Timelines for warfare qualifications are set by the Type Commander’s instructions and each TYCOM will have oversight of their programs.

According to West, some of the biggest questions he hears from Sailors are:

- What happens if a Sailor doesn’t qualify in time? West stated that failure to qualify in the specific warfare program within the prescribed time requirements shall immediately result in a special performance evaluation that removes promotion recommendation, but the promotion recommendation may be restored with a special performance evaluation when qualification is achieved.

- Will a Sailor be penalized if their command doesn’t offer the opportunity for warfare qualification? According to West, Sailors without



Warfare Pin: The submarine tender USS Frank Cable (AS 40) Sailor Electrician’s Mate Fireman Peter Fruean is pinned with the Enlisted Surface Warfare Specialist device during a ceremony Aug. 6. Cable is currently undergoing upgrades at Guam Shipyard for the Military Sealift Command conversion. (U.S. Navy photo by Mass Communication Specialist 2nd Class David R. Krigbaum)

the opportunity to qualify in a warfare specialty will not be penalized. However Sailors should look for follow-on opportunities to obtain a warfare device when able.

- Will having mandatory qualifications water down the existing programs? West stated, quite the contrary; by mandating warfare qualifications for all enlisted personnel, it will significantly “raise the bar” across the command regarding level of knowledge of the command and the systems our Sailors operate. It is incumbent on those that wear the warfare pin of the command to ensure the integrity and strength of the existing programs.

- How will Sailors stand-out amongst peers if everyone is required to have a warfare pin? According to West, Sailors stand out every day. Performance and the Sailor’s overall command support should be the biggest factors to “break out” individuals.

“I often highlight efficient manning and future platforms such as LCS as examples of the need to ensuring our Sailors have a good, basic understanding of the systems and fighting capabilities of the command to which they are assigned,” West said.

For more information see NAVADMIN 268-10.

For news from Master Chief Petty Officer of the Navy, visit <http://www.navy.mil/mcpon/index.asp>.

Lifesaving: Training dummy simulates medical emergency

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said Daniel Beelitz, simulations and military specialist. “That way, there is less interaction between the instructor and participant during the simulation, and the participant can get a majority of what they need to do from the mannequin rather than the instructor.”

It is more than just the portability of the dummy that enhances the training for the emergency responders; it is the added realism that comes from the fact that SimMan 3G seemingly bleeds and reacts.

“When I first came into the mil-

itary, we just had a plastic mannequins and the instructor would tell us everything is simulated,” Sabati said. “Now a student doesn’t have to wait on an instructor to say the patient is bleeding out, we can just make it happen and watch the how participant reacts.”

SimMan 3G can produce clear liquid like sweat, secretions from the eyes, mouth, nose and ears. The mannequin can also bleed from four ports on its body simulating arterial or venous bleeding, and it can urinate.

“One of the main features that make it more realistic is its eyes,” Beelitz said. “You can actually con-

trol the ‘patient’s’ conscious level so they can be awake, drowsy or asleep. His pupils actually react to light just like you or me. They constrict when in exposed to light and dilate in the dark.

“The software allows you to control the size of each pupil so if you want to simulate a head injury or anything where there is an effect on the neurological status of the patient. As the patient deteriorates, you will actually see that by looking at the mannequin or the monitor,” he added.

One of the most important things about simulations is the debriefing.

After a simulation, students sit down and discuss what was done well and what needs to be worked on.

“By having the cameras mounted in the ceiling above the mannequin, it allows the instructor to not only drive the simulation but record it as well,” Beelitz said.

Upon the end of the simulation the participants can watch the video so the instructor can speak about their strengths and weaknesses.

“Having that sort of audio-video telemetry is certainly key and paramount with the actual debriefing process and is really where the learning happens,” Beelitz said.

Military service members are renowned for operating in austere environments.

Having the ability to train in the same types of environments in which incidents are likely to occur, versus in a controlled classroom, may save lives.

“I think this is suited for the military or certainly has military applications,” Beelitz said. “I think the opportunity here at Andersen where they’re looking at training not just Air Force, Navy, Army, National Guard and Marines, but the local [emergency medical technicians] as well, will make a difference.”

Chief of Supply Corps discusses careers with Sailors

By Oyaol Ngrairikl
Joint Region Edge Staff

The commander of Naval Supply Systems Command (NAVSUP) and Chief of the Supply Corps, Rear Adm. Michael Lyden, talked to military logistics support personnel during a Supply/Logistics Enlisted Roadshow at The Big Screen Theater on U.S. Naval Base Guam (NBG) Aug. 12.

Lyden was on Guam as part of a Western Pacific review of Fleet and Industrial Supply Center (FISC) Yokosuka, FISC Yokosuka Detachment Sasebo, FISC Detachment Marianas and FISC Pearl Harbor. Lyden also visited Navy Exchanges in each area as NEX is also a large part of the NAVSUP Enterprise.

Lyden and Command Master Chief (SW) James Collins, Supply Community Enlisted Leader, Naval Supply Systems Command, thanked the Sailors during the Supply/Logistics Enlisted Roadshow for their hard work and encouraged them to ask questions or voice concerns.

"We care about what you think," Lyden said. "Everything that Master Chief and I have focused on in the last year and a half while we've been together, hasn't been stuff that we dreamed up, it wasn't stuff that I kind of had in the back of my head when I took over the job. Its things that folks like you told us through forums like this."

Lyden commands a worldwide workforce of more than 25,500 military and civilian personnel in providing a broad array of logistics support and retail services to U.S. and allied naval forces. As chief of Supply Corps, he is responsible for community management of more than 3,500 Active Duty and Reserve Supply Corps officers and more than 27,000 Active Duty and reserve enlisted personnel.

Lyden said the work that logistics specialists, culinary specialists, ships servicemen and others in the supply community do is important to the Navy.

"The neatest part of my job is getting credit for what you folks do. What I mean by this is when I talk to people at Chief of Naval Operations and senior Navy officers, they really appreciate the importance of supply and logistics, and all the different ratings here, and the work that you do," Lyden said. "There isn't a successful commanding officer out there that doesn't realize that their mission success depends on successful supply department operations."

Collins talked to Sailors about career advancement and educational opportunities in the supply community, noting that the "Navy is reshaping how we do business."

Collins said as the Navy focuses on becoming more efficient and creating an educated and technically savvy force, it is incumbent upon Sailors to do their part to ensure they maintain retainability. He encouraged Sailors to study their ratings, work hard and maintain good records.

"The day of having a flaw in your record and recovering are over," he



Meeting Sailors: Rear Adm. Michael Lyden, right, Commander, Naval Supply Systems Command and Chief of the Supply Corps, talks to logistics support Sailors from various commands during a Supply/Logistics Enlisted Roadshow at The Big Screen Theater on U.S. Naval Base Guam (NBG) Aug. 12. Lyden and Command Master Chief (SW) James Collins, back center, Supply Community Naval Supply Systems Command, were on island for a two-day visit during which time they toured Navy facilities and met with Sailors and other logistics support personnel from various military services. (U.S. Navy photo by Oyaol Ngrairikl)



Q&A: Command Master Chief (SW) James Collins, Supply Community Naval Supply Systems Command, talks to logistics support Sailors from various commands during a Supply/Logistics Enlisted Roadshow at The Big Screen Theater on U.S. Naval Base Guam (NBG) Aug. 12. Collins was on island with Rear Adm. Michael Lyden, Commander, Naval Supply Systems Command and Chief of the Supply Corps, for a two-day visit during which time they toured Navy facilities and met with Sailors and other logistics support personnel from various military services. (U.S. Navy photo by Oyaol Ngrairikl)

said. "Your evaluation is the most important thing in your life. You have to be a top performer."

He added Sailors who work and study hard will have a better chance of advancing and staying in the Navy.

Logistics Specialist 2nd Class Richard Benton, of USS Frank Cable (AS 40), said he thought it was great that leadership was not only

reaching out to Sailors but also offering advice to help Sailors like him build a strong Navy career.

"They told us what was going on in today's Navy," Benton said. "They gave us tools and information about what we need to do to get where we want to be."

Benton said he was glad for the opportunity to meet and speak with the supply community's leadership.

"I never thought I'd meet chief of supply and command master chief of supply, so for them to come out was pretty good," he said.

NAVSUP's mission is to provide Navy, Marine Corps, Joint and Allied Forces with products and services that deliver Combat Capability through Logistics. They manage supply chains that provide material for Navy aircraft, surface ships, sub-

marines and their associated weapons systems. They also provide a wide range of base operating and waterfront logistics support services, coordinating material deliveries, contracting for supplies and services, and providing material management and warehousing services.

To learn about NAVSUP, visit their website at www.navsup.navy.mil.

Constructionman cans soda job for Bees

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

Joint Region Edge Staff

A former soda company employee, Construction Mechanic Constructionman David Lacure, of U.S. Naval Mobile Construction Battalion (NMCB) 11, Detachment Guam, said his wake-up call for a better life came when he was 24.

"One day someone at my job was fired for two cheaper hires, and it scared me," Lacure said. "I had a mortgage and a car payment. I decided I wanted a more secure job."

The Aurora, Ill., native decided he would go with his second choice and join the service and postpone his initial plan of going back to school.

"At first, I thought about school because most of my friends were already graduating from college with degrees. My mother encouraged me to go to school also," Lacure said. "Instead, I went down to each recruiting office. In the end, the Navy was more persistent and made me feel wanted."

Lacure's meeting with the Navy recruiter wasn't the real reason why he went Navy blue and gold.

"Well first, I didn't want my mother to panic. By telling her I was

going to be on a ship and not the frontlines, she was at ease," he said. "Second, my grandfather was a mess cook during World War II."

Being able to join the Seabees came as quite a pleasant surprise for the 24-year-old who knew nothing about the service.

Three-and-a-half years later, Lacure said he is happy with his decision to become a Seabee. He also said he can now see everything he wanted to do come together.

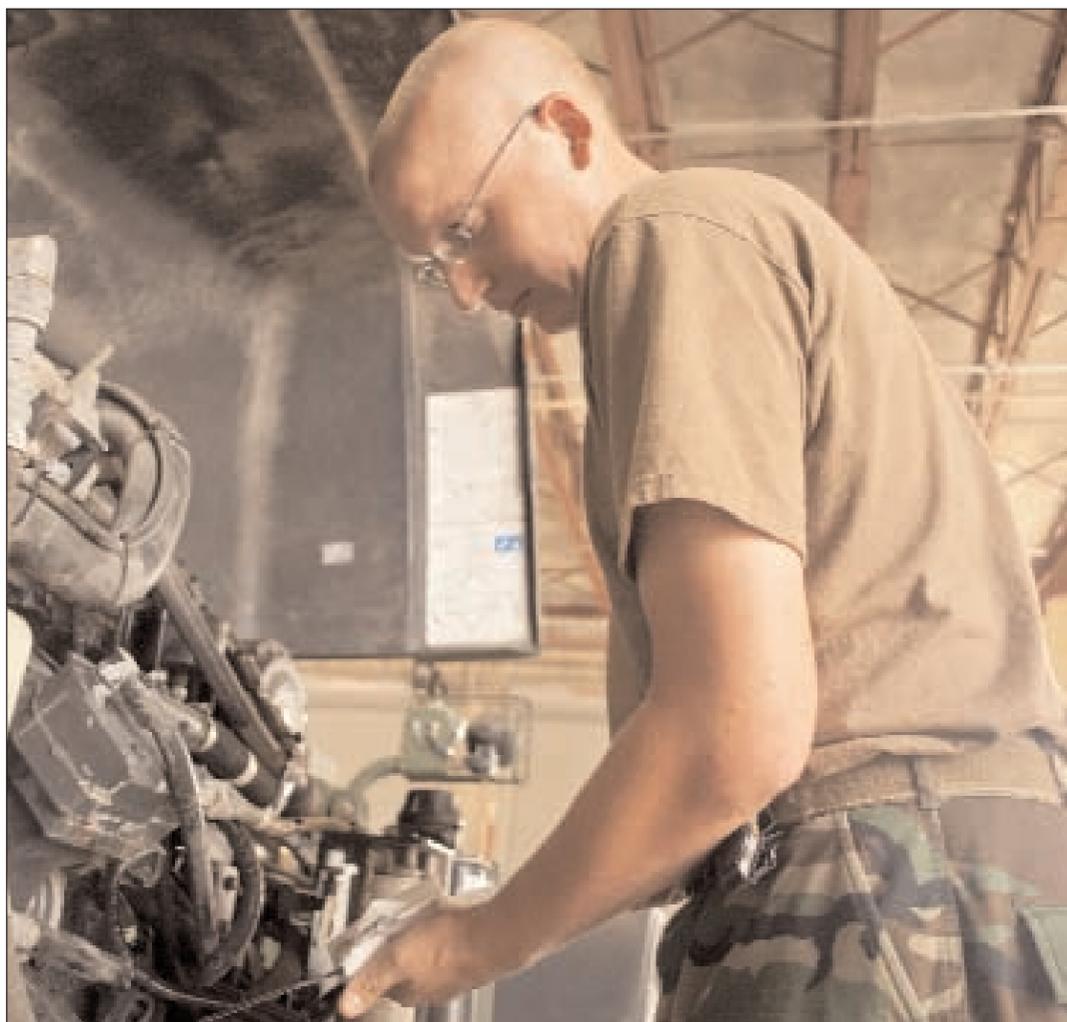
"I am starting school and I am married," he said. "In fact, I can work, enjoy my job, have a family, and go to school, without worrying about job security as long as I work hard."

His work ethic is what caught his command's attention, and facilitated his selection as the battalion's Bluejacket of the Quarter 2nd Quarter 2010.

"He is a very hard worker and get's the job done the first time," said Chief Construction Mechanic (SCW) Chad Donoho, Lacure's supervisor. "He is a go-to-guy with a sharp military appearance."

Excited by his recognition, Lacure said he is motivated for what lies ahead.

"I wouldn't mind retiring in the service. This job is great," he said. "But if I do decide to move on, I know I won't forget the feelings, experiences and traditions of being a Seabee."



Right Fit: Construction Mechanic Constructionman David Lacure, of U.S. Naval Mobile Construction Battalion (NMCB) 11, Detachment Guam, works on an engine for equipment in his shop on board Camp Covington on U.S. Naval Base Guam July 29. Lacure was selected as the battalion's Blue Jacket of the Quarter for 2nd quarter 2010. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



Navy prepares Sailors, families for seasonal flu

From Bureau of Medicine and Surgey Public Affairs

The Navy recognizes August as Immunization Awareness Month.

With flu season quickly approaching, Navy leadership are urging service members, veterans and family members to be aware of the risks of seasonal flu and to receive their scheduled vaccinations.

Influenza or "flu" has the potential to significantly impact Navy force readiness and missions. In the United States, influenza results in more than 25 million reported cases, more than 150,000 hospitalizations due to serious complications

and more than 30,000 deaths annually.

According to the Navy Surgeon General Vice Adm. Adam M. Robinson Jr., immunization is one of the best ways to prevent the spread of seasonal influenza.

"Influenza is not the common cold," Robinson said. "It can be a severe to life-threatening disease and getting an annual flu vaccine immunization protects us from getting the disease or becoming severely ill. The seasonal flu vaccine not only helps protect vaccinated individuals, but also helps protect entire communities by preventing and reducing the spread of the disease."

Navy medical officials anticipate the supply of vaccine to Navy medical treatment facilities will arrive by late September and do not anticipate any availability issues like those experienced last fall.

This year's seasonal influenza vaccine contains three inactive virus components based on an estimate of the most prevalent strains for the upcoming season. The 2009 H1N1 pandemic strain is incorporated as one of the three 2010-2011 seasonal influenza vaccine components. New influenza strains with the potential to become pandemic have not yet been identified for 2010-2011 but the possibility remains that

a new virus strain could emerge, become a pandemic and require an additional influenza vaccine. The Armed Forces Health Surveillance Center will closely monitor the emergence of potential new virus strains.

"Let me assure you that the vaccine is safe, effective, and will be widely available beginning next month," Robinson said.

Robinson also states that all personnel and their family members can limit the effects of the seasonal and H1N1 flu by adopting some basic preventive health practices such as covering their mouth when they cough, washing hands often, and

avoiding touching your eyes, nose or mouth.

"Following these simple good practices will help us all stay healthy during this flu season," Robinson said.

For more information, NAVADMN 255/10 details the Navy's Influenza Vaccination and Reporting Policy and is located at <http://www.npc.navy.mil/NR/rdonlyres/C24F4F7E-721A-4DC4-8796-96EACD4F7DEA/0/NAV10255.txt>.

For more information about Navy Medicine, visit www.med.navy.mil

For more news from Navy Medicine, visit www.navy.mil/local/mednews/.

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MOC: Information hub for the bigger picture

By Airman 1st Class Anthony Jennings

36th Wing Public Affairs

From tracking maintenance records for historical purposes to ensuring information travels down the correct channels, the Maintenance Operations Center is an essential part of keeping aircraft flying.

The MOC here is responsible for tracking aircraft sorties and the maintenance status of deployed aircraft. Most Airmen working in the MOC here are deployed with their respective units.

"We are the liaison between the maintenance crews and back shops," said Tech. Sgt. Michael Welch, 36th MXS senior weapons controller supporting the 27th Fighter Squadron from Langley AFB, Va. "We're their middle man. We can reach out to the different departments who supply them with their needs so they don't have to spend all their time on the phone to get help."

The MOC is also responsible for maintenance data collection, an integral part of flightline aircraft maintenance. Until recent years, the Core Automated Maintenance System (CAMS) was the Air Force's primary means of data collection. CAMS is presently being phased out in favor of the Integrated Maintenance Data System.

"CAMS and IMDS are just the Air Force's way of tracking aircraft and when they break," Welch said. "The information is uploaded to a server and it can be filed and maintained for historical purposes so the commanders here and at PACAF

can look at it and put everything into the bigger picture. Maintainers 10 to 20 years from now will be able to pull records from today and get a fix rate on how long it takes to repair a specific problem on an aircraft."

In the event of a crisis or a situation that has the potential to become one, the MOC acts as the brainstem organization, getting the critical information where it is needed most.

"We also track in-flight and ground emergencies," Welch said. "We have to dispatch the proper emergency response teams quickly while getting the information to the commanders as soon as possible when a decision needs to be made. We make sure the right information is passed to the right people."

Before an Airman can work in the MOC they must be an NCO maintainer and completed all necessary upgrade training. Many volunteer for the position because of the unique mission and the chance to view the maintenance career field from a new perspective.

"It's the opportunity to see interesting bases with interesting missions," said Staff Sgt. Carl Payne, 36th Expeditionary Aircraft Maintenance Squadron. "I'm getting to see the other side of the maintenance world now. In our world, you really don't get to see much because you're on the grind every day. In the MOC you get to see how everything fits together and how each aspect of the career field compliments the others."



Controller: Staff Sgt. Roderick Mogote is a maintenance operations center (MOC) controller assigned to the 36th Maintenance Group. He volunteered for the position to expand his career as well as the opportunity to travel. His responsibilities as a MOC controller include communicating with all flightline personnel to other agencies such as sheet metal, petroleum oil and lubricants fuel, base operations, security forces and the fire department. They also keep them informed on all weather conditions and in-flight emergencies. The MOC controllers keep track of the status on all aircraft deployed here such as the KC-135 Stratotanker, F-22 Raptor, and B-52 Stratofortress. (U.S. Air Force photo by Airman 1st Class Anthony Jennings)

News Notes

Job Announcements

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

Naval Base Guam Firefighter

Employment Opportunities
Looking for a part time job?
36th Force Support Squadron

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

U.S. Naval Base Guam Gate Closure

The main gate of U.S. Naval Base Guam (NBG) will be temporarily closed for repairs through Sept. 14. Access around-the-clock for

authorized motorists will be through the NBG back gate in Agat. Access from 5:30 a.m.-7 p.m. Monday through Friday will be at X-Ray Wharf located behind the Navy Housing Office and the T. Stell Newman National Park Visitor Center. Electronic signs will be in place to provide traffic directions. Motorists should anticipate traffic congestion in the area.

Tarague Beach Summer Swimming Hours
Tarague Beach is currently open for swimming Thursdays

through Tuesdays 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.

Boonies Officers' Lounge to Re-Open in August
Boonies Officers' Lounge is re-opening this month. Details to come! All other areas within the Top of the Rock, i.e. Café Latte, Hightides, Catering, Cashier's Window and Administration Office will main-

tain normal hours of operation. For more information, call 366-6166.

Café Latte Coffee Club Membership
If you're an Air Force Club Member, you can join the Café Latte Coffee Club. When you join, you'll receive a coffee card. Have your card initialed for each coffee purchase; after you've made nine purchases, your 10th cup is free. Ask for your coffee card next time you visit. For more information, call 366-6166.

What are your home improvement projects?

Joint Region Edge asked its readers what they are doing to improve the look and function of their homes.



“So far, I’ve planted a plumeria tree and I have little wild flowers, pink and purple. I’m working on my grass because I have dry spots and I need to find little bushes to plant in my front yard. I beautify my home to make it feel like it’s my house and my home and to make it look nice on the outside.”

— Religious Program Specialist
3rd Class Priscilla Gonzalez
U.S. Naval Base Guam



“I need to finish landscaping my yard. I hope to sell my house soon and I want to make it more appealing to potential buyers.”

— Staff Sgt. Roderick Mogote
36th Maintenance Group



“I live at Lockwood (Housing) and I plant flowers, just about anything and everything outside. I get top soil and whatever I need at (Navy Exchange). If you make the house look a little nicer, I think that says something about who is living there. The homes might all look the same, but you can make it more personal.”

— Senior Chief Master-at-Arms (SW/AW) Kelly Hallmark
U.S. Naval Base Guam



“I’m creating a meditation and solace room for de-stressing after a long day at work. I should finish by the 28th, just in time to de-stress from the ORI.”

— Master Sgt. Mario DeNunno
36th Communications Squadron



“Just getting moved into my new place. I have to get it furnished and have all my stuff in place. I plan on being completely back in by the end of next month.”

— Staff Sgt. Brian Frost
36th Maintenance Squadron Armament Flight weapons crew chief



“My wife and I built a solarium outside of the house, so we’ve completely enclosed our yard. Also, we’ve completely finished fencing the yard. I think altogether we’ve spent \$15,000-\$18000 in labor materials. We also just built a concrete shed on the side of the house. We work a lot with the local contractors here, supporting the community, and at the same time improving our house and hopefully helping to improve the neighborhood.”

— Chief Gunner’s Mate (SW) Eric O’Neal
Explosive Ordnance Disposal Mobile Unit 5

Navy, Coast Guard renew lifesaving partnership

By Lt. j.g. Wade Thomson
 U.S. Coast Guard Sector Guam
 Public Affairs
 and Lt. j.g. Michael P. Yost
 U.S. Navy Helicopter Sea Combat
 Squadron 25 Public Affairs

Commanding officers from Coast Guard Sector Guam and Helicopter Sea Combat Squadron (HSC) 25 met Aug. 10, flanked by a Navy MH-60S helicopter and a Coast

Guard 25-foot Defender Class response boat to mark the renewal of an official agreement to conduct vital Search and Rescue operations in this remote region.

“HSC-25 is, hands down, our premier search and rescue partner, and we have many significant Search and Rescue partners, Guam Fire and Police Departments chief among them,” said Capt. Thomas Sparks, Coast Guard Sector Guam commander. “Sector Guam has a Search

and Rescue area of responsibility of nearly 2 million square nautical miles, and the closest Coast Guard aircraft are nearly 4,000 miles away. We would not be able to carry out our Search and Rescue responsibilities without the superb assistance of HSC-25, and I am very grateful to the U.S. Navy and HSC-25.”

The agreement was originally forged in 2006 and was re-established by Sparks and Cmdr. Benjamin Reynolds, HSC-25 com-

manding officer. The Memorandum of Understanding sets guidelines for the request and use of HSC-25 resources by Coast Guard Sector Guam to conduct Search and Rescue and other operations in and around Guam and the Commonwealth of the Northern Mariana Islands (CNMI).

With the Coast Guard’s nearest air assets based in Honolulu, HSC-25 helicopters and crews provide a valuable service that has supported

36 Search and Rescue cases in fiscal year 2010, on pace to surpass last year’s 38 cases in Guam and the CNMI.

The Coast Guard works closely with other federal and local emergency response agencies to save lives at sea and reminds the public to report emergencies by calling local authorities or contacting the Coast Guard 24 hours a day, island-wide, at its emergency phone number 564-USCG (8724).



Teamwork: Capt. Thomas Sparks, Coast Guard Sector Guam commander, and Cmdr. Benjamin Reynolds, Helicopter Sea Combat Squadron (HSC) 25 commanding officer, signed a renewed Memorandum of Understanding (MOU) Aug. 10 at the HSC-25 hangar on Andersen Air Force Base. The MOU sets guidelines for the request and use of HSC-25 resources by Coast Guard Sector Guam to conduct Search and Rescue and other operations in and around Guam and the Commonwealth of the Northern Mariana Islands. (U.S. Navy photo by Lt. j.g. Michael P. Yost)

Coast Guard strengthens partnership with Palau

By Lt. j.g. Wade Thomson
U.S. Coast Guard Sector Guam Public Affairs

U.S. Coast Guard Cutter Washington, staff from Coast Guard Sector Guam and the Republic of Palau participated in the fifth annual Exercise Sea Guardian July 26-30.

This is the second time Palau has hosted the event. In attendance were six Palau government agencies: Division of Marine Law Enforcement (DMLE), Customs, Immigration,

Department of Fish and Wildlife Protection, Criminal Investigation and Drug Enforcement (CID), and K-9 Unit officers.

The professional exchange was held at the DMLE headquarters and included topics such as vessel boarding procedures, safety inspections, Western and Central Pacific Fisheries Commission (WCPFC) high seas boarding and inspections, evidence gathering, statement writing, and case package preparation. Participants were given the opportunity

to apply what they learned in the classroom to a variety of mock boardings scenarios involving weapons, drugs and fisheries violations, and on the witness stand at Palau Supreme Court thanks to support from the Palau Attorney General's Office.

Overall, the scenarios were successful, reinforcing best practices of evidence gathering and the importance of conducting initial safety inspections for the safety of the team and those onboard.

"Such an exchange strengthens the ties between the Republic of Palau and (Sector) Guam, making the waters in between safer and works to preserve the fisheries that Palau's economy relies heavily upon," said Lt. Steve Olivera, the lead coordinator of Exercise Sea Guardian from Sector Guam.

The Coast Guard's mission in Palau was twofold. Along with Exercise Sea Guardian, the U.S. Navy's humanitarian aid mission Pacific Partnership drew support

from members of Washington. Nearly half the crew participated in a variety of community relations projects, including medical and dental Civic Action Programs (CAP) and general repair and painting projects at Malekeok and Ngchesar Elementary Schools. Washington crew also repainted the lines of a community basketball court and assisted with the intake of patients, recording vitals and directing the hundreds of people that arrived daily for basic medical and dental needs.



Force Techniques: Lt. j.g. Justin Valentino demonstrates Coast Guard use of force techniques to participants of Exercise Sea Guardian, a multi-national and multi-agency joint training mission between the Coast Guard and agencies of Palau's Ministry of Justice July 30. (U.S. Coast Guard photo by Ensign Richard Russell)



Getting to Shore: Coast Guard Cutter Washington approaches the commercial pier in Koror, Palau to participate in Exercise Sea Guardian, a multi-national and multi-agency exchange between the Coast Guard and agencies of Palau's Ministry of Justice. (U.S. Coast Guard photo by Lt. j.g. Justin Valentino)

Women's Equality Day: Celebrating women's right to vote

By Chief Master-at-Arms
Timothy Wilson

U.S. Naval Base Guam Command
Equal Employment Opportunity Officer

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President Jimmy Carter designated Aug. 26 as Women's Equality Day in 1971. Since then, Americans have used that date each year for special recognition of women's struggle for equal rights. The theme for this year's Women's Equality Day is "Celebrating Women's Right to Vote."

Aug. 26 also commemorates the

passage of the 19th Amendment, the Woman Suffrage Amendment to the U.S. Constitution, which gave U.S. women full voting rights in 1920.

The celebration of the 19th Amendment on Women's Equality Day is important because the suffrage movement set in motion a mindset that not only gave women the right to vote but also opened a floodgate that would eventually lead to equal rights for women.

The first American women's rights convention was held in July

1848 at Seneca Falls, N.Y., to discuss the social, civil, religious condition and rights of women. More than 300 women and men attended the convention. Overall, 68 women and 32 men signed the Declaration of Sentiments, the statement that listed the rights of women.

In 1872, Susan B. Anthony stepped forward to challenge the policies that forbade women from voting in presidential elections. She was the co-founder of the National Woman Suffrage Association and was arrested and tried for attempt-

ing to vote. Her crusade included more than 75 speeches per year for more than 45 years.

In 1890, Wyoming became the first state to allow women to vote. Eight states followed suit and then, 72 years after that first women's rights convention, the ratification of the 19th amendment extended the vote to all eligible women in the United States. During that time, many individuals crusaded for women's right to vote before victory finally came in the form of a constitutional amendment.

The 19th Amendment, also referred to as the Susan B. Anthony Amendment, states: "The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of sex.

As Americans observe Women's Equality Day, we recognize past and present struggles and accomplishments of all women in all aspects of our country.

For more information, visit the National Women's History Project website at <http://www.nwhp.org/>.

Navy iTunes app released for iPhone

By Mass Communication
Specialist 2nd Class (SCW)
Michael B. Lavender

Commander, Navy Recruiting
Command Public Affairs

The Navy released the "America's Navy" app for the iPhone and iPod Touch the week of Aug. 12.

The app is available to download for free through the iTunes App Store or the Navy's recruiting website, Navy.com.

"With the new generation of youth and advancements in social media, we believe that the application will be of great use for our recruiting efforts," said Lt. Cmdr. Garth Gimmestad, Navy Recruiting Command's (NRC) director of Marketing Plans Division. "This application will allow us to transmit data to a customer who desires information immediately. With the new generation that wants instant gratification for information, we'll now be able to cater to them through this technology medium."

The application will bring a host of information about the Navy, including job descriptions, career information, videos, photos and the latest news from Navy.mil.

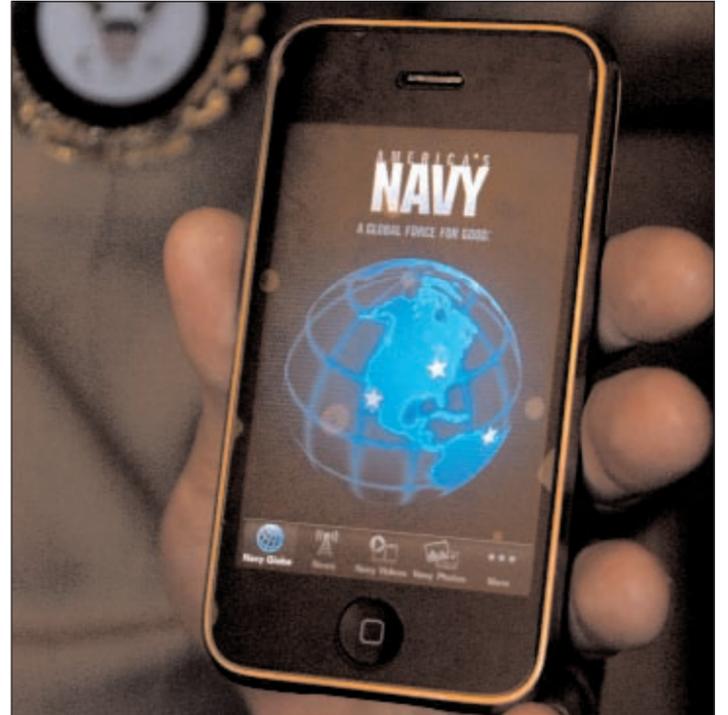
"This is meant to provide Navy's

multiple and varied audiences the opportunity to learn more about, and engage with the U.S. Navy in an informative and entertaining, not to mention convenient, manner," said Gimmestad. "Not only can someone look up information about the Navy, but they can even locate a recruiter in their area as well."

"NRC, along with our independent advertising agency, Campbell E-Wald, developed and launched the application through a variety of social media sites, including Facebook, Navy.com, the 'Navy for Moms' website and Twitter," explained Gimmestad. "We'll be able to enhance our capabilities to effectively communicate with a technologically savvy population."

NRC consists of a command headquarters, two Navy recruiting regions and 26 Navy recruiting districts, which serve hundreds of recruiting stations across the country. NRC's mission is to recruit the best men and women for America's Navy to accomplish today's missions and meet tomorrow's challenges.

For more news from Commander, Navy Recruiting Command, visit www.navy.mil/local/cnrc/.



Navy App: The Navy has released the America's Navy app for the iPhone and iPod Touch, which is available to download for free through the iTunes App Store or the Navy's recruiting website, www.navy.com. The application was developed through Navy Recruiting Command and Campbell E-Wald and released this week. (U.S. Navy photo by Mass Communication Specialist 2nd Class Michael B. Lavender)

In case of disaster, Navy families need to muster

By Lt. Roland Clark

Joint Region Marianas Staff Meteorologist

In the past two months, I've been sharing lots of facts and figures about Guam's tropical cyclone threat and the risks to be aware of regarding storm surge, rip tides and high winds. I hope that by now you have made a plan for yourself and your family and have a typhoon-ready kit that is packed with essentials you will need when power and water is not available. For this final article, let's look at two important things everyone in the Navy family — active duty, reserves, retired, civil service and contractors — should do following the passage of a typhoon or other major natural disaster.

Here's a great explanation from Commander, Navy Installations Command (CNIC): There are two things Navy families should do immediately following a declared disaster — muster with their command and complete a needs assessment with the Navy Family Accountability and Assessment System (NFAAS).

"Mustering and NFAAS should be household terms," said Fleet and Family Readiness Community Alliance Program Manager Meg Falk. "Service members must ensure their family knows the command's muster procedures in case they are not together during a disaster."

All commands are responsible for implementing and administering muster procedures for determining the status and whereabouts of Navy personnel following a catastrophic event.

After a catastrophic event, all Navy personnel deployed to or working within the affected geographic area of interest (GAOI) are required to personally check in either in person or by phone with their command at the first available

opportunity.

If the service member is deployed, on temporary additional duty, or on individual augmentee assignment outside of the GAOI, and has left a family within the affected area, the family should muster with the service member's command.

It is equally important for the service member or family member to do a Needs Assessment in NFAAS following a disaster.

"If they have needs, the Navy has resources that can come to bear to support families who have suffered a loss during an emergency," said Falk.

NFAAS is a survey tool to assess disaster-related needs of the Navy family. The system allows families to assess 19 categories, including medical, missing family locator, transportation, housing and personal property, financial, employment, child care, education, legal services, counseling, and mortuary and funeral assistance.

"Navy leadership is sincerely concerned for our Navy personnel and their family members in an area affected by disasters and catastrophic events," said Commander, Navy Installations Command Vice Adm. Michael Vitale. "NFAAS allows us to provide the Navy family with continued support through the recovery phase."

NFAAS was developed by Task Force Navy Family following the major hurricane season of 2005. The task force identified the need for a single reporting system for Navy family members to inform the Navy regarding their status and needs after a declared emergency or catastrophic event.

NFAAS is a Web-based application used in conjunction with, or independently of, the BUPERS online (BOL) disaster muster tool

(DMT). BOL DMT is an online mustering tool for commands to account for active duty, selected Reserve, and DOD civilian (appropriated and non-appropriated fund) employees and their family members.

Personnel mustered through BOL DMT may go directly to the NFAAS website to assess their needs. Family members will need their sponsor's Social Security number and date of birth to access the site.

NFAAS can also be utilized by retirees and contractors and their family members (excluding foreign nationals OCONUS). These members of the Navy family should visit their local Fleet and Family Support Center (FFSC) for their initial NFAAS assessment. Once in the system, they may update their status online as it changes until they are assigned a case manager. Once a case manager is assigned, they become the Navy family member's single point of contact to update the status of their needs.

Connectivity may be a challenge following a disaster. If Internet and transportation are not available, personnel and families in the affected area may contact the Emergency Call Center at 877-414-5358 (the TDD number is 866-297-1971) to assess their needs.

"I encourage everyone to visit the NFAAS website at www.NavyFamily.navy.mil within 72 hours of mustering with their command for additional information and support," said Conway. "We have the ability to respond rapidly to a family that indicates in NFAAS they have an emergent need after a disaster."

If disaster-related needs are identified, a case manager from a FFSC will be assigned to the case. The case manager will contact the Navy family member to assist with all of

the family's needs, from the urgent to the informational.

All information provided during the assessment is confidential. Details of the assessment will not be provided to the service member's chain of command or anyone outside the case management team without the provider's approval. Commands will only receive general needs data (e.g., 325 command personnel need temporary housing) to ensure resources and policies are in place to support Navy families.

"Family readiness is critical to Sailor readiness," said Falk. "If you have Navy personnel whose family has suffered a loss, they are going to be preoccupied with getting their family back to a stable state. They will not be focused on the mission. Family readiness means that families know what to do in the aftermath of a disaster, whether the service member is there or not."

Following the 2005 hurricane season, more than 7,400 cases were reported in the NFAAS. The biggest two issues were housing and finances, said Falk.

Case managers were able to work on behalf of those affected families by connecting them to internal Navy resources and external resources such as those provided by the Federal Emergency Management Agency and the Red Cross.

Falk said that the NFAAS has taken what the Navy has learned over the years about responding to other kinds of disasters and emergencies and raised its response to a new level. A case manager works with an individual or family from the beginning, tracking their history, updating their status, and stays with them until all of their issues are resolved.

"Never before has one-on-one, long-term support been there in the

same way we are able to do it now," said Falk. "NFAAS is the new gold standard for disaster response and recovery, and it is a profound statement of Navy organizational loyalty to its people."

This article is the final in a series on education, awareness, and tips to help you and your families 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.

NOSC Guam supports Reservists

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

Joint Region Edge Staff

When U.S. Navy Reservists in the western Pacific are called upon to mobilize, they can stand confident, knowing that Navy Operational Support Center (NOSC) Guam will be there to help them every step of the way.

According to Cmdr. John Montilla, commanding officer, NOSC Guam, Reservists play a critical role in supporting the nation and carrying out the Navy's mission.

"Currently 24 percent of NOSC Guam's Selected Reservists are mobilized," he said. "They deploy to areas such as Afghanistan, Iraq and Kuwait to support a mission or get

the area prepared before active duty Sailors arrive. Reservists act in many capacities such as security forces, Seabees constructing buildings, roads, water systems, and countless other jobs."

Montilla added that it's important that there are NOSC facilities available to help the Reservists with all the requirements inherent to the mobilization process.

"We ensure that our deploying Sailors have met administrative and medical readiness requirements prior to traveling abroad," he said. "We also provide guidance on where to go for other administrative, legal, financial, morale, health, and welfare support."

Reservists who are selected for Individual Augmentee (IA) duty are ordered to a NOSC to complete their

screenings.

"We cover a large area of responsibility, which includes [U.S. Pacific Command] and [U.S. Central Command]," said Yeoman 1st Class (SW/AW) Vincent Estrada, NOSC Guam leading petty officer. "We deal not only with Reservists in Guam, but also in places such as Japan, and all the way to American Samoa, which is much closer to Hawaii than Guam."

Estrada said that even though many Reservists may reside far away from Guam, the NOSC is never more than a phone call away.

"I've been on the phone with a Reservist at 3 a.m. Guam time, in order to ensure that their paperwork is in order, or their medical screening is accomplished," he said. "The NOSC is here to support them with

anything they need, no matter what time it is."

NOSC Guam directs deploying Reservists on what paperwork needs to get done, and where they can go to get the appropriate screenings and signatures. This includes medical screenings, security clearances, physical readiness assessments, and required training. The NOSC can also put Reservists in touch with the right people to solve legal issues and ensure family readiness.

"We want to make sure that the Reservists have all their requirements completed before deployment, so there's no reason they will be rejected for their IA," Estrada said. "And if they have legal or family issues, we'll help with those too, if we can. We don't want anyone deploying and worrying about

what's going on back at home."

The mission of the U.S. Navy Reserve is to provide mission-capable units and individuals to the Navy, Marine Corps Team throughout the full range of operations from peace to war. In today's environment this mandate takes on added meaning and responsibilities as the Navy Reserve is called on to play an increasingly active role in the day-to-day planning and operational requirements of the active Navy. The Navy Reserve represents 20 percent of the Navy's total assets and is a significant force multiplier the fleet must have to meet its growing global commitments.

For more information on NOSC Guam, visit the command website at <https://www.navyreserve.navy.mil/ech5/69434/Pages/default.aspx>

GHS graduates win \$1,500 scholarships

By Oyaol Ngrairikl
Joint Region Edge Staff

Guam High School (GHS) graduates, Johanna Jorgensen and William Tomlinson, were each awarded \$1,500 from the Scholarships for Military Children Program, according to a July 14 press release.

The Scholarships for Military Children Program is sponsored by Defense Commissary Agency (DeCA). The scholarship program was created in recognition of the contributions of military families to the readiness of the fighting force and to celebrate the role of the commissary in the mili-



Jorgensen

tary family community.

The Scholarships for Military Children Program was initiated in 2000 to award scholarships to graduating high school seniors or college-enrolled students. The scholarship program is open to qualified sons and daughters of members of the U.S. Armed Services including active duty, retirees, guard/reserves as well as children of deceased military personnel.

Jorgensen graduated from GHS in 2008 and began her college studies later that year at University of North Florida (UNF). While on Guam, she was involved in the student body association and cross country team as well as other school activities. She was also a frequent volunteer at Guam Animals In Need, a local nonprofit animal shelter, and other community organizations. At UNF, she's been named a Florida Academic Scholar and is a volunteer at the Jacksonville Zoo.

Tomlinson, who graduated this year, plans to attend James Madison University this fall. He was a member of the National Honor Society, the football and track teams, a church altar server and a volunteer at various community clean-up events.



Tomlinson

Applicants for the 2010 program were required to maintain a minimum 3.0 grade point average, participate in voluntary school and community activities, demonstrate leadership qualities, and write an essay on "You can travel back in time, however, you cannot change events. What point in history would you visit and why?"

The Fisher House Foundation ad-

ministers the Scholarships for Military Children Program through Scholarship Managers, a professional scholarship management services organization.

The level of competition for the scholarships is keen.

"The cumulative GPA remains in the 3.7 to 3.9 range," said Bernard Cote, Scholarship Managers president states in the release. "As in all prior years, the caliber of the applicants to the 'Scholarship for Military Children Program' continues to be a step above those students who apply to the many other scholarship programs we administer."

The scholarship provides for payment of tuition, books, lab fees and other education-related expenses. Applications can be found online at www.militaryscholar.org and are turned in at DeCA stores. Guam has two DeCA stores, one on Andersen Air Force Base and the other on U.S. Naval Base Guam.

Andersen Elementary welcomes new principal

By Airman Whitney Amstutz
36th Wing Public Affairs

"As a young child I remember sitting on my front porch teaching an imaginary class," said Willette Home-Barnes, Andersen Elementary School's (AES) new principal, as she reflected on what led her to become an educator.

Home-Barnes has been enriching the lives of students and teachers in the United States and Pacific for three decades.

"I have been an educator since 1980," Home-Barnes said. "Twenty-five of those years were spent in the classroom, helping students learn and explore new avenues of creativity on a daily basis. There is nothing like watching a child discover something for the first time and I truly feel that this is the job I was meant to do."

Joining Team Andersen from her most recent position as an assistant principal at Kinnick High School in Yokosuka, Japan, Home-Barnes said she is optimistic about her new responsibilities.

"I am passionate about giving the very best of myself in every job that I undertake," Home-Barnes said. "As an instructor I was devoted to the idea that every child deserves an excellent teacher. Now, as an administrator, I have the opportunity to help mold teachers that embody this idea."



Home-Barnes

As the 2010-2011 school year approaches, Home-Barnes said she is preparing to improve student-teacher relations as well as shift AES academics into high gear.

"I am very excited to build trust among the staff," Home-Barnes said. "I want to establish a positive school culture in which the students can be themselves and feel free to ask any questions they might have. Also, I plan to incorporate routine formative assessments into the curriculum as a way to make sure each child is getting attention in the areas they need it most. The programs are always most effective when there is open communication and collaboration among the staff."

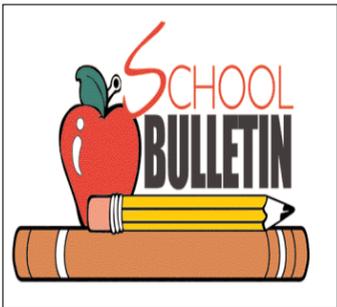
Members of the AES staff are also excited to work with the new principal.

"I am looking forward to working with Mrs. Home-Barnes," said

Art Flores, who has been the assistant principal at AES for the past two years. "She is meeting with key personnel and letting us know her expectations and style of leadership. She seems like a very caring person and she listens intently to input from others. She has already met with parents and is working on building a positive rapport. It is obvious that she is a wonderful communicator."

Like a true member of Team Andersen, Home-Barnes maintains a positive outlook on the future and is anxious to get to work.

"I am very happy to be a part of the Andersen Air Force Base family," Home-Barnes said. "I will do everything I can to uphold the attitude of excellence here and I look forward to getting to know the faculty and students of Andersen Elementary."



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.

Guam Navy Homeschool Support Group

Navy families who are interested in home schooling their children can e-mail Guam Navy Homeschool coordinator Christine Duplissey at christine_duplissey@yahoo.com or call 564-3360.

Andersen Homeschool Support Group

Andersen Air Force Base families who are home schooling their children can learn more about the group by visiting <http://groups.yahoo.com/group/AndersenHomeSchoolSupportGroup>. For more information, call Belinda Whittington at 653-4991.

Department of Defense Education Activity

School bus schedule and bus passes
Parents can call their children's respective schools for information about bus passes or the bus schedule.

School Lunch Program Application

The U.S. Department of Agriculture (USDA) National School Lunch program is authorized under the Child Nutrition Act. This Act establishes the income eligibility guidelines for all federal child nutri-

tion programs. The reauthorization if this act is still pending Congressional approval. In the meantime, USDA Guam was granted a waiver to move forward with applications using income guidelines from 2009. Free and reduced lunch income eligibility guidelines can be accessed on the USDA website: <http://www.fns.usda.gov/cnd/governance/notices/iegs/iegs.htm>.

Applications are now available at all schools and the district office. For more information, call Leslie Nolan, Student Meal Program manager at 344-9582.

Andersen Elementary School

School office is open Monday-Friday from 8 a.m.-4 p.m. Families new to the island are encouraged to register new students at their earliest convenience.

Orientation Dates
Aug. 23, 9 a.m. and 11 a.m.: New parent orientation, pre-kindergarten to second grade
Aug. 24, noon and 2 p.m.: New

parent orientation, third to fifth grade
Orientation will be held at the school's Dolphin Theater.

Andersen Middle School

School officials are reminding parents to register new students or to ensure all information is updated. Office hours are Monday-Friday from 7 a.m.-4 p.m.

Commander William C. McCool Elementary/Middle School

Aug. 27, 1 p.m.: Kindergarten orientation with school tour to follow

Guam High School

Orientation is aimed for new families though all parents and students are also welcome to attend. Orientation will be held at the school cafeteria at the following dates and times:
Aug. 23, 9 a.m.: 10th to 12th grade

Protestant VBS strengthens faith, relationships

By Oyaol Ngrairikl

Joint Region Edge Staff

Children on U.S. Naval Base Guam (NBG) and Andersen Air Force Base (AFB) had a chance to strengthen friendships and their Protestant faith at Vacation Bible School (VBS) on their respective bases Aug. 9-13.

During the program, themed "High Seas Expedition," children learned songs and participated in skits and class discussions.

The program, for children ages

4-11, was aimed at promoting relationships, said Terri Welay, Andersen AFB Protestant religious education coordinator

"We sing; we play games, do crafts and make treats — all the fun stuff that makes summer programs a great time," she said. "But we also aim to help children learn more about the Christian faith, build a relationship with Jesus and build relationships with their peers."

Welay said that like the myriad of military programs that promote quality of life, chapels help build a

family within a community.

"In the military, we have our larger base community, but through the chapels we build and strengthen ties with others who share our faith," she said. "Those relationships really help make Andersen AFB a home away from home. If I were back home and my husband had to deploy, I'd have family members who I could turn to for support. But because we're so far from home, my church family helps to fill that void."

Lt. Gale White, an NBG staff chaplain, said VBS also helps cre-

ate a family for children. The NBG program catered to children ages 5-12.

"It can be tough for kids when their moms or dads have to deploy," she said. "In a church community, you have adults and other children who can step in and provide that mentorship, be that other shoulder to lean on."

White said those relationships also helps service members focus on their mission when they're away from home.

"As a Sailor or an Airman, you

need to be focused on the mission at hand, but it's inevitable that you'd worry about your spouse and your children," White said. "But knowing that they have the support of fellow church members — and these are people who have your same values — it provides a sense of well-being."

For more information about Andersen AFB Chapel and its programs, call 366-3717.

For more information about NBG Chapel and its programs, call 339-2126.



Making Learning Fun: Lt. James Ruttan, a U.S. Naval Base Guam (NBG) staff chaplain, dressed as a captain of a Roman ship, addresses his crew during Protestant Vacation Bible School (VBS) at NBG Chapel Aug. 11. The VBS program, themed "High Seas Adventure," was held at both NBG and Andersen Air Force Base Aug. 9-13. The goal of the program is to teach children Christian morals and values through stories, songs and other activities. (U.S. Navy photo by Jesse Leon Guerrero)



Vacation Snacks: Children enjoy their "snakes on an island" snacks during Protestant Vacation Bible School (VBS) at U.S. Naval Base Guam Chapel Aug. 11. The VBS program, themed "High Seas Adventure," was held at both NBG and Andersen Air Force Base Aug. 9-13. The goal of the program is to teach children Christian values through stories, songs and other activities. (U.S. Navy photo by Oyaol Ngrairikl)



Food and Fellowship: Children enjoy their "snakes on an island" snacks during Protestant Vacation Bible School (VBS) at U.S. Naval Base Guam Chapel Aug. 11. The VBS program, themed "High Seas Adventure," was held at both NBG and Andersen Air Force Base Aug. 9-13. The goal of the program is to teach children Christian values through stories, songs and other activities. (U.S. Navy photo by Oyaol Ngrairikl)

Flame Tree blooms from love, sorrow

By Jesse Leon Guerrero

Joint Region Edge Staff

Through years of oral tradition, Chamorros have shared life lessons and explanations of the world with each other. The legend of the flame tree, called tronkon atbot (trung-kun at-büt) in Chamorro, is one of those stories that both entertains and speaks about the history of the island.

No one knows when this legend originated, but it resembles William Shakespeare's "Romeo and Juliet." Like that classic love story, a young woman and a young man discover their love for each other despite conflicts between their families.

In the local tale, the relationship began when the young woman met the young man while praying at church. Since their families resented each other because of a land dispute, the two were forbidden to see each other.

The young woman's brothers took it as their duty to prevent them from continuing their relationship. The young woman disregarded these attempts and she and the young man secretly passed messages to each other whenever they could. Eventually, their friendship turned to love and they began speaking to each other through a hole in the garden wall at her house.

These meetings, with the young woman on one side of the wall and the young man on the other, were not enough for them, so they made



Lovers' Tree: A blooming flame tree provides shade at the Padre Palomo Park in Hagatna Aug. 11. Also known as royal poinciana, these trees grow in the wild, while also decorating gardens, homes, churches and government property. (U.S. Navy photo by Jesse Leon Guerrero)

plans to leave their homes under the dark of night and be together.

Wearing a white scarf, called a mantiya (man-tee-dzuh) in Chamorro, the young woman went early to the meeting place. Her brothers suspected the lovers' plans and hid by a nearby bridge to defend her hon-

or. In the darkness, the brothers slashed wildly with their machetes when they were startled by a commotion. Fleeing in terror, the brothers never realized they had struck a babuen halom tano (ba-bwen hä-lum tä-no), or wild pig in English.

The wounded pig also frightened

the young woman away and tore apart her mantiya, which had fallen on the ground. When the young man arrived at the meeting place, he only found ripped pieces of cloth smeared with blood. Not knowing what had happened, the young man believed the young woman had been

Did You Know

The flame tree, also known as royal poinciana, is native to Madagascar and belongs to the species *Delonix regia*. It can grow more than 20 feet tall and carries small fern-like leaflets similar to the Chamorro bush called tangantangan. In addition to its bright red flowers, the flame tree is distinguishable by the foot-long bean pods it bears as inedible fruit. White and black moth caterpillars called flame tree loopers are especially attracted to the flame tree's leaves.

killed. In his despair and guilt for convincing the young woman to leave her family, the young man plunged his knife into his chest.

When the young woman returned, she found her lover dying at the foot of a tree blossoming with white flowers. She wept and held him close as he drew his last breath.

Not wanting to live without him, the young woman prayed beneath the tree and then took her own life.

The next day both families found the two lovers at the foot of the tree, which had turned red with a bloom of new, flame-like flowers. Whether the flowers had changed color because of the lovers' blood on the ground or the color represents the families' shame and regret, flame trees add a distinct beauty to Guam's landscape.

Puntan and Fu'una: Guam's creation story

By Jesse Leon Guerrero

Joint Region Edge Staff

People of virtually every culture have a creation story, which helped them to understand their place in the world. The Chamorro creation story is contained in a legend that involves two supernatural beings, Puntan (Pün-tän) and Fu'una (Fü'-ü-nä), brother and sister, who created our world.

According to the story, Puntan was powerful but unsatisfied with the emptiness at the beginning of time. Puntan decided to sacrifice himself in order to make a lasting change, so he instructed Fu'una to take apart his body and craft heaven.

One eye turned into the sun, while Puntan's second eye became the moon. Fu'una used Puntan's body to mold land and his chest rose as the sky, covering the earth. Her brother's eyebrows formed rainbows.

Fu'una admired all they had created, but the silence around her showed that their work was not yet complete. She used her spirit to infuse the universe with life, so the sun and the moon shone brightly over the blossoming flowers and creatures exploring their surroundings.

With everything moving and struggling through existence, Fu'una wanted to give more of herself. Fu'una decided to create men and women to represent her and her brother throughout the world.

Fu'una leapt into the ocean and used the water and land to build a giant stone for her task. Mixed with the power of Fu'una's spirit, men and women emerged from the stone.

Today, that stone is believed to be a limestone rock standing in a bay at the southern village of Umatac. Local residents call it Fouha (Fü-hä) Rock and it is also known as Puntan Rock.



Standing Tall: Covered at its top by bushes and other vegetation, Fouha Rock stands tall at the shores of Fouha Bay in the village of Umatac Aug. 15. Chamorro legend refers to Fouha Rock as the place where men and women were first brought forth into existence by Fu'una, a supernatural being who infused the rock with her spirit. Guam residents and tourists can enjoy a scenic view of Fouha Rock and its surrounding area from the top of Fort Nuestra de la Soledad, a Spanish fort built in 1810. (U.S. Navy photo by Jesse Leon Guerrero)

FREE 9-Ball Tourney

Aug. 26, 7- 8 p.m. at Single Sailor Sanctuary on U.S. Naval Base Guam. Open to all active-duty single Sailors and active-duty geo bachelors. For more information, call 564-2280.

Welcome to Guam Orientation & Island Tour

Service members and government employees new to the island are invited to attend the two-day class with their families. Day one, Aug. 26, will include presentations from quality of life agency representatives at Bldg. 4 on U.S. Naval Base Guam (NBG). Day two, Aug. 27, will include a tour of the island. Start time on both days is 8 a.m. For more information or to register, call Fleet and Family Support Center at 333-2056/57.

Agat Fiesta

Take a trip to Agat and enjoy their annual fiesta. Meet at Single Sailor Sanctuary Aug. 29. Van leaves at 11:30 a.m. Open to active-duty single Sailors and active-duty geo bachelors. For more information, call 564-2280.

Image Makers

U.S. Naval Base Guam Teen Center and Youth Center offers photography classes every Monday, 3-4 p.m. For more information, call 339-6130.

Texas Hold'em

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

Story Time

The Andersen Air Force Base Library has story time every Wednesday at 10:30 a.m. and 3 p.m. There will also be crafts and other fun activities. For more information, call 366-4291.

Bring the children for story time at the U.S. Naval Base Guam Library every Wednesday at 3:30 p.m. In addition to great stories, there will be crafts and other fun activities. For more information, call 564-1836.

Free Golf Clinic

Learn the fundamentals of golf every Saturday and Sunday, 9-10 a.m. at Admiral Nimitz Golf Course in Radio Barrigada. No need to register. For more information, call 344-5838.

UNDER \$10 Hike & Snorkel NCTS Haputo Beach

Rated medium. Meet at Rec-N-Crew on U.S. Naval Base Guam Aug. 26, 8:15 a.m. Cost is \$5 per adult and \$3 for children ages 5-12. Deadline to sign up is Aug. 25, 1 p.m. 564-1826.

Tarzan Falls Hike

Meet at Outdoor Recreation on Andersen Air Force Base Aug. 28, 7:45 a.m. Fee is \$5 per person. Difficulty rating is moderately difficult due to the downhill terrain to the falls and the uphill return. Wear sturdy shoes, bring lots of water, energy snacks, and your camera. Minimum age is 12. For more information, call 366-5197.

Hike Geus River & Mount Finansanta

Rated very difficult. Meet at Rec-N-Crew on U.S. Naval Base Guam Aug. 28, 8:15 a.m. Fee is \$5 per person. Minimum age is 12. Sign up deadline is Aug. 27, 1 p.m. For more information, call 564-1826.

Gef Pago Trip

Meet at Silver Dolphin on U.S. Naval Base Guam Ordnance Annex Aug. 29. Navy Morale, Welfare and Recreation van departs 10 a.m. Cost is \$7 per person. For more information, call 349-9128/ 564-2280.

Game Time Sports Grill

Begin or end your day with a delightful meal at Game Time Sports Grill. The overlook of the golf course offers a relaxing atmosphere for breakfast, lunch or dinner. Breakfast specials are served daily ranging from \$4.50-\$5.50. Breakfast hours are 6-10:30 a.m. Lunch specials are also served daily and are only \$6.95 with fountain soda. Lunch hours are 10:30 a.m.-3 p.m. Also enjoy 18 holes of golf and a lunch package available at the Pro Shop for \$46 per person. For more information, call 344-5838 or 734-2155.

Breakfast at Top of the Rock

Starts below \$10. Breakfast hours are Monday-Friday, 6:30-9:30 a.m.; Saturday-Sunday, 7:30-9:30 a.m. For more information, call 366-6166.

2 for 1 at Gecko Lanes

Get two games for the price of one and have twice the fun Monday-Saturday, 6-10 p.m. For more information, call 366-5085.

Fajita Dinner at Café Latte

Fajita Dinner is every Tuesday, 5:30-7:30 p.m. Base price for adults' dinner is \$2.95, and \$1.50 for children ages 6-12. All condiments are 75 cents per ounce. For more information, call 366-6166.

Mongolian BBQ at Café Latte

Mongolian Dinner is every Wednesday, 5:30-7:30 p.m. Base price of \$2.95 for adults and \$1.50 for children ages 6-12. All condiments are 75 cents per ounce. Mongolian BBQ is also available for take out. For more information, call 366-6166.

\$10 AND UP Basic Crochet Workshop

Interested participants can call Andersen Air Force Base Arts & Crafts Center to register for the class which will be held Aug. 18, 1-3 p.m. Fee is \$25 per person and includes two days of instruction. To register or for more information, call 366-4248.

Willie's Beachside Jazzy Sundays

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

Orote Point Lanes Family Deal

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

Lunch at the Rock

Got a big appetite? Grab your friends and enjoy the tantalizing Smoker Menu, which features dishes like St. Louis ribs served with our own fried bread and honey butter, pulled pork sandwich, brisket quesadilla with all the extras, and a hickory chicken Caesar salad. Want a lighter lunch? Feast on the soup and salad bar for only \$6.95. Hours of operation: Monday-Friday, 10:30 a.m.-1:30 p.m.; Saturday-Sunday, 10:30 a.m.-12:30 p.m. For more information, call 366-6166.

Clipper Landing

Savor the flavor of our delicious entrees as you enjoy a spectacular view of Sumay Cove Marina. Hours of operation are Wednesday and Thursday, 11 a.m.-1:30 p.m.; Friday, 11 a.m.-1:30 p.m. and 4-9 p.m.; Saturday and Sunday, 11 a.m.-9 p.m. For more information, call 564-1857.

Mongolian BBQ Thursdays at Top O' the Mar

Every Thursday, 6-9 p.m. Cost is \$17.95 for adults and \$9.95 for children ages 5-11. Active-duty military receive a 20 percent discount and all other military ID holders and CAC card holders get 10 percent off. For more information, call 472-4606.

Sunday Brunch at Top O' the Mar

Enjoy a great meal and a spectacular view Sundays, 10:30 a.m.-1:30 p.m. Cost is \$20.95 for adults and \$11.95 for children, ages 5-11. Active-duty military get a 20 percent discount and all other military ID holders and CAC card holders get 10 percent off. For more information, call 472-4606.

Member Special at Palm Tree Golf Course

Every Tuesday, 7 a.m.-6 p.m., ride 18 holes for the 9-hole cart rate of \$8. For more information, call 366-4653

Wing Night

Wing Nights are held in Café Latte at Top of the Rock on Andersen Air Force Base every Thursday from 5:30-7:30 p.m. For more information, call 366-6166.



FRIDAY, AUG. 20

7 p.m.: Despicable Me • PG

SATURDAY, AUG. 21

2 p.m.: Despicable Me • PG

7 p.m.: Inception • PG-13

SUNDAY, AUG. 22

7 p.m.: Inception • PG

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



FRIDAY, AUG. 20

7 p.m.: The Sorcerer's Apprentice • PG

9:30 p.m.: Knight and Day • PG-13

SATURDAY, AUG. 21

2 p.m.: Toy Story 3 • G

3:30 p.m.: The Twilight Saga: Eclipse • PG-13

7 p.m.: Grown Ups • PG-13

SUNDAY, AUG. 22

1 p.m.: The Last Airbender • PG

3:30 p.m.: Inception • PG-13

7 p.m.: Splice • PG-13

MONDAY, AUG. 23

3 p.m.: The Sorcerer's Apprentice • PG

TUESDAY, AUG. 24

3 p.m.: The Last Airbender • PG

WEDNESDAY, AUG. 25

3 p.m.: The Karate Kid • PG

THURSDAY, AUG. 26

3 p.m.: Toy Story 3 • G

The schedule is subject to change due to circumstances beyond the theater's control. **The Big Screen Theater hotline is 564-1831 or visit mwrguam.com.**

(Source: Navy Morale, Welfare and Recreation Office)

Chapel Schedule

Naval Base Guam

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

Roman Catholic Mass

Weekday Mass: Monday, Tuesday, Wednesday, Friday, 11:40 a.m.

Saturday Vigil Mass: 5:30 p.m.

Sunday Mass: 9:30 a.m.

Holy Day of Obligation: 11:40 a.m. and 5:30 p.m.

Sacrament of Reconciliation: Saturday, 5 p.m. and Sunday, 8:30 a.m.

Protestant Worship Service

Sunday Service: Traditional Service: 8 a.m.

Contemporary Service: 11 a.m.

Women's Bible Studies: Monday, 9:30 a.m.

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

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

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

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

Jewish Shabbat

Friday, 6:30 p.m.

Naval Hospital Guam

Roman Catholic Mass: Monday-Friday, 11:30 a.m.

Chapel of Hope: Sunday, 9 a.m.

Andersen Air Force Base

Roman Catholic Mass (Chapel 1)

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

Saturday Mass: 5 p.m.

Sunday Mass: 9:30 a.m.

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

Catholic Women's Group: First and third Wednesday of the month, 7 p.m.

Catholic Youth: Second and third Wednesday of the month, 6 p.m.

Choir Practice: Sunday, 8-9 a.m.

Protestant Worship Service (Chapel 2)

Praise Service: Sunday, 9 a.m.

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

Protestant Women's Group: Second Monday of each month, 6:30 p.m.

Protestant Men's Group: Wednesday, 7 p.m.

Protestant Young Adults: Thursday, 7 p.m.

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

Andersen Air Force Base: 366-6139

U.S. Naval Base Guam: 339-2126

U.S. Naval Hospital Guam: 344-9127

The importance of learning to say 'I'm sorry'

By Maj. Andrew G. MacIntosh

Andersen Air Force Base

"I'm sorry." These words that are easy to read are so hard to say. One of the reasons people hesitate to say these words is because we live in a litigious society that goes as far as mining information from Facebook accounts to use for court trials. Trial lawyers can use those simple, sincere words against you in a court of law. For this reason, at least 30 states have enacted laws that make expressions of sympathy following an accident or error inadmissible in civil court to prove liability.

We may think that we are honest and sincere people who do not hesitate to offer an apology for a wrong

we may have done to another human being, yet for some reason, unforgiveness in the lives of people can tear them apart. We may not be as good as we think we are when it comes to offering apologies. That

is why I think it is important for us to learn again how to say "I'm sorry."

In 2006, a landmark book was released by author's Gary Chapman and Jennifer Thomas entitled "The Five Languages of Apology." This book suggests that when we apologize to someone we may do so in a way that would make us feel satisfied if that sort of apology were given to us; but the person on the receiving end of the apology may have something else in mind entirely. Be-

cause of that, they may not feel that the apology was sincere or adequate. Here is a brief summary of five types of apologies and how each one affects us differently.

Expressing Regret — "I am sorry" deals with the emotional hurt a person is feeling. It is an admission of guilt and shame for causing pain to another person. This is a good place to start and often is all that is called for, but sometimes there is more needed.

Accept responsibility — "I was wrong" is an admission of guilt. This lets the person know that you know you were wrong. This is important, but hard for many people to do.

Making restitution — "What can I do to make it right?" When you ask this question, you need to be ready for the answer. Ask it only if you mean it. It is better not to make a promise at all than to make a promise you do not keep.

Genuinely repenting — "I'll try

not to do that again." This may not be required very often, but when it is, it is important to do this right. Don't slide down the slippery slope of false promises or good intentions. Follow through when this apology becomes necessary.

Requesting Forgiveness — "Will you please forgive me?" This is where you put the person who was offended into the driver's seat. You are now at their mercy to grant or withhold forgiveness, so it is important that you pick the right time and place and make this part as sincere as possible.

In essence, we are living the life we choose to live. The quality of our relationships are reflective of how well we are able to forgive one another. Christian Scripture reminds us in Romans 12:18 — "Insofar as it depends upon you, live at peace with all people." My hope is that we each find the strength we need in order to live in peace.



Frank Cable scores win in AC soccer

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

Joint Region Edge Staff

Two top teams squared off in Admiral's Cup soccer Aug. 9. U.S. Naval Hospital Guam (NHG) took on USS Frank Cable (AS 40) at Community Field on U.S. Naval Base Guam. Frank Cable outlasted their opponents and won 5-4.

According to the statistics, both teams are possible champions; NHG blew out the Army team a week before and now have a win-loss record of 1-1 while Frank Cable improved to 5-0.

The game was arguably evenly matched. The deciding goal came early in the contest when Frank Cable's Hull Maintenance Technician Fireman Luis Echevarria was awarded an easy penalty kick for a hand ball.

Before play began, NHG's Hospital Corpsman 3rd Class Alex Torres said he felt the game was going to be close but his team's strength would hopefully outmatch his opponents.

"Frank Cable and (Submarine Squadron 15) are two of the strongest teams. We are looking forward to playing them this year," Torres said. "Our strengths are speed and camaraderie. We go out and play fast without all the bickering."

An opposing team member offered his take on the game. "We practice with the hospital so it should be an interesting game," said Hull Technician 2nd Class Jacob Alford, of Frank Cable, before the game. "In the past, we hadn't had many strikers. This year we have a few strikers and a great defense. Hopefully that is enough to beat these guys and move closer to the championship."

Alford said he believes this wasn't the last time his team would see NHG on the field.

"You know what? Of all the teams we played, I am sure these guys will be in the championships," Alford said. "This was our first challenge and it was a lot of fun. But we are definitely going to win the championship."



Score: A penalty shot sails past U.S. Naval Hospital Guam's (NHG) Hospitalman Jonathan Young during Admiral's Cup soccer match Aug. 9 at Community Field, U.S. Naval Base Guam. NHG lost to USS Frank Cable (AS 40) 4-5. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



Teamwork: U.S. Naval Hospital Guam (NHG) faced USS Frank Cable (AS 40) in an Admiral's Cup soccer match Aug. 9 at Community Field, U.S. Naval Base Guam. Cable won the contest 5-4. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



One on One: Hull Technician Fireman Luis Echevarria, left, of USS Frank Cable (AS 40) keeps the defense at bay during an Admiral's Cup Soccer match Aug. 9 against U.S. Naval Hospital Guam at Community Field, U.S. Naval Base Guam. Cable won the game 5-4. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

New talent, old faces on GHS football team

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

Joint Region Edge Staff

It was a hot and humid morning, but that didn't stop Guam High School Panthers' head coach Billy Henry, offensive coordinator Kenneth Williams, and defensive coordinator Brian O'Donnell, from motivating their squad to keep up the hustle. On Aug. 13, parents and classmates had a chance to see the squad in action during one of their weekly practices.

"Right now we are working on some tackling drills. We are getting the kids used to hitting with the pads," Williams said. "Later on, we are going to do some offensive drills."

It's a new year for the team. Last year's seniors are gone, but there are some familiar faces on this year's squad, accompanied by future hopefuls. It may be hard for any coach to keep a football program together, being unsure if players will return due to their parents' military obligations. The coaches aren't shying



Drills: Guam High School Football head coach Billy Henry observes while teaching tackling fundamentals during the team's practice Aug. 13. The team plans to make a run for the championship this time with additional players totaling more than 30. (U.S. Navy photo by Mass Communication Specialist 2nd (SW) Class Corwin Colbert)

away from the challenge.

"We have a lot of seniors returning from last year; especially our offensive line," Williams said. "We also have new talent coming in

every year. These kids learn quickly. That's the beauty of it."

The offensive coach said that despite having fresh faces, the team's demeanor will not change. However,

there will be some fine tuning.

"[This year] we are going to practice more discipline and unity. If everybody knows their assignments and executes properly, we should

be successful," he said. "I believe we set the expectations high every year. We are out here preparing to go all the way, and I believe hard work breeds success. The harder we work, the more prepared we will be."

Williams said he wants his players to give 110 percent and have pride in their team. For the coaches, winning the championship is the ultimate goal, but there is another perk of getting these kids grid-iron-tough.

"You get to teach kids the game and hopefully they take it to the next level when they go back stateside and really have a firm foundation of the sport," he said. "We get a lot of joy out of using athletics as a doorway to achieve academically, and help them go on beyond Guam High, but also to make Guam High School a powerhouse on island while they are here."

The head coach was busy motivating a player to improve his tackling skills and he did have a message for the rest of the competitors.

"We are going to have 30 players this year, and we are coming to play football," Henry said.

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.

Fitness Challenge

Spring into action this fall by joining the Department of Defense (DoD) Fall Fitness Challenge! DoD will present Certificates of Achievement to team members who log in at least 30 hours of physical activity-hours of physical activity from Aug. 1-Oct. 31. Download the "Fall Fitness Challenge Instructions" at www.presidentschallenge.org/login/register_individual.aspx.

Flag Football

Captain's Cup Flag Football registration deadline is Aug 27 at Charles King Gym. Games are Mondays through Thursdays starting Sept. 7, at 5:15 p.m., 6:15 p.m., 7:15 p.m. and 8:15 p.m. at Community Field. Mandatory coaches meeting is Aug. 31, 5:30 p.m. at Nap's restaurant. For more information, call 564-1861.

Softball Weekend

U.S. Naval Base Guam Recreation Committee's Softball Weekend Bash is scheduled for Aug. 20-22. The 2nd Annual Softball Homerun Derby is scheduled for 6 p.m., Aug. 20 at Polaris Point Field. Individual entry is \$20. The softball tournament is scheduled for Aug. 21-22 starting at 7 a.m. at Ebbett, Sampson & Polaris Point Fields. Entry fee is \$225 per team. For more information, contact Eddie Monson at 898-8216, M. Harris at 898-6270, or Jermaine Glover at 888-9609.

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.

Paintball

Paintball skills is available at Outdoor Recreation's paintball field located next to the 21000 softball field. Paintball participants must be at least 10 years old to use the facility. Ages 10-17 must be accompanied by a parent. Hours of operation are Friday and Saturday, 11 a.m.-5:30 p.m. and Sunday and holidays, 11 a.m.-5 p.m. Open play is available unless a tournament or special function has been scheduled. For more information, call 366-5197.

Zumba Classes

Free zumba classes are held at Coral Reef Fitness Center Mondays at 7 p.m., Tuesdays at 9:30 a.m., Wednesdays at 3:15 p.m. and 7 p.m., Thursdays at 9:30 a.m. and 6 p.m. and Fridays and Saturdays at 5 p.m. Latin rhythms and easy-to-follow moves create a dynamic workout system. For more information, call 366-6100.

Tumbling for Tots

Tumbling for Tots is now available at the Hotspot Gym near the bowling center. Hours of operation are Monday to Friday, 9 a.m.-noon and closed holidays and down days. A Family Advocacy staff member will be available Tuesdays and Thursdays. For more information, call the Hotspot at 366-233900.