

JOINT REGION EDGE

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Guam observes Veterans Day



By Capt. Ken Ola
U.S. Army National Guard

More than 300 military and island residents paid tribute to the nation's veterans at the 2010 Veterans Day Ceremony held at the Ricardo J. Bordallo Complex on Guam Nov. 11.

Jan Goldhorn delivered the keynote remarks on behalf of her husband, Maj. Gen. Don Goldhorn, adjutant general for the Guam National Guard, who was ill and unable to attend the ceremony. Jan Goldhorn first paid tribute to the veterans for their service and sacrifice.

"We honor more than 26 million living American veterans who have taken the oath of office to protect and defend this great country from the evils of tyranny and injustice," she said. "Among these veterans are the over 15,000 veterans of Guam who have served with distinction and honor. From the early days of World War I to the Global War on Terrorism, to our current overseas contingency operations, the residents of Guam have answered the call of duty."

Goldhorn also lauded those serving in today's battlefields and supporting operations around the world.

"As we pay tribute to the legacy of our veterans, we must also pause and give thanks to our veterans of tomorrow," she said. "Serving in 135 countries around the world, more than 290,000 Armed Forces personnel are presently serving in foreign countries, continuing the legacy of our veterans we honor here today. Among those serving, you will find

Recognition: Rear Adm. Paul Bushong, commander of Joint Region Marianas, congratulates Master-at-Arms 1st Class (SW/AW) Jared Bailliff, with Naval Base Guam Security, for being recognized as Sailor of the Year during the Veterans Day Ceremony at the Ricardo J. Bordallo Governor's Complex on Guam Nov. 11. (U.S. Army photo by Capt. Ken Ola)

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Spirit of giving: Operation Christmas Drop underway

By Airman 1st Class Anthony Jennings

36th Wing Public Affairs

In this region of the Pacific, Santa doesn't fly with 12 reindeer or climb down the chimney to deliver gifts. He drops them from hundreds of feet in the air from the back of a C-130 Hercules.

The Air Force plans to deliver 60 pallets of gifts to about 50 islands to help support Guam's neighbors during Operation Christmas Drop, a four-day airdrop mission which delivers donated supplies and gifts to those in need. Christmas Drop donation boxes will stay in place until Dec. 8 with flights scheduled to run from Dec. 13 to 17.

"Many people around the world anxiously wait for December 25 in

order to celebrate Christmas," said Col. Tod Fingal, 36th Wing vice commander. "However, for many men, women and children living across the Pacific, Christmas begins when they see the U.S. Air Force overhead. Many of the remote, Pacific islands have little to no contact with the outside world, and the islands' inhabitants depend of Operation Christmas Drop for much needed supplies."

"It is truly inspiring to see Team Andersen's and the local community's level of generosity in donating much needed supplies to people they have never met," he continued.

Operation Christmas Drop is a nonprofit organization powered by volunteers from Andersen Air Force Base, Guam, and the local community that have to date dropped more

than 800,000 pounds of goods throughout the islands since Operation Christmas Drop's inception.

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Christmas: Airman from the 36th Airlift Squadron, Yokota Air Base, Japan, prepare to drop a package over a remote island near Chuuk Dec. 17, 2009. Operation Christmas Drop is a nonprofit organization powered by volunteers from Andersen Air Force Base and the local Guam community. Each year, the two join forces to aid more than 30,000 islanders in Chuuk, Palau, Yap, Marshall Islands and Commonwealth of the Northern Mariana Islands. (U.S. Air Force photo by Airman 1st Class Courtney Witt)



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Top Performer

Utilitiesman 2nd Class (SCW) Jan Michael Imson

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AETC opens doors to special duty assignments

By Staff Sgt. Jesse Opena
Andersen First Term Airmen's Center

Have you ever been interested in becoming a recruiter, military training instructor (MTI), military training leader (MTL), technical training instructor (TTI), or professional military education (PME) instructor?

If so, the Air Education and Training Command (AETC) Special Duty Assignment (SDA) Team is offering the opportunity you have been seeking.

The AETC team will host a SDA

briefing Nov. 29 in the Professional Development Center, Bldg. 21006, from 8:30-11:30 a.m.

There are few jobs in the Air Force more challenging, satisfying, and rewarding than an AETC SDA. If you're an airman 1st class with at least 36 months time in service (TIS) through master sergeant with less than 17 years total active federal military service (TAFMS), the AETC SDA Team invites you to attend their briefing and learn more about these challenging careers. Enlisted person-

nel from all Air Force Specialty Codes (AFSC) that meet the previously identified criteria are eligible to apply for these positions and are encouraged to attend the briefing. Spouses of potential applicants are also invited. Members of the Recruiter Screening Team and the MTI Recruiting Team will conduct the briefing.

"Recruiters are responsible for the number and quality of young men and women who enlist and begin their Air Force careers. We are the first to touch the lives of our fu-

ture Airmen," said Master Sgt. Andrew Sites, noncommissioned officer in charge of the Recruiter Screening Team. "One of our best entitlements is the opportunity to choose your own recruiting assignment from more than 1,100 possible locations."

"Everyone remembers their MTI," said Tech. Sgt. Danica Eusay, MTI Recruiting Team noncommissioned officer in charge. "The MTI sets the stage for each individual's success in the Air Force and mentors hundreds of new Air Force mem-

bers. The job is filled with substantial rewards for those who want to have a hand in molding our future Airmen. Besides these intangible benefits we also are entitled to SDA pay and an annual supplemental clothing allowance."

The team can expedite the processing of an applicant's special duty application if they bring the completed application with them to the briefing. To obtain a copy of the AETC special duty application, contact the Wing Career Advisor, Master Sgt. Sanga at 366-7829.

Sterett crew helps Saipan community during port call



Cleanup: Sailors with USS Sterett (DDG 104) help spruce up William S. Reyes Elementary School in Garapan, Saipan during a community service project. More than 30 Sailors volunteered to talk to students about the Navy and help clean up the school's grounds. The ship was on Saipan for a port visit. Saipan is part of the Commonwealth of the Northern Mariana Islands. (U.S. Navy photo courtesy of USS Sterett (DDG 104))



Pushups: A Sailor with USS Sterett (DDG 104) participates in a push-ups contest with a student of William S. Reyes Elementary School in Garapan, Saipan during a community service project. More than 30 Sailors volunteered to talk to students about the Navy and help clean up the school's grounds. The ship was on Saipan for a port visit. Saipan is part of the Commonwealth of the Northern Mariana Islands. (U.S. Navy photo courtesy of USS Sterett (DDG 104))



Classroom: A Sailor with USS Sterett (DDG 104) talks to sixth-grade students of William S. Reyes Elementary School in Garapan, Saipan during a community service project. More than 30 Sailors volunteered to talk to students about the Navy and help clean up the school's grounds. The ship was on Saipan for a port visit. Saipan is part of the Commonwealth of the Northern Mariana Islands. (U.S. Navy photo courtesy of USS Sterett (DDG 104))

Seabee follows tradition of service

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

Joint Region Edge Staff

Utilitiesman 2nd Class (SCW) Jan Michael Imson regards his grandfather as one of the greatest men he's ever known. So, six and a half years ago, when Imson was at a crossroads in his life, he decided to follow in his grandfather's footsteps and join the U.S. Navy.



"My grandfather has definitely been a great role model for me. He took me in at an early age, raised and cared for me," Imson said. "Being in the Navy, my grandfather was able to provide for his family well. So I knew before joining that the Navy was always a potential option."

Imson now works at the Naval Facilities Engineering Command Marianas' Self-Help Department in Camp Covington, on board U.S. Naval Base Guam. He uses his construction skills to maintain, repair and install equipment and plumbing at military facilities on island.

"I love my rate," Imson said. "Whether out in the field or on deployment, I like how I can assist other units. I really I feel that my rate is important and appreciated."

He also said that he enjoys the diverse range of skills and duty options that comes along with being a "Fighting Seabee."

"The rate is ideal for me because I wanted to learn a trade I can apply in the real world situa-



Seabee: Utilitiesman 2nd Class (SCW) Jan Imson, of Naval Facilities Engineering Command Marianas' Self-Help Division on board Camp Covington, attaches an elbow to galvanized piping to be used for underground plumbing, at the command compound Nov. 14. The six-year veteran said that he enjoys having a rate that gives him training and knowledge that he can apply outside of the Navy. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

tions and use to solve household problems," Imson said. "Also, being a Seabee means I could be stationed anywhere, from Africa, to Colombia, to the Philippines and meet diverse people."

When he's not in action at a construction job, Imson said he likes to volunteer his time to help the less fortunate and those in need.

"I really enjoy volunteering to train the Special Olympics athletes here on Guam, and tutoring local school kids," he said. "As a Sailor and a citizen, I know it's part of my civic duty. But more than that, I just really enjoy helping out."

According to Imson's supervisor, Chief Builder (SCW) William Hillberg, Imson's positive attitude and dedication to those around him definitely shine through at work.

"UT2 is a motivated and dedicated worker. He will take on any task and ensure that it is completed on time and with superior quality, even if the job is outside of his own rate," Hillberg said. "He is always there to lend a hand to his coworkers as well."

Hillberg went on to praise Imson as a superior leader and Sailor.

"He lives the Navy core values. He sets a high standard on himself, and mentors the junior troops to obtain the same level," Hillberg said. "He definitely leads from the front."

When asked where his motivation comes from, Imson was quick to credit his role model.

"My grandfather is now a retired Navy veteran, and he instilled the core values in me from a young age," Imson said. "I know that with a little self-determination and the support of my shipmates, I can accomplish anything. We can accomplish anything together."

Staff Sgt. Wetsel named Andersen's Best



Andersen's Best: Staff Sgt. Annamarie Wetsel, center, 36th Maintenance Operations Flight noncommissioned officer-in-charge of Wing plans and scheduling, poses for a group photo with members of her unit after being awarded Andersen's Best at Andersen Air Force Base Oct. 22. Wetsel consolidates weekly and monthly wing maintenance schedules. She also manages all aircraft special inspections, time changes and time compliance technical order programs.

"Sergeant Wetsel demonstrated flawless execution of a no-notice Aerospace Group Equipment inspection during the wing's operational readiness inspection, which was lauded by the inspection team," said Master Sgt. Trevius Wells, 36th Maintenance Operations flight chief. Wetsel volunteered for the Andersen Elementary School health fair, helping to accomplish eye exams, hearing tests, and height and weight measurements for 800 students. Wetsel also scored a 90.6 on her physical training assessment. (U.S. Air Force photo by Airman 1st Class Julian North)

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36th LRS unit: A cut above the rest

By Airman Whitney Amstutz
36th Wing Public Affairs

Leaving the familiar behind and embracing a new culture, mission and way of life can bring out the best, or worst in anyone. Deployment provides the ideal opportunity for service members who hold themselves to the highest standards of integrity, selflessness and excellence, to prove themselves a cut above the rest.

Recently, seven Airmen from Andersen Air Force Base (AFB) currently assigned to the 407th Expeditionary Support Squadron (ESS) in Iraq demonstrated their ability to excel under pressure, winning Team of the Month at the group level for exceptional performance and continued commitment to their mission.

Leadership on their home station is both pleased and impressed with the achievements of the deployed Airmen.

"To win this award, these Airmen had to beat out very tough competition," said Senior Master Sgt. Chris Patton, 36th Logistical Readiness Squadron fuels manager. "They

were up against dirt boys, civil engineers, security forces and contractors. It may seem like refueling is a mundane mission, but without their efforts and hard work, planes can't fly and machines can't run."

The backbone of fueling operations, the 407th Expeditionary Logistical Readiness Squadron (ELRS) consistently provides support for air and ground refueling missions in addition to a variety of multifaceted platforms.

"There are only about 200 Air Force personnel to run airfield operations on Ali Base here," said Master Sgt. Brian Hinson, 407th ELRS Fuels Management flight chief. "We support the largest Army MEDEVAC/Combat Search and Rescue detachment in Southern Iraq as well as the Department of State aviation operations. We also have a large aviation gasoline mission supporting four separate intelligence, surveillance and reconnaissance platforms, including Air Force Predators and Army Shadows. During the award period, the Predators alone logged 65 missions and 1,350 hours."

Cementing their reputation as exemplary Airmen, 407th ELRS members helped to lessen the logistical impact caused by the drawback of forces from their area of responsibility (AOR).

"We have significantly reduced the Ali Base fuels logistical footprint," Hinson said. "We shipped 13 pieces of fuels handling equipment valued at more than \$39,000 for Intra-AOR re-utilization, continuing the responsible drawdown of forces from Iraq and paving the way for the success of Operation New Dawn."

Acting as an extension and representation of the 36th Wing, these Airmen have not only brought credit to the 407th ESPTS, but also to the members of Team Andersen.

"I think it is a reflection of the quality of Airmen we have here on Andersen AFB," Patton said. "It is one thing to be excellent when you are surrounded by coworkers you are familiar with and all the amenities of home. To perform at the same level and maintain the same standard in an unfamiliar place is a true testament to their quality."



Top Team: Deployed members of the 36th Logistical Readiness Squadron (LRS), currently stationed in Iraq, pose after winning Team of the Month at Army Contingency Operating Base Adder in September. The Expeditionary LRS members beat out civil engineer, contracting and security forces units to earn top honors. The Airmen exceeded Air Force standards for output by 37 percent providing fuels support to 223 area of responsibility aircraft and issuing more than 50,000 gallons of fuel at an average response time of just 19 minutes. (Photo courtesy of U. S. Air Force)

DRMO turns government trash into treasure

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

Joint Region Edge Staff

Do you have broken government equipment lying around your office? Are you holding onto equipment that your office no longer has a use for? Would you like to find a good use for your unwanted equipment? If so, you should make an appointment with the Defense Reutilization and Marketing Office (DRMO) in building 631 on U.S. Naval Base Guam (NBG).

As part of the Defense Logistics Agency (DLA) Disposition Services, DRMO's mission is to support the warfighter and protect the public by providing worldwide disposal management solutions.

"We're here to anticipate the needs of the military and deliver great performance to our customers through the reuse, transfer, donation, sale or disposal of excess property," said Wayne Tisdale, area manager, DLA Disposition Services Guam.

DRMO Guam serves all Department of Defense (DoD) units on NBG, Andersen Air Force Base (AFB), and all National Guard and Reserve units on Guam, as well as visiting Air Force and Navy units and ships.

"All authorized local and visiting DoD commands and agencies can utilize DRMO services," Tisdale said. "Also, customers authorized under special programs, other federal agencies, and Guam and [Commonwealth of the Northern Mariana Islands] government agencies under the purview of the [General Services Administration] can utilize the DRMO services on NBG."



Disposal: Workers at the Defense Reutilization and Marketing Office (DRMO) on U.S. Naval Base Guam prepare a truckload of used materials for offload, Nov. 14. The mission of DRMO is to support warfighters and provide worldwide disposal management solutions. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

According to Tisdale, DRMO Guam also assists off-island DoD commands outside of the continental United States (CONUS), as well as commands in CONUS Southwest region, DoD ships, and state and county agencies such as police and sheriff departments, hospitals and clinics.

DRMO Guam can accept almost any type of property that is generated by the U.S. government.

"When you set up an appointment with the site, a scheduler will review your turn-in request and will either confirm a turn-in date or set up an inspection date," Tisdale said.

"If you receive an inspection, one of our DRMO service personnel can visit your command or site, and inspect the type of property before a turn-in is scheduled."

If you have hazardous materials, DRMO Guam will take those too.

"The environmental protection specialist will inspect hazardous materials and hazardous waste property to determine if property is usable or scrap," Tisdale said. "Inspections are also to ensure the proper documents are correctly filled out."

Some property that cannot be accepted at the DRMO sites include live animals, Ammunitions, Explo-

sives and Dangerous Articles (AE-DA), drugs, biological waste, controlled substances, nitrate-based film, and used psycho-diagnostic test sets.

"There are all kinds of items that can be requisitioned by authorized commands or personnel, from DRMO, if and when they are available," said Tisdale. "These include cars, trucks, material handling equipment, office furniture, sofas, recliners, beds, cabinets, drawers, chairs, hospital equipment and furniture, tools, machine parts, exercise equipment, school books, playground equipment, and lots

more."

If you would like to turn in material to DRMO, visit their website at www.drms.dla.mil to set up an appointment to turn in your government property.

"There are two types of property: usable and scrap," Tisdale said. "If it is determined that the property can be reused by another command or agency, then it is classified as usable property. If the property has no value except for scrap material, it is classified as scrap property. Scrap property should not be confused with trash."

According to Tisdale, there are two means to requisition materials from DRMO.

"If you need equipment, you can visit the DRMO Guam site and we'll screen for the property using our bar code scanner," Tisdale said. "You may also requisition property through the [Military Standard Requisitioning and Issue Procedures (MILSTRIP)] program on our website. By going this route, approval will come from DLA Disposition Services Headquarters in Battle Creek, Mich.. Once approved, the Disposition Services site prints out a MILSTRIP requisition for processing and issuing."

Unutilized equipment is auctioned or sold to the public through Government Liquidation LLC, the DLA Disposition Services' sales partner. If you are interested in purchasing material for personal use, visit their website at govliquation.com.

"We receive thousands of usable line items per year. We also receive thousands of pounds of scrap any given year," Tisdale said. "So if there is something your command or site needs, don't hesitate to utilize DRMO Guam. It's what we're here for."

Shepard mariners receive medal for service

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

Joint Region Edge Staff

Mariners of USNS Alan Shepard (T-AKE 3) received the Secretary of Defense Medal for the Global War on Terrorism Nov. 9.

Cmdr. Norman Maple, commanding officer, Military Sealift Fleet Support Command Ship Support Unit Guam, presented the award to 77 federal civilian mariners.

"They are the facilitators of the fleet," he said. "It is extremely important and critical that everyone recognizes what civilian mariners bring to the fight."

In a letter, John R. Taylor, director, Military Sealift Fleet Support Command, praised the mariners for

their hard work and dedication.

"We gather today to honor the essential service, contributions and accomplishments of our civil service mariners by proudly presenting them the Global War on Terrorism medal," Taylor said.

The award meant a lot to the crew said Shepard's civil service Master Capt. Lee Apsley,

"I have a very hardworking crew; they are honored to receive the award," Apsley said. "We look forward to our mission ahead to support the fleet any way we can."

USNS Alan Shepard is one of Military Sealift Command's ten Dry Cargo/Ammunition Ships and is part of the 42 ships in Military Sealift Command's Naval Fleet Auxiliary Force.

The mission of Military Sealift Fleet Support Command Ship Support Unit Guam is to provide comprehensive operational, logistic,

maintenance and administrative support to all Military Sealift Command owned, operated and contracted vessels and the associated crews in the Western Pacific.

For more information, visit their website at <http://www.msc.navy.mil/mscfc/Guam/index.htm>

Award: USNS Alan Shepard's (T-AKE 3) civil service Master Capt. Lee Apsley, left, accepts the Secretary of Defense Medal for the Global War on Terrorism on behalf of the crew from Cmdr. Norman Maple, commanding officer, Military Sealift Fleet Support Command Ship Support Unit Guam Nov. 9. The crew received the award for their dedicated service in supporting Navy's maritime mission. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



SECNAV designates November Warrior Care Month

By Zona Lewis

Navy Safe Harbor Public Affairs

In ALNAV 068/10, released Nov. 2 to all Navy and Marine Corps personnel, Secretary of the Navy (SECNAV) designated November 2010 as Warrior Care Month.

"Recognizing and appreciating the sacrifices of wounded, ill and injured service members and their families remains a priority of the Department of the Navy," said SECNAV Ray Mabus. "Through the Navy Safe Harbor Program, the Marine Corps Wounded Warrior Regiment and Navy Medicine we take care of our own by serving wounded warrior Sailors and

Marines who are in active duty, reserve and veteran status."

These programs offer a variety of non-medical support to seriously wounded, ill and injured service members through a comprehensive approach designed to optimize their recovery, rehabilitation and reintegration.

Non-medical support covers a wide range of areas including pay and personnel issues, invitational travel and non-medical attendant orders, temporary lodging, housing and transportation adaptation, child and youth care, legal and guardianship issues, education and training benefits, commissary and exchange access, respite care and transition assistance.

Warrior Care Month is a way to highlight these various programs and services across the Department of the Navy so Navy and Marine Corps service members and families are aware of the support available to them should they ever become seriously ill or injured.

A critical element of support provided by Navy Safe Harbor and the Wounded Warrior Regiment is assisting Wounded Warriors transitioning out of active service prepare for and find meaningful post-service careers.

"Over 140,000 veterans of Operations Iraqi and Enduring Freedom are unemployed or underemployed; the challenge is particularly acute if the returning Sailor or Marine is

wounded, ill or injured," Mabus said. "In addition to weeks, months or years of recovery, they face the potential travesty of unemployment."

Mabus also acknowledged that while it is the service member that becomes ill or injured, it is family that serves as a critical support system for healing.

"For service, sacrifices, and achievements of wounded, ill and injured Sailors, Marines, their families and caregivers; I encourage all Department of the Navy personnel to join me in expressing our heartfelt gratitude and support," Mabus said.

For more information on Warrior Care Month activities or about the

Department of the Navy Wounded Warrior Programs, contact Safe Harbor toll free at (877) 746-8563, on the Web at www.safeharbor.navy.mil or on Facebook and Twitter.

The Marine Corps Wounded Warrior Regiment may be contacted via the Sgt. Merlin German Wounded Warrior Call Center toll free at (877) 487-6299 or on the Web at www.woundedwarriorregiment.org.

In addition, the Bureau of Medicine and Surgery Wounded, Ill and Injured Warrior Support may be contacted at (202) 762-3000/3043.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.



Career Help: Cpl. Collin Davis, a injured Marine with Camp Pendleton's Wounded Warrior Battalion West, receives aid in writing his resume Oct. 7. In an effort to help injured war veterans and their families find employment, the Department of Defense's Civilian Personnel Management Service hosts a Career Day event to assist wounded warriors in identifying a career path if they decide to separate from the Marine Corps. Career vendors included law enforcement, electronic programming, engineering and financial consulting. (U.S. Marine Corps photo by Lance Cpl. Damien Gutierrez)



Purple Heart: Secretary of the Navy (SECNAV) the honorable Ray Mabus awards the Bronze Star with Valor medal and a Purple Heart medal to Navy SEAL Lt. Dan Cnossen at the National Medical Center in Bethesda, Md. Oct. 1, 2009. Cnossen was wounded by an improvised explosive device in Afghanistan. (U.S. Navy photo by Mass Communication Specialist 2nd Class Kevin S. O'Brien)

Kiska leaves 7th Fleet for deactivation

By Edward Baxter

Sealift Logistics Command Far East

Military Sealift Command's (MSC) ammunition ship USNS Kiska (T-AE 35) will cross the international date line Nov. 18, leaving the U.S. 7th Fleet area of responsibility for the last time as the ship heads for Pearl Harbor, Hawaii to begin preparations for deactivation.

Kiska has served the U.S. Navy's fleet for more than 38 years, the past 10 of which has been spent as U.S. 7th Fleet's principal vessel for moving ordnance around the theater. The 9,340-ton Kilauea class Kiska provides underway replenishment of all types of ammunition, from missiles to bullets, to U.S. Navy ships at sea.

"Through the tremendous efforts of her countless sailors through the years, Kiska enabled our fleet to stay at sea and effectively perform our missions of power projections and sea control in the most challenging operational environment, thousands of miles from U.S. soil," said Vice Adm. Scott Van Buskirk, commander, U.S. 7th Fleet.

Both the Kilauea class ships, as well as MSC's fleet of Mars class combat stores ships, are being re-

placed by MSC's new fleet of Lewis and Clark class, or T-AKE dry cargo/ammunition ships, which consolidates both ship missions by providing multi-product, combat logistic support to U.S. Navy ships at sea. USNS Matthew Perry (T-AKE-9) relieved Kiska of her duties in U.S. 7th Fleet's area of responsibility, Oct. 30. The primary goal of the T-AKE program, which calls for up to 14 ships at a budget of over \$6 billion, is to provide effective fleet underway replenishment capability at the lowest life cycle cost.

"Kiska's tradition of service to the fleet has remained consistent throughout the years, said retired Navy Capt. Robert T. Collins, who served as Kiska's commanding officer from 1992-1994. "I feel very fortunate to have been a part of her proud legacy and tradition of excellence."

USS Kiska entered service as part of the active U.S. Navy force as USS Kiska (AE-35) in 1972. The ship saw service during the Vietnam War and deployed to the Arabian Gulf in support of operation Desert Storm from 1990-1991. "Kiska is a legend in Seventh Fleet, and has truly epitomized our motto — ready power for peace," Van



Heading Out: Military Sealift Command ammunition ship USNS Kiska (T-AE 35) passes through the mouth of Apra Harbor, Guam Nov. 13 on its way to Pearl Harbor, Hawaii where it will be prepared for deactivation after serving the U.S. Navy's fleet for 38 years. (U.S. Navy photo by Boatswain's Mate 1st Class (EXW/SW) Jason Flory)

Buskirk said.

Kiska was decommissioned and transferred to the service of the MSC in 1996. Kiska deployed to support Operation Iraqi Freedom in 2003. "Kiska is the finest ship and crew that I have commanded in my 21 years as a ship captain

with MSC," said Kiska's civil service master Capt. Jeff Cook. Kiska, with a crew of 133 civil service mariners employed by MSC, is scheduled to be deactivated in January 2011.

MSC operates approximately 110 noncombatant, merchant

mariner-crewed ships that replenish U.S. Navy ships, conduct special operations combat cargo at sea around the world and move military cargo and supplies used by deployed U.S. forces and coalition partners.

Information assurance means information security

By Airman 1st Class Anthony Jennings

36th Wing Public Affairs

In this day and age, when the Air Force mission is heavily dependent on the use of computers and networks, it has become vital service members protect what could have devastating consequences if lost: information.

With the upcoming Command Cyber Readiness Inspection, net-

work security should be a topic on everyone's mind.

"What's important is we must have a culture of security in place," said Staff Sgt. Vincent Mabary, 36th Wing Information Assurance (IA) manager. "Everyone must do their part, whether it's keeping track of your CAC card, or making sure you aren't downloading software you aren't supposed to. Every computer on base is a gateway into the Air Force network

and the people who use those computers are the Computer Security gate guards."

Information assurance secures the availability, integrity and confidentiality of Air Force information and systems by ensuring the IA policies and procedures which are in place to prevent loss of information are followed.

There are five top information assurance tips service members are encouraged to follow:

- know who your unit IA Officers are;
- do not leave your common access card (CAC) unattended;
- do not write passwords down and leave them in plain sight on your desk or under your keyboard, etc.;
- be aware of the Facebook setting, "places I've checked into," these settings create a potential security vulnerability;
- do not open e-mail from unknown sources and always look for

a digital signature. If you aren't sure, ask.

"The fact is there are people out there who want to get into our system, get our information and use it against us," said Staff Sgt. Danielle Haynes, 36th Wing Knowledge Operations technician. "If you don't take that seriously, we'll take your account. Then not only would you be hurting your ability to accomplish your individual mission, but the Air Force mission as well."

Christmas Drop: 58 years of cheer and aid

Continued from Page 1

This year marks the 58th anniversary of Operation Christmas Drop, making it the longest-running air-drop mission in the history of the Air Force.

The Christmas tradition started in 1952 when a WB-50 aircraft from the 54th Weather Reconnaissance Squadron, formerly assigned to Andersen, was flying a mission south of Guam. As the aircraft passed over one of the islands, the crew saw is-

landers waving to them. The crew gathered miscellaneous items from the plane, put the items in a container, attached it to a parachute and dropped the cargo as they circled around again.

That small gesture of kindness,

which started with just one box, has now grown into an island-wide effort to help make Christmas merry for those less fortunate.

Today, the men and women of the U.S. Air Force, the University of Guam, media, local govern-

ment, business, professional and charitable organizations work together to collect cash and merchandise to deliver toys, clothing, fishing equipment, food items and tools to remote islands and atolls in the area.

Volunteers lend a hand to Special Olympics

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

Joint Region Edge Staff

More than two dozen military and civilian volunteers gave their time and support to 26 Special Olympics athletes Nov. 13 at the Admiral Nimitz Golf Course in Barrigada, Guam.

The athletes were preparing for a golf exhibition, which will be held on Dec. 18. According to Yeoman 1st Class (SW/AW) Maria Manchion, of Military Sealift Fleet Support Command Ship Support Unit Guam, one of the event coordinators, though the golf lesson provided a new means of interaction with the special needs athletes, the military has had a long relationship with the "handi-capable."

"This is our first year for golf. This will be our first golf tournament," Manchion said. "But this is a well-established relationship. We've got all branches of the military participating — Navy, Air Force, Air National Guard and Coast Guard. And when visiting ships come in, they participate as well."

The volunteers, who also included



Golf: Fireman Evan Summers, of Maritime Expeditionary Security Squadron 7, demonstrates to a special needs athlete how to properly line up a swing during a golfing tutorial at the Admiral Nimitz Golf Course in Barrigada, Nov. 13. More than two dozen volunteers, including service members from all services, volunteered their Saturday morning to help the athletes train for an exhibition which is scheduled for Dec. 18. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

military spouses, students from Guam Community College and the University of Guam, and island residents, caddied for the amateur golfers, bringing them balls and the appropriate clubs for whatever technique they were working on, and ensuring that safety was maintained at all times. Though the efforts of the volunteers might not seem grand, Manchion said that the volunteers provided substantial and much appreciated support to the athletes.

"A lot of the athletes are not able to participate on a normal sports team," she said. "This gives them a chance to feel a real sense of accomplishment, and to get out there and socialize with other children their age and other athletes. That is a significant gift."

Fireman Evan Summers, of Maritime Expeditionary Security Squadron 7, said that he volunteered for the event because he believes that's just a part of what a good Sailor does.

"I volunteer because it's important to help your community," he said. "Being in the Navy isn't about helping yourself. We like to go out and help other people. We will go

out of our way to help those who need it."

Manchion said she agrees that helping to improve your community and the lives of your neighbors is a large part of what it means to be a Sailor.

"I think it fosters a good relationship with the community, especially in light of the amount of military on island," she said. "Plus I get a really good sense of self-worth when I do something for someone else. I like helping other people. It's what the Navy's here for."

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

If you would like to volunteer to help the athletes in preparation for their upcoming exhibition on Dec. 18, contact Manchion at 339-8244.

Taking motto to heart: 'I can save my own life'

By Airman Whitney Amstutz
36th Wing Public Affairs

The holiday season is a time to celebrate and appreciate the little things: health, family and even the occasional mug of hot chocolate. However, decisions made during this season of festivity, whether good or bad, can impact lives for years to come.

The months from November to January usually see a sharp increase in alcohol-related incidents (ARI) and arrests for driving under the influence (DUI). This holiday season, it is important to celebrate and enjoy the company of loved ones responsibly.

"During the holidays, people feel the increased desire to celebrate," said Tech. Sgt. Regina Scott, 36th Security Forces Squadron flight chief and director of Airmen Against Drunk Driving. "Along with this celebratory desire comes the desire to consume alcohol. The thought of hanging with friends and drinking, especially when we are away from

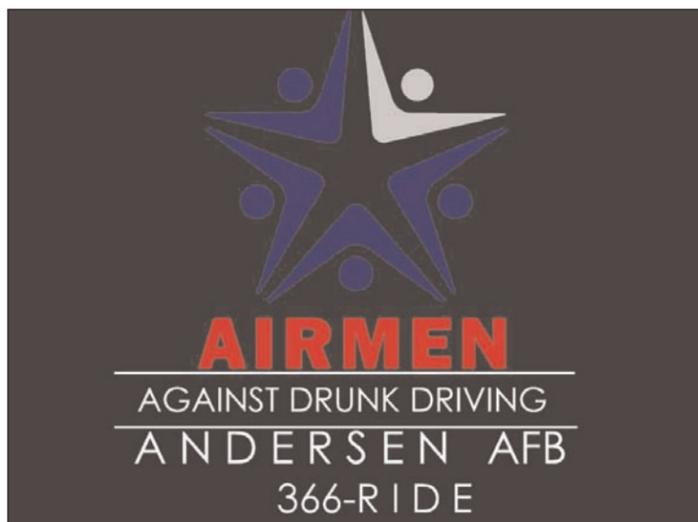
our family and loved ones, helps many people through the season. This desire only becomes a problem when we do not drink responsibly."

A sure-fire way to stay safe this season is to take one of Andersen Air Force Base's mottos to heart: "I can save my own life."

"One of the most effective ways to prevent DUIs and ARIs not only during the holidays, but every day in general, is based on Airmen making the decision to do the right thing," Scott said. "This involves not only knowing it is against the law to drink and drive, but acknowledging the fact that when we make the wrong decision, we are not the only ones who pay the price."

When primary plans fail, programs and initiatives are in place to ensure Airmen not only enjoy holiday parties and get-togethers, but make it back to their loved ones safely.

"Airmen should keep a unit recall roster on them at all times," Scott said. "At least one, if not more of the



people listed on the roster will be willing to give them a ride home. If Airmen plan accordingly and put aside money before the night begins, there are taxi cabs available as well. Lastly, AADD operates every Friday and Saturday night. Volunteer Airmen are willing to pick up wing-

men and ensure their safe return home."

In addition to alternate forms of transportation, members of Team Andersen have dedicated themselves to being available for Airmen who struggle with alcohol, or would like to become more educated on

how to prevent future abuse.

"It is common knowledge that one of the most prevalent side-effects of drinking is impaired judgment," said Capt. Dorcia Tucker, Andersen Alcohol and Drug Abuse Prevention and Treatment (ADAPT) program manager. "The ADAPT program should not be viewed with a negative stigma or as a punishment. ADAPT exists to educate Airmen and their families about alcohol and the negative effects that coincide with alcohol abuse. Education is the best defense against abuse."

The holidays often provide an opportunity to reflect on what is important. During this time, it is also crucial to remember responsibility, and promises made to loved ones near and far away.

"When we make the wrong decision, we are not the only ones who pay the price," Scott said. "Our wrong decisions impact our lives, our careers, our family, our unit and our mission. We must be mission-minded at all times, even during the holiday season."

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.

Operation Santa Sleigh

USCGC Sequoia (WLB 215) is collecting donations for communities in Micronesia prior to Christmas. Donations can be clothes, shoes, toys, tools, school supplies, household items, kitchenware, working electronics, and sports equipment. No food donations. Deadline is Nov. 23. Items can be dropped at the cutter located at Victor Wharf on U.S. Naval Base Guam. For more information, contact Lt. Cmdr. Matthew Salas at 355-4885.

Cookie Caper

This year's Andersen Air Force Base (AFB) Cookie Caper is fast approaching. The date is set for Dec. 8, and will be held at Chapel 2 in the Annex Room. For those new to this

base tradition, members of the base community bake cookies to be distributed to the unaccompanied Airmen at Andersen AFB. Cookies may be dropped off from 6:30-9 a.m. curbside in front of Chapel 2. For more information, contact Wendy Wieder by e-mail at wiederguam@yahoo.com or call 653-0549.

Holiday Mailing Dates

For mail to U.S. addresses from Guam and to Guam (APO/FPO Zip Codes 962-966) from elsewhere in the U.S. for planned delivery by Christmas Day:

Mail Class:	
Space Available Mail	Nov. 26
Parcel Airlift	Dec. 3
Priority Mail	Dec. 10
First Class Mail letters and cards	Dec. 10
Express Mail	Dec. 18

Guard combatives team places high in tournament

By Capt. Ken Ola

U.S. Army National Guard

The Guam National Guard Modern Army Combatives Program (MACP) Team returned to Guam after successfully competing in the 2010 All Army Combatives Tournament at Ft. Benning, Ga. Sept. 30-Oct. 3.

The team came in 11th overall among a total of 67 teams representing units from the active duty, the Guard and the Reserve, Army-wide. This tournament also allowed soldiers and Airmen the opportunity to compete with the best at the highest level of competition.

"Basically, it was truly a team effort. The soldiers were motivated from train-up at Fort Juan Muna with Marcelo Nunes from Guahan Top Team, and throughout the tournament," said Master Sgt. Allen Blend, coach and team manager.

The team's overall placement in the tournament was also based on a few of the soldiers getting up to the finals in their weight class. Among them were: Pvt. Scotty Eclavea from Delta Company, 1-294th Infantry Regiment, who placed third in the 125-pound weight class, and Spc. A.J. Aguon from F-CO, 29th Base Support Battalion, who placed fourth in the 155-pound weight class.

"This was a great showing, considering we entered the tournament with a 12-man team as opposed to the full 16-man team allowed. There



Combatives Tournament: Team members, left, yell out instructions as Spc. Anthony Aguon competes in his division en route to another win during the All-Army Modern Army Combatives Program tournament at Ft. Benning, Ga. Oct. 1. (Photo courtesy of Guam National Guard)

were more than 450 competitors in this year's tournament," Blend said.

Team Guam was made up of 12 competitors, nine soldiers and three Airmen. Three Soldiers also travelled with the team as support staff. Airmen from Guam were allowed to compete because the Guam Guard's headquarters is "joint," according to Blend. There is also a provision which allows for mem-

bers of other service branches to participate if they are assigned or are part of an Army Major Command.

Blend also attributed part of the team's success to having a good support staff. One of the staff members, Staff Sgt. Vincent Santos, worked to keep track of the actual meets and letting the team members know when it was their turn to

fight. Another support staff, Sgt. 1st Class Joseph Santiago, kept track of the logistics, equipment, ensured the team members were well hydrated and conducted food runs among other duties.

Having two coaches oversee the team members also provided a plus to the team as there were times when the fighters had several meets at the same time, Blend said.

"It was reassuring for the competitors to look at their corner and get sound advice from one of the (coaches)," he said. Steve Roberto, from Purebred Gym, volunteered his time and service to the team members prior to and throughout the tournament, Blend said.

In August 2009, the Guam Guard sent five fighters to the MACP Open Tournament, who competed in four different weight categories. Four of the Guam Army Guard (GUARNG) fighters made it into the finals round in that tournament. The GUARNG team came in second place overall out of 15 teams that competed in the meet.

Competing in these types of tournaments helps to hone the fighters' skills. What could help develop the program on Guam, Blend said, is "more training time as well as improving current training facilities. Also, encourage competitors to participate in local tournaments."

The Army used to train soldiers on hand-to-hand combat, which was not as effective in today's battlefield, according to Blend.

"Previous hand-to-hand combat techniques were more scripted and at times unrealistic in the modern-day battlefield that soldiers see today. MACP allows for the ability to test their skills on a day-to-day basis and get instant feedback through live training, sparring and competitions."

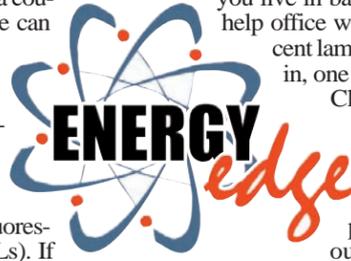
If you're not using it, shut it off and save

By David M. Motroni
U.S. Marine Corps Energy Program
Energy Manager

Whether you live in military housing, as my family does, or in civilian quarters, one sees exterior lights on houses on during the day, not illuminating anything and wasting energy. These lights include those above the doors, holiday lights and walkway

lights. Here are a couple of things we can do to help.

Check to see if your exterior lights are efficient. Replace any incandescent light bulbs with compact fluorescent lamps (CFLs). If



you live in base housing, the self-help office will replace incandescent lamps, if you bring them in, one for one, with CFLs.

Check your personal energy discipline. When you leave for work or elsewhere during the day, simply shutting off the outdoor lighting will

help reduce energy costs.

At night, a good way to remember to shut the lights off is to place a sticky note in the bathroom, so when you are brushing your teeth you'll remember that when you are ready to go to bed to turn the lights off. It seems funny, but it works. If you live off base, another way to save energy is to install timers on your lighting. Set the timer for the exact time you

go to bed.

Another way to conserve energy is to place solar walkway lights. All you do is put them into the ground, and with sun, they will work.

These are just a few things to do to make sure that your outside lights are shut off when not in use. Doing simple things to live sustainably and conserve energy at home will help us all be more cost effective.

Veterans Day: Honoring those who served

Continued from Page 1

sons and daughters of Guam.”
Gov. Felix Camacho noted the heavy price of freedom that is paid by men and women from across the nation.

“While many of us may never

have to face an enemy on a battlefield or leave our loved ones for a long period of time, our veterans know this price all too well,” he said. “I believe it’s not enough to just say ‘thank you.’ We must show our appreciation through our actions. To our veterans, you carried us through

some of our nation’s darkest times, On behalf of the people of Guåhan, I want to say thank you. You are a part of a proud legacy of heroes. We honor each one of you not just today but every day we live free.”

The ceremony also featured a B-52 flyby by 36th Wing, joint color

guard, recognition of Veterans and Service Members of the Year, a wreath laying, a 21-gun salute by members of Andersen Air Force Base, “Taps” performed by U.S. Coast Guard Sector Guam, and the releasing of freedom birds.

Veterans Day was first recognized

as Armistice Day in the United States in 1919 as a day to remember those who fought in World War I, which had just ended the year prior. The name changed in 1954 to recognize veterans of all wars and is traditionally held on the 11th hour, of the 11th day of the 11th month of the year.



Flyover: A U.S. Air Force B-52 aircraft flies over the crowd to mark the beginning of the Veterans Day Ceremony at the Ricardo J. Bordallo Governor's Complex on Guam Nov. 11. (U.S. Army photo by Capt. Ken Ola/Released)



Doves: Jan Goldhorn, wife of Maj. Gen. Donald Goldhorn, the adjutant general of the Guam National Guard, center left, First Lady of Guam Joann Camacho, center right, spouses of military leaders, and representatives of veterans organizations release doves during the Veterans Day Ceremony at the Ricardo J. Bordallo Governor's Complex Nov. 11. (U.S. Army photo by Capt. Ken Ola)

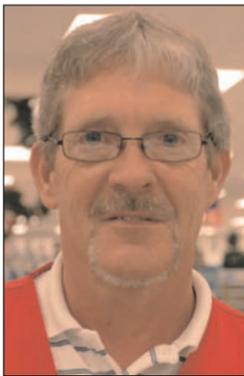
What does Veterans Day mean to you?

Joint Region Edge asked its readers what Veterans Day means to them.



“My Dad is a vet and my grandfather is, too. They were both Navy. They did their time, so it’s only right to remember them. Some might think it’s not much, but [the military] are serving our country. They’re doing something important.”

— Master-at-Arms 2nd Class Christopher Randall
U.S. Naval Base Guam



“To me, Veterans Day is a time to show respect to service members. My dad served in World War II so for me, Veterans Day is also a time of remembrance.”

— Bill Kitts
AAFES senior sales associate, furniture department



“It’s good for people to recognize and support the military and veterans. Now that I’m in the military, I do think about [Veterans Day] more.”

— Master-at-Arms Seaman Adam Long
U.S. Naval Base Guam



“Veterans Day is about honoring our military members. Veterans Day helps me to remember that freedom is not free. It is paid for by those in the armed forces like my wife, who is in the Air Force.”

— Jeff Taylor
Air Force spouse



“It should be remembered. It’s good that we honor veterans because if they didn’t do what they did, then this current time and age would be really different.”

— Master-at-Arms 2nd Class Christopher Randall
U.S. Naval Base Guam



“Veterans Day is about honoring people who have served, protected and defended our country throughout its history. Those who have guarded the freedoms that we enjoy deserve to be remembered.”

— Tech. Sgt. Tracey Shackelford
36th Contingency Readiness Group client systems technician

The Exchange works to improve quality of life

By Sgt. 1st Class Jon Cupp

Exchange Pacific Region Public Affairs

Army and Air Force Exchange Service (the Exchange) associates on Guam and Saipan are continuing to pursue projects and participate in special events on Guam which are aimed at improving the quality of life for their customers who include military service members, their families and Department of Defense civilians.

Some of these projects and festivities include such efforts as the Exchange teaming with the Guam Environmental Protection Agency, local Air Force civil engineers and the Guam Energy Office to host an Energy Efficiency Month in November on Andersen Air Force Base (AFB).

"The goal is to save energy and at the same time, stimulate Guam's economy by encouraging residents to replace used appliances with new Energy Star qualified appliances — these are appliances that save energy," said Terry Veney, Guam's main store manager. "So we are working collaboratively to bring awareness to our customers about how they can help reduce pollution and conserve energy."

Throughout the month, Exchange customers can bring in their old appliances to the Exchange and receive rebates toward new Energy Star appliances such as refrigerators, washers, dryers and freezers.

"Those who can benefit from this include our retirees, DoD civilians, and military service members and their families who live in the outside community and on base," Veney said.

Nov. 20, the Guam Exchange will partner with other Andersen AFB organizations to participate in a base-wide retiree appreciation event, offering special giveaways to retirees as well as tours of Exchange facilities.

"It's very important to let our retirees know that they are not forgotten and that we appreciate their service and the sacrifices they have made for their country," said Flor Payton, general manager for Guam and Saipan. "So this is just our way of giving back to them and another way in which we can reach out and show that we really do care about our community here."

In addition to the event on Guam, the Exchange recently participated in a "Salute to Your Service" event on Saipan Nov. 5-7 at the Saipan Exchange, which also recognized veterans and retirees. The event included Exchange specials and giveaways geared toward re-introducing retirees to the value and benefits that the Exchange offers, according to Payton.

Another important partnership within the community involves the Exchange teaming with local schools, Payton said.

One of the highlights during the month of October was the Popeye's concept manager, Rosalie Eclavea, hosting 97 students from Liguana Elementary School during the Fire Prevention Week field trip. The students were given a tour of the Fire Department on base and a lunch at the food court afterwards.

Exchange associates also promote a program called "You Made



the Grade" which recognizes students who have a "B" average or higher with a benefits-filled booklet. The booklet includes coupons for free meal deals at the student's local Exchange food court along with video rental specials.

Students who participate in the program can bring their report card and ID to their local Exchange to receive the booklet and can also sign up to win a savings bond worth up to \$5,000.

"It's simple; learning pays," Payton said. "Promoting the benefits of a good education is what makes this program so important to us and the community we serve. This effort represents an investment in our nation's future."

Along with special events, the Exchange also takes part in Town

Hall meetings hosted by wing commanders as well as newcomer briefings.

"It's important for us to participate in forums where we can receive feedback from our customers," said Payton. "On a monthly basis, we welcome our newcomers, sponsors and their dependents, which gives us a great chance to get their input and we tell them about all the services we have to offer and answer any questions or concerns they may have about the Exchange."

Some other events for the Exchange include participation in career days and setting up future computer training classes.

"It's good when we can come in and talk to our customers during career day and one of the things we want to do is start laptop seminars

in our stores to teach them how to use Windows," Veney said. "Many of our customers are starting college and we'd like to partner with the schools here for the classes, because some people may not know how to use computers and we can show them that we are here for them and have what they need."

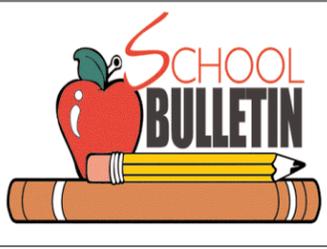
Besides community events, the Exchange also has plans to make improvements and renovations to facilities on both Guam and Saipan.

Some future construction projects include adding a premium coffee store, a Dunkin' Coffee expansion, to the Baskin Robbins on Guam. Along with this, Exchange associates will present plans to the Exchange's board of directors in February 2011 for approval of a new Exchange facility on Saipan.

"We are constantly working to make improvements on how best to serve our customers," Payton said. "We enjoy making ourselves available whenever and wherever they are going to need us and constantly working to make sure the items we have in the store are what the customers are looking for and that the merchandise is in stock."

"The most important things to us are being a part of the community, listening to our customers, always finding ways to benefit the troops, making things more convenient for them and ensuring they can find what they need," she added.

For more information about the Exchange, visit <http://odin.aafes.com/pacrim/andersen/index.html>.



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.

Department of Defense Education Activity (DoDEA)

School board meetings are scheduled for the second Tuesday of every month at 6 p.m. Next meeting is Dec. 14 at Cmdr. William C. McCool Elementary/Middle School.

No school on Thanksgiving Nov. 25-26.

Andersen Elementary School

The Andersen Elementary School Drama Club presentation of "Bully Free" will be Nov. 24 at 8:30 a.m.

Student Council meeting is Nov. 24 from 2:30-3:30 p.m.

The Yearbook Club will meet Nov. 24 from 3-4 p.m.

Andersen Middle School

School picture retake/makeup day is Nov. 23 from 10 a.m.-noon. Students may return original picture package for retakes. For more information, call the school office at 366-3880.

McCool Elementary/Middle School

Parent Teacher Organization (PTO) Movie Night is Dec. 3 from 5:30-8:30 p.m. in the cafeteria.

Second grade Harvest Feast is Nov. 23 in the second grade wing near E201 and E202.

Flu clinic Dec. 1 from 3-4 p.m. in the cafeteria.

PTO Holiday Shop Dec. 4 from 8 a.m.-3 p.m. in the cafeteria.

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

Panthers medal in journalism

By Kira Reyman

Joint Region Edge Staff

The Guam High School (GHS) Panthers brought home nine medals from the 2010 Far East Journalism/Yearbook/Broadcasting Conference held in Tokyo Oct. 25-28. A total of 10 GHS students participated in the annual event.

From across the Pacific, 114 Department of Defense Education Activity (DoDEA) students attended the annual event and took part in various workshops and competitions. The conference was organized so that students from different high school newspaper, yearbook and broadcast journalism teams collaborated to create a finished project by the end of the week. Each team consisted of six members.

"The work became very consuming, but in the end, my team was able to get our paper done. Staying up until 1 o'clock in the morning was definitely worth the experience," said senior Derick Murray, whose team won third place in overall newspaper spread.

In the newspaper portion, teams completed a two-four page newspaper layout with news, features, editorials and sports articles and photos. For yearbook, a team of six students were required to produce an eight-page layout spread. For broadcasting, teams produced a 10-minute news broadcast.

"Tokyo was indescribable. It was



Winners: Guam High School representatives to the Far East Journalism/Yearbook/Broadcasting Conference following the conference awards ceremony at the New Sanno Hotel in Tokyo Oct. 28. Front, from left: Alexandra Avila; and Laura Sablan, journalism advisor; Back, left to right: Dr. Steven Bloom, Department of Defense Education Activity Pacific Guam superintendent; Ashley Foust; Austin San Nicolas; Luke Dickie; Storm Roberts; Trevor Cheatham; Cody Pumper; Meagan Speck; Kira Reyman; Derick Murray; and Ian Haight, yearbook advisor. (Photo courtesy of Guam High School)

great to meet new people and learn new writing techniques and styles," junior Meagan Speck said.

Winners include:

Kira Reyman: Silver medal in Best Overall Yearbook Spread (team) and Bronze in Best Yearbook Writing

Cody Pumper: Silver medal in

Best Feature Double Page Spread

Trevor Cheatham: Silver medal in Best Yearbook Photography and Bronze in Best Photography, Digitally Modified

Luke Dickie: Silver medal in Best Overall Broadcast Package (team)

Alexandra Avila: Silver medal in Best Broadcast News Anchor

Derick Murray: Bronze medal in Best Overall Newspaper Spread (team)

Austin San Nicolas: Bronze medal in Best News Writing

(Kira Reyman is a journalism student at Guam High School and writes for Panther Planet, the school newspaper.)

DODEA schools hold strong in academic competition

By Anna-Victoria Crisostomo
Joint Region Edge Staff

Students from Cmdr. William C. McCool Elementary/Middle School (MEMS), Andersen Middle School (AMS) and Guam High School (GHS) join 29 other Guam teams for the 2010-2011 Academic Challenge Bowl (ACB) season.

Debora Moore, MEMS gifted resource teacher, has coached the school's ACB team for the past four years. This year, Moore is hopeful for the 26-member team and is enjoying working with the students.

"I just really like this team because they are really fun to be around," Moore said. "They're really enjoying the academic part of it, which is what I like to promote. Academics can be cool too."

First-time team member, Leianne Hardin, confirmed Moore's statements.

"It's a fun way to hang out with my friends and I like being able to learn new things from new people," Leianne said.

Sixth-grader Travis Wagner is also enjoying his first year on the team. Travis is optimistic for the season and is proud of his teammates.

"I think we're doing really good because we always work as a team," Travis said.

Jim Rhodes, AMS information



Quick fingers: Members of the Academic Challenge Bowl team at Cmdr. William C. McCool Elementary/Middle School take to their buzzers during practice Nov. 4 at the school. (U.S. Navy photo by Anna-Victoria Crisostomo)

specialist, returns for his eighth year as ACB team coach. This year, he also has the added responsibility of coaching GHS's 11-member team.

While Rhodes admitted he has found it challenging to accommodate the schedules of two teams, he recognized the students' dedication

to the team has been a key factor in making the tight timing work. Students on the GHS Panthers team, for example, meet for two hours on Saturdays to practice.

"It's a good group of kids who are putting themselves forward to say, 'I'm one of the brightest, I'm

one of the best at this school.' And that's cool. That's fun," Rhodes said.

GHS junior, Becca Rhodes, is returning for her second year on the Panthers' ACB team.

"I love the camaraderie of the team members," she said. "I enjoy learning new things and just trying

to compete and do my best."

The Panthers have played six games so far this season and have a record of four wins and two losses.

Brothers Zachary and A.J. Hinsvark are enjoying their first year on the AMS Dragons' ACB team.

"I was thinking that I could do a lot of activities after school and ACB was one of the ones coming up," A.J. said.

Every year, teams from local public, private, and Department of Defense Education Activity (DoDEA) middle and high schools join in the competition.

According to Guam Department of Education's (DOE) Gifted and Talented Education (GATE) special events coordinator, Laura Jiblits, ACB has been an ongoing program for more than 30 years. Jiblits added the competition is "based on criterion-referenced questions offering an outstanding resource for reinforcing and evaluating educational quality."

Once teams have confirmed their participation, Jiblits gets to work scheduling meets. In the middle school division, teams from each school will face off once. Teams at the high school level compete against each other twice.

For more information on ACB, call Debora Moore of MEMS at 339-8676 or Jim Rhodes of AMS at 366-3880.

Military has options for Thanksgiving

By Anna-Victoria Crisostomo
Joint Region Edge Staff

Thanksgiving is right around the corner. Just like the dinner table spread, the options for celebration seem endless. Whether looking for food, fitness or fun, the Thanksgiving holiday offers a cornucopia of activities that are sure to satiate almost any desire.

Leigh Graham, United Service Organizations (USO) Guam director, encouraged those without plans to attend their annual Thanksgiving dinner at the USO Guam in the Royal Orchid Guam Hotel in Tumon Nov. 25 from noon-5p.m. The event is free for military ID card holders.

"The holidays can be a particularly difficult time for service members and their families since they are often parted from their loved ones," Graham said. "It is our pleasure to welcome them into our island luxury styled center where we can provide them a family-style, old-fashioned Thanksgiving holiday celebration that lets them know how much we appreciate and value their

service to our country."

Graham said that USO Guam expects about 500 guests for the dinner and encouraged those who plan to attend to get there early. USO guests can expect a traditional Thanksgiving meal complete with roasted turkey, baked ham, an assortment of side dishes and a variety of desserts.

In addition to the dinner, attendees can expect performances from local entertainers and raffles. That day, the USO will also be providing its regular free services including Internet, long distance phone calls to the U.S., video games and billiards.

Those interested in attending are encouraged to call USO Guam at 647-4876 prior to Nov. 23 to reserve space.

Food will be in no short supply during the Thanksgiving weekend. The Magellan Inn Dining Facility is offering a sit-down dinner for Andersen Air Force Base (AFB) personnel and their families. The dinner boasts a meat section complete with the traditional roasted turkey, baked ham and steamship round roast. Side dishes will include green beans with mushrooms, mashed or



Thanksgiving: Military personnel gather at the Royal Orchid Guam Hotel in Tumon for the United Service Organizations (USO) annual Thanksgiving Dinner Nov. 26, 2009. This year, USO Director Leigh Graham estimates that around 500 service members will be in attendance at the event Nov. 25. Each year, the USO invites service members and their families who are far from home. (Photo courtesy of United Service Organizations)

baked potatoes, steamed corn, sweet peas and rice pilaf. An assortment of pastries will be available for dessert.

All the talk of food can be overwhelming to those who are trying to maintain healthy lifestyles, especially during the holidays.

All are welcome to work off their turkey coma after the feast with the Turkey Trot 5K Fun Run and Kids Run/Walk at Ebbett Field on U.S. Naval Base Guam Nov. 25. Participants in the Turkey Trot are to show up at 5:30 p.m. and the runners/walkers will get going at 6 p.m. Those participating in the event are to sign up at the Charles King Fitness Center by Nov. 19.

Those looking to get a head start at warding off the calories can attend the Coral Reef Fitness Center's Turkey Day 5K Run/Walk at the Palm Tree Golf Course Driving Range parking lot on Andersen AFB Nov. 25. Show time for the event is scheduled for 6 a.m. with a 6:30 a.m. start time.

Also on Andersen AFB, the Palm Tree Golf Course is hosting a Turkey Shoot Golf Scramble Nov. 20 Shotgun start at 12 p.m.

Thanksgiving Activities

FOOD

Magellan Inn Dining Facility Thanksgiving Meal

Andersen AFB personnel and their families are invited to dine at the Magellan Inn Dining Facility for a special Thanksgiving meal Nov. 25 from 10 a.m.-1 p.m. Free for meal card holders. Pricing is a la carte plus applicable surcharge for all others. For more information, call 366-5158.

Thanksgiving Dinner at the USO

Military ID card holders are invited to the USO's Annual Thanksgiving Dinner Nov. 25 from 12 p.m.-5 p.m. at USO Guam at Royal Orchid Guam Hotel in Tumon. Free of charge. First come, first-served basis until food is gone. Those interested are encouraged to

come early. Candlelight, entertainment, raffles and gifts for those who attend. For more information, call 647-4USO.

Single Sailors Sanctuary Shuttle to USO

The Single Sailors Sanctuary on U.S. Naval Base Guam (NBG) will be providing shuttle services to the USO Thanksgiving Dinner in Tumon. Must be an active duty military ID card holder. For more information, call 564-2280.

FITNESS

Turkey Day 5K Run/Walk

Coral Reef Fitness Center Turkey Day 5K Run/Walk Nov. 24, starting at the Palm Tree Golf Course Driving Range parking lot on Andersen AFB. Show time 6 a.m. with a 6:30 a.m. start time. For more information, call 366-6100.

Turkey Trot 5K Fun Run

Turkey Trot 5K Fun Run and Kids 1.5 miles Run/Walk scheduled for Nov. 25 at Ebbett Field on NBG. 5:30 p.m. show time and 6 p.m. go time. Registration is free. T-shirts for sale. Pre-register and order T-shirts at Charles King Fitness Center by Nov. 19 at 5 p.m. Registration also available on race day. T-shirt cost for pre-registered individuals is \$10. T-shirt cost on race day is \$15. Sponsored by MWR Fitness Department. For more information, call 339-1301.

Turkey Shoot Golf Scramble

Andersen AFB Palm Tree Golf Course Turkey Shoot Golf Scramble Nov. 20. Shotgun start at 12 p.m. Entry fee is \$30 for members and \$40 for non-members and includes green fee, cart, food, and prizes. Sign up at the Pro Shop. For more information, call 366-4653.

FUN

Thanksgiving Arts and Crafts

Andersen Arts and Crafts Center is offering a Paper Cup Pilgrim Craft: Indian Chief, Pilgrim Boy and Girl Nov. 20 from 10 a.m.-12 p.m. \$10 fee includes materials and instructions for three projects. Ages 6 and up. Maximum four students.

Thanksgiving Day Sale

Andersen Arts and Crafts Center Thanksgiving Day Sale Nov. 19-24. The Center is open Tuesday-Friday from 10 a.m. to 6 p.m. and Saturday from 10 a.m. to 5 p.m. Stop by and get 20 percent off retail store items including scrapbooking, stamping, knitting and other arts and crafts supplies. Shop early for the best selection. For more information, call 366-4248.

Cook smart, have an illness-free Thanksgiving

By Staff Sgt. Roy Champion

36th Medical Operations Squadron

Who can resist the smell of turkey being deep fried or roasting in the oven, growing ever more golden brown almost by the minute? Its gravy-making juices crackling and sizzling in the bottom of the roaster pan.

Who could resist? Someone who's had a foodborne illness from eating turkey that's been improperly cooked, handled or refrigerated.

The holiday season should be a time of enjoyment; whether you are cooking a traditional roasted turkey and side dishes or trying something new such as a deep fried turkey. Applying the food handling practices within this article below can help you avoid a potential foodborne illness.

Cooking Times and Temperatures

Raw meats and eggs need to be properly cooked to destroy any hazardous microorganisms.

- Plan ahead. Avoid thawing large meat items at room temperature; take your turkey and large hams out of the freezer and place them in the refrigerator two to three days before you are ready to cook them.

- Pork, fish and meats (including ground beef), injected meats, game animals, and raw eggs must be cooked to an internal temperature of 145 degrees Fahrenheit for three minutes, 150 degrees Fahrenheit for one minute or 158 degrees Fahrenheit for 15 seconds.

- No matter whether you are roasting or frying poultry and stuffed

food, items must be cooked to an internal temperature of 165 degrees Fahrenheit for 15 seconds.

- All hot foods should be kept hot at 135 degrees Fahrenheit or above.

Thermometers are sold at the commissary, base exchange, and most off-base grocery stores. To take a reading, place the thermometer into the inner thigh area of the turkey near the breast without touching the bone.

Personal Hygiene

As food is cooked over the holidays, be sure not to cross-contaminate ready-to-eat foods with uncooked foods. Do not handle uncooked or cooked foods without washing your hands in between.

- Wash your hands vigorously for 20 seconds with soap and water

before and after handling, preparing or serving food will help prevent cross-contamination. Washing your hands is an easy and safe practice that everyone can do.

- Use clean utensils and work surfaces.

- Use separate utensils and equipment for raw and cooked foods.

- Clean dishes and work surfaces after thawing or preparing raw poultry.

- Use paper towels to clean up kitchen surfaces or if using cloth towels, wash often in a hot cycle of the washing machine.

Refrigerator Storage

We are all guilty of eating a big meal and slipping off to watch football or take a nap on the couch.

Most potentially hazardous foods (meat, fish, and chicken) deteriorate rapidly at room temperature. Temperature control is one of the factors that can be used to manage the number of microorganisms in food.

- Keeping foods at a temperature that will prevent food-borne illnesses is very important. Foods should be kept cold at 41 degrees Fahrenheit or below.

- Food should only be left out for a maximum of four hours. Time begins when the food is taken out of the refrigerator or warmer and subjected to room temperature.

If you have any questions, feel free to call Andersen Public Health at 366-4147, U.S. Naval Hospital Guam Preventive Medicine at 344-9787, or visit. Happy Holidays, Joint Region!

Christmas festival marks 18th year

By Anna-Victoria Crisostomo
Joint Region Edge Staff

The Guam Chamber of Commerce in conjunction with the Guam Visitors Bureau (GVB) and First Lady Joann Camacho will host its 18th Annual Christmas Festival at Skinner Plaza in Hagåtña Nov. 27.

While this year's festival marks its 18th year at Skinner Plaza, the Guam Chamber of Commerce has been organizing similar holiday celebrations for 32 years.

"This year's theme is Tiempun Minagof! (tee-em-pun mi-na-guf) that will emphasize Christmas on Guam and the hafa adai spirit of celebrating Christmas in the islands,"

said Catherine Castro, Guam Chamber of Commerce vice president and chief operating officer. Tiempun minagof translates to "time for joy/happiness."

The festival will run from 4 p.m.-8 p.m. and will include activities and attractions such as the Christmas tree lighting and park illumination ceremony, mini-parade with mini-float contest and Santa's workshop.

"The chamber has had a Christmas event for the people of Guam for over 30 years to express appreciation to the Guam community for their continuing support and patronage. In addition to saying 'thank you' to the community, the festival event serves as the official kick-off

for the holiday season," Castro said. "The festival is a much anticipated community event and hosts up to 4,000 people during the kick-off event."

The event promises family fun for everyone. While youth are sure to enjoy the kid-friendly activities and "Dear Santa" letter-writing station, attendees of all ages will take pleasure in various food booths, holiday decorations and entertainment by schools, youth groups and other entertainers.

"This event brings Christmas to children and the young at heart," Castro said. "For some, this may be the only Christmas they will have this year. We do our best to make

sure that each year we make it more special for the little ones."

Visitors to the festival can expect to see colorful holiday banners and lamp posts adorned with light sculptures throughout Skinner Plaza. At the center of the park, the 30-foot light tree will be highlighted as the festival centerpiece. Those present will also be able to rub elbows with their favorite holiday characters including Mr. and Mrs. Claus, and the North Pole elves. After the festival, the park will be illuminated every evening until Jan. 3, 2011.

For more information, call the Guam Chamber of Commerce at 472-6311/8001 or visit their website at www.GuamChamber.com.gu.



Parade: Local children carry a banner as they lead the mini-parade to open the Guam Chamber of Commerce Annual Christmas Festival at Skinner Plaza in Hagåtña Nov. 29, 2008. This year, the festival celebrates 18 years at Skinner Plaza. The Guam Chamber of Commerce has been organizing Christmas festivals for the people of Guam for 32 years. (Photo courtesy of Guam Chamber of Commerce)



Christmas: Santa and Mrs. Claus wave to the crowd as they ride in a carabao cart sleigh during the Guam Chamber of Commerce Christmas Festival at Skinner Plaza Nov. 28, 2009. Each year, the festival kicks off with a mini-parade that boasts Santa as the grand marshal. This year, residents can also look forward to visiting Santa at his workshop and writing letters to him on the festival's opening night. (Photo courtesy of the Guam Chamber of Commerce)

FREE

Free movies at the Big Screen Theater

Stop by the Big Screen Theater on NBG this weekend, where free movies are shown every Friday, Saturday, and Sunday.

Library Games

Children ages 5-17 can visit Andersen AFB Library Tuesdays-Thursdays, 5-8 p.m. to enjoy playing video games from a collection of Xbox, Wii or Playstation 3 games. Children under 10 must be accompanied by an adult. Sponsors must provide written permission to allow minor dependents in-house use of games and gaming equipment and accessories. For more information, call 366-4291.

Adult Swim Clinic

Held on the last Saturday of every month from 8-10 a.m. at the NBG pool. This course is designed to help proficient swimmers improve their stroke. Each clinic is a 2-hour session with a certified instructor,

including individualized drill sets and a videotaping session to improve stroke. Registration deadline is the Thursday before each clinic. For more information, call 564-1856.

On a Budget

Image Makers
NBG Teen Center and Youth Center offers photography classes every Monday, 3-4 p.m. For more information, call 339-6130.

Tuesday Texas Hold'em Nights

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

UNDER \$10

Tuesday Fajita Night

At Andersen AFB's Café Latte, every Tuesday from 5:30-7:30 p.m. Base price starts at only \$2.95, and you can build your own fajitas! For more information, call 366-6166.

Game Night

At Top of the Rock on Andersen AFB, every Friday from 6-9 p.m. Enjoy card games, pool, and darts. Cost: Free for members, \$5 for non-members. For more information, call 366-6166.

Mongolian BBQ

At Andersen AFB's Café Latte every Wednesday night from 5:30-7:30 p.m. Base price starts at only \$2.95/adult and \$1.50 per child! For more information, call 366-6166.

Xtreme Midday Madness

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

\$10 AND UP

Family Bowling Value Package

NBG Orote Point Lanes, Family Value Package (up to 5 people) \$40 per lane. Includes: Shoe rentals, two hours of bowling, one large single topping pizza

and one pitcher of soda. Package available Monday-Friday, 11 a.m.-3 p.m., Saturday, 11 a.m.-5 p.m., Sunday 11 a.m.-8 p.m. For more information, call 564-1828.

2-Day Basic Crochet Class

2-Day Basic Crochet Class Nov. 17-18 from 2 to 4 p.m. at the Andersen Arts and Crafts Center. Class fee is \$25 per person. Sign up in advance, or call 366-4248 for more information.

Piano Lesson Openings

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

Jazzy Sundays

Sundays from 5-8 p.m. at Willie's Beachside Jazz on Andersen Air Force Base. Enjoy great jazz music and delicious offerings from our Bamboo Willie's menu. For more information, call 366-6100.



FRIDAY, NOV. 19

7 p.m.: Secretariat • PG

SATURDAY, NOV. 20

2 p.m.: Secretariat • PG

7 p.m.: Case 39 • R

SUNDAY, NOV. 21

7 p.m.: My Soul to Take • 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, NOV. 19

7 p.m.: Legend of the Guardians: The Owls of Ga'Hoole • PG

9:30 p.m.: Devil • PG-13

SATURDAY, NOV. 20

1 p.m.: You Again • PG

3:30 p.m.: Wall Street: Money

Never Sleeps • PG-13

7 p.m.: The Town • R

SUNDAY, NOV. 21

1 p.m.: Legend of the Guardians: The Owls of Ga'Hoole • PG

3:30 p.m.: Easy A • PG-13

7 p.m.: My Soul to Take • 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 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

Saturday Vigil Mass: 5:30 p.m.
 Sunday Mass: 9:30 a.m.
 Sacrament of Reconciliation: Saturday, 5 p.m. and Sunday, 8:30 a.m.

Protestant Worship Service

Sunday Service: Traditional Service: 8 a.m.
 Contemporary Service: 11 a.m.
 Women's Bible Study: Monday, 9:30 a.m.
 Men's Bible Study: Wednesday, 6 p.m.
 Prayer Time: Thursday, 11:30 a.m.
 Choir Practice: Traditional: Wednesday, 6 p.m.
 Choir Practice: Contemporary: Thursday, 6 p.m.

Jewish Shabbat

Friday, 6:30 p.m.

Naval Hospital Guam

Roman Catholic Mass

Monday-Friday, 11:30 a.m.

Chapel of Hope: Sunday, 9 a.m.

Protestant Service

Monday-Friday, 12:15 p.m.

Interfaith Chapel

Andersen Air Force Base

Roman Catholic Mass (Chapel 1)

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

Saturday Vigil Mass: 5 p.m.

Sunday Mass: 9:30 a.m.

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

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

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

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

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Be mindful; little ones are watching

By Lt. Alan Fleming

USS Frank Cable (AS-40)

Point your kids in the right direction – when they're old they won't be lost. (Proverbs 22:6)

It was a cold, steel-gray morning as I sat on the creek bank. There was a stillness that hung in the air like a heavy mountain fog. The hunting had been slow but the overcast day was perfect for just being in the deep



woods and so I lingered. It seems the senses are most alive in the midst of such silence and my thoughts drifted as I watched the wisps of my breath dance and disappear into the air. A movement across the creek interrupted my thoughts and captured my attention. From the thick undergrowth along the bank appeared a large raccoon that was followed, in single

file, by three young of the year kits. For the next several minutes I was privy to a wonder of creation as "Mom" raccoon took her little ones through the paces of catching and eating food. Every move she made was mimicked by each of the young apprentices. Whether it was catching, washing, eating or grooming, the kits watched and learned from mom. It struck me that their very survival and success in life depended on what they learned from mom in those early days. Now, as a dad, I'm reminded of the importance of the example I set for my little one and the things I pour in-

to her in the early years of life. Her survival and success in life will depend largely on what she is taught by how I live my life and the example I set for her. Does she see a dad who walks with God? Will she have discernment in what she watches and reads because I do? Does she learn to pray by listening to my prayers? Will she learn to love God's Word because dad does? Is she learning to be gracious and kind to others because she sees her dad treat people that way? "Oh Lord, may I ever be mindful of the little eyes and ears that are learning how to live by how I live."

Still Moments



Congressional Recognition: Command Chief Master Sgt. John S.N. Martinez of the Guam Air National Guard was presented a Certificate of Special Congressional Recognition by Maj. Gen. Donald Goldhorn, the adjutant general of the Guam National Guard, on behalf of Delegate Madeleine Bordallo on the occasion of his retirement at the Meehan Theater on Andersen Air Force Base Nov. 7. Martinez retired after 28 years of service. (Photo by Airman 1st Class Audreya Taitano)

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

Guam High cheerleaders are Far East best 23

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

Joint Region Edge Staff

The Guam High School cheerleading squad is the large school 2010 Far East Division 1 champion after competing at the Far East Cheerleading Camp at Matthew C. Perry High School on Marine Corps Air Station Iwakuni, Japan Nov. 12.

The camp was sponsored by the National Cheerleading Association. It was a weeklong event during which a stateside professional cheer squad provided instruction in different areas of cheerleading.

"Throughout the week, the girls learned different cheers, chants and dancing," said Coach Kim Cowdrey. "Then you display everything you learned and earn a ribbon. The girls earned blue ribbons in everything, the highest that you can earn."

This was not the squad's first trip to the competition as an entity, but it was new territory for some of the cheerleaders.

"They were nervous," Cowdrey said. "But they were also eager and excited to be in Japan."

As the week went on, the team became more and more confident until it was time to announce the winners of the overall competition. As the judges announced the third and second place winners, the team realized that they may not win at all.

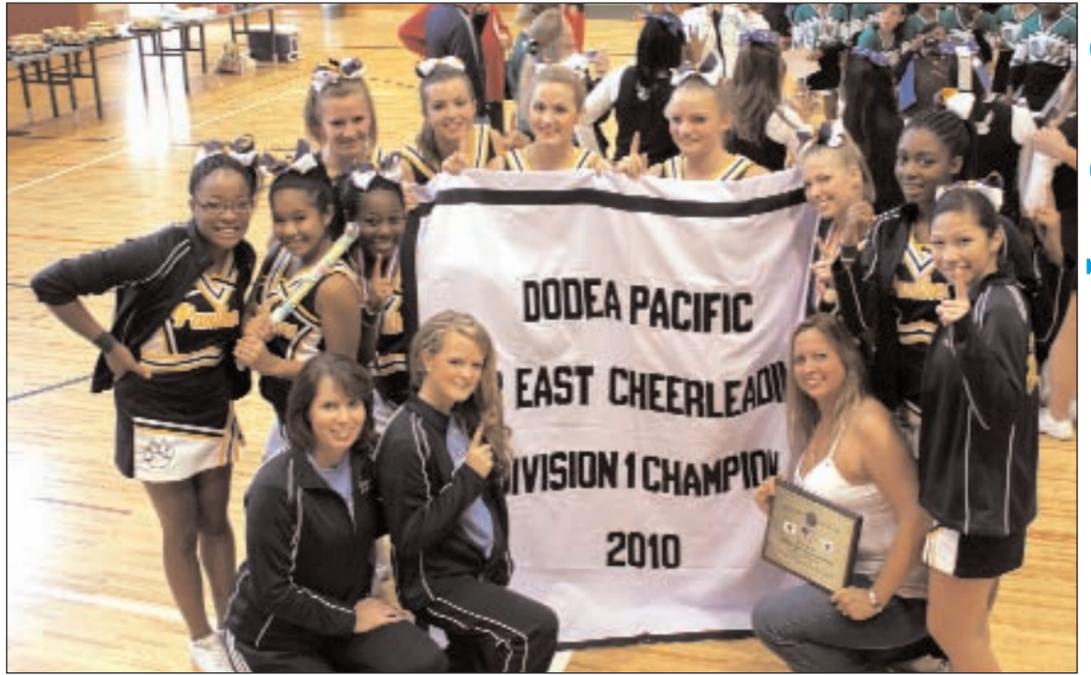
"It was nerve wracking," Cowdrey said. "We practiced for three hours for two weeks, and at football games for this moment. We all grabbed hands and hoped for the best."

Finally, the judges announced the Guam High team and recognized it as first place winner.

"There was a lot of screaming and jumping after the announcement," Cowdrey said. "They deserved the moment; they worked hard for it."

The team received a bid to perform at the National Cheerleaders Association Senior and Junior High School National Championship in Dallas Jan. 8-9, 2011. The squad is planning to look for a sponsor so that they will be able to go to the big show.

"It's a huge honor to receive the bid," Cowdrey said. "Hopefully we will be there in person."



Champions: The Guam High School cheerleading squad holds its championship banner after becoming the large school 2010 Far East Division 1 Champions after competing at the Far East Cheerleading Camp at Matthew C. Perry High School on Marine Corps Air Station Iwakuni, Japan Nov. 12. The squad also received a national bid to perform at the National Cheerleaders Association Senior and Junior High School National Championship in Dallas in January. (Photo courtesy of Guam High School)

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 Center

Charles King Fitness Center (CKFC) hours of operation are Monday-Friday from 5 a.m.-9 p.m., Saturday from 8 a.m.-9 p.m., Sunday and holidays from 9 a.m.-7 p.m. For more information, call 333-2049.

NCTS Gym

The Naval Computer and Telecommunications Station Guam gym will reopen Dec. 6. Hours of operation are Monday, Wednesday and Friday from 9 a.m.-8 p.m., Tuesday and Thursday from 11 a.m.-8 p.m., and Saturday-Sunday from 8 a.m.-12:30 p.m.

Run Registration

Runners can now submit run registrations for Morale, Welfare and Recreation (MWR)-sponsored runs via e-mail. On the Fitness Program page of the MWR website, mwr-guam.com, click on the "NEW Run Registration Form" PDF under Additional Links, and follow the instructions on the form. Pre-registration for all fitness events will end at 5 p.m. on the Friday of the week prior to the event.

Reindeer Run

Reindeer Run Competitive 5K is on Friday, Dec. 3 at the NEX Parking Lot 6 a.m. show/6:30 a.m. go. No fee. Pre-register and order your T-shirts at CKFC by Nov. 26 at 5 p.m. For more information, call 339-1301 or 685-5267.

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

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

Tumbling for Tots

Tumbling for Tots, an interactive play program for kids and parents, is now available at the Hotspot Gym just down the walkway from the bowling center. Hours of operation are Monday-Friday from 9 a.m.-noon and closed holidays and down days. For more information, call the Hotspot at 366-2339.

Turkey Day 5K

Burn some calories to make room for that Thanksgiving feast by participating in Coral Reef Fitness Center's Turkey Day 5K Run/Walk starting at Palm Tree Golf Course Driving Range parking lot Nov. 24, 6 a.m. show and 6:30 a.m. go. For more information, call 366-6100.