

JOINT REGION EDGE

Volume II No. 45

Friday, November 26, 2010



Historic swap out secures CBP



By Airman 1st Class Anthony Jennings

36th Wing Public Affairs

More than 200 Airmen and two B-52H Stratofortress aircraft with the 69th Bomb Squadron, Minot Air Force Base (AFB), N.D., arrived at Andersen AFB recently to replace the 23rd Expeditionary Bomb Squadron (EBS) in support of U.S. Pacific Command's continuous bomber presence (CBP).

"Our No. 1 priority is to support theater objectives and maintain peace and stability in the region,"

Bomber: A B-52H Stratofortress takes off on its way to Andersen Air Force Base (AFB) as part of a deployment June 2, at Minot AFB, N.D. During the six-month deployment, nearly 350 Airmen and several B-52s provide U.S. Pacific Command with a continuous bomber presence in the Asia-Pacific region. (U.S. Air Force photo by Senior Airman Michael J. Veloz)

said Lt. Col. Michael Cardoza, 69th EBS commander. "After that, we are looking forward to honing our combat skills in a variety of conventional mission sets. We have spent the last year primarily focused on perfecting our nuclear mission. Now we are able to shift our focus somewhat and are very motivated to support the Andersen CBP mission. This deployment will give us a lot of outstanding training opportunities throughout the Pacific area of responsibility."

The swap out is historic for several reasons. The 69th and 23rd EBS are units of the 5th Bomb Wing at Minot AFB, and the swap out marks the first time the wing will have two units on back-to-back deployments in support of the CBP in Guam. The 69th EBS, which was reactivated at Minot Sept. 4, 2009, will be on its first deployment back to Andersen AFB since the Vietnam War.

"It is a great milestone in a year full of milestones for the newest B-52 squadron," Cardoza said.

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Sailors meet with SHS students at career fair

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

Joint Region Edge Staff

Personnel from U.S. Naval Base Guam (NBG) and Joint Region Marianas (JRM) spoke to Southern High School (SHS) students as part of the school's two-week career fair. The fair began on Nov. 22 and features members of the local work force, as well as military service members.

According to Samantha Gillam, a Guam Community College instructor who teaches nursing at SHS, the purpose of the fair is to show the students the various possibilities that await them after

graduation.

"We're trying to have the students see that there's more for them after high school," she said. "Speaking with successful professionals will hopefully encourage our students to graduate, figure out what they want to do beyond high school, and show them a path to get there."

Capt. Richard Wood, NBG's commanding officer, was the first presenter to speak with the high school students. Wood spoke of his initial desire to pursue a career as an educator, and his eventual decision to serve in the United States military.

Anitra Padua, SHS Career Committee chairwoman said that having Wood speak with the students helped to open their eyes to a career

field that would brighten their lives, as well as enable them to help improve the lives of others.

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Career Fair: Lt. David Blas, Joint Region Marianas' current operations officer, speaks with Southern High School students during a career fair presentation at the school in Santa Rita, Nov. 23. Professionals from military and civilian career fields spoke with the students, and presented them with various options they may choose to pursue after graduating high school. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)



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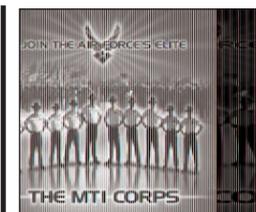
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Top Performer

Staff Sgt. Gigi Blas

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Preposition ships to train on Saipan

By Ensign Justin L. Bennett
Maritime Preposition Ship Squadron 3

Beginning Nov. 29, 175 military personnel from the San Diego-based Naval Beach Group ONE and the Williamsburg, Va.-based Navy Cargo Handling Battalion ONE will board Saipan-based ships USNS 1st Lt. Jack Lummus (T-AK 3011) and USNS 1st Lt. Harry L. Martin (T-AK 3015) of Maritime Preposition Ship Squadron (MP-SRON) Three in order to conduct critical training in offloading an MPF ship at sea.

The mission of a Military Preposition Force (MPF) ship is to quickly and efficiently deliver military cargo and supplies to a designated area in response to a crisis or humanitarian disaster. There are currently five MPF ships in the Guam and Saipan area. MPF ships are part of the U.S. Navy's Military Sealift Command (MSC). MSC is the ocean transportation provider for the Department of Defense and operates up to 45 non-combatant ships in the Western Pacific and Indian Oceans.

While anchored in Saipan's Garapan Harbor, Lummus and

Martin will deploy and construct a Roll-on/Roll-off Discharge Facility (RRDF), a system of interconnected, floating platforms used to stage military cargo at sea. The RRDF allows the offload of military vehicles such as tanks, recovery vehicles, tractor/trailers, and forklifts from a Roll-On/Roll-Off (RO/RO) merchant ship onto a motorized barge, called literage, which then transfers the vehicles to the beach. The training is scheduled to be completed Dec. 10. No cargo will be brought ashore during the exercise.

"The calm sea state of the Garapan Harbor was one of the reasons why we chose this location for this important training," said Capt. Herman Awai, commander of MP-SRON Three. "This training will allow for new personnel to be introduced to the rich culture and kindness of Saipan while meeting their needed training to maintain proficiency."

The construction of the RRDF provides vital training to prepare participating commands for real-world events or major theater exercises. The RRDF will be deployed during an actual, at-sea cargo offload in Thailand next year.



Mission: The mission of a Military Preposition Force (MPF) ship is to quickly and efficiently deliver military cargo and supplies to a designated area in response to a crisis or humanitarian disaster. There are currently five MPF ships in the Guam and Saipan area. (U.S. Navy photo courtesy of Maritime Preposition Ship Squadron 3)

Airman's Attic is an Andersen asset

By Airman Whitney Tucker
36th Wing Public Affairs

One of the many benefits of enlisting in the armed forces is independence: the guarantee of a steady paycheck, food in the refrigerator and a roof overhead. In many instances, this newfound freedom provides more space than Airmen can fill.

The staff and volunteers of Andersen Air Force Base's (AFB) Airman's Attic have found a way to remedy this problem. Located next to the commissary, the Airman's Attic is open every Wednesday from 9-11 a.m. to provide a wide assortment of items to Airmen E-1 through E-5 free of charge. On Friday, it is open, also from 9-11 a.m., for Airmen of all ranks, and on the last Friday of each month it is also open to retirees.

"We understand that it may be more difficult for Airmen who

recently enlisted to afford to furnish their homes," said Jadine Lujan, Airman's Attic volunteer coordinator. "Our goal is to help them assimilate to their new lifestyle as quickly and easily as possible. Having the things you need at home can make a difference."

The Airman's Attic contains a wealth of useful supplies and home furnishings ranging from electronics to clothes and books.

"Everything we have has been donated from the base population," Lujan said. "Many of these items have never been used and are in excellent condition. We have printers, computer monitors, dishes and silverware, videos and military uniforms, just to name a few."

In addition to providing members of Team Andersen with the essentials, the Airman's Attic can also be a great place to satisfy a craving for luxury.

THE AIRMAN'S ATTIC



- Located next to the Commissary
- Open Wed. 9-11 a.m. E-1 through E-5
- Open Fri. 9-11 a.m. all ranks
- Open to retirees last Fri. of each month

"We get high dollar items on a regular basis," Lujan said. "Purses, clothes and electronics that would normally cost a lot of money are given away for free. It really is a

unique opportunity for Airmen and their families to take advantage of."

With dozens of Andersen AFB members passing through the doors each day, the Airman's Attic has

also become an ideal location to make friends.

"I have been volunteering at the attic for five weeks," said Lexi Gibson, Andersen spouse and Airman's Attic volunteer. "I love it because it gives me something to do during the day, and with so many coming in, it's easy to meet new people."

The transition from base to base can be made simple with the aid of the Airman's Attic and its dedicated volunteer force. It is an asset that has become a one-stop-shop for home furnishings, luxuries and even companionship.

"For dependents who may be having a difficult time finding work, volunteering is a great way to get out of the house for a good cause," Gibson said. "I enjoy working at the attic because I know it is helpful to Airmen who may be struggling to afford necessities. It's a chance to help others while you help yourself."

Off Limits Establishments

The Guam Armed Forces Disciplinary Control Board has placed the following establishment off limits to all military personnel:

Gallop USA Indian Art and Jewelry at the Micronesia Mall

All military personnel are prohibited from entering the establishment. Service personnel, whether in uniform or in civilian clothing, found entering or leaving the establishment may be subject to disciplinary action under the Uniform Code of Military Justice.

Transport squad leader stays Army strong

By Mass Communication Specialist
2nd Class (SW) Peter Lewis
Joint Region Edge Staff

Staff Sgt. Gigi Blas, a 12-year Army veteran, said she decided to enlist in order to find a better career for herself and to help support her family. The Army has proven to be everything she hoped for and more.

"I pretty much like everything about the Army. I like the fact that I am able to stay in shape and I travel a lot attending schools and conferences," she said. "But above all else, I love being able to serve my country in the best way I can."

Blas has been trained as an 88M motor transport operator. She said that she loves her specialty and enjoys all the additional training opportunities that come along with it.

"I wanted to be an 88M, because I wanted a specialty that I would be able to use in my civilian life, and it was a way to further my knowledge of vehicles," she said. "And it's great that there is always so much more to learn. There are always new driving programs that help me to be more knowledgeable about my specialty."

Blas works in the F Company 29th Base Support Battalion (BSB), 29th Infantry Brigade Combat Team (IBCT) training office of the Guam Army National Guard at Fort Juan Muna. When she is not in the field moving heavy equipment, you can find her handling business



Driver: Staff Sgt. Gigi Blas, an 88M motor transport operator with the Guam Army National Guard, sits behind the wheel of a M1078 standard cargo truck, on board Fort Juan Muna in Harmon, Nov. 22. The 12-year veteran said that she loves her specialty and enjoys all the additional training opportunities that come along with it. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

as her company's head training noncommissioned officer (NCO).

"I'm the training NCO for my company, so I'm the person in charge of making sure that the soldiers attend their required and specialty schoolings," she said. "I'm also in charge of planning the training that is to be conducted during the monthly drill. It's a large respon-

sibility, but I always look forward to ensuring all my soldiers meet their training requirements."

On weekends, Blas also serves as a squad leader for the Distribution Platoon during drills.

"As a squad leader it is my duty to insure my soldiers are trained and informed," she said. "If they have any questions or concerns, I make

sure they know they can come to me for assistance."

Blas' supervisor, Staff Sgt. Thomas Salas, was quick to level praise on his soldier.

"She's a versatile and resilient leader who refuses to take no for an answer," he said. "She consistently strives for excellence, always going that extra mile just to prove that nothing is impossible when one sets their mind to it. And she instills this mentality and work ethic to all who cross her path."

Salas took pleasure in listing Blas' recent accomplishments, which included completion of basic noncommissioned officer course and airborne school, and said she is a leader who sets the example for all to follow.

"Her 'can-do' attitude is evident in her accomplishments," Salas said. "Leaders of this caliber are irreplaceable assets of any command. Staff Sgt. Blas, my hat's off to you. Kudos, and keep up the good work."

Blas, who has received an Army Commendation Medal and several other awards from her current command, said that she is able to strive to be the best soldier she can because of the strong example set by her parents.

"Without them I wouldn't be the person I am today. My mom and dad make me believe in who I am and what I can do," she said. "Because of the knowledge and strength they instilled in me, I know I can accomplish anything."

Blas said that she believes having the support of her Army brothers and sisters has also been a key to her success in the military.

"Having the support of my peers and leaders has always been a huge benefit in my endeavors," she said. "Always remember that together we can accomplish anything. And always remain ... Army strong!"

CRG Tech. Sgt. Nissen named Andersen's Best



Andersen's Best: Tech. Sgt. Curtis Nissen, 36th Contingency Response Group (CRG) quality assurance (QA) evaluator, was awarded Andersen's Best on Andersen Air Force Base Nov. 17.

As a quality assurance evaluator, Nissen is responsible for training and evaluating eight work center quality assurance representatives. He serves as the squadron focal point for self sufficiency, corrosion control and electrostatic discharge programs. "Tech. Sgt. Nissen has been the glue holding the QA work center together," said Master Sgt. Jay Bartholomew, who nominated Nissen for the award. "Over the last year, the work center has seen an 85 percent manning turn around. For four months of that time, he was the only evaluator working in QA. He has taken the lead in ensuring completion of 28,552 equipment inspection tasks every 18 months." Nissen is an essential part of the squadron, managing squadron evaluation program, scheduling and conducting personnel and equipment evaluations to validate training and maintenance program standards. For his outstanding performance, dedication, commitment to excellence and actions above and beyond expectations, the CRG and wing leadership dub him Andersen's Best.

Andersen's Best is a recognition program which highlights a top performer from the 36th Wing. Each week, supervisors nominate a member of their team for outstanding performance and the wing commander presents the selected Airman with an award.

To nominate your Airman for Andersen's Best, send an e-mail explaining their accomplishments to ebone.garden@andersen.af.mil. (U.S. Air Force photo by Airman 1st Class Anthony Jennings)

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ments are due no later than 3 p.m. on the Tuesday the week prior to publication. Joint Region Edge reserves the right to edit, rewrite or reject material submitted for publication.

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Navy College helps Sailors further their education

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

Joint Region Edge Staff

Are you an active duty service member on Guam? Are you ready to start or continue your college education? Do you need special testing to get into a new career field? Are you curious about what your first or next step should be? If so, maybe you should stop by the Navy College Office (NCO) in barracks 1, on board U.S. Naval Base Guam.

"We are here to help service members interested in furthering their educations do just that," said Bill Davis, an educational services specialist at the NCO. "If they have questions, we'll answer them or direct them to someone who has the answers they need."

The NCO personnel can sit down with service members and help them decide which college path they want to pursue; which degree and major they would like to work toward. They can advise which schools have the appropriate programs in which students will need to enroll in order to pursue their desired degree field.

"Plenty of service members know that they want to enroll in

college, but they are not sure what they want to study, or what college offers classes that they will be interested in," Davis said. "We can sit down with prospective students, learn about their goals and interests, and suggest a path that may be best for that individual."

The specialists can provide service members with information concerning their Sailor/Marine American Council on Education Registry Transcript (SMART).

"We can show you how to view all of the recommended college credit you've received from your military training," Davis said. "Most people are surprised by just how many credits colleges grant them before they ever actually take any classes."

Members with questions about military tuition assistance (TA) may also direct their inquiries to the NCO.

"Even though TA is submitted entirely online now, we can still help students who have questions about TA requirements, and how to submit electronically," Davis said. "Also, if commands would like briefings for a large number of their service members, they can call the NCO and we will come to the command and conduct TA briefings."

The NCO also offers the

Scholastic Aptitude Test (SAT) and American College Testing (ACT) on alternating months.

"For members looking to take the SAT or ACT for college placement, they can sign up at the NCO free of charge," Davis said. "We also perform General Equivalency Diploma (GED) testing twice a month."

Finally, through a partnership with University of Maryland University College (UMUC), service members can sign up to take College Level Examination Program (CLEP) and Defense Activity for Non-Traditional Education Support (DANTES) tests.

"CLEP and DANTES courses are a great way for students to earn college credit. You study for an exam and then take one online test, and if you pass, your college can grant you credit for the class," Davis said. "With a week of studying, students can earn credit for a class that may have been three or four months long. I highly recommend using the CLEP and DANTES tests."

So whether you're on shore duty or stationed aboard a ship, if you are interested in pursuing a college education, stop by the NCO and get your questions answered.

For more information about the NCO Guam or to set up an appointment, call Davis at 339-8291.



College: The Navy College Office (NCO) sits in barracks 1 on board U.S. Naval Base Guam, Nov. 22. Service members who have questions about enrolling in college, signing up for additional classes, tuition assistance, or other education-related inquiries, can stop by the NCO to speak with a specialist. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

AETC team recruits top Airmen for special duty assignments

By Staff Sgt. Jesse Opena

Andersen First Term Airmen's Center

If you've ever wanted the opportunity to recruit sharp individuals into the Air Force as an Air Force Recruiter, or mold civilians into Airmen as an Air Force mil-

itary training instructor (MTI), the Air Education and Training Command (AETC) Special Duty Briefing Team can answer any questions you may have concerning these challenging and rewarding careers.

An AETC team will brief all

aspects of special duty opportunities from 8:30-11:30 a.m., Nov. 29, in the Professional Development Center, Bldg. 21006 on Andersen Air Force Base.

Spouses are highly encouraged to attend. Airmen in the rank of Airman 1st class, with at

least 24 months Time In Service (TIS), through master sergeants, with less than 17 years Total Active Federal Military Service (TAFMS) are invited to attend the briefing and are eligible to apply for these special duty assignments.

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

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.

Giant Holiday Card Contest

The Hotspot's annual Giant Holiday Card Contest, open to all Andersen Air Force Base (AFB) units, booster clubs and private organizations, is now accepting registrations for this year's contest. Just create a holiday card using a 4x8 foot sheet of plywood to be displayed around the Base Holiday Tree at Arc Light Park. Cards must be completed and set-up no later than Nov. 30. Judging will take place Dec. 1, with winners announced at the Andersen Tree Lighting Ceremony Dec. 2. There will be great prizes for 1st-5th place winners! Register soon, or call 366-2339 for more information.

Holiday Door Decorating Contest

Decorate your home, office, or dorm doors and enter the Hotspot's annual Holiday Door Decorating Contest. The contest is open to all Andersen offices along with base housing and dormitory occupants. Doors will be judged on design and creativity. Only the outside of the doors will be judged. Doors must be ready for display by Dec. 15. Judging will take place Dec. 16, and winners announced Dec. 17. Great prizes will be awarded! Entry forms are available at the Hotspot. Call 366-2339 for more information.

Andersen AFB Annual Holiday Tree Lighting Ceremony

Andersen AFB's 15th annual Holiday Tree Lighting Ceremony will be held Dec. 2 from 6-7 p.m., at Arc Light Park.

Pet First Aid Class

The Andersen Veterinary Clinic will offer a Pet First Aid Class Dec. 4, from 9-11 a.m. This class will cover such subjects as pet CPR, basic first aid, heat injuries, ingesting medications, chocolate, poinsettias and more. This class will be limited to 15 participants, so register soon at the Veterinary Clinic. For more information, call 366-3205.

Air Force Clubs Membership Drive

The Air Force Clubs Membership Drive is going on now! All personnel who join the Top of the Rock Collocated Club between now and Dec. 31 will automatically receive three months free membership, a free cash back rewards program and two free lunches at the Top of the Rock. Membership benefits are numerous. In addition to the Military Free Cash rewards program, Air Force Clubs offer numerous free and inexpensive activities including discounts on every meal to include special functions, an annual \$25,000 scholarship program and other member's only programs. The Club is a great place for entertainment and meeting new friends in a fun and safe environment. Join now and start reaping the benefits. Membership applications are available at the Top of the Rock, Gecko Lanes Bowling Center, Palm Tree Golf Course, Magellan Inn Dining Facility and Coral Reef Fitness Center. For more information, call 366-6166.

Top O' the Mar Renovation

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

U.S. Naval Base Guam Bus Shuttle

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

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

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.

Chaplain Corps celebrates 235 years

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

Joint Region Edge Staff

The U.S. Navy Chaplain Corps celebrates its 235 birthday Nov. 28. The Chaplain Corps was established in 1775 as a valuable resource for Sailors personally and spiritually.

"This is an opportunity for everyone to look back 235 years and share the real deep and rich heritage of the corps," said Lt. James Rutan, U.S. Naval Base Guam command chaplain. "The

corps hasn't changed much since the early days such as World War I and II. We are here to promote the spiritual, religious, moral, and personal well-being of our Sailors and Marines. We have been doing that for 235 years."

The Chaplain Corps of the U. S. Navy consists of ordained clergy who are commissioned naval officers. Navy chaplains come from a variety of religious backgrounds; chaplains are Catholic, Protestant, Orthodox, Jewish, Muslim and Buddhist.

Chaplains are also the ethical, moral and religious advisors for the commanding officer of a unit.

Chaplains can request religious materials, contact a member's minister on behalf of that Sailor or advise the command of a member's religious dietary needs.

The U.S. Navy Chaplain Corps started as part of the second article in the Navy regulations adopted by the Continental Navy on Nov. 28, 1775. It stated ships of the 13 United Colonies are to conduct "divine service twice a day on board and a sermon preached on Sundays," unless bad weather or other extraordinary accidents prevented it.

When the U.S. Navy was formed, Rev. William Balch was commissioned a chaplain in the

Navy on Oct. 20, 1799. He is considered to be the first commissioned chaplain of the United States Navy.

Over the years the roles of the chaplain grew. On Feb. 21, 1811, the Secretary of the Navy wrote, "The duties of a chaplain in the Navy are to read prayers at stated periods; to perform all funeral ceremonies; to lecture or preach to the crew on Sundays; to instruct the midshipmen and volunteers in writing, arithmetic, navigation, and lunar observations, and when required, to teach other youths of the ship."

When the U.S. Naval Academy was established, the role of the

chaplain focused more on their ministerial duties and less on teaching midshipmen. Now chaplains provide more: offering personal mentoring, a lending ear and life skill services to service members.

"With the recent events in the world today with wars, deployments and personal crises looming for men and women of the service, the Corps can stand in the gap offering service and support for our service members," Rutan said. "We can and want to help get them back on their feet. The corps has a strong and bright future. We have shown we can play an important role in Sailors and Marines lives."

Be safe, keep holiday heat under control

By Airman Whitney Tucker
36th Wing Public Affairs

According to the National Fire Prevention Association, in 2009, U.S. fire departments responded to 362,500 home structure fires. These fires caused 12,650 civilian injuries, 2,565 civilian deaths and \$7.6 billion in direct damage.

The occurrence of house fires tends to spike during the holiday season. To prevent tragedy and loss throughout this time of celebration, it is vital to know the proper precautions to take when cooking and decorating for the holidays.

"On Andersen Air Force Base we rarely see house fires get out of hand," said Ernest Rios, 36th Civil Engineer Squadron assistant fire chief. "Most of the housing is concrete and much less likely to fuel a fire than wood and other materials. However, the simplest tasks often result in fires causing damage and costing the occupant hard-earned money to replace."

As most would suspect, the majority of house fires begin in the kitchen. Having a basic knowledge of cooking fire safety is a first-line defense against falling victim to commonly made mistakes.

"The most prevalent fire hazard we encounter here is unattended cooking," Rios said. "Distractions such as entertaining guests, looking after children and last-minute house cleaning often lead people to leave food cooking while they are away. The best thing you can do to prevent fires caused by unattended cooking is simply to have someone watch the kitchen if you need to leave."

Turkey and ham are favorite holiday indulgences. Each year, they fly off the commissary shelves during the holiday season. However, cooking these foods can become a fire hazard if not prepared by appropriate and cautious means.

"Turkey fryers are a popular cooking tool during the months from November to January," Rios

HOLIDAY FIRE SAFETY TIPS

- Do not leave cooking unattended
- Before purchasing a Christmas tree, check for signs of dryness
- Do not place candles near tree
- Do not use indoor lights outside
- Use surge protectors
- Never use a turkey fryer on wooden decks or in garages
- Use a cooking thermometer to maintain temperature

said. "Though they cut cooking time significantly, there are several reasons I discourage people from using them. The units are prone to tipping over and spilling hot oil. Also, partially frozen turkeys placed in the fryer can cause a spillover effect which can result in

extensive fire. Lastly, with no thermostat controls, the units also have the potential to overheat oil to the point of combustion."

Holiday lights and decorations are a timeless tradition and can be a beautiful and festive promotion of cheer when used properly. However,

when used in inappropriate environments, these accessories can pose a serious threat.

"The hazard we come across most commonly when dealing with lighting is the use of indoor lights outside," Rios said. "These particular lights are not manufactured to withstand inclement weather and the elements. Using them outdoors can lead to short-circuiting, loss of power and even electrocution."

The most anticipated season of the year has arrived, facilitating happiness and giving across the globe. In order to enjoy the holiday season worry-free, it is important to remain vigilant and mindful of fire and safety tips.

"House fires are the cause of a lot of turmoil and tragedy across the U.S.," Rios said. "The impact of loss would be amplified during this time of togetherness. Following a few simple precautions can help to keep the holidays happy."

For more safety tips, visit the National Fire Protection Association website at www.nfpa.org.

Careers: Sailors talk about opportunities

Continued from Page 1

"It's great to let the kids know what kinds of professionals we have out there and what kinds of opportunities they can look forward to as far as careers are concerned," she said.

"I want to thank the military and all the others who will take time to speak with our kids. It means a lot to them, to us all, for

professionals to come out and talk about what's available, what requirements need to be met, and what benefits will be out there in the future for the students."

Lt. David Blas, JRM's current operations officer, also spoke with students. Blas, who was born and raised on Guam and attended Father Duenas Memorial School in the village of Mangilao, explained that though he is now a college graduate

and a naval officer, the first step of his journey was graduating high school.

"Being a local boy from Guam, I know that not everyone gets the opportunity to further their education and go on to the jobs they want," Blas said. "Being that I've done that and was given many opportunities, I wanted to share my experiences with the kids, and let them know that they could do the

same if they choose."

The high school has about 1,500 students and approximately 150 teachers, faculty and staff. The school serves the villages of Santa Rita, Agat, Asan, Inarajan, Merizo, Piti, Talofoto, Umatac and Yona.

James Petite, SHS principal, praised the military in particular for taking time to visit and interact with the students.

"The military has supported all

the communities they've ever been in. We welcome and thank them for coming to Southern High," he said. "These kids need you. When people in the community show interest, it makes the kids feel wanted and valued. That helps build their self-esteem."

The career fair will continue after the Thanksgiving holiday, with further presentations from the military on Nov. 29.

What advice could you give a young person looking to pursue a military career?

Joint Region Edge asked its readers what advice they could offer a young person looking to pursue a military career:



"It's a great opportunity to serve your country, learn new traits and just meet new people and travel around the world and do what you have to do to maintain our liberty and our freedom."

— Staff Sgt. Czyz Leonen
Guam Army National Guard



"If someone was considering joining the military I would tell them to go for it. If they have a desire to do good for their country I don't think anyone should stop them. They should join with an open mind because the military gives opportunities that you won't find in any other job. It gives them job security and allows them to experience the world."

— Shannon Burke
Air Force spouse



"I would say get in shape and, if you can, take care of your financial issues prior to entering."

— Logistics Specialist 1st Class (AW/SCW) Jim Jakosalem
Fleet Industrial Supply Center
Det. Marianas



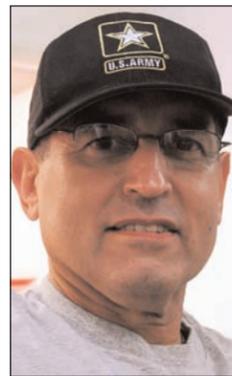
"If you're trying to figure out what to do with your life the military is a very good thing. It gives you opportunities for your career and allows you to travel and see the world. Not many jobs give you that chance."

— Allison Champagne
Air Force spouse



"Think of the benefits. Think of what you can do long-term not only just in the military, but after your career is over. Me being as a local resident from the island, I would say one of the benefits is a secure income. If you're familiar with paying health insurance, it's covered. Educational purposes, while being assigned to this command I was able to earn my Associate's and Bachelor's [degrees]. It's 100% covered."

— Logistics Specialist 2nd Class (AW/SW) Manny De Jesus
Helicopter Sea Combat Squadron 25



"I would tell them a person who was considering the military that it is a great thing to do. The Army provided me with benefits and opportunities I would never have been able to get anywhere else. I joined in 1970 and the military has provided an excellent life."

— Sgt. 1st Class John Diaz
Dydasco
Army Reserve Center

AF implements travel card controlled accounts

By Tech. Sgt. Amaani Lyle
Secretary of the Air Force Public
Affairs Office

In an effort to curtail government travel card (GTC) abuse and delinquency, Air Force officials are piloting an unprecedented controlled spend account (CSA) concept through Sept. 3 with an expected service-wide rollout of fall 2010.

The most significant CSA concept bases spending limits on approved travel authorizations and provides just enough funds to perform the mission, GTC officials said.

"We're building automated processes into the program so that personnel managing their unit's travel card program can go back to being focused on mission-enhancing rather than mission support duties," said Mike Bilbrey, the Air Force banking officer.

Officials from Citi, the Air Force's travel card contractor, said the concept was developed with a defense department perspective and marks a new generation of GTCs by decreasing the time and resources dedicated to maintaining the program without mission disruption.

"The (CSA) has the versatility to accommodate service requirements with the understanding that 'one size does not fit all,'" said Stacy

Eslich, the Citi Global Transaction Services vice president. The CSA is a "precision tool that provides increased security, control, flexibility and transparency, and decreases delinquency."

Air Force banking officials said although the program was originally developed to facilitate travel, over the last decade it has morphed into labor-intensive card use and abuse management.

"Over the past two decades, we've seen the Air Force's GTC program evolve from a small segment of travelers to the largest charge card program in the world with about 480,000 card holders," said Charles Maddox, the air staff finance management GTC program manager. "Although our program is recognized as the industry benchmark in both charge volume and delinquency management, achieving this level of recognition comes at a high cost."

The GTC program has historically had its share of misuse and abuse by some Airmen. Recent finance management delinquency analysis indicates 19 percent of card usage stemmed from abuse - higher than deployments and PCS travel and second only to regular TDYs at 38 percent. Seventy-seven percent of cardholders who became delinquent had received their

reimbursement for travel but failed to pay their outstanding GTC balance.

Conversely, Air Force travelers charge only about 60 percent of reimbursable travel expenses to the GTC due to merchant category code restrictions, creditworthiness issues, and exemption status for infrequent travelers, Bilbrey said.

The Air Force currently uses a combination of individual billed accounts and centrally billed accounts within the GTC programs to accomplish official travel.

Finance officials said these accounts have pre-set credit that can be increased to meet mission requirements, though the credit limits are estimates and not mission driven.

Maddox explained CSA, in contrast, is based on the estimated amount of approved travel orders. This change not only decreases the workload agency program coordinators perform, but allows GTC access to every traveler since a CSA requires no credit check.

"The CSA card has Air Force Smart Operations for the 21st century written all over it," Maddox said. "By using more of our automation features, we'll be able to maximize efficiencies while reducing overall resources and delinquencies."

Maddox, a retired master sergeant,

recalled the story of his early years in the Air Force when he and many other Airmen received cash advances prior to going on official travel.

"I remember when there were lines outside of finance offices to pick up 'cold cash' for an upcoming TDY or (permanent change of station) or to submit a travel voucher for a return trip," Maddox said. "The same concept of 'go, conquer and come home' is being reintroduced, but in the form of CSA."

Maddox explained since there are fewer people in the Air Force now than in previous years, the service proportionately has less resources to support the old system. The new system links the card spend limit to the estimated cost on approved travel orders and the total trip reimbursement applies to the credit card, as opposed to a split disbursement at voucher settlement.

"Travelers can therefore use the card, withdraw residual funds or transfer them online to another personal account," Bilbrey said. "This program virtually eliminates the risk of delinquencies and misuse of the card which lead to negative career impact."

Finance officials strongly encourage Airmen to be mindful of the impact of under-estimating projected travel expenses which will affect the

card's spending limits. Since the spending limit is based on the estimated cost of the travel authorization, Airmen must request a temporary spending limit or amend their travel order to reflect the adjusted period of travel and costs.

For Airmen with multiple travel authorizations, the new card spending limit is an aggregate amount of all approved orders, and is therefore not subject to a maximum limit.

If a traveler's TDY ends sooner than expected, the original spending limit is in excess of the final travel payment and the traveler will be responsible to Citi for any amount spent above the trip settlement. Spend limits are estimates and are increased or decreased based on actual entitlements such as lodging, airfare and location-based per diem calculated at final settlement.

When on extended travel or short-notice upon verbal orders of a commander, Airmen can request a temporary spending limit by calling Citi's Cardholder Assistance toll-free number at 877 784-1407.

The pilot program includes select organizations at Travis AFB, Calif.; McConnell AFB, Kan.; Keesler AFB, Miss.; Eielson AFB, Alaska; and Aviano Air Base, Italy.

For more information about controlled spend account cards, e-mail afgtc.iba@pentagon.af.mil.

Feedback from Airmen needed for climate survey

By Staff Sgt. Steve Grever

Air Force Personnel, Services and Manpower Public Affairs

Air Force Personnel, Services and Manpower Public Affairs

More than 130,000 people have participated in this year's Air Force Climate Survey, but more are needed to participate and provide their feedback to Air Force commanders and senior leaders before the survey closes Nov. 28.

The climate survey assesses the opinions and perceptions of active-duty, Guard, Reserve and civilian members on several key factors including satisfaction, resources and unit performance, said Brenda Gainey, one of the behavioral scientists at the Air Force Manpower Agency, who developed this year's survey.

"The great thing about the climate survey is that it gives Airmen the same avenue to speak directly to their leadership as the highest-ranking person in their organization," Gainey said.

The biennial climate survey includes a set of core questions that have been used since its inception in 1995. These questions were developed and analyzed in conjunction with the Department of Management at the U.S. Air Force Academy in Colorado Springs, Colo.

"We try to keep the core questions consistent from year to year for trending purposes," Gainey said. "Commanders like to look back on their organizations and compare the results against the last couple of surveys."

Gainey said they expand the

questions included in the survey when the secretary of the Air Force and the Air Force chief of staff need specific feedback about service-wide issues.

This year, senior leaders added questions to the survey addressing suicide prevention and the Year of the Air Force Family. Survey team members also added questions on trust in Airmen and trust in Air Force leadership based on analysis of responses from the last survey.

Lou Datko, an AFMA behavioral scientist, said the climate survey gives Air Force members an avenue to speak candidly to their leaders.

"Your inputs are going directly to your commander to help them make informed decisions about their unit," Datko said. "No identifying information is included in the re-

ports given to unit commanders."

The survey team's goal is to ensure every unit commander receives a report, but they need at least 10 people from each unit to respond to the climate survey to compile enough data for commanders and protect the confidentiality of the members who took the survey.

"There are 16,000 units, and the units are our focus of the survey," Datko said. "We produce about 6,000 to 8,000 unit reports because some of those units have less than 10 people. We generate a report for each squadron, group, wing commander, major command and center commander."

All responses are aggregated to an overall Air Force-level report briefed to the chief of staff of the Air Force. In 2008, more than 231,000

people participated in the climate survey for a 43 percent participation rate among active-duty members, which enabled the survey team to generate more than 6,000 unit reports.

This year, although more than 95 percent of squadrons have had at least 10 people participate in the climate survey, participation at the group, wing and center level is significantly lower.

"If Airmen don't participate, they won't get a say, and their commander doesn't get a report," Datko said. "Nothing happens. You're the one who has to initiate the process."

For more information about the Air Force climate survey, visit the Air Force Survey Office website at <http://www.my.af.mil> on the Air Force Portal.

GPD turns up the heat on holiday drivers

By Guam Police Department Public Affairs

The Guam Highway Patrol announces the start of the Holiday Enforcement Action Team — Operation Heat — Nov. 25-Jan. 3.

The Guam Highway Patrol will be conducting laser speed enforcement, roving DUI checks and DUI checkpoints throughout the roads of Guam. This operation is in conjunction with Drunk and Drugs Driving

Awareness Month and Over the Limit Enforcement Campaign.

The public is advised to not drink and drive. Have a designated, non-drinking driver provide you a ride home or call the Annual Holiday Hotline for a ride at 647-8833. Do your part in keeping Guam's streets safe.

For more information, call Capt. Steve Ignacio, with the Guam Police Department's Guam Highway Patrol, at 472-8911.

Career Development Board compliance improves

By Mass Communication
Specialist 1st Class (AW)
LaTunya Howard

Navy Personnel Command Public Affairs

According to Navy leaders, more commands conducted career development boards (CDB) in fiscal year 2010 than in previous years.

The total number of CDBs at the end of fiscal year 2010 was 139,699.

This is an increase of more than 300 percent since 2005, when the first complete year of CDBs were documented in the Career Information Management System (CIMS).

“Command master chiefs and

command career counselors, along with the career development team, are being more proactive,” said Senior Chief Navy Counselor (SW/AW) Mark Rush, Navy counselor rating technical advisor, Bureau of Naval Personnel.

“There is now a system in place that tells commands the different types of CDBs to conduct and when to have them. It makes the process constant rather than sporadic,” said Rush, attributing the increase to command engagement.

In accordance with the enlisted retention and career development instruction, OPNAVINST 1040.11C, CDBs are required for

all Sailors upon reporting to a command, after six months on board, at 12 months on board and at 12-month intervals thereafter. By conducting these boards on schedule, the Sailor’s career desires are recorded in CIMS and become part of a permanent record that can follow the Sailor throughout their career.

“We previously used local databases. CIMS is allowing command leadership, up to the bureau level, to track who is doing the job of conducting CDBs and who is not,” Rush said. “This ensures Sailors are informed and commands maintain accountability.”

Typical topics covered during a board include watch-standing qualifications, continued education goals, advancement, short and long-term career objectives, Perform-to-Serve and Armed Services Vocational Aptitude Battery scores. Leadership can use CDBs to learn the priorities of the Sailor.

CIMS is available to all shore commands with Internet access and on board 150 ships using CIMS Afloat on the Navy Standard Integrated Personnel System server. The primary function of CIMS is to assist career counselors with tracking, conducting and documenting CDBs.

The command master chief, chief of the boat, senior enlisted leader and the command career counselor team are the focal points for career development initiatives within the command.

“CDBs are the right thing to do,” Rush said. “It keeps the Sailor on track with their career long and short term goals, and it’s a leadership tool for retaining our best and brightest.”

For more information on CDBs, you can read the instruction available at www.npc.navy.mil/Career-Info/CMC_CCC/.

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

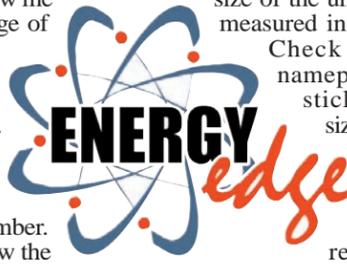
Keep things cool the efficient way and save

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

Most of us have at least one refrigerator in our home or barracks room. Do you know if that refrigerator is energy efficient or one that is eating up your domicile's energy? While doing some research on my refrigerator, I stumbled across a

great tool that would allow me to know the energy usage of my refrigerator and freezers, as well. Here is the link: <http://www.kouba-cavallo.com/refmods.htm>.

Once you get on to the site, you need the refrigerator or freezer brand and the model number. Make sure you also know the



size of the unit, which is measured in cubic feet.

Check either the nameplate or the sticker for the size. Once you have entered your information, a list of refrigerators

will appear; then select the matching model number. The result will give you the amount of energy that your refrigerator or freezer is using. This is a great tool to determine if you need to replace your unit.

If your unit is energy efficient, there are ways to keep it that way. Make sure that the coils in the rear of the unit are cleaned and try not to load your refrigerator or

freezer too much. Stuffing it too full will make the unit work harder, using more energy. Most importantly, when you do replace your refrigerator, replace it with an ENERGY STAR rated model. Keeping things cool, whether appliances or air conditioning, is usually the largest energy user in any home or room. Keep things cool, in more ways than one.

B-52s: Minot units make smooth transition

Continued from Page 1

“Deploying to Andersen and supporting the CPB mission allows us to show our allies and enemies that the Knighthawks are open for business and ready to execute the mission worldwide.”

The 23rd EBS is scheduled to depart Andersen AFB later this month

after its nearly six-month deployment to Guam. The 69th EBS will have a rotation of about the same length of time.

“Being able to replace our fellow Minot squadron has been a huge advantage,” Cardoza said. “The 23rd EBS continuously fed us lessons learned throughout their deployment and built a very strong foundation

for us to work from. It also allowed us to swap personnel without having to move large amounts of equipment and airplanes.”

During their tour at Andersen AFB, the 23rd EBS has had the opportunity to get training they couldn’t get anywhere else. Logging more than 1,400 hours of flight time, dropping more than 700 bombs, and per-

forming 200 sorties, both aircrew and maintainers had to be on their toes to meet their flight schedule.

Though the operations tempo has been high, the reward was getting training they wouldn’t be able to get back at their home station.

“This deployment has been so dynamic,” said 1st Lt. Corrine Hester, 69th EBS dual-seat navigator.

“From working with multinational and joint forces, to sinking a boat in the middle of the ocean, this has been the best training we could get for what we do. It’s been a great time and we will be back, but for now, it’s time to go home and give our brothers and sisters a chance to take advantage of what a deployment here has to offer.”

With care, holiday weight gain can be avoided

By Mass Communication Specialist Seaman Alexandra Snow

National Naval Medical Center Public Affairs

The holiday season began with Thanksgiving for most people, and the National Naval Medical Center (NNMC) is reminding everyone this does not have to be a time of year for gaining weight.

People tend to look at the holiday season as a continuous celebration and often relax their eating habits, said Lauren Thomas, NNMC registered dietician. That can cause someone to gain three or four pounds during the season — a setback for those watching their weight.

“I tell people to enjoy Thanks-

giving and then the next day, get back to healthy eating and healthy portions,” Thomas said. “Don’t extend holiday eating from Thanksgiving until New Year’s. Isolate one or two days where you can really splurge on holiday food and maintain healthy eating habits the other days of the season.”

To avoid holiday weight gain, Thomas recommends making healthy choices. Eat white turkey meat, which is lower in fat and calories. Yams and plain sweet potatoes are also healthier options, as is cranberry sauce, though the amount of sugar can be excessive.

Thomas also suggests watching the amount of alcohol you consume — especially holiday drinks such as egg nog, which has nearly 300

calories for every four ounces.

“At parties, try loading your plate with healthy options such as shrimp, veggies and then a small portion of dessert,” Thomas said.

Have a small piece of pie, keeping in mind the crust is the most fattening part, said Thomas.

Dr. Larry Grubb, NNMC Behavioral Health department outpatient psychiatrist, said it’s important not to restrict how much you eat all day in order to eat more at a holiday party.

“You will be so hungry when you get to the party, you will eat far more food than you intended,” Grubb said. “Have a snack before the big dinner. Eat a little bit of everything at the party, but don’t eat too much.”

He said that drinking plenty of water throughout the day is another

way to keep you from over-eating.

“At holiday parties, bring a healthy dish, such as a vegetable platter, fruit bowl or sparkling wine or apple cider ... something you know you can have that is healthy,” Thomas said.

Grubb said holiday weight gain can also be avoided by staying active.

“One of the major causes of weight gain during the holidays is lack of physical activity,” he said. “You may be running around doing holiday errands and forget to take time to exercise. After you eat a big meal, don’t lay down for a nap, but instead, go for a walk.”

When out shopping and running errands, park the car farther away from the store for the extra steps, and walk a few extra laps around

the mall, he said.

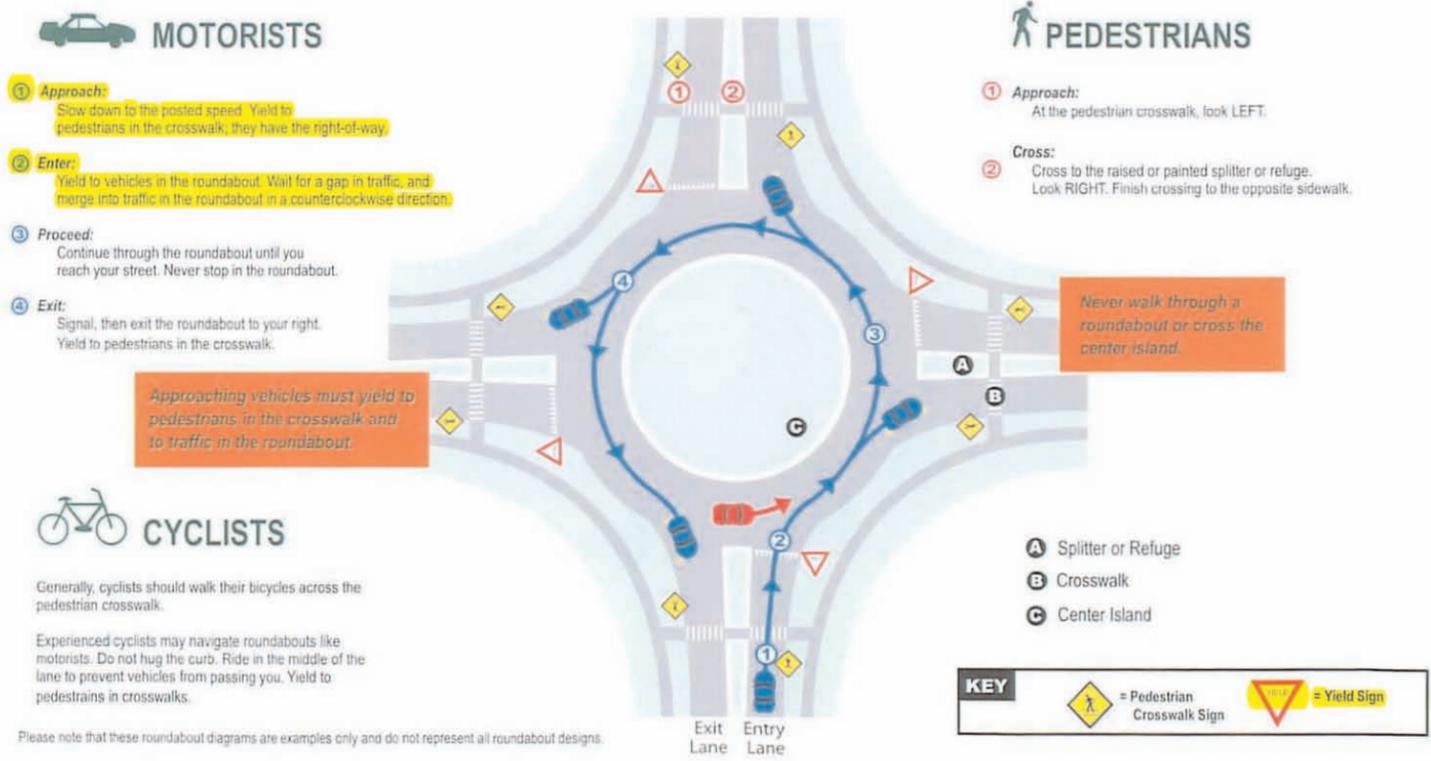
“If you’re serious about watching your weight during the holidays, also watch the scale,” she said. “If you notice you are gaining, it might be an incentive to re-examine your eating habits.”

Try to keep up your exercise program and increasing your exercise to compensate for the extra calories consumed, said Thomas.

“Stick to these simple tips and you won’t gain any extra weight,” Grubb said. “In fact, if you eat wisely and add a little more activity into your daily routine you might do the impossible — lose weight over the holidays.”

For more news from National Naval Medical Center, visit www.navy.mil/local/nnmc/.

Navigating a single-lane roundabout safely



Navy commissions destroyer Gravely



Man Your Stations: Sailors man the ship and bring her to life during the commissioning ceremony for the U.S. Navy's newest guided missile destroyer, USS Gravely (DDG 107). The new destroyer honors the late Vice Adm. Samuel L. Gravely Jr., who was the first African American to command a warship, USS Theodore E. Chandler (DD 717); to command a major warship, USS Jouett (DLG/CG-29); to achieve flag rank and eventually vice admiral; and to command a numbered fleet, the U.S. 3rd Fleet. (U.S. Navy photo by Mass Communication Specialist 2nd Class Eric Tretter)

From USS Gravely (DDG 107) Public Affairs

The Navy's newest Arleigh Burke class guided-missile destroyer, USS Gravely (DDG 107) was commissioned in Wilmington, N.C., Nov. 20.

The ceremony honored the late Vice Adm. Samuel Lee Gravely, Jr., who achieved many 'firsts' as an officer in the United States Navy.

Gravely was the first African American to command a warship (USS Theodore E. Chandler (DD 717)); to command a warship in combat (USS Taussig (DD 746)); to command a major warship (USS Jouett (DLG 29)); to attain flag rank; to become a vice admiral; and to command a numbered fleet (3rd Fleet).

"This warship is now ready to serve our great nation and carry on the example of a great American, a great man, and a great naval officer, Vice Adm. Samuel L. Gravely. A surface warrior and a man who accomplished many firsts in his 38

years of service," said Chief of Naval Operations Adm. Gary Roughead in the ceremony's principal address.

While visiting Wilmington, Gravely Sailors were busy meeting the community before the commissioning. Sailors visited local hospitals, senior centers and schools and helped beautify an Army National Guard memorial. Locals took advantage of the more than 3,000 free tours of the ship the Sailors offered.

A crowd of approximately 4,000 attended the commissioning ceremony held at North Carolina State Ports in Wilmington. Many in attendance were family and friends of USS Gravely's crew, while others were friends and family of Gravely himself, including veterans who served with him on the USS Taussig and his widow, the ship's sponsor, Alma Gravely.

Cmdr. Douglas Kunzman, USS Gravely's commanding officer, told Mrs. Gravely that "Vice Admiral Gravely has made this the easiest job and at times the hardest job. The easiest because his sacrifice and vision

is so clear to me that it provides constant direction and inspiration to myself and my crew. My leadership is modeled by his example."

"It's the hardest because the crew does not want to let you down," Kunzman said. "Every time we walk the brow or salute the flag, we do it in memory of him and his sacrifice."

Mrs. Gravely let the crew know that she believed they were ready.

"I have great confidence that you will keep a clean ship, have respect for each other and good morale at sea and on shore at all times. In keeping with these requests from me (and my husband) I know that you and our wonderful ship are ready today to go to sea. And if in harm's way will be ready to stay its course."

The ceremony concluded when Mrs. Gravely ordered the crew, "Bring our ship to life!" The Sailors manned the rails, bringing the Navy's newest destroyer to life.

For more news from PCU Gravely (DDG 107), visit www.navy.mil/local/ddg107/.

'Don't Ask' report to be released Dec. 1

By Jim Garamone

American Forces Press Service

The report of the working group looking at the "Don't Ask, Don't Tell" law will be released in full Dec. 1, Pentagon Press Secretary Geoff Morrell said in Washington today.

President Barack Obama has asked Senate Majority Leader Harry Reid to submit legislation to repeal the law as part of the Defense Authorization Bill.

Reid said the Senate will look at this proposal after Thanksgiving.

"(Obama) has made a call, as I understand it, to Sen. (Carl) Levin this week and Sen. Reid, I believe, as well, making it clear that he wants to see the repeal of 'Don't Ask, Don't Tell' attached to ... the National Defense Authorization Act," Morrell told reporters at the Pentagon.

Defense Secretary Robert M. Gates supports repeal of the law that

excludes openly gay service members from serving in the military.

"He was very clear then as well that there is a preferred order in doing things," Morrell said.

Gates first wants a study done on the possible ramifications a repeal of the law would have on the force. The study group, led by Defense Department General Counsel Jeh Johnson and Army Gen. Carter F. Ham, is nearly finished with its work.

Department of Defense (DoD) officials are working from drafts of the report to assess what would have to be done in the event of a repeal of the law.

The plan is for the report to be delivered Dec. 1, "at which time it will be provided to the Congress," Morrell said. "It will be provided to you, so everyone can see the nine-month effort that's been underway to try to figure out the implications of a repeal and what needs to be done internally

to prepare for that change. We're almost there."

DoD officials are getting feedback from the service secretaries and service chiefs on the report.

That information also will be presented to Gates as he charts a course forward for the department, Morrell said.

The work on the report is being performed on parallel tracks rather than concurrently, Morrell said. The original plan was to present the report to the secretary and then distribute it to the services for comment.

"So we are right now finishing the report, working with the chiefs, working with the service secretaries, getting their input, finalizing this report, and at the same time ... formulating the way ahead for this department to proceed, come December the 1st," Morrell said. "All that hard work is being done simultaneously."

AF aviation museum launches virtual tour

Courtesy of the National Museum of the U.S. Air Force

Air Force history buffs now can walk by JFK's Air Force One or the Presidential Gallery at the National Museum of the U.S. Air Force from their living rooms.

Museum officials recently launched the first phase of an interactive, 360-degree virtual tour available on the museum's website.

Users now can navigate a virtual map of a little less than half of the museum and view its exhibits through high-definition, panoramic photos.

"This tour provides users with an all-hours access pass to explore the museum," said retired Maj. Gen. Charles D. Metcalf, the museum director. "It continues to expand our reach and share the Air Force story with our international audience."

When completed, the entire museum will be accessible through 92 high-definition panoramic "nodes." Each node consists of 307 photographs stitched together. Designers plan to have aircraft and artifacts hyperlinked to factsheets,

supplemental information and educational tools in each node.

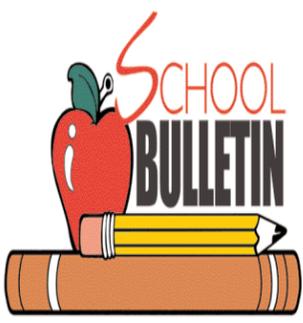
"Museum exhibition design is a medium that has historically benefited from advances in technology," said John Luchin, a museum exhibit designer. "This virtual tour is the perfect way to maintain a connection with visitors long after they have left the museum galleries."

The completed tour will be rolled out in phases over the coming months. The first phase is complete and includes interactive capabilities for the Air Park and Memorial Park, along with views of the Presidential Gallery and Research and Development Gallery.

Designers plan to have the Early Years Gallery available by the end of November. They estimated each gallery will take around two months to complete.

Included on the tour's main page, users now have access to the lecture series and audio tour podcasts, downloadable maps of the museum and individual panoramas of the nodes.

The tour is located at <http://www.nationalmuseum.af.mil/virtualtour/index.asp>.



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.

DoDEA is administering its biennial Customer Satisfaction Survey (CSS) through Dec. 15. All sponsors with children enrolled in DoDEA Pacific schools from Pre-kindergarten or SureStart through grade 12 may participate by completing a survey for each school in which they have an enrolled student. The surveys take approximately 20 minutes to complete and are available online at www.dodea.edu (click on the CSS graphic link). Parents who do not have access to the Internet should contact their child's school to determine other alternatives for completing the survey. For more information on the CSS, call the school office or visit the DoDEA website at www.dodea.edu/.

Andersen Elementary School

Family Learning Night is Dec. 9 from 5-6:30 p.m. in the AES Dolphin Theater.

McCool Elementary/Middle School

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

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.

Inaugural jazz festival draws crowd

By Anna-Victoria Crisostomo
Joint Region Edge Staff

The Department of Defense Education Activity (DoDEA) Guam district welcomed students from DoDEA Pacific region high schools to the first ever DoDEA Pacific Far East Jazz Festival at the Hyatt Regency Guam in Tumon Nov. 18.

Student representatives from 10 of the 12 high schools in the four DoDEA Pacific regions of Guam, Japan, Okinawa and South Korea were on island, and from Nov. 15-17 rehearsed as part of the 27-member Honor Jazz Choir or the 18-member Honor Jazz Ensemble.

At the culminating event Nov. 18, the Honor Jazz Choir took the stage first. The ensemble treated the audience to humorous variations of familiar tunes like the Sound of Music's "My Favorite Things" and jazzed up the timeless children's classic "Twinkle, Twinkle Little Star."

The choir was led by a team of directors and featured soloists from DoDEA Pacific region high schools. Upon completion of their final number, the audience greeted the students with a standing ovation.

Willette Horne-Barnes, principal of Andersen Elementary School and a music enthusiast, was very pleased with the performance.

"I love the music and the energy. It's a beautiful concert," Horne-Barnes said.

After the Honor Jazz Choir took its bows, it was time for the Jazz Ensemble to flex the big brass and begin the instrumental portion of the evening.

The ensemble wowed the crowd with big numbers that included "Hip to be Square," made popular by Huey Lewis and the News, and the Cherry Poppin'



Rootin' and A-Tootin': The Jazz Ensemble saxophone section takes center stage during the first ever Department of Defense Education Activity (DoDEA) Pacific Far East Jazz Festival at the Hyatt Regency Guam Nov. 18. Different instrument sections and soloists were highlighted throughout the performance. The Jazz Ensemble was directed by music teachers from DoDEA schools throughout the Pacific regions. (U.S. Navy photo by Anna-Victoria Crisostomo)

Daddies' hit "Zoot Suit Riot." The audience was infected with the energy and could often be seen tapping feet, clapping hands and nodding heads to the beat.

The Jazz Ensemble received a number of standing ovations from the audience throughout their performance.

Diana Ohman, director of DoDEA Pacific, was in the audience and could often be heard cheering for students.

"It was so awesome. It was extraordinary. It was beyond anything I ever dreamed possible," Ohman said.

Having done such an outstanding job in their inaugural year, Ohman was confident that students and DoDEA organizers

would only see more success in future jazz festivals.

"These kids outdo themselves year after year after year. I can tell you, I can assure you, this was so awesome and powerful, but they will top themselves," Ohman said.

DoDEA Pacific Activities Coordinator Todd Kirby organized the festival planning committee that consisted of music educators from all four districts. The committee reviewed more than 100 audition submissions from students from the 12 DoDEA Pacific high schools. Of these, 45 students were selected.

According to Kirby, Far East activities provide students the opportunity to explore their interests in a one-week, "deep-dive" format. "This means that the students

have an intensive experience that allows them to learn an incredible amount in a short time," Kirby said. "For those students who think this may be something they wish to pursue in the future career-wise, this challenging format is intended to give them an idea of what a career in that field would look like."

DoDEA Pacific also sponsors 24 other Far East athletic and scholastic opportunities each school year. Other Far East activities include a Science and Research Academy, MathematicaFest (CQ), various sports competitions, the Film and Entertainment Arts Festival and offerings in culinary arts.

For more information on Far East programs, contact Guam High School at 344-7410.

Student-led conferences take place at McCool



Students Take the Lead: An eighth-grade student at Cmdr. William C. McCool Elementary/Middle School on U.S. Naval Base Guam shares his work with his mother during the school's student-led conference Nov. 17. In student-led conferences, students take greater ownership of their academic performance by explaining to parents some of the assignments they completed in different classes and the grades they received for the first quarter. (Photo by Cynthia Barcinas)

School liaisons support DoDEA stakeholders

By Anna-Victoria Crisostomo
Joint Region Edge Staff

Every parent wants to be more involved and help their children get the most out of their education. Considering the numerous entities that make up a school system, however, knowing where to start can be daunting. Fortunately, the dedicated individuals who hold the title of school liaison are available to families who need assistance in finding their way.

With a combined service record of almost three decades, Air Force School Liaison Officer Rebecca Duncan and Navy School Liaison Barbara Askey have been helping stakeholders navigate the numerous organizations and programs that make up the Department of Defense Education Activity (DoDEA) school system and support Department of Defense Dependents Schools (DoDDS).

Duncan said that she and Askey work closely in order to solve the educational issues that face Joint Region Marianas.

“My primary duty [as a school liaison] is to serve as the central point of contact between the base command and school personnel to promote, coordinate and improve education policies, services, facilities and programs on the installation,” Duncan said.

Duncan added that she also assists parents who have students with special needs and addresses the transitional needs of families who are new to the island.

The role of a school liaison extends further. According to Askey, the duo is also responsible for providing families with information regarding their children’s education and community entities both on and off base that provide various services and support for school-aged children. Liaisons, she said, empower families

and help them take a more active and informed role in their children’s education.

The two can also be found at school activities and meetings and even serving on working groups and committees.

Duncan and Askey said that all of the work they do affords service members that protect the nation some security of their own.

“Quality of life is very important,” Duncan said. “In order for the active duty military members and civilians to focus on their mission, they need to know their families are being taken care of. I am helping take care of families by making sure our children receive the best education possible while stationed in Guam.”

For more information, call Barbara Askey at 339-5238 or e-mail her at barbara.askey@fe.navy.mil or Rebecca Duncan at 366-8136 or rebecca.duncan@andersen.af.mil.



Dynamic Duo: Navy School Liaison Barbara Askey, left, and Air Force School Liaison Rebecca Duncan take time to smile for the camera before the inaugural Department of Defense (DoDEA) Pacific Far East Jazz Festival at the Hyatt Regency Guam in Tumon Nov. 18. The duo have almost three decades of service with DoDEA between them. (U.S. Navy photo by Anna-Victoria Crisostomo)

Spice up your food with pickled papaya

By Jesse Leon Guerrero
Joint Region Edge Staff

Fiestas and other festive gatherings on Guam always feature a wide range of foods to enjoy and few things make them more Chamorro than the spicy dish called pickled papaya.

Locals often eat it as an appetizer, but it's common to see them sold as a tasty snack all by itself.

"Some people even want to send it off island to family or share it with friends here," said Josephine Pablo, a Mangilao resident who makes pickled papaya as a hobby. "Chamorros really have a taste for it. We enjoy it."

Pablo said it isn't hard to make and there is more preparation and cleaning to worry about than the actual pickling process, so she encouraged everyone to try making a batch for their own home.

Aside from the main ingredient of papaya meat, all you really need is salt, sugar, vinegar, water and red pepper flakes. However, Pablo said the real secret ingredient is garlic.

"It adds to the sauce and also preserves the [papaya] pieces for a lengthy period," Pablo said. "You want the papaya to stay crunchy."

Pablo said it's also important to let the pickled papaya sit refrigerated for at least a week, so the flavors can get fully absorbed. She added that she only uses yellowish

papaya meat, which is not quite ripe, because it gives the dish a slightly sweet taste.

"I grew up eating the young, white pickled papaya, so we got used to that," Pablo said. "Some people still like it, but I prefer when it's almost ripe. If it's ripe then it might be too soft."

Pablo said she follows a recipe, but her measurements are not always exact because she relies on her experience and taste buds to decide when enough is enough. She recommended taking a taste test right after a batch has been mixed and then adding a little bit of whatever ingredient seems to be missing.

Use caution when adding vinegar and the red pepper flakes because either of those ingredients can quickly overpower the flavor of the other ingredients.

Pickled Papaya Recipe

Two nearly ripe papaya (papaya meat should be slightly yellow or white)

Salt (use about two tablespoons)
2 tablespoons of sugar
3-4 cloves of garlic
3 teaspoons of dried, red pepper flakes

2 ounces (1/4 or 2/3 cup) of vinegar
Drinking water (amount can vary according to size of mixing bowl)

Slice the papaya into pieces about 3-5 inches long and an inch wide. Discard the papaya skin and seeds.



Pickled Papaya: Jars of pickled papaya sit surrounded by nearly-ripe papaya fruits at the Chamorro Village market in Hagatna Nov. 17. Pickled papaya is a local favorite dish that is enjoyed both as an appetizer and by itself as a quick snack. (U.S. Navy photo by Jesse Leon Guerrero)

Place the sliced papaya in a bowl and very lightly cover pieces with salt.

Rinse the salt off by pouring water into the bowl, stirring, and then pouring the water out.

Let the pieces dry for 30 minutes to an hour.

Dice the garlic and add to the sugar and red pepper flakes. Mix it all into the bowl.

Pour the vinegar into the mix. Add just enough water to cover the papaya. Do not add more water or it will dilute the mix.

Stir everything together to balance the flavors and then taste test a few papaya pieces.

Add more ingredients as preferred.

Refrigerate the pickled papaya to maintain freshness.

FREE

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 NGB 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.

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.

Chamorro Village

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

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.

On a Budget

Nominate and vote for Sub Club officers

By Jesse Leon Guerrero

Joint Region Edge Staff

The Submarine (Sub) Club is currently accepting nominations for its officer positions until Dec. 1.

Sub Club supports the families of the Navy submarine community on Guam. Membership is free to Sailors and family members of Submarine Squadron 15, USS Frank Cable (AS 40), USS Buffalo (SSN 715), USS City of Corpus Christi (SSN 705), and USS Houston (SSN 713). Sub Club members participate in charity fundraisers, cultural activities, and social get-togethers. Through the club's Dolphin Scholarships Foundation, scholarships are

awarded to children or stepchildren of members or former members of the U.S. Navy Submarine Force.

Up for voter approval are the club's president, vice president, secretary and treasurer positions.

"We want fresh excitement in here and we're looking for someone who's willing to step out and invite new members," said Jessica Sattler, current Sub Club president.

The shared responsibility of Sub Club officers is to represent the organization, but each position has distinct duties.

The president calls executive meetings as needed and appoints chairpersons for Sub Club committees. The vice president advises and

helps coordinate programs and events, while also acting on behalf of an absent president. The secretary handles the club's correspondence and records the minutes for meetings. The treasurer handles the club's funds and provides monthly financial reports.

"In general, our meetings tend to be pretty informal and we typically do them once a month," Sattler said. "We're always looking for new members, so they're welcome to come out [to our election]. If they get a hold of me and get on our roster, they can vote that evening."

Sattler encouraged current members and prospective members to participate in the club meetings and

events because it's an easy way to make new friends and have a positive impact.

"It is a good way to give back not only to our community here but also to our big fundraiser, which is for our Dolphin Scholarship," she said. "To me that's a big thing we do because we not only help each other, but also the children of families in the submarine community."

The election of officer positions will take place at the Flag Circle residence of Capt. John Russ, commander of Submarine Squadron 15, on Nimitz Hill Dec. 15, 6 p.m.

For more information about the Sub Club, contact them at subclubguam@yahoo.com.

UNDER \$10

Under 21 Night

Every Wednesday
High Tides Enlisted
Lounge hosts

Under 21

Night from 7

p.m.-mid-

night. Patrons can enjoy

Mongolian Barbecue, music

and a fun environment to

hang out and unwind. Patrons

18 years and older can partici-

pate. 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 infor-

mation, call 366-6166.

Mongolian BBQ

At Andersen AFB's Cafe 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 infor-

mation, call 564-1828.

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.

\$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 top-

ping 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.



FRIDAY, NOV. 26

7 p.m.: The Social Network • PG-13

SATURDAY, NOV. 27

2 p.m.: The Social Network • PG-13

7 p.m.: Life As We Know It • PG-13

SUNDAY, NOV. 28

7 p.m.: Life As We Know It • PG-13

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



FRIDAY, NOV. 26

7 p.m.: Secretariat • PG

9:30 p.m.: The Town • R

SATURDAY, NOV. 27

1 p.m.: Legend of the

Guardians • PG

3:30 p.m.: You Again • PG

7 p.m.: My Soul to Take • R

SUNDAY, NOV. 28

1 p.m.: Secretariat • PG

3:30 p.m.: Life As We Know

It • PG-13

7 p.m.: Wall Street: Money

Never Sleeps • PG-13

The schedule is subject to change due to circumstances beyond the theater's control.

The Big Screen Theater hotline is 564-1831 or visit mwr Guam.com.

(Source: Navy Morale, Welfare and Recreation Office)

Chapel Schedule

Naval Base Guam

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

Roman Catholic Mass

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

Protestant Worship Service

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

Jewish Shabbat

Friday, 6:30 p.m.

Naval Hospital Guam

Roman Catholic Mass

Monday-Friday, 11:30 a.m.
 Chapel of Hope: Sunday, 9 a.m.

Protestant Service

Monday-Friday, 12:15 p.m.
 Interfaith Chapel

Andersen Air Force Base

Roman Catholic Mass

(Chapel 1)
 Weekday Mass: Tuesday, Wednesday, Friday, 11:30 a.m.
 Saturday Vigil Mass: 5 p.m.
 Sunday Mass: 9:30 a.m.
 Sacrament of Reconciliation: Saturday, 4:30-4:50 p.m.
 Catholic Women of the Chapel: First and third Wednesday of the month, Chapel 1 Annex, 6:30 p.m.
 Catholic Youth of the Chapel: Second and fourth Wednesday of the month, Chapel 1 Annex, 6:30 p.m.
 Choir Rehearsal: Saturday 4-5 p.m. and Sunday, 8-9 a.m.

Protestant Worship Service

Praise Service: Sunday, Chapel 2, 9 a.m.
 Gospel Service: Sunday, Chapel 2, 11:30 a.m.
 Emerging Worship Service: Sunday, Lighthouse, 7 p.m.
 Protestant Women of the Chapel: Second Monday of each month, Chapel 2 Annex, 6:30 p.m.
 Protestant Men of the Chapel: Wednesday, Lighthouse, 7 p.m.
 Protestant Youth of the Chapel: Thursday, Chapel 2 Annex, 7 p.m.
 Protestant Young Adults: Thursday and Saturday, Lighthouse, 6 p.m.
 Protestant Sunday School: (September-May) Sunday, Chapel Activity Center, 10:15 a.m.

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

Andersen Air Force Base: 366-6139
 U.S. Naval Base Guam 339-2126
 U.S. Naval Hospital Guam: 344-9127

Friends give strength to face adversity

By Lt. James M. Rutan

U.S. Naval Base Guam Chaplain

In his recent autobiography, "The Right Thing," retired submarine skipper Cmdr. Scott Waddle devoted nearly an entire chapter of his book to highlight the importance of friendships when facing hard times. He, perhaps more than most, came to understand this need in the winter of 2002 as he became embroiled in the Ehime Maru Incident. You may recall this tragedy, in which the USS Greenville, a Los Angeles Class fast attack submarine, collided with a Japanese fisheries research vessel, the Ehime Maru, killing nine of

the crew. The outcry from the Japanese public and the diplomatic tensions that already existed over the U.S. Military presence in Japan boiled over. It seemed that all sides were looking for someone to blame

for this incident. That blame landed squarely on Waddle's shoulders.

He recounts that during the Court of Inquiry that took place to determine whether the Navy felt he had been negligent, he found himself standing alone. He was facing the end of his career or worse the possibility of losing his freedom. For obvious political reasons, Navy leadership had to distance

themselves as far as possible from this event and from Waddle.

The news media painted him as a reckless and brash leader whose showboating had cost lives. It didn't seem to matter to the public that it wasn't true; bad news sells copy.

Just when it seemed to him that the world was against him, many friends that he had made along the way rushed to his side to encourage and strengthen him to face the ordeal that was unfolding in his life. Friends from his Annapolis days, Sailors he had served with, and confidants from his church flooded his mailbox with notes of support and compassion. With the encouragement of his shipmates and the love of his family, he was able to demonstrate so much character that he was eventually lauded by even the President of the United States for his integrity.

Though he lost his career, he was able to keep his dignity.

When reading his story I am reminded of the words of Ecclesiastes 4:12 "And if one prevail against him, two shall withstand him; and a threefold cord is not quickly broken."

It serves as a reminder of the importance of building friendships throughout the course of our lives. As servicemen and servicewomen we have a unique opportunity to make friends all over the world. I can speak from experience that a smiling, familiar face in a new port has always been a blessing to me and my family. It is certain that in this life we will face challenges and adversity. I am equally certain that those times will be more palatable with the camaraderie and encouragement of trusted friends.



Still Moments



Service Celebrated: Cmdr. Norman Maple, right, commanding officer of Military Sealift Fleet Support Command Ship Support Unit (SSU) Guam presents Jesus Cruz, marine surveyor with Military Sealift Fleet Support Command Ship SSU Guam with a 40-year Career Service Award signed by the Secretary of the Navy during a luncheon on U.S. Naval Base Guam Nov. 10. Cruz began his career with Ship Repair Facility Guam in 1970 and joined Military Sealift Command in 1976 in Oakland, Calif. He later moved to San Diego where he worked with Military Sealift Command Pacific until he transferred to SSU Guam in August 2000. The image has been altered for security purposes. (U.S. Navy photo by Boatswain's Mate 1st Class Jason Flory)

Charles King kicks up fitness with cardio kickboxing

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

Joint Region Edge Staff

The Charles King Fitness Center (CKFC) is offering cardio kickboxing to all patrons on Thursdays at 5 p.m. on the basketball courts at the fitness center.

According to its website, cardio kickboxing is the first fitness program based on professional kickboxing disciplines, coaching science, and mixed martial arts training concepts. It is kickboxing for fitness using sports specific techniques with or without equipment.

CKFC offers the program without equipment. Sheila Litty, instructor and CKFC fitness director, said the program offers a fast-paced workout.

"Cardio kickboxing is a fun, fast-paced, high-intensity workout that will bring up your heart rate and give you a great total body workout," Litty said. "It is definitely a different aerobics class."

Litty said the class begins with

an introduction to the moves to maximize the benefits of the session. She said it is important to learn the techniques, and gradually the participants will enhance their workout by performing each step effectively.

"After a few classes, an individual should feel comfortable and be a pro at cardio kickboxing," Litty said.

Sonar Technician 1st Class (SS) Ecclesiastes Raiford, of USS Frank Cable (AS 40), said he was running laps in the gym when he spotted his wife warming up for the session. He decided he would give it a chance.

"It was definitely a great workout," Raiford said. "I haven't added aerobics to my normal workout in a while, so it felt good. I will definitely be back again."

Litty encourages everyone to attend the class and reap the benefits.

"This is a great class for everyone," she said. "Don't feel intimidated; after a few sessions you will be right on track."

For more information about the programs at Charles King Fitness Center, call 333-2049.



High Flying Heels: Sheila Litty, left, Charles King Fitness Center, fitness director, instructs patrons in a cardio kickboxing Class Nov. 18. The Charles King Fitness Center is offering cardio kickboxing to patrons on Thursdays at 5 p.m. on the basketball courts at the center. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

Sports Shorts

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

Charles King 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.

Ultimate Frisbee

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

The following is a list of sports and health-related activities held on Andersen Air Force Base. To submit your sports note, call 366-2228.

Aikido 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 (schedule subject to change due to base exercises, official unit functions, etc). This is a self-directed activity. A Family Advocacy staff member will be available Tuesdays and Thursdays to talk with parents. Some simple rules for this program: Children will not be left unattended. No food or drink is permitted in the play area. Parents must clean-up after their children. No shoes are allowed in the play area and children must abide by rules that will be posted on the bouncy castle in the play area. For more information, call the Hotspot at 366-2339.