

JOINT REGION EDGE

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USS City of Corpus Christi returns

By Lt. Joshua Cornthwaite
Commander, Submarine Squadron 15
Public Affairs

The fast attack submarine USS City of Corpus Christi (SSN 705) returned home Dec. 31, in time to celebrate the new year after successfully executing several missions in the Western Pacific over a three-month period.

"The crew worked really hard and did a tremendous job," said Cmdr. Rob Gaucher, commanding officer of

City of Corpus Christi. "The crew's dedication allowed us to successfully complete a wide variety of submarine missions in the Western Pacific."

City of Corpus Christi's efforts directly contributed to the safety and security of the Western Pacific region. The mission period also provided a valuable training opportunity to ensure the unit's continued cutting edge operational readiness.

Capt. Mark Benjamin, deputy commodore for mission readiness,

Submarine Squadron 15, echoed Gaucher's confidence in this crew.

"Corpus Christi's performance was truly impressive. The crew can enjoy their New Year's holiday knowing that the peace and security ensured by their hard work allows for a bright future for millions of people, both in 2011 and beyond."

As the submarine sailed into port, the crew was greeted by the cheers of family and friends waiting on the pier. Cheers exploded

when the first Sailor caught his wife in a warm embrace and exchanged the coveted first kiss.

"I can't wait to see my husband," said Emily Fredrick, wife of Lt. j.g. Jason Fredrick. "Our daughter, Katie Beth, was only a few days old when he left. It will be wonderful to see Jason hold his daughter. She has grown so much."

"I am so glad to be home with my family," exclaimed Hospital Corpsman 1st Class Larry Gattrell.

"It is great that we were able to make it home for at least one of the holidays."

City of Corpus Christi is named after the major Texas seaport city Corpus Christi. City of Corpus Christi is the 18th Los Angeles-class fast attack submarine and the 13th ship of that class built by Electric Boat in Groton, Conn. In 2002, the City of Corpus Christi shifted its homeport from Groton to Guam where the submarine is assigned to Submarine Squadron 15.

Andersen Airman awarded Bronze Star Medal

By Airman Whitney Tucker
36th Wing Public Affairs

Chief Master Sgt. Bud Sharpe, 36 Civil Engineering Squadron superintendent, was awarded the Bronze Star Medal Dec. 29 at Andersen Air Force Base (AFB) for his courage and commitment to mission accomplishment in a combat zone, under the most extreme of circumstances.

Sharpe returned to Andersen AFB in November after a seven-month deployment to Bagram Airfield, Afghanistan, where he served as superintendent of the 955th Air Expeditionary Squadron. According to his Bronze Star Medal certificate, Sharpe's leadership was pivotal in integrating more than 1,200 Joint Expeditionary Tasked Airmen at more than 37 austere operating locations into a cohesive organization supporting the joint fight.

"Because you're in a new environment, with an unfamiliar culture and away from family, it can be hard for Airmen to stay motivated and focused on the mission," Sharpe said. "It was challenging, but it was important to reassure them that everything would be alright and we were there to make an impact."

Under his leadership, the squadron's Airmen provided crucial combat support to more than 32,000 personnel within the Afghan National Army, the Afghan National Police

and 11 Joint Task Forces in four regional commands. Additionally, Sharpe successfully completed 18 outside-the-wire missions to various regions and camps under the constant threat of small-arms fire and improvised explosive devices.

"This deployment was different than others I have been on because there was a persistent threat," Sharpe said. "There was never a time when I wasn't thinking about the impact my instruction could have on the Airmen and soldiers around me."

Sharpe's exceptional combat leadership was brought to light in May, during the largest complex attack in Bagram Airfield's history when 20 Taliban insurgents armed with suicide vests, rocket propelled grenades and assault rifles attempted to breach the base's perimeter.

The superintendent ensured the safety, security and readiness of more than 2,500 personnel. As a result, he was chosen by the 455th Air Expeditionary Wing commander to assist in establishing "rules of engagement" for Camp Cunningham in the event of future attacks. Despite these lofty contributions, when asked why he felt he was awarded the Bronze Star Medal, the chief was at a loss.

"It's quite an honor to receive the Bronze Star Medal," Sharpe said. "Although, it feels more like a team award to me. We couldn't have accomplished our mission if it wasn't for our incredible group of Airmen, soldiers,



Bronze Star Medal: Chief Master Sgt. Bud Sharpe, 36th Civil Engineer Squadron superintendent, gets to know Afghan children in the Metar Lam Province, Afghanistan in late May 2010 after completing work on a new schoolhouse for children in the local villages. (Photo courtesy of the U.S. Air Force)

Sailors and Marines. I am grateful for their service and many of these warriors made the ultimate sacrifice."

Sharpe said he wishes to honor his fallen comrades by speaking out about their experiences and courage in the

face of adversity.

"I don't know if I will ever understand why my life was spared so many times, when many of our battle buddies were not. I imagine one of the reasons was to return

and tell their story for them; to always honor and remember their service. I think about their families and know that coping with their loss is even more difficult for them. They will never be forgotten."

INSIDE

- Two Airmen promoted under STEP program, page 2
- Renovated Top O' the Mar reopens, page 8



New Citizens

Two Sailors sworn in as U.S. citizens as new year approaches.

SEE PAGE 3



New Wing Command Chief
Chief Master Sgt.
Margarita Overton

SEE PAGE 5



Andersen's Best
Airman 1st Class
Andrew Leo

SEE PAGE 2

Andersen Airmen selected for STEP promotion

By Airman Whitney Tucker
36th Wing Public Affairs

The Stripes for Exceptional Performers (STEP) recognizes Airmen who act as role models to those around them, demonstrate leadership, comprehension and above-and-beyond dedication to the mission; two Andersen Airmen fit this description.

Master Sgt. Ralph Oliver, 36th Judge Advocate Office noncommissioned officer (NCO) in charge of military justice, and Tech. Sgt. Tyrone Yeargin, 736th Security Forces

Operations NCO in charge, were recently promoted under the STEP program.

"They set it up as if I was going to give a brief on a past health and wellness inspection," Oliver said. "I was wondering what was going on when the general began speaking about my performance and prior career experience. Then he pulled stripes from a folder and told me I deserved to be a master sergeant."

Similarly, the news of Yeargin's promotion to technical sergeant came as a pleasant surprise.

Maintaining his shock-and-

awe approach, Brig. Gen. John Doucette, 36th Wing commander dropped in on Yeargin for an impromptu visit to deliver the news of his achievement.

"I was in Army Airborne school when I received the news that I was getting STEP promoted," Yeargin said. "Brig. Gen. Doucette actually stopped by the school and presented me with my new stripes while on his way to Maxwell Air Force Base, Ala., for a temporary duty."

Though their coworkers, family and friends felt they were deserving of recogni-

tion, both men were caught off-guard by the good news and reminded of those who helped them throughout their careers.

"I was humbled by the entire experience," Oliver said. "I had no clue I was going to be promoted, I was at a loss for words and excited at the same time. I know my promotion was a result of all the support I have received from my supervisors and the Airmen I have worked with."

Yeargin echoed Oliver's sentiments.

"I just couldn't believe it

was happening to me," he said. "It definitely ranks as one of the best days of my life, and I can say I have had some great leadership in my career. I have taken different things from each of them, and I am very thankful to my current leadership for submitting me as a candidate for STEP promotion."

Oliver and Yeargin share one other thing in common, they both intend to join the ranks of the senior enlisted tier, and continue to embody the three Air Force core values: integrity, service and excellence.



A STEP Up: Brig. Gen. John Doucette, 36th Wing commander and Chief Master Sgt. Allen Mullinix, former 36th Wing command chief surprise Tech. Sgt. Ralph Oliver, 36th Judge Advocate Office noncommissioned officer in charge of military justice with Master. Sgt. Stripes Nov. 30 after he was selected for early promotion under the Stripes for Exceptional Performers program. (Photo courtesy of the U.S. Air Force)



Exceptional Performer: Brig. Gen. John Doucette, 36th Wing commander presents Tech. Sgt. Tyrone Yeargin, 736th Security Forces Operations noncommissioned officer in charge with an Andersen's Best certificate Dec. 29 at Andersen Air Force Base. This is the second time General Doucette surprised Sergeant Yeargin recently. The Wing commander promoted the new tech. sergeant from staff sergeant after he was selected by leadership for early promotion under the Stripes for Exceptional Performer's program Dec. 6. (Photo courtesy of the U.S. Air Force)

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.

Report Fraud, Waste and Mismanagement

The Joint Region Marianas Hotline provides an opportunity to report significant cases of fraud, waste and mismanagement. Anyone can file a hotline complaint and you may remain anonymous.

To contact the Joint Region Marianas Inspector General:

E-mail: M-GU-JRM-IG-HOTLINE-FRAUD-WASTE-ABUSE@fe.navy.mil

Phone: 339-4236

Mailing address:
JRM Inspector General Office
PSC 455 Box 211
FPO AP 96540

Remember, the more detailed information you provide the better we can assist you.

Sailors ring in 2011 as U.S. citizens



New Citizens: Equipment Operator Constructionman Carmen Pamela Rivera of U.S. Naval Mobile Construction Battalion (NMCB) 11, left, and Machinist's Mate Fireman Ian George Cero Go of USS Frank Cable (AS 40) recite an oath of allegiance during a naturalization ceremony at the District Court of Guam Dec. 30. Rivera is a former citizen of El Salvador. Go is a former citizen of the Republic of the Philippines. During the ceremony, Sailors led 47 other new citizens in the Pledge of Allegiance and were praised for their service to the nation. (U.S. Navy photo by Anna-Victoria Crisostomo)

By Anna-Victoria Crisostomo
Joint Region Edge Staff

Two Sailors became U.S. citizens at a naturalization ceremony at the District Court of Guam Dec. 30.

Equipment Operator Constructionman Carmen Pamela Rivera of U.S. Naval Mobile Construction Battalion (NMCB) 11 and Machinist's Mate Fireman Ian George Cero Go of USS Frank Cable (AS 40) joined 47 other individuals from six other countries to become U.S. citizens. Rivera was formerly a citizen of El Salvador. Go is a former citizen of the Republic of the Philippines. Other participants in the ceremony were from Japan, Korea, China, Belgium, Bolivia, and France.

U.S. District Chief Judge Frances Tydingco-Gatewood presided over the ceremony. Tydingco-Gatewood reminded the new citizens that U.S. citizenship provided them with great power, including the power to vote. She also added that with this great power came great responsibility.

After being informed about their new freedoms and responsibilities, an oath of allegiance was taken by the new citizens. The Sailors then led the Pledge of Allegiance.

Throughout the ceremony, new citizens received words of praise and congratulations from President Obama and Guam attorney Catherine Bejerana Camacho. Obama welcomed the new citizens in a pre-recorded video message. Camacho, who was the guest speaker, shared her experience of naturalization as a young girl and the many opportunities she was afforded as a citizen of the United States.

Before the ceremony concluded, Tydingco-Gatewood recognized Rivera and Go. She congratulated the Sailors and thanked them for their service to the nation.

Rivera expressed gratitude for her newfound citizenship.

"I'm glad to serve my country as an American," Rivera said.

Go echoed Rivera's sentiments and said that his initial desire to join the Navy and become a citizen stemmed from a desire to serve his country. Go said he plans to use his experience in the Navy and his new citizenship to continue his education and earn a degree.

Having achieved their goal of becoming U.S. citizens, both Sailors said that the next step on their journey would be to work on adding warfare qualifications to their list of accomplishments.

Andersen's Best: Airman 1st Class Andrew Leo



Andersen's Best: Airman 1st Class Andrew Leo, 36th Munitions Squadron, was awarded Andersen's Best here Dec. 27. Leo was recognized for his superb job performance in which he has managed 2,000 job orders, the status of 40 personnel, and 15 vehicles. "I nominated Airman Leo for Andersen's Best for his accomplishments, dedication to duty, sharp communication skills and keen understanding of AMMO processes," said his supervisor, Tech. Sgt. Mathew Moy, 36th Munitions Squadron, non-commissioned officer in charge of Conventional Maintenance. Leo scheduled maintenance for the largest air-to-ground and air-to-air munitions stockpile in the Air Force valued at more than \$1 billion. His sharp attention to detail has resulted in an outstanding 99 percent scheduling accuracy rate over the past six months. He expertly organized 20 complex bomb assembly operations utilizing the Combat Ammunition System database, and ensured on-time, serviceable munitions met 36 B-52 training sorties. More recently, Leo has been selected to senior airman "Below-the-Zone." 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, contact your unit chief or superintendent explaining their accomplishments. (U.S. Air Force photo by Staff Sgt. Jamie Powell)

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Make learning your priority in 2011

By CMDCM (AW/SW) Paul Kingsbury

Joint Region Marianas Command Master Chief

Happy New Year! Here we are at the doorstep of 2011 and the resolutions are being made. As you consider your goals for 2011, I want to challenge each of you to make adult learning a priority. I am always excited to see our enlisted Sailors set and obtain educational goals. For some, frequent deployments, family schedules and other personal pursuits often become reasons for not pursuing and educational opportunities. Many immediately link discussions of adult education with college when in fact the realm of learning is more far encompassing.

Education in the largest sense is any act or experience that has a formative effect on the mind, character or physical ability of an individual. In its technical sense, education is the process by which society deliberately transmits its accumulated knowledge, skills and values from one generation to another. Education and learning will help you develop your skills in reasoning, tolerance, reflection and communication. These skills will help you resolve the conflicts and solve crises that come up in the course of a personal or professional life. Education will also help you understand other people's viewpoints, and learn how to disagree sensibly. These are all skills that you need to develop and hone to be an effective and developing leader.

As a Sailor in the Navy you have a plethora of learning options. I often tell Sailors at Career Development Boards that their first investment in education should be to develop a sound foundation of professional military and technical knowledge — you know, your "On the Job Training." Most of you are do-

ing this as you prepare for your next advancement exam, complete qualifications for your rating, attend technical schools and complete your leadership courses. Investing time in these pursuits helps you to develop expertise in your rate and your Navy that is crucial to your success as a developing leader. Without this bedrock knowledge, you will see chances at promotion decline and considering the competitiveness of the Perform to Serve program, so do your opportunities to stay in the Navy. I know many of our junior Sailors spend time in this, but chiefs, you don't get off so easy. Since you no longer have to complete Military Requirements courses or Rating Manuals, it is imperative that you stay on top of your rating knowledge. You are the chief and being the technical expert is key to that. Considering the rate of change of technology in some of our ratings and the rapid change of many of our personnel programs, you can see that if you don't find ways to stay educated on those things, you will quickly find yourself obsolete. Additionally, you should be looking for opportunities to improve your professional military knowledge including attendance at the Senior Enlisted Academy and completion of Senior Enlisted Joint Professional Military Education courses available online at the National Defense University. Command Master Chiefs have and take advantage of the opportunity to attend the Joint Senior Enlisted Keystone or the Navy's Executive Business Course. Once you have completed your military training obligations, it's time to move on to some other opportunities.

So you've just finished taking your advancement exam and you're complete with your qualifications. Why not look at taking your Navy experience and translating that into civilian certifications? This is one of the easier ways to get credit for

what you do on a daily basis. Have you heard of Navy Credentialing Opportunities Online (COOL) or the United States Military Apprenticeship Program (USMAP). Specific information for this program can be found at [http://www.usmap.com](#), click on the "Professional Development" link and then click "United Services Military Apprenticeship Program (USMAP). Personnel desiring to submit an application for this program must have attended "A" school, or an acceptable equivalent. For more information, head down to your Career Counselors office or talk with your LPO or Chief to see if you qualify and what opportunities are available.

For many of us, college education was simply not an option prior to enlisting in the military. However more and more enlisted Sailors are entering the Navy with some college level education and many more on active duty are choosing to pursue further off duty educational opportunities. Our enlisted force is hungry for college education because you know the value you get from it and the resulting value you bring to the Navy. However, many of you think you are not "college people" or are afraid to take that first step.

I know I was the first time I sat in a college classroom, but I quickly realized that the discipline I had learned in the Navy made it much easier than I thought. Perhaps you think you don't have the time. Did you know that college graduates earn nearly twice as much during their working years as high school graduates? Information from the



U.S. Census Bureau 2008 report reinforces the value of a college education: workers 25 and over with a bachelor's degree earn an average of \$60,954 a year, while those with a high school diploma earn \$33,618. Workers with a master's degree make an average of \$71,236, and those with a doctoral degree earn an average of \$99,995, and a professional degree earns an average of \$125,622. Looking at it from a different view, over an adult's working life (45 years), high school graduates can expect, on average, to earn \$1.5 million; those with a bachelor's degree, \$2.7 million; and people with a master's degree, \$3.2 million. Persons with doctoral degrees earn an average of \$4.5 million during their working life, while those with professional degrees do best at \$5.6 million. College graduation will qualify you for many jobs that would not be available to you any other way. You should also know that your career advancement opportunities improve as well. Perhaps you just want to take a survey course to learn a new skill or an area of interest. Every step you take on the path to lifelong learning has a benefit. Every enlisted Sailor in the Navy should have working knowledge of the Navy College website (<https://www.navycollege.navy.mil>), tuition assistance program, the GI Bill and know where their Navy College office is. The Advanced Education Voucher is another program you can take advantage of. The availability of online courses and credits you receive from your military experience should make it even more appealing to you to start the path to a degree. You can quickly see that by investing the time and effort into completing a college degree your personal opportunities drastically increase along with the value you bring to the table for the Navy.

OK, so you feel like your current commitments simply don't al-

low you the time to go to college. How about reading a book? There are many good titles on the Navy's reading list. I took time this year to read the top 10 rated titles in American Literature. I really appreciated them more now than when I was required to read many of them in high school and I learned a lot and gained some great insight on some things. If American Literature is not your thing, read anything! Read to improve your expertise in your hobby or learn a new one. Read the current NY Times bestseller's list. Work to improve your reading comprehension and stamina and then think critically about what you read and make sure that for every point that is made, there is a counterpoint and you should know that point of view as well.

I hope that I have inspired you to set off on a new educational opportunity or experience. I can't overstate the value of doing so. You will improve yourself personally and professionally and serve as a great role model to fellow Sailors, friends and family. A few years ago, some had observed that a blurring of the lines between the enlisted and officer corps was occurring. As one officer stated, "Tomorrow's Sailors — both officer and enlisted — will possess multiple skill sets and be capable of operating multiple systems, and, as lifelong learners, they will be not only technically competent, but also possess business savvy, an innovative mindset, and be critical thinkers who can maintain operational primacy." This blurring of the lines can't be forced, but it is happening naturally as our enlisted force becomes more educated and takes advantage of the opportunity to complete higher qualifications and fill increased leadership positions. It all comes down to how much you want it. The opportunities and resources are there. Now go get them!

Service members, families rock with Seether on NBG



Rockin': Service members and their dependents cheer on the rock band Seether on U.S. Naval Base Guam (NBG) Dec. 16. The band played during a free USO concert organized by Morale, Welfare and Recreation at Molly McGee's Field. (U.S. Navy photo by Irene Gering)



Rollin': The rock band Seether played at a free USO Concert on U.S. Naval Base Guam (NBG) Dec. 16. The concert was organized by Morale, Welfare and Recreation at Molly McGee's Field. (U.S. Navy photo by Irene Gering)

New 36th Wing command chief 'keeps it R.E.A.L.'

By Airman 1st Class Anthony Jennings

36th Wing Public Affairs

"Be R.E.A.L." and "Keep it R.E.A.L." are phrases which could have several meanings to different people. But to the new 36th Wing command chief, it is a mindset every Airman can apply to their mission and everyday life.

Chief Master Sgt. Margarita Overton uses the acronym R.E.A.L., to convey her philosophy of being a Responsible, Energized, Airman Leader. She hopes this philosophy will spread throughout Team Andersen as she takes the reigns as the highest ranking enlisted member on Andersen Air Force Base (AFB).

"I'm excited to be here," Overton said. "We have a great team, and I'm proud and truly honored to serve as your command chief."

As the command chief, she is the principal advisor to the 36th Wing commander on matters affecting the utilization, health, morale and welfare of more than 8,500 military

and civilian personnel. Additionally, she advises the commander for Airmen deployed to Andersen for Pacific Command's Continuous Bomber Presence and Theater Security Package.

Her responsibilities include keeping all commanders within the 36th Wing apprised of matters affecting their personnel, and acting as a liaison between headquarters staff agencies, commanders, tenant units, and senior leaders on operational and administration matters and implementing policy.

Hailing from Athens, Greece, Overton entered service in January 1987. She completed her technical training as a ground radio specialist at Keesler AFB, Miss. In 1996, as a staff sergeant, she became an Airman Leadership School (ALS) instructor. It was there where she realized she had a passion for teaching.

"I was inspired to become an instructor because of the teachers I had in ALS," Overton said. "It was kind of weird that I would want to pursue it because I was very shy

and introverted at the time. I knew I liked to help people; I like to motivate people to achieve a common goal, and though at the time I didn't know it, I discovered I had a passion for teaching. I would have never discovered all of that had I not applied for the position.

"Some might not take on a challenge because they're afraid of failing, or being turned down," she continued. "But if you really want to do something, don't sell yourself short. Go for it because the worst thing that can happen is you're told no. The best that can happen is you're told yes. So I went for it and I got the job."

It was as an ALS instructor, teaching Airmen how to become leaders, where she found many of the qualities supervisors look for.



Overton

"Many people might be afraid of stepping up to be a leader because they think you have to be a born leader to lead," Overton said. "But you don't, I had to learn it. I'm still learning to this very day because you never really stop learning. Each day brings a new lesson."

The lessons she learned over the course of her career have had a profound impact on her 24-year career. After five years of instructing ALS, Overton cross-trained into manpower, where she learned the program requirements and processes of how the various career fields fit in the big picture of the Air Force.

"I've worked manpower for a gambit of organizations such as security forces, maintenance and the medical," Overton said. "I think my manpower background has helped me better relate and talk to people across the board. I've learned a lot about how everyone contributes to the Air Force mission, and I appreciate what everyone brings to the fight, regardless of their Air Force Specialty Code."

From manpower, Overton went on to become the 78th Force Support Squadron superintendent, then the 78th Mission Support Group superintendent two years later at Robins AFB, Ga., before receiving the assignment to Andersen AFB as the command chief for the 36th Wing.

Each new position Overton held grew in scale and presented new challenges. However, those challenges helped to mold her into the leader she has become today.

"A good command chief and friend of mine often says, if you're comfortable, you're not growing," Overton said. "Which I've learned is very true. If you stay in your niche, if you don't ever face new challenges and have to figure out different ways to solve problems to overcome those challenges, you'll never grow as an individual."

As the command chief on Andersen AFB, Overton hopes to "keep it R.E.A.L." while communicating the wing commander's vision and encouraging those under her leadership to "be R.E.A.L."

Key spouses: Thank you for keeping it R.E.A.L. too

By Mark Overton

Spouse of 36th Wing Command Chief Margarita Overton

Did you know that President Obama proclaimed November as Military Family Month and the first lady, Michelle Obama, has sought to provide more support for military families? You're also aware that the Air Force designated July 2009 through July 2010 as "Year of the Air Force Family" and that "Taking Care of Airmen and their families" is one of our Air Force's highest priorities. Additionally, there is a highly read blog by and for military spouses called "SpouseBuzz."

These public initiatives stress that military spouses continue to play a pivotal role in shaping our community. Am I right about it? To show unity of purpose with my wife's perspective of "Keeping it R.E.A.L.," I want to share with you

that military spouses keep it R.E.A.L. too, helping to take care of our Airmen and their families.

Let's talk first about the letter "R," which indicates our "voluntary versus mandated" ROLE as a key spouse, which is to help our active duty leadership take care of Airmen and their families and our community as a whole. As a retired chief master sergeant myself, being a military spouse is a new role for me. I've learned we're more than the tagline or misconception of being a "social diva," a member of the "Anderson Housewives' Club" or wearing our spouses' rank when interacting with others. Our ROLE as a key spouse accompanies our spouses' duty position and we gladly contribute the most we can to fulfill this role; helping to take care of our Airmen and their families. As Janette Doucette, spouse of 36th Wing Commander Brig. Gen.

John Doucette emphasized, "We help build a community to make it better than we found it, making it a home away from home to those that are stationed here."

The next letter "E" is for being ENGAGED. We're engaged through volunteering, being a visible representative at events and functions, mentoring, knowing the issues, giving back, etc.

We set the right example of teamwork and wingman family support when we, both officer and enlisted, show continual presence during formal and informal events and functions. Through this engagement we can make things happen!

The letter "A" is for AVAILABILITY. Whether outreach is through the Web, e-mail, spouses' meetings, volunteering at Andersen's facilities, surveys, or out-and-about visits, we're visible and active.

Though we may be behind the scenes at times, key spouses bridge the communications gap with families to inform, support or refer them as needed. Additionally, we advise, mentor, volunteer, support, sacrifice and serve upfront, increasing awareness of installation and community resources.

This means that we've come to our last letter, "L" which is for LEARNING and LINK. The more we know, the more we can help, becoming partners in bettering the lives of our Airmen and their families.

We can get involved with base spouse groups and key spouses, whom are the face of unit leadership to families. We can attend the Spouse Newcomer's Orientation, Initial Key Spouse Training, and Heart Link Orientation.

Thank you to the Airman and Family Readiness Center for helping

families address a wide range of concerns and needs, and the training of our key spouses. This training gives us the resources and skills needed to succeed in our volunteer role.

Continuous learning will enable us to be a better link, connecting senior leadership with Airmen and their families. First Sergeants are also an important team member of the unit, they are engaged at the local level, linking unit leadership and key spouses to stay attuned to the concerns and needs of Airmen and their families, whether separated or on the homefront.

We owe the security and freedom that we enjoy to the members of our armed forces and their families. Key spouses: are you comfortable in your Role? Are you continuously Engaged and Available? Are you still Learning and Linked? Thank you sincerely for being R.E.A.L.!

News Notes

Job Announcements

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

Joint Region Marianas

Administrative Assistant, Closes Jan. 10

Naval Support Activity Andersen, Guam

Administrative Assistant, Closes Jan. 10

Priority Placement Program (PPP) for Military Spouses

If you are a military spouse looking for a job, PPP may be able to assist you. If you have recently relocated with your sponsor or just received new orders to relocate you may be eligible to register for PPP. You will be required to furnish a copy of your sponsor's PCS orders. Even if you've never worked for the federal government, new Executive Order 13473 may still award you eligibility for appointment to the federal service under a competitive appointment. Note that PPP is an automated system that only refers spouses to Department of Defense positions and you must be a U.S. citizen to be eligible for employment in the federal government. For more information, e-mail Kim Mendoza (last names beginning A thru M) at Kimberly.mendoza1@navy.mil or Renita San Miguel (last names beginning N thru Z) at Renita.sanmiguel@navy.mil or visit online <http://www.donhr.navy.mil/> (click on "Employment" and "Military Spouses").

Tops in Blue

The U.S. Air Force's Tops in Blue is offering a free night of family entertainment in the Coral Reef Fitness Center gymnasium Jan. 23, 6 p.m., with doors opening at 5:15 p.m. This year, Tops in Blue continues its long-standing tradition of "family entertaining family" by showing us what has made Tops in Blue a "must-see" event every year for the last 57 years. You'll hear the cool R&B music of Stevie Wonder, the swinging sounds of Michael Buble, Montgomery Gentry's all-American country music, hits by Lady Gaga and the Black Eyed Peas and much, much more! Combine all that with the dazzling lights, beautiful costumes and precision choreography for which Tops in Blue is known worldwide, and you can look forward to a show that's sure to please everyone. Tops in Blue is the Air Force's premier entertainment showcase. The 2010 team is a reflection of the 'best of the best' performers throughout the Air Force. For more information, call Michele Jacobs at 366-2339.

Monthly Flea Market

Sell items you no longer need, or pick up some great bargains, at the Hotspot's monthly Flea Market Jan. 15, 8-11 a.m. in the Hotspot gym. You never know what you'll find for sale, so don't miss out on a chance to come away with some really cool items. Table fee for sellers is just \$10 each. Sellers can set-up for the flea market either the Friday evening prior from 6-9 p.m. or beginning at 7 a.m. the morning of the flea market. Reserve and pay for your tables at the Hotspot, or call 366-2339 for more information.

NBG Theater closed for renovations

By Anna-Victoria Crisostomo
Joint Region Edge Staff

The Morale, Welfare and Recreation (MWR) Big Screen Theater on U.S. Naval Base Guam (NBG) will be closed until March 31 for renovations.

According to Eric Nikkel, NBG MWR director, a required sprinkler

upgrade in addition to the age of existing components prompted the renovations and MWR decided to address both issues in one project.

Nikkel said the theater will be receiving a major facelift.

"The major needs are full upgrade of the sprinkler system, update the sound and lighting system, carpet

replacement and redesign of the concession area," Nikkel said.

He added that once renovations are complete the lobby will allow for an improved patron flow and the stage area will be better suited to accommodate performances with new FX lighting and sound.

According to Nikkel, the current facility has a 2G

Dolby surround sound system and 20-foot-by-30-foot screen with a maximum seating capacity of 900.

Although regular free weekend movie showings will discontinue during the renovation period, theater patrons can rest assured that Big Screen Theater events like "Movies Under the Stars" will be held occasionally until the theater has reopened.

will be held occasionally until the theater has reopened.

Nikkel said that, once reopened, patrons can expect a "clean, fresh facility with an improved overall viewing experience." Theater operations will resume April 1.

For more information, visit www.mwr.guam.com.

Team Andersen eyes are in good hands

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

"You may or may not need glasses, but are your eyes healthy?" asked Maj. Carl Cembrano, 36th Medical Operations Squadron (MDOS) optometrist.

Putting a sensitive and important body part such as one's eyes in the hands of a stranger isn't easy for many people. Having seen close to 60,000 eyes over the course of his 12-year career, Cembrano, along with his staff of trained eye-care technicians, use their experience to provide Team Andersen with clear vision.

The clinic at Andersen Air Force Base performs full-scope primary eye care for all active duty members, their dependents and retirees. The process includes prescribing glasses as well as screening and treating ocular disease and injuries.

"It really starts with the technicians," Cembrano said. "As they explain what each test is for, the patient begins to trust them and feel more



Eye Care: Tech. Sgt. Josh Karash, left, 36th Medical Operations Squadron Optometry noncommissioned officer in charge, conducts an eye exam on a patient at the 36th Medical Operations Squadron optometry clinic, Jan. 4. The technicians use tools such as visual field analyzers, non-contact tonometers, retina cameras and corneal topographers to identify the dimensions of the patient's eye and determine a prescription if needed. The clinic performs full-scope primary eye care for all active duty members, their dependents and retirees. (U.S. Air Force photo by Airman 1st Class Anthony Jennings)

comfortable. By the time they get to me they have already lost any anxiety they may have had coming into our clinic."

Peering into the metaphorical "window of the soul," Cembrano searches for diseases the patients may not even know they have, such as glaucoma.

Glaucoma is a degeneration of the optic nerve which connects the eye to the brain. As the nerve deteriorates, one may start to lose vision from their periphery inward.

"Some doctors in this career field like to call it the 'insidious eye disease' because it is sinister in nature, but subtle in its symptoms," Cembrano said. "That is why it is so important to come in and be seen because the degradation of one's vision can be so slow you wouldn't even realize it's happening until it's too late."

Aside from routine exams, other common cases patients are seen for are preventable, such as improper use of contacts, not wearing eye protection while participating in sports or hobbies and not wearing sunglasses to prevent ultra-violet radiation dam-

age, which can lead to diseases like solar keratosis or cataracts.

Helping the base populace maintain clear vision is Tech. Sgt. Rayno Boivin, 36th MDOS ophthalmic technician, Tech Sgt. Josh Karash, 36th MDOS optometry clinic noncommissioned officer in charge, and Staff Sgt. Marvin Gutierrez, 36 MDOS ophthalmic technician.

The technicians use tools such as visual field analyzers, non-contact tonometers, retina cameras and corneal topographers to identify the dimensions of the patient's eye and determine a prescription if needed.

"Your eyes are vital to accomplishing the mission, whether you're sitting at a desk or out there in the field. You need clear vision," Boivin said. "Our career-field motto is 'if you can't see them, you can't shoot them.'"

Though restoration of one's vision and allowing them to see with clarity could be viewed by his patients as nothing less than miraculous, Cembrano explained that it is all about the mission.

"Just knowing they can go out and accomplish the mission with clear vision keeps me going," Cembrano said.

U.S. Naval Base Guam Shuttle Bus January Schedules

Gold Route

January 2011

Monday to Friday
6 AM - 9 AM

Schedule	
BEQ	6:00 / 7:00 / 8:00
NBG Munitions Site	6:20 / 7:20 / 8:20
Polaris Point	6:40 / 7:40 / 8:40
BLDG 3190 / Sierra Gate	6:55 / 7:55 / 8:55 ¹

Note 1: Bus proceeds to NEX to start Blue Route at 9:00

"Wave-A-Ride" : Pick-ups available anywhere* along on main base route.

*The Bus Driver has discretion to refuse pick-ups at non-designated stops if in the best interest of pedestrian & motor-vehicle safety.

Blue Route

January 2011

Monday to Friday
9 AM - 6 PM
Weekends & Holidays
11 AM - 5 PM

Schedule	
NEX	:00
Polaris Point	:15
NEX	:30
McDonalds	:33
Bldg 3190 / Sierra Gate	:36
Clipper Landing	:40
Lockwood Housing	:44
BEQ	:45
Theater / Gym	:47
Ocean Ridge Housing	:50
Magellan Ave. Bus Stop	:52
S. Columbus Ave. Bus Stop	:54
Sunset Ridge Bus Stop	:56 ¹

Note 1: Last pick-up here at 5:56 pm M-F & 4:56 pm Sa/Su/Holidays; then bus returns to NEX and goes offline.

"Wave-A-Ride" : Pick-ups available anywhere* along on main base route.

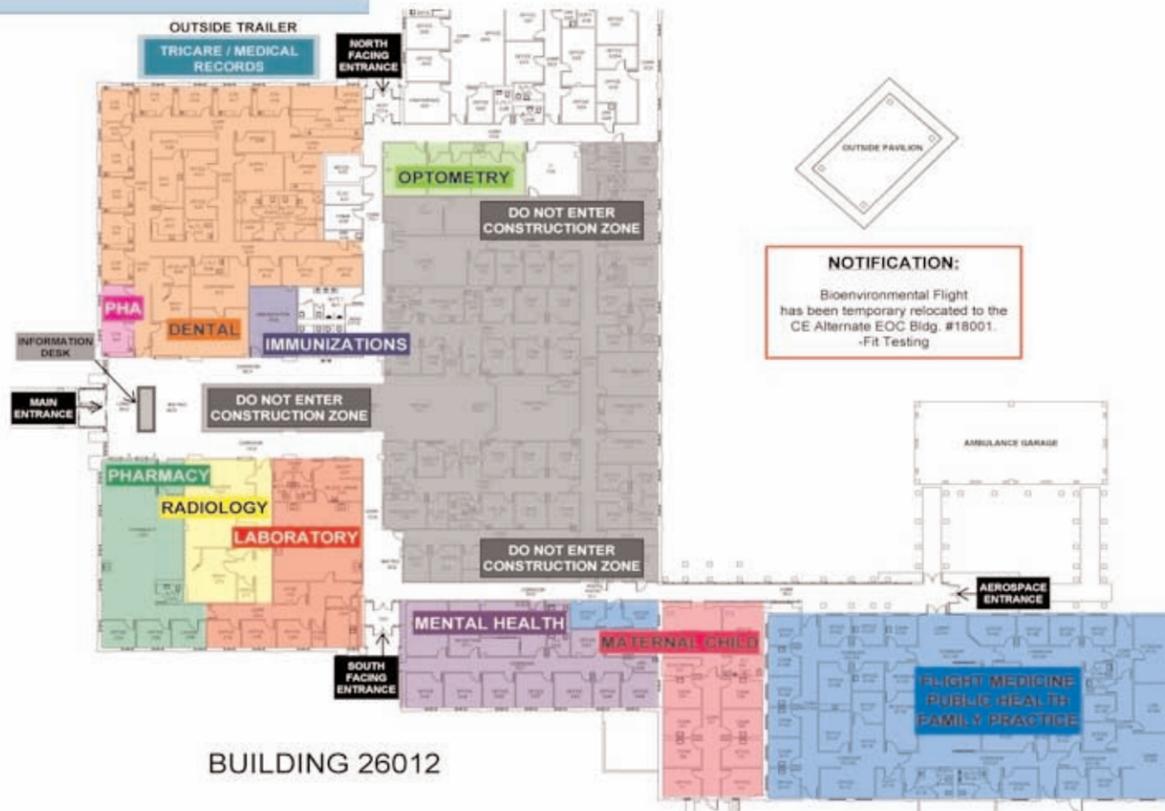
*The Bus Driver has discretion to refuse pick-ups at non-designated stops if in the best interest of pedestrian & motor-vehicle safety.

AAFB Medical Clinic Phase 1 Renovations

PHASE I

Jan. 17-March 16

Clinic Closure: Jan. 28-31



Phase One Begins: The Andersen Air Force Base Medical Clinic will be undergoing renovation from January through April to replace floor tiles affected by excessive moisture in the foundation.

In order to provide continued patient care, a two-phase plan has been implemented to temporarily relocate clinical services during the construction period. Services will be restored to normal operations upon phase completion.

Phase 1: Jan. 17-March 16

Phase 2: March 16 -April 24

There will be a four-day period, from Jan. 28-31 when the clinic will be closed and inaccessible. During this time all acute or emergency medical requirements will be directed to the U.S. Naval Hospital Guam.

For more information, call 366-6637.

(Source: 36th Medical Group)

Top O' the Mar reopens with new look

By Anna-Victoria Crisostomo
Joint Region Edge Staff

After decades of dining, drinking and dancing, Top O' the Mar has received a makeover. The Morale, Welfare and Recreation (MWR) dining facility reopened its doors to patrons after a temporary hiatus for renovations Dec. 3.

According to Desiree Faumui, catering manager, the Top O' the Mar site at Bldg. 295 on Nimitz Hill received a major overhaul in order to restore the facility to its former glory.

"It was just time to give it a fresh look," Faumui said. "We ripped out the old carpeting and laid out travertine tiles throughout the facility. We ripped out all of the wallpaper throughout the building and repainted all the walls. Those were basically the big issues that were addressed."

In addition to the upgraded interior, big changes are noticeable outside Top O' the Mar. Once obstructed by foliage, patrons will once again be able to enjoy the view overlooking Asan Beach and part of Apra Harbor.

"One of the big differences is, outside of the structure, we cleared the overgrowth of trees that hindered the view," Faumui said. "People who had been here before remember the view of the old days. We've since revived that."

While the sights have changed, the tastes and smells of Top O' the Mar are still familiar. The dining facility boasts the return of its Sunday brunch, featuring breakfast favorites, omelet and carving stations and extensive dessert selections from 10:30 a.m.-1:30 p.m. and Thursday night Mongolian barbecue with a new kids' menu from 6-9 p.m. The catering office is open Monday-Friday from 8:30 a.m.-4:30 p.m. to address inquiries and take reservations for functions as well as conferences.

Top O' the Mar offers a 20-percent discount to active duty military personnel and now offers a 10-percent discount to all other military ID and CAC cardholders for Sunday brunch and Mongolian barbecue.

For restaurant reservations or information, call Top O' the Mar at 472-4606/7.



Wine And Dine: Patrons enjoy a glass of wine at Morale, Welfare and Recreation's (MWR) Holiday Wine Tour at the newly renovated Top O' the Mar facility Dec. 3. Top O' the Mar was closed for about a month and a half while the facility underwent renovations. The new dining hall boasts travertine tiles, a fresh coat of paint and updated lighting fixtures. (Photo courtesy of Irene Gering, Warfighter and Family Readiness)

Fitness regulation changes based on Airmen's feedback

By Tech. Sgt. Amaani Lyle

Secretary of the Air Force Public Affairs

As Air Force officials continue to sculpt their fitness program based on Airmen's feedback, service officials issued an AF Guidance Memorandum here Dec. 20 that provides policy changes to AFI 36-2905, Fitness Program, with an implementation date of Jan. 1, 2011.

Compliance with the program is mandatory and outlines notable clarifications from the original July 1 guidance, such as specified waist-measurement procedures, sit-up and push-up instruction and clarity of target-component values to achieve an overall passing score.

"We not only have an increase in 'excellent' scores since the new fitness program's implementation in July, but in terms of the guidelines, Airmen have talked, and we've listened," said Brig. Gen. Sharon K.G. Dunbar, the director of force management policy. "We'll continue to fine-tune the Air Force instruction so that Airmen are afforded the greatest opportunity to succeed with little room for ambiguity or misinterpretation of the instructions."

The service's top enlisted leader said the new guidance will hopefully foster Airmen's continued success and understanding of the program, leading to an overall healthier way of life.

"Airmen are embracing the

change in our fitness culture," said Chief Master Sgt. of the Air Force James Roy. "These minor adjustments to the guidance on the test are meant to increase our Airmen's understanding of how the test works. While emphasis may seem like it's on the test itself, we really are encouraging our Airmen to develop healthy lifestyles."

The AFGM 2 contains but is not limited to the following revisions:

- Fitness assessment cells will supervise Airmen conducting push-ups, sit-ups, and the 1.5-mile run or 1.0-mile walk at a ratio of no more than 12 members for every one FAC staff member or physical-training leader. When multiple Airmen are testing, they will pair off and count for each other with FAC oversight.

- For push-ups, Airmen will place their palms or fists on the floor, with hands slightly wider than shoulder width apart and elbows fully extended. Feet should be no more than 12 inches apart and should not be supported, braced or crossed. Elbows will be bent at 90-degree angles and arms should be fully extended but not locked in the up position for the push-up to count. The Airman's chest may touch, but not rest or bounce on the floor. Airmen may move their hands or feet from the floor or bridge or bow their backs, but only in the up or rest position; resting any other body part on the floor is not allowed.

Any resting other than in the up position will cause the test to terminate, and the score will be based on the correct number of push-ups performed to that point.

- For sit-ups, members will cross arms over the chest so that any part of the hands or fingers remains in contact with the shoulders or upper chest at all times. Airmen may request that their feet be held down by the assessor's hands or knees, but the assessor may not anchor members by holding behind the calves or by standing on the feet. When members' hands or fingers come completely away from the chest or shoulder, or if their buttocks or heels leave the ground, the repetition will not count. The member may request a member of the same gender to hold the feet and that request must be granted. Where available, an anchored toe-hold bar may be used.

- Any attempts to alter heart rate, such as intentional slowing or stopping during the walk, are violations and will cause the test to be terminated, resulting in test failure. Airmen testing via the 1.0-mile walk are required to walk, not run, as quickly as possible, keeping at least one foot in contact with the ground at all times.

- Abdominal circumference assessment will begin with the tester on the right side of the Airman, who will stand on a flat surface. The tester will locate the measurement landmark immediately above the

right uppermost hip bone, the superior border of the iliac crest, at the side of the body vertically in line with the right armpit (midaxillary line). Airmen may use one hand to initially assist the tester in anchoring the tape measure to the body, but must remove the hand from the tape measure before the official measurement is recorded. Measurement will be taken on bare skin. The free hand may be used to hold the shirt out of the way, but no part of the hands or arms may extend above the shoulders.

- Active-duty, Air Force Reserve, and guardsmen under Title 10 Airmen must retest within 90 days following a failed fitness assessment. Unit commanders may not mandate Airmen to retest any sooner than the end of the 90-day reconditioning period. However, Airmen may volunteer to do so.

Retesting in the first 42 days after an "unsatisfactory" test also requires unit commander approval in accordance with medical guidelines. It is the Airman's responsibility to ensure he or she retests before the 90-day reconditioning period expires and non-currency begins on the 91st day.

- Any Airmen deployed for less than one year to a location that administers fitness assessments may complete fitness assessments on a volunteer basis only. Airmen will automatically be considered "exempt" if they are in a deployed location

and their current fitness assessment expires.

- Commanders will exempt Airmen who are on terminal leave or permissive temporary duty in conjunction with retirement or separation, incarceration, on appellate leave or excess leave pending separation from the fitness assessment.

- Basic military training Airmen will complete official fitness assessments via training cadre physical training leaders. Graduated BMT Airmen will hand carry fitness assessment score sheets for input into the Air Force Fitness Management System by the FAC at their first duty station or the military training leader or unit fitness program manager at technical training school, whichever location they report to first.

- Recognition patches for members achieving and maintaining "excellent" fitness assessment scores is deleted.

For the complete AFGM 2, visit the Air Force e-publications site. An Air Force assessment video will be posted to the Air Force Fitness Program web page http://www.afpc.randolph.af.mil/af_fitnessprogram/index.asp in January 2011. It will provide a definitive set of instructions for administering and taking the Air Force physical fitness test. The video shows proper form, the "do's and don'ts," and common pitfalls to avoid for the push-ups and sit-ups.

Navy steps up protection of Sailor information

From Navy Personnel Command Public Affairs

To comply with a Nov. 23 Department of Defense directive aimed at protecting Sailors' personal information, Navy Personnel Command (NPC) will change the method for posting official messages containing partial social security numbers (SSN) on its public website.

"All messages to be reviewed were pulled from the Web in December (2010), and NAVADMINS from

2009 and 2010 were scrubbed of personally identifiable information (PII)," said NPC Webmaster Don Koehler. "We reposted the recent ones to the 'NPC Messages Page' after the partial SSNs were removed."

According to Koehler, messages from 2008 and earlier that contain PII are not being reposted. These include selection and promotion messages dating back to 2000 that contain partial SSNs and had been available online for many years. Visitors to the public website,

www.npc.navy.mil, attempting to open these messages will receive the following response:

"The message you have requested has been removed due to a Nov. 23 OSD (Office of the Secretary of Defense) directive prohibiting the posting of the last four digits of a person's social security number on public facing websites (OSD 13798-10)."

"This change is a safeguard directed by the Office of the Secretary of Defense in directive 13798-10,"

Koehler said. "Specifically the OSD ordered that '(Social Security Numbers) shall not be posted, in whole or in part, on any public-facing and/or open government website in any form.'"

Beginning in 2011, selection and promotion messages will be posted without partial SSNs.

Given that there is the potential for service members with the same name to be up for the same selection or promotion board, Sailors may go to BUPERS Online to check their

personal selection or promotion status.

Access the "NPC Messages Page" at <http://www.npc.navy.mil/ReferenceLibrary/Messages>.

To access pre-2009 messages that have been removed for PII, or for other questions about this change, call the NPC Customer Service Center at 1-866-U-ASK-NPC (866-827-5672).

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

Buy green in 2011 and help the environment

By Troy Imamura

Naval Facilities Engineering Command
Marianas Integrated Solid Waste Program
Manager

Here are some New Year's tips for "green" procurement.

The Energy Independence and Security Act of 2007 and Executive Order 13514 expand further the requirements for sustainable federal contracting and acquisition. Green procurement means purchasing products and services that cause minimal environmental impact. It incorporates human health and environmental concerns into the search for quality products and services at competitive prices. It is a tool to encourage the purchase of greener products

with improved recyclability, reduced packaging, greater sustainability and higher recycled content.

Green procurement helps us meet existing environmental goals and laws. It improves worker health, reduces operating and maintenance costs, and reduces hazardous material. We gain satisfaction from our purchasing power to further benefit human health and the environment.

Our guiding principles include creating a culture of waste reduction, and green procurement in our

operations. Organizations should promote this by engaging their staffs. Strike a balance between environment, cost and performance where the manufacture, use, and disposal of a product may impact the environmental.

Weigh these impacts when deciding which products to buy. Focus early on waste minimization during the procurement process.

A green-product checklist:

- Reduce virgin material product content
- Consider reusable products over disposable
- Minimal environmental impact products

- Minimal packaging
- Reduced energy or water consumption from energy efficiency

- Non-toxic products
- Durability and easy maintenance
- Waste disposal options (such as easily recycled products)

Consider comparing product environmental impacts to evaluate trade-offs to make the "greenest" decision. Specifically, comply with all new requirements when procuring products and services.

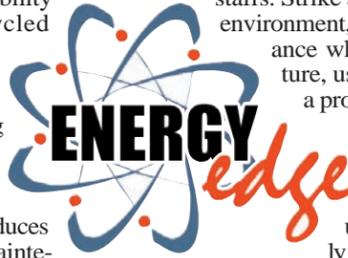
Encourage suppliers and contractors to offer environmentally responsible products and services at competitive prices, provide collection or recycling of used products, and consider the

environmental impacts of service delivery.

Decisions on green procurement should be based on factual knowledge of a product's environmental performance. Procurement staff should seek out information about the environmental life cycle of products and services to use in their evaluations and assessments.

Lastly, market availability of environmentally friendly alternatives is a critical factor in green procurement. Aim to identify suppliers while gathering information about the potential products.

During the tendering processes, aim to explicitly reflect the organization's sustainability policy and encourage suppliers to provide sustainable alternatives.



FFSC Chamorro Christmas brightens holidays



Weaving: Senot Joaquin Guzman, an instructor in Cmdr. William S. McCool Elementary/Middle School's Chamorro culture program, shows an attentive attendee the tricks to weaving coconut fronds. Guzman shared the Chamorro art of weaving with families Dec. 15 at the Chamorro Christmas event on U.S. Naval Base Guam sponsored by the Fleet and Family Support Center. (U.S. Navy photo by Annette Donner).



Holiday Music: From left, Vangie Cabacar, Debra Null and Louise Lippert provided delightful Christmas music at the Chamorro Christmas event Dec. 15 on U.S. Naval Base Guam sponsored by the Fleet and Family Support Center. (U.S. Navy photo by Annette Donner)



Carabao: Two boys take advantage of the live carabao ride provided at the Chamorro Christmas event Dec. 15 on U.S. Naval Base Guam. The popular event is sponsored annually by the Fleet and Family Support Center. (U.S. Navy photo by Annette Donner)



Wishes: A youngster places her Christmas wishes on the wish tree at the Chamorro Christmas event on U.S. Naval Base Guam Dec. 15 while her mother looks on. Children colored cards and wrote wishes to hang on the wish tree at the event which is sponsored annually by the Fleet and Family Support Center. (U.S. Navy photo by Annette Donner)

Resiliency is key to surviving challenges

By Lt. Col. Craig Stanaland
8th Medical Support Squadron
Commander

Resiliency. Interesting word. Although I'm familiar with the meaning, I can't recall having ever actually used the word in conversation. Resiliency can be defined as the ability to grow and thrive in the face of challenges and to bounce back from adversity. A less formal expression of the concept might be something like "having enough gas in your tank to get to where you're going."

Since resilience is both a personal and an organizational characteristic, how can we make sure that we, and our wing, are good to go? I'd offer three suggestions that could apply to the person in the mirror or to an entire wing.

First, admit it when there's a problem. We're an organization under great stress. This should not be a surprise to any Airman. The Air

Force has been actively at war for my entire 20-year career. Many Airmen have been on multiple deployments, to truly undesirable locations, often serving in roles well outside their primary area of expertise. Further, many career fields with high deployment taskings are now facing the double whammy of increased commitments but with decreasing recruitment and retention rates. These stressors eventually take a toll, at both the organizational and personal level.

Individuals face many kinds of challenges, some readily apparent, others not so obvious. Indications of a loss of resiliency range from weight gain or loss, to fitness test failures, to marital crises, and even to the ultimate in adversity: suicide. It's not hard to find units or individuals on base who give the appearance they're on fumes and are about to run out of gas. OK, we've got a problem. Now what?

Second, act on the issue. Pay

attention to warning signs. None of us would drive around indefinitely with a warning light illuminated on the dashboard in our car. Why would you ignore signals in yourself or a buddy? Changes in habits, altered mannerisms, insomnia or the inability to accomplish simple tasks are all indicators demanding action. Don't wait for things to get better; be proactive.

Often all that's needed is a break, a breather, just a chance to recharge. Maybe some built-in relaxation time in your weekly schedule. Perhaps an activity that allows you to work off some stress. Some folks really thrive on a workout routine that also helps address fitness requirements. It might be as simple as getting enough sleep or scaling back on activities that you just don't have time for right now. That all sounds great but what if it's more serious than something that can be fixed with a day off?

Third, get help when necessary.

Don't walk past a situation where an Airman or unit is obviously not functioning appropriately. Get actively involved. Remember, being a wingman is not an option. Even more importantly, being a wingman is not a job for the weak at heart.

The Air Force is a special calling. You don't work "for" a company, like your friends and relatives back home. No, you're "in" the Air Force. That's not a minor semantic distinction. Rather, it's a subtle reminder of enormous significance. You're special. You've answered a higher calling. Being a wingman might mean asking awkward questions of a buddy, or stranger, who's acting overstressed. It might mean a conversation with a superior or outside resource agency. Doing the right thing — erring on the side of caution — can be a risky proposition. Step up. Your country and your Air Force are depending on you. You may be the only person in a position to make the tough call — the mission — or

life-saving call

Nobody likes to ask for a timeout or to request help. We all want to be the battle-scarred hero who, with no strength remaining, miraculously saves the day. That makes for great Hollywood stuff but rarely happens in the real world. More common are conversations that start out with, "Sir, my guys have hit the wall and we're just beat ..." or "Ma'am, I'm worried about Staff Sergeant Smith and the way he's been acting lately ..." Our mission is a marathon, not a sprint. Asking for help, if needed, is critical for success.

Growing and thriving in the face of challenges and bouncing back from adversity are not Lone Ranger activities. Rather, these are team accomplishments. Do you have enough gas in the tank to get to mission accomplishment? I'm sure you do! You just need to top off the tank, stop for breaks if needed, and frequently check the dashboard indicators.

Officials seek bilingual officers for training school

By Staff Sgt. Steve Grever
Air Force Personnel, Services and
Manpower Public Affairs

Air Force officials are seeking nominations from bilingual officers to participate in the 2011 Inter-American Squadron Officer School Program. This program focuses on inter-Americanism and developing Latin American regional affairs specialists for the Air Force.

Captains from all Air Force specialties with four to seven years of service are eligible for the program. A Spanish proficiency score of 2+/2+ or higher on the Defense Language Proficiency Test, excellent communication skills and a professional military image are also considerations to participate in the IAAFA program.

Eligible officers will use Air Force IMT 3849 to apply for Inter-American Squadron Officer

School. This form will need to be e-mailed to dpapff.workflow@randolph.af.mil by Feb. 1, to be considered for the program.

IAAFA students will practice their leadership and managerial skills using lessons on leadership, military ethics, Air Force values and human rights, said 1st Lt. Stephen Lawson, the Air Force Personnel Center's force development chief for assignments.

"Students also develop their

knowledge of the use of airpower, including basic theories of warfare and the increasing role of aerospace and information systems in the joint environment," Lt. Lawson said. "The IAAFA program is designed to develop dynamic Airmen ready to lead air, space and cyberspace power in an expeditionary war-fighting environment."

A webinar on the IAAFA program will be conducted by AFPC

representatives on Jan. 19, at 8 a.m. CDT for interested officers. Officers can view the webinar online at <https://connect.dco.dod.mil/t72357651>.

For more information on the IAAFA program, visit the AFPC personnel services website at <http://gum.afpc.randolph.af.mil> and perform a search for IAAFA.

Officers can also call the Total Force Service Center at 800-525-0102.

Lose to win with MWR and NEX contest

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

Joint Region Edge Staff

Have you made a New Year's resolution to get back in shape? Do you want to drop those hard-to-lose pounds? Well, Navy Morale, Welfare and Recreation's (MWR) Biggest Loser contest may be just the motivation you need to kick your workout into high gear!

"The Biggest Loser contest is designed to give our patrons a boost in the new year and help them get

healthier habits and get involved in healthy activities," said Jenna Wienert, MWR fitness coordinator. "Our goal is to partner with the Navy Exchange (NEX) and provide participants with classes and discounts at the NEX as a part of the rewards system."

The intense competition will begin Jan. 13 at the Charles King Fitness Center (CKFC) on U.S. Naval Base Guam (NBG). Participants will meet every Thursday for 12 consecutive weeks.

"This event will be a great support group for healthy weight loss," Wienert said. "Everyone will re-

ceive access to a MWR Biggest Loser website for chats and weekly tips given by MWR personal trainers."

Participants will exercise on their own, and take part in weekly weigh-ins, where their weight will be taken on a scale and body fat will be measured using the "rope and choke" method. The amount of exercise each participant performs will be tracked using an incentive program.

Participants can take place in the following activities for points:

- CKFC group fitness class: 1 point

- Class at another gym (ie. Andersen Air Force Base, Naval Computer and Telecommunications Station): 5 points

- MWR sponsored 5K: 5 points
- 5K off base: 10 points
- 1 hour physical activity: 1 point
- Boonie stomp: 2 points
- Hash run: 3 points
- Scuba diving: 2 points

"MWR has partnered with the NEX to offer discounts on fitness wear, nutrition items, and health and beauty products to keep the participants motivated to exercise and maintain a healthy lifestyle throughout the three month contest,"

Wienert said. "Additionally, a special guest speaker will hold a seminar during the sixth week, to give more support on the emotional aspects of weight loss and wellness."

The final weigh-in will be held in the NBG NEX food court April 7. Time is to be announced. The winner will receive a makeover courtesy of the NEX, including a free military appointment makeover, 20-percent off a perfume purchase, and a \$50 NEX gift certificate. Door prizes will also be given during the finale.

For more information, contact Wienert at 685-5267.

Mullen: Leaders key to nation's future

By Jim Garamone

American Forces Press Service

Because leaders at all levels are key to U.S. success, the chairman of the Joint Chiefs of Staff said in a CNN interview broadcast Jan. 2, his main concern is ensuring military officials continue to develop and encourage great leaders for the country.

Navy Adm. Mike Mullen told Fareed Zakaria on the "GPS" program that America's toughest problems are solved by great leaders. The chairman gave the interview in November 2010, but the network didn't broadcast this portion of the interview until Jan. 2.

"As I become more senior, ... one

of the things I worry about the most is how do I stay in touch with those that I affect the most," Adm. Mullen said.

The chairman said he meets wounded warriors at Walter Reed Army Medical Center here and at the National Naval Medical Center in Bethesda, Md.

In addition, he said, he and his wife, Deborah, go to Dover Air Force Base, Del., where the remains of fallen warriors return to the U.S., "to meet those families and to face the most difficult part of it."

"We attend the funerals at Arlington (National Cemetery)," he added. "We meet with the ... families of the fallen. I certainly intend to be there for them."

The chairman also meets service members in the field. His most recent trip to Afghanistan took him to Marja in Helmand province and to Forward Operating Base Wilson in Kandahar province.

"Local commanders in Afghanistan and Iraq don't necessarily want me out in the middle of the fight, and I can understand that," he said. "But when I visit, I try to get as far into that as I can, because one of the things that's been a leadership principle for me forever is ... I want to understand as much as I can about what I'm asking a young man or a young woman to do, including to die for our country."

That impetus, he said, is "just in my

soul. I need to do that."

The need, he added, comes from feeling accountable for their lives.

Admiral Mullen also spoke about leadership at the senior level, which he said requires a different set of capabilities.

"Another thing that I try to subscribe to, particularly as I've gotten more senior, is listening, learning and leading," he said. "The more senior I've become, the more I try to listen to others and to see challenges and problems through other people's eyes, whether they are service chiefs, combatant commanders or ... military leaders throughout the world."

Still, Mullen said, he is not shy about making decisions and pushing the team forward.

The chairman said he is concerned about the military retaining the right kind of officer and NCO leaders in the future.

The military's young, mid-grade officers and NCOs have deployed repeatedly, he noted, and are the most combat-tested force in U.S. history.

"They are exceptional in what they've done," he said. "And if we retain them in our military in the right proportion, the right numbers, then our military is going to be fine for the future, and it's going to be fine because they will lead us."

NBG Holiday Lights contest winners announced

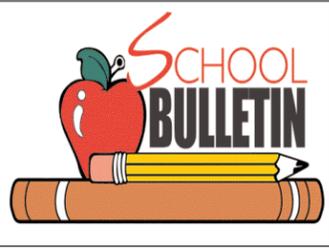


NBG Holiday Lights Winner: The home of Chief Electrician's Mate (SW/AW) Kareem George of USS Frank Cable (AS 40) is lit up for the holidays Dec. 21 on U.S. Naval Base Guam (NBG). The home took first place in the NBG Holiday Lights contest sponsored by the NBG Housing Office. The second place winner was Chief Hospital Corpsman (SW/FMF) Steven Roest, also of Cable, and the third place winner was Hospital Corpsman 2nd Class Wesley Hutson, of U.S. Naval Hospital Guam. (U.S. Navy photo by Cmdr. Kevin Gillam)

Wingman Day hones skills and highlights teamwork



Skills and Teamwork: Airmen from the 36th Civil Engineer (CE) Squadron carry a fire hose in a team relay race at Andersen Air Force Base Jan. 3. The team was one of many competing in the CE Winter Wingman Day. The event encompassed competitions that tested CE Airmen on fire fighting and explosive ordnance disposal skills, as well as having an underlying theme of teamwork and safety. (U.S. Air Force photo by Airman 1st Class Jeffrey Schultze)



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 349-2113.

Department of Defense Education Activity (DoDEA)

School board meetings are scheduled for the second Tuesday of every month at 6 p.m. Upcoming meetings:

Jan. 18 at Guam High School
Feb. 15 at Andersen Elementary School
March 15 at Guam High School
April 19 at Cmdr. William C. McCool Elementary/Middle School
May 10 at Guam High School

No school on Martin Luther King Jr. Day, Jan. 17.

No school for students on teacher work day, Jan. 28.

DoDEA Guam District Continuous School Improvement committees are inviting parents to offer input and to serve as members of the various committees. For more information or to sign up, contact your child's school.

McCool Elementary/Middle School

Girl Scout Troop 507 will meet in the school cafeteria from 3-5 p.m. on Jan. 10, Jan. 24 and Feb. 7.

Substitute teachers wanted. U.S. citizens with a minimum of 60 college semester hours may apply. For more information, call Mellie Guerrero at 339-5347.

Guam High School

The Far East Drama Team 2011 and class present "A Night with the Stars" -- a variety of monologues, short scenes, improvisation, singing and dancing Jan. 14. Doors open at 5:30 p.m. Dinner served until 6:30 pm. Show begins at 6:30 pm. Admission is \$10 for adults and \$5 for students. Tickets are available from team members or at the school from Bonita Malone. For more information, call 344-7410 or e-mail bonita.malone@pacdodea.edu.

Guam Military Christian Homeschoolers

Homeschool support group meets on the second Tuesday of every month. For more information, contact Guam Military Homeschool coordinator Christine Duplissey at christine_duplissey@yahoo.com or 564-3360.

GHS senior Merit Scholarship semifinalist

By Anna-Victoria Crisostomo

Joint Region Edge Staff

Guam High School senior Cody Pumper is a semifinalist in the 2011 National Merit Scholarship Program (NMSP).

Department of Defense Education Activity (DoDEA) announced last year the names of three students in DoDEA schools around the world selected as semifinalists. Cody recalled being called into the office of then-Principal Linda Connelly to be notified of his selection.

"It was really awkward until she smiled at me and said I was a semifinalist," Cody said.

The National Merit Scholarship Corp. (NMSC) sponsors the scholarship program. Each year, students are entered into the NMSP when they take the Preliminary Scholastic Aptitude Test/National Merit Scholarship Qualifying Test (PSAT/NMSQT) administered by the College Board and NMSC.

In 2009, more than 1.5 million students in 22,000 high schools took the PSAT/NMSQT. Of these, 16,000 students were selected as semifinalists based on an outstanding academic high school record, Scholastic Aptitude Test (SAT) scores that confirm PSAT results and recommendation by their principals.

With numbers like that, and considering the length of the selection process, Cody has kept himself busy in order to pass the time and calm his nerves.

"The periods of waiting have been so long, I just keep forgetting about it. I kind of have to," Cody said. "If I sat around waiting for it, I wouldn't be getting anywhere."

The 17-year-old Panther definitely has places to go.



Getting Down To Business: Cody Pumper meets with Guam High School (GHS) principal Phil Keim to discuss upcoming student events Jan. 4. Cody is a semifinalist in the 2011 National Merit Scholarship Program (NMSP). Cody is a GHS senior and is one of three semifinalists to represent Department of Defense Education Activity schools worldwide. (U.S. Navy photo by Anna-Victoria Crisostomo)

In addition to schoolwork, home responsibilities and a social life, Cody is a member of the National Honor Society, GHS yearbook team, Panther News Network morning broadcast and is on the school tennis team.

Each of the semifinalists is competing for one of 2,500 National Merit Scholarships valued at \$2,500. Winners will start being announced in April and announcements will continue through July.

"Winning would be great. I've already been accepted into Parsons

[School of Design] in New York City, my dream college, and have been awarded some scholarships, but it would really help reduce the debt I'll be going into," Cody said.

Phil Keim, GHS principal, said that he is honored to have Cody in his school.

"Cody is a contributor and goes beyond the call of duty in promoting our school," Keim said. "He is a natural leader and spends a great deal of time promoting the school while keeping up with a busy academic schedule."

Keim is confident that, despite the large pool of semifinalists, Cody will stand out from the crowd.

"What makes Cody unique is his ability to push himself to not only do well in the academics, but to promote his school and, most of all, his fellow students," Keim said. "He shares the stage and wants all students to shine. This selfless attitude towards life makes him a unique person."

To learn more about the NMSP, visit online at www.nationalmerit.org.

Nominations open for 2011 Military Child of the Year Award

By Aaron Taylor

Operation Homefront Public Relations Manager

Operation Homefront announces the expansion of the 2011 Military Child of the Year Award and opening of the nomination period. Beginning in 2011, the award will be given to an outstanding military child from each service -- Army, Navy, Air Force, Marine Corps and Coast Guard.

The winners, who each will receive \$5,000, will be flown with a parent or guardian to Washington, D.C., for special

recognition ceremony on April 7. Nominations are being accepted until Jan. 31.

Ideal candidates for the Military Child of the Year Award demonstrate resilience and strength of character, and thrive in the face of the challenges of military life. They demonstrate leadership within their families and within their communities.

"The sons and daughters of America's service members learn what patriotism is at a very young age," said Jim Knotts, chief executive officer of Operation Homefront. "Children in military families under-

stand sacrifice and live with the concept of service. This is what the Military Child of the Year Award honors."

Nominees must:

- Have valid military ID or currently be enrolled in DEERS.
- Be between the ages of 8-18.
- Be able to travel to Washington, D.C., for the ceremony on April 7.

Finalists must have a background check to confirm legitimacy of information provided in the nomination and must provide references.

Operation Homefront provides emergency financial and other

assistance to the families of our service members and wounded warriors. A national nonprofit organization, Operation Homefront leads more than 4,500 volunteers across 23 chapters and has met more than 267,000 needs since 2002. A four-star rated charity by watchdog Charity Navigator, nationally, \$95 of total revenue donated to Operation Homefront goes to programs.

For more information and to nominate a child for 2011 Military Child of the Year, visit online at: www.operationhomefront.net/mcoy.

Financial hardships shouldn't deter education

By Anna-Victoria Crisostomo
Joint Region Edge Staff

For those looking to continue their education after high school, the excitement and mayhem in the last semester of the year includes college applications, housing and travel arrangements, class schedules, and determining majors. Then, there is the issue of how to pay for it all.

The rising costs associated with higher education can be overwhelming. According to a report by CNNMoney.com, the average total cost of tuition, fees, and room and board at four-year colleges in academic year 2009-2010 was \$35,636 at private colleges; \$15,213 based on in-state rates at public colleges; and \$26,741 based on out-of-state rates at public colleges. The increase in costs at these institutions ranged from 4.3 percent to 6 percent from academic year 2008-2009.

Fortunately, there are options to help students pay for their education. Loans, grants and scholarships are popular forms of financial aid available to students.

According to University of Guam (UOG) financial aid advisor Teena Manglona, it is important for students to look at all of their options to help pay for college and to understand the responsibilities associated with each type of aid.

"The first thing I tell students to do, especially new students, is to start with the Free Application for Federal Student Aid (FAFSA)," Manglona said. "A lot of private scholarships and government

programs require FAFSA, so I always tell students to fill out the FAFSA first. From there, we can assist them in letting them know if they qualify for the Pell Grant, which is free money. If not, we can offer federal direct loans, which have to be paid back monetarily at the end of their education or when they stop going to school."

When filling out a FAFSA application, students are requested to submit information such as household size, parent and personal income, and expenses and the number of individuals in the household who will be attending college. These factors help to determine a student's Expected Family Contribution (EFC). Based on a student's EFC and enrollment status, eligibility is determined for Pell Grant, a post-secondary federal grant program sponsored by the U.S. Department of Education.

Even if students do not qualify for federal grants, the EFC generated by filling out the FAFSA is an important number often used by other entities to determine financial eligibility for aid such as loans and scholarships.

As college costs rise, Manglona cautioned students to look into other forms of aid as even students who are eligible for the highest Pell Grant award amount may not have enough to cover the entire amount of educational costs.

She encouraged students to look into scholarships, which are offered by many private and public organizations. She added that students who know what they will pursue in

college should be on the lookout for scholarships that cater to specific career and major choices because these scholarships have a narrow focus and fewer students competing for them.

Manglona recommended student loans as a fallback or final option. She added that students should be aware of loan types, repayment responsibilities and academic requirements in order to avoid over-borrowing or losing loan awards.

"I would recommend to borrow subsidized loans if [students] are eligible because interest on these loans is deferred," Manglona said. "Also, instead of borrowing the maximum amount, only borrow what you need because you will have to pay it back in the end."

She said many students don't apply for financial aid because they don't think they can qualify and are surprised when they do receive some kind of aid.

"Every little bit helps," Manglona said. "Not all students qualify for Pell Grant, but all students qualify for some kind of aid."

Bill Davis, education service specialist at the Navy College Office, echoed many of Manglona's sentiments. He added that those interested in financial aid options should be sure to contact their respective school's financial aid office. The Navy College Office is also a valuable resource for pamphlets and handouts regarding military tuition assistance, military friendly schools and distance learning opportunities available on Guam.

Types of federal student aid:

- Grants are financial aid that doesn't have to be repaid (unless, for example, you withdraw from school and owe a refund).
- Work-study allows you to earn money for your education
- Loans allow you to borrow money for your education. You must repay loans, with interest.

Federal student aid grants:

- Federal Pell Grant
- Federal Supplemental Educational Opportunity Grant (FSEOG)
- Academic Competitiveness Grant (ACG)
- National Science and Mathematics Access to Retain Talent Grant (National SMART Grant)
- Teacher Education Assistance for College and Higher Education (TEACH) Grant
- Iraq and Afghanistan Service Grants

Types of loans:

- Federal Perkins Loans are made through participating schools to undergraduate, graduate and professional degree students; offered to students who demonstrate

financial need; made to students enrolled full-time or part-time; repaid to your school.

- Stafford Loans are for undergraduate, graduate and professional degree students. You must be enrolled as at least a half-time student to be eligible for a Stafford Loan. There are two types of Stafford Loans: subsidized and unsubsidized. You must have financial need to receive a subsidized Stafford Loan. The U.S. Department of Education will pay (subsidize) the interest that accrues on subsidized Stafford Loans during certain periods. Financial need is not required to obtain an unsubsidized Stafford Loan. You are responsible for paying the interest that accrues on unsubsidized Stafford Loans
- PLUS Loans are loans parents can obtain to help pay the cost of education for their dependent undergraduate children. In addition, graduate and professional degree students may obtain PLUS Loans to help pay for their own education.
- Consolidation Loans allow student or parent borrowers to combine multiple federal education loans into one loan with one monthly payment.

(Source: 2010-11 Guide to Federal Student Aid)

Guam High NJROTC teams up to help needy families



Community Service: The Guam High School (GHS) Navy Junior Reserve Officer Training Corps (NJROTC) program in conjunction with the GHS senior and sophomore classes collected, from Nov. 23-Dec.15, an estimated 1,000 pounds of food products and 30 pounds of school supplies to aid families in need. The beneficiary families were chosen by the Southern Christian Academy (SCA) Church and by the Santa Rita mayor's office. Pictured at SCA in Agat Dec. 15 are, rear from left, Allison Ranson, NJROTC operations officer; Andresina McManus, SCA principal; Rev. Steve McManus, SCA Church pastor; Cadet Petty Office First Class Quincy Tougher; Cadet Command Master Chief Christiana Mendiola, and Cadet Petty Officer First Class Marcie Franchino. (Photo by Mark W. Franchino)

What are your New Year's resolutions?

Joint Region Edge asked its readers what New Year's resolutions they made for 2011.



"I resolved to eat healthier and be more active, so that I can lose 15 pounds. It's been going well, as I've been able to reduce my meal sizes by half."

— Ensign Liliana Balcazar
U.S. Naval Hospital Guam



"I want to continue my education and pursue a bachelor's degree. I am currently looking into tuition assistance and which college will meet my needs."

— Hospital Apprentice Joseph Doyle
U.S. Naval Hospital Guam



"My resolution is to get back in shape after my injury. It's going great; I've had several successful workouts so far."

— Machinist's Mate 1st Class (SS/SW) Jarrod Hickam
Submarine Squadron 15



"My New Year's resolution is to get my son, Cameron, here. He's 15 months old and back in Indiana. I hope to get him command sponsored here by May once all the paperwork is finished."

— Senior Airman Christopher Vanduyn
36th Mission Operations Flight



"I just want to lose weight. Mostly for my health, but also because of the new Air Force PT test. I've been eating healthier and going to the gym regularly, doing aerobics and working on my cardio."

— Master Sgt. Clinton Stone
36th Logistics Readiness Squadron deployed maintenance supply liaison



"I normally don't make New Year's resolutions because, to me, it adds more stress to my everyday life. Times are changing and the only thing I try to do is adjust and stay flexible to the changing world around me. But I'd have to say that I just want to enjoy each day as it comes and keep my stress as low as possible by doing the best I can with what I got."

— Glen Walker
36th Maintenance Group transit alert manager

Nap's announces contest winners



First Place Age Group 12-14: R.J. Kranz holds up his first place award certificate for age group 12-14 during Nap's Ginger Bread House Contest at the Nap's Alabama BBQ restaurant on U.S. Naval Base Guam Jan. 2. The contest was held throughout the month of December and entries were split into five age brackets. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



First Place Age Group 6-8: Jasmin Williams holds up her first place award certificate for age group 6-8 during a Nap's Ginger Bread House Contest at the Nap's Alabama BBQ restaurant on U.S. Naval Base Guam Jan. 2. The contest was held throughout the month of December and entries were split into five age brackets. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



Third Place Age Group 9-11: Kelsey Drzewicki holds up her third place award certificate for age group 9-11 during a Nap's Ginger Bread House Contest at the Nap's Alabama BBQ restaurant on U.S. Naval Base Guam Jan. 2. The contest was held throughout the month of December and entries were split into five age brackets. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



FRIDAY, JAN. 7

7 p.m.: Burlesque • PG-13

SATURDAY, JAN. 8

2 p.m.: Burlesque • PG-13

7 p.m.: The Next Three Days • PG-13

SUNDAY, JAN. 9

7 p.m.: For Colored Girls • R

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



The Big Screen Theater is closed for renovations until March 31.

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

(Source: Navy Morale, Welfare and Recreation Office)

FREE

Children's Story Time
At the U.S. Naval Base Guam (NBG) Library every Wednesday from 3:30-4 p.m. Ages 3-7. For more information, call 564-1836.

8-Ball Tournament
Jan. 12, 7 p.m. at the Hotspot on Andersen Air Force Base (AFB). For more information, call 366-2339.

Galaga Tournament
Jan. 14, 7 p.m. at the Hotspot. For more information, call 366-2339.

Xbox 360 Halo Reach Tournament
Jan. 15, 7 p.m. at the Hotspot. For more information, call 366-2339.

Pingong Tournament
Jan. 18, 7 p.m. at the Hotspot. For more information, call 366-2339.

Dart Tournament
Jan. 20, 7 p.m. at the Hotspot. For more information, call 366-2339.

Hearts Apart Class
Class at Andersen AFB Airman and Family Readiness Center on Jan. 19, 9-10 a.m. For more information, call 333-2056/7.

Image Makers
NBG Teen Center and Youth Center offers photography classes every Monday, 3:30-4:30 p.m. For more information, call 339-6130.

Fine Arts Class
NBG Teen Center and Youth Center offers fine arts classes every Wednesday from 3:30-4:30 p.m. For more information, call 339-6130.

Money Matters & Career Launch
NBG Teen Center and Youth Center offers fine arts classes every Friday from 3:30-4:30 p.m. For more information, call 339-6130.

Chamorro Village Trip
Van leaves NBG's Single Sailor Sanctuary on Jan. 19, 6 p.m. Open to all Active Duty Single Sailors and Geo-Bachelors only. For more information, call 564-2280.

UNDER \$10

Hike and Snorkel Double Reef
Meet at Rec-N-Crew (NBG) Jan. 20 at 8:15 a.m., go at 8:30 a.m. - 2:30 p.m. Sign up deadline Jan. 19, 1 p.m./Cost: \$5/adult, \$3/child. For more information, call 564-1826.

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

Willie's Beachside Jazz
At Bamboo Willie's every Sunday from 5- 8 p.m., enjoy a relaxing evening at the beach while you listen to great jazz music. For more information, call 653-9814.

Getting a Business Loan Class
Jan. 10, 9-11:30 a.m. at Andersen AFB Airman and Family Readiness Center. For more information, call 333-2056/7.

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

Texas Hold'em Night

Texas Hold'em tournaments are held every Tuesday starting at 6 p.m. in High Tides Enlisted Lounge at the Top of the Rock (AAFB). Play is free for Club Members and \$5 for nonmembers. Weekly prizes are awarded. Open to ages 18 and older. For more information, call Top of the Rock at 366-6166.

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

Bowl Your Brains Out
At Andersen AFB's Gecko Lanes every Monday from 6- 10p.m. Bowl all you want for just \$5! For more information, call 366-5085.

\$10 AND UP

Breakfast at Café Latte
Café Latte at the Top of the Rock (AAFB) offers breakfast from 6:30-9:30 a.m. Monday through Friday and 7:30 a.m.-12:30 p.m. Saturday. Enjoy your morning coffee along with all your traditional breakfast favorites, plus a variety of breakfast burritos and sandwiches. For more information, call 366-6166.



Chapel Schedule

Naval Base Guam

Office Hours: Monday-Friday 8 a.m.-4 p.m.
 Roman Catholic Mass
 Weekday Mass: Monday-Wednesday, Friday, 11:40 a.m.
 Saturday Mass: 5:30 p.m.
 Sunday Mass: 9 a.m.
 Sacrament of Reconciliation: Saturday, 5 p.m.; and Sunday 8:30 a.m.

Protestant Worship Service
 Sunday Worship Service: 10:30 a.m.
 Women's bible Studies: Monday, 9 a.m.
 Choir Practice: Thursday, 6 p.m.

Jewish Shabbat
 Friday, 6:30 p.m.

Naval Hospital Guam

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

Andersen Air Force Base

Roman Catholic Mass (Chapel 1)
 Weekday Mass: Tuesday-Friday, 11:30 a.m.
 Saturday Mass: 5 p.m.
 Sunday Mass: 9:30 a.m.
 Sacrament of Reconciliation: Saturday, 4:30-4:50 p.m.
 Catholic Women's Group: First and third Wednesday of the month, 7 p.m.
 Catholic Youth: Second and third Wednesday of the month, 6 p.m.
 Choir Rehearsal: Sunday 8-9 a.m.

Protestant Worship Service (Chapel 2)
 Praise Service: Sunday, 9 a.m.
 Gospel Service: Sunday, 11:30 a.m.
 Protestant Women's Group: Second Monday of each month, 6:30 p.m.
 Protestant Men's Group: Wednesday, 7 p.m.
 Protestant Young Adults: Thursday, 7 p.m.

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

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

Great expectations plus determination for 2011

By Maj. Andrew G. MacIntosh
 Andersen Air Force Base

"Great Expectations" is not only a book written in 1860 by British author Charles Dickens, it also describes the outlook many of us have this time of year. New years are always exciting. There is a sense of newfound excitement at the possibilities that await us — a fresh start. Perhaps 2011 is the year I will

finally get promoted, get in shape, maybe get married or pay off my debts. When the excitement wears away we often find the same problems that haunted us from the year before.

In the book "Great Expectations" we are introduced to a young orphan boy, nicknamed Pip. Pip is on a journey to manhood with the goal

of becoming a gentleman. Along the way Pip meets an escaped convict, makes some poor decisions and faces many obstacles on the road to his ultimate goal. But through some

fortuitous circumstances and sheer determination, Pip eventually reaches his goal. When we set out and eventually achieve our goals, we too learn that it often involves setbacks and almost

ways requires strong determination.

We all have goals, ambitions and expectations for ourselves; the month of January is filled with great intentions and good starts to meeting some of those goals. Fitness centers around the world boast their highest membership totals in January, then soreness sets in and people choose to stay in bed

instead of heading to the gym. We think "this is the year I pay off all my credit cards, car loan and other consumer debt," then we get the credit card bill that carries our Christmas purchases and we find ourselves more behind than we first imagined. We think we can leave old "bad" relationships and find new, healthy friends only to later discover that our previous relationships were more complicated than we first thought and now come with baggage that we have carried with us.

But we should not get discouraged by these momentary setbacks. Instead, we need to strengthen our resolve and remind ourselves why we set this goal in the first place. Obstacles are those things we see when we choose to take our eyes off our goal. The goals can be reached, but it will take work. Vince Lombardi, the Pro Football Hall of Fame coach of the Green Bay Packers was

well-known for reminding his players that "the only place where success comes before work is in the dictionary." We must realize that achieving goals doesn't just happen; it is the product of hard work, the fruit of our labors.

True progress is often two steps forward and one step back - meaning that along the way to achieving our goals there will be setbacks. But often when we take an objective look at how far we have come, the setback does not seem as bad as we first thought. Along the journey to meeting your goals you may find yourself haunted by the ghosts of past debt, broken relationships and unfulfilled goals. Do not be discouraged, instead remind yourself of those goals you have already accomplished in life that at one time seemed insurmountable and let that build the confidence you need to reach even greater heights and help make 2011 your best year yet.



Still Moments



NAVFAC Awardees: The Guam Army and Air National Guard (GUARNG) presented two employees of Naval Facilities Engineering Command (NAVFAC) Marianas with the Guam Commendation Medal Dec. 15 during a ceremony at the NAVFAC Marianas headquarters on Nimitz Hill. The award was presented to Bill Neville, NAVFAC Marianas Asset Management (AM) business line coordinator and Frank Huelar, a NAVFAC Marianas facilities investment planner. Neville and Huelar were commended for the proper and timely execution of additional 27 acres of property through a host-tenant real estate agreement between the Department of the Army and the Department of the Navy. From left are Lt. Col. Norman Limtiaco, GUARNG; Huelar, NAVFAC Marianas; Neville, NAVFAC Marianas; and Alma McDonald, GUARNG. (U.S. Navy photo by Anna-Victoria Crisostomo)

Wrestlers aim high for Guam High, again

From Guam High School

The Guam High School (GHS) boys wrestling team won the 2010 Independent Interscholastic Athletic Association of Guam (IIAAG) All-Island Wrestling Meet Dec. 18 at Father Duenas Memorial School in Mangilao. The championship title is the wrestling team's eighth since GHS began competing in 1997.

In the 2010 IIAAG tournament, 13 GHS boys team members placed in the top three in 14 weight classes. Trevor Moore and Micah Hansen captured gold in the boys division and Stefanie Loisel took gold in the girls division.

Dedication, determination and discipline formed the basic foundation that this team focused on, and resulted in their success, according to the team's coach. "As long as you have the 3Ds in mind, you can be successful in achieving any goal," said coach Ed Paz. He also credited Douglas O'Meara, volunteer assistant coach, as being instrumental in helping the Panthers achieve their success this year.

Since 1997, the GHS wrestling team has not placed lower than second in the IIAAG.

The team next heads to Osan, Korea for the Far East Wrestling Tournament Feb. 14-18.



Champs Again: The Guam High School championship wrestling team gathers for a group photo at the 2010 Independent Interscholastic Athletic Association of Guam (IIAAG) All-Island Wrestling Meet Dec. 18 at Father Duenas Memorial School in Mangilao. At the meet, the team placed first for the eighth time since 1997. (Photo courtesy of Guam High School)

Sports Shorts

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

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 Sports Center

The Naval Computer and Telecommunications Station Guam Sports Center has reopened. 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.

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.

Lap Swimming

The Andersen pool offers lap swimming outside the recreational swim hours. Lap swim hours will be: 6-8 a.m. Friday through Wednesday 11 a.m.-noon Friday through Wednesday 6-7 p.m. Monday, Tuesday and Wednesday. No lap swimming will be available Thursdays, weekends, holidays and down days. Also, the pool is looking for certified swimming instructors and lifeguards. For more information, call Outdoor Recreation at 366-5197 or Human Resources at 366-1189.

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.