

JOINT REGION EDGE

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Cable, Houston receive Battle "E"

By Mass Communication Specialist 2nd Class Ronald Gutridge

Commander Submarine Force, U.S. Pacific Fleet Public Affairs

Commander Submarine Force, U.S. Pacific Fleet (COMSUBPAC) announced the recipients of the 2010 Battle Efficiency (Battle "E") award in an official message to the submarine force Jan. 1.

The Battle "E" is an award of merit presented to the most proficient submarine crew in each squadron and recognizes sustained superior technical performance and continual combat readiness throughout the year. The awards are presented by the commodore of each squadron to the submarine under their command which has demonstrated the highest level of battle readiness during the evaluation year.

"Each crew member of an award

winner can be justifiably proud of their contribution to improve Pacific Submarine Force readiness," said Rear Adm. Frank Caldwell, Commander Submarine Force, U.S. Pacific Fleet. "Their professionalism and dedication to be the best plays a crucial part in today's worldwide operational environment."

The Pacific Force Battle "E" winners and their homeports are:

Commander, Submarine

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Houston: Commander Submarine Force U.S. Pacific Fleet announced Jan. 1 that Los Angeles-class attack submarine USS Houston (SSN 713) was a recipient of the 2010 Battle Efficiency (Battle "E") award for battle readiness. Houston is shown at sea taking part in a photo exercise Dec. 10 at the conclusion of exercise Keen Sword 2011. (U.S. Navy photo by Mass Communication Specialist 3rd Class Casey H. Kyhl)



Andersen to host annual Retiree Appreciation Day



By Airman Whitney Tucker
36th Wing Public Affairs

Andersen Air Force Base (AFB) is scheduled to host its annual Retiree Appreciation Day at 8 a.m. Jan. 22 at the Sunrise Conference Center.

The day's festivities are open to all retired military service members and their families, and will

Appreciation: Col. Tod Fingal, 36th Wing vice commander, speaks to retirees during the 2009 annual Retiree Appreciation Day at Andersen Air Force Base. This year's event will be held Jan. 22 at the Sunrise Conference Center. (U.S. Air Force file photo by Senior Airman Shane Dunaway)

feature a complimentary continental breakfast courtesy of the base commissary.

"The day is one way of keeping our retirees informed and giving them a reason to come back to the base," said Pam Fleming, Airman and Family Readiness Center section chief. "We want to keep the retirees involved with the Air Force and show appreciation for their service in general."

Retiree Appreciation Day will kickoff with the Posting of Colors by the Andersen Honor Guard, a performance of the national anthem and Guam Hymn, and comments from wing leadership.

Numerous booths will have information about services available to retirees and family members on- and off-base.

"Representatives from the 36th

Security Forces Squadron, 734th Air Mobility Squadron, 36th Medical Group, Veterans Administration and many more will be on hand to offer assistance and share information on the many programs retirees can take advantage of," Fleming said.

Keeping in line with tradition, the 36th Wing commander, Brig. Gen. John Doucette will be in attendance to answer retirees' questions following the briefings.

"Retirees make up an important part of military culture," Fleming said. "It is important to keep them informed on current events, wing mission and other Air Force information. Retiree Appreciation Day is set apart to honor those who served, and let them know they continue to play a major role in today's Air Force."

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Top Performer
Staff Sgt. Cxyz Leonen

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Notes from the Naval Base Guam CO

By Capt. Richard Wood

U.S. Naval Base Guam Commanding Officer

It has been my honor and pleasure to serve as the commanding officer of U.S. Naval Base Guam for the past six months and as we begin the new year one of my goals is to look for new and better ways to improve communication with the Sailors, civilians and families that live and work on Naval Base Guam. One way to do this is a periodic column through the Joint Region Edge newspaper, so here goes my first attempt...

I am looking for a few good spouses, and one in particular! We already have excellent Ombudsmen in many of our tenant commands, but we need one volunteer in particular to serve as the Chair of the Re-

gional Ombudsman Assembly. More on that – but first an overview of the Family Ombudsman Program:

The Family Ombudsman Program is one of the most effective family readiness programs sponsored by the Navy and it is supported by the Fleet and Family Support Center (FFSC).

As many of you may know, an Ombudsman is the spouse of a Sailor who voluntarily serves as the commanding officer's direct representative to the families at each command. Ombudsmen listen confidentially to family concerns, provide a communication link between families and command leadership, and work directly with the command to provide the family that critical information.

Additionally, an Ombudsman is a "one stop" source of information and referrals for families requiring

services or assistance from installation or community support organizations. The bottom line is that the Ombudsman is available to families who need assistance in facing challenges that may seem overwhelming and your Ombudsman is there to provide the confidential assistance.

Every command needs Ombudsmen! If your spouse's command needs the position filled and if you have the desire to help your Navy families, the right skills and the time to volunteer, I urge you to contact



Wood

the command master chief for your command. If selected, Naval Base Guam will provide the training for any spouse designated an Ombudsman by a command based in Guam.

Now for the "in particular" mentioned above. Naval Base Guam is seeking someone to serve as the chairperson of the Regional Ombudsman Assembly. The chairperson coordinates activities for all the Ombudsmen and acts as a mentor ensuring that all of the Ombudsmen are provided valuable training, guidance and current information. The chairperson must have past experience as an Ombudsman or similar experience supporting Sailors and their families. The mature, professional individual filling the role of the Ombudsmen Assembly chairperson will direct the monthly base assembly meetings, work directly with

the commanding officer and command master chief of Naval Base Guam and the Ombudsman coordinator at FFSC to keep all of the Ombudsmen informed of the latest quality of life information.

If you are a caring, professional person looking for an opportunity to give back and share your experience, expand your leadership skills and make a difference, then you may be the next chairperson of the Regional Ombudsman Assembly.

If you are interested, please contact Heather Horvath at 333-2056 or e-mail her at heather.horvath.ctr@fe.navy.mil to find out more about this position.

Thanks for your time. If you have a suggestion that will make Naval Base Guam the best duty station in the Navy please contact me or the command master chief, CMDCM John Lawry at 339-4274.

Personnel Support Det. Guam works for you

By Mass Communication Specialist 2nd Class (SW)

Peter Lewis

Joint Region Edge Staff

If you have pay or personnel problems, Personnel Support Det. (PSD) Guam, in Barracks 5 on U.S. Naval Base Guam, is there to help.

"We provide consolidated pay, personnel and passenger transportation services to 12,000 active duty, Department of Defense civilian and family members in the Guam region," said Personnel Specialist 1st Class (SW/AW) Frederick C. Napiza, PSD Guam leading petty officer.

With 23 active duty members and 12 civilian personnel, PSD Guam may seem like a small command, but they stand ready and able to tackle big problems.

"Whatever your problem, whether it's with your pay or your service record, we're here to help," Napiza said. "We also extend our services to members of all branches active, reserve, and retirees, to maintain their MyPay account access."

PSD Guam is a one-stop shop, allowing military members access to a wide variety of services.

"On the first deck, customers can get help with processing travel

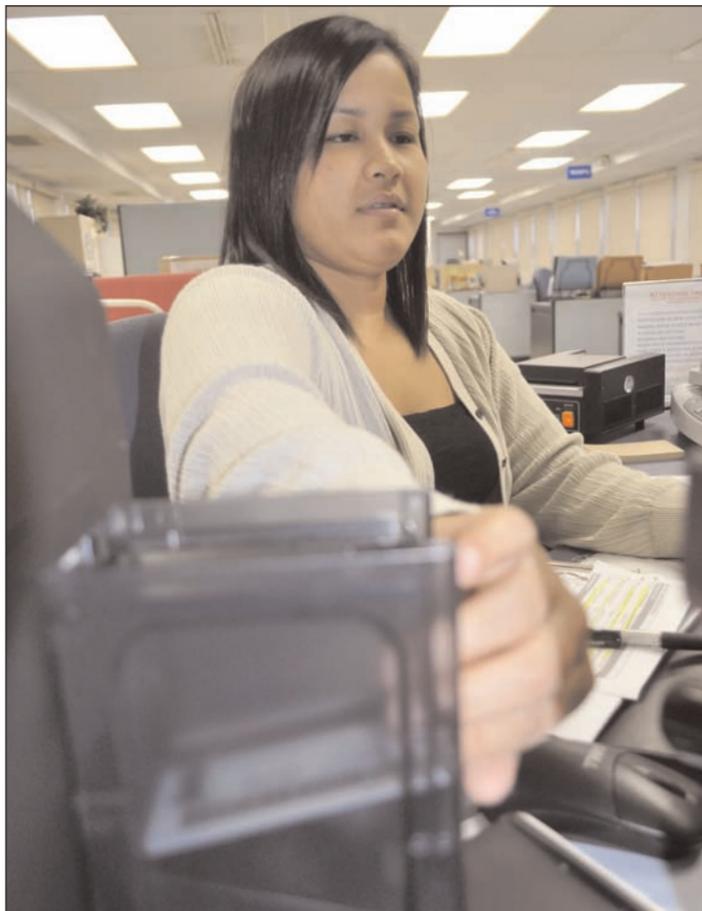
claims," Napiza said. "This is also where newly reported Sailors will be processed and departing Sailors complete their transfer or separation process."

Service members and dependents needing identification cards will also be helped on the first deck. Across from PSD Guam's main entrance is their Navy Passenger Transportation Office (NPTO), which handles transportation and ticket processing.

"On the second deck, customer service provides guidance for pay, entitlements and allowances, and helps active duty members maintain their Electronic Service Records (ESR)," Napiza said. "Fiscal section, where we process disbursement of payments and maintain and process Reserve Components, is also located here."

Personnel at the command were in agreement that it is an honor to be able to help out shipmates when they are truly in need.

"This is a great job. I am proud to be able to counsel my fellow service members about their career, benefits and entitlements," said Personnel Specialist 3rd Class Alvin Balahadia. "And everyone leaves here with a smile after we fix their pay problems for them. I can tell we've taken a weight off their shoulders."



Personnel Specialist Seaman Terry Vasser was wholeheartedly in agreement.

"Being a PS, you have a chance to help people with their financial problems and have a positive affect on the morale," he said. "That gives me a great deal of job satisfaction."

So if you have pay, personnel or travel concerns, don't hesitate to take a trip over to PSD and talk with a specialist. They will always stand ready to help.

For more information on PSD Guam, visit the command site at <http://www.cnic.navy.mil/Guam/InstallationGuide/PersonnelSupport-Detachment/index.htm>

PSD: Keshia San Nicolas, Personnel Support Det. (PSD) Guam Defense Enrollment Eligibility Reporting System (DEERS) department's Site Security Manager, creates a new Common Access Card (CAC), at the command compound in Barracks 5 on U.S. Naval Base Guam Jan. 12. PSD Guam provides several services to local area members, including creating CACs, fixing pay and personnel errors, and processing travel claims. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

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: 339-0001

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.

Behind a gun or desk, soldier stays Army strong

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

Joint Region Edge Staff

"I joined the Army to answer the nation's call and serve my island."

Those are the words of Staff Sgt. Cxyz A. Leonen, a seven-year veteran of the Guam Army National Guard (GUARNG). Leonen initially entered the military as an infantryman, and said he always enjoyed that job and took full advantage of the special training made available to him by the Army.

"I initially signed up as an infantryman because I wanted to be part of the elite fighting warriors," Leonen said. "I knew that, falling in the ranks of a foot soldier, I would be molded into a physically strong, mentally tough, proficient leader."

The staff sergeant has made the most of the Army's training by successfully completing several special skill schools only available to infantrymen, such as airborne, air assault and pathfinder school.

"Upon gaining these traits and qualities I knew I would be able to lead and train troops as my noncommissioned officers (NCO) have done for me," he said.

Leonen now serves as a personnel service sergeant for GUARNG Element- Joint Force Headquarters' (JFHQ) J-1 Personnel Service Branch. He is a domain manager for the Interactive Personnel Electronic Records Management System.

"Basically it is a database where the records of every soldier in the Guam Army National Guard are maintained and updated throughout their military career," Leonen explained. "I'm also a site security manager for the [Defense Enrollment Eligibility Reporting System/Real Time Automated Personnel Identification System] machine, where I oversee eligibility and entitlements for service members, their families and other eligible personnel, and I process discharges and retirements."

Leonen said he loves that his current job allows him the opportunity to have a direct impact on the lives of soldiers and their families.

"I love the fact that I can take care of soldiers," he said. "I gain knowledge to share knowledge. I work for them so they can accomplish their duties without worrying about their personnel records or if their family is receiving support. It's truly an honor to serve my troops."

Leonen's command said that he definitely lives what he talks.

"Sgt. Leonen always comes to work with a can-do attitude, which is a true testament of the NCO values. He completes every mission given to him, not leaving until the task is complete," said 1st Sgt. Ronald A. Brantley, Leonen's supervisor. "He constantly scores above average on this physical fitness test and uses his love of physical activity to motivate others. He always finds



Army Strong: Staff Sgt. Cxyz A. Leonen, of the Guam Army National Guard, works out at the Fallen Heroes Memorial Gym in Barrigada, Jan. 5. Leonen said that good physical conditioning is a part of being an effective soldier, leading by example, and staying Army strong. (U.S. Army photo by 1st Lt. Christine R. Martinez)

time to coach, teach and mentor both his peers and subordinates."

Brantley went on to praise Leonen for his selection as the GUARNG Element NCO representative for the NCO of the Year competition.

"He excelled by placing first among his peers and was selected to represent the Guam Army National Guard in the competition in Las Vegas," Brantley said. "Leonen put in long hours, both physically and mentally, to prepare for the contest, all while continuing his daily military tasks."

Brantley credited Leonen with

giving training and mentorship which had a lasting and profound experience on his personnel.

"When he was assigned to help JFHQ-Guam and 203rd Regiment, Regional Training Institute, during the NCO/Soldier of the Year competition, he supervised, trained and mentored three NCOs and four soldiers from August 2009 through May 2010 in leadership skills, tactical skills, warfighter skills, current events, Army combatives and physical fitness," Brantley said. "Ultimately, one NCO and one soldier were selected to represent

GUARNG in the Army National Guard Region 7 NCO/Soldier of the Year competition. Without Leonen's guidance, they may not have made it as far as they did."

Though Leonen is readily praised by his supervisors, his actions and value have also been recognized by the Army several times. He has been awarded four Army Commendation Medals, three Army Achievement Medals, the Army Good Conduct Medal, the NCO Professional Development Ribbon with numeral 2 and the Faithful Service Medal.

When asked where he gets his motivation to excel, Leonen credited his father as his role model.

"My father has tirelessly worked hard to support our family and has molded the character of who I am today and who I will become tomorrow," the sergeant said. "He taught me to always strive for excellence and never settle for the average. Lead by example and soldiers will follow."

For service members hoping to take advantage of what the military offers, and to be as successful as possible in their careers, Leonen stressed that soldiers should endeavor to gain knowledge and share it with their peers.

"Knowledge really is power, but cannot be powerful until it is shared and used effectively. The knowledge you can gain is endless," he said. "When doctrine changes, you implement; when new equipment is issued, you train; when it becomes physical or mentally tough, you adapt and overcome. Everything I do is for the troops."

Andersen's Best: Staff Sgt. Mellissa Seumanu of 36th LRS



Andersen's Best Staff Sgt. Mellissa Seumanu, center, stands with her peers after being awarded Andersen's Best on Andersen Air Force Base (AFB) Dec. 16. As 36th Logistics Readiness Squadron deployment manager, Seumanu ensures the 36th Wing quickly fills all Air Expeditionary Force taskings providing Pacific Air Power from Andersen AFB. "Sergeant Seumanu is a model [non-commissioned officer (NCO)]," said Capt. Christopher Jacobson, Installation Deployment officer. "As the Deployments NCO in charge, she has a huge scope of responsibility. She is the focal point for our installation to accurately support combatant commanders around the world by quickly supporting their personnel and cargo requirements." 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. This photo has been intentionally masked for security purposes. (U.S. Air Force photo illustration by Senior Airman Nichelle Anderson)

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MARFORPAC commander visits CNMI

From U.S. Marine Forces Pacific

Lt. Gen. Duane D. Thiessen, Marine Forces Pacific (MARFORPAC) commanding general, and his executive director for base operations, retired U.S. Army Maj. Gen. Craig B. Whelden, visited Saipan and Tinian to engage the leadership of each island during a familiarization tour Jan. 4.

The day after their attendance at Guam's gubernatorial inauguration Jan. 3, Thiessen and 10 military officials were flown aboard two aircraft from U.S. Navy Helicopter Sea Combat Squadron (HSC) 25 for an aerial tour of Guam followed by the trip to the Commonwealth of the Northern Mariana Islands (CNMI).

The group met with Lt. Gov. Eloy S. Inos during a luncheon at the Fiesta Resort & Spa Saipan in Garapan. Tom Linden, CNMI Military Integration Management Committee coordinator; Angel Demapan, press secretary; and Sixto Igisomar, acting commerce secretary; also joined the luncheon.

Following the stop in Saipan, the group flew to Tinian where Mayor Ray Dela Cruz and CNMI historian Don Farrell greeted Thiessen and Whelden at North Field. Dela Cruz's welcoming committee included Tinian military liaison officer Jose Kyoshi and Tinian resident directors of Department of Public Safety, Department of Lands



MARFORPAC Visit: Lt. Gen. Duane D. Thiessen, commanding general, Marine Forces Pacific (MARFORPAC), explains Tinian's role in the impending military buildup in the region is critical to Department of Defense planning to Commonwealth of the Northern Mariana Islands (CNMI) historian Don Farrell, Col. Robert Loynd, director, MarForPac (Fwd) Guam and CNMI; and Tinian Mayor Ray Dela Cruz. Thiessen and a Marine delegation visited Tinian, CNMI Jan. 4. (U.S. Marine Corps photo by Lt. Col. Aisha Bakkar)

and Natural Resources and Tinian Health Center.

Thiessen and Whelden, the two most senior officials of the U.S. Marine Corps for the Pacific region, were on Tinian specifically to get a firsthand look of the site chosen for

the Marine Corps rifle range, maneuver area and the Tinian Harbor.

The familiarization tour began at the North Field National Historic Landmark, adjacent to the atomic bomb pits. From there, the tour proceeded on to Invasion Beach, Mount

Lasso, Old San Jose Village, the site chosen for the rifle ranges, the 107th SeaBee Monument, Tinian Harbor and a brief stop at the House of Taga before leaving from the West Field airport.

"From the discussions we had

with Lt. Gen. Thiessen and Executive Director Whelden, it is clear to me that Tinian's role in the impending military buildup in our region is critical to Department of Defense planning," Dela Cruz said.

The mayor said he is "anxiously awaiting the outcome of the bilateral negotiations between the United States and Japan. They may well dictate the future of Tinian."

MARFORPAC is the largest field command in the U.S. Marine Corps with approximately 74,000 Marines and Sailors assigned as combat forces and supporting installation personnel.

Thiessen assumed command as the U.S. Marine Corps Service Component commander for the Commander, U.S. Pacific Command, in September and commands all U.S. Marine Corps forces assigned to the U.S. Pacific Command. Thiessen also serves as commanding general, Fleet Marine Forces, Pacific and commander for U.S. Marine Corps Bases, Pacific.

Whelden is responsible to the Commander, MARFORPAC for base operations across the command, with a special focus on the DPRI initiative and the efficient move of 8,000 Marines and their family members from Okinawa to Guam. Whelden was appointed to his current position in June 2010 after serving 30 years in the U.S. Army and another seven as an independent consultant.

News Notes

Job Announcements

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

Naval Support Activity Andersen, Guam
Worklife Specialist, Closes Jan. 18

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.

Enjoy the time you spend on Guam

By CMCDM (AW/SW) Paul Kingsbury
Joint Region Marianas Command
Master Chief

Hafa Adai! So you've just arrived for a tour of duty on the island of Guam. You may find yourself overwhelmed or having those feelings of culture shock that come with being stationed at an overseas location. You find yourself wondering how you are going to be able to survive two or three years on a small island in the middle of the Pacific Ocean.

Or perhaps you're one of those people who looks forward to the excitement, opportunity and experiences an overseas tour can bring. Regardless of which type you are, being stationed overseas brings its share of challenges, but if you're armed with knowledge, you put yourself in a much better position to quickly adapt to island living.

Many of you are stationed on operational units with high OPTEMPOs, so it makes it even more important to take advantage of the time you have in port to go out and do something productive. The reality is that there are only so

many things that our Morale Welfare and Recreation (MWR)/Services programs can do for your quality of life. Ultimately, each one of us has to take ownership for our quality of life and make the best out of what's presented to us.

Once you settle into housing, get your pay straight and get settled into your command. I encourage you to get out and experience the culture and island. The faster you do this, the faster you will realize the opportunities that Guam presents.

If you're not the outdoors type, this is the place to become one. For starters, the island has more than 20 hiking trails of varying degrees. Called boonie stomping on Guam vice hiking, these adventurous outings will take you over mountains, through volcanic/limestone caves and to isolated ponds and waterfalls.

There are also world class fishing, five golf resorts, two golf courses on military property, and dozens of beaches. There is an abundant amount of other water activities, such as diving, snorkeling, surfing and parasailing to name a few.

Beyond all that, Guam has a

huge amount of World War II history dispersed around the entire island. Several National Park Service sites pay homage to civilians and military personnel who died to

liberate Guam from Japanese occupation during the war. Come July 21, which is celebrated as Guam's Liberation Day, you will see the entire island community remember the past and more importantly pay tribute to the proud men and women in service. It is an event to look forward to.

If you absolutely cannot fathom going outdoors, there are still plenty of things to do. The island has a range of shopping malls, restaurants, a walk-through aquarium and a museum right outside Naval Base Guam. There are other facilities that offer a glimpse into Guam's culture.

The Chamorro Village in Hagatna, for example, offers a variety of goods made on Guam to



purchase and local food to feast on every Wednesday night. We also have our own USO center in downtown Tumon that offers great hospitality and amenities.

One of our challenges is the high cost of airfare. I'm not going to kid anyone; it is expensive for an individual, not to mention a family of four, to fly back state-side. We can all sit around in despair or we can choose to figure out strategies to deal with it.

Take time and look for travel specials, learn about Space-A opportunities available from Andersen Air Force Base and venture out. Due to Guam's location, it only takes a few hours to travel to Australia and nearby islands, such as Palau, which is home to the Rock Islands, a great diving destination. Each base has a ticket and tours office that offers travel specials to locales within theater.

Finally, let's not forget about the concept of community and getting together for social events.

If you are newly arrived on the island, utilize your sponsor and reach out to fellow families to learn about what Guam has to offer. If you have been on island a

while and you see a new family is here, take time to welcome them, show support and help with the transition.

For the commands here in Guam, make sure you utilize your allotted MWR funds and take some time to bring your command together away from work. Additionally, one of the best aspects of Guam is the fiestas that recognize the patron saints of each village. During fiestas, all island residents including our military community are invited to partake in the celebrations, which feature local foods and cultural entertainment. It is also an opportunity to interact with island residents and learn more about the people and Guam. If you don't know who your sister village is, ask your command's community service coordinator.

I strongly encourage each of you to make the most of your time here on Guam. Get out there and explore what Guam has to offer. I look forward to seeing you out and about on the island. Maolek na ha'ane para todos hamyo (Have a good day, everybody).

Fitness center helps Airmen GET FIT in 2011

By Airman Whitney Tucker
36th Wing Public Affairs

The time to usher in a new year has arrived once again and with it, renewed hopes for the possibilities of the coming months. One thing sure to rank high on everyone's to-do list is not only to make, but achieve, New Year's resolutions.

Each year when the clock strikes 12 on Jan. 1, one of the most commonly made resolutions is to lose weight and get fit. But with thousands of articles on the Web on how to lose weight and keep it off, readers are sent on a wild-goose chase to find the truth among countless methods. The trouble is, each site swears to a different fat-blasting method than the one before.

This year, Team Andersen members can rest assured that among all the diet pills, workout DVDs and questionable protein shakes, there

is one surefire, time-tested method: hitting the gym and working up a good sweat.

"At the Coral Reef Fitness Center (CRFC) here, Airmen and their families have the opportunity to take advantage of a plethora of available classes, machines and athletic teams," said Tech. Sgt. Carrie Caudill, 36th Force Support Squadron section chief.

"The CRFC offers group exercise classes including Zumba, spin, kickboxing, pilates, yoga, aqua aerobics, and a variety of sculpting and strength training classes to fit all your personal needs in a fun group setting free of charge," she said.

For those seeking a one-on-one experience, trained professionals are on hand to assist them throughout their journey to physical fitness.

"If working out in a group setting is not your style, you can work with one of the personal trainers for

Experts and programs available to help you get fit in 2011

Andersen Air Force Base
Coral Reef Fitness Center
366-6100

Health and Wellness Center
366-2491

Naval Base Guam
Charles King Fitness Center
333-2049

a fee," Caudill said. "We also have limited trained military members that can work with you to meet your fitness goals and provide equipment orientations upon request. These individuals will assist you with weight

training, cardio and a multitude of personal fitness options."

In addition to improved health and self-esteem, shedding those last few pounds can also improve energy.

Chief Master Sgt. Margarita Overton, 36th Wing command chief, discovered this fact shortly after becoming a mother.

After coming home from work exhausted each day, Overton would struggle to find the energy to complete daily tasks at home. It wasn't until after beginning a consistent workout that she found the extra end of the day kick she was looking for.

"My take away is that even if you don't feel like it, just do it," Overton said. "You'll find that you feel better and maybe even crave a workout instead of dreading it."

The chief also referenced energy as a way to relieve stress.

Oftentimes, the effort to relieve

stress can lead individuals to negative outlets such as overeating and smoking. The Health and Wellness Center (HAWC), located inside the gym, is a great resource for Team Andersen members seeking to kick their bad habits.

The HAWC has smoking cessation classes offering in-depth teaching on the most effective methods and aids to quit smoking. Additionally, nutritionists are available to provide guidance on how to effectively enhance health by being mindful of daily intake.

The CRFC and the HAWC make achieving New Year's resolutions a one-stop shop. Despite the multitude of individual goals, the fitness center and HAWC staff are there to make resolutions a reality this year.

(Editor's note: This article is the first in the "Get fit" series, outlining ways to reach New Year's resolutions to get in shape.)

Did you get your seasonal flu vaccine?

By Lt. Emily Dover

U.S. Naval Hospital Guam

Get vaccinated; it's not too late. Seasonal flu vaccine is recommended annually by the Centers for Disease Control and Prevention for everyone to reduce the risk of becoming ill.

Remember that children younger than 9 years of age getting influenza vaccine for the first time this year – or who got influenza vaccine for the first time last season but got

only one dose – should get two doses, at least four weeks apart, to be fully protected.

Authorized patrons can get their flu at the Navy Exchange on Naval Base Guam (NBG) Jan. 15, 10 a.m.-2 p.m. Vaccinations will be given to all Department of Defense (DoD) employees, DoD beneficiaries and all employees that have base access.

Naval Hospital Guam pediatrics clinic and the Branch Medical Clinic on NBG will offer influenza im-

munizations in addition to normal immunizations during normal working hours, which are weekdays from 8-11:30 a.m. and 1-3 p.m., until all influenza immunization supplies are expended.

Immunizations are also available at the Andersen Air Force Base Clinic's Immunization Clinic, (Bldg 29000) Monday-Thursday, 8 a.m.-4 p.m.; Friday, 8 a.m.-1 p.m.; every second Friday of the month, 9 a.m.-1 p.m.; every second Wednesday of the month, 8 a.m.-

noon. The clinic is closed all holidays and down days.

Some recommended steps to protect yourself and others from influenza:

- Wash your hands with soap and water before eating and after touching your face.
- Avoid contact with flu patients.
- Wash surfaces that someone may have coughed or sneezed on.
- Disinfect door knobs, light switches and toilet handles with store bought disinfectant

or with a solution made with 1/4 cup of household bleach and a gallon of cold water.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

- Avoid touching your eyes, nose and mouth. Germs spread this way.

For more information, call USNH Preventive Medicine at 344-9787 en AFB Public Health Element at 366-4147 or visit the CDC website at <http://www.cdc.gov/flu/>.

Blue to green is option for Sailors facing separation

From Navy Personnel Command Public Affairs

In a climate where Sailors may face separation due to high year tenure or Perform-to-Serve/Fleet Rating Identification Engine, Navy leadership is reminding Sailors in 2011 that Operation Blue to Green could keep them serving.

"Sailors should be aware of all

avenues to stay in the military," said Capt. Hank Roux, head enlisted community management.

According to the Army's Operation Blue to Green website, the program allows highly qualified Sailors the opportunity to continue in military service, maintain benefits and gain new training.

Benefits of transitioning to the Army via Blue to Green include:

- * E-1 through E-5 retain their grade and date of rank.

- * Rates that convert into an Army military occupational specialty (MOS) will only need to attend Basic Combat Training.

- * Retraining into another MOS may be possible.

"Of course we want all of our Sailors to stay Navy, whether that is active, full time support or Reserve

component, but if a Sailor's facing separation Blue to Green is a great option for them," Roux said.

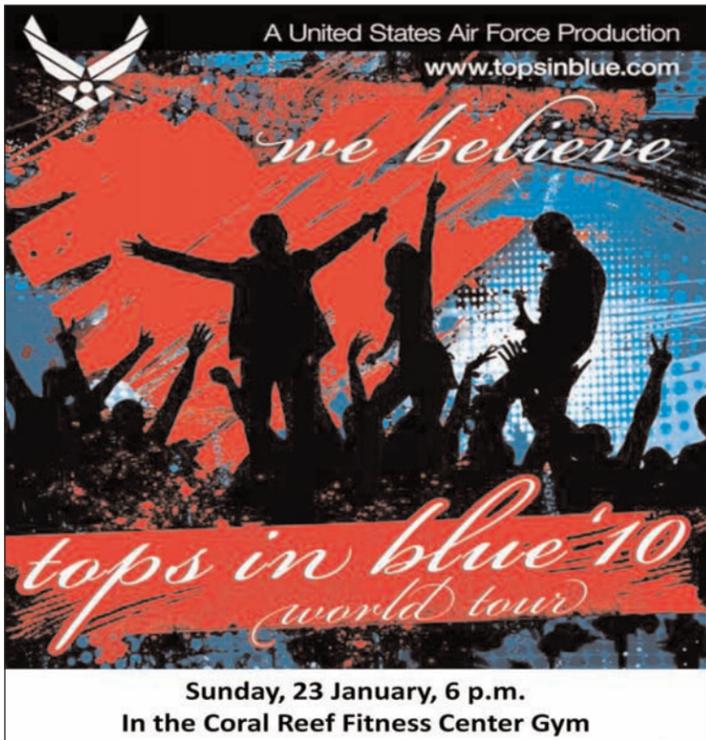
In fiscal year 2010, only 43 Sailors took advantage of the program.

To qualify, Sailors must be physically fit, meet the Army's height and weight standards, have a minimum of three years time in service and have an approved Request for Conditional Release (DD Form 368).

For more information, speak with your career counselor, review SECNAVINST 1000.7F, MILPERSMAN 1300-081 and the Army's Operation Blue to Green website at <http://www.goarmy.com/benefits/additional-incentives/blue-to-green.html>.

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

Tops in Blue to perform for Team Andersen



By Airman Whitney Tucker
36th Wing Public Affairs

Tops in Blue, the premier entertainment showcase of the U.S. Air Force, is scheduled to perform at the Coral Reef Fitness Center at Andersen Air Force Base (AFB) Jan. 23 at 6 p.m.

Composed of 35 to 40 of the most gifted dancers, musicians and vocalists the Air Force has to offer, the group will present "We Believe," a celebration of American ideals.

Tops in Blue is one of the oldest and most widely traveled entertainment groups of its kind. Since its first world tour in 1953, Tops in Blue has performed on film, produced albums and appeared on national television with legendary TV personalities such as Ed Sullivan, Bob Hope and many others. The enormous and ever-growing popularity of the group has landed them front and center, performing at events such as the Super Bowl, NBA finals, and for

heads of state and dignitaries.

"Though demand for the group has led to worldwide notoriety, their primary purpose is to perform for military personnel and their families throughout the world," said Michel Jacobs, 36th Force Support Squadron community activities director. "This year's tour will take the group throughout the United States and to more than 25 countries, with 140 performances over a 10-month period."

While performing on Andersen AFB, Tops in Blue will entertain attendees with a diverse collection of American classics and recent favorites.

"The show will feature music from Stevie Wonder, Michael Buble, Montgomery Gentry, hits by Lady Gaga, the Black Eyed Peas, and much more," Jacobs said. "Tops in Blue is a crowd pleaser because they perform music the audience can sing along to and enjoy."

Not only is Tops in Blue comprised of topnotch performers, but they are almost

entirely self-sufficient.

"The performers master the instrumental, vocal, choreography and staging requirements of the show," Jacobs said. "They also become highly accomplished in the intricate technical skills and in essence, their own 'road crew.' They set up over 60,000 pounds of staging, lighting, audio, video and special effects equipment required for each performance."

Representing a wide variety of career specialties, Tops in Blue is an elite group of the most gifted non-professional entertainers throughout the Air Force. These active-duty Airmen display pride, patriotism and dedication to their unique mission: promoting and improving morale for Airmen, their families and all who devote themselves to the fight for freedom.

As their website suggests, Tops in Blue is all about "family entertaining family." The Tops in Blue performance is free, and open to all ID cardholders.

We are all responsible for energy conservation

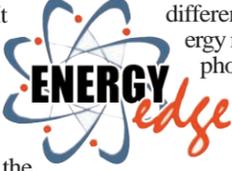
By David Motroni

U.S. Marine Corps Energy Program
Energy Manager

As energy managers, our goal is to help our commands and you to reduce energy conservation. It is a worthy duty, a challenge, and a calling. However, there is only one of us at each base, so to accomplish that, we need the assistance of all of you.

You are the eyes and ears of the facilities, your surroundings, at home and at work. Together, we can make a difference. Easy ways of doing this are shutting off lights when not in use. Turn off all electrical equipment when not using it. Look around your office space and determine if what you see is energy efficient or not. Report energy and water waste.

If you feel that it is not energy efficient, contact your base energy manager. Our energy managers need your eyes and ears and can assist you with your energy questions and needs. One call can make a difference. Your base energy managers and their phone numbers are:



- Naval Base Guam: Derek Briggs, 333-1325
- Andersen Air Force Base: Patrick Russell, 366-3209

Force Base: Patrick Russell, 366-3209

• USMC Program Energy Manager: David Motroni, 355-2095

• Guam Army National Guard: Alfonso Molarte, 735-0483

• Naval Hospital Guam: Electronics Technician 1st Class (SW) Jerry Kleber, 344-9397

Award: Battle “E” is for battle readiness

Continued from Page 1

Squadron (SUBRON) One (Pearl Harbor, Hawaii) - USS Hawaii (SSN 776)

- SUBRON Three (Pearl Harbor) - USS Jacksonville (SSN 699)

- SUBRON Seven (Pearl Harbor) - USS Tucson (SSN 770)

- SUBRON Eleven (San Diego) - USS Hampton (SSN 761)

- SUBRON Fifteen (Guam) - USS Houston (SSN 713)

- SUBRON Seventeen (Bangor, Wash.) - USS Nebraska (SSBN 739) (Blue & Gold)

- SUBRON Nineteen (Bangor) - USS Michigan (SSBN 727) (Blue)

- Submarine Tender USS Frank

Cable (AS 40) in Guam Floating Dry Dock Arco (ADRM-5) in San Diego.

Special Category was awarded to the Torpedo Weapons Retriever Swamp Fox (TWR 821) out of San Diego.

Winners of each of the Battle “E” competitive Categories were also announced. Those categories are: the Engineering Red E; Tactical Operations White T; Navigation Red and Green N; Communications Green C; Damage Control Red DC; Supply Blue E; Deck Seamanship White D; Medical Yellow M; Deep Submergence White DS; Strategic Operations White S; Repair Red R; Dental Yellow D; and Weapons

Black W.

For more news from Commander, Submarine Force, U.S. Pacific Fleet, visit www.navy.mil/local/subpac/.

Cable: Commander Submarine Force U.S. Pacific Fleet announced Jan. 1 that submarine tender USS Frank Cable (AS 40) was a recipient of the 2010 Battle Efficiency (Battle “E”) award for battle readiness. In this photo, Cable prepares to depart Guam Shipyard and return to her normal berth at Polaris Point after completing a Military Sealift Command integration Sept. 24. (U.S. Navy photo by Mass Communication Specialist Seaman Corey Hensley)



NPC search engine gives Sailors resources

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

Navy Personnel Command Public
Affairs

In 2011, Navy Personnel Command (NPC) recommends that Sailors take advantage of the search engine available at www.npc.navy.mil.

This search engine, called "Knowledge Base," is available to answer Sailors' personnel questions.

"The Knowledge Base is really easy to use and it was created to supplement our customer service efforts," said Vincent Vuketich, of the NPC Customer Service Center (CSC). "A Sailor can call the CSC or e-mail us for information, but they don't have to. The Sailor can go to www.npc.navy.mil research and answer his or her own questions online 24/7."

NPC has a Knowledge Base team that works daily to keep the database current with continuous updates of

Navy regulations and instructions.

"KB (Knowledge Base) is an online tool, public facing, and can be accessed from anywhere in the world," Vuketich said. "Sailors, retirees and their families can ask essentially any question they want about the Navy. The system uses keywords to generate a solution to their question."

Sailors can access Knowledge Base by visiting the NPC website and by clicking on the "Ask NPC a Question" icon in the upper right

corner of the page. In fiscal year 2010 the self-help page received more than 14,000 visits.

"This system has been up and running for approximately eight years now," Vuketich said. "We currently have nearly 1,000 solutions, but we are always interested in hearing from the fleet about additional solutions that are needed."

Solution categories range from advancement and promotions to education or career information. Sailors can also search for Navy

programs, pay and benefits or NAVADMINs.

"Our goal is to meet Sailors' needs by providing them instant access to relevant Navy information any time they need it from anywhere in the world," Vuketich said.

For more information, contact the CSC at 1-866-U-ASK-NPC, via e-mail at CSCMailbox@navy.mil or online at the NPC website.

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

Housing policy offers flexibility in region EURAFSWA

From Commander Navy Region Europe, Africa, Southwest Asia Public Affairs

Mandatory assignment to housing for incoming families has been discontinued aboard Navy installations in Navy Region Europe, Africa, Southwest Asia (EURAFSWA) in accordance with a policy change established Jan. 1.

Newly arriving families to EURAFSWA's affected installations, Naval Station Rota, Spain, and Naval Support Activity (NSA) Naples, Italy, will be given the option of either residing in military family housing or seeking a private rental on the local economy.

"This policy change on housing assignment provides greater flexibility and choice for our families,"

said Rear Adm. Tony Gaiani, Navy Region EURAFSWA commander. "Changing conditions have given us the opportunity to try a new approach to family housing assignment in an effort to better serve their needs."

Since January 2009, a direct housing assignment policy was implemented regionwide to mitigate high vacancy rates. Of the region's six installations, Rota and Naples locations were most affected. Upon closing one of its housing areas, Naval Air Station Sigonella developed a waiting list for housing, so mandatory assignment was not in effect. NSA Bahrain, NSA Souda Bay, and Camp Lemmonier, Djibouti do not have base housing for families.

"There were families arriving at our installations who desired to move into base housing, but who

were unable to do so due to lack of availability driven in part by the mandatory assignment policy," said Sandra Schlosser, the regional housing program director.

Leased housing on overseas bases has to be paid for whether it is occupied or not, Schlosser said, so the policy will be revisited at the end of 2011. If at that time, family housing occupancy rates aboard any installation have fallen below an acceptable level, the installation commanding officer may reinstate the mandatory housing assignment policy aboard his respective installation.

The policy change is intended to provide more options to incoming families with approved permanent change of station (PCS) orders. However, members already assigned to base housing desiring to re-

locate to a private rental on the local economy may submit a request for exception to the policy to their respective housing office.

Requests for policy exemption will be considered on a case-by-case basis by the installation commanding officer. If approved, any costs incurred in relocating from base housing to a private rental would be the responsibility of the service member.

The new family housing policy now in effect also stipulates that newly arriving families who choose to reside off base when family housing is available will be responsible for costs related to any later decision to relocate to on-base housing.

Arriving service members who are required to live on the local economy due to lack of available base family housing may receive government funding for relocation when

on-base family housing becomes available.

"So long as we are able to maintain an acceptable occupancy rate while offering families choices, we will keep this policy change in place," said Gaiani. "Quality of life and good stewardship of our limited resources are integral to military readiness."

Personnel and family members with additional questions on the policy change should contact their respective installation housing offices.

For more news and information about the EURAFSWA region, log onto www.cnrc.navy.mil/europe or visit www.facebook.com/cnreurafswa.

For more news from Commander, Navy Region Europe, Africa, Southwest Asia, visit www.navy.mil/local/cnre/.

DOD announces \$150 billion reinvestment from efficiencies savings

From the Department of Defense

Secretary of Defense Robert M. Gates announced Jan. 6 a series of efficiencies decisions designed to save the Department of Defense (DoD) more than \$150 billion during the next five years primarily by reducing overhead costs, improving business practices and culling excess or troubled programs.

Most of the resulting savings will be used by the Army, Navy, Marine Corps and Air Force to invest in high priority programs that strengthen warfighting capabilities.

In anticipation of an era of modest defense budget growth, Gates launched a comprehensive effort in May 2010 to reduce the Department's overhead expenditures. The goal was to sustain the military's size and strength over the long term by reinvesting those efficiency savings in force structure and other key combat capabilities. Specifically, the military services were directed to find at least \$100 billion in savings that they could keep and shift to higher priority programs. To achieve the savings targets, service leadership conducted a thorough and vigorous scrub of bureaucratic structures, facilities, programs, business practices, civilian and military personnel levels, and associated overhead costs.

The measures announced Jan. 6 are the latest in a series of DoD reform initiatives, to include the President's last two annual defense budgets, which have rebalanced the Department's spending habits while increasing investments in proven capabilities most relevant both to current wars and to the most likely future threats.

"Meeting real-world requirements. Doing right by our people. Reducing excess. Being more efficient. Squeezing costs. Setting priorities and sticking to them. Making tough choices. These are all things that we should do as a Department and as a military regardless of the time and circumstance. But they are more important than ever at a time of extreme fiscal duress, when budget pressures and scrutiny fall on all areas of government, including defense," said Gates.

"While America is at war and confronts a range of future security threats, it is important to not repeat the mistakes of the past by making drastic and ill-conceived cuts to the overall defense budget. At the same time, it is imperative for this Department to eliminate wasteful, excessive, and unneeded spending.

Indeed, to do everything we can to make every defense dollar count."

The service departments achieved savings in several areas, including the number and size of headquarters staffs, base operations, energy consumption, and facilities sustainment. At the same time, the service leaders undertook the normal process of setting priorities and assessing risks in preparing the fiscal 2012 budget request – a process that led to the recommended termination or restructuring of a number of troubled or unneeded weapons programs.

The services will keep the savings they were motivated to find and reinvest in the needed capabilities each service needs to support the warfighter. The bulk of the savings will be used by the service departments to make key investments in areas such as ship building, long-range strike, missile defense, intelligence, reconnaissance and surveillance (ISR), wounded warrior care and facilities, and much more.

Specifically, the Department of the Navy is proposing to use efficiencies savings to:

- Accelerate development of a new generation of electronic jammers to improve the Navy's ability to fight and survive in an anti-access environment;

- Increase the repair and refurbishment of Marine equipment used in Iraq and Afghanistan;

- Develop a new generation of sea-borne unmanned strike and surveillance aircraft;

- Buy more of the latest model F-18s and extend the service life of 150 of these aircraft as a hedge against more delays in the deployment of the Joint Strike Fighter (JSF); and

- Purchase additional ships – including a destroyer, a littoral combat ship, an ocean surveillance vessel and fleet oilers.

The Department of the Navy proposed efficiencies savings of more than \$35 billion over five years to include:

- Reducing manpower ashore and reassigning 6,000 personnel to operational missions at sea;
- Using multi-year procurement to save more than \$1.3 billion on the purchase of new airborne surveillance, jamming, and fighter aircraft;
- Disestablishing several staffs (but not the associated platforms) to include submarine-, patrol aircraft-, and destroyer-squadrons plus one carrier strike group staff; and
- Disestablishing the headquarters of Second Fleet at Norfolk, Va., and transferring responsibility for its

mission to the Navy's Fleet Forces Command.

For the Department of the Air Force, this efficiencies process made it possible to:

- Buy more of the most advanced Reaper UAVs and move essential ISR programs from the temporary war budget to the permanent base budget. Going forward, advanced unmanned strike and reconnaissance capabilities must become an integrated part of the service's regular institutional force structure;
- Increase procurement of the Evolved Expendable Launch Vehicle to assure access to space for both military and other government agencies while sustaining our industrial base;

- Modernize the radars of F-15s to keep this key fighter viable well into the future;

- Buy more simulators for JSF air crew training; and

- Develop a new long range, nuclear-capable penetrating bomber, which will be designed using proven technologies, an approach that should make it possible to deliver this capability on schedule and in quantity.

The Air Force proposed efficiencies measures that will total some \$34 billion over five years and include:

- Consolidating two air operations centers in the United States and two in Europe;

- Consolidating three numbered Air Force staffs;

- Saving \$500 million by reducing fuel and energy consumption within the Air Mobility Command;
- Improving depot and supply chain business processes to sustain weapons systems, thus improving readiness at lower cost; and
- Reducing the cost of communications infrastructure by 25 percent.

The Department of the Army would use its savings to:

- Provide improved suicide prevention and substance abuse counseling for soldiers;

- Modernize its battle fleet of Abrams tanks, Bradley fighting vehicles, and Stryker wheeled vehicles;

- Accelerate fielding to the soldier level of the Army's new tactical communications network. Accelerate procurement of the service's most advanced Grey Eagle UAVs; and

- Buy more MC-12 reconnaissance aircraft to support ground forces, and begin development of a new vertical unmanned air system to support the Army in the future.

The Army proposed \$29 billion in savings over five years to include:

- Terminating the SLAMRAAM

surface to air missile, and the Non-Line of Sight Launch System, the next-generation missile launcher originally conceived as part of the Future Combat System;

- Reducing manning by more than 1,000 positions by eliminating unneeded task forces and consolidating six installation management commands into four;

- Saving \$1.4 billion in military construction costs by sustaining existing facilities; and

- Consolidating the service's email infrastructure and data centers, which should save \$500 million over five years.

Of the \$100 billion identified by the service departments, approximately \$28 billion will also be used over the next five years by the Army, Air Force, Navy and Marine Corps to deal with higher than expected operating expenses such as fuel, maintenance, health care and training costs.

In addition to directing the four services to find savings, Gates announced last August a set of initiatives aimed at reducing overhead costs and improving efficiency across the DoD as a whole – with special attention to the headquarters and support bureaucracies in the Office of the Secretary of Defense, the combatant commands, and other defense agencies and field activities.

Gates announced Jan. 6 that this effort – combined with a government-wide freeze on civilian salaries – has yielded approximately \$54 billion in savings over the next five years. These savings include further reducing the contractor staff cadre, consolidating IT support, culling redundant intelligence organizations, eliminating unnecessary reports and studies, freezing civilian staff levels and pay, downgrading overseas commands, decreasing the number of generals, admirals and civilian executives, and modest increases in TRICARE premiums on military retirees.

In addition to terminating the Marine Corps' Expeditionary Fighting Vehicle, Gates also stated that he is placing the Marine Corps' short take-off and vertical landing (STOVL) variant of the JSF on the equivalent of a two-year probation because of significant testing problems. As a result, the development of the Marine variant will be moved to the back of the overall JSF production sequence. To fill the gap created from the slip in the JSF production schedule, the Department of the Navy will buy more Navy F/A-18s.

The formal announcement of the President's fiscal 2012 budget submission next month is also expected to call for a \$78 billion reduction to the FYDP, to include no real growth in defense spending in fiscal 2015 and fiscal 2016. But because of the rigorous reform efforts undertaken over the past year, it is possible for the DoD to absorb this reduction in the projected top-line without significant impact to warfighting capability, although it will necessitate a reduction in the size of the Army and Marine Corps starting in fiscal 2015. The total savings generated by DoD-wide overhead efficiencies, the civilian staffing and pay freeze, and the future decrease in ground forces, when added together, are roughly equivalent to the sum of the top-line reductions projected in the FYDP.

With the efficiencies savings, Gates said he is confident the Department can effectively meet the threats it is likely to face over the next few years. But he also stressed the FYDP represents the minimum level of defense spending necessary given the complex and unpredictable array of security challenges the United States faces around the globe. Beyond this five year time frame, the savings from overhead efficiencies and force reductions will have mostly run their course.

Gates concluded by talking about the importance of following through on all DoD reform measures while maintaining adequate levels of funding.

"This Department simply cannot risk continuing down the same path – where our investment priorities, bureaucratic habits, and lax attitudes towards costs are increasingly divorced from the real threats of today, the growing perils of tomorrow, and the nation's grim financial outlook," Gates declared at the conclusion of the announcement. "These times demand that all of our nation's leaders rise above the politics and parochialism that have too often plagued considerations of our nation's defense – whether from inside the Pentagon, from industry and interest groups, and from one end of Pennsylvania Avenue to the other. I look forward to working through the next phase of the President's defense reform effort with the Congress in the weeks and months ahead – to do what's right for our Armed Forces and what's right for our country."

For more news, visit www.navy.mil.

Statement from SECNAV and CNO on efficiencies

From the Department of Defense

The following are statements from the secretary of the Navy and the chief of naval operations Jan. 6 regarding efficiencies:

Secretary Ray Mabus

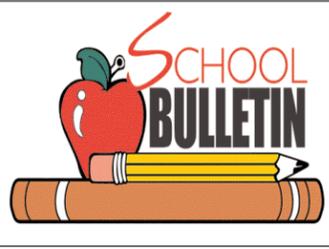
“Secretary Gates charged the Navy and Marine Corps to scrub everything, eliminate the unnecessary or underperforming, find savings, and apply those savings to warfighting. We have done that. Hard choices were made, but they were necessary to make certain we are the most efficient and effective fighting force we can be. Secretary Gates’ leadership has resulted in reasonable and responsible reforms that will ensure the Navy and Marine Corps remain the most formi-

dable expeditionary fighting force the world has ever known.”

Adm. Gary Roughead

“The Navy enthusiastically participated in Department of Defense efficiency efforts. I am pleased with the rigor undertaken throughout this process, the results of which will contribute to the Navy’s warfighting capabilities. The initiatives we have undertaken will allow the Navy to address readiness and warfighting capabilities, optimize organizations and operations and ensure that resources are optimized in operations and maintenance initiatives. These savings and changes will enable us to be the Navy the nation needs today and into the future.”

For more news, visit www.navy.mil.



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. For more information or to sign up, contact your child's school.

Andersen Elementary School

Child Find is used by DoDEA and the military servicing departments to identify individuals between the ages of birth and 21 who may be in need of special education and related services. Child Find provides information to parents and community members regarding the referral, screening and evaluation process. Child Find will take place at the school Jan. 21 from 8 a.m.-2 p.m. For more information or to have your child take part, call Jessica Haynes at 366-8637 or Claire Brinkman at 366-8558 by Jan. 19.

Family Learning Night will be in the Dolphin Theater Feb. 10 from 5-6:30 p.m.

McCool Elementary/Middle School

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

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.

Parent portal for Gradespeed is now available for parents/sponsors. For more information, contact your child's advisory teacher at 339-8678.

Students off to Singapore for conference

By Karen Kasperbauer

Guam High School

Ten Guam High School (GHS) students will join 92 students from 11 other Department of Defense Education Activity (DoDEA) Pacific schools and hundreds of other students from throughout the region as they take part in the 2011 Harvard Model Congress (HMC) Asia Conference in Singapore Jan. 14-16.

HMC conferences take place annually in the United States, Europe and Asia. This activity is a student-managed American government simulation organization at Harvard University. HMC provides high school students from across the nation with an opportunity to experience American gov-



Singapore Bound: Members of the Guam High School Harvard Model Congress (HMC) team with sponsor teacher Karen Kasperbauer at the school Jan. 7. The team will be participating in the HMC Asia Conference in Singapore Jan. 14-16. HMC is a premier government simulation activity for high school students run by undergraduates of Harvard University. The GHS team will join hundreds of other students from the region and take on the roles of officials from the different branches of government, lobbyists and members of the press corps. (Photo by Michelle Cromwell)

ernment firsthand.

Delegates will tackle the most pressing and important issues facing our nation as they assume simulated roles in each of the three branches of American government and associated organizations including the G-15, the World Trade Organization, the World Bank, Asia-Pacific Economic Cooperation, the East Asia Security Summit, the press corps and as lobbyists. The students will debate issues, draft laws and write newspaper stories.

"Harvard students guide [participating] students to solve problems creatively as they work cooperatively with peers from throughout the world," said Jacky Kwong, president of HMCA 2011.

Panther teamwork at JROTC encampment

By Cadet Lt. Danielle Conde

Guam High School Navy Junior Reserve Officer Training Corps

Guam High School (GHS) Navy Junior Reserve Officer Training Corps (JROTC) participated in the Army JROTC four-day encampment at Gab Gab Beach on U.S. Naval Base Guam from Dec. 17-20.

The event provided cadets the opportunity to integrate and cooperate with three public schools to exchange skills. Each day began at 6 a.m. with physical training. The first day's events were round robin activities such as rope climbing and map reading. On the second day, cadets applied round robin skills in the raider challenge, with Southern High School Knights taking first place. The next event was the biathlon.

"I put together a very challenging course to test the cadet's endurance and teamwork," said marksmanship commander Cadet Chief Petty Officer Ryan Todd. "The time only stopped when the last person had finished the course."

The course proved to be extremely challenging, and pushed the cadets to their limits.

"During the biathlon both of our



Panther Company: Members of the Guam High School (GHS) Navy Junior Reserve Officer Training Corps (JROTC) run in formation as part of their physical training during the Army JROTC encampment at Gab Gab Beach on U.S. Naval Base Guam Dec. 18. The four-day encampment included JROTC units from three of Guam's public high schools in addition to GHS Panther Company. (Photo by Cadet Lt. Danielle Conde)

teams used a chain to help pull each other through the course," said Cadet Master Chief Christiana Mendiola. "It really showed how much teamwork the schools had."

On the final day, cadets rappelled from a 60-foot wall, and an awards ceremony concluded the encampment. GHS Navy JROTC took top honors in the biathlon.

"It was a great experience to interact with the other JROTC programs and I can't wait to do it again next year!" said Jake Grandjean, a first-year cadet.

D.A.R.E. graduation at Andersen Elementary School



Mr. Buniag's Class: Students in Alex Buniag's fifth grade class hold their certificates during Andersen Elementary School's Drug Abuse Resistance Education (D.A.R.E.) graduation at the school on Andersen Air Force Base Jan. 5. The 10-week program was offered to the students by Sailors from U.S. Naval Base Guam Security. (Photo by Rebekah Levy)



Ms. Seguin's Class: Students in Jennifer Seguin's fifth grade class hold their certificates during Andersen Elementary School's Drug Abuse Resistance Education (D.A.R.E.) graduation at the school on Andersen Air Force Base Jan. 5. The 10-week program was offered to the students by Sailors from U.S. Naval Base Guam Security. (Photo by Rebekah Levy)

Donne' dinanche turns up the heat

By Anna-Victoria Crisostomo
Joint Region Edge Staff

Harry Truman famously said, "If you can't stand the heat, get out of the kitchen." On Guam, however, one fiery side dish has piquancy enthusiasts turning up the heat and coming back for more.

Donne' (DO' nee) dinanche (di NAN' chee) is a local dish that loosely compares to a salsa. While there is no literal translation for the phrase, the word donne' refers to hot peppers and dinanche means "correct" or to "hit the bullseye," according to Mangilao resident Marvin Crisostomo, who makes the spicy dish.

"You can think of it like donne' done right," Crisostomo said. He explained that there are many variations of the dish. The most available version is one of cooked, blended peppers that can be added to any dish to add spice. This version can be found in stores around the island.

"I prefer the one I make because it has a variety of vegetables that make a distinct flavor," Crisostomo said. He learned to make the dish from his godfather. Crisostomo added that, while he often uses a combination of homegrown and store-bought peppers, he does have a favorite type of local pepper.

"Donne' sali is a small, wild pepper. It's flavorful and it packs the heat," Crisostomo said.

Anyone looking to add some spice to their life won't be disappointed with what donne' dinanche

brings to the table.

Note: It is recommended that donne' dinanche be prepared, using latex food preparation gloves, outside of the home as fumes from cooking hot peppers may cause irritation to the eyes, nose and skin. Any containers and cooking utensils that come in contact with hot peppers should be soaked and washed thoroughly.

Donne' dinanche recipe

Three onions
15-20 stalks of celery
Two large eggplants
One can of sliced mushrooms
Two cans bamboo shoots
Two cans coconut milk
Garlic
Salt
Hot fresh peppers or jarred donne' dinanche (peppers only)

Dice onions, celery, eggplants and bamboo shoots coarsely. The chunks should be diced to cubes about a half-inch on all sides so that they don't break apart when cooked. Garlic may be minced or coarsely chopped and should be added based on desired taste.

If using fresh peppers, remove the stems and leaves from the fruit. Using a food processor or blender, grind the peppers using some coconut milk. A variety of peppers, including a combination of fresh peppers or store bought donne' dinanche, may be used. The amount of peppers used will vary based on individual tolerance.



Local Favorite: Donne' dinanche is a spicy local side dish that is prepared in a variety of ways. While stores commonly sell jars of cooked, blended peppers, the variation shown here is prepared with an assortment of vegetables and coconut milk. Marvin Crisostomo said that while donne' dinanche can be compared to an extremely hot salsa, it really is "like nothing else you've ever tried." (U.S. Navy photo by Anna-Victoria Crisostomo)

In a large pot, sauté onions and garlic until onions become translucent. Add remaining vegetables and some coconut milk and allow the mixture to cook until vegetables are almost tender. While cooking, stir occasionally and add salt to taste.

Add blended hot pepper and coconut milk mixture to vegetables and mix well. Allow the mixture to cook an additional 10-15 minutes. If necessary, add remaining coconut milk to reach desired consistency. The mixture should have the consistency of a

thick chili rather than a soup. Allow the mixture to cool before placing in a refrigerator to set. When cooled and set, distribute into jars or other containers and share with friends and family. Donne' dinanche should be kept refrigerated.

FREE

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

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

Image Makers
Naval Base Guam (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.

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.

On a Budget 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.

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.

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.

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.

Bowl Your Brains Out

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

Mongolian BBQ

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

\$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.

Planetarium brings heaven to earth

By Anna-Victoria Crisostomo
Joint Region Edge Staff

Anyone looking for their own piece of heaven on earth is sure to enjoy a visit to the University of Guam (UOG) Planetarium.

"People will look up and are astounded at Guam skies," said planetarium coordinator Pam Eastlick who has been with the planetarium for 18 years. "People come from the mainland and don't realize the sky here is different and very impressive."

For this reason, Eastlick encouraged all military personnel and their families who are new to the island to come out and see one of the monthly public shows at which people are invited to lay back on the planetarium's padded floors and gaze at the night sky. According to Eastlick, public shows are usually held on the second full weekend of every month. While the shows are free, Eastlick does ask for donations for star maps or if patrons enjoyed the show and would like to support the planetarium.

Eastlick said that while some organizations sell pre-recorded planetarium shows, many of these materials would not work because

Guam skies are "different." For example, the Milky Way Galaxy is visible in Guam skies, an occurrence that, Eastlick explained, is unseen by 80 to 85 percent of humanity.

This month, the planetarium will feature a show on winter skies Jan. 14-15. The shows begin at 6:30 p.m. and are followed by a segment Eastlick calls "Quality Time with the Star Lady" where she takes questions about the skies and space.

Group tours are also offered. To date, the planetarium has played host to specialty groups, school clubs and classes, Japanese tour groups, and overnights for the Girl and Boy Scouts. Specialty shows for groups must be booked in advance.

With almost two decades of service under her belt, it doesn't appear Eastlick will be calling it quits any time soon.

"The one thing I absolutely adore about my job is the information," Eastlick said. "What we believe changes every single day. We are at the beginning of an enormous understanding of what's in space in general."

For more information about the planetarium or to arrange a visit, call Eastlick at 735-2783 or e-mail stars@guam.net.



Out Of This World: "Star Lady" Pam Eastlick makes adjustments to the planetarium head, a machine that projects images of the planets and stars on the planetarium ceiling Jan. 4. Eastlick has been working at the University of Guam (UOG) Planetarium for 18 years. Currently, the planetarium is a one-woman operation that involves writing and recording shows, booking tours and organizing free monthly public shows. (U.S. Navy photo by Anna-Victoria Crisostomo)



FRIDAY, JAN. 14

7 p.m.: Tangled • PG

SATURDAY, JAN. 15

2 p.m.: Tangled • PG

7 p.m.: Love and Other Drugs • R

SUNDAY, JAN. 16

7 p.m.: Love and Other Drugs • 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)

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

Make time; win the battle for a healthy family

By Capt. Timothy Overturf

Joint Region Marianas Force Chaplain

One noted historian maintains that an interest in the past is evidence of a keen interest in the future. What can two military generals, Hannibal and Scipio, teach us about the future health of families? Consider this account from the Second Punic War period, approximately 220 B.C.

Hannibal was the military leader of Carthage, a powerful city on the northeast coast of Africa. Although his march across the

Alps during winter to surprise Rome decimated his army, his battle prowess resulted in a decisive victory. At the Battle of Cannae, in 216 B.C., Hannibal defeated a

much larger Roman army, inflicting 60,000 casualties while losing 6,000 Carthaginians. Hannibal's encampment was now in Rome's backyard. At this point the lesson for families comes into focus.

Scipio was the general who formulated Rome's response to Hannibal's pressure. In order to save

Rome, he left Italy! Yes, Scipio left Italy, but it was in order to carry the attack to the enemy's center of gravity. Scipio left his own soil and sailed across the Mediterranean Sea to attack Carthage in Africa. Carthage then recalled Hannibal from Italy but it was too late. Scipio soundly defeated Rome's historic enemy.

All families face foes that undermine the health of their relationships. The foes' faces are legion, all of whom may appear innocent and several who seem quite friendly. The opponents to healthy family unity can be anything that robs a family of time together. Like a water atomizer, too many activities or unbalanced involvement, although "good" may separate family members, spreading them further and

further apart.

Parents who challenge the foes of family time will carry the day. For instance, regularly watching movies together, (viewing the TV while in the same room) is not a Scipio-like response. Playing board games together, especially ones that utilize teams, draws together. Reading good books aloud followed by lively discussions is Scipio-like. Taking evening meals together is wonderful. The key is closeness — physical and emotional. If deployments or duties prevent physical proximity, communication can maintain solid emotional connection — phone a family member!

Be encouraged. Carry the battle to the hometown of the harried and hurried lifestyle.



Still Moments



Promotion: Joint Region Marianas Region Chaplain Capt. Timothy Overturf has his shoulderboards placed by his wife and children during a promotional ceremony Jan. 13. Rear Adm. Paul Bushong, commander Joint Region Marianas, presided over the ceremony and recalled the time he served with Overturf aboard the USS Frank Cable (AS 40). Overturf was promoted in front of a packed room of family, friends and colleagues at the Joint Region Marianas Headquarters on Nimitz Hill. (U.S. Navy photo by Anna-Victoria Crisostomo)

MMA brawlers invade Guam bases

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

Joint Region Edge Staff

Seven mixed martial arts (MMA) superstars interacted with service members, dependents and Department of Defense employees during autograph signings and interactive exhibitions on U.S. Naval Base Guam (NBG) and Andersen Air Force Base (AFB) Jan. 10-11.

Nate "Rock" Quarry, "Filthy" Tom Lawlor, Dustin Poirier, Joao Assis, Eben Kaneshiro, Kurt ShROUT, and legendary coach Eddie Dahlen were on hand at the Navy Exchange and Single Sailor Sanctuary on NBG Jan 10 to take on all comers during a meet-and-greet session.

"I'm a huge MMA fan, and I was so excited to come out here and meet all of these great fighters," said Fire Control Technician 1st Class (SS) Donald Medlin, of Submarine Squadron 15. "It's awesome to know that they support the military and were willing to travel all the way to Guam to show it!"

After signing autographs, taking photos, and giving thanks to service members for all they do, the fight-

ers were off to an interactive exhibition at the Charles King Fitness Center on NBG.

Hundreds of people showed up to watch the grapplers demonstrate the basics of MMA fighting. Several lucky amateurs were also able to receive one-on-one instruction from the professional martial artists.

"I've been on-island for eight months, and that was by far the most fun I've had," said Construction Mechanic 3rd Class (SCW) Justin Bennett, of Naval Mobile Construction Battalion 11. "It was great to learn techniques from the pros, and a real honor that they'd come all the way out here just to interact with us. I really had a blast."

After their visit to the naval base, the MMA specialists visited the Coral Reef Fitness Center on Andersen AFB to sign more autographs and host another interactive exhibition.

"The training was a really good overview; I liked the pace. It was nice and slow, which made it real easy for you to learn and commit it to memory, as oppose to seeing it done and trying to figure it out yourself," said Staff Sgt. Juan Pacheco, of 36th Civil Engineer Squadron. "They obviously what they're doing and they broke the moves down to a simple level where people could



MMA: Mixed martial arts star, Eddie Dahlen demonstrates takedown techniques during a mixed martial arts demonstration at the Coral Reef Fitness Center on Andersen Air Force Base (AFB) Jan. 11. The fighter visited Andersen AFB as part of an Armed Forces overseas tour with fellow brawlers Nate "The Rock" Quarry, "Filthy" Tom Lawlor, Eben Kaneshiro, Dustin Poirier, Kurt ShROUT and Joao Assis for demonstrations, autographs, pictures, and fitness and nutrition tips. (U.S. Air Force photo by Airman 1st Class Jeffrey Schultze)

learn them fairly easy."

Pacheco said he also felt that events like this help to lighten the mood and improve command climate.

"It's excellent for morale and it's something everyone can enjoy," he said.

Kaneshiro said that it was truly an honor to meet with service members and their families, and to have a positive effect on their morale.

"The military does so many things for us, that it's really hard to fathom the depths of their sacri-

fices," he said. "So if my two weeks of touring can do anything to brighten their day and let them know that we appreciate what they do for us, then it was totally worth it."

The MMA fighters will move on to Japan to continue their tour.

Med Group crowned Andersen soccer champs



Defense!: A 36th Medical Group team member defends the ball against two 36th Civil Engineer Squadron players during the 2010 Intramural Soccer Championship game, here Jan. 10. The Med Group defeated the CE team 3-1. (U.S. Air Force photo/ Airman 1st Class Anthony Jennings)

By Airman 1st Class Anthony Jennings

36th Wing Public Affairs

The 36th Medical Group was crowned champions after defeating the 36th Civil Engineer (CE) Squadron 3-1, during the 2010 Intramural Soccer Championship game on Andersen Air Force Base (AFB) Jan. 10.

"Both teams played a great game with a lot of heart," said William Darling, Med Group coach. "CE put up a fight, but I've known this whole season we were the best team and tonight we proved it."

Both teams went into the game with only one loss each throughout the season. The two met in the playoffs with the Med Group taking the victory 2-1. Because the championship was a double elimination match, the CE team would have to beat the Med Group twice to clinch the championship title, however, the Med Group only needed to win once that night.

The Med Group drew first blood, scoring just 10 minutes into the first half. They controlled the ball for a majority of the half and scored another with seven minutes left until half time. Darling scored both points. The second half ended Med Group 2, CE 0.

"Our defense really stepped up this game," Darling said. "After ending the second half up by two, with CE scoreless, I knew we had the game won already."

Though they were down on the scoreboard, the CE team wasn't fazed by the uphill battle they faced going into the second half.

"We've been a second-half team all year," said Michael Bramble, CE team coach. "Most of the games we've played this year we were down going into the second half, but we've always rallied in the end. We've built the mentality that even though we're down, we can still come back."

The second half proved to be a nail biter. With fancy footwork and fast-paced drives up the field, both

teams played offensive tug-of-war. However, the Med Group's impenetrable defense and solid passing proved too much, leading to another Med Group score by Darling, putting them up 3-0.

Despite being down, the CE team showed true grit and managed to score before the end of the game. Bramble attributed their loss to fatigue and a lack of chemistry between the relatively new team.

"Fatigue was a factor, they had the subs and we didn't," Bramble said. "We also had a lot of guys who were new to the team and came on board mid-season. It's kind of tough to get them in the mix, their legs under them and utilize them the best we can."

"The game went well regardless," he continued. "We played hard and we didn't quit. Our mentality is we're here to have fun. The game can get heated at times because it's a competition, but for the most part it's about having fun and getting some exercise at the same time."

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.

Youth Dance Program

Youth dance registration is from Jan. 3-Feb. 28. The cost is \$127.50 for the first child and \$97.50 for each sibling. For more information, call 564-1844/5

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

Health & Fitness Fair

Coral Reef Fitness Center will host its Health & Fitness Fair Jan. 19, beginning at 8:30 a.m. Fitness and health experts will be on hand with great information. For more information, call 366-6100.

Youth Soccer Registration

Youth Soccer Registration will be held Jan. 10-28 at the Youth Center. Practices will begin Feb. 7, with the season kicking off Feb. 26. Coaches are also needed. For more information, call 366-3490.