

JOINT REGION EDGE

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Naval Hospital breaks ground

By Catherine Cruz Norton
Naval Facilities Engineering Command
Public Affairs

It's the dawn of a new era in Navy medicine according to Navy officials who participated in a groundbreaking ceremony for the \$158 million Naval Hospital Guam replacement project Jan. 14 aboard the installation in Agana Heights, Guam.

"Today, as we officially break ground on a new, state of the art, world class healthcare facility, we celebrate the vision that began more than 16 years ago when members of the Bureau of Medicine and Surgery started to talk about the possibility of a replacement facility for Naval Hospital Guam," said Capt. Kevin Haws, Naval Hospital Guam commanding officer. "Detailed discussions and planning involving thousands of man-hours and countless personnel - designers, architects, and construction firms, as well as Navy facilities and Navy

medicine staff - led us to where we are today, on the brink of opening the next chapter for Navy medicine on the island of Guam."

Haws said the current hospital opened in 1954. Since that time staff there have delivered more than

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Turning Earth: Military personnel and contractors participate in a groundbreaking ceremony to celebrate the start of construction for a new naval hospital aboard U.S. Naval Hospital Guam (USNH) installation. Naval Facilities Engineering Command (NAVFAC) Marianas, USNH Guam and Navy Medicine West (NMW) hosted the event Jan. 14. Leadership present included Rear Adm. Paul Bushong, commander, Joint Region Marianas; Rear Adm. Forrest Faison III, commander, NMW; and Capt. Peter Lynch, commanding officer of NAVFAC Marianas. (U.S. Navy photo by Reynaldo Rabara)



Commando Warriors experience realistic training



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

Airmen deploying in support of overseas contingencies received realistic training Jan. 14 during Ground Combat Skills (GCS) courses offered by the 736th Security Forces Squadron's (SFS)

Training: A team of Security Forces Airmen from throughout the Air Force practice patrolling during Commando Warrior training at Andersen Air Force Base Jan 14. The Airmen learned and implemented various skills including small unit tactics and rescue techniques. (U.S. Air Force photo by Airman 1st Class Jeffrey Schultze)

Commando Warrior flight.

The mission of the Pacific Air Forces (PACAF) Regional Training Center, Commando Warrior, is to enhance the combat readiness of Pacific Air Forces through training and evaluation of force protection and ground combat skills. It is an air base ground defense school for Security Forces Airmen.

Modernization of security forces training has improved at the Regional Training Center through the use of dye-marking cartridges to simulate realism during the training. The GCS courses use "simunitions," dye-filled rounds that fit in M4s or 9MM weapons, to train Airmen on team tactics and movement under fire in simulated combat environments.

"This training is absolutely important," said Tech. Sgt. Marcus Serrano, 736th SFS Commando Warrior instructor. "Today we're showing them how to utilize cover in a way that allows them to fire on the enemy while not leaving themselves exposed, how to communicate, how to fire while moving backwards or laterally, and different techniques to reloading."

Realism is needed to allow students to understand the complexity of urban warfare. Ten opposition forces volunteers, armed with M4s, fired simunition rounds upon the students as they entered the desolate alley. Their mission was to recover the body of a downed pilot.

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Joint Region Marianas celebrates civil rights leader

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

Joint Region Marianas (JRM) military and civilian personnel came together to look back on the birth, life and contributions of famed civil rights leader, Dr. Martin Luther King, Jr., during a celebration at the command headquarters on Guam Jan. 14.

Command Master Chief (AW/SW) Paul Kingsbury opened the ceremony by painting a vivid picture of America in the mid-twentieth century, a landscape full of racial unrest.

"In 1950s America, the equality of man envisioned by the Declaration of Independence was far from reality. People of color - Blacks, Hispanics, Asians - were discriminated against in many ways, both overt and covert. The 1950s were a turbulent time in America, when racial barriers began to come down due to Supreme Court decisions, like Brown v. Board of Education, and due to an increase in the activism of Blacks and Whites, fighting for equal rights."

Kingsbury went on to speak of King as a driving force in the push for racial equality, and said that King's famous speech on the steps of the Lincoln Memorial in Washington, D.C., mobilized supporters of desegregation and prompted the Civil Rights Act of 1964.

"Throughout our country's history there have been significant events and people that have drastically impacted the direction of our country. King is one of a select few of those people, and his efforts and famous 'I Have A Dream' speech are those kinds of select events. This was a critical point in which America was brought face-to-face with the inconsistency of what it proposed and what the reality actually was."

After listening to Kingsbury's history lesson, the lights were dimmed and the attendees watched a recording of King's historic speech. They listened as King spoke of a nation moving past its prejudices and animosities.

"In the process of gaining our rightful place, we must not be guilty of wrongful deeds. Let us



Remembering MLK: Third-graders from Commander William C. McCool Elementary School perform and sing a song in honor of Dr. Martin Luther King, Jr.'s birthday, during a celebration at the Joint Region Marianas headquarters in Agana Heights, Jan. 14. The theme of the event was "Anyone Can Serve," and focused on how King's actions rallied the American people, of all races, to come together and serve the greater good of the nation. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred. We must forever conduct our struggle on the high plane of dignity and discipline. We must not allow our creative protest to degenerate into physical violence. Again and again, we must rise to the majestic heights of meeting physical force with soul force."

They listened as King spoke of national unity and progression.

"We cannot walk alone. And as we walk, we must make the pledge that we shall always march ahead. We cannot turn back."

They listened as King spoke of his dream for the future of the nation.

"I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident, that all men are created equal.'"

As they listened, some nodded

their heads, some wept, some were silent and somber. But all watched with their heads held high and proudly, knowing that King's words had inspired and spurred a nation on towards equality for all citizens.

After allowing Dr. King's powerful words to sink in, the JRM staff was in for another eventful moment as third-graders from Commander William C. McCool Elementary School took the floor to perform and sing Stevie Wonder's 1981 hit song "Happy Birthday."

"The third-graders were amazing," said Culinary Specialist 1st Class Christy Gay. "It's great to the youth getting involved in the celebration of our nation's history and diversity, and we were overjoyed to have them come to the command and help us

celebrate Dr. King."

After the performance, guest speaker Minister Jacob Dowell, Jr., had a few inspirational words about service for those gathered at the celebration.

"As military members, you have dedicated your lives to serving the people of our great nation. You have in effect chosen to put the needs of people that you will never meet, never know, never understand, before your needs and sometimes even before the needs of your own family."

"As we reflect on Dr. King's life of service to a nation to make it a better place not only for his children, but for the children of people he would never meet, never know, never understand; putting the needs of those before his own needs and even before the needs of his family. [This is] what King was really

telling us when he said, 'Judge me by the content of my character and not the color of my skin.'"

Carla Smith, the command Equal Opportunity Advisor, and the event coordinator, sang a rousing rendition of one of King's favorite songs, "If I Could Help Somebody." There was then a trivia contest, followed by a potluck luncheon to end the celebration.

"It was a great event and a great chance to look back on history and the progress we have made since Dr. King's time," said Hull Maintenance Technician Fireman Apprentice Amber Hudson. "I think we all learned some things and have a better appreciation for the struggles that went into making the nation what it is today."

For more news from U.S. Naval Forces Marianas, visit www.navy.mil/local/guam.

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.

Coast Guard Chief Jones is a proven leader

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

Joint Region Edge Staff

Chief Boatswain's Mate Casey Paul Jones said that he joined the U.S. Coast Guard (USCG) more than 11 years ago, for the perils, adventure and a love of the ocean.

"In the Coast Guard, there are a wealth of different jobs, tasks and missions that you can be assigned," he said.

"This keeps a career exciting, along with the constant learning and knowledge gathering. One can become a 'Jack of all trades' fairly easily if they want."

Currently assigned to USCG Cutter Assateague (WPB 1337), Jones said that he loves his rate, which entails navigation, security, search and rescue, law enforcement and ship maintenance.

"Boatswain's mates are true leaders," he said. "They're professional boat drivers and on-the-spot critical decision makers. I love the hands-on field action my rating provides. No desk jockeying for me!"

Jones said that being stationed in Guam has allowed him to gain unique experience to benefit his career and personal and professional growth.

"I've been able to participate in joint bi-lateral professional law enforcement exchanges with Palau

and the Federated States of Micronesia, and attend the 16th Annual International Association of Lighthouse Authorities Convention in Shanghai," he said. "Traveling and visiting a vast amount of ports throughout the Western Pacific and Asia has definitely been a great part of my tour."

With a number of collateral duties, including Operations Department head, law enforcement boarding officer and coxswain, it's no surprise that Jones was recently selected for promotion to chief petty officer. His supervisor praised Jones as a hard worker and leader of personnel, well deserving of his new rank.

"Chief Jones displays outstanding attention to detail and stamina in all facets of his performance," said Lt. Lisa M. Rodman, Assateague's commanding officer. "Since reporting this summer, BMC has always presented viable solutions and means for improvement in all aspects of cutter life, including morale, watch rotation, and security programs. He has been, and continues to be, a tremendous asset to Assateague."

Jones said, though he cannot credit any one person with serving as his role model, he draws inspiration from all of his Coast Guard brothers and sisters.

"My role models are anyone who does the right thing, regardless of popularity at the time and those who have dedication with the strong willed work ethic to achieve their



Top Performer: Chief Boatswain's Mate Casey Paul Jones operates rudder and steering controls aboard U.S. Coast Guard Cutter Assateague (WPB 1337) in Apra Harbor in Santa Rita, Jan. 7. Jones said that being able to work with a wide variety of people in defense of the nation, makes his job a unique and rewarding experience. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

goals," he said. "Someone who recognizes the contributions of others, gives credit where deserved, and does not stand idle when others do not carry their load."

Jones said that the examples he sees all around him in the Coast Guard, give him the motivation to excel at his job and as a military leader.

"They have shown me how to fight for the right thing when needed, how to take care of those that need help or need to be recognized, the foresight to be prepared for the worst situations, and to be strong and dedicated so that missions and goals can be completed," he said.

For other service members looking

to be all that they can be, Jones had a few words of advice.

"The keys to success are knowing your priorities, practicing effective time management, staying organized and being prepared for whatever will come next," he said. "Stay one step ahead of your tasks and always be willing to contribute."



Andersen's Best Tech Sgt. Yeargin keeps SFS Airmen always prepared



Andersen's Best: Tech. Sgt. Tyrone Yeargin, center, 736th Security Forces Squadron, stands with his coworkers after being awarded Andersen's Best Dec. 28. Yeargin was nominated for superior performance as noncommissioned officer (NCO) in charge of Operations. He supervises 24 expeditionary Airmen ensuring all are properly equipped and trained for United States Pacific Command contingencies, disaster response and humanitarian assistance missions. "Sgt. Yeargin leads by example and is a definite asset to the 36th Wing," said Master Sgt. Jantzen Duran, 736th Security Forces Squadron operations superintendent. "He is a highly motivated and model NCO." Andersen's Best is a recognition program which highlights a top performer from the 36th Wing. 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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SPAWAR commander visits Guam facility

By Frank Whitman

Joint Region Edge Staff

Rear Adm. Patrick Brady, commander of Space and Naval Warfare Systems Command (SPAWAR) visited the SPAWAR Facility Pacific Guam in Barrigada as part of a tour of the SPAWAR facilities in the Pacific Jan. 14. The visit was Brady's first to the region since assuming command in August 2010.

During the visit, Brady addressed the facility's personnel during an all-hands presentation that followed a luncheon. He began by telling the group of about two dozen civilian employees that the feedback he had been receiving about the facility was positive.

"Your work is noticed and appreciated by the leadership in the Navy, so I want to make sure that's passed on," Brady said. "That doesn't mean we won't also get that, 'Hey, we could improve in certain areas,' and we should look to do that. But people realize there are a lot of good efforts going on here."

After the all-hands meeting,

Brady talked about the Guam facility and its role in the SPAWAR command.

"SPAWAR is the Navy's information dominance systems command focused on CNO [Adm. Gary] Roughead's vision to achieve information dominance," Brady said. "The folks out here on Guam are really at the pointy end of the spear for us. They're focused on supporting the naval and joint forces located here in Guam — the folks such as the submarines which are deploying, the ships that may visit as well as the joint forces ashore."

Guam's location makes the facility particularly valuable for SPAWAR, Brady said.

"The thing that they allow us to do is have a presence out here in the Western Pacific with the forces that are forward deployed. That allows us to more quickly support and align with the forces out here," he said. "They give us a great opportunity to be able to be with the warfighter and understand the needs of the warfighter and respond quicker to those needs."

Brady also noted the quality of the Guam facility personnel.

"As I come here, it's obviously a very engaged workforce, a very talented workforce and they're very motivated to support the warfighter," he said. "So [I'm getting] very positive impressions on the trip."

During the all-hands, Brady's presentation was followed by that of Capt. Joseph Beel, commanding officer of SPAWAR Systems Center Pacific since December. Beel also outlined his expectations and priorities. Brady and Beel both took questions after their presentations. They had come from visiting SPAWAR facilities in Japan and were to tour facilities in Hawaii on their way back to the U.S. mainland.

Cmdr. Brent West, officer in charge of the Guam facility, said that the personnel appreciated Brady's visit.

"The folks here were happy to see him," West said. "It was an opportunity to meet him and give him an overview of what we do here. And we had covered his commander's guidance before he came, but it helped to hear him talk about it. It was a good visit."



SPAWAR: Rear Adm. Patrick Brady, commander of Space and Naval Warfare Systems Command (SPAWAR), briefs personnel during his visit to SPAWAR Facility Pacific Guam in Barrigada Jan. 14. It was Brady's first visit to the facility since assuming his current position in August 2010. (U.S. Navy photo by Frank Whitman)

Family Advocacy: Prevention over intervention

By Airman 1st Class Anthony Jennings

36th Wing Public Affairs

Whether it's strengthening families, teaching stress management or promoting domestic violence awareness, the Family Advocacy Program is here to promote positive relationships and a healthy Air Force community.

The Family Advocacy Program, located in the Mental Health Clinic on Andersen Air Force Base (AFB), is the focal point for responding to family conflict. Their mission is to build a healthy community on Andersen AFB, implement and evaluate policies and programs designed to prevent, intervene in, and treat child and adult partner maltreatment and retain valuable service members in the Air Force.

"I think many people often think Family Advocacy is only there when something has already

gone wrong, when there is a situation of domestic violence, adult partner maltreatment or child abuse," said Lori Naputi, Family Advocacy education services facilitator. "We are here to work with the family at that point, but we really are, first and foremost, a prevention program."

"We want to keep those types of situations from occurring by focusing on the educational portion to build healthy relationships, healthy families and a healthy community," she continued.

Family Advocacy (FA) provides life enhancement skills to prevent family maltreatment and to increase positive participation in the family system.

The FA staff provides Team Andersen with a wealth of knowledge and experience.

Programs such as the New Parent Support Program (NPSP) were established to assist new

parents in coping with the demands of parenting and military life. Using the Nurturing Parenting Model, a home visitation licensed nurse works with parents to increase their knowledge and skill, and to enhance the lives of newborns and all military children.

"This program differs from anything else we do in the clinic because a Family Advocacy nurse will actually go visit the family in the home," Naputi said. "She works with them in the environment that they'll actually be raising their children. She is also on hand to help the family adjust to the military lifestyle when a baby is in the picture."

The NPSP also provides the Surviving Motherhood Playgroup, a monthly get together for moms with children 0 to 3 years old where nurturing as a lifestyle is taught, promoted and modeled.

Fathers aren't forgotten. The 24/7

Dad's class is for expectant dads to explore issues such as gender stereotypes, the labor and delivery process, and coping with crying.

Aside from the NPSP, FA also offers several enrichment classes. The new Couples Communication Class is designed for any intimate couple wanting to improve their relationship. A series of four sessions covers effective communication, active listening and male-female dynamics.

"The class focuses on communication as well as how to apply it to your relationship," Naputi said. "You don't have to come to this class only if you and your partner are having troubles, the information presented can help prevent troubles from coming up in the first place."

Couple's Communication class, which begins Feb. 3, covers topics such as how to address problems without arguing, why men and women often see things differently,

and how to feel better understood by your partner. A week between each session allows couples to apply what they learned to their relationship.

Healthy Thinking, Managing Anger, and Stress Management classes are also provided by Family Advocacy. All enrichment classes are held in the Health and Wellness Center at the Coral Reef Fitness Center.

"Family Advocacy is about prevention and providing education so individuals can have the skills and resources they need to rely on themselves when dealing with anger, stresses from work or finances, or to communicate more effectively with their partner," Naputi said. "It's important to know these programs are here for you, so you never have to feel like you're dealing with these issues by yourself."

For more information about Family Advocacy programs, call 366-5167.

News Notes

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").

Give Parents a Break

Andersen Air Force Base Child Development Center offers their Give Parents a Break program the third Saturday of the month from 6-11 p.m. To be eligible for this program parents need to have a referral certificate. Certificates for those who qualify can be obtained from your First Sergeant or by calling the Airman and Family Readiness Center at 366-8136.

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.

Key Spouse Training

The Airman and Family Readiness Center offers both initial and quarterly Key Spouse Training. Key spouses are appointed by unit commanders to provide assistance to families of members who are currently deployed. For more information, call 366-8136.

Survey to assess Andersen quality of life

By Airman Whitney Tucker
36th Wing Public Affairs

In an Air Force with more than 350,000 active duty members alone, it may seem the opinions of one person are inconsequential. However, in an ongoing attempt to improve well-being, leadership has implemented a solution.

The Integrated Delivery System Working Group is sponsoring the 2011 Community Assessment Survey from January through March this year.

Approximately 160,000 active duty members, 40,000 reservists, 160,000 spouses of active duty members and 10,000 spouses of

reservists will be randomly selected to participate in the survey. All appropriated-fund civilians will also be asked to participate.

A notification letter including a link to the Web-based survey will be sent out to the work e-mail address of each service member selected to participate. Spouses will be sent a postcard in the mail with the Web link. Everyone selected is encouraged to participate to aid in the success of the project.

"At some point everybody wants to see some change," said Lori Naputi, Family Advocacy Education Services facilitator. "This is an opportunity for participants to

respond openly and honestly about things they may have been hesitant to in the past."

Topics covered in the survey include personal and family adjustment, individual and family adaptation, community well-being, deployment, resiliency, post-traumatic stress and help-seeking stigma.

"Results of the last survey focused our key support agencies' actions on making Andersen a better place to live, work and play," said Lt. Col. Brian Hinsvark, 36th Force Support Squadron commander. "This includes a myriad of chapel, medical, legal, wing staff and force support programs.

The community comments collected directly impacted critical base programs."

The 2011 Community Assessment Survey provides Team Andersen members a unique opportunity to improve the Air Force community in their corner of the world.

"This is something leadership takes seriously," Naputi said. "They ask so many people to complete the survey so that issues that affect a large group can be addressed quickly."

Data collected from the survey will be analyzed and briefed to wing and Air Force leaders. The information will help make communitywide program planning and resource

allocation decisions, which ultimately enhance the quality of life, readiness and retention of Air Force personnel.

"As dedicated community stewards, key support agencies on the base look forward to receiving feedback and collaborating with you to determine where we can best use our resources to benefit in both quality of life, and individual support actions," Hinsvark said. "Feedback is not just encouraged, it is essential."

For additional information or questions on the Community Assessment Survey, visit afcasurvey@icfi.com, or call their toll-free number: 1-855-506-0098.

What is your favorite Quality of Life feature?

Joint Region Edge asked its readers what Quality of Life feature for service members on Guam is their favorite.



"So far what I've noticed is just the amount of selection you get for different types of food that's available all across the bases and the island."

— Construction Electrician 2nd Class (SCW) Joel Glanz
Naval Facilities Engineering Command Marianas



"Probably sports. It's the chance to work out your body. When you get involved in sports, you'll be healthier, both mentally and physically. You'll be able to think clearer and go farther by the end of the season."

— Wally Mugol
Airman & Family Readiness Center community readiness specialist



"For me it'd probably be the new facilities that are being built like the gym and the pool, the new (buildings) that are being built for the military like the barracks. You see a lot of stuff like that going on, so that'd probably be the best."

—Construction Electrician 1st Class Dexter Radcliff
Naval Facilities Engineering Command Marianas



"It's the fitness center. It's another outlet for me to go to after I get off work. It helps me go to sleep. And now that it is open 24 hours, it's a lot better because it works around my schedule."

—Nasimu Norrisromini
36th Security Forces investigator



"Scuba diving, because it's relaxing. It's a chance to get away from everything. Underwater, I have no worries, except running out of oxygen. Other than that, I love the beach because me and my family spend a lot of time there."

—Arturo Ramirez
36th Security Forces investigator

Philippine Sailor gets EOD recognition from U.S.



Pinning: Philippine Navy Officer Lt. Leo Dimoc, center, receives an honorary gold Master Technician pin from Cmdr. Robert Debuse, right, of U.S. Navy Explosive Ordnance Disposal Mobile Unit (EODMU) 5 during a ceremony at Camp Aguinaldo, Quezon City, Philippines. Dimoc was honored for having flawlessly executed his duties as tactical leader in the disposal of more than 100,000 pounds of retrograde ordnance with a perfect safety record. Also in photo is Capt. Rommel Jason Galang, commander of the Philippine Navy Special Operations Group. (Photo courtesy of U.S. Embassy Manila)



Honored: Lt. Leo Dimoc, of the Philippine navy, talks to reporters following a ceremony to honor him for having flawlessly executed his duties as tactical leader in the disposal of more than 100,000 pounds of retrograde ordnance with a perfect safety record. During the ceremony held Jan. 11 at Camp Aguinaldo in Quezon City, Philippines he received an honorary gold Master Technician pin from Cmdr. Robert Debuse of U.S. Navy Explosive Ordnance Disposal (EOD) Mobile Unit 5. He tells reporters that one of his accomplishments was the "remote disposal" of a fragmentation grenade thrown by a suspected terrorist at a village in Bongao, Tawi-Tawi. Using a cellular phone, he was able to give instructions to non-EOD personnel in the area that led to the successful disposal of the grenade. (Photo courtesy of U.S. Embassy Manila)



Coin: Lt. Leo Dimoc, of the Philippine navy, right, is shown holding a U.S. Navy commemorative coin given to him by Cmdr. Robert Debuse, of U.S. Navy Explosive Ordnance Disposal Mobile Unit 5, at Camp Aguinaldo in Quezon City, Philippines. Debuse had also just given Dimoc an honorary gold Master Technician pin during a ceremony to honor him for having flawlessly executed his duties as tactical leader in the disposal of more than 100,000 pounds of retrograde ordnance with a perfect safety record. (Photo courtesy of U.S. Embassy Manila)

USNS Matthew Perry Sailors volunteer at DYA

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

Joint Region Edge Staff

Personnel from USNS Matthew Perry (T-AKE 9) volunteered at the Guam Department of Youth Affairs (DYA) facility in Mangilao, Guam, Jan. 18.

The Sailors spent the day whacking weeds and mowing lawns alongside DYA clients. The youths were excited to see the Sailors, and the Sailors were eager to offer a helping hand.

"We are just doing some yard work and mentoring the youths, telling them what the Navy has done for us and trying to give them some positive reinforcement," said Chief Logistics Specialist (AW) Vanessa Campbell. "It is very important not just here but also in the community to know the Navy is not just about doing a job, but also that we care about everyone we meet and every place we go."

After the cleanup, the Sailors teamed up with the youth in some games of volleyball and ended the day with dinner provided by the facility.

DYA leadership said the alliance was beneficial for the children who are incarcerated and isolated from the

rest of society.

"This is very important," said George Guerrero, officer in charge at the facility. "It gives them a positive aspect in life. I think the kids will appreciate someone coming out here and sharing their time while the kids are locked up."

Adonis Mendiola, DYA director, also felt the event was a positive influence in the young clients' lives.

"This event will help the children at DYA realize that many people care about them and their future," she said. "The day's activities will also teach the kids teamwork and that people are rewarded for an honest day of work. I would like to thank the personnel of Matthew Perry for spending time with our kids, and I encourage the community to do the same."

Matthew Perry is a Military Sealift Command dry cargo/ammunition ship. Its primary mission is to provide logistic lift to deliver cargo, ammunition, food, fuel, repair parts, ship store items, and other materials to U.S. and allied Navy ships at sea. The ship is designed to operate independently for extended periods at sea and can carry and support two helicopters to conduct vertical replenishment.

For more information about the Military Sealift Command, visit <http://www.msc.navy.mil/>.



Perry: Chief Logistics Specialist (AW) Vanessa Campbell from USNS Matthew Perry (T-AKE 9) interacts with a youth during a community service event at the Guam Department of Youth Affairs (DYA) facility in Mangilao, Jan. 18. Campbell and other Sailors from the ship spent the day whacking weeds and mowing lawns alongside DYA clients. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

Frank Cable takes Virginia-class sub alongside

By Mass Communication Specialist 3rd Class Gabrielle Blake

USS Frank Cable (AS 40) Public Affairs

For the first time ever, the Virginia-class attack submarine USS Hawaii (SSN 776) moored outboard the submarine tender USS Frank Cable (AS 40) Dec. 28 in Guam.

“The Virginia class is the nation’s newest fast attack submarine,” said Cmdr. Michael Dufek, repair officer aboard Frank Cable.

Hawaii is the first Virginia-class attack submarine to deploy to the Western Pacific and the first in Navy’s history to be moored alongside a submarine tender.

Cmdr. Bruce Deshotel, Frank

Cable’s executive officer, said this accomplishment is a first for Frank Cable, the Navy and the Virginia-class program office.

“Being able to moor this new class of ships alongside is critical for the Cable to be able to provide necessary support to this class of ship under any and all conditions in Guam or any foreign port in the Western Pacific,” Deshotel said.

In preparation for the new class of submarines, Frank Cable conducted a thorough review of new maintenance items associated with this ship class and also validated parts allowances and special tooling needs for the class of ships.

Dufek said Frank Cable, Hawaii and the Naval Sea Systems Command came together to arrange a configuration that

would allow safe mooring without risk of injury or damage to the submarine, as well as the tender.

“We were able to complete that evolution safely and provide her the support she needed so she could get back to her mission,” Dufek said.

Capt. Thomas Stanley, Frank Cable’s commanding officer, said in order to accomplish the tender’s mission and support the mission of the submarine force, Frank Cable needs to have the capability to tend and moor every type of submarine in the U.S. Navy.

Frank Cable conducts maintenance and support of submarines and surface vessels deployed in the U.S. 7th Fleet Area of Responsibility. For more news from USS Frank Cable (AS 40), visit www.navy.mil/local/as40/.



Alongside: The submarine tender USS Frank Cable (AS 40) tends the Virginia-class attack submarine USS Hawaii (SSN 776). Hawaii is the first Virginia-class attack submarine to be moored outboard of a submarine tender. Frank Cable conducts maintenance and support of submarines and surface vessels deployed in the U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 2nd Class Catherine Bland)

Get all your documents ready, tax season is upon us

By Toni Vegafria

Naval Legal Service Office Pacific, Det. Guam

With the holiday season behind us and tax volunteers anticipating a weeklong tax training for the upcoming Volunteer Income Tax Assistance (VITA) program, we want you to also start going through those “shoe boxes” that hold all those receipts and important tax documents so that when the tax

center opens, you are all ready to get taxes filed on time.

Use this checklist to ensure you have the information and documents that are required in order to prepare and file your tax return:

- Personal Information
- Your (and your dependents’) Social Security or Individual Taxpayer Identification Number (ITIN) cards
 - Last year’s tax return (very helpful)

- Support for dependency exemption (court order, agreement, Form 8332, etc.)

- Bank’s routing number and account number (required for e-filing)

- Reporting Income:
- Form W-2, W-2G, W-2GU, etc...
 - Form 1099-INT, 1099-DIV, 1099R, 1099-MISC, 1099-G, etc...
- Supporting documents to claim credits and deductions:

- Child Care—name, address, and tax ID of care provider and total expenses

- Mortgage interest—Form 1098/property taxes paid during the year

- Educational expenses—Form 1098-T or receipts
- Moving expenses
- Student loan interest—Form 1098-E
- Charitable contributions—Form 1098-C or receipts

- IRA contributions—Traditional or Roth

- Medical/dental expenses—qualified expenses

For more information about the tax center on U.S. Naval Base Guam, call Toni Vegafria at 333-2061/2 or 339-2325.

For more information about the tax center on Andersen Air Force Base, call the 36th Wing Judge Advocate Legal Office at 366-2937.

Protect yourself from numerous online scams

By Legalman 3rd Class
Christina Oliver

Navy Legal Services Office Pacific,
Det. Guam

Scams have been, for many years, causing major problems for Internet users, which is practically everyone, with collective costs rising to the billions of dollars. You'd think by now we'd be scam-savvy, able to look scams in the eye and say, "Yea, don't think so."

Unfortunately, scams evolve in little ways that still seem to get past our defenses, becoming more malicious. Would you believe some of these scammers are posing as charities for disaster victims, military veteran support and even aid for children? (I know; how can these people sleep at night?) Well, that is just the tip of the vile iceberg. The most common of scams still seem to haunt us, and our bank accounts; therefore, it is time for a refresher.

One of the biggest rules to remember when viewing anything on the Internet is "If it sounds too good to be true, it probably is." This is how quite a few, if not most, scams call out and capture a person's attention. These people

have no problem tugging on your heart strings, or stealing someone else's name or business to scam money for their gain. For charity scams, ask for the name, address and phone number of the charity — and whether or not it is registered. If the presenters claim that it is registered, get a registration number. The Better Business Bureau Wise Giving Alliance offers information about national charities; you can call 703-276-0100 or visit their website (www.bbb.org/us/charity/).

Phishing scams are another common cyber nuisance. These scams disguise themselves as your bank with an e-mail or text message, typically saying something along the lines that there has been a security breach on your account and that you must give your information to verify your money, while others will claim you owe a debt and must give your information or suffer legal action. Some are even clever enough to have actual links and logos, but don't be fooled! Your bank would never ask for your information, nor would they send such a request via e-mail. Your bank would call you, and more often than not, would ask

If you have been the victim of an online scam contact:

Navy Legal Service Office
Pacific, Det. Guam
Building 1A
U.S. Naval Base Guam
333-2061/2

36th Wing Judge
Advocate Legal Office
Wing Headquarters Building
Andersen Air Force Base
366-2937

you to appear in person at your bank if there were any issues. This includes your Social Security number! No one should be asking for that information and if they do, question it! If you feel you are the victim of bank or debt fraud, alert your bank and visit your local legal assistance office.

OK, you get an e-mail saying you've won something cool, and all you need to do is go to the website and give your debit number and personal identification

number (PIN) to cover "shipping and handling." This should instantly raise a few red flags in your mind. Ask yourself, "When did I ever participate in a contest to win this?" In the end, you will never receive the item, and strange charges will begin to appear on your account until all your money is gone. Never give out any of your information; ignore it and move on. We all love to win things, but consider first if it is worth the risk of identity theft — something that can ruin your finances more than you can imagine.

Most of us have either heard of or used websites such as eBay and Craigslist. While we'd like to think such widely used sites are secure and full of honest people, it is most definitely not the case. And while we are not saying to stay off these sites, tread carefully. Keep an eye out for typical signs of scammers, the most obvious being when they are listed as residents of a foreign country. Often scammers will want to send you a cashier's check or similar documents that are easy for them to cash. Others will ask you for your information, stating they will send money or accept money in advance or even partial

payments. Even if you are the one selling something, you are not safe from the scammers. One common trick is to send you more than the amount they owe and ask you to wire the money back. Again, never give out your information. Be wary of e-mails for deals that are "too good," if they are too good, they aren't real. Think of it this way, who in their right mind would sell something of value for so cheap?

Scam artists will disguise themselves and use any lie they can to steal from you. Try to remember, "if it doesn't sound right, don't risk trying to figure it out." And if you know of a scam, report it and spare someone else the pain of identity theft. Just because a scam is online doesn't make it any less of a crime.

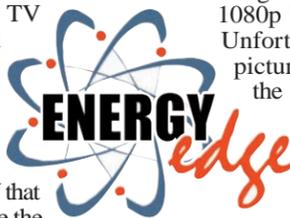
Protect yourself and others from these heinous acts by staying vigilant against cyber crime. For information about the latest scams check out the FBI's website at <http://www.fbi.gov/cyberinvest/escams.htm>. If you have been the victim of an Internet scam, go in to your local legal assistance office immediately and seek legal help.

When buying a TV consider the energy demands

By Patrick Russell

Andersen Air Force Base Energy Manager

When you walk into your local base exchange and go back to the TV section you will most likely be struck by the numerous TV choices. Without a care you purchase the TV that catches your eye the



most, and for no other reason than it just happens to be the biggest Plasma TV on the shelf. So, off you go home, plug it in, and admire its vibrant colors and that sweet, sweet thing we have all come to love, 1080p high definition (HD) TV. Unfortunately, with that great picture comes a monthly price on the electric bill. Not only did you just spend a good chunk of change on a new TV, but also now you're going to pay to power it. On average, of the flat

panel TV options, the plasma types use the most energy, with liquid crystal display (LCD) in second place and the most efficient being the light emitting diode (LED) type.

Screen size is a factor in television energy consumption. For instance, a 32-inch LCD uses about half as much energy as a 52-inch LCD. Another factor is the duration of use, and how disciplined you are at turning it off because it doesn't matter how big the TV is as long as you turn it off when you're done using it.

In addition to the TV's energy

use one should consider all the entertainment options many of us utilize such as video game consoles, digital video recorders and streaming/on-demand video devices.

All these devices also contribute to the total energy consumption of the TV, and even though some of them are now considered a necessity in some cases, the smart thing to do is turn them off when not in use. It's worth noting that plasma TV has many picture quality advantages over LCD TVs, so people who really prize video quality may be

willing to sacrifice some efficiency to get those advantages. On the other hand, today's high-quality LCDs can balance extreme efficiency with great picture quality.

As with all technologies, improvements in HDTV performance are forthcoming with every generation of products and it is expected that power consumption will continue to fall in newer models. So, if you're searching the market for a new television, be sure to consider energy consumption and watch as the savings add up.

2011 Military Fatherhood Award nominations open

Each year the National Fatherhood initiative recognizes an outstanding military father at a special awards ceremony. Military fathers across the country and overseas can be nominated by friends and family for this prestigious honor.

The awardees are fathers/dads who display an ongoing commitment and dedication to their children and who are able to successfully balance military and family life. To nominate a father, please visit www.fatherhood.org/mfanomination.

Nominations will be accepted beginning Jan. 18 and only the first 600 nominations will be accepted so you are encouraged to fill out the form as soon as the nominations open. For more information about the 2011 Military Fatherhood Award

ceremony and reception and nomination process, visit online <http://www.fatherhood.org/mfa/>

Full instructions will be included on the form, but to help you start thinking about nominations, please find the nomination criteria below:

- Nominee's ongoing commitment and dedication to child(ren).
- Nominee's extraordinary effort to father from a distance during military separation.
- Nominee's efforts to successfully balance military life and family life.
- Nominee's efforts to mentor/strengthen other military fathers and/or military children who are separated from their fathers.
- Unique elements to your nominee's story.

Groundbreaking: New facility ‘embodiment’ of trust

Continued from Page 1

25,000 babies, admitted and cared for more than 100,000 inpatients, and have seen in excess of 1 million outpatients.

By contrast, Haws said when the new hospital is complete it will incorporate advances in healthcare delivery, improve patient life safety, and increase efficiencies in hospital operations while continuing to meet the full spectrum of patient and family centered medical and surgical

care for all eligible beneficiaries throughout the lifespan. “The completed hospital will provide 42 beds, four operating rooms, two cesarean-section rooms, and improved diagnostic and ancillary capabilities to include magnetic resonance imaging (MRI) and computed tomography (CT) scanning suites.”

Service members and their families put their trust in the medical community. Guest speaker at the event Commander, Navy Medicine West Rear Adm. C. Forrest Faison,

III said this new facility is the embodiment of that trust. “Navy medicine is unlike any other health care organization in the world for one simple reason,” said Faison. “Everyone who needs our care; everyone who walks through our doors everyday; everyone who comes to us and needs our help is someone who has volunteered to serve our country, or is a family member who has sacrificed so that their loved one can serve, and because of them we are free. They

are truly the heroes of our nation.”

NAVFAC Marianas Commanding Officer, Capt. Peter Lynch said the new naval hospital will be certified by the Green Building Council as Leadership in Energy and Environmental Design or LEED Silver. “This demonstrates that we have the technology and know-how to create functional, attractive and comfortable buildings that conserve energy, water and land without any sacrifice to patient care and convenience,” said Lynch.

“This environmentally sound and sustainable structure is a significant example of our collective commitment to preserving and protecting our environment, while ensuring the highest quality care for our troops.”

Contractors, Watts Webcor Obayashi A JV, will phase the work so the existing hospital remains operational during construction, and the new hospital will be operational before demolition. Construction is expected to be completed in fall 2014.

Warrior: Modernized training for maximum readiness

Continued from Page 1

“We use blow horns, opposition forces, rigged explosions, we yell, we do everything we can to put stress on the students during these scenarios,” said Serrano. “We press them hard enough so they’ll know how to react in a stressful situation.”

The noise, smoke and opposing forces personnel create a high stress environment, especially when combined with the heat and humidity here and will allow the students to improve the training within their organizations where climate conditions are vastly different.

Upon completion of Commando Warrior, PACAF Defenders are ready to meet training objectives and complete their missions in hostile environment.

Security: A team of Security Forces Airmen from throughout the Air Force perform a simulated rescue of a downed Airman during Commando Warrior training at Andersen Air Force Base Jan 14. The Airmen learned and implemented various skills including small unit tactics and rescue techniques. (U.S. Air Force photo by Airman 1st Class Jeffrey Schultze)



Shipshape weight management class starts Jan. 27

By Luis Martinez
U.S. Naval Hospital Guam

Do you want to start off the new year by losing some weight and not gain it back? Then consider attending Shipshape, the Navy's official weight loss program.

Shipshape is an eight-week long class offered by U.S. Naval Hospital Guam, which takes a

"what really works" approach to losing weight and keeping it off. It is open to all TRICARE beneficiaries and will start on Jan. 27 from 3-4:15 p.m. in the galley of the hospital.

Shipshape starts by assisting participants in establishing a realistic goal weight and explaining the basics of healthy eating and safe exercise practices which will

accomplish that goal.

It then works with participants to examine social and emotional issues, which affect weight, including personal obstacles to the implementation of the healthy eating and safe exercise practices taught during the course.

Numerous handouts and online resources are provided to help participants start their weight loss

journey and overcome the self-identified obstacles, which may prevent them from completing it.

A "quick-fix" approach is avoided, as participants will learn various reasons why slow weight loss is the most effective way for most persons to avoid regaining lost weight.

Participants will be assisted continuously throughout the program to develop personal eating and

exercise plans, which accommodate their personal circumstances. Participants will also be afforded two different ways throughout the course to obtain feedback on the implementation of their weight loss plans.

Shipshape is work and work gets things done. For more information or to sign up, call 344-9633. Let us help you be a success in reaching your desired weight.

New AF vice chief of staff takes office

By Tech. Sgt. Jess Harvey
Secretary of the Air Force Public
Affairs

Gen. Philip M. Breedlove took over as vice chief of staff of the Air Force Jan. 14, succeeding Gen. Carrol H. "Howie" Chandler who held the position since August 2009.

Breedlove most recently served

as the Air Force deputy chief of staff for operations, plans and requirements, a position he held since August 2009.

The vice chief of staff assists the chief of staff with organizing, training and equipping 680,000 active-duty, Guard, Reserve and civilian forces serving in the U.S. and overseas.

Breedlove also presides over the Air Staff and serves as a member of the Joint Chiefs of Staff Requirements Oversight Council and Deputy



Advisory Working Group.

Breedlove holds two master's degrees, one from Arizona State University and one from the National War College, and a bachelor's degree from the Georgia Institute of Technology.

Among his many assignments, Breedlove served as the 3rd Air Force commander at

Ramstein Air Base, Germany.

The general is a command pilot with more than 3,500 flying hours, primarily in the F-16 Fighting Falcon. He has received numerous awards, including the Distinguished Service Medal, Defense Superior Service Medal and the Legion of Merit with three oak leaf clusters.

AF officials caution against geotags, location-based services

By Tech Sgt. Karen Tomasik

Air Force Public Affairs Agency

Social media offers many Airmen another way to keep in touch with colleagues, friends and family, but users need to be aware of the risks associated with technical tools that help them share information, officials said Jan. 7.

As more Airmen and their family members use smartphones to take pictures and access social networking sites, they could be inadvertently posting information showing the exact geographic location of their home, work location or daily travel patterns through technology known as “geotagging.”

“When Airmen post photos to

the Web or post their location via location-based software applications such as ‘Foursquare’ and ‘Facebook Places,’ a savvy terrorist or criminal can easily track where they live and work, their route of travel and even determine if they’re away from home,” said Maj. Gen. John Weida, the assistant deputy chief of staff for operations, plans and requirements. “These slips in innocent communication between, family, friends and colleagues can potentially cause an operations-security vulnerability.”

Because geotagging adds geographical identification to photographs, video, websites and SMS messages, people can tag a location on their photos, even if their

camera or smartphone does not have a GPS function.

“Geotags and location-based software updates are just the latest challenge; a simple search for ‘Afghanistan’ on sites such as Flickr or Google Images can reveal thousands of location tagged photographs that have been uploaded,” Weida said. “We need to encourage all Airmen, civilians, contractors, and family members to practice good OPSEC (operations security) and remain aware of what information they are placing in the public domain.”

Many phones are automatically set up to capture this information by default, and users will have to navigate through their phone

settings to disable this function.

Whether global contingency operations are classified or non-classified, the missions may be still be sensitive in nature and Airmen should not tag uploaded photos with their locations, Weida said.

“When taking photos, Airmen should be aware of the surrounding area, understanding that even objects in a photo can give away critical, unclassified information such as the location, type of personnel or type of weapons being used during the mission,” Weida said. “Publishing photos of mission locations can be detrimental to mission success.”

The general added that Airmen often take smartphones or MP3 players to deployed locations,

possibly enabling adversaries to develop a composite of uploaded images and information through the spectrum of commercial programs available.

“Exposing Airmen and unit locations gives the adversary an advantage that could impact the entire mission,” Weida said.

The general lauded the Army for its comprehensive product concerning geotagging that will also help educate the Air Force.

“It is well worth reading by Airmen at every level,” Weida said.

For more information, see the top 10 tips for social media on page 17 of the “Social Media and the Air Force” handbook available at www.af.mil/shared/media/document/AFD-091210-043.pdf.

Air Force officials automate active-duty assignment notifications

By Tech Sgt. Steve Gever

Air Force Personnel Services and Manpower Public Affairs

Air Force officials are automating active-duty assignment notifications for Airmen in the ranks of lieutenant colonel and below beginning Jan. 21.

Airmen will receive an e-mail notification about their new assignments and have seven days to acknowledge their assignments through the Virtual Military Personnel Flight website. Colonels, general officers, basic military training and pipeline students still will use the current assignment

notification process.

Officials are consolidating and modernizing many business processes, and transforming online personnel services was one initiative to help accomplish their goals.

Maj. Gen. A.J. Stewart, Air Force Personnel Center (AFPC) commander, said center staff members continue to research and develop new online solutions to reduce the amount of time Airmen spend on individual personnel actions.

"AFPC is here to take care of the needs of all Airmen by making the personnel process easier for them so they can focus on the mission,"

Stewart said. "The new assignment notification process will automate how Airmen receive new assignments and make it easier for local military personnel sections to manage this program."

Master Sgt. Kathi Glascock, the AFPC's relocation operations manager, said the new notification process not only gives time back to active-duty Airmen, but also streamlines the number of personnel actions associated with managing the assignment notification program.

"AFPC processes about 153,000 assignment actions ever year," Glascock said. "The new notification

system will save Airmen time as well as base personnelists who manage assignments and relocations programs for their installations. It also condensed the new assignment [Report on Individual Personnel] from six to two pages."

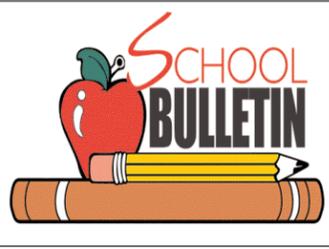
AFPC specialists developed and tested the automated capability for almost two years and sought feedback from personnelists at Lackland and Randolph Air Force bases (AFB).

Master Sgt. Charyl Samson, the 802nd Force Support Squadron relocations superintendent at Lackland AFB, said her office will be

able to eliminate several manual processes that will allow them to accomplish their mission more efficiently.

"From a personnel standpoint, we will save a tremendous amount of time from processing new assignment notifications and suspending members," Samson said. "I'm looking forward to seeing it in action in the field."

For more information about the automated assignment notification process, visit the Air Force personnel services website or call the Total Force Service Center at 800-525-0102.



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 Thursday of every month at 6 p.m. Upcoming meetings: Feb. 10 at Andersen Elementary School

March 10 at Guam High School
April 21 at Cmdr. William C. McCool Elementary/Middle School
May 12 at Guam High School

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

DoDEA Guam District Continuous School Improvement (CSI) 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.

Andersen Elementary School

CSI Family Learning Night: Sharing Student Success will be in the Dolphin Theater Feb. 10 from 5-6:30 p.m. It is open to all AES families.

Andersen Middle School

The Drama Showcase featuring students performing monologues and duo pantomimes will be Jan. 25 from 8:30-9:30 a.m. in the Dragon Theater. All parents welcome. For more information, contact Nel Mercado at nel.mercado@pac.dodea.edu.

The school spelling bee will be Jan. 26 beginning 8 a.m. in the Dragon Theater.

Guam High School

Deadline for purchasing a school yearbook is Jan. 27. Order forms are available at the school front desk or order from the Jostens website at www.jostensyearbook.com. Yearbook cost is \$90. Information about senior ads is forthcoming; deadline for senior ads is March 4. For more information, e-mail Mr. Haight at ian.haight@pac.dodea.edu.

McCool Elementary/Middle School

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

National Assessment of Educational Progress test for fourth grade Jan. 25 and for eighth grade Feb. 2.

McCool students visit Buffalo, Corpus Christi

By Frank Whitman
Joint Region Edge Staff

USS Buffalo (SSN 715) and USS City of Corpus Christi (SSN 705) hosted about 75 eighth-grade students from Cmdr. William S. McCool Elementary/Middle School while berthed at Polaris Point on Guam Jan. 12.

The students were able to tour the Los Angeles-class, fast-attack submarines and see firsthand the work areas and living spaces of the Sailors that make up the submarines' crews.

"As a teacher, my goal is to inspire them to consider different fields and careers," said Cecilio Gonzales the McCool history teacher who had arranged the field trip. "Seeing as how we are a [Department of Defense Education Activity] school and how a lot of the students' parents are in the Navy, it would be nice if we could help them to at least consider a career in the Navy."

Cmdr. Richard Seif, commanding officer of Buffalo, said he was happy to open Buffalo to the students.

"The way I look at it, I've got almost 80 future submariners here," he said. "It's my great honor to show these future submariners what



All Aboard: Eighth-grade students and teachers from Cmdr. William S. McCool Elementary/Middle School pose with Sailors from USS Buffalo (SSN 715) following their tour of the Los Angeles class fast attack submarine during a class field trip to Buffalo at Polaris Point on U.S. Naval Base Guam Jan. 12. (U.S. Navy photo by Frank Whitman)

Buffalo's all about. The crew's also happy to have them here and show them what they do."

Although the students were treated to freshly baked chocolate chip cookies in the submarine's galley, they were most interested in the sub's operational areas.

"I like the torpedo room," said student Ethan Russ. "That's an essential part of the role that the submarines have in the Navy."

Ethan and his twin brother, Aaron, had been on submarines before. They agreed that the field

trip was also a good opportunity for their classmates. Aaron said that he thought his classmates would be most interested in "either the torpedo room or the control room, because that's where the action is."

The tour was the first time that Stephanie Vitkovitsky had been on a submarine.

"I really liked the scope," she said. "I didn't expect to be able to move and adjust it so easily."

It was also the first submarine visit for Jenna Suchyta.

"The torpedo room was cool," she said. "I didn't expect it to be so big. In the movies, they're always so much smaller."

To make the tours manageable, the class was broken into groups of six or seven and assigned to a crewmember who acted as a tour guide.

"It's fun to show them exactly what we do," said Torpedoman 1st Class (SS) Douglas Martin, with Buffalo and one of the day's tour guides. "We want them to know that we're just guys doing a job."

Guam High School dinner theater event wows the crowd



All Warmed Up: Student cast members gather for warmups and words of encouragement before their performances at the Guam High School (GHS) dinner theater at the school in Agana Heights Jan. 14. Cast members from GHS drama classes and the award winning GHS Far East drama team entertained a packed auditorium with 13 skits that included song and dance numbers, various improv skits, pantomime, monologues and an origami presentation. (U.S. Navy photo by Anna-Victoria Crisostomo)

By Anna-Victoria Crisostomo
Joint Region Edge Staff

Several students from Guam High School (GHS) had a packed auditorium laughing, thinking and begging for more during their dinner theater event "A Night with the Stars" Jan. 14.

As the doors opened, audience members were greeted by the aroma of a fresh pasta dinner and eagerly filled their plates and took their seats in preparation for the show. The auditorium filled up quickly.

Cast members from drama classes and the award-winning GHS Far East drama team performed 13 numbers that included song and dance routines, humorous improv skits, a murder mystery, an origami presentation, pantomime and monologues.

Audience participation was in no short supply. During an improv called "Mr. Know-It-All," audience members were encouraged to pose questions to a "five-headed" sage played by Patrick Bailey, Daniel Costello, Mendrix Galvez, Ryan Todd and Miranda. One by one, cast members took their turn to add a word and build on answers to questions that included a query into the

meaning of life and an opinion on the reign of President Obama.

A murder mystery written by Ryan Stanley, Evette Garrido, Christian Limtiaco, Mike Fulbright and Miranda had onlookers on the edge of their seats trying to answer an age-old question. Did the butler do it?

Audience members had the chance to see the students in a variety of roles from detective to murder victim and from love-seeking game show contestants to quarrelsome lovers. This diversity, and the chance to break out of the ordinary, is what 17-year-old Imani Davis enjoys the most about performing.

"I think [I enjoy acting] mainly because I get to be someone other than me and that'd be okay, it'd be accepted," Imani said.

Fellow cast member Danica Pineda agreed with Imani.

"[Acting is] a way to express yourself through different personalities and different perspectives. To me, it's just fun. I would see me pursuing it as a career," Danica said.

For more information on future dinner theaters and upcoming events, contact GHS at 344-7410.

Kantan Chamorrita: Echoes of the past

By Anna-Victoria Crisostomo
Joint Region Edge Staff

In a time before modern luxuries like televisions and radios helped people pass the time, the kantan Chamorrita (KUHN-tan tsa-mor-EE-tuh) was an art form that could be heard flowing through the village winds.

Translated to English, kantan Chamorrita means "songs of the Chamorro woman." These traditional songs could be learned or spontaneous and were used to convey a variety of emotions.

Concepcion Fejeran Garrido, operations manager of the Chamorro cultural village of Gef Pa'go Park in Inarajan, grew up listening to her relatives singing kantan Chamorrita songs.

"[The older generation], they sit under the coconut tree, they sang. When they work, they sang," Garrido said. "They sing it to enjoy themselves. They sing it because it's more like they want to give you a message."

She explained that these native melodies were used in a variety of situations like cooking, cleaning, pursuing courtships, telling stories, giving warnings or recounting a happening in the village.

The kantan Chamorrita could be learned through memorization or

created spontaneously. In the case of the latter, a small competition would ensue.

Garrido explained that, because making lyrics up spontaneously is not a skill that can be taught, she gained much of her knowledge from her own observations. She would watch the exchanges between her elders, that often resembled playful teasing, as they prepared food or cleaned house and she deduced the unspoken rules through observation.

"One [person] got up and starts singing about the situation that is going on and then another one got up and answered him. Then, it goes on and on," Garrido said.

A winner would be determined when one participant could no longer make up verses. This person was coined the champion of the kantan Chamorrita, at least until the next round began another day.

In her position at Gef Pa'go and as a mother, Garrido has taught various kantan Chamorrita songs to dozens of children, including her own. She explained that, because it is a dwindling art form and many people try to modify the kantan Chamorrita, it is important for younger generations to learn the art form.

"It's our heritage. I want them to carry that, especially the [kantan Chamorrita] tune," Garrido said.



Whistle While You Work: Concepcion Fejeran Garrido, operations manager of the Chamorro cultural village of Gef Pa'go Park sings a kantan Chamorrita while preparing cooking ingredients at Gef Pa'go in Inarajan Jan. 10. According to Garrido, these traditional songs could be learned or spontaneous and were used to convey a variety of emotions in numerous everyday occasions. (U.S. Navy photo by Anna-Victoria Crisostomo)

FREE

Karaoke Night

Every Friday at the Silver Dolphin on Naval Base Guam (NBG) Ordnance Annex, 7 p.m. Open to all authorized Morale, Welfare and Recreation (MWR) patrons. For more information, call 564-2280.

8-Ball Tournament

On Jan. 26 at the Hotspot (Andersen AFB), tournament begins at 7 p.m. For more information, call 366-2339.

Golf Clinic

Every Saturday and Sunday from 9-10 a.m. at Admiral Nimitz Golf Course. No need to register! Just stop by to learn the basic fundamentals of the game of golf. For more information, call 344-5838/9.

TAP Workshop

Class at Andersen AFB Fleet and Family Support Center, Jan. 26-28 from 8 a.m.-4:30 p.m. For more information, call 333-2056/7.

Tumbling for Tots

Tumbling for Tots, an interactive play program for kids and parents, is available at the Hotspot Gym on Andersen Air Force Base (AFB) just down the walkway from the bowling center. Hours of operation are Monday through Friday from 9 a.m.-noon. For more information, call the Hotspot at 366-2339.

Children's Story Time

Every Wednesday at NBG Library from 3:30-4 p.m. and at Andersen AFB Library from 10:30 a.m.-3 p.m. For more information, call NBG at 564-1836 or Andersen AFB at 366-4291.

9-Ball Tournament

At Silver Dolphin recreation center (NBG), Jan. 27 at 7 p.m. For more information, call 349-9128

Ping Pong Tournament

At Single Sailor Sanctuary (NBG), Jan. 27 at 7 p.m. For more information, call 564-2280

Sunrise Yoga

Every Friday morning at 6 a.m. at Tarague Beach. End your week with a relaxing yoga session on the beach. Listen to the sounds of the ocean while your body is rejuvenated with the sun's rays. For more information, call 366-6100.

PS3 Tournament

Gran Tourisimo Tournament at the Hotspot (Andersen AFB), Jan. 28 at 7 p.m. For more information, call 366-2339.

Madden NFL Tournament

Madden NFL Tournament at the Hotspot (Andersen AFB), Jan. 29 at 7 p.m. For more information, call 366-2339.

Equipment Safety & Procedure Briefing

At Auto Hobby Shop (Andersen AFB) on Jan. 29 from 1-1:30 p.m. Briefing will highlight policies, equipment safety, how to operate all equipment used in self-help work, and more. For more information, call 366-2745.

Biathlon

On Jan. 29, 6:30 a.m. show and 7 a.m. go. Meet at Coral Reef Fitness Center (Andersen AFB). Biathlon will consist of 5k Bike course and 5k Run. Prizes will be awarded. Sign up by Jan. 25. For more information, call 366-6100.

UNDER \$10

Xtreme Middy Madness

At NBG's Orote Point Lanes every Monday to 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.

TGIF Night

Enjoy your favorite beverages and social hour snacks every Friday in Hightides Enlisted Lounge beginning at 4 p.m. Unwind and enjoy a game of pool or darts with your friends. For more information, call 366-6166.

Tuesday Fajita Night

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

Texas Hold'em Night

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

Wing Night

At Café Latte (Andersen AFB) every Thursday from 5:30-7:30 p.m. Load up your plate with wings for only 35 cents per ounce! For more information, call 366-6166.

Saturday Nights at Bamboo Willies

They'll be cranking up the karaoke machine, so come on down and have some fun. There will be lots of giveaways. The Bamboo Willie's menu will be available and there will be beverage specials. For more information, call 366-6166.

Super Saver Mug Nite

Every Saturday from 5-9 p.m. Purchase one souvenir mug for \$1.50 (comes with beverage), then refill your mug for just \$1! For more information, call 366-6166.

\$10 AND UP

Breakfast at Café Latte

Café Latte at the Top of the Rock (Andersen AFB) offers breakfast from 6:30-9:30 a.m. Monday through Friday and 7:30 a.m.-12:30 p.m. on 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.

Combat 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. Class is for adults only! Classes are held every Tuesday and Thursday from 6-7:30 p.m. Classes are \$60 per month, per student. Sign up soon at the Hotspot, or call 366-2339 for more information.

Family Golf Special

Bring the family on a golf outing to Palm Tree Golf Course (Andersen AFB) Sundays after 2 p.m. and get nine holes of golf, two carts and rental clubs for up to four people for just \$34. Players must be immediate family members (parents and children). For more information, call 366-4653.



FRIDAY, JAN. 21

7 p.m.: Tron: Legacy • PG

SATURDAY, JAN. 22

2 p.m.: Tron: Legacy • PG

7 p.m.: The Tourist • PG-13

SUNDAY, JAN. 23

7 p.m.: The Tourist • PG-13

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



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

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

Chapel Schedule

Naval Base Guam
Office Hours: Monday-Friday, 8 a.m.-4 p.m.
Roman Catholic Mass
Saturday Vigil Mass: 5:30 p.m.
Sunday Mass: 9:30 a.m.
Sacrament of Reconciliation: Saturday, 5 p.m. and Sunday, 9 a.m.

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

Jewish Shabbat
Friday, 6:30 p.m.

Naval Hospital Guam
Roman Catholic Mass Monday-Friday, 11:30 a.m.
Chapel of Hope: Sunday, 9 a.m.
Protestant Service
Monday-Friday, 12:15 p.m.
Interfaith Chapel

Andersen Air Force Base

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

Protestant Worship Service

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

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

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

A moral compass to guide our lives

By Lt. Alan Fleming
USS Frank Cable (AS 40)

What are the morals and values that shape your life? As I wrestle with this question I am reminded of the advice given by the former President Theodore Roosevelt to the "Doughboys" (Army Infantrymen) as they prepared to ship out for the battlefields of France in 1917.

How is it that Roosevelt was in a position to offer such advice? He had lived, and I mean really lived. His accomplishments and adventures read like the dream sheet of any adventure lover – governor of New York, rancher and sheriff in the Dakota Territory, police commissioner of New York City,

assistant secretary of the Navy, led the Rough Riders in battle, vice president – all before age 42 at which time he became the youngest president of the United States of America. Less known is the volume of academic works he produced. His work to end the Russo-Japanese War resulted in him being awarded the 1906 Nobel Peace Prize.

Drawing from a deep pool of experience he knew war would require the best from these young patriots, therefore, he penned the following admonition which was printed on the flyleaf of the New Testament given to each warrior:

"The teaching of the New Testament is foreshadowed in

Micah's verse, 'He has shown you, O man, what is good and what the Lord requires of you: but to do justice and to love mercy, and to walk humbly with your God.' (Micah 6:8)

"Do justice; and therefore fight valiantly against those who stand for the reign of evil on this earth."

"Love mercy; treat your enemies well, support the afflicted, treat every woman as though she were your sister, care for the little children, rescue the perishing, and be tender with the old and helpless."

"Walk humbly; you will do so if you study the life and teaching of the Savior, walking in His steps."

"Remember, the most perfect machinery of government will not keep us as a nation if there is not within us a soul, no abounding of material prosperity shall avail us if our spiritual sense is withered."

"The foes of our own household will surely prevail against us unless there be in our people an inner life which finds its outward expression in a morality like unto that preached by the seers and prophets of God when the grandeur that was Greece and the glory that was Rome still lay in the future." —Teddy Roosevelt, 1917

The English statesman Viscount Lee of Fareham said of Theodore Roosevelt, "Of all the public men that I have known, on both sides of the Atlantic (and there are few that I have not known in the past 30 years), he stands out as the greatest, and as the most potent influence for good upon the life of his generation."

Without doubt, if you and I are to be an influence for good in our generation, we, like Teddy Roosevelt, must base our lives on the morals and values that provide a compass to guide and guard our lives.



Still Moments



Blakeslee: Rear Adm. Patrick Brady, commander of Space and Naval Warfare Systems Command (SPAWAR), presents an On the Spot Award to Faith Blakeslee, information technology specialist, of SPAWAR Facility Pacific Guam during Brady's visit to the facility in Barrigada Jan. 14. (U.S. Navy photo by Frank Whitman)



Magwire: Rear Adm. Patrick Brady, commander of Space and Naval Warfare Systems Command (SPAWAR), presents a 20-year Career Service Award to Dawn Magwire, program manager of SPAWAR Facility Pacific Guam during Brady's visit to the facility in Barrigada Jan. 14. (U.S. Navy photo by Frank Whitman)



Hecita: Rear Adm. Patrick Brady, commander of Space and Naval Warfare Systems Command (SPAWAR), presents a 25-year Career Service Award to Robin Hecita, electronics technician of SPAWAR Facility Pacific Guam, during Brady's visit to the facility in Barrigada Jan. 14. (U.S. Navy photo by Frank Whitman)



Reyes: Rear Adm. Patrick Brady, commander of Space and Naval Warfare Systems Command (SPAWAR), presents a 25-year Career Service Award to June Reyes, supply clerk of SPAWAR Facility Pacific Guam, during Brady's visit to the facility in Barrigada Jan. 14. (U.S. Navy photo by Frank Whitman)

2011 Fitness Fair gets CKFC patrons pumping

By Kelly Payne

Joint Region Marianas Warfighter and Family Readiness

"Ditch the workout, join the party!" That is the official slogan of Zumba, the Latin-inspired, dance-based group fitness class, often referred to as a "Zumba Party." The class has become one of the biggest draws at the Charles King Fitness Center (CKFC) on U.S. Naval Base Guam, as was definitely apparent on Jan. 14, as CKFC hosted its fifth annual Fitness Fair.

The muffled sound of bass pumping grew louder nearing the gymnasium, and as the doors opened, a party is exactly what appeared to be going on. Inside the gymnasium, there was a group of women grinning from ear to ear as they followed the instructor's dance steps and moved with the beat. This particular group happened to be all women, ranging from 3 years old to approximately 60, and although they were all different ages, shapes and sizes, there was no denying that they were all having a good time. One of the participants, Starr Sweetman, said she attends Zumba class at CKFC four times a week, and would attend even more often if additional classes were available.

"Zumba is the first exercise I have ever looked forward to," Sweetman said.

On the other side of the fitness center, in the weight room, the Fitness Fair's Body Weight Competition was taking place at the same time. This was the first year that this event was offered at the Fitness Fair, and five men came ready to challenge themselves and the other participants. The Body Weight Competition consisted of three events: body-weight bench press, pull-ups and body-weight squats. The men ranged from 125 pounds to 190 pounds, and all came to prove, or test, their strength. As each man took his turn, the others stood closely by with fierce concentration



Cycling: Participants raise their heart rates and burn calories during the cycle class at the 2011 Fitness Fair at the Charles King Fitness Center on U.S. Naval Base Guam Jan. 15. (U.S. Navy photo by Kelly Payne)



Yoga: Participants test their balance during the yoga class at the 2011 Fitness Fair at the Charles King Fitness Center on U.S. Naval Base Guam Jan. 15. (U.S. Navy photo by Kelly Payne)

on their faces, letting the competitor silently know that he just might want to do one more rep. One after the other, the men pushed themselves to their personal limits — trying to squeeze out every last bit of strength they could muster. In the end, it was

Mike Dinger who came out victorious. It was probably his astounding 90 squats with 180 pounds of weight that won him the title. Even after receiving his trophy, Dinger said, "It makes you realize how weak you are. This event has

definitely motivated me to continue working out."

The Fitness Fair continued on Jan. 15, beginning at 9 a.m. with a Power Hour group fitness class. Every half hour, a different fitness class would begin, and raffle tickets

were handed out to each participant. The more classes attendees participated in, the better chance they had at winning a fitness-related prize during the two raffle drawings. Along with Power Hour, the group fitness classes offered throughout the morning included kickboxing, cycle, pilates and yoga. The majority of the attendees stayed for the entire three hours, and participated in every class.

In addition to the classes, the main corridor was filled with tables and booths providing information on everything from nutrition counseling to blood pressure readings. Several local vendors were also in attendance, including Larkin Family Chiropractic, who offered free spinal checkups, and a massage therapist who provided free five-minute chair massages. There was also plenty of fresh fruit and water to energize and sustain the participants between classes.

The energy level throughout the morning remained high from both the participants and the instructors — some of whom taught back-to-back classes throughout the event. They all were obviously motivated and dedicated to the success of the participants and the event as a whole. For Jenna Weinert, CKFC fitness coordinator, the event was personally gratifying, as it was her first year being in charge of the Fitness Fair.

"I'm really happy with the turnout, and I'm already looking forward to the next Fitness Fair which will be held in May," Weinert said.

Those who are on a mission to keep their New Year's resolution of losing weight on track, and those who still need the motivation to get back to the gym will be sure to benefit from the many group fitness classes that CKFC has to offer.

For more information about group exercise classes or the many other health and fitness options available at CKFC, call 333-2049.

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.

Youth Soccer League

Soccer registration is from Jan. 3 - Feb. 10. There is a \$25 league fee - uniforms are an additional cost. Practice takes place on base at Harborview soccer fields Mondays and Wednesdays from 5:30-6:30 p.m. Games on Saturdays at the Harmon Loop soccer fields. For more information, call 564-1844/5

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.

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.

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. Pick up registration forms at the Youth Center or get one online at www.36fss.com. Turn in completed forms at the Youth Center. Payments can be made Monday-Friday from noon-5 p.m. Coaches are also needed. For more information, call 366-3490.

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.