

JOINT REGION EDGE

Volume III No. 7

Friday, February 18, 2011



Cope North exercise begins

By Airman 1st Class Anthony Jennings

36th Wing Public Affairs

The U.S. Air Force, U.S. Navy and units from the Japan Air Self-Defense Force (JASDF) began exercise Cope North 11-1 Feb. 13. The exercise, which lasts until Feb. 25, is the latest in a series of bilateral exercises designed to enhance both countries' air operations.

The purpose of the exercise is to provide a venue for bilateral cooperation and improve capabilities for the defense of Japan. This is the largest Cope North exercise ever executed by Pacific Air Forces, with nearly 50 percent more sorties than last year's exercise.

"Exercise Cope North is an outstanding opportunity to work and train together over the next thirteen days, furthering our interoperability and honing our tactics, techniques and procedures," said Col. Marc Reese, 13th Air Force Detachment

1 commander. "Through this exercise, we continue to build strong relationships and friendships that will serve us well as we embark on the next 50 years of the U.S.-Japan alliance."

This will be the 11th iteration of the field training exercise conducted at Andersen and the fifth time the JASDF has dropped live bombs at Farralon De Medinilla Range in the Commonwealth of the Northern

See Cope North, Page 11

Cope North 11-1: Japan Air Self-Defense Force maintainers perform post-flight maintenance on an F-15 Eagle after its arrival here Feb. 11, for the exercise Cope North 11-1. Cope North is a bilateral flying exercise between the U.S. Air Force, U.S. Navy and JASDF, improving interoperability between the two nations through two weeks of aerial scenarios. (U.S. Air Force photo by Airman 1st Class Jeffrey Schultze)



MSRON 7 completes Field Training Exercise



MSRON7: Maritime Expeditionary Security Squadron (MSRON) 7 Sailors put Master-at-Arms Seaman Recruit Rachel Fortney onto a stretcher during a simulated grenade attack as part of a Field Training Exercise aboard Polaris Point in Piti Feb. 10. The FTX tested the Sailors' individual abilities and performance in an embassy evacuation scenario and involved simulated convoy ambushes, grenade attacks and medical evacuations. The intent of the exercise was to place Sailors in realistic scenarios in order to prepare them for an upcoming evaluation. It also proved MSRON7 Sailors ready for deployments. (U.S. Navy photo by Mass Communication Specialist 2nd Class (AW) Jeremy Starr)

By Mass Communication Specialist 2nd Class (AW) Jeremy Starr

Joint Region Marianas Public Affairs

Maritime Expeditionary Security Squadron (MSRON) 7 completed a practice Field Training Exercise (FTX) on board U.S. Naval Base Guam (NBG) Feb. 11.

The FTX tested the Sailors' individual abilities and performance in an embassy evacuation scenario, and involved simulated convoy ambushes, grenade attacks and medical evacuations.

The Sailors laid triple concertina wire to block off the Maritime Operations Center, the central command post, located in the

Polaris Point Club. Within the barricade, they set up a medical facility, berthing tents and an armory, as well as a sentry post to search for water-based threats.

"Our intention for the exercise was to emerge the Sailors into realistic scenarios that they might face in upcoming deployments," said MSRON 7 Chief Master-at-Arms (SW/EXW) Robert Martin who evaluated the command's performance.

According to the chief, not only did the successful completion of the FTX go a long way toward preparing the Sailors for the upcoming evaluation in April, it proved that MSRON 7 is ready for their high intensive

See MSRON7, Page 11

INSIDE

- Geotagging concerns AF leadership, page 5
- USS Oklahoma City (SSN 723) arrives in the Pacific, page 5



Message to the Fleet
MCPON warns Sailors against use of "Spice" and other drugs

SEE PAGE 5



Keeping Families First
Training focuses on success of military children

SEE PAGE 4



Top Performer
Marine Infantryman Sgt. Justin Dues

SEE PAGE 3

CNIC names Brown 2010 Sailor of the Year

From Commander, Navy Installations Command

Commander, Navy Installations Command (CNIC), Vice Adm. Michael C. Vitale announced the selection of Air Traffic Controller 1st Class (AW/SW) Juanita Brown as the 2010 CNIC Sailor of the Year (SOY) Jan. 11.

"We have the very difficult challenge each year of picking the best of the best," Vitale said before announcing the SOY. "The quality of our young people today is the best that it ever has been. I want to congratulate you all."

Brown, a native of Puerto Rico, is stationed at Naval Air Station, Patuxent River, Md., as a Tower Supervisor. She is a nine-year veteran.

"I am overwhelmed and honored by my selection today," Brown said. "The competition was extremely tough."

Brown and the other two finalists, Yeoman 1st Class (SW) Nashera Brown representing

Navy Region Japan, and Naval Aircrewman 1st Class (NAC/AW) Eric Deburkarte representing Navy Region Northwest, enjoyed a tour of many of Washington D.C.'s famous sites including the White House and the Library of Congress.

Brown will now go on to compete for the Vice Chief of Naval Operations Shore Activities Sailor of the Year.

CNIC is responsible for managing all 11 regions and 73 Navy Installations around the world.

CNIC SOY: Air Traffic Controller 1st Class (AW/SW) Juanita Brown was selected as the 2010 Commander, Navy Installations Command (CNIC) Sailor of the Year (SOY). Brown, who will now go on to compete for the Vice Chief of Naval Operations Shore Activities Sailor of the Year, said she was "overwhelmed and honored" by her selection. She is pictured here with CNIC Vice Adm. Michael C. Vitale. (Photo courtesy of CNIC)



Samuels a trailblazer, Coast Guard classic

By Mass Communication Specialist 2nd Class (AW) Jeremy Starr

Joint Region Marianas Public Affairs

In 1944, Lt. Clarence Samuels broke the color barrier to become the first black commanding officer of a U.S. Coast Guard (USCG) vessel during wartime.

Samuels was born in Bohio, Panama, on June 11, 1900. After he turned 20, he immigrated to the United States and joined the USCG as an alien. During this era, segregation was the common practice in all military services.

Samuels was sworn in as a Seaman 2nd Class on July 16, 1920 aboard USCGC Earp at Balboa Canal Zone, Panama. He was initiated into messman duty for his first enlistment, earning \$5 per month. After nine years of service, Samuels was promoted to Chief

Quartermaster on Oct. 10, 1929.

During the peacetime years between World Wars, the USCG engaged in a constant battle against rum-runners seeking to circumvent the prohibition laws. As a result, Samuels spent most of his first decade in the service at sea, including tours aboard USCGC Earp, USCGC Swift, USCGC Shawnee, USCGC Mojave (WPG47) and USCGC Argus.

Samuels became a naturalized U.S. citizen on July 21, 1923. On July 18, 1928, six months after returning from a deployment, he assumed command of USCG Patrol Boat AB-15, operating out of Savannah, Ga.

During the second decade of his career, Samuels spent five years aboard the USCG's only lifeboat station, Pea Island. The station was located on the outskirts of North Carolina and was manned entirely by black Coast Guardsmen.

Samuels next reported to the USCG Depot in Curtis Bay, Md., on July 16, 1935. His personnel jacket shows that, during this period, he functioned primarily as personal driver to the USCG's then-commandant, Rear Adm. Russell R. Waesch.



During his time as Waesche's personal driver, Samuels made history by becoming the first black photographer in the USCG and was appointed to the rate of Chief Photographer's Mate, a non-established rate. After one year serving as an acting photographer, Samuels' rate was established as an official USCG rating.

On Sept. 1, 1942, the president appointed Samuels to Boatswain, a

warrant officer rating, for temporary service. On Aug. 31, 1943, less than a year later, Samuels, now damage control officer of north Atlantic weather station USS Sea Cloud (IX99) was advanced to the rank of lieutenant junior grade.

On July 29, 1944, Samuels again made history when he became the first black Coast Guardsman to assume command of a USCG ship. He took over command of Lightship No. 115, nicknamed the "Frying Pan," which was operating in the Panama Sea Frontier. Because he took this post during World War II, he was also the first black commanding officer of a USCG vessel during wartime.

On Sept. 27, 1944, just two months after taking command of the "Frying Pan," Samuels was promoted to lieutenant. He continued to command the cutter until May 18, 1945, when he took the reins of Lightship No. 91. He would also

command USCGC Sweetgum (WLB309).

As result to the Coast Guard's massive demobilization following the end of the war, Samuels' rank was revoked on June 25, 1946 and he was demoted to Chief Photographer's Mate. However, on the exact same day, he was temporarily appointed as Chief Boatswain's Mate. His position became permanent on July 1, 1946.

The following year on Sept. 1, 1947, Clarence Samuels retired from the Coast Guard after 27 years and 13 days of active duty service. During his enlistment, Samuels was awarded the American Defense Service Medal, American Campaign Medal and World War II Victory Medal.

After his retirement, Samuels made his home in Sonoma, Calif. where he died in 1983 at the age of 83.

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.

Marine Infantryman always proud, motivated

By Marine Corps Sgt. Alex Polley
Joint Region Marianas Public Affairs

Sgt. Justin Dues is a seven-year Marine veteran currently stationed with Marine Forces Pacific (Forward) Guam and the Commonwealth of the Northern Mariana Islands (MARFORPAC). He said he joined to serve his country by learning to train and fight in one of the best fighting organizations in the world.

"[I wanted] to fight for my country and to instill virtues and values I knew I couldn't get anywhere else," Dues said. "I knew that being infantry would get me on the frontlines of the global war on terror and that I would learn to do things unimaginable to the average civilian."

Dues said he understands that the Marine Corps is the "first to fight," and at times must overcome obstacles that are near impossible.

"We are the tip of the spear," he said proudly. "We adapt and overcome. If we cannot find a way, we will make one."

The sergeant said that he welcomes every aspect of his job and accepts all responsibility that the job entails.

"I like the fact that every day when you wake up, you have the opportunity to do something different," Dues said. "One never knows what the next day will bring in the infantry. I like being trusted to lead men into combat and being held responsible for their lives. With such a great responsibility, my job never ends teaching and mentoring my Marines."

According to Dues' supervisor, Gunnery Sgt. Gray, the sergeant performs his job outstandingly.

"Dues performs his everyday duties expeditiously, by creating training programs for Marines from scratch in order to assist in completing all required annual training and assist in the Marines promotion," Gray said. "Sgt. Dues positively affects the command by knowing, understanding and performing the Commander's intent at all levels."

Gray said that Dues is a Marine that is constantly hard-working, always motivated, and continuously looks to better himself no matter what command he is at.

"Sgt. Dues sets a superior example for his junior Marines by staying in top physical condition, and completed his last combat fitness test with a score of 295," he said. "He leads with an example for all to emulate. Dues stands out from his peers by upholding the Marine Corps' high standards of honor, courage and commitment at all times."

Gray also acknowledged Dues' superior performance outside of his job field.

"He has participated in the Toys for Tots program with great success and also attended two separate funeral details to show great respect for the dearly departed," he said. "Dues has also given up his own time to participate in local community events such as painting of the Dededo veterans wall, renovating local bus stops and the cleaning of many different monuments throughout the island."

Dues accepted the respect and praises he received from his superiors, but said that it's all the Marines that he draws knowledge and respect from.

"In the military, I honestly look to all the Marines around me," he said. "I try to pick and choose the best traits that I can learn from the various leaders that I encounter. I take what I learn from others and continue to try and



Dues: Sgt. Justin Dues, right, of Marine Forces Pacific (Forward) Guam and the Commonwealth of the Northern Mariana Islands speaks with students at Benavente Middle School in Dededo Feb. 4. Dues is pictured here with Lance Cpl. Corey Smith, left, and Sgt. Brian Price, center. (U.S. Navy photo by Marine Corps Sgt. Alex Polley)

spread the wealth of knowledge that I acquire."

While Dues may hold all his fellow Marines as role models, he said there is one role model that he holds above all.

"My father has always been a role model in my life, showing my siblings and I that good things come to those who work for

them," he said. "He instilled a good work ethic in us at a young age, which has helped me focus and be successful in the military."

For those who are looking to emulate Dues' behavior and success, he had some advice.

"Work hard, set the example, and always seek self-improvement," Dues said. "That's the Marine way!"

Andersen's Best: Dela Cruz goes above and beyond



Andersen's Best: Senior Airman Angelo Dela Cruz, 36th Maintenance Squadron, stands with his peers after being awarded Andersen's Best Feb. 10. Dela Cruz was recognized for his superb job performance and his consistent impact within the accessories flight, and his direct impact on the excellent rating for Non-classified Internet Protocol Router Network received during the recent Command Cyber Readiness Inspection.

For his outstanding performance, dedication, commitment to excellence and actions above and beyond expectations, squadron and wing leadership awarded him Andersen's Best.

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

To nominate your Airman for Andersen's Best, send an e-mail explaining their accomplishments to ebone.garden@andersen.af.mil.

(U.S. Air Force photo by Airman 1st Class Jeffrey Schultze)

Joint Region Edge is an authorized publication for overseas members of the U.S. military and their families. Contents of this publication are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or Guam Publications, Inc. The appearance of advertising in the publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, Commander, Joint Region Marianas of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. Joint Region Edge is published by Guam Publications, Inc., a private firm in no way connected with the Department of Defense, the U.S. Navy, or the U.S. Air Force, under exclusive contract with the Commander, Navy Region Marianas, located in Bldg. 200. Editorial material is due at noon on the Thursday before publication date. All classified advertise-

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

Rear Adm. Paul J. Bushong, USN,
Commander, Joint Region Marianas

Brig. Gen. John Doucette, USAF
Deputy Commander, Joint Region Marianas

Joint Region Marianas Public Affairs

Lt. Jodie Cornell, USN,
Public Affairs Officer
349-4055
jodie.cornell@fe.navy.mil

Coleen R. San Nicolas-Perez
Deputy Public Affairs Officer
349-3209
coleen.perez@fe.navy.mil

Theresa Merto Cepeda
Public Affairs Director, DZSP 21 LLC
349-6114
theresa.cepeda@fe.navy.mil

Reporters
Mass Communication Specialist
2nd Class (SW) Peter Lewis
349-4476
peterlewis1@fe.navy.mil

Mass Communication Specialist
2nd Class (SW) Corwin Colbert
349-4376
corwin.colbert@fe.navy.mil

Anna-Victoria Crisostomo
349-2115
anna.crisostomo@fe.navy.mil

Photographers

Reynaldo Rabara
349-5435
reynaldo.rabara@fe.navy.mil

Raymond Torres
349-5435
raymond.torres@fe.navy.mil

Write to us at:
Joint Region Marianas
Public Affairs Office
PSC 455 Box 152,
FPO AP 96540

36th Wing Public Affairs

Capt. Andrew Hoskinson
Chief of Public Affairs
366-2228

Reporters
Tech Sgt. Mike Andriacco
366-2228

Staff Sgt. Jamie Powell
366-4202

Staff Sgt. Beth Del Vecchio
366-2228

Senior Airman Nichelle Anderson
366-2228

Airman 1st Class Jeffrey Schultze

366-2228

Airman Basic Julian North

366-2228

Airman 1st Class Anthony Jennings

366-2228

Airman Whitney Tucker

366-2228

Air Force keeps family first throughout 2011

By Airman Whitney Tucker
36th Wing Public Affairs

Although the Year of the Air Force Family officially came to a close July 2010, Air Force officials and personnel continue to make family a priority in 2011.

Diana Durbin and Tracey Stough, members of the Military Child Education Coalition (MCEC), conducted child transition training at the Guam Marriott Resort and Spa in Tumon Feb. 10 and 11.

According to their fact sheet, when the MCEC was first established in 1998, the founding members set out to help military-connected children meet the challenges that frequent transitions pose during a child's educational years. Over the years, the MCEC mission evolved and is now focused on ensuring quality educational opportunities for all military-affiliated children affected by mobility, family separation and transition.

"The purpose of the training is to help prepare educators and military installation professionals who work with children and families," said Barbara Askey, U.S. Naval Base Guam (NBG) school liaison. "We educate them on how to recognize and address school transition



MCEC Training: Service members and local educators attend military child transition training hosted by the Military Child Education Coalition (MCEC) at the Guam Marriott Resort and Spa in Tumon Feb. 10 and 11. The training was intended to help prepare educators and military installation professionals who work with children and families to recognize and address school transition challenges that impact students. (U.S. Air Force photo by Airman 1st Class Whitney Tucker)

challenges that impact military children."

Participants ranged from members of Andersen's Airman and Family Readiness Center (AFRC) to local social workers. Attendees had the opportunity to address some issues military children face throughout their educational years and work through them.

"Some of our objectives during this seminar were to increase awareness of common ground between

children and educators, explore how resilience helps kids through transitions and describe the effects of deployment and separation on young, school-age children," Stough said.

Stough believes building a foundation between educators and students can greatly contribute to a child's ability to adapt to new environments and overcome challenges.

"Oftentimes, children and education professionals have more in common than you would imagine,"

she said. "Finding these similarities can help a child to open up and feel more at home in a situation that might normally cause them to be introverted. Feeling a kinship with educators can also help students overcome feelings of loneliness during deployments."

Melissa Casil-Chargualaf, military and family life consultant for the Guam National Guard, took away valuable information and resources from the seminar.

"This is my third conference," Casil-Chargualaf said. "The instructors are very consistent in providing quality information. The seminars are relevant in every area; you can apply them to almost every situation."

Attendees also learned about taking advantage of valuable community assets that are often overlooked.

"Sometimes you forget there are programs available in your local area that can provide support," Casil-Chargualaf said. "Churches, recreation centers and other organizations can be very useful when working with young children and adolescents. Many times, they just need a place to use their creativity and let off some steam."

All in all, the seminar provided new, useful information to members of the community who are dedicated to making a difference in the lives of our nation's youngest heroes.

"Our goal is to enable these children to learn effectively and develop the skills they need to live full, happy lives," Stough said. "We understand, as military children, they face challenges the average child might not, but we can help them to overcome these challenges by better educating ourselves and each other."

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 349-6119/2224.

Commander Joint Region Marianas

Financial Management Analyst, Closes Feb. 21

Paralegal Specialist, Closes Feb. 21

Naval Facilities Engineering Command Marianas

Carpenter, Closes Feb. 21

Naval Hospital Gas Station Pumps Closed

The replacement of the existing roof canopy on the NEX Gas Station at U.S. Naval Hospital Guam began Feb. 1. The gas station's fuel pumps will remain closed through Feb 22. The NEX minimart in the gas station remains open to customers, but access is through the back side of the station. Signs are set up to direct customers.

Give Parents a Break (GPAB)

Andersen Air Force Base Child Development Center's (CDC) next monthly Give Parents a Break night will be Feb. 19 from 6-11 p.m. To be eligible to use this program, parents must obtain a referral certificate. Certificates for those who qualify can be obtained from the Airman and Family Readiness Center (AFRC) or your 1st sergeant.

Fire Truck Pull

How strong are you? Come find out! Get your friends together and sign up for the Coral Reef Fitness Center's Fire Truck Pull at Andersen Air Force Base Football Field Feb. 28 at 8 a.m. Deadline to sign up is Feb. 25. For more information, call 366-6100

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.

February Flea Market

Sell items you no longer need or pick up some great bargains at the Hotspot's monthly Flea Market Feb. 19 from 8-11 a.m. in the Hotspot Gym. You never know what you'll find for sale, so don't miss out on a chance to come away with some really cool items. Table fee for sellers is just \$10 each. Sellers can set up for the flea market either the Friday evening prior from 6-9 p.m. or beginning 7 a.m. the morning of the flea market. Reserve and pay for your tables at the Hotspot, or call 366-2339 for more information.

Great American Spit Out

Consider quitting your use of smokeless tobacco. The Department of Defense (DoD) has designated Feb. 24 as the Great American Spit Out. This event is designed to increase awareness of the dangers of smokeless tobacco use and provide resources to help people quit. Visit www.ucaquit2.org to obtain additional information, resources and downloadable materials. Contact Luis Martinez of Health Promotion, U.S. Naval Hospital Guam (USNH) at 344-9124 for more information.

Crews Into Shape 2011

Have fun while losing weight, eating better, getting exercise and qualify to earn a free pedometer and cookbook (while supplies last). Form a Crews Into Shape team by Feb. 28. Crews Into Shape is a Navy-wide wellness improvement program which encourages active duty and civilian personnel to form 2-10 person teams which work on developing healthy lifestyle habits and accomplishing small weight loss goals during March. Visit http://www.nmcpnc.med.navy.mil/Healthy_Living/Resources_Products/Crews_Into_Shape/crews_info.aspx to form your team or contact Luis Martinez of Health Promotion, U.S. Naval Hospital Guam (USNH) at 344-9124 for more information.

Women Veterans Conference

The 5th Women Veterans Conference is scheduled for March 4 at the Outrigger Guam Resort from 8:30 a.m.-4 p.m. Sponsored by the Guam Vet Center, U.S. Department of Veterans Affairs, Purple Ribbon Campaign and Guam Department of Labor, this year's theme is Her Story is Our Strength. Registration fee is \$25 and includes lunch. For more information or to register, call Norma at 483-0184 or e-mail normacastillon@yahoo.com or jessica.bernardi@andersen.af.mil.

Andersen Air Force Base Auto Hobby Shop

The Andersen Air Force Base Auto Hobby Shop's alignment machine is currently inoperable. Wheel alignment service has been suspended until further notice. To assist you with any questions, contact Ike Evangelista at 366-2745 or Syomi Dodd at 366-2220/7443.

USS Oklahoma City arrives in the Pacific

By Mass Communication Specialist 2nd Class (SW/AW/SCW) Ronald Gutridge

COMSUBPAC Public Affairs

The Los Angeles-class submarine USS Oklahoma City (SSN 723) arrived at Joint Base Pearl Harbor-Hickam for a port call Feb. 10 while conducting an inter-fleet transfer.

Oklahoma City completed an engineered overhaul in Nov. 2010 at Portsmouth Naval Shipyard. About midway through the overhaul, the crew learned that Oklahoma City would be reassigned to Commander Submarine Squadron (CSS) 15 in Guam.

Cmdr. Aaron Thieme, Oklahoma City commanding officer, recollected all the hard work his crew has done leading up to this port visit.

"We departed the shipyard Nov. 16 and since then have been conducting operations at sea in order to complete post-overhaul trials and certifications,"

Thieme said. "The crew has performed superbly, is excited to finally arrive in the Pacific Fleet and is looking forward to some well-deserved rest and relaxation while visiting Hawaii."

The crew of approximately 130 personnel will have the opportunity to enjoy the sights, sounds and culture of Hawaii during their stay.

USS Oklahoma City will replace USS City of Corpus Christi (SSN 705), maintaining three submarines forward-deployed to Guam. Forward-deployed submarines are readily capable of meeting global operational requirements. Guam's strategic location enhances military force flexibility. Its location allows freedom of action, regional engagement, crisis response and deterrence while helping to fulfill commitments to U.S. allies and partners to protect our nation's security.

Rear Adm. Frank Caldwell, Commander Submarine Forces, U.S. Pacific Fleet, welcomed the submarine to Hawaii and to the Pacific.



Oklahoma City: The Los Angeles-class submarine USS Oklahoma City (SSN 723) arrives at Joint Base Pearl Harbor-Hickam for a port call Feb. 10 while en route to Guam. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW/AW/SCW) Ronald Gutridge)

"You will be joining a Pacific Submarine Force with a rich heritage and a tradition of excellence," Caldwell said. "For the better part of a century the

submarine force of the Pacific has led the way in tactical and technical innovation. I know that you and your men will carry on that legacy of greatness."

USS Oklahoma City is the second ship to be named after Oklahoma City, Okla. She was launched Nov. 2, 1985 and commissioned July 9, 1988.

Officials caution against location-based services

By Airman Whitney Tucker
36th Wing Public Affairs

The recent advancement of social media bridges the gap between Airmen and their loved ones around the world, but users must be mindful of the risks associated with technical tools that enable the free-flow of information, officials said Jan. 7.

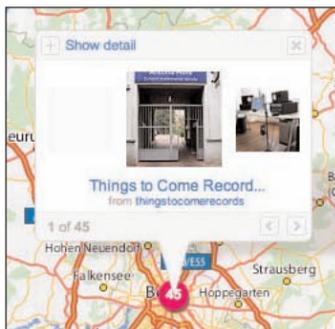
As smart phones and social networking sites become increasingly more popular among Airmen and their family members, the threat of inadvertently posting information showing the exact geographic location of their home, work location or daily travel patterns through technology known as "geotagging" becomes more and more prevalent.

"When Airmen post photos to the web or post their location via location-based software applications such as Twitter and Facebook Places, they could potentially be

giving someone intent on harming, robbing or scaring them the opportunity to know their exact whereabouts and travel patterns," said Tech. Sergeant Michael Valencia, 36th Wing Command Post noncommissioned officer in charge of information management. "If they are in a deployed location, they could also be giving away valuable operations security information."

Because geotagging adds geographical identification to photographs, video, websites and short message service messages, people can tag a location on their photos, even if their camera or smart phone does not have a global positioning system function.

"In this day and age, we tend to think of all the new technology and gadgets as nothing more than a nicety," Valencia said. "We forget that these advancements can also be used against us and should be guarded and used wisely."



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.

"When you create a Facebook account or buy a new smartphone or camera, it is important to read the user manual and know what steps you must take to disable the geotagging feature," Valencia said. "Being prepared and educated is the first step a person should take when

dealing with an advanced technology."

Whether global contingency operations are classified or non-classified, the missions may still be sensitive in nature.

"Even if a mission is not classified, you could give away critical information without ever intending to," Valencia said. "Airmen must be mindful of what could be in the background of photos. Classified information, maps and routes that should not be published to the Internet can be leaked and taken advantage of by adversaries."

Valencia added that even innocent correspondence intended for family and friends can be used against service members if not properly guarded.

"The data included in a geotag is primarily coordinates of latitude and longitude," he said. "Sometimes we assume that our enemies are not as technologically savvy as we are and underestimate their capabilities.

Posting things as 'private' may suffice when dealing with the average user, but when someone is purposely seeking information, these methods can fall through."

Exposing Airmen and unit locations gives the adversary an advantage that could impact the entire mission.

"Everyone should be aware of the threat geotagging carries," Valencia said. "As members of Team Andersen, it is our duty to do everything we can to ensure the mission is accomplished. Accidentally giving mission-critical information away via the Internet can be detrimental to the Air Force mission both here and overseas. We must do all that we can to see that our brothers and sisters in arms come home safely."

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.

NLSO offers tips to protect against landlord-tenant issues

By Legalman 2nd Class (AW)
SueAnn E. Braun

Navy Legal Service Office Pacific, Det. Guam

Here at the Navy Legal Service Office (NLSO), we have seen an increase in landlord-tenant issues—from members not getting their security deposits back to living in unsafe conditions. We want to ensure that every service member knows that help is available and where to turn for help.

At the NLSO, we are available to

assist with any questions or concerns you might have regarding your current lease and landlord. Here are a few tips to help you avoid possible issues dealing with your lease:

- Always read your lease thoroughly before signing. If you have questions, bring the lease in to your legal assistance office.

- Do a pre-inspection of both the inside and outside of your property. Take pictures and have your landlord sign off on any discrepancies. Document everything. Don't give your landlord any reason to be

able to hold your security deposit.

- Understand your responsibilities as a tenant both while living in the property and upon moving out. Know where to report problems, who maintains the grounds and when rent is due.

- Get everything in writing — corresponding through email is best, not via phone or text message.

- Be wary of "friendships" with your landlord. Tenants who develop friendly relationships with their landlords may be led to think that their landlord will take a text message or oral notice as formal

"move out notice." When it comes time to actually move out, the landlord may say they never received the 30 days required notice. This leaves the member having to pay those extra 30 days of rent out of pocket.

- When moving out, do an inspection with your landlord and document everything in writing.

- Understand the "30-day notice" guidelines regarding rent payments and move-out notifications—this means that you need to discuss your responsibilities about these items with your landlord.

- Most importantly, understand that Navy and Air Force legal are here to help. If you have a problem, come and see us.

These tips might not solve all potential problems you may encounter, but they will help you to know when you have a problem. If your landlord refuses to correct unsanitary conditions, safety hazards, or security concerns, your rights as a tenant may be violated.

If you have questions or to make an appointment, call NLSO at 333-2061/2 or Andersen Legal Office at 366-2937.

The wingman concept: Strive to ‘get it’

By Lt. Col. James Wilkerson
80th Fighter Squadron Commander

Here is the scenario—you’re in the gym and notice two individuals tossing weights around without note of who is around them or care to the damage they may be causing. Finally, someone has had enough and ventures over to speak with them. Not wanting to eavesdrop (but we all like to, right?), you overhear one ask our virtual do-gooder, “What is your problem? Did you buy the weights? If not, step off and let us get on with it.”

OK, we’ve all witnessed this scenario in various forms or examples. We’ve also all heard derivatives, either first or second-hand, and then offered our own well-intentioned guidance. I’m sure you have.

I have too. However, this discussion has nothing to do with stepping in and doing “the right thing.” While doing the right thing is certainly important, I’m just not sure we all really “get it,” because the scenario I just presented should never have happened. If we really did “get it,” the wingman concept alone should prevent circumstances like this from ever happening. In fact, this particular situation did occur—very recently.

Let me provide an illustration to help meander about my point. One night in Southern Iraq, and just before the start of Operation Iraqi Freedom, my wingman and I were targeted by a surface-to-air missile battery while escorting various assets on a sensitive mission. After we began our defensive maneuvers,

it became immediately clear that one missile was tracking on my aircraft. I still recall each moment as if I was still there, and recall my wingman in full afterburner heading straight at the launch site. As I called him off, I began a last-ditch maneuver in order to generate some miss-distance for the missile.

Luckily, it worked and I instantly turned away and began to formulate an attack game plan in my mind. Before I could do that, I distinctly heard my wingman calling out for an immediate



personnel recovery and that he believed I was hit. While he clearly did not know I was safe, it was evident to me and everyone else that he “got it.” His actions made it crystal clear—he understood the real mantra behind the rationale for the wingman culture. Further, I’m certain he didn’t have to be a pilot, or my actual wingman, to “get it” or the crux of the wingman philosophy.

A wingman is a leader, a follower, a mentor and a student all wrapped into one. A true wingman would not allow his fellow wingman to make the wrong choice or infer the wrong intent. A true wingman helps his buddy out of a tight spot and stands by his teammates with unflappable resolve. Most wingmen are bound by the same ideals, namely,

dedication to a cause with spirit and mettle. So, if we were to reflect on the first example, clearly, the wingman culture was not in place nor was it enforced by the team around the hooligan-ish duo. In case you’re wondering, I’m using the word “team” as a collective team and, the last time I checked, we’re all on the same team.

Our great team has certainly endured our own fair share of testing moments, and through these we’ve learned several valuable lessons at an often unbearable cost. However, throughout these tests of time, the wingman culture has been alive and well. It’s the reason we’re as good as we are today and as great as we can be tomorrow. So, count on your wingman and always strive to be a good one.

Promoting healthy families



FFSC Campaign: Capt. Richard Wood, commanding officer U.S. Naval Base Guam (NBG), lends a helping hand to Fleet and Family Support Center (FFSC) Family Advocacy Program educator Erlinda Montecalvo, left, as she passes out positive parenting information at the Navy Exchange main store on NBG Feb. 14. The FFSC campaign promotes healthy and peaceful families and brings awareness that a healthy home results in healthy children. All the information is also available for no charge at FFSC. (U.S. Navy photo by Annette Donner)

MCPON: No second chances for drug abuse

From Master Chief Petty Officer of the Navy

Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick D. West released the following message on drug abuse, which focuses on "Spice," herbal products and other designer drugs, to the fleet, Feb. 11:

"Shipmates,
There has been an alarming rise in the number of Sailors who are choosing to use 'Spice,' herbal products and other so-called designer drugs—and this must come to an immediate stop.

More than 150 Sailors are currently being processed for 'Spice' use, possession or distribution, and this is UNSAT.

Overall, the Navy has separated 1,374 Sailors in FY09, 1,308 Sailors in FY10 and 302 Sailors during the first quarter of FY11 for drug abuse.

These unexpected losses negatively affect our commands' manning levels, which in turn affects the commands' operational and warfighter readiness. The Navy's policy on drug abuse is simple and clear—zero tolerance, and there are no second chances.

NAVADMIN 108/10 states the following on drug abuse:

'Drug abuse includes the wrongful use, possession, manufacture, or distribution of a controlled substance. Drug abuse also includes the unlawful use of controlled substance analogues (designer drugs), natural substances (e.g., fungi, excretions), chemicals (e.g., chemicals wrongfully used as inhalants), propellants and/or prescribed or over-the-counter drugs or pharmaceutical compounds with the intent to induce intoxication, excitement, or stupefaction of the central nervous system, and will subject the violator

to punitive action under the UCMJ and/or adverse administrative action.'

Some examples of substances mentioned above where the wrongful use constitutes drug abuse includes, but is not limited to, the following:

- Products that contain synthetic cannabinoid compounds, such as "Spice," genie, blaze, dream, ex-ses, spark, fusion, dark knight, yukatan fire and K2.

- Natural substances such as salvia divinorum and mushrooms.

- Common items abused by inhaling or huffing such as Dust Off, glue, paint thinner and gasoline.

- Over-the-counter products such as Robitussin and Coricidin HBP.

- Prescription medications such as Oxycodone, Vicodin, Adderall and Valium.

If you didn't know, 'Spice' is a mixture of natural herbs and

synthetic cannabinoids that, when smoked, produce a marijuana-like 'high' that decreases motor skills, impairs coordination and concentration, and effects short-term memory and senses. The effects of these substance is unpredictable when combined with alcohol, and since the chemical blends are continuously manipulated and the strength of the synthetic chemical used is unknown, there is no way to know what you are getting in the drugs nor what the long-term health risks are if used.

Some of the side effects from these drugs included uncontrolled vomiting, excessive sweating, flushed skin, increased heart rate and high blood pressure, and loss of consciousness. If this sounds like a good time to you, then go ahead and hand over your rank and paycheck, and possibly your life.
Bottom line—the use and even just

the possession of 'Spice,' herbal products, designer drugs, chemicals used for huffing, salvia divinorum or products containing synthetic cannabinoid compounds are prohibited. Leadership, along with Naval Criminal Investigative Service (NCIS), is aggressively working to catch personnel who are possessing, using or distributing drugs, and when you get caught, your career will be over.

Drug abuse goes against our Navy's core values and ethos, and it is a threat to lives, unit and mission readiness and morale. It is every Sailor's responsibility to deter drug abuse. If you do the crime, you will do the time ... remember zero tolerance and no second chances.

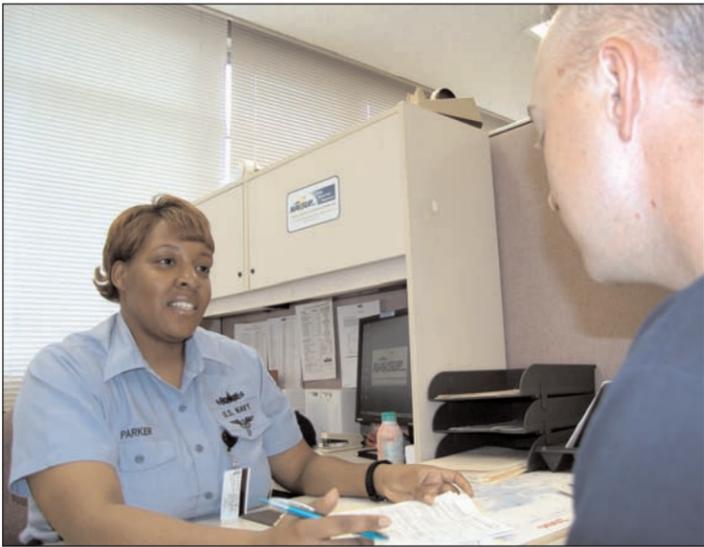
HOOYAH!
For more news from Master Chief Petty Officer of the Navy, visit <http://www.navy.mil/mcpn/index.asp>.

Western Pacific region fire chiefs meet, learn



IAFC: Retired Fire Chief Mike Warren, International Association of Fire Chiefs' (IAFC) technical adviser, speaks to gathered fire chiefs during a presentation at the Outrigger Guam Resort in Tumon Feb. 10. Military and civilian representatives from throughout the Western Pacific region attended the conference to learn team-building skills which would allow them to create a regional fire chief association. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

Decreased funding reduces orders timeline



FISC Yokosuka: Storekeeper 2nd Class Vivica Parker, a household goods counselor at U.S. Fleet and Industrial Supply Center (FISC) Yokosuka, helps Master-at-Arms 3rd Class Nathaniel Benjamin of Commander Fleet Activities Yokosuka Security Department as he plans his move from Japan. Sailors can log on and use SmartWeb Move to schedule their permanent change of station, but FISC Yokosuka provides follow-up counseling to assist Sailors and their families. (U.S. Navy photo by Yoshuke Onda)

From Chief of Naval Personnel Public Affairs

Citing the impact of reduced funding, Navy announced Feb. 8 that Sailors should expect to receive orders with shorter lead times and based on operational priority.

NAVADMIN 049/11 informed the Fleet of the impact to permanent change of station (PCS) orders while operating under a continuing resolution (CR), which is a Congressional budget authorization that allows for continuous normal operations while a final budget is approved.

"Due to the way resources are phased and allocated under a CR, Navy currently does not have sufficient funds in our manpower accounts to allow for normal lead times for Sailors to receive PCS orders," explained Vice Adm. Mark Ferguson, chief of naval personnel. "The measures we are taking are absolutely necessary in order to remain within budget. Our goal remains to mitigate the impact to

Sailors and their families as funds become available."

Navy Personnel Command's (NPC) ability to release approximately 10,000 orders at the end of fiscal year 2010 minimized the impact of the CR until now. To date, NPC has received 40 percent less funding than planned and is currently releasing priority orders for members with detachment dates between February and May 2011. Sailors detaching in the next few months who have not yet received orders will likely have less than two months lead time when the orders are released.

Navy has utilized this prioritization strategy in previous PCS funding-constrained periods with the intent to minimize impact to Fleet readiness, career timing, and families. Emphasis will remain on global support assignment rotations, career milestone billets, critical readiness fills, minimizing gaps at sea for deployed units and those working up to deploy, and keeping the training pipelines moving.

Anticipating a heavy volume of Fleet questions and concerns, Navy leadership reminds the Fleet that the Sailor to detailee ratio is 1500:1 which means there may be a delay in response to individual questions. When seeking more information on this topic, Sailors are asked start with the PCS "Frequently Asked Questions" on the NPC website at <http://www.npc.navy.mil> or to contact the NPC call center at 1-866-U-ASK-NPC (1-866-827-5672).

"We remain committed to providing Sailors with as much information and lead time as possible," Ferguson said. "Thank you for your patience as we work through the continuing resolution funding challenges."

To read NAVADMIN049/11, visit <http://www.npc.navy.mil/ReferenceLibrary/Messages/>.

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

Service secretaries receive 'Don't Ask' repeal plan

By Karren Parish
American Forces Press Service

Pentagon officials sent the Defense Department's implementation plan for repeal of the law commonly known as "Don't Ask, Don't Tell" to the service secretaries Feb. 11 with a March 1 deadline for their first progress update.

Clifford L. Stanley, undersecretary of defense for personnel and readiness, issued the plan which outlines the stages of action, including those actions that must be completed before the department reverses the policy barring people who are gay, lesbian or bisexual from serving openly in the military.

During a Jan. 28 news conference on the implementation plan's progress, Stanley stressed that Defense Department officials had coordinated closely with the Army, Navy, Air Force, Marine Corps and Coast

Guard to craft a plan designed to ensure the continued smooth operation of the services during repeal.

"We are fundamentally focused right now on our leadership, professionalism, discipline and respect," he said.

The plan closely follows previously released guidance on implementing repeal. The plan does not give dates for the implementation phases; defense officials repeatedly have said the process will be "conditions-based" and will go forward based on the services' progress, including the training of their people and updating policies.

Defense Secretary Robert M. Gates' initial guidance stressed the importance of "strong, engaged and informed leadership" at every level to implement the repeal which, he said, should take place "properly, effectively, and in a deliberate and careful manner."

"This is not, however, a change that should be done incrementally," Gates said. "The steps leading to certification and the actual repeal must be accomplished across the entire department at the same time."

The pre-repeal phase of the plan, now under way, focuses on training the force and setting up channels for services to report progress to the Pentagon and the White House. The Defense Department distributed training toolkits to the services Feb. 4.

Defense officials said all of the services participated in developing the training and each can adapt the basic package. Training materials are designed to be usable in low bandwidth and nontraditional training settings, and include presentation slides with narration, scripts, frequently asked questions, vignettes, Department of Defense (DoD) policy guidance, supplemental

plan for implementation and service-specific material. Training is centered around the themes of leadership, professionalism, discipline and respect.

The plan directs the services to submit reports every two weeks, beginning March 1, on units and people trained and regulations updated.

Preparation for certification will begin when, in addition to other objective and subjective criteria, all policies are updated and the first two tiers of service member training are complete. The first tier includes policy makers, chaplains, lawyers and counselors, and the second covers commanding officers, senior noncommissioned officers and senior civilians. The plan also stipulates that, prior to certification, tier three training for all remaining service members must be under way with a preparation in place

for training completion.

Certification will culminate in the secretary of defense and chairman of the Joint Chiefs of Staff certifying to the president, as commander in chief, that the department is ready to implement the repeal. By law, when the president, secretary and chairman have all certified the services are ready for the policy change, a further 60 days must elapse before the new policy takes place.

During implementation, the services will continue tier three training, begin sustainment training, and monitor the effects of implementation. The services and Defense Department also will continue to prepare progress reports.

The plan outlines ongoing sustainment to begin after repeal, during which policy reviews, training programs and monitoring assessments will continue and be refined as needed.

'Don't Ask, Don't Tell' repeal plan training set to begin

By Jim Garamone
American Forces Press Service

Training will begin shortly for experts in certain specialties and leaders as part of the plan for finalizing repeal of the law that bars gay men, lesbians and bisexuals from serving openly in the military according to the chief of staff for the Defense Department's repeal implementation team Feb. 14.

Marine Corps Maj. Gen. Steven A. Hummer outlined the process in an interview.

President Barack Obama signed the repeal of the law commonly known as "Don't Ask, Don't Tell"

Dec. 22, beginning a process that will culminate in full repeal.

The current policy remains in effect until 60 days after the secretary of defense, the chairman of the Joint Chiefs of Staff and the president certify the military's readiness to implement the repeal.

Gates has said he wants repeal done expeditiously and effectively and that it can happen this year.

Clifford L. Stanley, undersecretary of defense for personnel and readiness, issued a memo Feb. 10 to the military secretaries on the implementation plan.

"The memo continues the

pre-implementation process," Hummer said. Now, the general added, the team is ensuring all the policies are prepared so that when repeal day actually occurs, they will go into effect.

The implementation team is also ensuring that training is in place for all 2.2 million members of the military. The Defense Department, along with representatives from all five services, developed and synchronized the training.

"The services will each put their colors and their appropriate culture into those [plans]," he said. "The Navy will talk about petty officers and the Marines will talk about

sergeants."

Training is broken into three tiers.

"Tier 1 and Tier 2 training will start in earnest soon," the general said. Tier 1 training is for people who have unique skill sets, such as chaplains, lawyers, personnel specialists, military investigators and recruiters, he explained. Tier 2 training is for leaders and Tier 3 training is for the force at large.

"This is leader-led training," Hummer said. "Our overarching theme is leadership, professionalism, discipline and respect."

Leaders at every level will be responsible for training their people, he said.

"Professionalism is the expectation across all the services," Hummer said. "This is a disciplined force and we expect to see that as the training and repeal go into place. Lastly, respect is what everybody expects to receive and what everybody should give."

The training will include some PowerPoint presentations with vignettes to encourage discussions, as well as presentations by the service chiefs that will introduce the topic and provide their intents for the forces.

The services will deliver the first of many progress reports to Stanley on March 1.

When filing joint returns be informed, protected

By Toni Vegafria

Naval Legal Service Office Pacific, Det. Guam

You have filed your federal tax return and are looking forward to that refund, but instead you get a notice from the Internal Revenue Service (IRS) saying your tax refund has been withheld or reduced. That could be the case if the IRS is using it to offset past-due debts that include federal tax owed from previous years, state taxes owed, past-due child support or federal non-tax debt

(i.e. past-due student loans).

For most taxpayers who are married, choosing to file a joint tax return provides certain benefits. However, both taxpayers are equally and jointly liable for the tax and any additions to tax, interest or penalties that arise as a result of the joint return even if they later divorce. Joint liability means that each taxpayer is legally responsible for the entire liability. Thus, both spouses are generally held responsible for all the tax due even if one spouse earned all the income or claimed improper deductions or

credits. This is also true even if a divorce decree states that a former spouse will be responsible for any amounts due on previously filed joint returns. In some cases, however, a spouse can get relief from these tax liabilities.

Couples who have these types of issue may qualify for some or all of the relief by first determining which relief category they fall under. There are two categories of relief with specific provisions – injured spouse and innocent spouse.

Injured Spouse is when couples file a joint tax return and they

received a notice from the IRS that it was reduced or withheld in order to offset past due federal tax, state tax, child support or federal non-tax debt of your spouse with whom you filed the joint return. If you think you fall under this category, the taxpayer who does not owe this debt may be able to recoup his or her share of the refund by filing IRS Form 8379, Injured Spouse Allocation.

Innocent Spouse provides relief from paying additional tax owed to the IRS if a spouse or former spouse failed to report income, reported income improperly, or claimed

improper deductions or credit. If you fall under this category, you must file IRS Form 8857, Request for Innocent Spouse Relief. In some cases, you may qualify for relief in part or for all of the tax owed through an extensive interview with an IRS representative.

It may help to file these forms with your tax return if you feel that the IRS may be withholding or reducing any tax refund you are entitled to this tax year. For more information regarding Injured Spouse or Innocent Spouse, visit www.irs.gov or call Toni Vegafria at 339-2325.

Timely Perform to Serve applications critical



MCPON: Master Chief Petty Officer of the Navy (MCPON) Rick D. West addresses more than 150 deployed Sailors during an all-hands call at the Warrior Transition Program building at Camp Arifjan, Kuwait. West spoke about perform to serve and manning issues facing the fleet. He also took questions from the sailors. (U.S. Navy photo by Aviation Boatswains Mate 2nd Class Mark Sickle)

From Navy Personnel Command Public Affairs Office

Navy Personnel Command (NPC) is reminding commands and Sailors that submitting Perform to Serve (PTS) applications is the key to being able to stay Navy.

"If you're in a leadership position, this should be one of your top priorities," said NPC Force Master Chief (AW/SW/NAC) Jon D. Port. "Sailors E6 and below with up to 14 years active service must use PTS/Fleet Rating Identification Engine (RIDE) to remain in the Navy. They must carefully watch those timelines and work with their command retention team to ensure timely application."

"PTS is as much the Sailor's responsibility as it is a command responsibility," Port added. "But Sailors need to be provided the tools and information to do this. That informational role rests with the command retention team."

An approved PTS application is required before negotiating for orders, re-enlisting or extending. NAVADMIN 352/10 explains how PTS is used to shape the Navy and includes all business rules concerning.

Port said all Sailors should set an

alarm to go off 15 months before their projected rotation date or re-enlistment. Commands must ensure PTS applications are submitted for all designated Sailors in ranks E3-E6 who have up to 14 years of service as early as 15 months, but no later than 12 months prior to their end of active obligated service (EAOS). If a Sailor has extended, then these time frames use the extended or "soft" EAOS (SEAOS).

During this mandatory submission period, applications must be completed even if the Sailor plans to separate or if the Sailor is ineligible or not recommended for re-enlistment at the time of application.

PTS quotas issued prior to Oct. 1, 2009, are valid until March 1. Career counselors and commands are required to obtain Enlisted Community Manager concurrence prior to using quotas issued before Oct. 1, 2009. PTS quota approvals will be granted after the monthly rack and stack, and final review.

"Getting into PTS on time is not enough," said Joseph Kelly, PTS/Fleet RIDE program manager. "Sailors must also pay attention and start negotiating orders and handling reenlistment prerequisites to ensure the quota doesn't expire."

Once additional obligated service

is incurred for an approved PTS application, or a period of 13 months passes since the quota was issued, the PTS quota is considered expired and is no longer valid. Quotas also expire if a Sailor extends. If a quota expires, the Sailor must re-apply.

Kelly said separate formulas remain for in-rate and conversion applications; however, applicants will only be compared against other Sailors within the same year group. He said this is a fairer rule because, previously, they were compared against Sailors within the same zone, which meant a third class petty officer with little experience could end up competing with a more-seasoned first class petty officer.

Applications for PTS-eligible Sailors will be automatically pre-populated in Fleet RIDE 15 months prior to their SEAOS, but they must manually apply in PTS with their career counselor's help.

For questions, e-mail PTS_Help_Desk@navy.mil. For in-depth information concerning PTS, visit www.npc.navy.mil/CareerInfo/PerformtoServe/.

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

Helpful tips to beat the Guam heat, save energy

By Kevin D. Evans

U.S. Naval Facilities Engineering Command Marianas Energy Manager

One of the wonderful things about living in a tropical paradise is the warmth. Yes, it is great to sit on the lanai with a cool drink and a good book. However, the 85-plus-degree temperatures emphasize indoor energy conservation challenges from cooling needs. Here are some tips to beat the heat, conserve energy, and if at home, save money too.

- Check your thermostat. Navy instructions state that if you are in a space authorized to have comfort cooling or in base housing, then temperatures shall be maintained at no lower than 76 F (24.4 C).

- If your house is equipped with ceiling fans, try using them. These fans create air movement across the skin, lowering skin temperature through evaporation. Residents can thus raise the thermostat setting up 4 F without any decrease in comfort. Each degree you raise the thermostat above 78 F saves you about 7-8 percent on your electric cooling costs. Consider installing them. They can be installed for a reasonable cost.

- Use landscaping, awnings and overhangs to shade the outside of your house. A shaded house costs less to cool than one

in direct sunlight.

- Air conditioners. If you live off-base and need to shop for a new air conditioner, select only those that are ENERGY STAR rated and please don't buy a unit larger than you need.

- Do not position heat-producing appliances, such as televisions or lamps, near the thermostat that controls your air conditioner. The heat they produce "fools" the thermostat and causes the air conditioner to run longer than necessary.

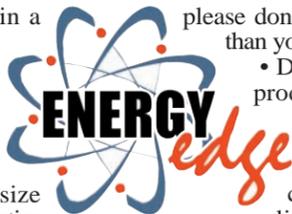
- Take advantage of natural ventilation during the times of the year when this is feasible to reduce air conditioning usage. By opening and closing windows, different parts of a building can be ventilated.

- Close doors and vents of unused rooms to avoid cooling these areas.

- Turn off unnecessary lights and use energy-efficient lights, especially when you have the air conditioner running, because lights generate a significant amount of heat.

- In the cooling season, draw draperies, blinds and shades indoors to keep out direct sunlight.

For more cooling and energy conservation tips, please visit the Navy Energy Conservation website at https://energy.navy.mil/awareness/tools/tools_5.html and learn how to beat the heat.



PSD lends a helping hand



Helping Hands: Personnel Specialist Seaman Dennis Sercado, left, and Personnel Specialist 1st Class (AW/SW) Missiann James, both of Personnel Support Detachment (PSD) Guam, work with a Carbullido Elementary School student to cultivate a vegetable garden at the Barrigada school Feb. 5. Through a sister school partnership, the command regularly participates in community service events with the elementary school students. (U.S. Navy photo by Personnel Specialist 1st Class (SW/AW) Frederick C. Napiza)

MSRON7: Sailors praised for performance

Continued from Page 1
deployment schedule this year.

According to Cmdr. David J. Suchyta, MSRON 7 commanding officer, Sailors all performed

admirably during the exercises and are sure to excel during the upcoming exercises and in the future.

"I am very proud of my Sailors," he said. "This is a great group of people that I have. In 18 years of

naval service I [have] never seen a group of Sailors that was so disciplined and task orientated. I think they did a great job. It takes a lot of planning, a lot of organization, and just plain hard work to set every-

thing up while camping out here for a few days away from their families."

MSRON 7 is Seventh Fleet's only forward deployed mobile security squadron. The command provides rapidly deployable point

defense personnel and assets for force protection and anti-terrorism operations.

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

Cope North: 900 participants from US, Japan forces



Fuel Tank: Japan Air Self-Defense Force maintainers remove a fuel tank from an F-15 Eagle after its arrival here Feb. 11, for the exercise Cope North 11-1. This will be the 11th time the United States and Japan have conducted a Cope North exercise on Andersen. This is the largest Cope North exercise ever executed by the Pacific Air Forces, with nearly 50 percent more sorties than last year. (U.S. Air Force photo by Airman 1st Class Jeffrey Schultze)

Continued from Page 1

Marianas Islands (CNMI).

The first Cope North took place from Nov. 27 to Dec. 1, 1978, at Misawa Air Base, Japan. The exercises are scheduled up to two times each year with the last held Feb. 7 through the 19, 2010.

The U.S. has approximately 600 participants and the JASDF have approximately 300 participants involved in the exercise.

U.S. Forces participating in the event include the 14th Fighter Squadron, 35th Fighter Wing, Misawa AB, Japan, (F-16CJ Fighting Falcons); 18th Aggressor Squadron, 354th Fighter Wing, Eielson AFB, Alaska, (F-16 C/D Fighting Falcon); 36th Airlift Squadron, 374th Air Wing, Yokota AB, Japan, (C-130 Hercules); 961st Airborne Air Control Squadron, 18th Wing, Kadena AB, Japan, (E-3B Sentry); VAQ-136,

Carrier Air Wing Five, Atsugi, Japan (EA-6B Prowler); VAW-115, Atsugi, Japan, (E-2C Hawkeye); and 506 Expeditionary Air Refueling Squadron, Andersen AFB, Guam, (KC-135).

JASDF units participating include the 201st Squadron, Chitose AB, Japan, (F-15J Eagle); 601st Squadron, Misawa Air Base, Japan (E-2C Hawkeye); and 8th Squadron, Misawa AB, Japan (F-2).

Since the first Cope North exercise in 1978, thousands of American and Japanese Airmen have honed skills vital to maintaining a high level of readiness.

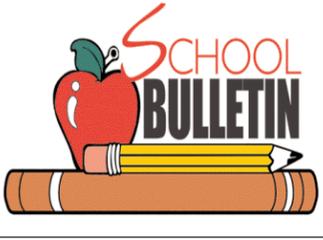
"Cope North 11-1 is a testament to our two countries' commitment to the U.S.-Japan Mutual Defense Treaty," said Gen. Gary North, Pacific Air Forces commander. "A treaty that, after 50 years, continues to serve as the cornerstone for peace and prosperity in the Asia-Pacific region."



JASDF: A Japan Air Self-Defense Force maintainer performs post flight maintenance on an F-15 Eagle after its arrival here Feb. 11, for the exercise Cope North 11-1. Cope North is a bilateral flying exercise between the U.S. Air Force, U.S. Navy and JASDF, improving interoperability between the two nations through two weeks of aerial scenarios. (U.S. Air Force photo by Airman 1st Class Jeffrey Schultze)



Cope North 11-1: An Japan Air Self-Defense Force pilot performs post flight checks on an F-15 Eagle after its arrival here Feb. 11, for the exercise Cope North 11-1. The JASDF is employing several other aircraft during this year's two week exercise, such as the F-2A fighter, E-2C Hawkeye and C-130 Hercules. JASDF units participating include the 201st Squadron, Chitose AB, Japan, (F-15J Eagle); 601st Squadron, Misawa Air Base, Japan (E-2C Hawkeye); and 8th Squadron, Misawa AB, Japan (F-2). For Cope North 11-1, the U.S. has approximately 600 participants and the JASDF have approximately 300 participants involved. (U.S. Air Force photo by Airman 1st Class Jeffrey Schultze)



School bulletin aims to promote educational activities in the Navy and Air Force communities. If you know of an education-related event that you would like to include, send it to jointregionedge@fe.navy.mil or call 349-2115.

Department of Defense Education Activity (DoDEA)

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

Upcoming meetings:

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

No school on Presidents Day Feb. 21

Andersen Elementary School

Feb. 28-March 4 Read Across America

March 2 - Dr. Seuss' birthday celebration

March 4 - Schoolwide Circus Day

Guam High School

The Booster Club is planning its final events for school year 2010-11. This organization runs on volunteer power and we need your help. If you can volunteer your time please contact Christine Duplissey at christine_duplissey@yahoo.com.

The Booster Club will be losing some board members this summer as well. If you enjoy being involved in your child's school and working with a dynamic group of parents, this is the place for you. Please consider submitting your name for upcoming elections. The Booster Club is a highly rewarding place for those who have as little as 3 to 10 hour per month to be involved as an elected executive board member. Other volunteer coordinator positions are also available. Contact Karen Cruz at 688-0443 or karen.cruz@akguam.com for more information.

McCool Elementary/Middle School

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.

A study trip for grades five to eight to the Father Duenas Memorial School Phoenix Center in Mangilao will be Feb. 23 from 8:20 a.m.-1 p.m.

Cub Scout Pack 23 will have its Blue and Gold Banquet in the school cafeteria Feb. 25 from 6-8 p.m.

AES hosts Family Night Feb. 10



AES Family Night: Family members came out to support their students at Andersen Elementary School's (AES) Continuous School Improvement Family Night Feb. 10. Parents had the opportunity to see projects, participate in learning-based activities and meet with teachers in an open environment. Nikos Koutsoheras, a fifth-grade student at AES, demonstrates the difference between kinetic and potential energy at a booth during the event. (U.S. Air Force photo by Airman 1st Class Whitney Tucker)

Who was the most influential U.S. President?

Joint Region Edge asked its readers who they thought was the most influential U.S. President.



“Ronald Reagan influenced the entire world when he told Germany to tear down the [Berlin Wall].”
— Equipment Operator 2nd Class Kirk Summers
Navy Cargo Handling Battalion 7



“I can only speak coming from my generation because I never witnessed any of the other presidents before my time except through what was recorded in history books, but I would have to say President Barack Obama is the most influential president our times. He stands behind his decisions, even when facing fierce opposition, which is a quality a great leader must possess.”
— Tech Sgt. Nikeya Barron
36th Mobility Response Squadron supply technician



“Abraham Lincoln led the country through tumultuous times. He had a vision of how great the nation could be, and he helped us to get on the right path to achieve that greatness.”
— Army Chief Warrant Officer 2 Adam French
Military Intelligence



“I think Abraham Lincoln was the most influential. From the Emancipation Proclamation to the ending of the Civil War, Lincoln shaped the country into what it is today because of the decisions he made during his tenure of presidency.”
— Senior Airman James Oldenhoff
554th Red Horse Squadron pavements and heavy equipment operator



“George Washington fought against a more powerful nation to ensure that all Americans would be able to practice the freedoms they were born with.”
— Culinary Specialist Seaman Trent Burgess
USS Buffalo (SSN 715)



“I would have to say Barack Obama. In a time of recession and with two wars going on when he was elected, he did what no other man or woman could do for this country—give Americans hope.”
— Tech. Sgt. Vanessa Love
36th Communications Squadron Knowledge Operations Office section chief

Side dish offers taste of the island

By Anna-Victoria Crisostomo
Joint Region Edge Staff

While green bean casseroles are all the rave on the U.S. mainland, a local side dish containing eggplants and coconut milk offers a savory option of island flavor while on Guam.

Beringhenas na ma leche (beh-ihng-HEH-nas na ma LEH-cheh), or eggplant in coconut milk, is made of three distinct parts-coconut milk, eggplant and a lemon sauce known locally as fina'denne' (fih-na-DEH-nee). Eggplants are roasted to provide a smoky flavor and soak in the fina'denne' and coconut milk mixture. The acidity of the lemon fina'denne' offers a tangy taste to the dish and complements the savory coconut milk.

According to self-proclaimed local chef Amy Cruz-Morris, the key to making this dish is using fresh coconut milk.

"I prefer to use fresh milk because having fresh ingredients is the best thing of course," Cruz-Morris said. "Canned milk, to me, it has something in it that reduces the tanginess of the dish and it's supposed to be tangy."

Also, while the eggplants may be roasted in the oven, Cruz-Morris recommends preparing the vegetables in the same fashion as her mother.

"I remember my mother, when she would make this, she'll [roast the eggplants] out in the open flame and they'll basically have ash, which provides excellent flavor," Cruz-Morris said.

The next time you're craving a savory vegetable dish or if you want to add some local flair to your table, try whipping up a batch of eggplants in coconut milk.



Local Flavors: Eggplants in coconut milk is a favorite local side dish made of eggplants, fresh coconut milk and tangy lemon fina'denne'. According to local chef Amy Cruz-Morris, fresh coconut milk is preferred over canned coconut milk because the canned milk can interfere with the acidity and tanginess of the lemon fina'denne'. (U.S. Navy photo by Anna-Victoria Crisostomo)

Eggplants in coconut milk recipe

- 12 eggplants
- Two coconuts
- Two cups of water
- Two lemons
- One-half onion
- One-fourth teaspoon salt
- Crushed red peppers
- Green onions

Using a fork, pierce holes in your eggplants. Roast the eggplants over an open flame or in the oven at 350 degrees for about 45 minutes. While waiting for the eggplants to roast, prepare your fresh coconut milk and lemon fina'denne'.

Using a fish scaler or a local coconut grater, a kamyu (KUHM-dzoo), grate the meat from two coconuts into a large bowl. Add the water to the grated coconut and mix together. Take a handful of coconut and squeeze the milk into a separate bowl. Return the squeezed coconut to the bowl of grated coconut and water. Repeat this process until all the liquid has been removed from the bowl. Discard the remaining coconut.

In a large bowl, combine the juice from two lemons, sliced onion and salt. Also add some crushed hot peppers to taste. Using a spoon, press the onion to release the flavor. Using a strainer, add

your coconut milk to the fina'denne' mixture. The liquid mixture should be tangy.

Once the eggplants are tender, remove them from the heat. Peel the charred skin from each eggplant and set aside in a separate bowl. If you have roasted your eggplants on an open fire, keep a bowl of water handy to help remove the ash from your fingers.

Cover your roasted, skinned eggplants in the liquid mixture. Sprinkle sliced green onions on top to garnish. Refrigerate for a half hour or overnight to allow eggplants to soak up some of the liquid. Serve as a side dish or over hot rice.



FRIDAY, FEB. 18

7 p.m.: The Dilemma • PG-13

SATURDAY, FEB. 19

2 p.m.: The Dilemma • PG-13

7 p.m.: The Fighter • R

SUNDAY, FEB. 20

7 p.m.: The Fighter • 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.

FREE

Movies in the Park
The next Free Outdoor Movie Night at Arc Light Memorial Park is scheduled for Feb. 26 at 7 p.m.

The featured film will be the PG-rated "Alpha and Omega." Movie will be shown, weather permitting.

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.

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.

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.

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.

UNDER \$10

Xtreme Midday Madness
At NBG's Orote Point Lanes Monday-Friday from 1-5 p.m. Bowl for \$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 great jazz music. For more information, call 653-9814.

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.

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.

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.

\$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.

Ladies' Golf
Ladies, every Wednesday is your day at Palm Tree Golf Course. You will receive free green fees. Just pay the cart fee, \$12 for 18-holes or \$8 for 9-holes. For more information, call 366-4653.



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

Learning how to love intelligently

By Lt. Sherri L. Garrett
U.S. Naval Hospital Guam

Webster's dictionary defines love as "a strong affection for another arising out of kinship or personal ties, an attraction based on sexual desire, affection and tenderness felt by lovers, affection based on admiration, benevolence, or common interest." Some think love is a warm and fuzzy feeling and others think love is a battlefield.

There have been people who have developed their thoughts on love from reading romance novels, watching television and listening to the radio. Songs like "What's Love Got to Do With It," "All You Need is Love," "Love Me Tender," "I Will

Always Love You," and "Can You Feel The Love Tonight" have brought smiles or tears full of emotion as they render a form of love that was lost or gained.



This year, during the Super Bowl's halftime performance, dancers choreographed the word LOVE in the middle of the football field. That was just one of the ways our society freely

uses the word love. I like the definition found in 1 Corinthians 13:4-8. It says, "Love never gives up. Love cares more for others than self. Love doesn't want what it doesn't have. Love doesn't strut, doesn't have a swelled head, doesn't force itself on others, isn't

always 'me first,' doesn't fly off the handle, doesn't keep score of the sins of others, doesn't revel when others grovel, takes pleasure in the flowering truth, trusts God always, never looks back, but keeps going to the end. Love never dies." God appreciates this model of love. Love along these guidelines will not harm anyone and it should be the catalyst for building relationships, encouraging one another, and sometimes rebuking that which is dishonorable. I also appreciate the words in the Gospel according to Matthew 22:37-39, "Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.'" When you love God, others and yourself, you can rise above the petty issues that surface where love does not exist.

Loving intelligently is a choice. God has given us the power to decide who and what we will love. Loving your husband, wife, fiancé, child, etc. is something that is done because you made the decision to do so.

Some people say it isn't love until it hurts. Don't believe that. Love does not use or abuse. It edifies and empowers. If someone is stealing your joy and is causing you pain and misery, that's not love. It is the opposite of love. Allowing your children to do what they want and not set boundaries for their behavior is not love. Children have been placed in your care to be trained and raised in a way God has designed. Unhealthy love choices can lead to spiritual, physical, mental and emotional disasters, causing loss and unnecessary grief. On the other hand, if we learn how to love intelligently our lives can be peaceful and full of hope and grace.

Still Moments



DZSP 21: Maria Babauta, administrative assistant for DZSP 21's Annex 1800 Environmental, accepts the Employee of the Month award for September 2010 from Wayne L. Cornell, DZSP 21 project director, at an All Hands meeting for the Base Operations Support Contractor's non-exempt employees held at U.S. Naval Base Guam (NBG) Dec. 20. Environmental provides a variety of reporting and operational work such as land-based spill response, environmental sampling and analytical services. DZSP 21 provides base operations support services to NBG and Andersen Air Force Base. (Photo by Jesse Leon Guerrero)



DZSP 21: Lad De Leon, water distribution systems operator for DZSP 21's Annex 1607 Potable Water, accepts the Employee of the Month award for August 2010 from Wayne L. Cornell, DZSP 21 project director, at an All Hands meeting for the Base Operations Support Contractor's non-exempt employees held at U.S. Naval Base Guam (NBG) Dec. 20. Potable Water provides a wide range of services such as operating and maintaining the water production and distribution systems at Fena Reservoir. DZSP 21 provides base operations support services to NBG and Andersen Air Force Base. (Photo by Jesse Leon Guerrero)



DZSP 21: Clemente Ramirez, computer operator II for DZSP 21's Annex 0200 Project Management: Management Information Systems (MIS), accepts the Employee of the Month award for July 2010 from Wayne L. Cornell, DZSP 21 project director, at an All Hands meeting for the Base Operations Support Contractor's non-exempt employees held at U.S. Naval Base Guam (NBG) Dec. 20. MIS leads all information technology based projects and efforts including maintaining the Guam Network application and the asset management system MAXIMO. DZSP 21 provides base operations support services to NBG and Andersen Air Force Base. (Photo by Jesse Leon Guerrero)



DZSP 21: Norbert Quichocho, wastewater supervisor for DZSP 21's Annex 1605 Wastewater, accepts the Employee of the Quarter award for second quarter 2010 from Wayne L. Cornell, DZSP 21 project director, at an All Hands meeting for the Base Operations Support Contractor's exempt employees held at U.S. Naval Base Guam (NBG) Dec. 21. Wastewater provides several services such as maintaining the Navy's Wastewater Treatment Plant and operating wastewater systems. DZSP 21 provides base operations support services to NBG and Andersen Air Force Base. (Photo by Jesse Leon Guerrero)



DZSP 21: Araceli Diras, left, quality assurance specialist lead from DZSP 21's Annex 200 Project Management: Quality, accepts the Employee of the Quarter award for third quarter 2010 from Wayne L. Cornell, DZSP 21 project director, at an All Hands meeting for the Base Operations Support Contractor's exempt employees held at U.S. Naval Base Guam (NBG) Dec. 21. Quality incorporates both quality control and quality assurance elements to ensure delivered services and products meet contract requirements. DZSP 21 provides base operations support services to NBG and Andersen Air Force Base. (Photo by Jesse Leon Guerrero)



DZSP 21: Charlee Celoso, dock master for DZSP 21's Annex 0600 Port Operations, accepts the Employee of the Quarter runner-up award for third quarter 2010 from Wayne L. Cornell, DZSP 21 project director, at an All Hands meeting for the Base Operations Support Contractor's exempt employees held at U.S. Naval Base Guam (NBG) Dec. 21. Port Operations coordinates, schedules and provides logistics support to authorized vessels home-ported, foreign-flagged and forward deployed to NBG in Apra Harbor. DZSP 21 provides base operations support services to NBG and Andersen Air Force Base. (Photo by Jesse Leon Guerrero)

NFL Bronco Cheerleaders visit Guam

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

Joint Region Edge Staff

Service members on Guam had a special treat during this year's Super Bowl weekend when members of the National Football League's (NFL) Denver Broncos Cheerleaders visited Top of the Rock on Andersen Air Force Base (AFB) and Charles King Fitness Center (CKFC) and Molly McGee's Irish Pub on U.S. Naval Base Guam (NBG) Feb. 6-7.

On Feb. 6, the cheerleaders held a cheerleading clinic at the CKFC for anyone that wanted to learn a cheer. Kari Kilpela, a Navy spouse, took her children to the event and said her daughter had a great time.

"The cheerleaders were very nice," she said. "They introduced themselves and did a few cheers. Then, they taught everyone some moves. My daughter said she enjoyed learning the routine."

The next day, the cheerleaders were at Top of the Rock when doors opened at 7 a.m. and enjoyed the pregame breakfast with attendees. They were available for photos and

autographs with the service members and put on a special halftime performance before heading to NBG.

"They were fabulous," said Dee Hollenbeck, Top of the Rock club manager. "They were sweet girls with high energy performances. They were very polite and made sure the Airmen had a good time, getting them up on stage during their several routines. We'd gladly welcome them back next year."

The cheerleaders arrived at Molly McGee's during the third quarter of the game and held an autograph and photo session

followed by a 20-minute dance routine. During the routine, the cheerleaders held contests and handed out calendars, T-shirts and footballs to the attendees.

"It's been amazing to interact with the service members and getting to know the military and their families," said Christina Connolly, one of the cheerleaders. "They have been so gracious and kind."

Electronics Technician 2nd Class (SS) Jake Tardie of USS City of Corpus Christi (SSN 705), enjoyed the autograph session with his fiancée.

"My stepdad is a real Broncos fan," he said. "I called him and they actually took my phone to talk to him. It was really cool."

Cheerleader Gian Gregorio said it was a great experience and the tour had meaning to her.

"I am having a blast," she said. "It is such a warm and beautiful place. We got to do a couple of shows on different sides of the island. It is a great experience. We enjoy doing Armed Forces tours. It's great for our country. They do so much for us; it is important to give some of the support back."



Cheer Clinic: National Football League's Denver Bronco Cheerleaders cheer with military dependents at Charles King Fitness Center (CKFC) on U.S. Naval Base Guam (NBG) Feb. 6. The cheerleaders hosted a cheer clinic where they interacted with children and taught them dance moves. (U.S. Navy photo by Jennifer Russell)



Autographs: The National Football League's Denver Broncos Cheerleaders held an autograph session at Molly McGee's on U.S. Naval Base Guam (NBG) Feb. 7. The cheerleaders visited NBG during the third quarter of the game following their visit to Andersen Air Force Base earlier in the day. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

Sports Shorts

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

Charles King Fitness Center

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

NCTS Sports Center

The Naval Computer and Telecommunications Station Guam Sports Center has re-opened. Hours of operation are Monday, Wednesday and Friday from 9 a.m.-8 p.m., Tuesday and Thursday from 11 a.m.-8 p.m., and Saturday-Sunday from 8 a.m.-12:30 p.m.

Run Registration

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

Ultimate Frisbee

Ultimate Frisbee pickup games are played Tuesdays and Thursdays, 5:30-7:30 p.m. at Sampson Softball Field on NBG (next to the old swimming pool). No experience necessary. For more information, show up.

10k Running Group

The 10k Running Group is from Feb. 1-March 10 from 8:20-9:20 a.m. at CKFC. Step up your running level. For more information, call 333-2049.

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

Monthly Green Fee Card

Palm Tree Golf Course can now save avid golfers big bucks! Golfers can now purchase a money-saving monthly green fee card for just \$40-\$60 per month depending on rank. What a deal! Purchase yours soon at Palm Tree Golf Course or call 366-4653 for more information.

Lap Swimming

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

Aikido Classes

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

Tumbling for Tots

Tumbling for Tots, an interactive play program for kids and parents, is now available at the Hotspot Gym. Hours of operation are Monday-Friday from 9 a.m.-noon; closed holidays and down days (schedule subject to change due to base exercises, official unit functions, etc). This is a self-directed activity. A Family Advocacy staff member will be available Tuesdays and Thursdays to talk with parents. For more information, call the Hotspot at 366-2339.

