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Guam, military complete exercise

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

Joint Region Edge Staff

Joint Region Marianas (JRM), Andersen Air Force Base (AFB), U.S. Naval Base Guam (NBG) and several Government of Guam agencies conducted Exercise Typhoon Pakyo, a typhoon preparation and recovery exercise held June 10-17.

The weeklong exercise allowed Guam's military installations and government organizations to have real-time experience preparing for a typhoon and launching recovery efforts after the disaster.

"The exercise was a success," said JRM Training and Readiness Officer Timothy Moon. "We further enhanced our understanding of military and civilian capabilities in response to a typhoon. We have strengthened ties with our partners to allow better coordination in preparation for and recovery in the event Guam experiences

heavy weather conditions."

Due to the location of Guam in the Pacific, the island can be hit by a typhoon anytime at short notice. Supertyphoon Pongsona struck Guam in December 2002 with sustained winds of 144 miles per hour and gusts to 173 mile per hour. It was Guam's third most intense

See Pakyo, Page 11

This is Only a Test: Airman 1st Class Kenneth Palec, of 644th Combat Communications Squadron, receives medical treatment from a 36th Medical Group technician for a simulated broken nose and dislocated shoulder on Andersen Air Force Base during Exercise Typhoon Pakyo, a typhoon preparation and recovery exercise, June 15. The weeklong exercise allowed Guam's military installations and government organizations to have real-time experience preparing for an incoming typhoon and launching recovery efforts after the disaster. (U.S. Air Force photo by Senior Airman Carlin Leslie)



FTAC eases transition for Airmen after training

By Airman 1st Class Whitney Tucker

36th Wing Public Affairs

As Airmen progress through basic and technical training, they are trusted to make the right decisions without assistance from a military instructor. The rules and restrictions of each tier of training are scaled back, allowing them a little more freedom each day.

When Airmen graduate from each training tier and move on to their first duty assignment, they receive an additional two-week training session at the First Term Airmen Center (FTAC), a program designed to facilitate a smooth shift into the operational Air Force.

"The most important thing the Airmen learn from FTAC is how to adapt to change," said Tech. Sgt. Jesse Opena, Andersen Air Force Base FTAC noncommissioned officer (NCO) in charge. "However, the main objective is to take Airmen from an educational and technical environment into an operational environment while still exhibiting the customs and courtesies taught in basic and technical school."

The center's curriculum includes briefings on various topics including safety, financial management and legal services.

"FTAC helped me to better understand some of the inner workings of the base," said Airman 1st Class Christopher Schramm, 36th Comptroller Squadron financial

technician and recent FTAC graduate. "I learned about some of the organizations here and had the chance to become familiar with aspects of the island. It also helped me make the transition from basic training and tech school life to being a member of the real active-duty Air Force."

Learning the ins and outs of the

See FTAC, Page 11

Get Informed: First-term Airmen listen to an information technology briefing at the First Term Airmen Center on Andersen Air Force Base June 10. During the two-week course, Airmen receive briefings on various topics including safety, financial management and legal services. (U.S. Air Force photo by Senior Airman Shane Dunaway)



INSIDE

- Regional hub connects warfighters, page 5
- New features improve TRICARE online, page 9



Homecoming
Sailors from HSC-25 Det. 6 return home to their loved ones

SEE PAGE 2



Family and Friends
USS Frank Cable (AS 40) Sailors have family and friends aboard for a day

SEE PAGE 7



Top Performer
Boatswain's Mate 1st Class Chad Nicolai

SEE PAGE 3

HSC-25 Sailors return from deployment

By Anna-Victoria Crisostomo
Joint Region Edge Staff

Family members and friends welcomed Helicopter Sea Combat Squadron (HSC) 25 Det. 6 Sailors home from a six-month deployment during a homecoming ceremony at the squadron's hangar on Andersen Air Force Base on Guam June 17.

"They deployed just before Christmas so unfortunately they missed the holidays," said Cmdr. Kyle Strudthoff, HSC-25 executive officer, "They've been gone a long time but they had a very successful deployment."

While deployed, the 36 Sailors were embarked on USS Essex (LHD 2). The detachment provided 24-hour search-and-rescue support and armed-helicopter defense for Essex and the embarked 31st Marine Expeditionary Unit as well as vertical replenishment support. The detachment also transported a critically-ill Essex Sailor to receive medical attention in Bangkok, Thailand.

HSC-25 Det. 6 Sailors also supported the Essex Amphibious Ready Group during Cobra Gold 2011, a U.S.-Thai sponsored joint, multinational exercise. The militaries of the Kingdom of Thailand, Singapore, Japan, Indonesia, the Republic of Korea and Malaysia worked with more than 7,200 U.S. service members at multiple locations throughout Thailand to improve interoperability. The exercise demonstrated the ability of the involved militaries to rapidly deploy a joint task force to conduct combined operations at sea and ashore. HSC-25 Det. 6 Sailors provided search-and-rescue coverage during the exercise.

In addition, the detachment supported relief efforts in Japan as part of Operation Tomodachi. Sailors flew 20 vertical replenishment and



Kisses From Daddy: Naval Air Crewman 1st Class (AW) James Davis, of Helicopter Sea Combat Squadron (HSC) 25 Det. 6, kisses his daughter after making his way off the plane at Andersen Air Force Base June 17. The Sailors were greeted by family and friends after a six-month deployment during a homecoming ceremony at the HSC-25 hangar. (U.S. Navy photo by Anna-Victoria Crisostomo)

personnel movement sorties and transported more than 700,000 pounds of supplies in and out of Japan. In total, the Sailors flew over 500 hours.

"It's wonderful to have them home," Strudthoff said. "I just have to remember that, while I bring one [detachment] home, it means that there's another [detachment] out

there. It's always a great day to bring people home and have everyone come home and see their families."

According to Strudthoff, HSC-25 currently has four detachments deployed.

He estimated that the "Island Knights" have approximately one-third to one-half of the entire squadron deployed at all times.

As the Sailors made their way off the plane, they were greeted with shouts of excitement, hugs, and kisses from loved ones. Abby Himes was all smiles as she welcomed her husband home.

"It's great," she said. "I'm so proud of him. I'm just thrilled that they're actually going to be back."

Lt. Christopher Himes, of HSC-25 Det. 6, said he was ready to get back into the swing of life on Guam.

"It actually feels amazing," he said. "This is my second time returning from the actual deployment, and when you're gone for a solid six months and you come back and see all your friends again and especially my wife, seeing her again, it's just like a big relief."

Naval Air Crewman 1st Class (AW) James Davis, of HSC-25 Det. 6, and his wife, Ciara Davis, said it felt good to have their family whole again.

"I'm excited," Ciara Davis said. "I think the kids were looking forward to it a lot as well."

James Davis summed up his excitement in a few short words.

"It feels great," he said.

Strudthoff said now that this detachment has returned, the command will turn their sights on bringing the rest of its deployed Sailors back safely.

"At all times, their families are in our hearts," he said. "While we bring these guys home, we have to remember those that are gone and keep them in our thoughts and prayers every day."

HSC-25 is the Navy's only forward-deployed MH-60S expeditionary squadron. As part of Helicopter Sea Combat Wing Pacific (HSCWINGPAC), it provides an armed-helicopter capability for 7th and 5th Fleets as well as detachments to various commands covering a diverse mission set.

It is also the Navy's only squadron that maintains a 24-hour search-and-rescue and medical evacuation alert posture directly supporting U.S. Coast Guard Sector Guam and Joint Region Marianas.

For more information about HSC-25, visit their Web site at www.hsc25.navy.mil.

Off Limits Establishments

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

Gallop USA Indian Art and Jewelry at the Micronesia Mall

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

Report Fraud, Waste and Mismanagement

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

To contact the Joint Region Marianas Inspector General:

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

Phone: 339-0001

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

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

Coast Guardsman a 'cutter' above the rest

By Mass Communication Specialist
2nd Class (SW) Corwin Colbert
Joint Region Edge Staff

And U.S. Coast Guard Sector Guam
Public Affairs

Joining the U.S. Coast Guard seemed natural to eight-year veteran Boatswain's Mate 1st Class Chad Nicolai, of U.S. Coast Guard (USCG) Sector Guam.



"I grew up around the Coast Guard when I was young," he said. "I made friends with them and so it was suiting to enlist in the Guard."

Nicolai reported to USCG Sector Guam in July 2010 and it is his first boat force unit. Nicolai serves as the station's operations petty officer and training petty officer. As operations petty officer, Nicolai plans and manages all station activities including ports, waterways, and coastal security patrols and escorts; enforcement of laws and treaties; public relations events; and joint Navy, Marine Corp, and Air Force operations and training. Moreover, he keeps the station's dual-duty sections balanced.

As training petty officer he manages, plans, and executes the station's training program for active-duty and reserve service members assigned to USCG Sector Guam. He also tracks the qualification status of everyone onboard and ensures the necessary electronic entries are made to keep everyone current with their necessary proficiency requirements. As an auxiliary liaison, he does the same for volunteer auxiliary members.

According to Chief Boatswain's Mate Nicholas Pavlik, Nicolai's leading chief petty officer, his hard work and motivation to succeed led to his successful certification as a response boat crewman and coxswain well ahead of the expected timelines and earned



Back it Up: Boatswain's Mate 1st Class Chad Nicolai, of U.S. Coast Guard Sector Guam, helps navigate a boat into the Sumay Cove Marina on U.S. Naval Base Guam June 14. Nicolai reported to Guam in July 2010. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

him many roles within the command. "His eagerness to learn and take on more responsibility earned him the position of Coast Guard auxiliary liaison, a position reserved for those that demonstrate an acute level of oral and written communication skills and that requires a demanding amount of time and effort outside the normal parameters for a station petty officer," Pavlik said. "Nicolai also serves as one of the unit's health promotion coordinators (UHPC)."

As a trained UHPC, he works with members of the crew giving them tips and advice on healthy ways to diet and exercise. He also takes part in planning the station's group fitness activities and is responsible for weigh-ins for all personnel and administering

the required physical training assessment. Pavlik said as the station approached 2011, Nicolai stepped up and filled the role as acting executive petty officer and was responsible for all personnel affairs, the station's budget, property, supply, safety, and security.

He said Nicolai's work ethic not only affects USCG Sector Guam but permeates through to other commands.

"Nicolai's vast networking skills and desire to expand and build the station's interoperability has resulted in establishing a solid working relationship with Maritime Expeditionary Security Squadron (MSRON) 7," Pavlik said. "USCG Sector Guam and MSRON 7 work together at least once a month, conducting joint waterborne tactics, techniques and

procedures training. This partnership also includes the station's ability to use the MSRON 7 boat simulator, which has enhanced the unit's training program."

Personally, Nicolai holds a 100-ton captain's license and is pursuing a bachelor's degree in business management. He is also active in the community, frequently volunteering with the Special Olympics of Guam and Guam Animals in Need.

Despite his many responsibilities and busy life, Nicolai said he enjoys what he does and wouldn't have it any other way.

"The Coast Guard has many great opportunities," he said. "There is so much you can do and who doesn't like working by the water."

Andersen's Best: Toomas an exceptional leader



Nothing's Too Much for Toomas: Tech. Sgt. Garrett Toomas, 734th Air Mobility Squadron Command and Control Operations (AMCC) non-commissioned officer in charge, was awarded Andersen's Best June 16. Toomas displayed exceptional leadership in blending the Air Mobility Command Center and Team Andersen efforts by directing and executing a combined 137 ground support missions - moving 898 cargo tons and 1,421 passengers in and out of Andersen Air Force Base in support of exercise Cope North and humanitarian missions supporting Operation Tomodachi.

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

To nominate your Airman for Andersen's Best, contact your unit chief or superintendent explaining their accomplishments. (U.S. Air Force photo by Senior Airman Carlin Leslie)

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Pacific Fleet senior NC says ‘stay educated’

By Mass Communication Specialist
2nd Class (SW) Corwin Colbert
Joint Region Edge Staff

The fleet career counselor for U.S. Pacific Fleet spoke to Sailors on Guam during an informational brief at the Big Screen Theatre on U.S. Naval Base Guam June 16.

Master Chief Navy Counselor (SW/SCW/AW) Brent Emicson mainly focused on Perform to Serve (PTS) and enlisted retention board (ERB) programs. Emicson told the group that a proactive approach to each Sailor’s career is paramount. He said each Sailor needs to know about each program and not wait to the last minute to complete requirements.

“The biggest thing I wanted to stress is to learn these two programs and, if you don’t know something, to take the time to read on them and answer questions,” he said. “The real decision you have to make is whether you want to stay in the Navy. If you do want to stay in, you need to study your course material and compete or you may have to cross-rate into a job where the Navy needs you.”

U.S. Naval Base Guam Chief Navy Career Counselor (SW/AW) John Jeffries said the information presented by Emicson was important to Sailors, leaders, and Navy counselors on the island.

“Master chief gave us very valuable information – not only [for] the Navy counselors but for Sailors as well,” Jeffries said. “These programs are affecting Sailors across the board and it is up to the Sailor to keep track of these programs and any changes that may arise, and for leaders and Navy counselors to make sure that we provide the tools and the guidance for our Sailors to succeed.”

Jeffries said he will pass on the information to those that did not attend and update his own Sailors on things that were mentioned at the brief.

“The more educated we are about the programs, the better we can make decisions about our careers,” Jeffries said.



One Massive Counseling Session: Master Chief Navy Counselor (SW/SCW/AW) Brent Emicson, fleet career counselor for U.S. Pacific Fleet, talks with Navy service members at the Big Screen Theatre on U.S. Naval Base Guam June 16. The main topics of the event were the Perform to Serve and enlisted retention board programs. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

PTS features a centralized reenlistment and extension reservation system giving Sailors other avenues to pursue success. Designed primarily with fleet input to meet fleet readiness needs, PTS offers Sailors in ratings with stalled advancement an opportunity to reenlist and

retrain in a rating where advancement is better and the fleet most needs skilled people.

The ERB will eliminate over-manning in 31 ratings and will benefit high-performing Sailors in the long run by improving advancement opportunities. The Navy has

witnessed improved retention over the past decade, which can be attributed to factors such as work-life balance initiatives and improved recruiting.

For more information on PTS or ERB, contact your command career counselor.

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.

Joint Region Marianas

Human Resources Officer, Closes July 18

U.S. Naval Hospital Guam

Medical Support Assistant, Closes June 27

Medical Treatment Facility Emergency Manager, Closes June 27

Secretary, Closes June 27

Navy Sexual Assault Prevention and Response Program Training with Anne Munch

Joint Region Marianas is proud to present Anne Munch, a dynamic, powerhouse presenter and expert in the field of sexual assault, for two Navy Sexual Assault Prevention and Response program training sessions at the Big Screen Theatre on U.S. Naval Base Guam June 29. The sessions schedule is as follows:

“Sexual Assault Dynamics: What Every Leader Should Know” for those E 7 and above from 8:30-10 a.m.

“She Asked For It!” for all hands from 12:30-2 p.m.

Munch is a sought-after conference speaker who brings a combination of heart and practical experience to this sensitive subject matter. She is well known for her ability to effectively communicate difficult concepts involving the topic of sexual assault to a variety of audiences. As a subject matter expert for the Air Force, Army and Navy, Munch has worked extensively on the development of the Sexual Assault Prevention and Response programs in the military.

Black Drongo Reduction on Andersen Air Force Base

The Andersen Environmental Flight in conjunction with base volunteer conservation officers (VCO) will be taking measures to reduce Black Drongo numbers throughout the main base cantonment area including military housing, the Army and Air Force Exchange Service (AAFES) Exchange complexes and the Palm Tree Golf Course. This is necessary for the protection of the locally-listed endangered Micronesian Starlings and a reduction of the hazard to individuals on the base. VCOs will wear uniforms while engaged in control activities for easy identification of authorized personnel. They will carry approved certifications and identification on their person at all times, viewable upon request. Air-powered arms including rifles and pistols will be the only means used to take Black Drongos. Specific safety measures have been established with the 36th Security Forces Squadron. VCOs can be called upon to remove nuisance individuals as needed. However, they will primarily focus their efforts during the evening hours in the housing areas around the Exchange complexes and the golf course upon closing times of the various commercial entities. Any questions or concerns regarding this activity should be directed to Jeremy Adams, 36th Civil Engineer Squadron Environmental Wildlife Management Specialist at 366-2549.

New U.S. Naval Hospital Guam Temporary Gate

U.S. Naval Hospital (USNH) Guam patients and staff will begin utilizing the new temporary gate July 5 beginning at 5 a.m. The new gate is located along Route 7, 320 feet east of the current gate. This change will separate USNH traffic from construction traffic. The Pass and ID Office for USNH Guam will remain at Building 16 at the current gate location. Construction for the new USNH Guam facility is expected to be completed by the fall of 2014.

Guam National Guard Toughest Responder Competition

The 2nd Annual Guam National Guard (GUANG) Toughest Responder Competition will be held July 10 at the GUANG Readiness Center in Barrigada. The competition is open to all active-duty military service members, Reservists, Guardsmen, Government of Guam and federal first responders. Competition includes a 5K race, workout of the day and obstacle course. Teams of five must sign up by July 7. Prizes will be awarded to the top three teams. For more information or to sign up, call Capt. Gary Tanaka or Staff Sgt. Roman Ayuyu at 735-0479 or 735-0457.

Regional hub connects warfighters

By JoAnna Delfin

Joint Region Edge Staff

Soldiers were inaugurated into the New Equipment Training (NET) program for the Guam Regional Hub Node (RHN) during a ribbon-cutting ceremony on U.S. Naval Computer and Telecommunications Station (NCTS) Guam in Dededo June 8.

According to Col. Dana Tankins, 516th Signal Brigade commander, the joint-network hub is able to instantly connect warfighters to various data, voice, phone and Internet capabilities needed to fulfill important missions overseas.

Prior to the establishment of the Guam RHN, ground unit connections to the Joint Network Node (JNN), a U.S. military communications network, took three to five days.

"The Regional Hub Node is a game changer and will allow us to rapidly deliver critical network capability and services to expeditionary warfighters and command posts," he said. "The Regional Hub Node will directly link deployed warfighters and command posts to the same exact network services and data they are accessing and utilizing back at their posts, camps and garrisons."

The 23 staff members from the Army's 333rd Signal Company will undergo extensive training under the NET program. Tankins said the ceremony was the beginning of what is to become an important part of the warfighter's mission.

"This is the first step of several required for the Regional Hub Node to become fully mission capable," he said. "Once we complete the NET and capstone exercise, the Regional Hub Node will be fully mission capable and turned over to the 311th Signal Command to operate and maintain in the September/October timeframe."

Although the RHN will be manned by the Army, NCTS Guam Sailors will provide assistance with the hub's maintenance as well as technical and troubleshooting support for the Army when needed.

"Our mission is to provide multispectral connectivity, network operations, and information



Ready to Make Connections: Soldiers from the 58th Signal Battalion in Okinawa, Japan; the 516th Signal Brigade in Honolulu, Hawaii; and Guam Regional Hub Node (RHN) personnel cut the ribbon during an inauguration and ribbon-cutting ceremony at the Guam RHN on U.S. Naval Computer and Telecommunications Station Guam in Dededo June 8. (U.S. Navy photo by JoAnna Delfin)

assurance to all forces operating in Guam and Western Pacific and Indian Oceans," said Lt. Cmdr. James LeCounte, NCTS Guam executive officer. "The Hub Node enhances the capability to the warfighters with access to data no matter where they are located. The Army Regional Hub Node is proof of the positive working relationship between the services and our shared vision of providing effective capabilities to the warfighters

supporting global missions."

NCTS Guam provides dual-oceanic communication support, multiple networks and high-frequency support for fleet and joint military components. It is one of seven Navy computer and telecommunications stations that provide assured communications services to shore and afloat units worldwide.

Based in Okinawa, Japan, the 58th Signal Battalion is a subordinate command of the

516th Signal Brigade, which falls under the 311th Signal Command (Theater) scope of responsibility. Team 58 provides worldwide communications support as well as information systems and communications electronics logistics support to the Army, Air Force, Navy, Marines, and other Department of Defense customers on Okinawa and throughout the Pacific. The battalion is made up of four units including the 333rd Signal Company.

JRM command picnic is fun in the sun



Slipping and Sliding: Joint Region Marianas (JRM) family members enjoy a water slide during the second annual JRM command picnic at Polaris Point June 17. The event featured food, games and prizes. (U.S. Navy photo by Mass communication Specialist 2nd Class (SW) Corwin Colbert)



Playing for the Prize: Joint Region Marianas (JRM) staff and family members compete in a scavenger hunt/musical chairs game during the second annual JRM command picnic at Polaris Point June 17. The event featured food, games and prizes. (U.S. Navy photo by Mass communication Specialist 2nd Class (SW) Corwin Colbert)

9th OG Det. 3 changes hands



Simmons Takes the Reigns: Col. Lawrence Hoffman, left, 9th Operations Group (OG) Det. 3 commander, passes the Det. 3 guidon to Lt. Col. Raymond Simmons, newly-appointed 9th OG Det. 3 commander, during a change of command ceremony on Andersen Air Force Base June 20. (U.S. Air Force photo by Senior Airman Carlin Leslie)

Lane closures on NBG

One north- and south-bound lane on the main U.S. Naval Base Guam (NBG) road will be closed due to construction beginning June 28. The closure is schedule to remain in effect for 10 weeks. Lane closures will be between the Victor Wharf area and the road leading to the NBG Security compound. During this time, all motorists, pedestrians, and bikers are advised to drive safely, follow directional signs, and be mindful of surrounding traffic conditions.

Source: NBG Public Affairs

Frank Cable welcomes family, friends

By Mass Communication Specialist 1st Class David R. Krigbaum

USS Frank Cable (AS 40) Public Affairs

The submarine tender USS Frank Cable (AS 40) set sail for a one-day cruise with it an estimated 250 extra crew members when Sailors assigned to the ship brought special guests for the Friends and Family Cruise June 9.

The event gave those closest to the Sailors a chance to see what they do on a daily basis and what life is like for Sailors onboard the Frank Cable.

Bradley Benjamin, son of Capt. Mark Benjamin, Commander, Submarine Squadron (CSS) 15 deputy commander, was excited to be a part of the day's activities and took full advantage of the opportunity.

"It's unique and cool," he said. "I got to get pictures with the guns, handle a fire hose and go into a recompression chamber."

During the underway, embarked friends and family received an opportunity to earn an Honorary Enlisted Surface Warfare Specialist certificate by participating in shipboard events.

Events included knot tying, observing a man overboard scenario and using a fire hose. Some even

got to try their hand at the Firearms Training Simulator (FATS), a simulated shooting range onboard the ship that uses gas-operated weapons.

Frank Cable is one of only two submarine tenders in the Navy today, making the opportunity to come aboard a rare one.

Capt. Benjamin's wife, Bernadette, spent the day with her son touring the ship and participating in the activity stations.

"It's educational for my son, Bradley," she said. "It gets to show what Sailors do onboard."

Frank Cable conducts maintenance and support of submarines and surface vessels deployed in the U.S. 7th Fleet area of responsibility.

For more news from USS Frank Cable (AS 40), visit www.navy.mil/local/as40/.

Take a Closer Look Aboard Frank Cable: Capt. Thomas Stanley, USS Frank Cable (AS 40) commanding officer, explains weapon features to his guests during the Friends and Family Cruise June 9. Frank Cable conducts maintenance and support of submarines and surface vessels deployed in the U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 3rd Class Gabrielle Blake)



Independence Day 2011 will be full of activities

By JoAnna Delfin

Joint Region Edge Staff

U.S. Naval Base Guam (NBG), Andersen Air Force Base (AFB) and the Mayors' Council of Guam will host a wide variety of activities in recognition of Independence Day.

Andersen Community Activities Director Michelle Jacobs encouraged service members and their families to check out the Freedom Fest at Arc Light Park on Andersen AFB July 1, 3-6 p.m.

"Come enjoy the festivities," she said. "It's something for the community to do. Everyone can enjoy the music, the entertainments and all the activities going on. It's time to socialize and have a good time with each other and it's important because Independence Day is what America is all about. Without our independence, we wouldn't be America."

According to Jacobs, the event will have live bands, games, activities for the kids, and food and beverage vendors to keep you cool and fueled. Take the kids for a ride on a carabao (ka-ra-BOW) or keep them entertained on the bouncy castle, waterslide, and obstacle course. Door prizes will be given away every half hour throughout the event including a grand prize of two round-trip tickets to anywhere in Asia to which the sponsoring

airline flies. Sign up at the registration table to be entered to win one of the many great prizes.

You can also head down to the Freedom Festival located on the grounds between the Charles King Fitness Center (CKFC) and Orote Point Lanes on NBG July 4, 10 a.m.-3:45 p.m.

According to Morale, Welfare and Recreation Director Eric Nikkel, the event begins with a parade starting at Ebbett Field and ending at the Orote Point Lanes. The parade will feature members of the Harley Owners Group Marianas Islands Chapter and historical World War II vehicles from the Pacific War Museum in Asan. A car and motorcycle show will follow the parade in addition to flyovers from Helicopter Sea Combat Squadron 25, a flag drop with Explosive Ordnance Disposal Mobile Unit 5 personnel, and the singing of the national anthem by country music sensation Nate Pearce.

There will be plenty of games for the kids including a football toss, golf challenge, froggy fly fling, and a rock climbing wall.

After all that excitement, you're sure to have worked up an appetite for some good food. There will be three cooking contests including best apple pie, best barbeque ribs and pulled pork, and best chili. Judges

will critique the dishes and present a trophy to the top pick in each category at 2 p.m. To participate in any of the cooking contests, sign up at CKFC by 10 p.m. June 29.

You can also enjoy different sporting events that day. Head to the CKFC track and watch teams compete in an Ultimate Frisbee tournament at 11:15 a.m. or check out the softball tournament at Ebbett Field beginning at 11:20 a.m. There will also be a nine-pin tournament at Orote Point Lanes beginning at 1 p.m. To participate in any of the events, sign up at the CKFC by 10 p.m. June 29.

The Big Screen Theater will be offering free classic movies and cartoons that day from 11 a.m.-4 p.m. complete with free popcorn and drinks.

Don't get too tired because you'll want to get a good seat in front of the main stage to catch country music sensation Nate Pearce at the main stage beginning at 2:30 p.m. as he performs traditional and modern country hits.

Nikkel said it is important to celebrate the Fourth of July.

"It's the birth of our nation," he said. "It's the foundation on which every democracy in the last 200 years has been built upon. We took the step to declare our independence. We led the way."

Fourth of July Weekend Events

July 1

Check out Freedom Fest on Andersen Air Force Base from 3-6 p.m. at Arc Light Park. There will be games and activities for the whole family and a number of food and beverage vendors. Be sure to sign in at the registration table and be entered to win one of many great prizes including a round-trip ticket for two to any Asia destination.

June 28-July 24

The 2011 Liberation Day Carnival at the Paseo de Susana Park in Hagatna boasts games, rides, and entertainment for the whole family. Food and beverage vendors will be there to serve up some great grub. The carnival is open Monday-Thursday from 6 p.m.-2 a.m., and Friday-Sunday and holidays from 4 p.m.-2 a.m. Independence Day fireworks start at 9 p.m. July 4.

July 4

Enjoy a day of fun and games on U.S. Naval Base Guam at the Freedom Festival from 10 a.m.-3:45 p.m. between the Charles King Fitness Center and Ebbett Field. The event begins with a parade followed by a car and motorcycle show, concert, cooking contests, movies and games. You can also catch Ultimate Frisbee, bowling, and softball tournaments.

Enjoy the rest of your weekend at the 2011 Liberation Day Carnival at the Paseo de Susana Park in Hagatna. The annual event boasts games, rides and activities for people of all ages. There will be over a dozen food vendors and a slew of performers taking the stage to keep carnival goers entertained. Stick

around for the Fourth of July fireworks show, which begins at 9 p.m. On July 4, the carnival opens at 4 p.m. and closes the following morning at 2 a.m.

Whatever your plans are, spend this Independence Day taking some time out to enjoy freedom and this great nation.

Navy pursuing wind turbines for energy

By Catherine Cruz Norton
 Naval Facilities Engineering Command Marianas
 Public Affairs

Naval Facilities Engineering Command (NAVFAC) Marianas Environmental Planner Mark Cruz briefed members of the Society of Military Engineers about a proposed Department of Navy project that will install two utility-sized wind turbines on the current preferred site at the north end of Naval Munitions Command East Asia Division in Santa Rita during a conference at the Outrigger Guam Resort in Tumon June 16.

Consistent with Secretary of the Navy Ray Mabus' energy goals to reduce the nation's energy consumption and reliance on fossil fuels, the wind turbines, which can be as tall as 240 feet tall, would generate four megawatts of clean electricity by harnessing the strong trade winds of the tropics.

Cruz said the process began several years ago with feasibility studies. He said, in comparison to other installations of similar size, Andersen Air Force Base (AFB) and U.S. Naval Base Guam have higher than average electricity bills. According to Cruz, this fact makes Guam a perfect candidate for continued feasibility studies to identify alternative sources of energy.

"We spend a lot of money of warfighting dollars on electrical bills on Guam," Cruz said. "It's about \$72 million annually to keep the lights on at both the Air Force and the Navy Base, which translates into about

\$200,000 per day."

In 2007, Department of Energy provided Department of Navy (DON) two grants for meteorological (MET) towers and sonic-detection and ranging (SODAR) equipment. In 2008, a MET tower with anemometer was installed on Alifan Ridge located on NMC EAD. This site was selected based on its elevation and exposure to east and northeast trade winds with no geographic obstacles.

"Alifan Ridge accelerates wind," Cruz said. "Within six months of wind data gathering, Alifan Ridge was determined to be a Category 5 wind resource."

According to Cruz, this is significant on a scale of one to seven with seven being the strongest.

Cruz said the cost to install two wind turbines is estimated at approximately \$20 million and may be funded through the Department of Defense (DOD) Energy Conservation Investment Program (ECIP).

"The ECIP provides a critical funding source for us to explore technology in our areas to look at other ways to get energy and so this is a good pot of money that DOD can tap into to research those avenues," Cruz said.

Cruz added that, from an economic standpoint, the investment in wind turbines will help the Navy save approximately \$2.6 million annually.

The project is expected to include a power distribution system via underground cables connecting to the existing Navy electrical grid and one that will meet Guam building

standards for earthquake and typhoon wind conditions.

Cruz, who has been taking his presentation to several regulatory Government of Guam and federal agencies, said the project's proposed location may pose some challenges. He cites five potential concerns including potential noise, viewscape, potential typhoon hazard, general public benefit and proximity to the public.

Cruz said the NMC EAD preferred site was selected based on some stringent criteria including land use/availability, wind potential, constructability, future use, utility infrastructure and avoidance of environmentally-sensitive areas.

"Based on five chosen sites, one in particular stood out based on the following criteria: wind power, wind class, energy production, construction cost, savings-to-investment ratio and savings per year," Cruz said. "This has become our preferred alternative."

Cruz said the preferred location is a great wind source and will pay the government back quickly. However, its proximity to the public may be a challenge.

"Our hope is to obtain a finding of no significant impact," he said.

In order for the project proposal to proceed, Cruz said an environmental assessment (EA) must be conducted. He said this process is mandated in the National Environmental Policy Act (NEPA), which is a process that seeks to ensure environmental concerns are addressed as it deals with any federal action.

The process also involves gaining public input.

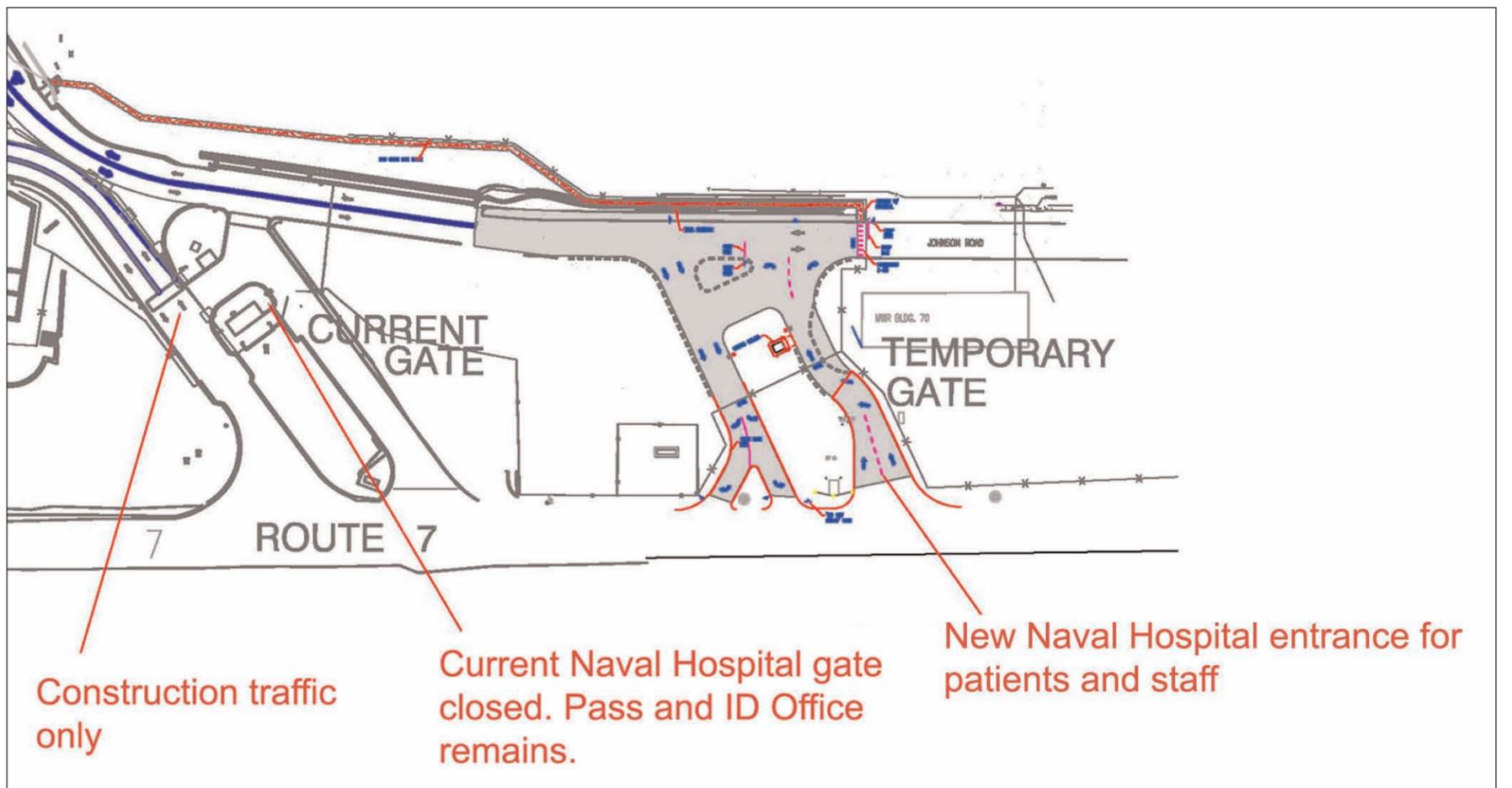
"Essentially NEPA, is a requirement since 1970," Cruz said. "Any time (the federal government) does a major federal action it has to engage the public to get their input so these are the things that we are going to have to respond to the public with on our answers to their concerns."

The Navy is currently reviewing past successes of Navy wind projects. In addition, the Navy is currently deciding which fiscal year to plan for Guam's wind project and is tentatively planning for the fiscal year 2012 for first phase, which would entail one turbine with associated infrastructure.

Mabus has five distinct energy goals:

- Change the way the Navy and Marine Corps awards contracts. The lifetime energy cost of a building or a system and the fully burdened cost of fuel in powering those will be a mandatory evaluation factor used when awarding contracts.
- By 2012, the Navy will demonstrate, in local operations, a Green Strike Group composed of nuclear vessels and ships powered by biofuel.
- By 2015, DON will reduce petroleum use in 50,000 strong commercial fleet in half.
- By 2020, DON will produce at least half of shore-based energy requirements on installations from alternative sources.
- By 2020, half of DON's total energy consumption for ships, aircraft, tanks, vehicles, and shore installations will come from alternative sources.

USNH Guam set to open new temporary gate July 5



Changes Are Coming: U.S. Naval Hospital (USNH) Guam patients and staff will begin utilizing the new temporary gate July 5 beginning at 5 a.m. The new gate is located along Route 7, 320 feet east of the current gate. This change will separate USNH traffic from construction traffic. The Pass and ID Office for USNH Guam will remain at Building 16 at the current gate location. USNH Guam would like to remind all motorists to adhere to all applicable signs and directions, and thanks its patients and visitors for their patience during the gate transition and ongoing construction activities. Construction for the new USNH Guam facility is expected to be completed by the fall of 2014. (Graphic courtesy of USNH Guam)

New features improve TRICARE online

By Capt. Damian Pardue
36th Medical Group

TRICARE Online (TOL) is the Military Health Systems (MHS) Internet point of entry that provides all 9.6 million Department of Defense (DOD) beneficiaries access to available healthcare services and information through an enterprisewide secure portal.

TRICARE Online users receiving their care at a military treatment facility can schedule appointments, order prescription refills and

view their personal health data.

A new TOL feature also allows users access to expanded personal health data including lab results, problem lists, encounter data, and allows adult family members to book appointments for minors. These capabilities mark an expansion of the current Blue Button, which already allows beneficiaries to access their demographic information, allergy and medication profiles. The Blue Button feature encourages beneficiaries to actively engage in their healthcare.

To access TOL booking appointments for minors, beneficiaries can use either their DOD self-service login information or a common access card. Log on to the TRICARE Online Web site at www.tricareonline.com.

From the beneficiary home page, authorized adult family members are permitted to schedule, view and cancel both primary care and select self-referral specialty appointments on behalf of themselves, other adult family members with permission, and minor children under 18 years of age.

Users are encouraged to establish a username and password. A "forgot password" option is available online to reset forgotten passwords.

To learn more and to gain granting access for family members, visit www.dmdc.osd.mil/appj/dsaccess/index.jsp.

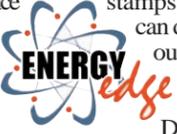
For TOL customer assistance and additional information, contact the MHS customer service help desk at 1-800-600-9332. You may also contact 36th Medical Group TOL Administrator Liz Veglio at 366-6547.

Saving the planet one stamp at a time

By Kevin D. Evans
Joint Region Marianas Supervisory
Energy Manager

I've got some news that's sure to impress any philatelist, environmentalist or energy conservationist!

I stopped by a base post office recently and the U.S. Postal Service (USPS) is advertising their "Go Green Commitment," which features a series of eco-friendly stamps and mailing materials.



The series of sixteen "forever stamps" show what each of us can do to promote the health of our environment. This effort seriously shows energy isn't just a Department of Defense

concern but a concern across all our federal agencies. Locally, the USPS is part of the governor's Energy Task Force and a member of the Federal Agencies Subcommittee. To quote the post office, "Helping the planet seems like a daunting task

but the new pane of sixteen stamps demonstrates that each one of us can contribute to a greener world and have fun in the process!" To order your set of eco-friendly stamps, visit <http://www.usps.com/green/gogreenstamps.htm>.

Pakyo: Joint exercise tests readiness

Continued from Page 1

storm, causing an estimate of \$700 million in preliminary damages, according to the National Weather Service.

Moon said the first two days of the exercise focused on typhoon preparation and were followed by two days of recovery operations. Throughout the week, participating organizations followed through with preparation and recovery procedures in response to scenarios.

NBG personnel conducted crowd control at the base gas station and Orote Point Commissary and responded to simulated oil and chlorine spills.

The exercise on Andersen AFB included a boil water notification to base housing residents, a damaged gate that prohibited traffic flow, a medical emergency regarding a pregnant woman in labor during the typhoon, and hazards in the form of displaced cars on roadways.

Maj. Bruce Murren, 36th Wing

Inspector General, who oversaw the exercise at Andersen AFB, said the exercise went as planned on the base.

"The preparatory phase was key for Andersen AFB as it has been two years since our last typhoon exercise," he said. "The majority of our housing residents had planned in advance and had no problems securing outdoor items when the time came. This exercise will help all of us if and when we are presented with the real thing."

Guam Homeland Security and the Office of Civil Defense were also involved in the exercise.

Together with Guam's first responders, the local entities focused on preparation and emergency scenarios and combated potential communication issues faced during storms. The Government of Guam teams also addressed the possible use of tent cities after a storm.

Moon said it was important to have the military and local government work together during the exercise.

"The approach that we took for the exercise was that natural disasters like typhoons don't just impact the military installations," Moon said. "Typhoons affect the entire island effect so it was important to have a total island approach. Our end result is enhancing the lines of communication and coordination, which will be beneficial in the time of real need."

Getting in on the Simulated Action: The U.S. Naval Base Guam Emergency Response Team responds to a simulated disturbance at the base's gas station during Exercise Typhoon Pakyo, a typhoon preparation and recovery exercise, June 14. The weeklong exercise allowed Guam's military installations and government organizations to have real-time experience preparing for an incoming typhoon and launching recovery efforts after the disaster. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



FTAC: Program helps new Airmen become leaders

Continued from Page 1

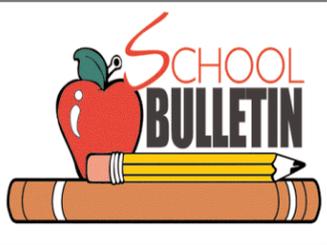
base isn't the only advantage FTAC Airmen gain while participating in the course. The Airmen also have an opportunity to network with Airmen they might not normally see during a typical day on the island.

FTAC is also a good way to meet and interact with people from other squadrons who are making the transition to operational service members as well. It's a great way to make new friends and establish a rapport with fellow Airmen, Schramm said.

Andersen's FTAC hosts approximately 20 new Airmen per class. The center reinforces the standards of professionalism, professional development, mentorship, leadership and followership and sets Airmen on the path to become future leaders.

"I jumped on the opportunity to become a part of FTAC right away," Opena said. "As an NCO you must be able to become a well-rounded person if you want to reach the pinnacle of your career. I thought this job would be a great opportunity to improve not only my mentorship

skills but my supervisory skills as well. To me this job is rewarding because I have the pleasure of being a mentor to young Airmen throughout their career. Having a positive impact on even one Airman's career makes it all worthwhile."



School Bulletin aims to promote educational activities in the Navy and Air Force communities. If you know of an education-related event that you would like to include, send it to jointregionedge@fe.navy.mil or call 349-2113.

Department of Defense Education Activity (DoDEA)

Check out DoDEA Guam's new district Web site for information regarding the updated uniform policy for SY 2011-2012, supply lists for students, immunization information, registration information, school bus tips and rules, the SY 2011-2012 calendar, links to your child's school and more! Visit the new site at www.guam.pac.dodea.edu.

Andersen Elementary School

Aug. 23 Reporting date for nonadministrative educator personnel for orientation and classroom preparation

Aug. 26 Class lists posted after 4 p.m.

Aug. 29 First day of school for first- through fifth-grade

Aug. 29-Sept. 2 Prekindergarten and kindergarten home visits

Sept. 5 No School - Labor Day

Sept. 6 First day of school for kindergarten

Sept. 7 First day of school for prekindergarten

Andersen Middle School

Aug. 23 Reporting date for nonadministrative educator personnel for orientation and classroom preparation

Aug. 29 First day of school

Sept. 5 No School - Labor Day

Guam High School

Aug. 23 Reporting date for nonadministrative educator personnel for orientation and classroom preparation

Aug. 29 First day of school

Sept. 5 No School - Labor Day

McCool Elementary/Middle School

Aug. 23 Reporting date for nonadministrative educator personnel for orientation and classroom preparation

Aug. 29 First day of school

Aug. 29-Sept. 2 Prekindergarten and kindergarten home visits

Sept. 5 No School - Labor Day

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.

GHS to start recycling program

By Raynard Mayo

Guam High School

Guam High School (GHS) students and faculty will begin a campus-wide recycling program at the beginning of the new 2011-2012 school year.

With support from Naval Facilities Engineering Command Marianas, the GHS campus now has 12 new recycling containers that are easily identifiable for all to use. GHS will continue to participate in the islandwide "i*recycle" aluminum recycling program by collecting aluminum cans and will also expand the recycling effort to include plastic beverage containers. GHS students will also look into producing a public service announcement to educate the community on the benefits of recycling.

So far, the school has received an overwhelming response from students, teachers and staff who would like to

adopt recycling containers and show their spirit and support in promoting recycling. While 12 containers is a good start, the school hopes to increase that number and establish a competition between the grade levels, teams or clubs.

For more information on the GHS recycling initiative or to get involved, call 344-7410. For more information on the Guam aluminum recycling program visit www.i-recycle-guam.org.

Panthers Going Green and Blue: Guam High School (GHS) students strike a pose after assembling new recycling containers at the GHS campus May 24. The school received 12 new recycling containers from Naval Facilities Engineering Command Marianas and will recycle aluminum cans and plastic drink bottles during the 2011-2012 school year. (Photo by Raynard Mayo courtesy of GHS)



MEMS bids farewell to two teachers



More Than Four Decades of Experience: Cmdr. William C. McCool Elementary/Middle School educators Diann King and Jan Goldhorn pose for a picture after a retirement recognition at the U.S. Naval Base Guam campus June 16. Combined, King and Goldhorn have served more than 44 years as educators. Pictured from left to right are Stephen Bloom, Department of Defense Education Activity (DoDEA) Guam district superintendent; King; Goldhorn; and Jeff Arrington, DoDEA Guam assistant superintendent. (Photo by Maria Rubio)

Old tradition emphasizes family in marriage

By JoAnna Delfin

Joint Region Edge Staff

When one thinks of a marriage proposal today, the first things that come to mind are a nervous man, a romantic setting and a diamond ring. Old Chamorro proposals, however, consisted of parents, chores, and some local flair.

The Chamorro tradition of *mamaisen saina* (muh-MY-sehn SY-nuh) is an elaborate marriage proposal involving the families of the young couple. Loosely translated, *mamaisen saina* means "to ask the elders for permission."

According to Guam Historian Anthony J. Ramirez, what made this tradition special was the involvement of the young couple's families.

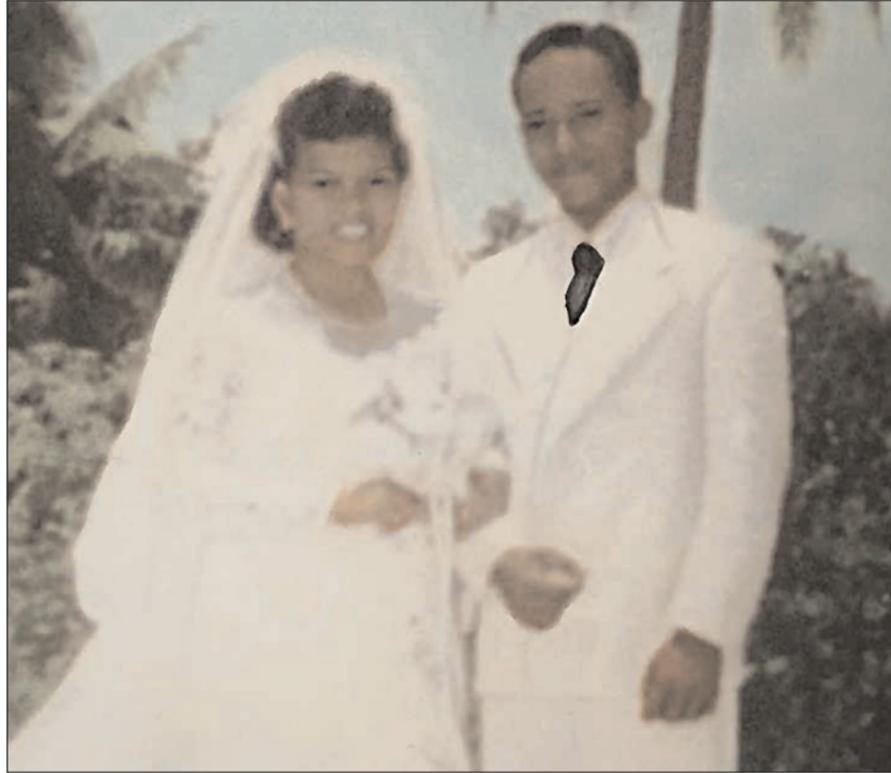
"With the *mamaisen saina*, the focal and unyielding value is that marriage is an extended family tradition," he said. "Your marriage is a family marriage. Everyone is involved somehow."

Ramirez said the young man's parents and baptismal godparents would travel to the future bride's home and greet her parents and baptismal godparents with betel nut, pepper leaves, tobacco, and lime. These items were presented as a gift and offering to begin an open conversation between the two parties.

Once the gifts were presented, discussions between the parties began about the union of their children.

The groom's family would stay at the bride's house and fulfill any requests from her family including cooking, cleaning, and child care to prove their son was able to take care of his future bride. Completing these tasks proved that the boy's family was determined to make the union happen.

As the evening continued, the bride's parents would examine the gifts closely. Compliments about the ripeness of the betel nut, neatness of the pepper leaves, sweetness of the tobacco,



Six Decades of Love: A painting illustrates Susie and Ben Arceo on their wedding day. When he learned that we would be drafted to the Army, Ben Arceo and his family engaged in the *mamaisen saina* (muh-MY-sehn SY-nuh), an elaborate marriage proposal involving the families of the young couple, to ask for Susie Arceo's hand in marriage. (Photo courtesy of Susie and Ben Arceo)

and freshness of the lime meant the young girl's parents accepted the offering, Ramirez said.

Upon accepting the offering, the two families would chew the betel nut together and the boy's parents would make a formal

request on behalf of their son to wed the young woman. The girl's parents would consider the offer and, if accepted, they would offer their blessing.

From there, the future bride would enter the room and her future parents-in-law would

compliment her beauty. Families would agree on a future meeting date to discuss plans for the wedding.

Susie Reyes Arceo said she experienced the tradition when her husband Vicente "Ben" Arceo pleaded with his mother to ask her parents for her hand in marriage.

"He found out he was going to be drafted to the Army and he wanted to ask for my hand in marriage," Susie Arceo said. "His mother first came to my house in June and my parents did not approve. It took three months for them to approve. Then we got married in September."

Ben Arceo said he was all nerves.

"I knew I was going to be drafted to the Army but it was like I was more scared and anxious to have my mother ask her hand in marriage," he said. "I know though that it was what I wanted before I left the island."

The couple, high school sweethearts, will celebrate their 61st anniversary Sept. 16.

Though *mamaisen saina* is not formally practiced today, the idea of the tradition is still present among many Chamorro men and women. It is not uncommon to see a young man approach his girlfriend's parents to ask for her hand in marriage before formally proposing to her.

Mark Flores of Barrigada said, although times have changed, he enjoyed the idea of his family being involved in his plans for the future.

"I personally enjoy the tradition," he said. "It's symbolic and holds special meaning. Today, sometimes the family isn't even involved [in proposals and weddings] and it's just the bride and groom so it doesn't have as much meaning as I think it should. I feel the entire family should be involved because our individual families become our family at the end of the day."

FREE

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

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.



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

Children's Story Time
Every Wednesday at the NBG Library from 3:30-4 p.m. The Andersen AFB Library offers two story time readings at 10:30 a.m. and 3 p.m. For more information, call NBG at 564-1836 or Andersen AFB at 366-4291.

UNDER \$10

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

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

Tuesday Fajita Night
At Andersen AFB's Café Latte every Tuesday from 5:30-7:30 p.m. Base price starts at \$2.95 and you can build your own fajitas! 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 and traditional breakfast favorites, plus a variety of breakfast burritos and sandwiches. For more information, call 366-6166.

Ladies' Golf
Ladies, do you love the game of golf as much as the men do? If so, every Wednesday it's your day at Palm Tree Golf Course. Ladies receive free green fees. Just pay the cart fee, \$12 for 18-holes or \$8 for 9-holes. For more information, call 366-4653.



FRIDAY, JUNE 24

7 p.m.: Jumping the Broom • PG-13

SATURDAY, JUNE 25

2 p.m.: Jumping the Broom • PG-13
7 p.m.: Priest • PG-13

SUNDAY, JUNE 26

7 p.m.: Priest • PG-13

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



FRIDAY, JUNE 24

7 p.m.: Jumping the Broom • PG-13
9:30 p.m.: Something Borrowed • PG-13

SATURDAY, JUNE 25

1 p.m.: Rio • G
3:30 p.m.: Thor • PG-13
7 p.m.: Bridesmaids • R

SUNDAY, JUNE 26

1 p.m.: Hoodwinked Too: Hood vs. Evil • PG
3:30 p.m.: Prom • PG
7 p.m.: Fast Five • PG-13

MONDAY, JUNE 27

3 p.m.: Jumping the Broom • PG-13

TUESDAY, JUNE 28

3 p.m.: Thor • PG-13

WEDNESDAY, JUNE 29

3 p.m.: Prom • PG

THURSDAY, JUNE 30

3 p.m.: Rio • G

The schedule is subject to change due to circumstances beyond the theater's control. **The Big Screen Theatre hotline is 564-1831 or visit mwr Guam.com.**
(Source: Navy Morale, Welfare and Recreation Office)

Chapel Schedule

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

Roman Catholic Mass
Saturday Vigil Mass: 5:30 p.m.
Sunday Mass: 9:30 a.m.
Sacrament of Reconciliation:
Saturday, 5 p.m. and Sunday,
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 Services
Chapel of Hope: Sunday, 6:30 p.m.
Men's Bible Study: Every first
and third Tuesday of the month
at 7 p.m. at the Interfaith
Chapel, second floor, room H205
Women's Bible Study: Every second
and fourth Saturday of the month
at 8:30 a.m. at the Fellowship Hall,
Building 61

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

Hope rises in the morning

By Capt. Timothy Overturf

Joint Region Marianas Region Chaplain

One of the greatest promises of hope is found in the Bible's Old Testament book whose name means "deep sorrow." Lamentations Chapter 3 tell us, "This I recall to my mind – therefore I have hope. The Lord's loving kindness indeed never cease for His compassions never fail. They are new every morning. Great is your faithfulness."

In 1923, Christian writer Thomas Chisholm included assuring thoughts about hope when he composed the words to the famous hymn "Great is Thy Faithfulness."



The opening verses and chorus say, "Great is thy faithfulness o God my father. There is no shadow of turning with thee. Thou changest not thy compassions. They fail not. As thou hast

been thou forever shalt be. Great is thy faithfulness. Morning by morning new mercies I see. All I have needed thy hand hath provided. Great is thy faithfulness Lord unto me!"

In the book "101 Hymn Stories," author Kenneth Osbeck relates a story about Chisholm. Poor health forced Chisholm to resign his post as a Methodist pastor, after which he scraped out a meager living selling life insurance. Through the challenges, he wrote over 1,200 poems. Many were published as hymns.

Difficulty, particularly poor health, shouts a rude greeting every morning. If not checked, it can rob us of hope. Faith is the bulwark against despair.

"My income has not been large at any time due to impaired health in the earlier years which has followed me on until now," Chisholm said of his difficulties. "Although I must not fail to record here the unfailing faithfulness of a covenant-keeping God and that He has given me many wonderful displays of His providing care for which I am filled with astonishing gratefulness."

It was not the removal of trouble that infused Chisholm with hope. It was the Lord's expression of his unceasing loving kindness and unfailing compassion. These two messengers of God are new and sufficient every morning. Did you see them today? Great is God's faithfulness!

Mouth Guards: Equipment protects smiles

From 36th Medical Operations Squadron Dental Clinic

It's easy to take some things for granted until they're suddenly gone. Have you ever thought about how it would feel if you lost your front teeth? You'd probably avoid smiling.

It would be uncomfortable talking with someone face to face. It wouldn't be easy pronouncing certain words. What about eating an apple? Until your teeth are gone, you might not miss them.

Each year, thousands of teens get hurt on the playing field, the basketball court, while skateboarding,

biking or during other activities. Blows to the face in nearly every sport can injure your teeth, lips, cheeks and tongue. A properly-fitted mouth guard or mouth protector is an important piece of athletic gear that can protect your teeth and smile.

You may have seen them used in contact sports, such as football, boxing, and ice hockey. However, you don't have to be on the football field to benefit from a mouth guard. New findings in sports dentistry show that even in noncontact sports such as gymnastics, rollerblading, and field hockey, mouth guards help protect teeth. In fact, many experts

recommend a mouth guard be worn for any recreational activity that poses a risk of injury to the mouth.

There are three types of mouth guards: the ready-made or stock mouth guard; the mouth-formed boil and bite mouth guard; and the custom-made mouth guard made by your dentist. All three mouth guards provide protection but vary in comfort and cost.

The most effective mouth guard should have several features. It should be resilient, tear-resistant and comfortable. It should fit properly, be durable and easy to clean, and not restrict your speech or breathing.

Generally, a mouth guard covers only the upper teeth but, in some cases, the dentist will instead make a mouth guard for the lower teeth. Your dentist can suggest the right mouth guard for you.

There are some suggestions for taking care of your mouth guard.

Before and after each use, rinse it with cold water or with an antiseptic mouth rinse. You can clean it with toothpaste and a toothbrush too. When it's not used, place your mouth guard in a firm, perforated container. This permits air circulation and helps prevent damage.

Avoid high temperatures such as

hot water, hot surfaces or direct sunlight, which can distort the mouth guard.

Check it for tears, holes and poor fit. A mouth guard that's torn or in bad shape can irritate your mouth and lessen the amount of protection it provides.

Have regular dental checkups and bring your mouth guard along so the dentist can make sure it's still in good condition.

Don't take your teeth for granted. Protect your smile with a mouth guard. For more information, call the 36th Medical Operations Squadron Dental Clinic at 366-6750.

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.

Morale, Welfare and Recreation Swim Program

Register now for the Morale, Welfare and Recreation Swim Program. There are classes for all ages and skill levels. Learn to swim or just improve your stroke. June classes are in full swing and available at Charles King Fitness Center pool. For more information, call 333-2049.

Group Fitness Age Compliance

Beginning May 2, all group fitness classes in the basketball court must comply with the basketball court's age policy. According to the policy, "youth 9 years old and younger must be under interactive supervision of an adult." The Family Fitness Room and drop-in child care are now available.

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 Web site, 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.

NCTS Sports Center

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

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

Pre/Postnatal Exercise Class

The Coral Reef Fitness Center offers a low-intensity class designed for pregnant women and new mothers. A doctor's clearance form is required to participate. Forms can be picked up at the Fitness Center. For more information, call 366-6100.

Zumba

Free Zumba classes are held at the Coral Reef Fitness Center. The routine features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. For more information, call 366-6100.

Monday Driving Range Special

Take advantage of the Palm Tree Golf Course's Driving Range Special every Monday from 4-8 p.m. Hit as many balls as you want for just \$5. For more information, call 366-4653.

Aikido Classes

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

