

JOINT REGION EDGE

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Service members donate time

By JoAnna Delfin
Joint Region Edge Staff

Dozens of service members volunteered as coaches during a Special Olympics Guam (SOG) bowling practice at Central Lanes Bowling Center in Tamuning, Guam, Aug. 13.

The service members offered tips and words of encouragement to SOG athletes during the practice, which is just one of many leading up to the actual bowling event slated for Oct. 22.

Chief Navy Counselor (SW/AW) John Jeffries, Naval Base Guam Special Olympics volunteer coordinator, said the event gave service members the chance to make new friends and give back to the Guam community.

"It shows we're all on the same team and doing good things," he said. "It's exciting because there's nothing more rewarding than seeing someone succeed, being involved in sports like this and

having a good time."

Master Sgt. Kevin Schumacher, Andersen Air Force Base Special Olympics volunteer coordinator, agreed with Jeffries.

"Because this isn't our permanent home, we come and go," he said. "It's a great way for us to see more of Guam and get involved with Guam."

Marlon Molinos, SOG chairman and event coordinator, said he is grateful for the support of Guam's service members.

"The people from the military

See SOG, Page 11

Eyes On the Prize: Aviation Ordnanceman 2nd Class (AW) Johnathan Masangcay, center, of Naval Airborne Weapons Maintenance Unit 1, assists a Special Olympics Guam athlete during a bowling practice at Central Lanes Bowling Center in Tamuning Aug. 13. (U.S. Navy photo by JoAnna Delfin)



Airmen participate in Yellow Ribbon Program



By Airman 1st Class Whitney Tucker

36th Wing Public Affairs

In an effort to reach out and support members of the Guam Air Force Reserve, several 36th Wing personnel temporarily relocated to Saipan to participate in the Yellow Ribbon Program July 23.

Representatives from various Andersen Air Force Base squadrons and organizations were on hand to answer questions, provide counsel and assist members of Guam's 44th Aerial Port Squadron (APS) as they prepare to deploy.

"The Yellow Ribbon Program is a DoD-wide effort to educate, train and counsel National Guardsmen and Reservists throughout the deployment cycle, relieving strain on the family unit," said Maj.

See Program, Page 11

All Together Now: Members of the Guam Air Force Reserve pose with loved ones during the Yellow Ribbon Program in Saipan July 23. Sponsored by the Air Force Reserve Command, the Yellow Ribbon Program is a DOD-wide effort to educate, train and counsel National Guardsmen and Reservists throughout the deployment cycle. Representatives from various Andersen squadrons and organizations were on hand to answer questions, provide counsel and assist members of Guam's 44th Aerial Port Squadron as they prepare to deploy. (Photo courtesy of the U.S. Air Force)



Andersen's Best
Staff Sgt. Robert Koon

SEE PAGE 3



Sex Signals
Illinois performers conduct presentation on NBG

SEE PAGE 4



Gupot Y Peskadot
Guam Coast Guardsmen educate mariners at festival

SEE PAGE 5

Scan for direct links to
Joint Region Marianas



Airmen enhance relationships, airfield ops

By Airman 1st Class Whitney Tucker
36th Wing Public Affairs

The 36th Contingency Response Group (CRG) is postured to deploy all or part of its 481-person team of more than 30 specialties with no more than 12 hours notice. This multidisciplinary, cross-functional force has recently taken on a new mission – furthering the capabilities of U.S. allies in the Pacific.

The 36th CRG is not just about airbase opening, long-haul communications and heavy construction. In support of the 13th Air Force, the 36th CRG participated in a series of partnership-building, humanitarian-assistance exercises called Operation Pacific Angel (Pac Angel).

Pac Angel operations cultivate bonds and foster goodwill between the U.S. and Asia-Pacific countries through capacity-building in humanitarian assistance.

Continuing support of the United States Pacific Command's Pac Angel series, five members of the 36th CRG deployed to Sihanoukville, Cambodia, to perform humanitarian-assistance-disaster-relief-related subject matter expert exchanges during Operation Pacific Angel Cambodia 11-1.

"We're here to show them our capabilities and give them the tools to further themselves," said Master Sgt. James Bonk, 36th Mobility



Working Together: Master Sgt. James Bonk, second from right, 36th Mobility Response Squadron contingency team lead, meets with members of the Royal Cambodian Armed Forces during a subject matter expert exchange in Sihanoukville, Cambodia, Aug. 8. The exchange was part of Operation Pacific Angel Cambodia 11-1, which partners U.S. and Cambodian military and civilian personnel to provide medical, dental, optometry and engineer programs to local Cambodians as well as airfield-operations subject matter expert exchanges. (U.S. Air Force photo by Staff Sgt. Christopher Boitz)

Response Squadron contingency response team lead. "We're also learning how they do business. By being able to integrate our abilities with theirs we're able to help each other out when needed."

Being able to integrate with the Royal Cambodian Armed Forces (RCAF) enhances the U.S. military's ability to perform operations in an area of responsibility covering more than 100 million square miles

and 50 percent of the world's population.

"It's crucial to have an airfield and to be able to sustain operations in order to get items to people like medical supplies and food when

they need it," Bonk said. "We're partners and we're aiming to improve interoperability."

An aerial demonstration by a North Carolina National Guard C-130H from the 145th Airlift Wing followed by a walk through of the aircraft provided the RCAF an opportunity to examine how the aircraft works along with receiving cargo, airdrops, managing the airfield and setting up an aerial port.

"We've learned a lot from our friends," said Col. Proeung Phath, of the Royal Cambodian Air Force. "We can benefit from these exchanges and experiences. It's great to work next to them and I'm happy they're here."

Exchanges that foster partnerships and relationships will enhance future operations for Cambodians and the U.S., participants said.

"I'm happy to be here establishing friendships and learning more about the way they do business," Bonk said. "Everyone is very friendly and has been very welcoming, I'm glad to be able to share with them now and in the future."

Operation Pacific Angel Cambodia 11-1, is a combined partnership between U.S. and Cambodian military and civilian personnel providing medical, dental, optometry and engineer programs to local Cambodians including airfield-operations subject matter expert exchanges.

The joint operation concluded Aug. 12.



Left: Junior Engineer Gary Willyerd, a civilian mariner assigned to the submarine tender USS Frank Cable (AS 40), sounds a fuel tank as Frank Cable prepares to depart Subic Bay, Philippines, Aug. 3. 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 1st Class (AW) David R. Krigbaum)

Right: Senior Chief Electrician's Mate (SW) Duane Kizsak, assigned to the submarine tender USS Frank Cable (AS 40), waves to watch standers ashore as the ship departs Subic Bay, Philippines, Aug. 3. 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 1st Class Melvin Nobeza)



Moving Along: Third Mate Alex Footman, a civilian mariner assigned to the submarine tender USS Frank Cable (AS 40), monitors harbor tugs as Frank Cable prepares to depart Subic Bay, Philippines, Aug. 3. 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 1st Class (AW) David R. Krigbaum)

Guam Sailors leave Subic Bay



Standing Watch Aboard Frank Cable: Gunner's Mate Seaman Apprentice Samuel Collier, left, and Gunner's Mate 2nd Class (PJ) Lucas Knighten, both assigned to the submarine tender USS Frank Cable (AS 40), stand watch with the MK43 machine gun as the ship prepares to depart Subic Bay, Philippines, Aug. 3. 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 1st Class Melvin Nobeza)

Send in the bomb squad

By Mass Communication Specialist 1st Class (SW) Peter Lewis

Joint Region Edge Staff

Navy explosive ordnance disposal technicians are an elite team of warriors who eliminate hazards from conventional ordnances, weapons of mass destruction, sea mines and improvised explosive devices, and accomplish expeditionary diving and salvage objectives. These Sailors foster trust and cooperation with like-minded nations, ensure offensive maneuvers for conventional and special forces, and mitigate harm to U.S. and coalition forces as well as civilians.

Homeported on board U.S. Naval Base Guam, the Sailors of Explosive Ordnance Disposal Mobile Unit (EODMU) 5 are actively engaged throughout Asia and the Pacific region in the battle against improvised explosive devices, mines and all other types of unexploded ordnance.

"We have about 180 motivated and dedicated Sailors attached to the command," said Ensign Vernon Dennis, the command's public affairs officer. "That includes two remotely-located shore detachments as well as a Japan-based platoon."

The command supports a wide range of missions including training allied partners and disposal of explosive remnants of war (ERW).

"Simply put, we get rid of bombs and other ordnance left behind after wars end while also providing for humanitarian assistance and disaster-relief missions," Dennis said. "The



That's the Bomb: Members of Explosive Ordnance Disposal Mobile Unit 5 view an explosion from the safety of a mine resistant ambush protected vehicle during a training exercise on Andersen Air Force Base April 21. Navy explosive ordnance disposal technicians are an elite team of warriors who eliminate hazards from conventional ordnances, weapons of mass destruction, sea mines and improvised explosive devices, and accomplish expeditionary diving and salvage objectives. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

command was very involved during the recent Japanese tsunami relief effort Operation Tomodachi."

Sailors at EODMU 5 utilize a wide array of vehicles and equipment such as mine resistant ambush protected (MRAP) vehicles and scuba gear.

"We use rigid hull inflatable boats (RHIB), military trucks, Talon and PackBot robots, X-ray devices, bomb suits, radios, satellite communication systems just to name a

few," Dennis said. "This is definitely a great community and a great command."

Dennis said that, in addition to providing humanitarian assistance throughout Asia and the Pacific, the command enjoys being able to have a positive impact on the local island community.

"EODMU 5 has a long history of assisting both the military and civilian populations of Guam," he said. "Sailors from the command

have participated in school events such as career days and read-a-thons, assisted with Guam Animals in Need shelter, and have participated in countless charity events both on and off base. In fact, two EODMU 5 junior Sailors have received the Military Outstanding Volunteer Service Medal in the past year for being an integral part of EODMU 5's successful track record of community involvement."

Dennis added that he believes his

fellow Sailors know it is an honor to serve the local community in this way.

"The people of Guam as well as the military families that currently reside on the island look to the U.S. Navy and commands such as EODMU 5 to set the example of what America stands for – concepts such as freedom and democracy," he said. "The Sailors of EODMU 5 understand that they represent not just themselves or the command but the best of what the U.S. has to offer to the world."

According to Dennis, Sailors who take orders to EODMU 5 can look forward to a rewarding and challenging tour, at "quite possibly one of the best-located duty stations in the U.S. Navy."

"Sailors can look forward to executing a mission that may take them throughout the Pacific Command area of responsibility or even to other locales around the globe," he said. "The work is fast-paced and requires the close-knit command to function as a singular team, and, for those that are not deployed and looking to stay physically fit, EODMU 5 has an outstanding physical training program."

Explosive Ordnance Disposalman 3rd Class Jeremy George, a junior Sailor at the command, said he agrees wholeheartedly with Dennis' sentiments.

"The location is awesome, the community is helpful and people are friendly," he said. "What's there not to like? If you can get orders to EODMU 5, take them! It's the best experience I have ever had."

Andersen's Best: Koon

Koon Makes a Difference: Staff Sgt. Robert Koon, 36th Wing Command Post senior emergency action controller, was awarded Andersen's Best July 27. Koon is the assistant training manager responsible for preparing two monthly tests, training scenarios and overall training management of 12 command post controllers. He began as the training manager in December when the primary was deployed. As the training noncommissioned officer in charge, his efforts prepared the team for a January staff assistance visit and unit compliance inspection, which directly contributed to the receipt of the "Outstanding Team Award." Koon has trained with the Combat Readiness Group (CRG) in his off-duty time and is now the only Airman fully certified for CRG in command post to assist with respective missions.

The sergeant is a vital link to 36th Wing, disseminating information to leadership and the base populace. He was recently recognized for his exceptional reaction during unique and stressful situations.

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/civilian 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 Benjamin Wiseman)



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NBG Sailors give sexual assault the stop sign

By Mass Communication Specialist 2nd Class (SW) Gabrielle Blake

U.S. Naval Base Guam Public Affairs

A presentation titled "Sex Signals" was held at the Big Screen Theatre on U.S. Naval Base Guam (NBG) to raise Sailor awareness of sexual harassment and sexual assault Aug. 10.

John Mallory and Annie Rix, of Catharsis Productions based in Chicago, Ill., put on a presentation that was both humorous and serious. The two went through several scenarios of a man trying to ask a woman on a date.

Mallory portrayed different types of men such as an eager man, a sensitive man and a heroic man. Rix acted as a pure female, a wild female, the female "all guys want" and a female in distress.



Sailors were able to interact while watching the scenarios. Each person had a "stop" sign and was able to hold it up when they felt the characters in the scene were being inappropriate towards one another.

This part of the presentation let Sailors know they can make a difference and step in and stop a situation that is getting out of hand.

"Our message is about empowering others to make a difference

Roleplay: Annie Rix, right, and John Mallory, of Catharsis Productions based in Chicago, Ill., act out a scenario during the "Sex Signals" presentation at the Big Screen Theatre on U.S. Naval Base Guam Aug. 10. The presentation taught Sailors about sexual harassment and assault. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Gabrielle Blake)

instead of it being about blame," Mallory said.

Rix agreed with her co-star. "It's important to give our audience power and make them feel that they can stop this and give them the tools to use to help change things so these inappropriate and uncomfortable situations aren't happening," she said.

The performance became more serious as Mallory and Rix played out a scenario about rape. Through

this presentation, Sailors were taught about the misunderstandings surrounding rape and were reminded that "no" always means "no."

"Consent is really sexy," Rix said. Mallory and Rix challenged the audience to practice getting consent for everything they did in the following 24 hours. They stressed the importance of getting a definite "yes" before engaging in sexual acts.

Mallory said one thing he wants everyone to take away from this presentation is that, with very simple actions, anyone can intervene, take action and prevent an assault before it happens.

According to the Catharsis Productions Web site, "Sex Signals" has been performed more than 1,600 times at more than 400 colleges and dozens of military installations throughout the country in the last 11 years.

For more information, visit www.catharsisproductions.com.

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.

Navy Announces Two South Bound Lanes of Marine Corps Drive in Piti Will Be Temporarily Closed

Beginning Aug. 22, two southbound lanes of Marine Corps Drive in Piti near the Sasa Valley Fuel Farm will be temporarily closed to through traffic for approximately 10 days while Navy contractors continue work on the Wastewater Collection System Upgrade construction project for U.S. Naval Base Guam (NBG). While both southbound lanes will be blocked off to traffic, contractors will divert southbound traffic through one northbound lane. One lane will remain open to northbound traffic. The project, which began at the Polaris Point intersection in May 2011, continues in segments with new 300-foot to 1,000-foot sections beginning after the previous areas have been finished. This project is slated to be completed in November 2011. While under construction, motorists are advised to slow down, plan on brief delays and obey all traffic signs.

36th Munitions Squadron Closed

The 36th Munitions Squadron will be closed due to a 100-percent-semiannual inventory Sept. 1-30. A 100-percent-semiannual inventory is a closed-warehouse-wall-to-wall inventory. Only emergency issue requests for munitions submitted in writing and approved by the group commander or equivalent will be processed during the inventory. Anyone needing assistance during this time can contact Munitions Operation at 366-3556 or Munitions Control at 366-6300.

Protestant Religious Activities for Men on Andersen Air Force Base

Looking for a message of hope? Join the men's weekly Bible study on Wednesdays at 6 p.m. at the Hot Spot conference room on Andersen Air Force Base. Looking for a Christian friendship? Come out for the men's Fellowship Breakfast every third Saturday of the month beginning at 8 a.m. in the Chapel 2 annex. The next Fellowship Breakfast is scheduled for Sept. 3.

Naval Criminal Investigative Service ID Theft Awareness Campaign

If you are deployed away from your usual duty station and do not expect to seek new credit while you are deployed, consider placing an "active-duty alert" on your credit report. An active-duty alert requires creditors to take steps to verify your identity before granting credit in your name. To place an active-duty alert or to have an existing alert removed, call the toll-free fraud number of one of the three nationwide consumer reporting companies. This announcement is brought to you as part of the Naval Criminal Investigative Service (NCIS) ID Theft Awareness Campaign, which will run through Sept. 30. As part of the campaign, NCIS Resident Agency Marianas, Guam will be conducting briefings to commands aboard U.S. Naval Base Guam regarding the prevention of ID theft and awareness of online security to help maintain the operational readiness of military members and their families. For more information or to schedule a briefing, call Master-at-Arms 3rd Class Guelmy Camacho at 339-7220 or 888-3091.

Andersen Air Force Base Public Health

Going on vacation? Andersen Air Force Base's Public Health office can provide clinic beneficiaries with general health information such as vaccine requirements, prophylactic medications and disease outbreaks for your specific travels. For more information on your next destination, contact Andersen Public Health 366-4147.

Air Force Office of Special Investigations Recruiting Effort

The Air Force Office of Special Investigations (AFOSI) is looking for enlisted Airmen for special-agent duty once they have first served in another career field. Those eligible are staff sergeants with less than 10 years time in service, technical sergeants with less than one year time in grade and less than 11 years time in service. Senior Airmen are accepted on a case-by-case basis. If you have a line number for staff sergeant, you will be considered as one. First-term Airmen are releasable from their current career field but must be within their retraining window. Career Airmen are releasable with the approval of their career field manager. Current active-duty officers may also retrain into AFOSI from most career fields. Applications can be accepted 10-13 months prior to date eligible for return from overseas (DEROS). Those interested in a career as an AFOSI special agent can contact AFOSI Det. 602 on Andersen Air Force Base at 366-2987 for a recruitment package. For more information, visit <http://www.osi.andrews.af.mil>.

U.S. Naval Base Guam Housing Security Measures

While the incidents of crime in Navy family housing are low, U.S. Naval Base Guam recommends housing residents implement the following prevention measures:

- Ensure that all doors, windows, garages and vehicles are locked at all times.
- Turn on all outside lighting at night.
- Secure all valuable items. Do not leave valuable items that are in your home in plain sight to someone outside looking in through a window or door. Evaluate your home from the outside for things that might tempt a thief. Consider closing blinds and curtains to make it difficult for a thief to see valuable items.
- Report broken locks and lighting to the Housing Help Desk and follow up if there is not a prompt response.
- Report suspicious activity in the community – day or night – to the Security Department at 911 or 339-3414.

Relocation of U.S. Naval Base Guam Bachelor Housing Service Desk

Bachelor Housing Front Desk Services is now located at Building 18 located on U.S. Naval Base Guam. All contact numbers will remain the same. For more information, call 333-2284/5.

Report Fraud, Waste, and Mismanagement

The Joint Region Marianas (JRM) Hotline provides an opportunity to report significant cases of fraud, waste and mismanagement. Anyone can file a hotline complaint. All reporters have the right to remain anonymous. To contact the JRM Inspector General, e-mail M-GU-JRM-IG-HOTLINE-FRAUD-WASTE-ABUSE@fe.navy.mil or call 349-1001. You may also mail your report in to JRM Inspector General Office, PSC 455 Box 211, FPO AP 96540. Remember, the more detailed information you provide the better we can assist you.

Coalition of Sailors Against Destructive Decision

The Coalition of Sailors Against Destructive Decision (CSADD) Program provides an additional resource and communication tool that facilitates positive Sailor interaction and complements a commander's message directing proper conduct both on and off duty. For more information about this program, contact Joint Region Marianas CSADD Team Leader Chief Logistics Specialist (SW/AW) June Magaling at 349-1238 or June.Magaling@fe.navy.mil.

USPS Naval Station Business Hours

The United States Postal Service location in Barracks 4 on U.S. Naval Base Guam is open Monday through Friday from 8 a.m.-12 p.m. and 1-3 p.m. and closed on Saturdays, Sundays and federal holidays.

USCG present at Gupot Y Peskadot

From U.S. Coast Guard Sector Guam Public Affairs

U.S. Coast Guard (USCG) Station Apra Harbor and USCG Auxiliary Guam Flotilla members spread the message of safe boating together at the 13th Annual Gupot Y Peskadot (GOO-put ee pehs-kah-DAWT), or Fisherman's Festival, hosted by the Guam Fishermen's Cooperative Association in Hagatna Aug. 14.

The Coast Guard's message was a perfect fit to the event as fishermen prepare to take to the water to compete in the Guam-Marianas International Fishing Derby Aug. 20-21.

Personnel from USCG Station Apra Harbor gave tours of its 25-foot-defender-class response boat small (RBS) and talked to youth about the Coast Guard's mission and the importance of life jackets when out on the water.

"We came here to talk with the boating public about safety and left with stories from fishermen who have supported their families for decades from the waters around Guam," said Boatswain's Mate 2nd Class Steven Knappe, of USCG Station Apra Harbor. "We are honored to be welcomed by the local fishing community to this festival."



Keeping Guam's Waters Safe: Fireman Kim Branco, right, of U.S. Coast Guard Station Apra Harbor, gives a tour of the 25-foot-defender-class response boat small and talks with local youth about the Coast Guard's mission during the 13th Annual Gupot Y Peskadot (GOO-put ee pehs-kah-DAWT), or Fisherman's Festival, hosted by the Guam Fishermen's Cooperative Association in Hagatna Aug. 14. (Coast Guard photo by Ensign Richard Russell)

Boating traffic is expected to increase as Guam celebrates its strong fishing culture this month. Rudy Salas, a member of the USCG Auxiliary Guam Flotilla urged boaters to get educated about boating safety.

"Even if you think you know how to boat safely, there is always something new to learn and always room for a life jacket on board your boat," Salas said.

USCG Auxiliary Guam Flotilla's main mission is recreation boating safety, which is carried out by educating the public on safe boating practices through outreach and classes, and ensuring mariners have the appropriate life-saving gear on board.

Each year, auxiliaries volunteer more than 2 million hours contributing to the safety and security of citizens, ports, waterways and coastal regions in Guam and across the nation.

For more information on how to join your local flotilla, visit <http://join.cgaux.org/>.

Mariners are reminded to maintain basic safety equipment aboard their vessels and make reports of marine emergencies by contacting USCG Sector Guam command center on VHF Channel 16 or by calling 564-8724.

Frank Cable Sailors stay fit in Subic Bay



Let's Get Physical: Sailors assigned to the submarine tender USS Frank Cable (AS 40) conduct physical training on the pier in Subic Bay, Philippines, Aug. 2. 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 1st Class (AW) Ricardo Danan)



Japanese-funded construction contract awarded

From Naval Facilities Engineering Command Pacific Public Affairs

PEARL HARBOR, HAWAII – Naval Facilities Engineering Command (NAVFAC) Pacific awarded an \$89.7 million firm fixed-price contract to Hensel Phelps – Granite JV of Greeley, Colorado for phase

one of utilities and site improvement (U&SI) work on Guam at Andersen Air Force Base in Yigo and Naval Base Guam at Apra Harbor Aug. 11.

This contract is funded by monies received from the Government of Japan as part of its direct cash contribution (“Mamizu”) to the relocation of Marines from Okinawa, Japan to Guam. It includes site im-

provements, clearing, utilities, roadways and other improvements in support of building construction needed to support Marine Corps aviation and waterfront operations.

“We are pleased to make this first award of a Japanese-funded construction project,” said Joseph Ludovici, director, Joint Guam Program Office. “It is further evidence of our commitment to the realign-

ment agreement between the United States and Government of Japan. This construction project will also provide opportunities for jobs and economic benefits for the people of Guam.”

Utilities are critical to supporting facilities construction as the buildings will require power, water, sewer, storm drainage, communications, waste and other ancillary utilities.

Site improvements such as roadways, sidewalks, gate houses, lighting, clearing, leveling, filling and site remediation are needed first for each site to be able to accept facilities construction.

Work is expected to be completed by February 2014. The contract was competitively procured via the Navy Electronic Commerce Online website with five proposals received.



Above: A pair of tug boats pull the Los Angeles-class submarine USS Santa Fe (SSN 763) away from the USS Frank Cable (AS 40) after her port visit to Subic Bay, Philippines. 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 1st Class Ricardo Danan)



Dropping Lines: Personnel from submarine tender USS Frank Cable (AS 40) prepare to lift the brow from the Los Angeles-class-fast-attack submarine USS Santa Fe (SSN 763) after completing a port visit to Subic Bay, Philippines. 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 1st Class (AW) Ricardo Danan)

Frank Cable assists Santa Fe



Along the Sub Line: A pair of tug boats pull the Los Angeles-class-fast-attack submarine USS Santa Fe (SSN 763) away from the USS Frank Cable (AS 40) after her port visit to Subic Bay, Philippines, Aug. 2. 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 1st Class (AW) Ricardo Danan)



Down She Goes: Civilian mariners assigned to the submarine tender USS Frank Cable (AS 40) lower a brow used to connect berthed submarines to the ship in Subic Bay, Philippines, Aug. 2. 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 1st Class (AW) Ricardo Danan)

36th FSS changes hands



Welcome to the Family: Col. Dwayne Thomas, left, 36th Mission Support Group commander, passes the 36th Force Support Squadron (FSS) guidon to Maj. Craig Smalls, newly-appointed 36th FSS commander, during a change of command ceremony at Andersen Air Force Base July 19. (U.S. Air Force photo by Senior Airman Carlin Leslie)



Above: Damage Controlman Fireman Amy Jackson, left, assigned to the submarine tender USS Frank Cable (AS 40), uses sign language to ask children from the International Children's Advocate Orphanage what they would like to eat from the mess line while in the Philippines Aug. 2. Frank Cable conducts maintenance and support of submarines and surface vessels deployed in the U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 2nd Class (AW) Jeremy Starr)

Sub tender hosts special visitors



Above: Hospital Corpsman Seaman Stacy Delano, left, and Engineman Fireman (SW) Stephanie Edinger, both assigned to the submarine tender USS Frank Cable (AS 40), assist blind children from the International Children's Advocate Orphanage while eating lunch on the mess decks Aug. 2. Frank Cable conducts maintenance and support of submarines and surface vessels deployed in the U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 2nd Class (AW) Jeremy Starr)

Below: Logistics Specialist 3rd Class Andrew Smith, right, assigned to the submarine tender USS Frank Cable (AS 40), visits with a blind child from the International Children's Advocate Orphanage as he eats lunch on the ship's mess decks Aug. 2. Frank Cable conducts maintenance and support of submarines and surface vessels deployed in the U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 2nd Class (AW) Jeremy Starr)



Marines remember Battle of Guadalcanal

Right: A Marine bugler from the U.S. Marine Corps Forces, Pacific Band based in Kaneohe Marine Corps Base, Hawaii, plays "Taps" during the 69th Anniversary Commemoration of the Battle of Guadalcanal at the Guadalcanal American Memorial Park Aug. 7. (U.S. Marine Corps photo by Chief Warrant Officer 3 Michael J. Smith)



Below: Marines from the U.S. Marine Corps Forces, Pacific Band brass ensemble, based in Kaneohe Marine Corps Base, Hawaii, provide musical accompaniment during the 69th Anniversary Commemoration of the Battle of Guadalcanal at the Guadalcanal American Memorial Park Aug. 7. (U.S. Marine Corps photo by Chief Warrant Officer 3 Michael J. Smith)

Bottom Right: Col. Robert Loynd, center, Marine Forces Pacific (Forward) Guam and Commonwealth of the Northern Mariana Islands officer in charge, delivers keynote remarks on behalf of the U.S. Marine Corps during the 69th Anniversary Commemoration of the Battle of Guadalcanal at the Guadalcanal American Memorial Park Aug. 7. (U.S. Marine Corps photo by Chief Warrant Officer 3 Michael J. Smith)



Left: A Marine from the U.S. Marine Corps Forces, Pacific Band based in Kaneohe Marine Corps Base, Hawaii, reflects at sunrise as he looks out over Guadalcanal's "Iron Bottom Sound" at the Guadalcanal American Memorial Park Aug. 7. Iron Bottom Sound is the site of countless ships and airplanes destroyed during the Battle of Guadalcanal between August 1942 and February 1943. The band performed during the 69th Anniversary Commemoration of the Battle of Guadalcanal. (U.S. Marine Corps photo by Chief Warrant Officer 3 Michael J. Smith)

Making the most of our resources

By David Motroni

Marine Corps Energy Program Manager

Energy is a huge part of our lives. We need energy to eat, sleep, work, play and to do just about everything.

What would happen if you woke up one day without electricity? There would be no TV, no coffee and no radio. Well, it could happen. Our island has seen catastrophic power losses in previous years.

We, as a military community,

should never take for granted our natural resources. We should work together as a team with Guam's local community to build a sustainable energy future for our island.

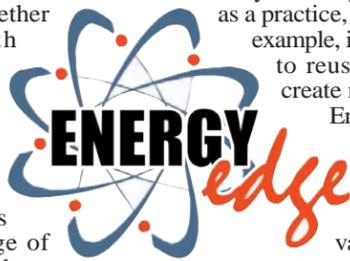
One way we can do our part is to take advantage of the resources we have.

A great example of this is our recycling program. Years ago

recycling wasn't very popular. Today it is a way of life. Recycling, as a practice, saves energy. For example, it takes less energy to reuse plastic than to create new plastic.

Energy conservation is another way to stretch existing resources.

Energy conservation allows us to use existing power generation without having to build very expensive new power plants.



Focusing on the future and our resources make us better stewards of our home and our Navy energy resources. If we all left our homes in the morning to go to work and shut all our lights off, rode a bike, walked or carpoled, we would save energy, reduce costs and minimize our impact on the environment. These saved resources can then be better spent elsewhere in our household or workplace budgets.

Just think about when you last opened up your electric or water

bill. It makes us happy when our bills are low.

Now think about how fulfilling it would be to do the same for our work environment. We take those habits we use at home to lower our utility bills and use those habits at work. We may not see the result but someone will.

The next time you leave your home or office, please remember to shut your computer, lights, radio and other electronic devices off. Save energy and strive for a sustainable future.

What you need to know about debt collection

By Legalman 3rd Class

Christina Oliver

Navy Legal Service Office Pacific Det. Guam

In the tumultuous world of money, we find ourselves constantly on edge trying to spend smartly while still enjoying life.

You don't just want to sing "Happy Birthday," you want that little slice of heaven too. We must plan ahead and weigh out the consequences – eating unnecessary carbs causes weight gain. Alas, we stare at our cake-less hands because we simply cannot eat the cake.

Likewise, in money, when we must spend we create debt – debt

that, in turn, must be repaid. Unfortunately, this doesn't always go as planned. So what happens when we have a debt and we have fallen behind on payments?

Sometimes collections agencies serve their crass purpose with an impressive vigor that leaves the rest of us winded in violated admiration but most of us don't know when that persistence becomes harassment. At what point do these agents overstep their bounds?

The Fair Debt and Collection Practices Act (FDCA) was created to protect everyone from a potential tempest of monetary stress. The FDCA created guidelines for both parties to ensure a smooth and fair account of the transactions we

make between businesses.

The FDCA mainly protects consumers from harassment and deception. Collection agencies may not call you between the hours of 9 p.m. and 8 a.m. Also, they may not repeatedly call a consumer with the intent to harass or abuse.

When the consumer informs collectors that they no longer want to be contacted or that they refuse to pay the debt, the agency may no longer contact the consumer unless it is for lawsuit purposes. Contact also stops in cases when an attorney has been appointed.

Agencies are not allowed to continue contacting you at work if your employer has informed them that such contact is prohibited.

They cannot pose as attorneys or law enforcement, cannot threaten legal action or arrest, cannot use profane or abusive language, or demand unjustified amounts. They cannot contact you via embarrassing media such as postcards or newspaper notices, nor can they report false information on your credit report.

Furthermore, agency representatives are required to identify themselves and their purpose every time they call and give the name and address of the original creditor. Within 30 days the agency must notify you of your right to dispute the debt and provide a hard copy verification of the debt. When the agency files a lawsuit, it must be

with the proper venues such as in the city where the consumer lives or where they signed the contract.

These are not the only limitations of the FDCA. More information can be found on the Federal Trade Commission Web site at www.ftc.gov.

Debt collection can be stressful. As the economy fluctuates, we, as consumers, need to explore every option to ensure that the process is as simple and painless as possible so we can have cake without feeling guilty!

If you find yourself in need of debt assistance, contact Navy Legal Service Office Pacific Det. Guam at 333-2061/2 or the Andersen Legal Office at 366-2937.

What's your best summer memory?

Joint Region Edge asked its readers to name their best summer memory.



“Last summer in San Antonio, Texas, I got to go and enjoy the lakes and rivers.”
— Master-at-Arms 3rd Class (EXW) Jesse Adamson
U.S. Naval Base Guam Security



“My most memorable summer here was having to deploy last summer to Afghanistan.”
— Staff Sgt. Mark Thomas
554th RED HORSE Squadron



“My last command in Honduras – that’s where I met my wife.”
— Staff Sgt. Juan Pacheco
554th RED HORSE Squadron



“Being out of school.”
— Andre Reid
36th Communications Squadron radar technician



“Going to my father’s ranch, barbecuing and being with family.”
— Dorothy Sarmiento
36th Civil Engineer Squadron dorm manager



“In 1986 – going to Hawaii. It was my first time ever leaving this island so it was a big experience for me. I also got a chance to meet my aunt there for the first time.”
— Frank Aguon
36th Force Support Squadron cashier

Program: Airmen help fellow Airmen

Continued from Page 1

Anthony San Nicolas, 44th APS commander. "We had assistance from numerous 36th Wing members including the Airman and Family Readiness Center, legal, finance, chaplain, security forces and TRICARE."

Sponsored by the Air Force Reserve Command, the Yellow Ribbon Program is essentially a deployment one stop shop. The initiative provides guidance to members from the time they are tasked to the day they are reunited with loved ones.

"By educating members and families throughout the cycle – pre-deployment, deployment, post-deployment – on stress relief, communication and associated issues, families can better understand the importance of the communication process with their members and their units and the types of services that are provided for them," San Nicolas said.

A first-time Yellow Ribbon Program participant, Capt. September Hopper, 36th Wing assistant staff judge advocate, believes the program serves as a transitioning tool for Reserve and Guard members moving into the active-duty arena.

"For those of us who live the active-duty life every day it can be easy to forget how complicated and

taxing preparing for a deployment can be," she said. "When Reserve and Guard members get tasked to go overseas, all of a sudden they are yanked into this environment. The Yellow Ribbon Program helps make this transition easier for the member and their family."

Deploying members and their families gave glowing reviews indicating the information supplied, in addition to the impromptu mini vacation, left unit members and their families feeling cool, collected and better prepared.

"The feedback we received was overwhelmingly positive," San Nicolas said. "I think we accomplished our goal and can say, without bias, the weekend was a huge success."

Though the program was primarily intended to benefit Guardsmen and Reservists, members of the Andersen active-duty family were able to learn a thing or two as well.

"This experience has taught me how important it is to be there for fellow service members as they prepare to deploy and even after they come home," Hopper said. "Deployments can have a serious impact on squadrons, units and families and it is our job to be there for those heading to the desert and to remind their loved ones they won't go through it alone."

SOG: New friends made

Continued from Page 1

have really been the people who've stepped up throughout the years," he said. "To see them come out every year, full force, it just makes you feel like this is the group that's always going to be there no matter what."

Chief Master-at-Arms (SW/AW) Chiniece Lawson, of NBG Security, said she had a great time and gained a lot from volunteering.

"It feels really good," she said. "I met one of the friendliest faces I

could possibly meet and it feels really good just to give just a little bit of your time, and, once you come out and you get a hug from someone or you get that smile, which is so genuine, I think it becomes addictive. Just being out here and being able to help – you learn something too. You give a little and you learn a little."

Jeffries said more than 60 Sailors and Airmen registered to volunteer their time during the practices for the bowling event. He encouraged interested individuals

to get involved.

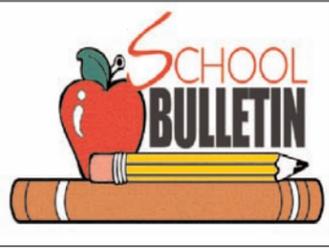
"I think that's the basics of what the military does is help out," he said. "The military does a lot of good and so this is something that's very simple to do on your time off. It doesn't require a lot of time so everyone that comes out always has a good time."

To volunteer, contact Jeffries at 339-2287 or Schumacher at 366-5614.

For more information about SOG events, call 648-4648 or visit www.specialolympicsguam.org.



Going For the Strike: Master-at-Arms 2nd Class Kyle Newman, left, and Master-at-Arms 2nd Class Victor Martinez, right, both of U.S. Naval Base Guam Security, assist a Special Olympics Guam athlete during a bowling practice at Central Lanes Bowling Center in Tamuning Aug. 13. (U.S. Navy photo by JoAnna Delfin)



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.

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, early release at 10:45 a.m.

Aug. 29-Sept. 6 Prekindergarten and kindergarten home visits

Sept. 1 First day of school for Preschool Services for Children with Disabilities (PCSD) students

Sept. 7 First day of school for kindergarten

Sept. 13 First day of school for prekindergarten

Andersen Middle School

Aug. 22 Sixth-grade orientation at 9 a.m. Seventh- and eighth-grade orientation at 1 p.m.

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

Aug. 29 First day of school, early release at 10:45 a.m.

Guam High School

Aug. 22 New-student orientation for sophomores, juniors and seniors at the cafeteria from 9-11 a.m.

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

Aug. 29 First day of school, early release at 10:45 a.m.

McCool Elementary/Middle School

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

Aug. 26 Kindergarten orientation at 1 p.m. in the cafeteria. Prekindergarten orientation at 1:30 p.m. in the child's respective classroom.

Aug. 29 First day of school for first- through eighth- grade, early release at 11:15 a.m.

Aug. 29-Sept. 6 Prekindergarten and kindergarten home visits

Sept. 5 No School - Labor Day

Sept. 1 First day of school for Preschool Services for Children with Disabilities (PCSD) students

Sept. 7 First day of school for kindergarten

Sept. 13 First day of school for prekindergarten



Left: Lt. j.g. Matthew Drayton, U.S. Naval Base Guam (NBG) chaplain, has children throw balls at him to teach them to open their arms wide to welcome God during the NBG Chapel's Vacation Bible School (VBS) Aug. 10. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Gabrielle Blake)

Below: A young girl gets excited as she walks under the limbo stick during U.S. Naval Base Guam Chapel's Vacation Bible School (VBS) Aug. 12. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Gabrielle Blake)



NBG hosts Vacation Bible School

By Mass Communication Specialist 2nd Class (SW) Gabrielle Blake

U.S. Naval Base Guam Public Affairs

"Red team rocks" and "blue power," were the chants heard from the children during the U.S. Naval Base Guam (NBG) Chapel's Vacation Bible School (VBS) Aug. 9-12.

"This is our contribution to our force readiness and it's a great opportunity for us to support the families," said Lt. j.g. Matthew Drayton, NBG chaplain.

The VBS theme was "Son World Adventure Park" and featured an extensive outdoor and indoor setup with volunteers dressed as various characters, fun displays and lots of activities to recreate a theme-park setting.

"It's a wonderful way for the kids to learn something about the creator mentioned in the Bible and have a lot of fun at the same time," Drayton said.

The children moved through different activity stations, which gave them a chance to memorize Bible verses, hear a Bible story, do arts and crafts, play in bouncy houses and much more. The children were broken into teams based on their age. They walked around chanting for their team and reciting Bible verses to win prizes.

"As I went around, the cheers, the smiles, the laughs – you cannot beat that," Drayton said. "To be able to see these kids smiling and laughing like they are and, at the same time, learning something, it makes it worthwhile for us."

Brandy Walker was the "park director" for VBS theme park. She said she loved working with the children.

"I learn just as much from them as they do from me," Walker said. "They're so eager to learn. They just have this sense of wonder and want to learn everything that they can."

This is the third year the chapel has offered VBS. This year, approximately 90 children and 30 volunteers participated each day.

Volunteers from various commands helped with everything from creating displays to making snacks and



Above: A young boy gets his face painted by Kaleia McDade, left, a Vacation Bible School (VBS) volunteer, during U.S. Naval Base Guam Chapel's VBS Aug. 10. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Gabrielle Blake)

Right: Members of the "Red Team" march across the grass during U.S. Naval Base Guam Chapel's Vacation Bible School (VBS) Aug. 12. VBS allowed children to learn about God and have fun through various activities. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Gabrielle Blake)

working with the children.

"I believe we have a special spirit building in our chapel, and when you start to see that spirit and that love manifested in our children, that's special," Walker said. "Good things are happening at NBG. It is our hope that these children leave VBS with the sense of fellowship and friendship."



The Latest Craze in Headgear: Children participate in activities during Andersen Air Force Base's (AFB) Protestant Chapel Vacation Bible School at Chapel 2 on Andersen AFB Aug. 1. More than 95 children attended the program to learn Bible verses, play games and sing songs. (Photo courtesy of the U.S. Air Force)



Andersen youth enjoy VBS

By Capt. Paul Loser
36th Wing Chaplain

More than 95 children attended Protestant Chapel Vacation Bible School (VBS) at Chapel 2 on Andersen Air Force Base Aug. 1-5.

The five-day event, organized by Protestant religious educator Terri Welday, was created to teach children about God.

"About 60 volunteers helped make this the biggest religious education program of the year," Welday said. "The kids had a blast, learned Bible verses, Bible points, did crafts, sang songs and played games."

Each day was an event in itself beginning with dinner for the children and progressing into fun activities. The children learned a total of 12 songs with accompanying hand motions and dances.

The theme this year – "Panda-mania: Where God is wild about you. Psalm 139" – really helped the kids understand how much God loves them.

Each of the chapel's Sunday School rooms was converted into creative jungle stations, which helped to bring the Scriptures to life. The volunteers transformed the

chapel and classrooms into an amazing bamboo jungle, which would have made any panda happy to call it home. Without the many volunteers, this program would not have been as successful. They spent many hours decorating and preparing to teach the Bible points each day to the children.

In order to convey the message to the children, the workers of VBS found fun ways to bring Scripture to life.

The children loved every moment of the event but the crowd favorite was the money they raised to send Spanish New Testament Bibles to children in Latin America who cannot afford a Bible of their own.

"We had the children do activities around the theme Psalm 139," Welday said. "Because of our theme, the children learned that God made you, God listens to you, God watches over you, God loves you, and God gives good gifts. I think the teachers even learned a thing or two this week."

The Protestant Chapel hosts Vacation Bible School each summer. If you are interested in helping next year or for more information about the Protestant Religious Education Program, call 366-6139.



Sweet Relief: Children and volunteers decorate cupcakes during Andersen Air Force Base's (AFB) Protestant Chapel Vacation Bible School at Chapel 2 on Andersen AFB Aug. 1. More than 95 children attended the program to learn Bible verses, play games and sing songs. (Photo courtesy of the U.S. Air Force)

Suruhãna: Natural healers

By JoAnna Delfin
Joint Region Edge Staff

In ancient times, the people of Guam were healthy people unscathed by diseases that plagued Europe and other nations of the west. Because of this, ancient Chamorros viewed sickness as a curse or possession by a spirit.

To rid the afflicted person of the evil, ancient healers used the environment to create remedies for the ailment. Some people grew to be so skilled in this practice that the people of their village would come to them regularly for treatment.

These herbal doctors, or suruhãnas (soo-roo-HAH'-nahs), took resources from the natural environment for their practice. Today, some families still use traditional Chamorro remedies to cure or help relieve body aches, pains and internal complications.

"An integrated system of curing that is practiced today is probably similar to the system used in precontact times," said Dr. Marilyn Salas-Walter, University of Guam professor and acting director of the Center of Excellence in Chamorro Language and Culture. "This integrated system includes use of medicinal plants, massage, appreciation of body lotion and



Herbal Doctor: Emilio Ayuyu, local suruhãna (soo-roo-HAH'-nah), or herbal doctor, gathers plants to be made into medicine in Asan Aug. 4. (U.S. Navy photo by JoAnna Delfin)

dietary advice."

According to Walter, when a person fell ill, they would visit the suruhãna and ask for their help.

"Having met the sick person and learning the reason for their visit, the suruhãna would determine the illness and plan where he would go to gather medicinal plants," Walter said.

According to Emilio Ayuyu, local suruhãna and former president of Inetnon Amot yan Kutturán Nati-

bu/Mwiischil Safey me Kkoor Aramasal Faluw, or Association of Native Medicine and Culture, the plants suruhãnas used to create the herbal medicines in ancient times and today can be found in the jungles or along the coast of the island.

"Most people overlook the plants such as the tangantangan (TANG'-an TAHNG'-an), da'ok (DA'-ook), and stuff they think are weeds in the backyard," he said. "These are some

of the plants I use every day for the medicine so it is important to recognize and preserve them."

Ayuyu added, however, that those who are not trained as suruhãnas should not try to pick these plants to make medicines on their own lest they upset Guam's ancient spirits, the taotaomo'na (tow-tow-MOH'-nah).

It is believed that only a trained and recognized suruhãna has permission to pick plants for medicinal use.

Once the plants were gathered, the suruhãna prepared the medicine to administer, either orally or by application on the effected area, to the sick individual.

Though modern medical assistance is available today, many island residents still believe the practices of the suruhãnas serve a great purpose.

"When I was 26 years old, I visited Tan Marian Rios in Piti for a female illness," Walter said. "She was able to diagnose me and help remove my illness. It helped tremendously."

Ayuyu said he believes many illnesses modern doctors cannot figure out can only be cured by a suruhãna.

"If today's western doctor cannot find out what sickness they are experiencing, some of them refer the patient to seek the local healer – the suruhãna," he said.

A suruhãna for more than 40 years, Ayuyu said the trade was passed on to him as a child.

"I was a suruhãna at 7 years old," Ayuyu said. "I learned from my grandmother who learned from her grandparents."

Ayuyu added that every family has a secret set of remedies that is not written but memorized so it is only kept within the family. Ayuyu said his greatest joy as a suruhãna is helping people.

"I am helping them in a time of need," he said. "There should be no price to help a person who is sick. If they are sick, we help them. It is out of the goodness of our heart and our compassion for people that we do this."

Ayuyu encouraged others to take part in the cultural practice and preserve the ancient Chamorro tradition of herbal medicine.

"For younger people in general I would tell them to be knowledgeable and to respect the plants, the land and the spirits of the Mariana Islands," he said.



Under the Sea

Underwater Fun: Patrons of Morale, Welfare and Recreation's Rec-N-Crew enjoy some snorkeling during a kayak excursion across Apra Harbor Aug. 13. Rec-N-Crew offers a monthly calendar of guided trips, tours and hikes, which can be found on their Web site at www.mwrguam.com. For more information, call 564-1826. (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Peter Lewis)

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 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.

UNDER \$10

First Friday

The Top of the Rock will offer a great new "First Friday" program featuring a

disc jockey and plenty of appetizers beginning April 1. First Friday will be held the first Friday of every month in the ballroom and Boonies beginning at 4 p.m. First Friday is free for club members and \$5 for nonmembers. For more information, please call 366-6166.

Xtreme Midday 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 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.



Saturday Nights at Bamboo Willies

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

\$10 AND UP Breakfast at Café Latte

Café Latte at the Top of the Rock (Andersen AFB) offers

breakfast from 6:30-9:30 a.m. Monday through Friday and 7:30 a.m.-12:30 p.m. on Saturday. Enjoy your morning coffee along with all your traditional breakfast favorites, plus a variety of breakfast burritos and sandwiches. For more information, call 366-6166.

Combat Aikido Classes

Aikido is a traditional Japanese martial art of self-defense that focuses on using the force of the opponents attack and redirecting it in another direction. Class is for adults only! Combat Aikido classes are held every

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

Family Golf Special

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



FRIDAY, AUG. 19

7 p.m.: Transformers: Dark of the Moon • PG-13

SATURDAY, AUG. 20

2 p.m.: Transformers: Dark of the Moon • PG-13

7 p.m.: Horrible Bosses • R

SUNDAY, AUG. 21

7 p.m.: Horrible Bosses • 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.**



FRIDAY, AUG. 19

7 p.m.: Harry Potter and the Deathly Hallows: Part 2 • PG-13

9:30 p.m.: Horrible Bosses • R

SATURDAY, AUG. 20

1 p.m.: Winnie the Pooh • G

3:30 p.m.: Monte Carlo • PG

7 p.m.: Bad Teacher • R

SUNDAY, AUG. 21

1 p.m.: Mr. Popper's Penguins • PG

3:30 p.m.: Transformers: Dark of the Moon • PG-13

7 p.m.: Super 8 • PG-13

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

How are you at risk taking?

Lt. Cmdr. Ronald T. Rinaldi
 USS Frank Cable (AS40) Chaplain

Acts 16:9-10 reads, "A vision appeared to Paul in the night. A man of Macedonia was standing and appealing to him and saying, 'Come over to Macedonia and help us.' When he had seen the vision, immediately we sought to go into Macedonia concluding that God had called us to preach the gospel to them."

If ever there was a dream adventure, this was it! The Apostle Paul took a risk and acted upon a dream that not only saw the first church being planted on the European continent but eventually resulted in the rapid spread of Christianity across that part of the world.

Prior to my arrival at the USS Frank Cable (AS 40), I served as chaplain for three and one-half years at the Marine Corps Recruit Depot (MCRD) in San Diego, Calif. Among my duties and responsibilities as the chaplain for the 3rd Recruit Training Battalion, I not only had the privilege of serving our Marines and recruits but, on occasion, received the opportunity to experience a few training events and obstacles with them as well.

One particular training day, Lima Company was working through the challenges of the rappelling tower and, as I watched, one of the drill instructors invited me to participate.

Caught off balance and reminded of my own internal fear of heights, I held back on my initial response and took some time to think about this challenge. I could always say that I didn't have enough time. There were other recruits to visit and other events to observe.



Going Down: Lt. Cmdr. Ronald T. Rinaldi, right, USS Frank Cable (AS 40) chaplain, makes his way down a rappelling tower at the Marine Corps Recruit Depot in San Diego, Calif., April 2007. (Photo courtesy of Lt. Cmdr. Ronald Rinaldi)



Not this time! It was time to overcome my fears, place my trust in the professionalism and training of the drill instructors, take up the challenge and come down that rappelling tower!

As I climbed the steps of the tower, my heart raced with anticipation. I approached the yellow footprints on top of the tower and gathered my courage. Following the direction of the instructor, I clamped my D-ring, leaned back and successfully rappelled down the

tower's wall! It was such a great experience I went back up and rappelled a second time!

The point of this story is simply to share that it is good for us to occasionally get out of our comfort zones, take a risk and try something new.

The benefits of this experience included the opportunity to bond through a shared experience with Marines and recruits, and I gained a greater appreciation for what our drill instructors and recruits went through every day.

I not only earned the respect of our Marines and recruits that day

but further conquered my own fear of heights in the acceptance of this challenge. Every so often, take the time and the courage to step out and try something new! You may be surprised at the benefits you may gain in the process.

This experience encouraged me to dig deeper and further examine the challenges of service with the Marines while serving at MCRD. Later on, I stepped out again and entered the Marines' martial arts program and earned two belts! What challenges represent the rappelling towers in your life? Take the risk and enjoy the rewards!



On the Ball: A striker from the U.S. Naval Hospital (USNH) Guam team sends a hard shot to U.S. Naval Base Guam Security's goal tender during a Captain's Cup soccer game at the Charles King Fitness Center Aug. 16. After winning the game, the USNH Guam team increased their winning streak to four. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

Sailors score on soccer field



Heading the Score: A striker from the U.S. Naval Hospital (USNH) Guam team heads a fancy shot at U.S. Naval Base Guam Security's goal tender during a Captain's Cup soccer game at the Charles King Fitness Center Aug. 16. After winning the game, the USNH Guam team increased their winning streak to four. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

VOLLEYBALL STANDINGS

The following are standings for the Captain's Cup Volleyball League as of Aug. 12:

Team	Wins	Losses
E: " Team NAVFAC"	7	0
I: " USDA"	7	1
G: " DZSP Team B"	6	1
K: " Sneak Attack"	5	3
J: " Who's NEX"	4	4
D: " J9"	4	4
H: " Charles Kings and Queens"	3	5
F: " DZSP Team A"	2	5
B: " Bohica"	2	5
C: " JRM All-Stars"	2	6
A: " PSD"	0	8

Source: Charles King Fitness Center

SOCCER STANDINGS

The following are standings for the Captain's Cup Soccer League as of Aug. 12:

Team	Wins	Losses
D: " MSRON 7"	4	0
C: " USNH Soccer"	3	0
A: " Covington United"	3	2
F: " EODMU 5"	2	1
H: " ARMY GUAM United"	1	1
E: " Security FC"	1	2
B: " NAVFAC Rowdies"	1	3
G: " Frank Cable"	0	5

Source: Charles King Fitness Center

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.

Fall Youth Soccer League

The Fall Youth Soccer League, open to youth ages 4-12, will run from Aug. 15-Nov. 15. Registration is currently open. Practices will be held from 5:30-6:30 p.m. on Tuesdays and Thursdays. Player cards cost \$25 and can be purchased at the Guam Football Association office in Hamon. There is also a registration fee of \$20, which includes a jersey. For more information and practice locations, call 637-4321.

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

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.

Yoga

Yoga is cancelled from Aug. 27-Sept. 5.

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

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. Zumba is a Latin fitness dance class that also incorporates aerobic movements. Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic workout system that will blow you away. For more information, call 366-6100.

Monday Driving Range Special

Save money when you take advantage of the Palm Tree Golf Course's Driving Range Special every Monday from 4-8 p.m. During this time, you can hit as many balls as you want for just \$5. For more information, call 366-4653.

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.

