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Reagan drops anchor in Guam



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

Joint Region Edge Staff

Sailors from the nuclear-powered aircraft carrier USS Ronald Reagan (CVN 76) arrived in Guam for a scheduled port visit Aug. 21. Their arrival marks the first time a carrier has visited the island in more than two years.

Capt. Thom Burke, the ship's commanding officer, said that, though he has been to Guam for several port visits on other ships in the past, he and his crew always look forward to a return trip.

"I love this place," he said. "My crew is very, very excited about being back to visit and to take some time to enjoy the wonderful culture and island life while they're here in Guam."

The crew – approximately 4,500 strong – will have the chance to tour the island, learn about local culture, relax and have fun in the tropical paradise while in port. The carrier also hosted tours for distinguished visitors.

Logistics Specialist 1st Class (SW/AW) Atiba Johnson said that "it feels great to be in Guam" and that he was looking forward to

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Welcome to Paradise: USS Ronald Reagan (CVN 76) transits into Apra Harbor for a scheduled port visit to Guam Aug. 21. While in port, the crew will have a chance to tour the island, learn about local culture, relax and have fun in the tropical paradise. (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Peter Lewis/Released)

Proven safety methods help avert tragedy

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

From the time the Orville and Wilbur Wright invented the airplane to the successful flight of the first unmanned aerial vehicle the path to advancement has been paved with trial and error. In the U.S. Air Force, the ability to learn from those mistakes and take steps to correct them can mean the difference between life and death.

Checklists and technical-order adherence are critical elements of Air Force culture. Disregard for orders and established procedures can have disastrous consequences and result in fatalities that are otherwise 100 percent preventable.

"Checklists and technical orders codify best practices that, when fol-

lowed, mitigate risk in both routine and dynamic tasks," said Gen. Gary North, Pacific Air Forces commander. "Technical orders, checklist usage and compliance apply to inexperienced and experienced Airmen alike. Although it is critical to teach and enforce adherence to our inexperienced Airmen, it is equally important that our experienced Airmen continue to visibly and actively refer to their checklists and technical orders. Risks must be understood and actively combated."

Every Airman is essential to the fulfillment of the Air Force mission. Regardless of occupation, each individual plays a pivotal role in enabling operations to run smoothly and successfully.

"Safety is about preserving combat capability," said Lt. Col. William Percival, newly-appointed 36th Wing chief of safety. "It's not about telling people what they can and cannot do, slowing them down and getting in their way – it's about being able to

do the mission. Whatever your task is, it is combat essential. It allows us to do the things we are in a unique position to do."

Notes, cautions and warnings provide additional guidance and are included in applicable technical orders and checklists. When present, these supplements contain important information and should be considered paramount to the safe completion of a task.

When a new aircraft comes off the line, its technical order typically doesn't have any warnings. Generally, there will be a couple of cautions and

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Safety Hazard: A display illustrates safety hazards on Andersen Air Force Base Aug. 17. Every Airman is the Air Forces' most valuable asset. Airmen are encouraged to wear personal protection equipment when handling certain tasks. (U.S. Air Force photo by Staff Sgt. Alexandre Montes/Released)



Mayor's Luncheon
Island mayors meet with JRM commander

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Bash
Andersen AFB rids airfield of hazards

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Bingham Award
NEX Guam takes lead in sales category

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Commander hosts two-star luncheon for Guam mayors

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

Joint Region Edge Staff

Rear Adm. Paul Bushong, commander, Joint Region Marianas, held a luncheon for the Mayors Council of Guam at Top o' the Mar in Asan, Guam, Aug. 19.

"This is a luncheon for us to show our appreciation to the mayors who we work closely with," Bushong said. "We like to express our appreciation to the mayors. Even after they retired from their long careers, [they] still serve their communities – which include us – in making Guam a better place. We commend you for that and thank you."

In addition to acknowledging the mayors, the luncheon provided an opportunity for Guam-based military commands to further develop relationships with their sister villages. The Sister Village Program, which began in 1974, pairs military units and villages as a means to foster and develop a program of mutual sharing and understanding be-

tween the people of Guam, military personnel, and their family members.

"We received a personal invitation from the admiral," said Agat Mayor Carol Tayama. "It is also a good opportunity to meet our sister-village representatives."

Talofofo Mayor Vicente Taitague said the event was an excellent tool for communication.

"This is a good event; communications are open," Taitague said. "The admiral is a down-to-earth guy. He wants to get involved with our villages and we welcome him."

Through the Sister Village Program, military commands and their respective village leaders conduct various community service projects. In the past year, they have mentored children during summer camps, collected and distributed holiday gifts to children whose families are financially challenged, participated in various beautification projects, and supported significant community events, such as the annual Liberation Day parade, which celebrates the liberation of Guam from the Japanese occupation in World War II.



Fostering Relationships: Commander, Joint Region Marianas, Rear Adm. Paul Bushong greeted guests during a luncheon for mayors and vice mayors of Guam at Top o' the Mar in Asan, Guam Aug. 19. The purpose of the luncheon was to have the community and military leaders get together and build ties between the two communities. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert/Released)

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 (NBCG). 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.

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.

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.

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.

Human Resources Hotline

Call the new Joint Region Marianas Human Resources hotline to be connected with human resources specialists and services. Check the latest vacancy announcements, view available training or be put in contact with personnel to answer questions regarding equal employment opportunity and employee labor relations at 1-855-HRO-GUAM (1-855-476-4826).

Airfield management beefs up BASH program

By Airman Basic Anthony Jennings
36th Wing Public Affairs

The 36th Operations Support Squadron (OSS) Airfield Management's Bird Aircraft Strike Hazard program recently activated Andersen's Bird Strike Deterrence System Aug. 17.

The system of 30 nonlethal, sound-producing cannons is designed to scare birds away from Andersen's runways in an effort to minimize loss of Air Force resources and personnel from hazardous wildlife populations on Andersen's runway.

"The sound from these cannons is very loud and could be mistaken for gunfire," said Capt. Anthony Hayes, 36th OSS Airfield Operations Flight commander. "Please do not be alarmed – you will be able to tell it is cannon fire by the equally-spaced firing that will last for three minutes each time the system is activated."

Airfield Management is responsible for the overall management of the airfield to provide a safe, efficient and effective airfield environment for aircraft operations. They must identify, correct or mitigate airfield hazards and other deficiencies that could create a potential hazardous condition for aircraft operations.

"We are the ones who are directly responsible to make sure the condition of the airfield is in compliance so aircraft may land, taxi and take off safely," said Tech. Sgt. Tanneka Chew, of 36th OSS Airfield Management Operations.

Birds and other wildlife on runways, taxiways or infields can create a potential safety hazard and need to be dispersed before flying operations can safely continue. Birds move quickly and unpredictably so, even when left in a "safe" portion of the airfield, they can move and create an immediate hazard.

The cannons automatically produce harmless thunderclap bangs to disperse bird and wildlife pests. Multiple shots during a short period of time have proven to be extremely effective.

"By firing the cannons in varying, sequenced shots, we can effectively move birds



Scare Tactics: A sound-producing cannon waits to be activated just off the main taxiway on Andersen Air Force Base Aug. 18. The system of 30 nonlethal, sound-producing cannons is designed to scare birds away from Andersen's runways in an effort to minimize loss of Air Force resources and personnel from hazardous wildlife populations. (U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released)

off the airfield," said Master Sgt. Anthony Matthews, 36th OSS deputy airfield manager. "The ability to change the frequency of each shot means the wildlife won't become accustomed to routine and render the devices ineffective."

"This is the preferred method to disperse wildlife, rather than depredation," he continued. "We want to protect our resources and personnel but we aim to do so with the interests of the local environment and

ecosystem in mind."

The remotely-controlled cannons are strategically placed on the airfield with the master controller located in base operations and secondary controller located in the air traffic control tower. A computer screen displays a customized airfield diagram with color-coded coordinates of each cannon. Any combination of cannons can be remotely activated without restriction.

Though the gas-powered cannons could be

mistaken as gunfire, they are intended to preserve warfighting capabilities through the reduction of wildlife hazards to aircraft operations. Measures are in place to prevent the noise from being misconstrued.

"Before each activation, security forces will be notified to eliminate the possibility of the Bird Strike Deterrence Cannons of being mistaken for gun fire," Hayes said. "This will ensure a timely response to actual gunfire should an incident occur."

Andersen's Best: Greathouse

Superior Performer: 1st Lt. Jessica Greathouse, 36th Contracting Squadron Plans and Programs Flight commander, was awarded Team Andersen's Best on Andersen Air Force Base (AAFB) Aug. 18. Greathouse led a seven-member flight that ensured compliance of \$6 million from Joint Region Marianas Government Purchase Cards and a \$25 million quality assurance program. Her flight was lauded by the Inspector General as one of the compliance inspection's outstanding teams and she was recognized as a superior performer. 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 Staff Sgt. Alexandre Montes/Released)



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What are your plans for Labor Day?

Joint Region Edge asked its readers to describe their Labor Day activities.



"I'll be taking care of my Reservists and getting them ready for deployment. Our job is 24/7. NOSC Guam never takes holidays."

- Logistics Specialist 2nd Class (SW) Brian Glasgow
Navy Operational Support Center Guam



"I will be barbecuing and snorkeling all day!"

- Senior Airman Tyler Smith
36th Security Forces



"I'm going to enjoy some time off with family and friends; maybe have a fiesta."

- Greg Ceballos
NEX Autoport



"I'll be underway, hopefully on the way back to our homeport in San Diego."

- Aviation Support Equipment Technician Airman (AW) Joseph Voelker
USS Ronald Reagan (CVN 76)



"I will be participating in any runs going on around the island and any base activities."

- Staff Sgt. Lola Howard
36th Communication Squadron



"I will be in Misawa, Japan, for the air show displaying our B-52 'The Buff.'"

- Lt. Dusty Price
20th Bomb Squadron

NBG, Andersen AFB throw party for Labor Day

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

Joint Region Edge Staff

U.S. Naval Base Guam (NBG) and Andersen Air Force Base (AFB) will host a variety of activities in recognition of Labor Day.

According to Leslie Gould, Morale Welfare and Recreation (MWR) special event coordinator, NBG will host their End of the Summer Bash at Gab Gab Beach on NBG Sept. 3 from 11 a.m.-4 p.m. The Captain's Cup Beach Volleyball Tournament will kick off the event at 9 a.m.; and MWR and Armed Forces Entertainment (AFE)

will offer live music by Letters Burning at 2:30 p.m. The concert is free. Food and beverages will be available for purchase, including a combo meal – a burger with drink and chips – for \$5. There will be a disc jockey, music, inflatables, kids play area, games, and more.

Andersen AFB's annual Labor Day Celebration will be held Sept.

2 from 3-6 p.m. on the grounds near the Youth Center and pool. There will be a group triathlon challenge consisting of a cardboard boat race, tricycle race and wagon race, a variety of kids activities including the bouncy castle, a disc jockey, food and beverages available for purchase, prize drawings throughout the afternoon, and more.

NEX Guam receives Bingham Award

By JoAnna Delfin
Joint Region Edge Staff

U.S. Naval Supply Systems Command (NAVSUP) recently awarded the 2010 Bingham Award to Navy Exchange (NEX) Guam at an awards ceremony on U.S. Naval Base Guam (NBG) Aug. 18.

The Bingham Award was named after the late Capt. W.H. Bingham, who in 1946 was directed by the Secretary of the Navy to establish the Navy Exchange system.

The local store took the lead in the competition's \$85 million plus sales category. The U.S. Naval Hospital Guam NEX Mini Mart was recognized in the \$14 million-\$23 million sales category. According to Exchange officials, the facility saw a 3.8 percent increase in sales over what was previously anticipated. In addition, total profits for the year were 10.56 percent above the original forecast.

"The revenue we make here is tremendous," said Phil Harrison, NEX Guam district manager. "With our staff we are able to meet our sales goals and more."

He added that receiving the award was particularly special because of Guam's remote location and the need to import products.

"We're so valued here because of the cost of living and the extra value we do achieve," he said. "It only makes it that much more important to the military family. You get a lot of satisfaction out of knowing you are the store of choice that most people use but it's also an added responsibility because you've got to stay in stock."

As a result of its high sales, the Exchange is able to give a considerable amount of its profits back to the service members and families it serves.

"Worldwide, the NEXs were able to give \$48 million to quality of life programs," said Richard Dow, Navy Exchange Service Command (NEXCOM)

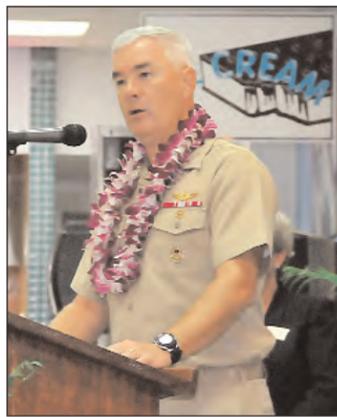


\$85 Million Plus: From left, Richard Dow, Navy Exchange Service Command senior vice president of store operations; Phil Harrison, Navy Exchange (NEX) Guam district manager; and Capt. Richard Wood, U.S. Naval Base Guam (NBG) commanding officer, pose for a photo during an awards ceremony at the NEX Guam main store food court on NBG Aug. 18. NEX Guam received the 2010 Bingham Award in the \$85 million plus sales category. (U.S. Navy photo by JoAnna Delfin/Released)



Left: Guests attend an awards ceremony at the Navy Exchange (NEX) Guam main store food court on U.S. Naval Base Guam Aug. 18. NEX Guam received the 2010 Bingham Award in the \$85 million plus sales category. (U.S. Navy photo by JoAnna Delfin/Released)

Right: Capt. Richard Wood, U.S. Naval Base Guam (NBG) commanding officer, delivers remarks during an awards ceremony at the Navy Exchange (NEX) Guam main store food court on NBG Aug. 18. NEX Guam received the 2010 Bingham Award in the \$85 million plus sales category. (U.S. Navy photo by JoAnna Delfin/Released)



Although management played a role in ensuring the Exchange was profitable, Harrison

senior vice president of store operations. "All of our profit goes back to the Sailor either in the form of supporting quality of life programs – 70 percent goes back to that – and another 30 percent goes back to reinvesting into the NEX."

said it was the staff and sales associates that made the award possible.

"I am really proud of all the NEX Guam associates that made this award possible," he said. "Such recognition makes Guam stand out in a large worldwide system and, when people start to notice Guam, good things start to happen. The more attention we receive, the better service we can provide our customers."

Capt. Richard Wood, NBG commanding officer (CO), echoed Harrison's sentiments.

"Each associate plays a role in making [NEX Guam] a Bingham Award recipient," he said. "I ap-

preciate all they do to ensure quality of life for our Sailors, retirees and other service members and families. I know that we have an outstanding organization because I am a customer and, as the base CO, I'm aware of the great service NEX offers."

During the awards ceremony, plaques were given to store managers for their part in ensuring NEX Guam met national standards.

Pat Duenas, a NEX Guam employee for 19 years, said she was thrilled to see the store receive the award.

"We've worked hard for it and it's a big accomplishment," she said. "Serving the Sailors and all the retirees and everyone else with good customer service is good and I think that's a good accomplishment for the Navy Exchange here, and I'm happy to be a part of this team."

Chief Hospital Corpsman (SW/AW) Jamaal Cooper, of U.S. Naval Hospital (USNH) Guam, applauded the staff and management for their accomplishment.

"Shopping here has always been a pleasure and these men and women work hard to provide us with the best service," he said. "So it's an award well-deserved."

Detailers review projected rotation dates as NPC implements new paths

By Chief Mass Communication Specialist (SW) Maria Yager
Navy Personnel Command Public Affairs

Naval Personnel Command announced Aug. 17 that more than 60,000 Sailors will see their projected rotation date (PRD) adjusted as Navy Personnel Command (NPC) implements new Sea Shore Flow enlisted career paths.

"Detailers are currently reviewing Sailors records and making PRD adjustments as required," said Capt. Michael White, assistant commander, NPC for Career Management. "Once all of the PRD adjustments

have been completed a formal notification will be issued and commands can review their EDVR (enlisted distribution and verification report) for the changes."

Navy administrative message (NAVADMIN) 201/11, released July 2011 announced revisions to Sea Shore Flow reflecting the increasingly sea-centric nature of naval service.

Thirty-six ratings have increased sea time, and 18 ratings are now classified as sea intensive. Specific Sea Shore Flow timelines for individual ratings are listed by rating in the NAVADMIN, which can be found at www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVAD-

MINS/NAV2011/NAV11201.txt.

"Since 2008, the number of sea duty billets has increased, while the number of shore duty billets has decreased," White said. "The updated career paths provide optimal balance between sea duty and shore duty, enhances stability and improves predictability of the career paths for every Sailor in a sea-centric Navy."

According to White, Sailors with PRDs prior to May 2012 will not have their current PRD adjusted under the new Sea Shore Flow calculations. Rating detailers at NPC will determine what PRD adjustments all other Sailors will face based on the new

guidance and fleet readiness.

White says the adjustments will impact 60,150 Sailors and expects adjustments will be complete Sept. 1.

Sea Shore Flow was first implemented in 2008 to replace pay-grade driven Sea Shore Rotation. Sea Shore Flow was made to help ensure proper manning of all sea duty and front line operational billets.

At the same time, it helps to provide a more desirable work-life balance throughout a Sailor's career by working to offset the often arduous nature of sea duty with predictable periods of meaningful work ashore.

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

20th EBS picks up where sister unit left off

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

More than 300 Airmen assigned to the 20th Expeditionary Bomb Squadron (EBS) from Barksdale Air Force Base (AFB), La., arrived on Andersen AFB recently to replace their sister unit, the 96th EBS, in support of U.S. Pacific Command's (PACOM) continuous bomber presence (CBP).

Andersen AFB has hosted the CBP since 2003 when Pacific Air Forces began to routinely deploy B-1, B-2 and B-52 bomber aircraft to Guam on a rotational basis. The rotation of bomber aircraft is specifically designed to enhance regional security and demonstrate the United States' commitment to stability in the Asia-Pacific region.

"Our mission at Andersen is to

support PACOM and 13th Air Force objectives as part of the CBP and for any and all contingency operations that may come about," said Lt. Col. Michael Miller, 20th EBS commander. "The B-52 provides the capability to reach anywhere in the PACOM area of responsibility (AOR) with a wide variety of weapons allowing us to respond to whatever threats arise."

The CBP also allows the opportunity to integrate bombers into joint and coalition training exercises in the Pacific.

"Since our arrival two weeks ago, we have already participated in one training exercise and there are at least 10 more we have identified over the next several months," Miller said. "We will also have the unique opportunity to participate in exercises with our allies from Korea, Japan and Australia – an experience not available to us during our time

in the United States."

Fewer airspace restrictions, closer training ranges and the miles of endless ocean that surround the island make Guam a unique environment difficult to replicate during stateside training flights.

"Pacific Command covers a huge expanse of area," Miller said. "We train primarily in the continental United States over land with navigation aids to help us and airfields all over the place. The challenges and opportunities for growth while operating in this AOR are dramatically different. We also don't get to train with foreign allies while at home, so being able to see how they operate and integrate is essential to raising the proficiency of our squadron to the next level."

Airman 1st Class Megan France, 20th EBS intelligence analyst, is charged with the responsibility of providing continual support to the B-52 mission, delivering vital infor-

mation on conditions in the AOR. A Missouri native, France looks forward to gaining valuable real-world experience and honing her skills in a new environment.

"It is interesting to see how systems change from one location to the next," France said. "The PACOM AOR has a high operations tempo and I know I can gain experience and training over the next few months that will benefit me throughout my career."

"I hope to expand my knowledge and understanding of not just my job but the 20th EBS mission as a whole," she concluded.

In between flying missions, members of the 20th EBS hope to build a good rapport with the local community, improve fitness and foster esprit de corps within their squadron.

"We are looking to work with housing and urban development on projects such as improving local schools," Miller said. "And since we

will be here through Thanksgiving, we plan to celebrate by running Sander's Slope and eating turkey afterwards. Being separated from your family can be difficult but it also provides opportunities to grow together and form lasting bonds. At home we all have families – here, we have to be that for each other."

The coming months represent a rare opportunity for the loaner-squadron. Its many members are excited to be here and anxious to show what the 20th EBS "Buccaneers" have to offer the PACOM AOR Miller said.

"The capabilities of the B-52 are vital to PACOM plans and our crews get to see firsthand how we fit into those plans while simultaneously focusing on training," he said. "This truly is the best opportunity we're given for real-world and realistic training at the same time. My hope is to leave here a better trained and more cohesive unit."



Veterans volunteer at Kamalen Karidat

Helping the Homeless: Volunteers from the Guam U.S. Air Force Veterans Association prepare plates of hot food to be handed out to the homeless as part of a community service project at Kusinan Kamalen Karidat in Hagatna Aug. 17. (Photo courtesy of Bill Cundiff/Released)

NAWMU 1 Sailors help sister school prepare for new school year

By Aviation Maintenance
Administrationman 1st Class
(AW) Dustin Rabine
Naval Airborne Weapons
Maintenance Unit 1

Nine sailors from Naval Airborne Weapons Maintenance Unit (NAWMU) 1 partnered with staff

from its sister school J.P. Torres Alternative School in Santa Rita Aug. 6.

The Sailors helped improve school grounds before the start of the new school year.

"Our command has a long history of partnering with J.P. Torres and I was glad to continue that tradition," said Logistics Specialist 1st Class (AW) Ken Anulao, of

NAWMU 1.

Volunteers spent the day painting and clearing overgrown foliage from the school's fence line. The admissions office and one classroom were both given a fresh coat of paint. The walkways on both sides of the main courtyard were painted as well.

The school is in a prime location perched on the hill directly above the Santa Rita Mayor's Office but

the pristine view was hampered by the jungle foliage surrounding the property.

School staff and volunteers armed with machetes and handsaws chopped and hacked their way through thick brush to reveal a million-dollar view.

Aviation Electronics Technician 1st Class (AW/SW) Daniel Douglas said he was proud of what he and his

shipmates accomplished.

"Nothing like sweat and hard work to make you feel good about yourself," he said.

J.P. Torres currently serves students considered high-risk, who have had disciplinary issues, and need additional guidance to help them move toward a successful future. It is the only alternative school on Guam.

Environmental management system to undergo audit

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

A team of 14 auditors is scheduled to conduct an environmental management system (EMS) audit to evaluate how well the EMS has been implemented on Andersen Air Force Base (AFB) Aug. 31-Sept. 9.

The EMS emerged in the early 1990s to provide organizations with a proactive, systematic approach for managing potential environmental consequences of operations. The EMS provides all Andersen AFB organizations with a proactive, systematic approach for managing possible environmental risks to ensure mission and operational readiness.

"EMS provides a structured framework for identifying and evaluating environmental risk, determining how the mission may be affected by environmental impacts, organizing and managing significant environmental impacts and evaluating the effectiveness in achieving desired levels of environmental performance in support of mission and operational readiness," said Russ Grossley, 36th Civil Engineer Squadron (CES) chief of pollution prevention.

The Air Force EMS model adheres to a "Plan-Do-Check-Act" (PDCA) cycle that provides continuous program and project execution improvement. While the PDCA model maintains the rigor of the internationally proven standard, it also allows for a degree of flexibility to account for unique and significant military requirements.

"During the Plan phase of PDCA it is important to establish the objectives and processes necessary to deliver results in accordance with Andersen's environmental policy," Grossley said. "The next phase, Do,

Management Review

- ESOHC
- Program Reviews

Environmental Policy

- AFPDs
- Installation Regulations
- Policy Letters/Memos

Continual Evaluation and Improvement

Checking / Corrective Action

- Internal ECAMPS
- External ECAMPS
- ESORTS
- EMSAT 2000
- Media & Restoration Program Reviews

Planning

- AFIs
- CSI
- NEPA
- Compliance, Pollution Prevention, Conservation, and Restoration Program Plans

Implementation and Operation

- Base Operating Procedures & Plans
- Installation-Specific Instructions
- Emergency Response Programs

Plan-Do-Check-Act: The Air Force environmental management system model adheres to a "Plan-Do-Check-Act" (PDCA) cycle that provides continuous program and project execution improvement. While the PDCA model maintains the rigor of the internationally proven standard, it also allows for a degree of flexibility to account for unique and significant military requirements. (Courtesy of the U.S. Air Force/Released)

is all about implementing those processes. During the Check phase, you monitor and measure processes against base policy, objectives, targets, legal and other requirements

and report the results. The last phase, Act, ensures actions to continually improve performance of the EMS are taken."

According to the Andersen AFB

Environmental Policy, environmental protection is a primary management responsibility as well as the responsibility of every worker and supplier. All workers, contractors

and vendors are expected to understand and follow the requirements of Andersen's EMS.

"Every worker is responsible for environmental protection in the same manner as personnel and worker safety," said Brian Antolin, DZSP21 environmental compliance superintendent. "Understand your duties and execute them accordingly."

During the EMS audit, inspectors will visit various organizations on base. Individuals in each shop will be expected to be familiar with Andersen's EMS Policy, plans and checklists.

"The environmental policy must be posted in your shop," Antolin said. "It is your responsibility to read and understand the policy letter. At a minimum, you should know the policy commits you to pollution prevention, continual

improvement and abiding by all rules, regulations and compliance requirements."

In addition to the EMS audit, the base will also be undergoing an environmental compliance inspection during this timeframe. It will cover hazardous waste operations, hazardous material management, air pollution, water quality and other environmental programs.

"Team Andersen has always been on the forefront of environmental stewardship and we continually look for ways to protect the environment while enhancing the Air Force mission," said Joe Vinch, 36 CES environmental flight chief. "This is our opportunity to showcase our environmental programs."

EMS is a basewide effort and everyone is responsible for its implementation. For more information, contact your unit environmental coordinator.

No changes to military retirement any time soon, officials say

By Jim Garamone
American Forces Press Service

WASHINGTON — The military retirement system isn't going to change any time soon, a Defense Department official said recently.

Navy Adm. Mike Mullen, the chairman of the Joint Chiefs of Staff, said any changes to military retirement should be studied carefully and should be "grandfathered"

so the military doesn't break faith with those in the service.

Pentagon officials are reviewing all areas of the defense budget and the goal of the review is to "inform the decisions and strategies that we have to make," Defense Secretary Leon E. Panetta said Aug. 4.

"So that's going to be key to what decisions we make and what areas we look to for savings," Panetta added.

In support of the department's efficiency initiatives, a small group of Defense Business Board members was tasked to develop alternative plans to the current military retirement system. The group briefed its findings and draft recommendations to the full board during their quarterly meeting July 21. The full board approved the recommendations and the group will issue a final report by the end of this month.

The Defense Business Board provides DOD's senior leaders independent advice and recommendations "on effective strategies for the implementation of best-business practices on matters of interest to the Department of Defense," according to Pentagon officials.

Eileen Lainez, Pentagon spokeswoman, said officials are reviewing the board's recommendations.

"Any recommendation to change the military retirement sys-

tem must be approached with thoughtful analysis to include considerations of impacts to recruiting and retention," Lainez said. "While the military retirement system, as with all other compensation, is a fair subject of review for effectiveness and efficiency, no changes to the current retirement system have been approved and no changes will be made without careful consideration for both the current force and the future force."

NAVFAC Marianas awards task order to enhance energy savings on Navy, Air Force bases

From Naval Facilities
Engineering Command
Marianas Public Affairs

Naval Facilities Engineering Command (NAVFAC) Marianas awarded a \$11.9 million firm-fixed-

priced task order August 15 (EST) to Schneider Electric USA Inc. of Palatine, Illinois to design, build, install, document and test an advanced metering infrastructure system for the electricity, water, and steam metering of Department of Defense (DoD) facilities on Guam.

"This award is a significant stride

in the Navy's efforts to meet its energy efficiency goals," said Kevin Evans, Joint Region Marianas energy manager. "This system, which will be tied to the military's infrastructure, will enable improved monitoring of energy consumption, and provide accurate, real-time data necessary to analyze use, and design en-

ergy savings initiatives." The work also includes development of platform information technology, information assurance (IA) documentation, and implementation of necessary IA controls.

Work will be performed at Andersen Air Force Base (AAFB) and Naval Base Guam (NBG).

This task order was awarded under a previously awarded design-build multiple award construction contract (MACC) by Naval Facilities Engineering Service Center (NAVFAC ESC).

Three proposals were received for this task order, and work is expected to be completed by August 2013.

Naval Base Guam refurbishes smokestacks

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

U.S. Naval Base Guam Public Affairs

Naval Base Guam Public Works Department (NBG PWD) and Reliable Builders Inc. worked to clean and repaint three Orote Power Plant smokestacks on NBG July 18.

“The reason for the refurbishment of the smokestacks is to provide longevity and sustainability of NBG’s emergency power support systems,” said Phillip Ada, NBG PWD power superintendent. “This power plant has three generating units that support NBG in the event of loss of island-wide utility power to NBG war fighter customers for long durations.”

Due to the corrosive environment the smokestacks are exposed to, part of the Major Maintenance Repair Program (MMRP) is to repaint these smokestacks every five years. The last time the smokestacks were taken down for repainting was in 2006.

The smokestacks are taken down one at a time and sent away for maintenance. According to Ada, maintenance on each smokestack takes approximately three weeks but the time-



Restored: Civilian contractors from Reliable Builders Inc. work with Naval Base Guam Public Works Department to put a refurbished smokestack back in place July 18. Maintenance is required because the smokestacks are exposed to a corrosive environment. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Gabrielle Blake/Released)

line could change depending on weather and wind conditions. The smokestacks are loaded onto flatbeds and taken to a maintenance lay down area off base in Yigo.



Maintenance: Civilian contractors from Reliable Builders Inc. work with Naval Base Guam Public Works Department (NBG PWD) to put a refurbished smokestack back in place July 18. NBG PWD refurbishes the smokestacks every five years as part of the Major Maintenance Repair Program to provide longevity and sustainability. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Gabrielle Blake/Released)

Coming to Andersen soon: AFNet Migrations

By Tech. Sgt. Juan Valenzuela
36th Communication Squadron

The 36th Wing will soon become the second Pacific Air Forces base to migrate its computer users into a central Air Force Network (AFNet).

Over a period of 47 days beginning Oct. 3, technicians will begin migrating Andersen workstations, network users and e-mail into the AFNet.

The goal of this project is to collapse all individual or standalone Air Force, Air Force Reserve and Air National Guard networks into the AFNet. To the majority of Andersen computer users, most of the changes will be transparent and should not cause any interruption to network access or normal day-to-day operations but for the Air Force this migration represents a major change to how computer networks are managed.

Until now, major commands and various other Air Force organizations have been operating their own independent networks, consequently driving unique and unit-specific requirements. Over the years, this approach led to standardization and security problems, high operation and maintenance costs, and a lack of enterprise situational awareness. In short, there was no single organization or commander responsible for the network.

The AFNet migration project addresses these issues and places Air Force cyber operations under the operational control of a single commander. This approach will yield a significant improvement in the Air Force’s ability to fight daily virus activity and malicious intrusion attempts. Additionally, AFNet migra-

tions will centralize services like e-mail and data storage, significantly improving network security and standardization. Finally, operational and training costs will be reduced through the elimination of redundant systems and services.

The most visible change will be in the format of e-mail addresses. The migration replaces the old first.last@andersen.af.mil e-mail address with a standard first.last@us.af.mil address. The new addresses will remain with users for the duration of their career, employment or affiliation with the Air Force regardless of the base or organization assigned. As more bases join the AFNet, Airmen will be able to login to their accounts from any AFNet base without requesting and creating an additional account. This will allow easy access to the network during deployments and throughout temporary duty and permanent change of station moves. Sites such as the Air Force Portal, Air Force Personnel Center and Defense Finance Accounting Service will also remain easily accessible regardless of duty location.

As Andersen Air Force Base approaches its projected start date, a team of Air Force Network Integration Center, 690th Network Support Group and 36th Communications Squadron (CS) technicians will be busy preparing equipment and resources to facilitate the migration. To ensure a smooth transition to the AFNet, look for future 36th CS generated advisories for additional migration-related information.

For more information, contact the 36th CS Communications Focal Point at 366-2666 or by e-mail at commservice@andersen.af.mil.

NMCB 133 continues to build history on Guam

By Mass Communication Specialist 2nd Class (SW) Corwin Colbert
Joint Region Edge Staff
and Naval Mobile Construction Battalion 133
Public Affairs



Paving the Way: Equipment operators from Naval Mobile Construction Battalion (NMCB) 133 Detail Guam train for an upcoming paving project at Cmdr. William C. McCool Elementary/Middle School Aug. 20. NMCB 133 has been tasked with the construction of two parking lots on Guam. (U.S. Navy photo by Information Systems Technician 1st Class (SCW/SW) Timothy Cope/Released)

Aug. 28, 1992. Typhoon Omar passes directly over Guam with winds gusting approximately 150 mph.

Within hours of the typhoon's passing, the "Kangaroos" of Naval Mobile Construction Battalion (NMCB) 133 begin disaster recovery efforts across the island. NMCB 133 works around the clock, assisting in water distribution efforts, power restoration, reconstruction of heavily damaged schools, and erecting a large tent city at the fleet hospital site to house hundreds of homeless.

Aug. 6, 1997. Disaster strikes Guam again. Korean Air Flight 801 crashes on final approach to the A.B. Won Pat International Airport. NMCB 133 personnel were among the first to arrive on the scene and begin rescue operations. Access roads were built into the crash site by NMCB 133 to facilitate the rescue and recovery efforts.

NMCB 133 Officer in Charge Lt. Cmdr. Michael McCain said Seabees are always ready to support the community and Navy at a moment's notice.

"NMCB 133 supports the infrastructure of Guam in two ways. First, the Naval Construction Force actively looks to task NMCBs with projects that provide valuable technical training and overall value to the

Navy," McCain said. "In addition, the projects provide opportunities to form valuable relationships with customers and the community."

NMCB 133's mission is to deploy rapidly – in as little as 48 hours – and construct base facilities in support of the Navy, Marine Corps, and other armed services engaged in military operations. They perform construction work, conduct defensive operations, and are self-sustaining. Additional functional capabilities include repair, maintenance and capital improvement of

shore facilities and lines of communication during contingency, emergency or disaster recovery operations.

McCain said Seabees, in general, are known for their caring nature, willingness to help others and eagerness to build and fix things. This extends to off-duty hours where community relations projects are encouraged and supported.

"We have done extensive work with the some of the local elementary schools and the Guam National Park Service," he said. "In partic-

ular, we have partnered up with Harry S. Truman Elementary School in helping them prepare for their upcoming school year. These actions include removing downed trees that were causing potential safety risks to the students or faculty of the school. Our work with the Guam National Park Service has helped to preserve the rich history surrounding Guam."

The battalion also has detachments spread throughout the Pacific area of responsibility and have been actively involved in the Glob-

al War on Terrorism.

"Right now we are supporting the Navy mission by maintaining a forward-deployed status to respond to any contingency — conflict, natural disaster, or otherwise — that may come up," he said.

Even with the many responsibilities the battalion has, Sailors who perform the tasks have high morale. Yeoman Seaman (SCW) William Stokes said his time with the Seabees has been beneficial.

"Being at this command has given me a lot of experience in places such as Afghanistan that I might not have got if I was in another command," he said.

McCain said Sailors reporting to the command can expect a crew committed to excellence in safety, quality and outstanding overall construction and military tactics. The leadership is committed to the personal and professional welfare of every Seabee, ensuring order and discipline are followed, and maintaining the positive history and tradition of the U.S. Navy and the Naval Construction Force.

As far as history on this island, McCain said the Seabees are always willing to lend a helping hand to the region and the community.

"The local community here in Guam has historically been very supportive of the Seabees. Having a positive impact on the community is one way to show gratitude," he said. "Likewise, helping others in need is a trait every good Seabee possesses and knowing that you helped someone in need is very gratifying. It also shows the community what their tax dollars are paying for, while allowing us to feel proud of what we do and shows others what we are capable of."

Staying healthy: Avoid seasonal influenza

From 36th Medical Group

The 2011-2012 seasonal flu vaccine is now available at the Andersen Immunizations Clinic to all beneficiaries age six months and older.

Influenza is a contagious respiratory illness caused by different influenza viruses. It can cause mild to severe illness. Typically, symptoms include fever, headache, extreme tiredness, dry cough, sore throat, a runny or stuffy nose and muscle aches.

In the United States, 95 million people get the flu every year. While most individuals recover without needing medical treatment, more than 200,000 people are hospitalized and about 36,000 deaths occur each year due to seasonal flu. Typically very old and very young individuals and those with certain health conditions are more likely to experience serious flu complications. The influenza vaccine is mandatory for military personnel and clinic employees with direct patient care.

The flu spreads via respiratory droplets in coughs and sneezes. The first line of defense from contracting any type of influenza virus is good personal hygiene:

▲ Cover coughs and sneezes with a tissue or by coughing/sneezing into the elbow rather than hand.

▲ Wash hands with soap and water or an alcohol-based hand sanitizer frequently, especially after coughing, sneezing, using the restroom and before eating.

▲ Stay away from people who are sick and avoid others if you are sick.

Immunization is also an important means of preventing the flu. Immunization is safe and effective. High-risk clinic beneficiaries are especially recommended to receive the vaccine.

High-risk individuals include pregnant women; persons between the ages of 6 months to 18 years old and 50 years old or older; those with chronic health conditions such as diabetes, asthma, liver or kidney disease and cardiac disorders; and those with weakened immune systems.

Healthy caregivers and household contacts of persons in these high risk groups should be vaccinated as well. FluMist, the intranasal form of the vaccine for healthy 2-49 year olds, is also available. Both the flu shot and FluMist vaccines will help prevent disease caused by seasonal flu viruses, including the 2009 novel H1N1 flu virus.

Children ages 6 months to 8 years old who have not received at least one dose of the novel H1N1 vaccine and a seasonal flu vaccine in the past should receive two doses of this year's seasonal flu vaccine.

What should you do if you do get sick? Stay home and avoid contact with other people until 24 hours after your fever has broken. Keep kids home from school when they are sick.

Most people with flu will have a mild illness and do not need medical care or antiviral drugs. However, seek urgent medical care if you experience any of the following:

In children

- ▲ Fast breathing or trouble breathing
- ▲ Bluish skin color
- ▲ Not drinking enough fluids
- ▲ Not waking up or not interacting
- ▲ Being so irritable that the child does not want to be held
- ▲ Flu-like symptoms improve but then return with fever and worse cough
- ▲ Fever with a rash

In adults

- ▲ Difficulty breathing or shortness of breath
- ▲ Pain or pressure in the chest or abdomen
- ▲ Sudden dizziness
- ▲ Confusion
- ▲ Severe or persistent vomiting

For more information, please contact the 36th Medical Group Public Health Element at 366-4147 or visit <http://www.cdc.gov/flu/>.

SDAP pay recertification deadline approaches

From Navy Personnel Command Public Affairs

MILLINGTON, Tenn. — Annual special duty assignment pay (SDAP) recertification is 50 percent complete across the fleet as this month's deadline nears, Navy officials announced Aug. 12.

"As of today we are halfway complete with 678 commands remaining," said Navy Personnel Command (NPC) Force Master Chief (AW/SW/NAC) Jon Port. "With the Aug. 31 deadline approaching, we want commands to submit their recertification to ensure success and continued benefit to their eligible Sailors."

Recertification is typically completed by a command's admin department or personnel officer.

SDAP is an incentive pay ranging from \$75 to \$450 a month used to entice qualified personnel to accept designated assignments and sustain adequate manning lev-

els. In order to qualify for SDAP, Sailors must be assigned to and working in a valid billet on the command Manpower Authorization Listing. This billet must be authorized by the Bureau of Naval Personnel as a special duty assignment billet.

SDAP recertification is conducted annually to ensure commands are maintaining an accurate account of members' eligibility for SDAP. Recertification began in June with the release of NAVADMIN198/11 and NPC must receive recertification by Aug. 31. Recertification procedures are outlined in the message.

More than 25,000 Sailors currently receive SDAP. Sailors can read OPNAVINST 1160.6 and talk with their command career counselor to learn more about SDAP.

For more information, visit the NPC Web site at www.navy.mil.

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

Guam represented at GovEnergy 2011

By Kevin D. Evans

Joint Region Marianas Energy Manager

The Joint Region Marianas Navy and Air Force energy team recently returned from GovEnergy 2011, an annual government energy conference in Cincinnati, Ohio, Aug. 7-10.

GovEnergy 2011 offered participants a unique opportunity to meet and exchange ideas and lessons learned through technical workshops, networking sessions and an exposition hall. This year's theme was "A River of Energy Solutions."

Keynote speakers for the opening plenary session included Larry Falkin, Cincinnati Office of Environmental Quality director; Craig E. Hooks, Environmental Protection Agency Office of Administration and Resources Management assistant administrator; Martha Johnson, U.S. General Services Administration administrator; Dorothy Robyn, DOD Defense for Installations and Environment deputy undersecretary; and Timothy Unruh, U.S. Department of Energy (DOE) Federal Energy Management Program program manager.

The workshop included many seminars such as "What's in it for Me?: Raising Federal Employee's Energy Awareness," "Keys to Success: Who, What, When, and Where," "Branding and Messaging: Getting the Biggest Bang from Outreach," "Evaluating Behavior's Impacts on Energy Consumption: Setting Benchmarks, Using Metering, and Leading by Example," "Master Planning," "Energy Efficiency in Remote Operations and Locations," "Agency Awareness Campaigns," and "Cultural Change in the Workplace."

The conference also included a tradeshow. Vendors boasting many different energy products and serv-

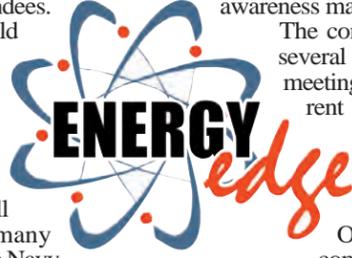
ices showcased their products, equipment and services to exhibition attendees.

The attendees could browse through the exhibit hall looking for products that can help them in their work.

The exhibit hall was filled with many contractors that the Navy is currently involved with or has worked with in the past. The tradeshow included an excellent va-

riety of information packets, brochures, booklets, displays and awareness materials.

The conference included several DOD and service meetings to cover the current budgetary climate and the soon-to-be-released new Office of the Chief of Naval Operations and commandant instructions for energy management, energy project updates, metering, and energy awareness updates.



Lastly, a Department of Navy energy project team meeting covered the briefing slides for Naval Facilities Engineering Command Headquarters in Washington, D.C., project submission efforts and future requirement goals. In addition to the formal meetings, there were special meetings to discuss Congressional funding additions for Joint Region Marianas and Hawaii.

Closing plenary session speakers included Henry Kelly, DOE Office of Energy Efficiency and Renewable Energy acting assistant secretary; John M. McHugh, U.S. Army

secretary; and Doug McKenzie-Mohr, McKenzie Mohr & Associates environmental psychologist.

Energy conservation and sustainability issues are important for all hands to understand and many changes are coming down the chain of command that will require compliance. The annual energy conference allows us at the deckplate level to learn about new initiative, technologies and, even more importantly, discuss concerns with the top echelon of DOD energy teams. Let us all do our part and be a part of the big picture.

Reagan: Crew to tour island, learn culture

Continued from Page 1



some well-deserved liberty.

"I going to go out, find a nice restaurant and get something to eat, relax a little, then take a nice run on the beach," he said.

Aviation Maintenance Administrationman 2nd Class (AW/SW) Almond Joy Nervias was in full agreement.

"It's great to have a port visit," she said. "I'm excited to get out and have some liberty. I can't wait to go to the beach, relax, do some swimming and go shopping!"

Ronald Reagan departed from its homeport in San Diego, Calif., for a training exercise and deployment to the 7th Fleet area of responsibility Feb. 2. Reagan's last deployment to 7th Fleet was in 2009.

For related news, visit USS Ronald Reagan Navy NewsStand's page at www.news.navy.mil/local/cvn76/. For more news from USS Ronald Reagan and the Ronald Reagan Strike Group, visit <http://www.public.navy.mil/air-for/cvn76>.

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

Port Visit: USS Ronald Reagan (CVN 76) transits into Apra Harbor for a scheduled port visit to Guam Aug. 21. While in port, the crew will have a chance to tour the island, learn about local culture, relax and have fun in the tropical paradise. (U.S. Navy photo by Mass Communication Specialist 1st Class (SW) Peter Lewis/Released)

Safety: Redouble efforts, checklists

Continued from Page 1

a few notes. The warnings appear more gradually, after years and years of use, trial, error and tragedy. Warnings symbolize someone who had to learn the hard way. They are written in blood, Percival said.

"In my opinion, for us to ignore this information is criminal," he said. "You have to learn when those tragedies occur and apply them so we can preserve lives. Losses in combat happen. Many of us have experienced that firsthand but when our own negligence causes a loss, it's unacceptable. Pre-

venting these senseless occurrences is what the safety fight is all about."

Integrity, service and excellence have been an integral part of Air Force culture since its inception. These core values are instilled in Airmen from the first day of basic military training – calling each to a higher standard of accountability.

"Redouble your efforts and adhere to checklists and technical orders," North said. "Follow best practices and proven methods and help us avert tragedy. I value your individual and collective efforts to sharpen the sword."

Navy families see first school meal increase in 7 years

By Mass Communication Specialist 1st Class (SW/AW) Monique K. Hilley

Commander, Navy Installations Command

Students headed back to school at Department of Defense Dependents Schools (DoDDS) this year at overseas installations will face a three year phased increase in student meal prices mandated by The Healthy, Hunger-Free Kids Act (Public Law 111-296).

Beginning school year 2011-2012, students participating in the DoD Student Meal Program that pay full price for their lunches will begin paying 50 cents more per meal, followed by a 25 cent increase in the 2012-2013 and 2013-2014 school years.

The DoD Student Meal Program is an overseas school pro-

gram authorized under the Richard B. Russell National School Lunch Act and the Child Nutrition Act. It is a DoD program that follows many of the same regulations and guidelines as schools throughout the United States that participate in USDA's National School Lunch Program. The program provides free and reduced-price meals for students who qualify under federal guidelines.

School food authorities will charge elementary students \$2.55 and secondary students \$2.70 per meal under the new pricing structure. By fall 2013, elementary students paying full price for a school-provided lunch will be charged \$3.05 per lunch and secondary students \$3.20.

Households qualifying for the Free and Reduced Meal Program will not be impacted by the meal cost increases as the cost of a reduced-price meal will remain un-

changed at 40 cents per meal through school year 2013-2014.

Changes in the DoD Student Meal Program are being phased in over a three year period to bring students healthier food choices, while minimizing the financial impact on families.

"The Public Law requires a review and adjustment to student meal prices. This law, plus the fact that meal prices have not kept pace with the increased costs to provide meals during the past seven years have led to an increase in prices," said Charles S. Clymer Jr., Program Manager, Child and Youth Program, N913 Commander, Navy Installations Command Headquarters, N9, Fleet and Family Readiness. "Just like everything else, the cost of quality food, labor and equipment increase each year, and this increase will help ensure that school food authorities have funding available to support serving

nutritious meals to all students."

The Healthy, Hunger-Free Kids Act of 2010, signed into law by President Obama on Dec.13, 2010, mandates changes to school lunch and breakfast programs nationwide with a focus of improving child nutrition.

"The Healthy, Hunger-Free Kids Act is a significant step forward in our effort to help America's children thrive and grow to be healthy adults," said U.S. Secretary of Health and Human Services Kathleen Sebelius. "Thanks to the dedication of this Congress and First Lady Michelle Obama, more kids will have access to healthy, balanced, nutritious school lunches. By increasing the number of students eligible to enroll in school meal programs and improving the quality of food served, this legislation simultaneously tackles both hunger and the obesity levels currently affecting

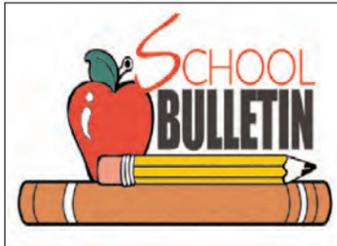
too many communities across this nation."

The legislation authorizes funding and sets policy for USDA's core child nutrition programs: the National School Lunch Program, the School Breakfast Program, the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), the Summer Food Service Program, and the Child and Adult Care Food Program.

The DoD Student Meal Program will remain a subsidized, USDA-approved and nutritious option for Navy families with school-age children.

For more information on DoD meal programs, families are encouraged to contact your local school's Navy Liaison School Officer.

For more information about Commander, Navy Installations Command, visit us at www.cnic.navy.mil.



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

Department of Defense Education Activity (DoDEA)

Though operational costs of providing meals have increased significantly, our food service vendor has agreed not to raise prices for the upcoming school year. Lunch prices are as follows:

Kindergarten through fifth-grades: \$2.50

Sixth- through 12th grades: \$2.75

Faculty and visiting parents: \$4.50

To find out if your child qualifies for free or reduced lunch prices, contact your child's school for a reduced-lunch application with complete guidelines for eligibility.

Andersen Elementary School

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. 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

Andersen Middle School

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

Sept. 5 No School - Labor Day

Guam High School

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

Sept. 5 No School - Labor Day

McCool Elementary/Middle School

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

Supply lists for SY 2011-2012 are available in the main office or at the Navy Exchange main store on U.S. Naval Base Guam. For more information, call 339-8676.

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.

Navy College Office

The Navy College Office is located on U.S. Naval Base Guam in Barracks 1. For information regarding Navy college programs, available schools and

other educational resources, call 339-8291 or visit the overall Navy College Office Web site at <http://www.navycollege.navy.mil>.

Active-duty service members are invited to attend the Tuition Assistance Course every Thursday at 9 a.m. at the Navy College Office in Barracks 1. For more information, call 339-8291.

Phone Numbers

Andersen Elementary School: 366-1511

Andersen Middle School: 366-3880/5793

Commander William C. McCool Elementary/Middle School: 339-8676

Guam High School: 344-7410

Power Hour program helps teens focus, excel

By JoAnna Delfin
Joint Region Edge Staff

Teen and youth centers on U.S. Naval Base Guam (NBG) and Andersen Air Force Base (AFB) are offering a way to help kids focus on and complete homework after school.

The Power Hour is a program developed by the Boys and Girls Club of America that provides tutoring, homework assistance and academic enrichment activities to students

between the ages of 6-17.

Diana Leon Guerrero, of the Andersen Teen/Youth Center, said watching kids help each other with homework is a great thing.

"Any time children are able to complete their work and feel good about doing it, that's a grand benefit," she said.

Each center offers a clean and safe environment for kids to concentrate on their work.

"Children are allowed to use the computers in the room to surf the Web for research," Leon Guerrero said. "The room is monitored and supervised by staff during times children are present to keep them safe and on track."

Therese Meno, of the NBG Teen and Youth Center, said the NBG site center keeps students safe and focused.

"We set them up in a specific area where they can concentrate on their school work," she said. "It's different when they're here as opposed to being at home where there are distractions from TV and video games."

Meno added that although the Power Hour is geared at assisting youth, the family unity as a whole benefits from the program.

"Because the kids are able to come here after school and do their work, it makes it a lot easier on their parents to spend quality time with them instead of worrying about their homework," she said.

Meno said parents can rest assured their children are getting their best work done. Volunteers and staff members at the centers are available when youth need some help with their subjects.

As an incentive to keep kids engaged in the Power Hour, both centers offer rewards points.

"The rewards points allow them to pick games, supplies and other cool things," Meno said. "If a child accumulates enough points, they can throw a pizza party for their friends if they'd like."

Intelligence Specialist 1st Class (SW) Joseph Villareal, of Explosive Ordnance Disposal Mobile Unit 5, said he plans to enroll his child in the program this school year.

"It's always good to have a place to go to focus your time and attention," he said. "It's great that there is the additional guidance for the kids so they can concentrate more on their studies because it encourages information retention."

Power Hour is held Monday through Thursday from 3-4 p.m. at the NBG Teen and Youth Center and from 2:45-3:45 p.m. at Andersen Teen/Youth Center.

Children of service members, military contractors and DOD civilians can register at the teen and youth centers on either base. There is no fee to join the Power Hour.

For more information, call 366-3492 for Andersen and 564-1844 for NBG.

Empanáda: Guam's savory treat

By JoAnna Delfin
Joint Region Edge Staff

Without a doubt, Guam residents love to fry food. From fried chicken to fried fish, everything tastes better when it's thrown into a pan of hot oil.

A local favorite that can be found at neighborhood mom-and-pop stores is the fried treat empanáda (ehm-pah-NAW'-duh).

Worldwide, there are variations of the Spanish-influenced dish. In some countries empanáda is served as a dessert with a baked crust and sweet filling while other countries fill their empanada with meat and rice.

Guam's version is easily identified by its reddish outer shell and thin layer of filling consisting of chicken, ground rice, chili peppers and garlic.

The combination of the filling wrapped in a warm, flaky, crispy shell leaves a lasting flavor on the taste buds. Traditionally, the filling is prepared before the shell and allowed to cool before assembly.

Although the fried treat can be served as an appetizer or side dish, most local residents find that any time of day is perfect for an empanáda.

"I usually stop by a mom-and-pop store on my way to work to grab one or two," said Kristen



Local Favorite: Empanáda (ehm-pah-NAW'-duh), a local favorite, is a crunchy, flaky shell filled with ground rice, chicken, garlic and chili pepper. It can be found at local mom-and-pop stores or on the traditional fiesta table. (U.S. Navy photo by JoAnna Delfin/Released)

Cruz, empanada enthusiast. "When I was younger, we used to eat this at least once or twice a week for breakfast on our way to school."

Once you taste one of these deep-fried treats, it's hard to resist

coming back for more.

Empanada recipe

Filling:
Two cups of ground rice

One cup of chicken stock
One-half cup of onion
One-half cup of green onions
One clove of garlic
One teaspoon of ginger
Two packages of annatto

powder
Two chili peppers
One cup of boneless chicken thighs

In a medium-size pot, sauté the onions, garlic, ginger and annatto powder.

While sautéing your ingredients, dice your chicken thighs and brown in a separate pan. Once browned, add one cup of your cooked chicken to the pot of sautéed garlic and onions and add the chicken stock.

Set your stove to medium heat and gradually add your ground rice as you stir to avoid formation of lumps. Continue stirring for about seven minutes or until mixture starts to thicken.

Once the filling reaches the desired thickness, remove from heat and set aside to cool. It is important to allow the filling to cool completely before putting them on the shells.

Shell:
Three cups of corn flour
One-half cup of vegetable shortening
One-half cup of warm water
One-fourth teaspoon of salt
One-third teaspoon of black pepper
One package of annatto powder
Two cups of vegetable oil
One garlic head (optional)

See Empanáda, Page 15

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 non-members. 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.

On a Budget

UNDER \$10

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.

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.

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.

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



Empanáda: Add garlic into frying pan for extra flavor

Continued from Page 14

In a large mixing bowl, combine your ingredients until you form a pliable dough. Your dough should hold together well and not be too dry. If the dough seems too dry, add a little more water.

Once your filling has cooled and your dough is prepared, roll the dough into two-inch circles between two six-inch square pieces of wax paper. You'll want to place the dough directly in the middle.

Roll the dough to the desired thickness – the thinner the shell, the crispier the empanáda.

Remove the wax paper and add one teaspoon of the cooled filling in the middle of the dough. Be sure not to add too much filling.

Fold the top half of the dough over the filling to the bottom half and seal the empanáda by pressing the dough outward. This will release any air pockets you might have created while folding over the empanáda.

Once you've folded your em-



panádas, set them in the freezer for about 20 minutes. This will allow them to cool and harden, making it easier to handle when frying.

Ten minutes before removing

your empanádas from the freezer, heat your vegetable oil in a frying pan. Carefully drop the garlic into the frying pan. This will add extra flavor to the empanáda.

As soon as your empanádas are

out of the freezer, carefully drop each piece into the oil and cook for about three minutes on each side or until edges are hard. Remove the empanáda from the oil and place on a paper towel to dry excess grease.

C r u n c h y ,
Flaky Shell: Empanáda (ehm-pah-NAW'-duh), a local favorite, is a crunchy, flaky shell filled with ground rice, chicken, garlic and chili pepper. It can be found at local mom-and-pop stores or on the traditional fiesta table. (U.S. Navy photo by JoAnna Delfin/Released)



FRIDAY, AUG. 26

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

SATURDAY, AUG. 27

2 p.m. Harry Potter and the Deathly Hallows: Part 2 (PG-13)

7 p.m. Zookeeper (PG)

SUNDAY, AUG. 28

7 p.m. Zookeeper (PG)

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. 26

7 p.m. Captain America: The First Avenger (PG-13)

9:30 p.m. Larry Crowne (PG-13)

SATURDAY, AUG. 27

1 p.m. Winnie the Pooh (G)

3:30 p.m. Harry Potter and the Deathly Hallows: Part 2 (PG-13)

7 p.m. Dive-in Movie at the NBG Pool: Soul Surfer (PG)

SUNDAY, AUG. 28

1 p.m. Monte Carlo (PG)

3:30 p.m. Zookeeper (PG)

7 p.m. Friends With Benefits (R)

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

Place high value on wisdom

By Capt. Mario T. Catungal

36th Wing Chaplain

Often we feel hopeless and don't know how to resolve our problem because we lack vital information about them. A key way out of despair is to find these missing pieces of wisdom and apply them to our problem.

In Proverbs 24:14, God tells us that wisdom produces hope – "Know also that wisdom is sweet to your soul. If you find it, there is a future hope for you and your hope will not be cut off." God's way to overcome problems is this – recognize the value and need for the missing pieces of wisdom in your life, then ask God to show them to you.

Wisdom can come in four different forms:

- Wisdom comes from God. James 1:5 tells us to ask God for the wisdom we need – "If any of you lacks wisdom he should ask

“ Look at the order of things. God has put us in a universe of order. Things work because of the laws God set in place at creation. ”

– Capt. Mario T. Catungal, 36th Wing Chaplain

God who gives generously to all without finding fault." God knows what to do even when we don't. Ask him for answers and He will provide them.

- God uses others. We may not know how to handle our situation but there is somebody out there who does. Find that someone. Whenever we are dealing with a difficult financial situation, we call a certain friend who has great wisdom in that area. We lean on them for good advice. We call other people for other needs.

- Seek structured wisdom. Of-

ten, overcoming problems requires more than advice from friends or others. We may need structured and professional sources of wisdom.

There are a great number of services out there including trained counselors, support groups, physicians and psychiatrists. We don't need to reinvent the wheel for our situation.

There is available help already in place. You can look to professionals in your area of need, self-help groups, pastors, community colleges, seminars, books, tapes, videos, and confer-

ences. One caution – make sure that the resources you uncover are authentic. Get referrals from people you trust – your friends, support group, doctor or pastor.

- Look at the order of things. God has put us in a universe of order. Things work because of the laws God set in place at creation. Part of the way for us to restore our life has already been made in how he created life to work. Our task is to find the wisdom that is already there.

Search for his wisdom with all your strength and apply it wholeheartedly. Bear in mind that wisdom is not only a product of intelligence but also a product of experience.



Running with the Chiefs



Scholarship Fund: Chief petty officers assigned to U.S. Naval Base Guam (NBG) participate in the Run With the Chiefs 5K on NBG Aug. 19. The chiefs held the run to raise money for the Chief Petty Officer Scholarship Fund. (U.S. Navy photos by Mass Communication Specialist 2nd Class (SW) Gabrielle Blake/Released)



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.

We Will Never Forget Run/Walk

The "We Will Never Forget 9.11kms Run/Walk" will be held at the Sumay Cove Marina on U.S. Naval Base Guam Sept. 9. Show time is at 4:30 p.m. Go time is at 5 p.m. Preregister at the Charles King Fitness Center before Sept. 9. Registration day of the race starts at 4:30 p.m. For more information call 333-2049.

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 Harmon. 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.

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

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 aerobics movements. Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic workout system that will blow you away. 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

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.

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.

Tumbling for Tots

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