

JOINT REGION EDGE

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Unity celebrated during Labor Day

By JoAnna Delfin
Joint Region Edge Staff

Military members joined the local community to celebrate Labor Day during the annual Government of Guam (GovGuam) picnic at Gov. Joseph Flores Memorial Park in Tumon, Guam, Sept. 4.

The picnic is held annually for thousands of employees who make up the GovGuam workforce and is an all-day event during which employees' and their families enjoy each other's company, feast on local food, and have on site various entertainment.

As the sun shined on the village of tents from numerous Government of Guam (GovGuam) agencies, crowds gathered around the U.S. Coast Guard Station Apra Harbor's 25-foot response boat where Coast Guardsmen gave children tours and demonstrations of the command's mission capabilities.

"It's great being here," said Boatswain's Mate 2nd Class Paul Roberto, of USCG Station Apra Harbor. "It's nice to be a part of the community again and interact with everybody."

The Coast Guard's attendance at



Line Toss: Boatswain's Mate 2nd Class Paul Roberto, of U.S. Coast Guard Station Apra Harbor, demonstrates how to toss a heaving line during the Government of Guam's annual Labor Day picnic at Gov. Joseph Flores Memorial Park in Tumon, Sept. 4. (U.S. Navy photo by JoAnna Delfin/Released)

the event gave community members the opportunity to learn more about the command and understand

their contribution to the island.

"Us being here just shows that the military does care about the peo-

ple," Roberto said. "It shows that the Coast Guard and other branches actually do care about the community."

Mass Communication Specialist 1st Class (SW/AW/NCA) William Tonacchio, of Commander, Submarine Squadron (CSS) 15, agreed with Roberto as he stood in front of the command's static display of their makeshift submarine, USS Gadao.

"The best part about being in an event like this is just really getting really close and interacting with the community," he said. "Sometimes we stay on base, and we don't get off base, but coming out here we get to meet the community, we get to see all the amazing people out here, get to experience the culture, the food and just really interact."

Tonacchio added the relationship between the local and military community was evident as service members were invited to take part in the different events throughout the day.

"After talking to some of people in the community, Government of Guam officials, I get a sense of how much they care and they care about us as well," he said. "I mean, they invited us so it's really nice to see how much they care, not only for their employees but the community and for the Navy."

Hospital Corpsman 2nd Class

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Andersen Airmen remember Sept. 11, 2001

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

Ten Septembers ago 19 hijackers flew commercial jets into the World Trade Center's twin towers, the Pentagon and the city of Shanksville, Pa., taking the lives of more than two thousand innocent men and women and irrevocably altering the fabric of this nation.

As the 10th anniversary of the Sept. 11, 2001 terror attacks approaches, Team Andersen Airmen pause to reflect on the events of that day and the consensus is clear: the twin towers are still standing tall in

the hearts and minds of Americans across the globe.

Maj. Jose Sorto was assigned to the 89th Medical Group at Andrews Air Force Base, Md., when the "breaking news" banner scrolled across the TV screen and the reality of the images before him stole the air from his chest.

"It was scary how quickly it all happened," Sorto, now assigned to the 36th Medical Group, said. "Minutes after the second aircraft crashed into the tower, we were discussing plans to support New York City with critical care medical equipment when we received word that an explosion had occurred at the Pentagon."

The major and his team worked through the night to get life-saving medical equipment and supplies to support on-going response efforts at the Pentagon and New York City. Recalling the events as if it were yesterday, Sorto closes his eyes.

"It was an unreal experience to see the Pentagon on fire and all the responders there," he said. "As we unloaded supplies, I could not stop looking at the site and thinking about the people who had lost their lives."

As Sorto experienced the aftermath of terrorism firsthand, millions more stared helplessly at their TV screens, awed to silence by a sky blackened with smoke and ash.

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School meals
Navy announces delay
*Guam exempt from fee increase
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Fear Factor
Andersen holds annual challenge
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Joint Region Marianas



NAWMU-1 supports warfighters

Senior Chief Aviation Ordnanceman Michael Saville answered questions about NAWMU-1:

What is the mission of NAWMU-1?

NAWMU-1 is a munitions maintenance activity and combat support unit, manned and operated to conduct intermediate and selected depot level maintenance. The command tests and repairs air and select surface-launched missiles, and guided weapons and components in support of the U.S. Navy worldwide. NAWMU-1 maintains a mobile capability to deploy air-launched weapons maintenance detachments to forward areas when tasked by higher authority.

How does NAWMU-1 support the Navy mission?

By our unique function and strategic location, NAWMU-1 is able to support the warfighter by keeping needed assets in theater and ensuring they are in proper working order. Being able to deploy to the locations of the assets rather than having the assets shipped elsewhere, NAWMU-1 is able to save millions of dollars annually in transportation costs.

How many personnel are stationed at the command?

43 Enlisted
 3 Officers

What rates are present at the command?

Aviation Ordnanceman, Aviation Electronics Technician, Aviation



Combat Support: Sailors aboard Naval Airborne Weapons Maintenance Unit 1 (NAWMU-1) pack a barrel of components for a laser-guided bomb Sept. 1. NAWMU-1 is a munitions maintenance activity and combat support unit, manned and operated to conduct intermediate and selected depot level maintenance. (Photo by Chief Aviation Ordnanceman (AW/SW) Marvin Knowles/Released)

Maintenance Administrationman, Aviation Support Equipment Technician, Yeoman, Logistics Specialist

1 support equipment site

testing air-launched weapons.

How does NAWMU-1 support the Global War on Terrorism? (i.e., deployments)

Deployed to various locations throughout the world repairing and

What is the history between NAWMU-1 and the local community?

NAWMU-1 has had a good relationship with the village of Santa Ri-

ta. We make every effort to support them in all requests for assistance.

How do the Sailors of NAWMU-1 interact with the local community? (i.e., COMRELS, sister school/village projects)

Activities NAWMU-1 has participated in and communities they've helped include: Sumay Day, Chamorro Heritage Month Hut Building, Santa Rita Peace Memorial, J.P. Torres Alternative School and Oceanview Middle School.

Why is it important to the command to have a positive impact on the local community?

Without a good relationship with our neighbors, we would not be able to be as successful as we are. Every Sailor knows that lending a helping hand will foster and strengthen the relationship between the United States Navy and the residents of Guam. Each member takes pride in all the volunteer opportunities that arise.

What can Sailors who take orders to NAWMU-1 look forward to?

NAWMU-1 is a small command that emphasizes missions, families and Sailors. We like to work hard, but we also like to enjoy relaxing with friends and families during our numerous Moral, Welfare and Recreation (MWR) events. Professional and personal growth for each assigned member is also an important aspect of what we do on a daily basis.

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.

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 num-

ber 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.

National Preparedness Month: Are you ready?

By Airman Basic
Anthony Jennings
36th Wing Public Affairs

September took on a new title following the official signing of the 2011 National Preparedness Month (NPM) Proclamation by Guam Gov. Eddie Calvo, Sept. 7.

Team Andersen once again led the way by hosting an awareness campaign Sept. 6 and 7 at the Andersen Air Force Base (AFB) Exchange, and an emergency response and management demonstration Sept. 8 at the soccer field across from the Andersen AFB Youth Center.

"The signing of the National Preparedness Month Proclamation provides Andersen the opportunity to showcase our emergency response, management and public safety capabilities to the public," said Col. Dwayne Thomas, 36th Mission Support Group commander.

Aside from highlighting emergency response capabilities, NPM is also designed to promote emergency readiness education and encourage everyone to take steps to prepare their family, neighborhood and community for emergencies and disasters by creating family emergency plans, and building emergency preparedness kits.

The 36th Civil Engineer



Squadron's (CES) Emergency Management Flight handed out fliers providing information about the different emergency response agencies on base.

The flight hopes to educate the

public on safety and how to prepare for emergencies such as Shelter-in-Place, typhoons, earthquakes, tsunamis and other major accidents.

"You can never really be over-prepared," said Master Sgt. Carlos

Durden, 36th CES Emergency Management Flight superintendent. "Service members and their dependents came to the awareness campaign and receive information they may have been previously un-

aware of. Our motto for this campaign is 'Are you ready?' It's an important aspect to think about."

A demo at the soccer field across the Andersen AFB Youth Center Sept. 8 from 2-5 p.m., hosted various assortments of emergency response agencies and their "toys."

"I like to call it our 'show and tell' portion of the campaign," Durden said. "We had Explosive Ordnance Disposal bring their up-armored vehicle and robot, bio (environmental) truck and trailer, jet skis, Sparky the Dog, a bouncy castle, canine demo, all-terrain vehicles, segways and Contingency Response Vehicles."

Operational readiness exercises, mass-casualty incidents and natural disaster exercises are regularly implemented on Andersen AFB to assess the base's ability to appropriately respond and recover from any emergency. Through these scenarios, emergency responders, base personnel and leadership gain the experience and confidence to handle any man-made or natural disaster emergency that could arise.

"Andersen is very well prepared," Thomas said. "We've been trained and tested through our exercise scenarios and real-world incidents and I'm confident that if and when an emergency arises, we can handle it."

Small boat coxswain makes big waves at MSRON 7

By Maritime Expeditionary Security Squadron 7
Public Affairs and Mass Communication Specialist 2nd Class (SW)
Corwin Colbert
Joint Region Edge Staff

"Petty Officer Reed is a proven leader at the detachment and the command," said Chief Boatswain Mate (SW) Allen Soto, Maritime Expeditionary Security Squadron (MSRON) 7's Boat Det. 7A leading chief petty officer. "His efforts are solely recognized by his peers and juniors - a highly motivated Sailor with unlimited potential."

Soto summed up his impression of MSRON 7's top performer Master-at-Arms 3rd Class (EXW) Michael Reed.

Reed is a small boat coxswain responsible for four personnel in charged with High Value Asset protection for MSRON 7 Boat Det. 7A.

Soto said Reed is a subject matter expert on waterborne security and navigation and he is a knowl-



Engine Work: Master-at-Arms 3rd Class (EXW) Michael Reed of Maritime Expeditionary Security Squadron (MSRON) 7 works on a 34-footer Sea Arc engine Aug 24. Reed is a small boat coxswain responsible for four personnel in charged with High Value Asset protection for MSRON 7 Boat Det. 7A. (U.S. Navy photo by Master-at-Arms 2nd Class Maurice Speaks/Released)

edgeable tactical boat coxswain.

"As a member of the air security team he assists with the screening of

personnel, supervises and trains peers on tactics and procedures," Soto said. "He is directly responsi-

ble for developing coxswains under instruction, supervises boat crews on tactics, techniques and seaward

continued levels of force, personally prepares and executes patrol briefs for Boat Det. 7A."

Reed's collateral duties include assistant patrol brief petty officer and assistant command fitness leader where he motivates Sailors all the way through command physical training resulting in a 100 percent passing rate for the squadron on the past two physical fitness assessments.

The three-and-one-half-year veteran was also the command's Blue-jacket of the Quarter.

During his off time he has taken two college courses; completed Navy Credentialing Opportunities Online Homeland Security Levels 1, 2, 3; and logged over 3,000 hours in the United Service Military Apprenticeship Program.

Reed attributes his work ethics to his mother and his military mentor.

"Both of my role models have influenced me to work hard, watch my tongue, and show respect to my peers and superiors," he said.

When asked what the key to his superior performance is, he replied, "Hard work, positive attitude, and a smile."

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JRM Fire & Emergency services awarded

From Andersen Air Force Base Fire Department

Joint Region Marianas (JRM) Fire and Emergency Services capped off an amazing year with the Department of Defense's (DoD) highest firefighting honor.

At the Annual DoD Fire and Emergency Services training symposium held Aug. 26 in Atlanta, JRM Fire and Emergency Services was selected as the 2010 DoD Large Fire Department of the Year. In only its second year in existence, JRM Fire and Emergency Services beat out 132 other large category fire departments including Joint Base Elmendorf-Fort Richardson as the Air Force nominee, Fort Bragg as the Army nominee and Marine Corps Base Camp Lejeune as the Marine Corps nominee.

Both 2010 and 2011 have been an unprecedented time for JRM Fire; they earned award recognition at the Department of the Navy and at the DoD level. On April 20 the Navy released their winners of the fire protection awards for 2010. JRM Fire won 2010 Navy Large



Award: The Annual Department of Defense (DoD) Fire and Emergency Services training symposium was held Aug. 26 in Atlanta, Ga. The Joint Region Marianas (JRM) Fire and Emergency Services was selected as the 2010 DoD Large Fire Department of the Year. Posing from left is: Staff Sgt. John Castillo, logistics non-commissioned officer in charge, Andersen Air Force Base (AFB); Lt. Col. Mark O'Laughlin Commander Director of Operations, JRM; John Tajeron, assistant chief of fire prevention for Naval Base Guam (NBG); Lt. Col. Michael Staples Commander 36th Civil Engineer Squadron Andersen AFB; John Thompson, fire chief of Andersen AFB; Major General Aycock, presiding over the DoD awards ceremony; Cort Jamison, JRM regional fire chief; Rob Green, fire chief, NBG; Pat Null, chief paramedic, NBG; Wil O'Meara, assistant chief of operations, Andersen AFB; Ernie Rios, assistant chief of fire prevention, Andersen AFB; and Stan Torres, Assistant chief of training, Andersen AFB. (U.S. Air Force photo courtesy of Fire Chief John Thompson/Released)

Fire Department of the Year award, 2010 Navy Fire Prevention Program of the Year, 2010 Navy EMS Regional Fire Chief Cort Jamison; 2010 Navy Fire Chief of the Year: program of the Year, 2010 Navy EMS provider of the year: Assistant

Chief Pat Null; and Navy Civilian Chief Fire Officer of the Year: Assistant Chief Wil O'Meara.

As Navy Fire Chief of the Year, Jamison has done an amazing job molding Naval Base Guam (NBG) Fire and Emergency Services into a world-class mission, protecting and life-saving organization. Under his leadership, the NBG Fire Department modernized their vehicle fleet, garnered millions of dollars to renovate old and dilapidated stations, and trained one of the finest staffs in the entire Navy. Since being hired as the regional fire chief, Jamison has written plans, developed budgets and set the tone for the entire region. Jamison was also selected as the 2010 JRM Supervisor of the Year.

Additionally, that same formula proved successful in the Fire Prevention Program of the Year category as well. Assistant Chief's Ernie Rios of Andersen Air Force Base (AFB) and John Tajeron of NBG and staff did an amazing job in 2010 inspecting more than 3,000 buildings, providing briefings to 16,000 people and students, reviewed design drawings on \$260

million in projects coupled with their fantastic community programs made them the hands-down winner.

Assistant Chief Pat Null has done a wonderful job standing up an amazing life-saving staff since he arrived from Nevada in 2009. Null's team of 25 emergency medical technicians (EMTs), two paramedics and five ambulances responded to more than 800 medical calls in 2010. Seven of his staff earned the Navy's life save awards for saving five lives. Null was also selected as the 2010 Naval Base Guam Civilian of the Year.

And last, but certainly not least, Wil O'Meara was selected as the Navy Chief Fire Officer for 2010. His incident command skills on the B-2 fire, Cope North, the Operational Readiness Inspection Phase I and II, Valiant Shield and during an aborted take-off by the secretary of States aircraft made him unbeatable at the Navy level.

"Wil is hands down the best incident commander I have had the pleasure to work with in my 28 years," said John Thompson, Andersen AFB fire chief.

Andersen AFB prepares for earthquake exercise

By Airman 1st Class
Whitney Tucker

36th Wing Public Affairs

On Aug. 8, 1993, the island of Guam was rocked when a magnitude 8.0 earthquake, the largest ever recorded in the Mariana Arc region, devastated the small U.S. territory resulting in several injuries and moderate damage to structures and lifelines.

Airmen here reflect on personal experience to prevent future injury as the 36th Wing, in conjunction with local government agencies, prepares to conduct an earthquake exercise Sept. 21 and 22.

"Everyone needs to be aware that a severe earthquake will cause damage to buildings and the infrastructure on and off base," said Maj. Bruce Murren, 36th Wing Inspector General. "Hazards will be present all around us; our objective is to prepare people the best we can and to return the base to operational capability by taking care of our people."

For two Team Andersen members, the importance of earthquake preparedness strikes a familiar chord. Col. Randy Kaufman, 36th Operations Group commander, and Col. Johnny Lizama, 254th Air Base Group commander, witnessed the damage caused by the quake of '93 firsthand.

"I had just been promoted to Captain," said Kaufman, glancing through a worn notebook marked 1993. "I traveled to the Pacific Theater to fly the first ever B-52 to be invited to the Yokota Friend-

ship Festival in Japan. My crew and I spent the weekend there, and on the 29th we headed to Andersen. The day before our departure, disaster struck."

Colonel Lizama remembers the events of that day vividly – from the foreign color of the sky to the feeling of unease that hung in the air long after the ground was still.

"It was like riding a wave," he said. "You could hear the rumbling sounds mounting up like a freight train barreling toward you. Large metal power poles began to rattle and shake in the ground as the earth became more and more unstable. After that, it was just a matter of what you're going to do next."

A Southern California native, a combination of experience and instinct served Kaufman well during the disaster.

"I had gone to college in an area prone to earthquakes," he said. "We could see the pavement rising and falling outside; everyone on the second floor of the hotel where we were staying immediately headed for the stairwell. I knew better and did everything I could to get them out."

When the earth settled and damage could be assessed, high-rise hotels suffered the greatest effects from the earthquake. Two or three hotels suffered structural damage severe enough to justify demolition. Effects to lifelines on the island ranged from minor in communications systems, to moderate in electric power, water and transportation systems, and severe in the commercial port facility.

"Earthquakes can occur at any

time without warning," Murren said. "The best preparation is to know what to expect and what to do. If an earthquake occurs while you are inside a building, you should take cover under a heavy desk, table or against an interior wall. If you are outside during an earthquake, find an open area away from buildings, trees and telephone poles that could fall over."

Attaining the necessary stockpile of supplies is also a vital part of earthquake preparedness.

"Have some nonperishable food on hand, flashlights, first aid kit, cash and tools as infrastructure such as power and water may be affected," Murren said. "You also want to have a radio and plenty of extra batteries for communication and updates."

The Pacific Northwest is prone to hazardous seismic activity 365 days a year. Because Guam is located within this volatile region, the possibility of an earthquake is ever-present, making natural disaster planning a high priority.

"Practice and talk it through with your family," Lizama said. "Do your best to plan for the unexpected by educating yourself and your loved ones. Exercises are intended to prepare us for the real thing – it is our responsibility to act as if it were."

The earthquake exercise is being conducted in conjunction with many local government agencies in an effort to form a cohesive team and streamline emergency response processes.

For tips or questions concerning earthquake readiness, contact the Emergency Management Flight at 366-3113.



For Families In Need: Guam Salvation Army's Maj. Ella Lani, Naval Base Guam's (NBG) Chaplain, Lt.j.g. Matthew Drayton and Religious Programs Specialist Seaman Mathieu Portivent, hold a box of non-perishable goods donated to the Salvation Army. The NBG chapel held a "Feds Feed Families" campaign where Sailors from NBG and all tenant commands were able to donate food to benefit families around Guam. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Gabrielle Blake/Released)

NBG Chapel hosts 'Feds Feed Families'

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

U.S. Naval Base Guam Public Affairs

Naval Base Guam (NBG) chapel collected non-perishable items as part of the "Feds Feed Families" campaign throughout the month of August.

"Feds Feed Families" is a government-wide effort challenging federal employees nationwide to gather 2 million pounds of food to feed families in need this summer.

Donation boxes were setup on NBG and at all the tenant commands around Guam.

"Nearly every Navy installation on Guam contributed," said Lt.j.g. Matthew Drayton, chaplain, NBG Chapel. "And I sincerely appreciate

everyone's commitment to the cause of helping those in need," he added.

Religious Programs Specialist Seaman Mathieu Portivent played a huge role in collecting and delivering the goods to Guam's Salvation Army.

"It is always good to give," Portivent said. "That is what we were put on this earth to do. The people giving for this cause should feel a sense of accomplishment and be proud."

"The American people are among the most blessed people in the world, therefore we have both the responsibility and joy of giving. No better a group to lead the way than our service men and women," Drayton added.

Altogether, approximately 4,460 pounds of non-perishable goods were donated and given to the Salvation Army. The Salvation Army distributes the food directly to the families in need.

Emergency management training at NBG

By Annette Donner

U.S. Naval Base Guam Public Affairs

Naval Base Guam (NBG) hosted a mobile training team from San Diego delivering an emergency management course from Aug. 23-26 that contributed to the development of a solid NBG installation emergency management team.

The visiting mobile team from the Commander, Navy Installation Command (CNIC) Shore Force Training Center (SFTC) San Diego, offered the Emergency Operations Center Incident Management Team (EOC IMT) Course.

The course has been offered on Guam twice in the past two years as part of NBG's development of their own Installation Emergency Management Team (EMT) since 2009 when the Joint Region Marianas (JRM) was formed, providing the installation this growth opportunity.

"This training has been essential to help us build our own installation emergency management team," said Jacqueline Delfin, NBG emergency management officer. The training allows each student to learn how to properly serve as a member of an Installation's EOC IMT during an emergency, Delfin said.

The EOC IMT class was comprised of fire, security, safety, emergency management and various other



Group Discussion: Student working groups in the Emergency Operations Center Incident Management Team (EOC IMT) Course held on Naval Base Guam (NBG) from Aug. 23-26, discuss an emergency sequence of events during practical application classroom exercises applying the knowledge gained during a previous lecture. This is the third time the training has been held on NBG toward the goal of developing a NBG installation emergency management team. (U.S. Navy photo by NBG Public Affairs Specialist Annette Donner/Released)

er specialists who would be assigned to the Navy's ashore emergency operations centers.

During the three-and-a-half-day course, lessons covered EOC team

member roles and responsibilities, information management, communications and the use of C4I Suite – the Navy's current common operating picture online application.

Trainees engaged in a number of practical application classroom exercises utilizing student working groups to apply the knowledge gained during lectures. For opera-

tions center exercises, students were broken into common EOC functional groupings – operations, logistics and plans – and given a practical scenario of an on-base emergency where they were forced to realistically lead, brief, coordinate and plan. Each day, classroom instruction was followed by an EOC exercise that became more complex as the course progressed.

Course Director Timothy McKensie, said he has watched NBG progress in the past two years to an extremely viable team. "They showed excellent teamwork in the crisis scenarios. What a joy to watch the process!"

Navy Installations Command EOC training policy requires mandatory graduate quotas of six key EOC positions per Installation and Delfin said they have met that quota in just two years.

Capt. Richard Wood, commanding officer of Naval Base Guam, is pleased with the progress of his installation toward improving the capabilities of the EOC and the watchstanders that will manage the installation's response to an emergency. The EOC IMT training is, "a top priority for Naval Base Guam and the classroom instruction and exercises simulating disasters are an investment in our future, allowing us to fine tune our ability to respond when necessary," Wood said.

Navy awards \$16.8M task order to small business

From Naval Facilities Engineering Command Marianas Public Affairs

Naval Facilities Engineering Command (NAVFAC) Marianas awarded a \$16.8 million firm-fixed-price task order Sept. 1 (EST) to Bulltrack-Watts Joint Venture, a small business, for the construction of a new Combined Support Maintenance Shop at the Guam Army National Guard (GUNG)

Barrigada Complex.

The California-based company will provide for construction of a pre-engineered metal building with cast tilt-up concrete panels and masonry block interior partitions. The building will consist of a specially designed maintenance facility, maintenance work bays, and administrative and personnel work areas.

"Our current maintenance areas are limited, following the tremendous growth we have experienced over the last several

years," said Maj. Gen. Benny M. Paulino, the adjutant general of Guam National Guard. "This maintenance project, once it is complete, will help bring our current facilities to a level that matches the maintenance needs of our organization and provide the space and work areas considered necessary, as we continue to grow and train to serve our island, and our nation in the near future."

This task order was awarded under a previously awarded small business multiple award construction contract (MACC).

"Historically, small businesses have been the engines to fuel America's economy," said Capt. John Heckmann, NAVFAC Marianas commanding officer. "This award is another fine demonstration of our close coordination with the small business community in identifying capable industry partners to fulfill mission critical requirements in our joint Military environment."

Work is expected to be completed by April 2013. Six proposals were received for this task order.

Guam Guard engineer unit completes ENCAP mission in the Philippines

From Guam National Guard Public Affairs

Engineer personnel from the Guam National Guard (GUNG) returned Aug. 27 after completing their mission to help renovate classrooms at a village in the central Philippines.

The mission was geared primarily to support the Armed Forces of the Philippines (AFP) Reserve Command through Subject Matter Expert Exchanges (SMEEs) during an Engineer Civic Action Project (ENCAP) outreach in Barangay Poblacion Pardo in Cebu City, Philippines from Aug. 19-27.

The mission, under the National Guard's State Partnership Program, also helped strengthen relations between the Republic of the Philippines and the United States. The Philippines is the Guam Guard's partner state.



Outreach: Members of the 254th RED HORSE Squadron stand at parade rest as they are recognized for their part in the National Guard's State Partnership Program, Engineer Civic Action Project (SPP ENCAP) outreach in Barangay Poblacion Pardo in Cebu City, Philippines held Aug. 19-27. (Guam National Guard photo by Spc. Jesse Toves/Released)

The project involved renovation of five classrooms, resulting in the improvement of more than 3,500 square feet of classroom space. It also included replacement of all elec-

trical wiring and fixtures – which included new fans and switches – replacement of all doors with complete new assemblies, and repair of existing windows. A couple of restrooms

were also renovated.

Col. Johnny Lizama, GUNG Air Guard 254th Air Base Group commander, said the classrooms were in very poor condition before the AFP Reserve and RED HORSE teams started the project.

"The renovated classrooms are in sharp contrast to the rest of the school. There were no walls separating the classrooms; just wire mesh. One of the classrooms literally did not have a roof and the rest of the rooms had skylights from holes in the roof and buckets throughout to catch the rain," Lizama said.

Fourteen Airmen from the Guam National Guard's 254th RED HORSE Squadron worked with 26 members of the AFP Reserve Command during the week-and-a-half long project. Two other Airmen from the active duty Air Force's 554th RED HORSE Squadron, based on Andersen Air

Force Base, also joined the Guard Airmen who worked in the ENCAP.

Senior Master Sgt. Richard Delin, non-commissioned officer in charge of the 254th RED HORSE Squadron team, said the project was a true team effort between the AFP Reservists and U.S. service members.

"It was a good program with great camaraderie with the AFP," Delin said.

Among the accomplishments of this ENCAP was the participation in a community project that greatly benefited both the AFP and TEAM GUAM engineers; improved learning environment for hundreds of students, and completion of a real world project that enhanced the quality of life for the community.

Cebu City is the capital of Cebu Province. The city lies 375 miles (600 km) southeast of Manila, on the east coast of Cebu Island.

Annual Fear Factor challenge tests mind, body



Hose Run: Master Sgt. Doug Downing, 36th Wing Staff Agency 1st Sgt., carries a fire hose during the physical challenge portion of Andersen's version of Fear Factor held Aug. 28 at the Arc Light Memorial Park at Andersen Air Force Base. More than 20 competitors participated in Andersen's Annual Fear Factor challenge for a grand prize of two \$200 Delta Airlines travel vouchers. In the end, Jacob Greathouse, a Team Andersen dependant, was able to clench victory and the grand prize. (U.S. Air Force photo by Airman Basic Anthony Jennings/Released)



Delicacies: A concoction of canned escargot, shrimp paste, fish sauce and various assortments of other delicacies await the six remaining competitors in the second round of Andersen's Annual Fear Factor challenge held Aug. 28 at the Arc Light Memorial Park at Andersen Air Force Base. More than 20 competitors participated in the challenge for a grand prize of two \$200 Delta Airlines travel vouchers. In the end, Jacob Greathouse, a Team Andersen dependant, was able to clench victory and the grand prize for the second consecutive year. (U.S. Air Force photo by Senior Airman Carlin Leslie/Released)

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

Service members, dependents and civilians braved both blazing sun and torrential rain Aug. 27 at Arc Light Memorial Park to determine one thing: Is fear really a factor?

"Fear Factor" is a TV show known for its outrageous stunts and truly vile challenges. Thanks to the creative minds at the 36th Force Support Squadron (FSS), Andersen has its own version of "Fear Factor" where the stunts are just as shocking.

More than 20 competitors participated in Andersen's Annual Fear Factor challenge for a grand prize of two \$200 Delta Airlines travel vouchers. The morning kicked off with a grueling fireman's course featuring a tire drag and dummy rescue, among other events. Following the initial round, which narrowed the field to six, contestants completed additional challenges testing the limits of both mind and body.

"You can't have a Fear Factor event without some gore and gagging," said Michele Jacobs, director of the HotSpot. "We obviously can't put anyone's life in danger - like jumping out of a helicopter or driving a car off a cliff - so it's always challenging trying to come up with the physical and mental stunts."

There was no rest for the weary as the six remaining competitors were quickly ushered on to the next stunt which consisted of a downing a concoction that had spectators plugging their noses and squirming in their seats. The mix, which included canned escargot, shrimp paste and fish sauce to name a few, tested the competitor's ability to put mind over matter. The three individuals who emptied their cup fastest advanced to the next event.

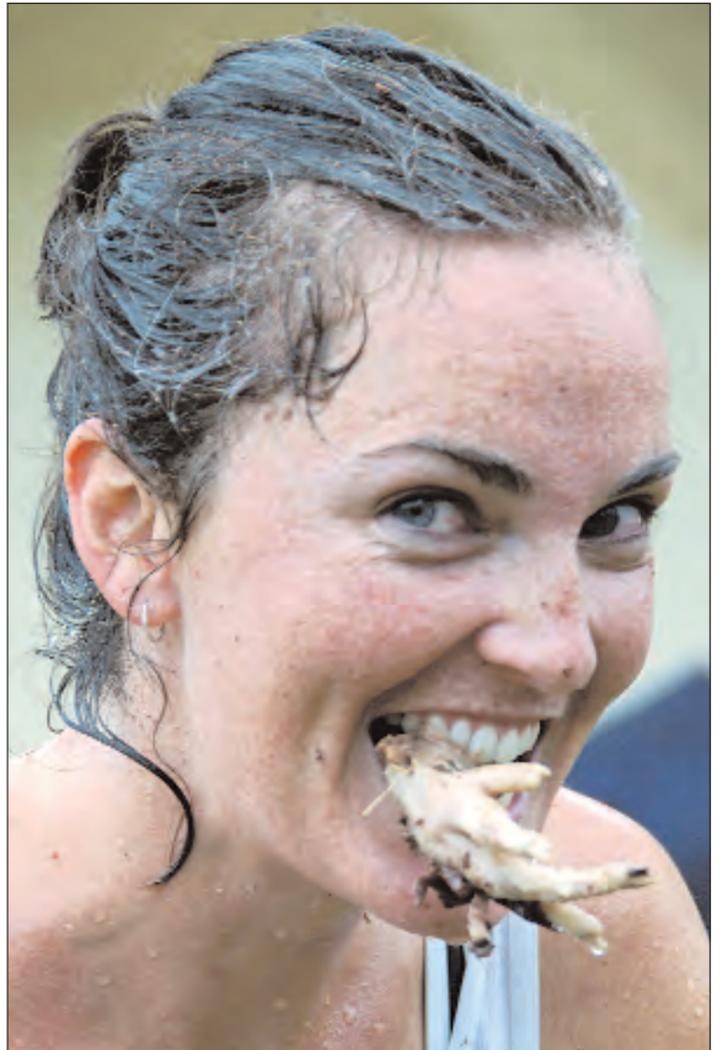
"The eating stunt is surprisingly easy to create," Jacobs said. "On Guam, there are many delicacies that most of us would not think of eating."

After overcoming their fears and gag reflexes, the remaining three competitors - all vying for claim to the grand prize - were faced with perhaps the most difficult challenge yet.

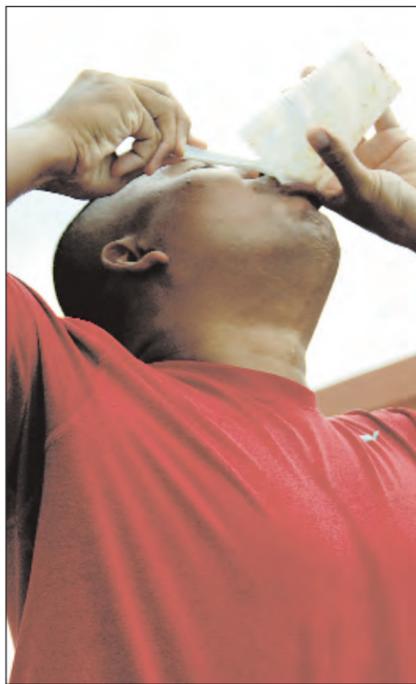
"We boiled a large amount of pig and chicken parts to make the final challenge," Jacobs said. "Everything had to be completely sanitary to ensure that no one got sick, but we had to keep that grotesque element as well."

The final three thrust their heads into large buckets of water filled with various animal parts in an attempt to fish out seven chicken feet and be named Andersen's Fear Factor champion.

Clenching victory for the second consecutive year, Jacob Greathouse, a Team Andersen dependant, completed the challenge just moments ahead of the field proving that for him, fear truly is not a factor.



Chomp, Chomp, Chomp: Nellie Boyer, a Team Andersen dependant, chomps down on a chicken's foot, and ultimately won second place during Andersen's Annual Fear Factor challenge held Aug. 28 at the Arc Light Memorial Park at Andersen Air Force Base. More than 20 competitors participated in the challenge for a grand prize of two \$200 Delta Airlines travel vouchers. In the end, Jacob Greathouse, a Team Andersen dependant, was able to clench victory and the grand prize for the second consecutive year. (U.S. Air Force photo by Senior Airman Carlin Leslie/Released)



Down It: Jose Hilliard, a Team Andersen dependant, downs a concoction of canned escargot, shrimp paste, fish sauce and various assortments of other delicacies during the second round of Andersen's Annual Fear Factor challenge held Aug. 28 at the Arc Light Memorial Park at Andersen Air Force Base. More than 20 competitors participated in the challenge for a grand prize of two \$200 Delta Airlines travel vouchers. In the end, Jacob Greathouse, a Team Andersen dependant, was able to clench victory and the grand prize for the second consecutive year. (U.S. Air Force photo by Senior Airman Carlin Leslie/Released)

it family in the states en route to our new duty location. Either way, it'll be a big help."

Greathouse, a self-proclaimed "Fear Factor" fan, is grateful to the 36 FSS team for giving members of the Andersen family the opportunity to get out, have fun and win useful prizes.

"I used to watch the show and thought it would be awesome to try some of the stunts," he said. "I think it's great that we are given the chance to participate in this event every year and I'm thankful for the success I've had."

Having won the grand prize, Greathouse is looking forward to putting his hard-earned travel vouchers to good use.

"Because of an upcoming permanent change of station, my wife and I are heading to Wiesbaden, Germany soon," Greathouse said. "We could definitely use the money to take a short vacation or to vis-

NAVFAC Marianas awards \$11.9M task order

From Naval Facilities
Engineering Command
Marianas Public Affairs

Naval Facilities Engineering Command (NAVFAC) Marianas awarded a \$11.9 million firm-fixed-priced task order Aug. 15 to Schneider Electric USA Inc. of Palatine, Ill. to design and build an advanced metering infrastructure (AMI) system for 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, NAVFAC/Joint Region Marianas energy manager. "This system, which will be tied to the military's infrastructure, will enable improved monitoring of energy consumption, provide accurate, real-time data necessary to analyze use, and design energy savings initiatives."

In order to accomplish these initiatives, the contractor will design, build, install, document and test an AMI system for electricity, water and steam at Andersen Air Force Base and Naval Base Guam.

This initiative is one of many throughout the Navy and Marine Corps which will enable the Department of the Navy to achieve Secretary Ray Mabus' energy goals to improve our energy security and efficiency afloat and ashore, increase our energy independence, and help lead the nation toward a clean energy economy.

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

This task order was awarded under a previously awarded design-build multiple award construction contract by NAVFAC Specialty Center Acquisitions.

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



Promotion Ceremony: Two Navy officers with Naval Facilities Engineering Command (NAVFAC) Marianas were promoted Aug. 31 during a ceremony at the residence of Capt. Cheryl Hansen, NAVFAC Marianas executive officer. Both Hansen and Cmdr. Daniel Cook were surrounded by family, friends and colleagues as they affirmed their oath of office. NAVFAC Marianas Commanding Officer, Capt. John Heckmann, presided over the ceremony. Hansen accepted assignment to NAVFAC in July 2010, and as the executive officer is primarily charged with the daily operations of running and managing the command. Cook arrived in August 2011, and as the assistant regional engineer (ARE) for Joint Region Marianas (JRM) oversees facility requirements and resource management for Commander, Navy Installations Command (CNIC). (U.S. Navy photo by Catherine Cruz Norton/Released)

Navy Seeks Applicants for Enlisted Selection Boards

By Mass Specialist 3rd Class
Andrea Perez

Navy Personnel Command
Public Affairs Office

Navy Personnel Command announced Sept. 2 that it is seeking senior enlisted leaders to serve on Fiscal Year 2013 active-duty and reserve E-9, E-8 and E-7 selection boards.

"Participation by senior leaders in selection boards is paramount to the Navy's future," said Navy Personnel Command (NPC) Force Master Chief (AW/SW/NAC) Jon Port. "You should consider it a fundamental duty that when you're promoted to a certain pay grade, it's your responsibility to go back and select those who will relieve you."

A master chief's career is not considered complete until they have participated as a member of an enlisted selection board, according to Port. There are approximately 2,600 master chief petty officers in the Navy and every individual not otherwise restricted from participating in a selection board is strongly encouraged to volunteer.

"Master chiefs are the senior enlisted advisors to the chief's mess and guide Sailors to make the right career choices, so they continue to develop and promote," Port said. "You can't truly know how to advise your Sailors until you have sat the selection board process yourself and understand what goes into it, how records are reviewed and how the integrity of the board comes together."

Active and reserve component master chiefs are encouraged to apply for any of the above boards. Frocked master chiefs may also participate in the selection board process. There is no restriction on active-duty serving on reserve boards or reserve/full-time support serving on active boards.

Senior chief petty officers may also serve on the active or reserve E-7 boards as either members or recorders. They may only serve as recorders on the E-9 or E-8 boards. Chief petty officers may serve as recorders on E-9, E-8 and E-7 selection boards.

Preserving the integrity of the selection board process before, during and after a board is vital to the reliability of the board, said Port. It is also important that prospective candidates submit their application on their own behalf. Forwarding via administrative personnel will compromise board membership and could invalidate their application. Only those in an applicant's chain of command or their fleet/force master chief need to know of their participation on a selection board. Participation on a future board should not be discussed with fellow members while serving on an earlier board.

Potential board members are charged with preserving board information the moment they are officially notified by NPC that they have been chosen to sit on a promotion selection board. Rules of engagement can be found on NPC's Web site at [www.npc.navy.mil/boards/selection-](http://www.npc.navy.mil/boards/selection-boardsupport)

[boardsupport](http://www.npc.navy.mil/boards/selection-boardsupport).

"I've served on selection boards before and it is challenging work, but never did I leave a board without feeling like I accomplished something great. I made a mark on my Navy's future, and I made a mark on myself with that experience," Port said.

Prior to submitting an application, Sailors should also review BUPERSINST 1401.5A, the supplemental guidance for U.S. Navy selection boards.

Complete application procedures, eligibility requirements and links to other resources can be found in NAVADMIN 249/11, available on the NPC Web site at www.npc.navy.mil or contact the NPC customer service center at CSCmailbox@navy.mil or 1-866-U-ASK-NPC.

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

Shipshape class starts Sept. 21 at hospital

By Luis Martinez

U.S. Naval Hospital Guam

Shipshape is the Navy's official weight loss program which is open to all TRICARE beneficiaries. It takes a no-nonsense "what really works" approach to weight loss by emphasizing the importance of making fundamental lifestyle changes to eat properly and exercise sufficiently, so excess weight can be lost and kept off. Shipshape also addresses important emotional and social issues pertaining to weight loss, including why many popular weight loss approaches may cause one to initially lose weight, but eventually regain it.

Shipshape consists of eight weekly sessions that will start Sept. 21, from 3-4:15 p.m. and continue for seven consecutive Wednesdays at the same time. It will be held in the Officers' Wardroom in the galley of U.S. Naval Hospital Guam. Registration is simple: call 344-9633 to

sign up.

The program starts by explaining the basics of nutrition and exercise as these relate to weight loss and lower weight maintenance. Numerous handouts and online resources will be provided to help participants start their weight loss process. It avoids a "quick fix" approach, as participants will learn why slow weight loss is what leads to permanent weight loss for most people. Shipshape then assists participants in developing constructive approaches to emotional and/or social issues, which may interfere with their ability to apply the principles of sound nutrition and safe exercise to their weight loss plans. Two different methods are available to participants to assist them in analyzing how their eating and exercise habits will affect their weight loss goals.

Weight loss takes work, as do most things of value in life. It can be done. Call 344-9633 to get started.

Plans discussed at energy summit pave the way for sustainability

By **Kevin D. Evans**
Joint Region Marianas
Supervisory Energy Manager

Navy leadership recently espoused our energy strategy in a couple of events. Secretary of the Navy (SECNAV) Ray Mabus, outlined a new dedicated energy Master's degree program during a recent speech to students at the Naval Postgraduate School (NPS) on Aug. 29, and then delivered the keynote address at the National Clean Energy Summit held Aug. 30 in Nevada.

SECNAV announced at the Naval Postgraduate School that the

latter would develop a dedicated energy graduate degree program in the fall, becoming the first military education institution to do so. Beginning early next year, NPS will launch the SECNAV Executive Energy Series – two-week programs attended by senior civilians and designed to tackle specific energy challenges. The announcement delivered to leadership of the Navy and Marine Corps exemplifies the Secretary's commitment to improved energy security for the department. "Energy is not just an issue for the future, or just the young officers and policy experts that make up NPS's

student population. It is an issue for all levels of the Navy and Marine Corps, uniform and civilian," he said.

In 2009, the SECNAV laid out five aggressive energy goals to improve the Navy's energy security and efficiency, increase the Navy's energy independence, and help lead the nation toward a clean energy economy. This initiative assists in achieving the energy goal of increasing alternative energy afloat and ashore where by 2020, 50 percent of the total Department of the Navy energy consumption will come from alternative sources.

At the National Clean Energy Summit, he announced the President authorized the Departments of Agriculture, Energy and Navy to invest up to \$510 million over the next three years. Secretary Mabus told attendees that "changing the way the United States uses, produces and acquires energy is one of the central policy challenges that confront us as a nation." The summit brought together leaders of industry, government and those specializing in research and development to chart the course for the future of energy in America. U.S. Vice President Joe Biden and U.S. Energy Secretary

Steven Chu also delivered speeches to the veteran business executives, energy policy innovators, and senior public officials attending the Energy Summit.

For those of us at the deck plate level, energy, sustainability and being good stewards of our national resources are imperative for all hands. While leadership gives us our vision, we are ultimately the ones who make it happen. Finally, just a reminder to everyone, October is coming up and is Energy Awareness month.

Labor Day: Large turnout promotes camaraderie

Continued from Page 1

(SW) Daniel Vogel, of USS Frank Cable (AS 40), was at the event meeting with members of the local community and enjoying the day's festivities.

"We're out here just to enjoy the three-day weekend," he said. "It's

a beautiful day to get out here and I heard about it from a friend and we just came to check it out."

Vogel added he was glad to see the large turnout from the local community and the camaraderie between different agencies and their great relationship with the military.



Heavy Line: Seaman Carey Chastain, of U.S. Coast Guard Station Apra Harbor, demonstrates how to toss a heaving line during the Government of Guam's annual Labor Day picnic at Gov. Joseph Flores Memorial Park in Tumon, Sept. 4. (U.S. Navy photo by JoAnna Delfin/Released)



USS Gadao: Sonar Technician, Submarine 1st Class (SS) Bryce Pankan, of Commander, Submarine Squadron 15, explains the command's makeshift submarine, USS Gadao, to eventgoers during the Government of Guam's annual Labor Day picnic at Gov. Joseph Flores Memorial Park in Tumon, Sept. 4. (U.S. Navy photo by JoAnna Delfin/Released)

Sept. 11: 'I have undeniable pride and passion serving this great nation'

Continued from Page 1

"I was 17, sitting in my chair in U.S. Government class at Central High School," said Staff Sgt. Joseph Grooms, 736th Security Forces Squadron. "When we heard what was happening we tuned into the news and began to watch history unfold before our

eyes. The feeling I got was unlike anything I had ever felt and have yet to feel again: shock, fear, worry and uncertainty of the future."

In that moment, the high school senior was changed forever. The nation he loved would wear the scars of that day – and so would he.

"I have undeniable pride and passion serv-

ing this great nation," Grooms said. "I take pride knowing that what we do day-to-day as Americans allows us to stay strong, and push forward into our future."

Sorto echoed Grooms' sentiments.

"September 11 is a day I will never forget and it has been on my heart throughout both of my deployments to Afghanistan," he said. "My prayers go out to all the families

of those heroes that died that day and those warriors who have given their lives to bring justice. I am proud to be an Airman."

Sept. 11, 2001 didn't end when the clock struck 12 that night. The events of that day will stand the test of time, echoing in history and reminding Americans that come what may, this is – and forever will be – the land of the free and the home of the brave.

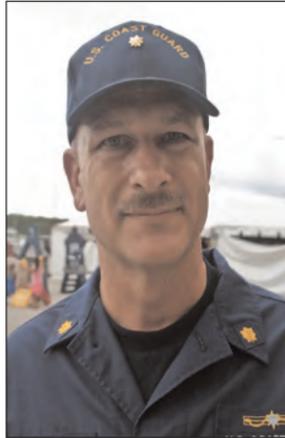
Where were you when 9/11 happened?

Joint Region Edge asked its readers about their memories of the Sept. 11, 2001 attacks.



"I was at home getting ready to go the (Navy) recruiter's office. When I heard, I was just shocked. I couldn't believe something like that could happen in America. It was more motivation for me to join."

- Petty Officer 2nd Class Paul Thompson
Commander, Fleet Air Forward Det. Aircraft Intermediate Maintenance Department Guam



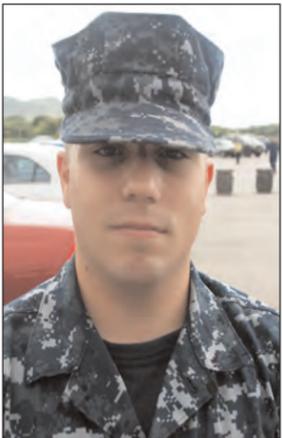
"I was in Morgan City, La. at a U.S. Coast Guard Marine Safety Unit's command center. We turned on the television and saw the second airliner crash into the second tower. Immediately after that we had people stranded at oil wells who couldn't get back because there was a no-fly zone in effect."

- Lt. Cmdr. Felton Gilmore
U.S. Coast Guard Sector, Guam



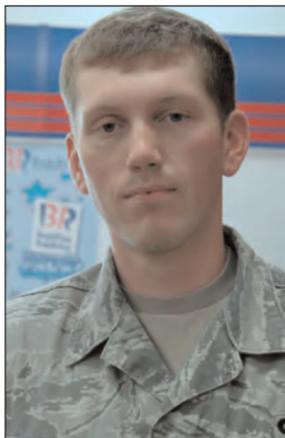
"I was at home about to go to school. At the time I was a senior at George Washington High School and I remember being scared, thinking there were people out there capable of this."

- Teresa Cruz
Army and Air Forces Exchange Services cashier



"It was a day I remember well. It was my senior year of high school and I was in world history class in Seaford, Del."

- Machinist's Mate 3rd Class (SW) Dontra Brown
USS Frank Cable (AS 40)



"I was waiting for the school bus when my friend's mom came out and told us all to go back home because school was cancelled. At first I didn't quite understand what was going on because I was so young, but after my mom explained it to me, I just felt hurt for all those who were affected by it."

- Airman 1st Class Brandon Vroman
36th Security Forces Squadron patrolman



"I was at home getting ready for school in Hillsboro, Ore. I was still happy from celebrating my birthday two days before. When the attacks hit, it changed my mood. My family explained to me what was going on. It was a sad day."

- Seaman Lucas Young
USS Buffalo (SSN 715)

Coping with bullying in school

By JoAnna Delfin
Joint Region Edge Staff

As students are adjusting themselves to the new school year, there are many things affecting the way they think, act and feel. Aside from facing the reality of a new workload, friends and teachers, some students face the fear of being bullied.

Bullying has been a problem in schools for many years. Unfortunately, with the recent advancement of technology, the problem has stemmed from inside schools to the forms of text messages and e-mails.

Maria Rubio, Department of Defense Education Activity (DoDEA) Pacific-Guam Instructional Systems Specialist for Continuous School Improvement, Assessment and Program Evaluation, said although bullying can be a problem in school, students can participate in clubs and organizations to cope with the problem.

"Getting involved with school activities will help a student build confidence within themselves and among their peers," she said.

Rubio added students could also avoid the problem by meeting new friends who share the same interests and with whom they feel safe and comfortable.

Though the support of friends is important to help a child deal with bullies in school, parents and school staff also play a vital role in finding a solution.

Students should always report any bullying incident to a parent or teacher. A child may be afraid to speak out in fear of creating more problems, but adults should take an active role in finding the best solution for the issue without creating more stress for the student.

"Parents and schools need to address bullying before it escalates," said Rebecca Duncan, Andersen Air Force Base school liaison. "Parents should encourage their children to talk to them if they feel they are being mistreated. School staff can help



Anti-bullying: Cmdr. William C. McCool Elementary/Middle School (MEMS) Psychiatrist Emilyn Veltri, leads a discussion during an anti-bullying training at the school's campus Aug. 29. MEMS, Andersen Elementary School, Andersen Middle School and Guam High School are working on initiatives to reduce bullying on their school grounds. (U.S. Navy photo by JoAnna Delfin/Released)

educate children to recognize bullying behaviors and report it."

Chief Navy Counselor (SW/AW) John Jeffries, of U.S. Naval Base

Guam, said he encourages his children to speak with him about bullies.

"I try to keep open communication with them and let them know

Above: Andersen Middle School (AMS) Principal Deborah Krull, leads a discussion during an anti-bullying training at the school's campus Aug. 29. AMS, Andersen Elementary School, McCool Elementary/Middle School and Guam High School are working on an initiative to reduce bullying on their school grounds. (U.S. Navy photo by JoAnna Delfin/Released)

there are no repercussions about what they tell me," he said. "I also advise them to communicate with the school staff and surround themselves with positive people. There always seems to be strength in numbers."

According to Rubio, DoDEA school personnel are prepared to handle situations where a student is being bullied by another student.

"When a staff sees or hears about a bullying situation they will immediately stop the bullying but not immediately ask about or discuss the reason for the bullying, or try to sort out the facts," she said "They will also support the bullied child in a way that allows him or her to regain self-control, to 'save face,' feel supported and safe from retaliation."

In response to the growing problem, administrators at Guam's DoDEA schools are taking on a new initiative to train teachers and staff about the most effective ways to handle a bullying situation.

"The program 'Stop Bullying Now' includes numerous activities and programs in which the schools can implement," Rubio said. "During the staff development, each school will develop an anti-bullying plan."

Though bullying is a common incident, Rubio added the problem is deeper than it seems.

"This is not just a school problem," she said. "It is a community problem that requires and needs attention from parents, commands, and law enforcement and community support agencies."

Rubio suggested that if your child, or a child you know, is being bullied be sure to support them and let them know that bullying is not their fault. Praise the child for their attempts if they've tried to resolve the situation and immediately report the problem to school officials.

Jeffries provided similar advice recommending that people should consult school officials due to their liaison role between students.

"The issue is definitely something you should take to the school," Jeffries said. "From there, let the school communicate between the families. We shouldn't go directly to the parents of the bully or the bully himself. The school should act as our mediator."

Navy delays school meal increase at DoDDS schools

By Mass Communication Specialist
1st Class (SW/AW) Monique K. Hilley
Commander, Navy Installations Command

WASHINGTON – The Navy announces a delay in increasing prices for the School Meal Program, Aug. 29 in order to give families more time to prepare for the fee increase and to ensure equity across the Services.

Army and Air Force have officially de-

layed implementation of fee changes until January 2012; it was decided that Navy will also delay.

The Department of Defense (DoD) Student Meal Program fee increase will only occur at Department of Defense Dependents Schools (DoDDS). At this time, fees at Department of Defense Domestic Dependent Elementary and Secondary Schools (DDESS) will remain unchanged. Only DoDDS-Europe, DoDDS-Pacific and

DoDDS-Cuba schools will see the student meal fee increase.

DDESS-Guam schools, known as Department of Defense Education Activity (DoDEA) Guam, will not be affected by the meal fee increase.

The School Meal Program fee increases are part of a three year phased increase in student meal prices mandated by the Healthy, Hunger-Free Kids Act (Public Law 111-296).

The school meal fee increase will only apply to those that pay full price for a school-provided meal. Households qualifying for the free and reduced meal programs will not be impacted by the meal cost increases. Navy plans to implement the fee increase in early 2012.

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

School Bulletin

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.

Free Education Fairs

Free education fairs featuring colleges from on and off island will be open for the following groups at these locations:

Open to the public:



Sept. 10, 7 a.m.-5 p.m., Bldg. 61 Army Reserve Center,

Barrigada.

Open only to the Guam Army National Guard personnel and family members:

Sept. 11, 7 a.m.-5 p.m., Army National Guard Armory

Assembly Hall in Barrigada

Contact information:
Southern High School: Carmen Garrido, 479-2121, mame53@live.com
Guam High School: Christine

See School Bulletin, Page 13

Continued from Page 12

Taitano, 344-7410, Christine.taitano@pac.dodea.edu
Guam Army Reserve: Padios Limwel, 344-5880, limwel.padios@us.army.mil
Guam Army National Guard: Chief Warrant Officer 2 Bernard Aguon, 735-0418,

b.aguon@us.army.mil

Andersen Elementary School

Sept. 13 First day of school for prekindergarten

McCool Elementary/Middle School

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

Starchy cookie makes a great snack

By JoAnna Delfin
Joint Region Edge Staff

Cookies are a glass of milk's best friend. The combination of something sweet with a rich, cold, creamy drink is sure to tickle anyone's taste buds.

Rosketi (roh-skeh-TEE) is a traditional and favored cookie among local residents. This popular treat can be found at most local supermarkets and neighborhood stores.

The cookie is made up of the usual baking products such as eggs, flour, sugar and a generous amount of cornstarch that gives it a distinct taste and texture.

"When I first tried rosketi, I was surprised at the sandy texture when I bit into it," said Edward Mendiola, 21, of Agana Heights. "But surprisingly, it was very delicious. It's the kind of cookie that just literally melts in your mouth."

Though sold in stores around the island, rosketi is a pastry that you can make at home.

Rosketi

- Two eggs
- One-half cup of vegetable shortening
- One-half cup or one-half stick of butter
- One teaspoon of vanilla extract
- One-half teaspoon of lemon extract



- One-fourth teaspoon of salt
- One cup of sugar
- One cup of all-purpose flour
- One box of corn starch

In a large bowl, mix your shortening, butter and sugar until you form a creamy texture. Slowly add one egg at a time in the bowl as you continue to mix your batter.

As your batter smoothes out, fold the vanilla and lemon extract into the mixture and set aside.

In a separate bowl, sift the cornstarch, flour and salt and add your batter in the same bowl. Fold the mixture until the liquid and dry ingredients form a pliable dough; cover with plastic wrap and place in the refrigerator for one hour.

Preheat your oven to 350 degrees and prepare to roll out the rosketi batter. After one hour remove the dough from the refrigerator and start to roll into one-half inch round balls. Once all the dough is rolled and laid on a cookie sheet, take a fork and gently press each ball until the cookie is formed to your desired shape. Feel free to have fun!

Left: Served with a cold glass of milk, this local favorite cookie is easily devoured at home. (U.S. Navy photo by JoAnna Delfin/Released)



Cookies and Milk: Served with a cold glass of milk, this local favorite cookie is easily devoured at home. (U.S. Navy photo by JoAnna Delfin/Released)

Bake the rosketi for 25-35 minutes or until the bottom of each cookie is golden brown. Let the cookies cool completely before serving.

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



On a Budget

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

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

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

call 653-9814.

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

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

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

Bowl Your Brains Out
At Andersen AFB's Gecko Lanes, every Monday from 6-10 p.m. Bowl all you want for just \$5! For more information, call 366-5085.

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

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

\$10 AND UP

Breakfast at Café Latte
Café Latte at the Top of the Rock (Andersen AFB) offers breakfast from 6:30-9:30 a.m. Monday through Friday and 7:30 a.m.-12:30 p.m. on Saturday. Enjoy your morning coffee along with all your traditional breakfast favorites, plus a variety of breakfast burritos and sandwiches. For more information, call 366-6166.



FRIDAY, SEPT 9

7 p.m. Rise of the Planet of the Apes (PG-13)

SATURDAY, SEPT 10

1 p.m. Winnie The Pooh (G)
3:30 p.m. Cowboys & Aliens (PG-13)
7 p.m. The Change-Up (R)

SUNDAY, SEPT 11

1 p.m. Smurfs (PG)
3:30 p.m. Rise of the Planet of the Apes (PG-13)
7 p.m. Friends With Benefits (R)

The movie schedule is subject to change due to circumstances beyond Meehan Theaters on Andersen Air Force Base.

The Meehan Theater hotline is 366-1523.



FRIDAY, SEPT 9

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

SATURDAY, SEPT 10

2 p.m. Captian America: The First Avenger (PG-13)
7 p.m. Crazy Stupid Love (PG-13)

SUNDAY, SEPT 11

7 p.m. Crazy Stupid Love (PG-13)

The schedule is subject to change due to circumstances beyond the theater's control. **The Big Screen Theatre hotline is 564-1831 or visit mwr-guam.com.**

(Source: Navy Morale, Welfare and Recreation Office)

Chapel Schedule

Naval Base Guam

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

Roman Catholic Mass

Saturday Vigil Mass: 5:30 p.m.
 Sunday Mass: 9:30 a.m.
 Sacrament of Reconciliation: Saturday, 5 p.m. and Sunday, 9 a.m.

Protestant Worship Service

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

Jewish Shabbat

Friday, 6:30 p.m.

Naval Hospital Guam

Roman Catholic Mass Monday-Friday, 11:30 a.m.
 Chapel of Hope: Sunday, 9 a.m.
 Protestant Services
 Chapel of Hope: Sunday, 6:30 p.m.
 Men's Bible Study: Every first and third Tuesday of the month at 7 p.m. at the Interfaith Chapel, second floor, room H205
 Women's Bible Study: Every second and fourth Saturday of the month at 8:30 a.m. at the Fellowship Hall, Building 61

Andersen Air Force Base

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

Protestant Worship Service

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

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

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

Four principles to strengthen marriage

By Capt. Richard Rojas

36th Wing Chaplain

In June, couples flock to the proverbial altar to get married. By August, for many of them, the "honeymoon is over." I would like to suggest four principles to help strengthen your marriage, whether it has been three months, three years, 13 years or 30 years.

1. Define your marriage as a covenant, the essence being, "I will be there and I will be 'for' you." A covenant is unconditional, holding in any situation, reflected in marriage vows as "in plenty and in want, joy and in sorrow ... as long as we both shall live." This promise is an appointment with yourselves that five, 10, 15 or 50 years from now, regardless of circumstances, this I promise: I will be "for you." Please note: the promise is not circumstantial, but to the other person, to fulfill our personal responsibility in the covenant (Eph 5:25-27; 1 Peter 3:1-

2, 2:21-25).

2. Get the story straight. Fit the purpose of marriage into God's overall purpose to save the world (John 3:16). God's story ends in salvation and redemption. Partially, marriage is meant to provide security, significance and intimacy; but, when marriage falls short, remember that God is not done fixing this world (Rev 21:4). The wonderful purpose of God to save the world includes our relationships. That is God's story. Get the story straight—your marriage must include God's glorious salvation plan.

3. Continue "leaving and cleaving." This phrase marked the qualities of the first marriage in the bible and continues to mark a flourishing marriage. A mature marriage is one in which both partners are capable

of leaving the dependency of parents and cleave interdependently to each other (Gen. 2:24; Mt. 19:5). Continue to make decisions including your partner, regarding money, vacation time, where to live, etc. Are you financially independent of parents?

Do you share emotions, desires and joy with your partner or with parents? Parents are a blessing from God, but they can be hindrance to the growth of your marriage if they have more influence over you than your partner. Additionally, be sure to leave the "single life" behind and cleave to your spouse. Cleaving is the valuable support two people add to each other in marriage. Are you encouraging? Supporting similar values, goals and purposes? Are you resolving problems one at a time? If so, you are cleaving well.

4. Get rid of bargaining love and live out true love. Ancient cultures tended to base marriage on bargaining. In Genesis 24, you see Abraham sending money to Rebekah's father, so that Isaac can marry Rebekah. If that sounds barbaric, think of the modern parallel of sizing up a person on the marketability scale, constantly evaluating self and others for desirability and social status. To ensure that another person meets our criterion of success before we love them is not love, it is a desire to be served by another. True love is the unconditional commitment to serve another regardless of how they enhance your life (Luke 6:35).



The covenant relationship of marriage is a part of God's story, not our complete story. As we learn to "leave and cleave" and live out "true love," our marriages become a blessing, not just to ourselves but to our children, our friends and family, and our co-workers.

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.

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.

Fall Youth Soccer League

The Fall Youth Soccer League, open to youth ages 4-12, has started and will run through 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



Celebration: Naval Facilities Engineering Command Marianas' Captain's Cup volleyball team celebrate their championship victory with family at the Charles King Fitness Center Sept. 1. The team won their fourth year in a row. (Photo by LeAnn Pangelinan/Released)

NAVFAC wins championship



Block: A member of Naval Facilities Engineering Command Marianas' Captain's Cup volleyball team goes up for a block during the championship game Sept. 1. The team won their fourth straight Captain's Cup Championship winning by two sets. (Photo by LeAnn Pangelinan/Released)