

JOINT REGION EDGE

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Sailors celebrate 236 years of honor

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

Joint Region Edge Staff

Sailors and their dependents along with members of the local community celebrated 236 years of U.S. naval service during the 2011 Guam Navy Ball at the Hyatt Regency Guam in Tumon, Guam Oct. 14.

More than 400 people gathered and celebrated this year's theme "236 Years of Honor, Courage and Commitment."

The ball kicked off with U.S. Naval Hospital Guam's color guard honoring the country with singers performing the national anthem and the Guam Hymn.

Attendees then honored prisoners of war and those missing in action with a proper

ceremony and traditional tolling of the bell.

Following the observance, keynote speaker, Rear Adm. Paul Bushong, Commander, Joint Region Marianas delivered his opening remarks. During his speech about the direction of the Navy, he said the Chief of Naval Operations (CNO) continues to focus on three areas: building the future force, maintaining warfighting readiness, and developing and supporting the Sailors, Navy civilians, and their families. He also praised the CNO's Sailing Directions.

"This document will guide the Navy in the coming years as we restructure, reorganize, and adjust in order to absorb major financial cuts that we know are coming, while still providing our nation the Navy that it requires," Bushong said.

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Navy Birthday Cake: Rear Adm. Paul Bushong, commander, Joint Region Marianas, Personnel Support Specialist Seaman Apprentice Alexis Gonzales and Cmdr. G.F. Rubino of U.S. Naval Hospital Guam participate in a traditional cake cutting ceremony during the 2011 Guam Navy Ball at the Hyatt Regency Guam in Tumon, Guam Oct. 14. More than 400 people gathered and celebrated this year's theme "236 Years of Honor, Courage and Commitment." (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert/Released)

Andersen preps for Operation Christmas Drop 2011

Spreading Holiday Cheer: Airmen from the 36th Airlift Squadron, Yokota Air Base, Japan, watch as the parachute deploys and a box of humanitarian goods travels to the Yap Islands below during Operation Christmas Drop, 2010. Operation Christmas Drop is the Air Force's longest-running humanitarian which began in 1952. What started as a WB-50 aircrew returning to Guam on its final flight before Christmas has turned into the longest running humanitarian campaign in the history of the U.S. Air Force and the entire world. (U.S. Air Force photo Senior Airman Nichelle Anderson/Released)



By Airman 1st Class Whitney Tucker

36th Wing Public Affairs

Once again, the 36th Wing is shifting into high gear in preparation for the 60th iteration of the Air Force's longest running humanitarian airlift mission, Operation Christmas Drop.

Since 1951, Operation Christmas Drop has been spreading the holiday spirit in the form of much-needed supplies to residents in some of the most remote parts of the Commonwealth of the Northern Mariana Islands chain.

Operation Christmas Drop is a non-profit organization powered by volunteers from Andersen Air Force Base and members of the local

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Firefighter Muster
Fire agencies come together at annual event

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KEY SPOUSE
Key Spouse
Keeping families strong

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Ready, Set, Pull: Members from the Commonwealth of the Northern Mariana Islands Fire Department participated for the first time in the Firefighter's Muster at Paseo de Susana parking lot in Hagatna Oct. 15 and 16. The event consisted of several competitions to bring the firefighters together as a team and increase their performance. (U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Chris Salisbury/Released)

'I Got Him': Firefighter Rommel Magen, from U.S. Naval Base Guam Fire and Emergency Services, drags a firefighter dummy to "safety" while being cheered on by companions during the sixth annual Firefighter's Muster at Paseo de Susana parking lot in Hagatna Oct. 15. The event consisted of several competitions to bring the firefighters together as a team and increase their performance. (U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Chris Salisbury/Released)

Guam firefighters join for annual muster

By Mass Communication Specialist Seaman Apprentice Chris Salisbury

U.S. Naval Base Guam Public Affairs

The sixth annual Firefighter's Muster took place at the Paseo de Susana parking lot in Hagatna, Guam, Oct. 15-16.

Firefighters from U.S. Naval

Base Guam (NBG) Fire and Emergency Services, Andersen Air Force Base (AFB) Fire Department, Guam Fire Department and the Commonwealth of the Northern Mariana Islands (CNMI) Fire Department came together to showcase their abilities and practice working as a team during the two-day event. This is the first time CNMI participated in the event.

"This is the sixth annual fire

muster and we're trying to bring all of the fire organizations together for a little bit of brotherhood and a little bit of friendly competition," said Fire Chief John Thompson of the Andersen AFB Fire Department. "I would say probably 50 times a month Navy fire and Guam fire integrate together to save lives. Their relationship is extremely important for the people on Guam and for the military that live off base since they

come together as a unit cohesively to save lives."

By bringing all the fire departments together, the Firefighter's Muster helps individual agencies learn from each other and build individual trust in the other firefighters like themselves and their abilities.

"The partnership is good, and it's key that we come out here because these are the actual firefighters that

will be on and off base fighting fires," said Fire Chief Robert Green of NBG Fire and Emergency Services.

The Firefighter's Muster was an open invitation to all fire departments from the Mariana Islands to participate in the camaraderie-building event and show each other the skills that each department has to bring to the table.

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.

U.S. Naval Base Guam Fire and Emergency Services Fire Prevention Week

In celebration of Fire Prevention Week, U.S. Naval Base Fire and Emergency Services will be visiting various local elementary schools. To cap of Fire Prevention Month they will have a static display at the Navy Exchange on U.S. Naval Computer and Telecommunications Station from 10 a.m.-2 p.m., Oct. 29.

U.S. Navy Water Quality Report Available Online

The Safe Drinking Water Act requires the U.S. Navy Water System to issue an annual report on water quality. If you would like to learn more about U.S. Naval Base Guam's drinking water, the 2010 U.S. Navy Water System Water Quality Report is now available online at www.cnic.navy.mil/marianas.

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.

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.

Key Spouse Program enhances communication, readiness

By Senior Airman Veronica McMahon
36th Wing Public Affairs

Between deployments, exercises, continuous training and long duty hours, military spouses and families are sometimes left without their active-duty loved ones for days, weeks, months, or even a year. Yet Team Andersen has embraced a program that assists these families in getting the support and information they need.

More than 50 Andersen individuals are base participants in the Key Spouse program, which is designed to establish continuous contact with family, provide social support networks and promote individual, family and unit readiness.

"A Key Spouse is a liaison between the squadron and the spouses," said Angela Lemay, 36th Force Support Squadron community readiness specialist and Key Spouse Program coordinator. "Key Spouses, Key Spouse mentors and the Airman and Family Readiness Center all assist each other to make the program happen."

A Key Spouse volunteer may be the spouse of a military member, and must be appointed by a unit leader. Senior officer or enlisted spouses are encouraged to become 'Key Spouse mentors.' Aside from getting appointed, a Key Spouse must attend initial training conducted by Airman and Family Readiness staff and attend quarterly training.

"Every month the training is different," said Angela Hayes, 36th Operations Support Squadron (OSS) Key Spouse. "This month is sexual assault, last month was dealing with a death in the family."

Along with key topics, events and class schedules are also discussed. The Key Spouses also work together to coordinate seasonal gatherings, events and parties.

The Key Spouses make continuous contact with other spouses in the squadron to keep



Keeping Contact: Key Spouses Tonia Kitts and Angela Hayes, sit with Angela Lemay, 36th Force Support Squadron community readiness specialist and Key Spouse Program coordinator, to prepare and review the Key Spouse pamphlets at the Airman and Family Readiness Center. More than 50 Andersen individuals are base participants in the Key Spouse program, which is designed to establish continuous contact with family, provide social support networks and promote individual, family and unit readiness. (U.S. Air Force photo by Senior Airman Veronica McMahon/Released)

them informed on squadron functions, exercises on base, various training and other important information.

"I enjoy being a Key Spouse and socializing with everyone," said Tonia Kitts, 36 OSS Key Spouse. "It makes me feel like I'm part of the group. They are my family away from my family."

Kitts' husband is currently deployed to Afghanistan and she said becoming part of the program has been a great support for her.

"Being part of the group has helped me and my family," she said. "It's helped the time go by while my husband's gone."

Dealing with deployments is a main thing Key Spouse's encounter.

"When spouses are deploying a main thing we would want to do is connect them with Hearts Apart and let them know that if they have any problems to contact us," Hayes said.

Hearts Apart is a monthly event put on by Airman and Family Readiness to gather up dependents and have events and parties. Key Spouses assist in these gatherings.

Aside from deployments, the program helps assist in family emergencies and keeps the communication airways open between families during exercises and real world events.

"The most important thing to me is the information aspect of it," Hayes said. "It's important for spouses to know what's going on

and be connected with the base. The Air Force offers a lot of programs that help keep spouses involved and it's important for spouses to be involved in the military just as much as their active duty spouse."

Lemay relates the program to words spoken by Adm. Mike Mullen.

"Adm. Mullen said that mission readiness is directly related to family readiness, and that's showed in this program," Lemay said. "It's a great program and a great way to learn about the Air Force and network with other families."

For more information of becoming a Key Spouse, contact the Airman and Family Readiness Center at 366-8136.

Andersen's Best: Senior Airman Carlin Leslie

Taking Good Shots: Senior Airman Carlin Leslie, 36th Wing Public Affairs photographer, was awarded Team Andersen's Best on Andersen Air Force Base, Sept. 28. 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. (U.S. Air Force photo by Staff Sgt. Alexandre Montes/Released)



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Tricks and treats of energy conservation

By Kevin D. Evans
Joint Region Marianas Energy Manager

Although Energy Awareness Month is in full swing, it doesn't mean we should only consider energy and water conservation for this time only. We must always conserve and act sustainably throughout the year. In fact, I don't believe this will happen much, anyway, nowadays. Energy conservation is more important than

ever and we see it reflected in the attitudes of most folks even after October passes by and there are some simple reasons for this, a Halloween (or All Hallow's Eve), set of tricks and treats, if you will.

The first and most practical reason is we're paying ever more for energy whether for domestic use or island wide. Prices for every-

thing from gasoline, propane, and electricity for all our needs increase. It makes sense to use energy wisely, conserve it, and lessen the impact on our household budgets. I won't even go into the impact on climate change, carbon footprint, and so on. Yes, this is the 'trick' part.

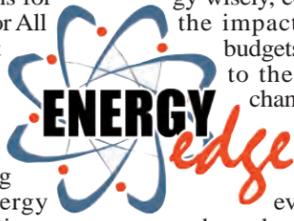
More esoterically, ever since the Arab oil embargo back in the 70s most folks have come to the conclusion that

we as a country are too dependent on foreign energy sources. We're competing globally for ever scarcer energy resources.

Everywhere I look I see on television or hear on the radio how organizations as diverse as environmental groups, the federal government, and big oil companies coming together in agreement to move towards more sustainable energy practices and use of more sustainable and renewable energy sources, Solyndra notwithstanding. This is,

of course, the 'treat' part.

We as a society are more fiscally, energy, and environmentally conscious than ever before. Energy conservation isn't just a once a year issue, it a year round issue, and bloody well important. Most folks are putting into practice energy conservation as a part of their daily routine and I actually think I can see a day when I will be able to put away my soap box and just share the grandkids' Halloween candy.



October is National Energy Awareness Month



Proclamation Signing: NAVFAC Marianas Commanding Officer Capt. John Heckmann, Jr. and Energy Manager Kevin Evans join Acting Governor of Guam Ray Tenorio and Guam Energy Office Director Lorilee Crisostomo Oct. 13 in proclaiming October as Energy Awareness Month on Guam. The proclamation is consistent with the Department of Navy's celebration of National Energy Awareness Month; a month set aside to renew commitments to enhancing energy independence, warfighting capabilities and energy security. Government department heads and utility representatives were in attendance. (U.S. Navy Photo by Reynaldo Rabara/Released)

New utility metering system will improve energy efficiency

By JoAnna Delfin
Joint Region Edge Staff

Naval Facilities Engineering Command (NAVFAC) Marianas is finding new ways for the Department of Defense (DoD) on Guam to save energy and money with a system designed to monitor power, water and steam consumption.

In August, NAVFAC Marianas awarded an \$11.9 million firm-fixed-price task order to Schneider Electric USA Inc. of Palatine, Ill. to design and build an advanced metering infrastructure (AMI) system for DoD facilities on island.

The AMI system, still in its design phase, is a step forward in how

energy is consumed and monitored. The system will allow NAVFAC utility engineers and energy managers to view detailed historical and real-time data in order to analyze and properly assess a facility's rate of energy consumption. The system replaces the existing traditional power, water and steam meters.

"Advanced Metering Infrastructure is a term that generally describes advanced meter capabilities," said NAVFAC Marianas, Integrated Product Team electrical engineer Edward Hardie.

Hardie added that the three building blocks of AMI are data collection whereby data is collected at a facility with an AMI meter; a communications network that gives

NAVFAC the ability to read data and configure meters remotely; and data tabulation and analysis that NAVFAC and its customers can use to investigate distribution system conditions and identify potential energy savings.

"An AMI meter can record activity in its memory and will actually keep a regular update cycle on a server, which will be a more reliable method of storing and obtaining meter data," Hardie said.

According to Hardie, AMI has the capability to remotely provide data on demand, at a higher level of detail, as opposed to traditional meters with magnetic discs and dials.

"All that traditional meters give you is a reading of energy use cor-

responding to a broad period of time," he said. "So you have the readings from before and after that period of time, but you don't have the ability to see the consumption patterns for that time frame. Basically, all that the traditional meters are good for is seeing if the commodity is flowing and seeing how much has been used for billing purposes."

With AMI, the system is programmed to collect data in fixed intervals as often as every 15 minutes, allowing for a more detailed and accurate reading of consumption levels. These monitored intervals allow NAVFAC technicians to observe outages, power quality, surges, sags and peak demand.

"Energy consumption data will

become more granular and accurate for tenant commands," Hardie said. "They will be able to recognize opportunities for load reductions and corresponding energy savings, and power quality issues will be easier and faster to investigate and to initiate corrective actions."

AMI servers will be set up at Andersen Air Force Base, U.S. Naval Base Guam (NBG) Telecommunications Site, and NBG Apra Harbor. Construction is anticipated to be complete by August 2013.

This system is one of many investments by the Navy to meet Secretary of the Navy's energy conservation objectives, and is instrumental in meeting Energy Policy Act of 2005 requirements.

Smart energy choices can save lives, improve combat capability

From Task Force Energy Public Affairs

The Navy held its 3rd annual Naval Energy Forum Oct. 13-14 at the Ronald Reagan Building and International Trade Center in Washington.

Highlighted were energy efficient technologies and alternative energy sources that enhance combat capability of warfighters and improve energy security for the Department of the Navy (DON) and the nation.

The forum, hosted by DON with help from the National Defense Industrial Association, brought together energy experts from DON, industry, and academia to explore the importance of energy as a combat enabler and strategic advantage, especially in the pursuit of national energy security and independence.

“When it comes to energy, everything we’re doing is to make us better warfighters and more secure,” said Secretary of the Navy Ray Mabus. “Energy conservation and efficiency increase our combat range and endurance.

His message was echoed by the Chief of Naval Operations (CNO) Adm. Jonathan Greenert.

“Energy translates to warfighting now and it translates in the future,” Greenert said. “We are making tangible progress on the [energy] challenge the Secretary has given us.”

Greenert also emphasized that in light of budget challenges ahead that it is important to be judicious with all resources.

“We have to be deliberate and disciplined



Keynote Speech: Chief of Naval Operations (CNO) Adm. Jonathan Greenert delivers the keynote speech at the Naval Energy Forum at the Ronald Reagan Building Oct. 13. (U.S. Navy photo by Mass Communication Specialist 2nd Class Shannon E. Renfroe/Released)

and continue moving forward,” Greenert said. “We are entering a time of judiciousness in just about everything we do. We need to be judicious with people’s time, with people,

with money and with energy.”

The distinguished list of speakers addressed a wide variety of energy issues that impact DON and the nation, such as retool-

ing the existing fleet for better energy efficiency, changing the culture to a more frugal Spartan mindset that values energy as a vital resource, mandating energy efficient acquisitions, and seeking game-changing solutions that enhance energy security.

Some of the other distinguished speakers included Dr. Arun Majumdar, director, Advanced Research Projects Agency-Energy; Tom Vilsack, secretary of Agriculture; James Hornfischer, New York Times Best-selling author; Adm. John C. Harvey Jr., commander, U.S. Fleet Forces Command; Vinod Khosla, Khosla Ventures; and Tom Hicks, deputy, assistant secretary of the Navy.

Rear Adm. Philip Cullom, director, Energy and Environmental Readiness Division, and director, Task Force Energy, summarized the event. “This Forum was about taking an unflinching look at our new and enduring energy reality, a reality driven by volatile global forces that demand innovative solutions to our most pressing challenges, both today and in the future.

“There’s still time to get it right and secure our energy future, but no one group-not the military-and not industry- can do it alone. We must leverage our combined skills and resources and form an enduring synergy. Each of us must continue doing our part-becoming modern-day Spartan energy warriors, in perpetuity. In doing so, we will successfully confront our energy challenges as a Navy, as a government, and as a nation. Nothing less than our future depends on it.”

For more news from Chief of Naval Operations, visit www.navy.mil/local/cno/.



Pacific Airpower Tour for all services

Tour Brief: The commander of the 9th Operations Group Det. 3 speaks to participants of the Pacific Airpower Tour on Andersen Air Force Base, Oct. 12. Different service members had the opportunity to travel around the base and see what Andersen Airmen do on a daily basis. (U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released)

Andersen to participate in National Drug Take Back Day

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

Members of Team Andersen will have the opportunity to dispose of unwanted or unused prescription drugs in a safe and appropriate environment during the third annual National Drug Take Back Initiative Oct. 29 from 10 a.m.-2 p.m.

Andersen will provide two medication drop-off sites for individuals who already have base access. One collection site will be at the entrance of the Base Exchange, and the sec-

ond collection site will be at the base Commissary.

The initiative is designed to raise awareness and increase education about prescription drug abuse, an issue that often goes unrecognized. According to the Partnership for a Drug Free America approximately, 2,500 teens use prescription drugs to get high for the first time every day.

"This program is important for many reasons," said Capt. Rebekah Mooney, 36th Medical Support Squadron officer in charge of pharmacy services. "It helps keep people and pets safe from misusing, abusing or accidentally ingesting in-

correct or excess medications around the house."

According to the Environmental Protection Agency, it is not uncommon for drugs that are flushed down the toilet or washed down the sink to cause harmful contamination. After mingling with rivers and lakes, these pollutants can affect aquatic life and the quality of local water supplies.

"When medications build up around the house it is very common for people to flush them down the toilet," Mooney said. "Because not all of these substances can be completely filtered out, levels of medica-

tions have been detected in drinking water throughout the United States. This is a potentially dangerous trend we would like to put a stop to."

According to their Web site, the Drug Enforcement Agency was extremely successful in removing potentially dangerous prescription drugs and controlled substances from our nation's medicine cabinets during drug take back days conducted in late 2010 and early 2011. There were approximately 4,000 state and local law enforcement agencies throughout the nation that participated in the event, collecting more than 309 tons of pills in all.

"I encourage everybody to gather up all their unwanted, excess prescription medication, OTC medication, vitamins or supplements and drop them off at one of the two collection sites," Mooney said. "This is a chance to get rid of any and all medications with 100 percent amnesty."

Prescription and over the counter solid dosage medications such as tablets and capsules will be accepted. However, intra-venous solutions, injectables and needles will not be accepted; illicit substances such as marijuana or methamphetamine are not a part of this initiative.

Halloween tips, events

Trick or Treat

U.S. Naval Base Guam

All residents that wish to participate in the Halloween Trick or Treat event should turn their porch light on. Please be courteous and do not disturb those residents who do not wish to participate.

Trick or Treating times:
Oct. 31 from 6-10 p.m.

Andersen Air Force Base

Times were unavailable as of press time.

Safety Tips

Motorists

The Installation Safety office urges motorists to be especially alert on Halloween.

Drive slowly in residential areas. Watch for children darting out from between parked cars, walking on roadways, medians, and curbs.

If you're driving, ensure children fasten their safety belts. Be sure they get out of the car on the curbside away from traffic.

Enter and exit driveways carefully. At twilight and later in the evening, watch for children in dark clothing.

Parents

Before children start out on their "trick or treat" rounds, parents should:

Make sure an adult or an older responsible youth will be supervising children under age 12.

Plan and discuss the route trick-or-treaters intend to follow. Know the names of children's companions. Instruct your children to travel only in familiar areas and along an established route.

Teach your children to stop only at houses or apartment buildings that are well-lit and never enter a stranger's home. Establish a return time.

Tell your youngsters not to eat any treats until they return home. Check all treats before any are eaten. Discard baked goods unless you know the cook. When in doubt, throw it out.

Review all appropriate trick or treat safety precautions, including pedestrian/traffic safety rules.

Pin a slip of paper with the child's name; address and phone number inside a pocket in case the youngster gets separated from the group.

Costume Design

Only fire-retardant materials should be used for costumes.

Costumes should not be so long that they are a tripping hazard. (Falls are the leading cause of unintentional in-

juries on Halloween.)

If children are allowed out after dark, outfits should be made with light colored materials. Strips of retro reflective tape should be used to make children visible.

Face Design

Masks can obstruct a child's vision. Use facial makeup instead.

When buying special Halloween makeup, check for packages containing ingredients labeled "Made with U.S. approved color additives," "Laboratory tested," "Meets federal standards for cosmetics," or "Non-toxic." Follow manufacturer's instruction for application.

If masks are worn, they should have nose and mouth openings and large eye holes.

Accessories

Knives, swords and other accessories should be made from cardboard or flexible materials. Do not allow children to carry sharp objects.

Bags or sacks carried by youngsters should be light-colored or trimmed with retro-reflective tape if children are allowed out after dark.

Carrying flashlights/reflective belts will help children see better and be seen more clearly.

On the way

Children should understand and follow these rules:

Do not enter homes or apartments without adult supervision.

Walk; do not run, from house to

house. Do not cross yards and lawns where unseen objects or the uneven terrain can present tripping hazards. Walk on sidewalks, not in the street. Walk on the left side of the road, facing traffic if there are no sidewalks.

Andersen Air Force Base Halloween events

Special Halloween Story Time

Oct. 19 from 10:30 a.m.-3 p.m. at Andersen Air Force Base Library

All patrons are invited to come dressed in their Halloween costumes. There will be lots of candy and games to play.

POC: Dr. Melissa Taitano
Tel: 366-4291

E-mail: melissa.taitano@andersen.af.mil

or

POC: Ramona Fernandez

Tel: 366-4291

E-mail: ramona.fernandez@andersen.af.mil

Outdoor Movie Night

Featured Film: The Dog Who Saved Halloween

Oct. 22 at 7 p.m. (weather permitting)

Arc Light Park, Andersen Air Force Base

Bring blankets, chairs, snacks and friends! Admission is free!

POC: Michele Jacobs

Tel: 366-2339

E-mail: michele.jacobs@andersen.af.mil

Synthetic Elements Concert

Oct. 30

Bamboo Willie's Beach Bar, Andersen Air Force Base

Concert is free. No advance tickets required.

POC: Marco Di Giulio

Tel: 366-6167

Email: marco.digiulio@andersen.af.mil

Halloween Trick or Treat Bag Craft Class

Oct. 29 from 10 a.m.-12 p.m.

Arts & Crafts Center, Andersen Air Force Base

Create your own unique trick or treat bag.

Class fee is \$12 and includes instructions and materials. Ages 5 and up are welcome with a maximum of five students.

POC: Syomi Dodd

Tel: 366-4248

Email: syomi.dodd@andersen.af.mil

MWR, U.S. Naval Base Guam Halloween events

Special Halloween Story Time

Oct. 16 from 3:30-5 p.m. MWR Library, U.S. Naval Base Guam

NBG All patrons are invited to come dressed in their Halloween costumes.

POC: Jezza Carbon

Tel: 564-1836

Email: jessica.carbon.ctr@fe.navy.mil

Trick or Treat Fun Run

Oct. 28 showtime at 5 p.m. Go at 5:30 p.m.

Molly McGee's, U.S. Naval Base Guam Pre-register at the Charles King Fitness Center before Oct. 27 or register the day of the race starting at 5pm.

POC: Nicole Vasquez

Tel: 685-5267 or 333-2049

Email: nicnorm99@yahoo.com

Trunk or Treat: A family and kids event

Oct. 28 at 6:45 p.m.

Nap's Alabama BBQ, U.S. Naval Base Guam

NBG Trophies awarded to the best Classic Car

Prizes for the best, scariest and funniest costumes

Free admission! Kids eat free at Nap's.

One free kid's meal off of the kid's menu with purchase of one adult meal form 5-6:30 p.m.

To register your car in the event, please contact the POC

POC: Leslie Gould

Tel: 688-7038

Email: mwrquamevents@gmail.com

Molly McGee's Birthday and Halloween Party Weekend

Oct. 28 at 9 p.m.

Show in your best costume for your chance to win prizes for the funniest, scariest and most realistic costumes.

Prizes, treats and more! Get a prize for just showing up in costume! Performance by Synthetic Elements at 10 p.m. No advance tickets required.

Adult only event. Must be 18 years to party, must be 21 to party responsibly.

POC: Leslie Gould

Tel: 688-7038

Email: mwrquamevents@gmail.com

Dangerous waters make beach safety paramount

By Airman Basic Anthony Jennings

36th Wing Public Affairs

Although it may be beautiful, the geological makeup of the Tarague and Sirena beach areas make swimming in the area alone, or disregarding the warnings a dangerous, and possibly fatal, activity.

"Tarague Beach and Sirena Beach have dangerous and extreme rip tides due to the proximity of the coral reefs and areas in the reefs known as 'scuba cuts,'" said Ray Stiers, 36th Force Support Squadron (FSS) outdoor recreation manager.

"These rip tides can carry someone in the water several hundred yards out to see and are nearly impossible to swim against. They also cause vortices which, in the past, have taken the lives of swimmers."

Effective as of May 1, a new "Swim at Own Risk" policy was put in effect at Tarague Beach. While this means that life guards will no longer be on duty, it enhances your availability to a tremendous resource on Andersen Air Force Base.

The policy allows water entry to Tarague Beach to base populace for essentially seven days a week during daylight hours. Swimming in

the waters at Sirena Beach is prohibited. Reservations must be made up to two weeks in advance for camping.

"This change requests patrons exercise responsibility and it is critical that all visitors to Tarague follow conspicuously posted directives," said Lt. Col. Brian Hinsvark, 36th FSS commander.

Water entry is permitted between the hours of 6:30 a.m.-6:30 p.m., and only within the buoyed area. The buddy system will be strictly enforced and it's vital to pay attention to the color coded warning signs.

"The buddy 'Wingman' system

requests that before anyone enters the water, a minimum of two or more responsible individuals be on the beach or in the water at all times," Stiers said. "Never swim alone and never swim after drinking. Pay attention to the signs providing water condition information. This will let you know when high surf warnings or jellyfish warnings are in effect and no swimming is allowed."

Aside from rip tides, another element to be conscious of is the ocean critters the coral reefs. Marine animals such as the shark, lion fish, pacific man-o-war, trigger fish, fire coral, cone shell, urchin, moray eel and stone fish present a danger

to those in the water. The coral can potentially cut or puncture skin. Reef walking is strictly prohibited.

Patrons enjoying the beach areas are also asked to be conscious of the environment and to clean up after using the area.

"These beaches are a privilege for those of us fortunate enough to access them, please respect the environment and it's habitats," said Arlene Bernardo, 36th Civil Engineer Squadron Environmental Flight senior consultant.

For more information about access and reservations to Tarague and Sirena Beach, contact Outdoor Recreation at 366-5197.

Dunkin' Donuts coffee shop opens at Andersen AFB



Left: Leadership from Andersen Air Force Base (AFB) cut the ceremonial ribbon with Exchange personnel during the grand opening of a Dunkin Donuts coffee shop on Andersen AFB, Oct. 14. The Army and Air Force Exchange Service (AAFES) opted to put in a coffee shop after a receiving positive input from the base community. (U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released)



Above: Elma Sipsy, Exchange employee, makes coffee during the grand opening of the new Dunkin Donut coffee shop at the Base Exchange on Andersen Air Force Base, Oct. 14. Several members of Team Andersen, to include Brig. Gen. John Doucette, 36th Wing commander, arrived at the BX early to participate in the opening of the new store. (U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released)



Navy Mission: Rear Adm. Paul Bushong, commander, Joint Region Marianas speaks during the 2011 Guam Navy Ball at the Hyatt Regency Guam in Tumon, Guam Oct. 14. During his speech about the direction of the Navy, he said the Chief of Naval Operations (CNO) continues to focus on three areas: building the future force, maintaining warfighting readiness, and developing and supporting the Sailors, Navy civilians, and their families. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert/Released)

Navy Ball: Sailors give back

Continued from Page 1

Bushong also highlighted the many past and present sacrifices and deployments made by Sailors stationed in Guam, illustrating that what they do is important to the Navy's mission. He applauded these Sailors for their valor to continue serving their country and their ability to serve the island community despite demanding work schedules and the tremendous distance from their home, family and friends.

"Beyond doing our day-to-day jobs with the Navy, which does make the United States and

the Western Pacific a more secure and stable place, many of you also perform outstanding service outside of the bases," he said. "You are vital members of the Guam community and Guam is an even better place due to you."

After the speech, dinner was served followed by the most experienced Sailor and the youngest Sailor joining the admiral in a traditional cake cutting ceremony.

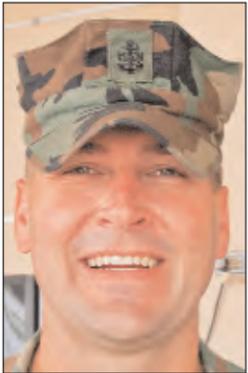
The night ended with celebration, dancing and camaraderie highlighting the U.S. Navy's birthday forward deployed on the island of Guam.

Personnel Specialist Seaman Apprentice Alexis Gonzales was the youngest Sailor at the ball. He said the ball was an experience he would never forget.

"The reason why I came was to meet the senior Sailors and get to know the Sailors in Guam," he said. "It was different. I never got to shake the hand of an Admiral - it was a real honor. The most experienced Sailor was friendly. It made me comfortable to see that I don't have to be nervous around senior Sailors."

POW Memorial: A Sailor salutes the table for prisoners of war and those missing in action during the 2011 Guam Navy Ball at the Hyatt Regency Guam in Tumon, Guam Oct. 14. More than 400 people gathered and celebrated this year's theme "236 Years of Honor, Courage and Commitment." (U.S. Navy photo by Mass Communication specialist 2nd Class (SW) Corwin Colbert/Released)

What does the Navy's birthday mean to you?



"The Navy's birthday is an opportunity for service men and women to come together and remember and celebrate our tradition and customs."
— Chief Aviation Structural Mechanic (AW) Lance Mutch
USS Strike Fighter Squadron 94



"The Navy's birthday is a day for all Sailors to reflect back on our heritage; remember where we come from."
— Electrician's Mate Fireman Max Walters
USS Frank Cable (AS 40)



"It's a great day. Everyone in the Navy can look back with pride on more than 200 years of service."
— Claudia Smith
Navy Spouse, husband on USS Frank Cable (AS 40)



"It's a day to remember all the sacrifice our Sailors make to protect our nation."
— Shannon Gibson
Navy Spouse, husband on USS Oklahoma City (SSN 723)



"It makes me think of the very beginning of America's naval sea power, and how much it has grown in over two centuries."
— Master-At-Arms Seaman Chris Coolahan
U.S. Naval Security Forces Guam



"It's a time for us to get together and celebrate. That day gives a physical manifestation to our heritage and traditions. It really makes me appreciate that I am a part of a great service."
— Master-At-Arms Seaman Cody Crane
Maritime Expeditionary Security Squadron 7

Christmas Drop: Fundraisers to ease costs

Continued from Page 1

community and has to date, dropped more than 800,000 pounds of goods throughout the surrounding islands.

Fundraising for this event is scheduled to kick-off with a 5K run/walk Nov. 19 followed by a bake sale at the Andersen Air Force Base Exchange Nov. 26. In addition to fundraisers, individual and group donations may also be made to the cause.

Manny Hechanova, a representative from the University of Guam, is responsible for communicating with the islands to determine what

“My goal this year is community outreach. We are doing a good job so far and I feel we will be relying on community support more than ever as budget cuts continue.”

— Capt. Francine Kwarteng
officer in charge, 734th Air Mobility Squadron

residents need most.

“We communicate by whatever means necessary to get islanders the supplies they need,” Mr. Hechanova said. “Primarily we use radios, but for islands that are more remote

we must sometimes relay messages by fishing boat. Whatever we have to do to get goods where they need to be, we do.”

According to Hechanova some of the things they are looking for

specifically are school supplies, potting soil, vegetable seeds, dental products, canned foods, clothing, toys and machetes.

Items can be dropped off at any of the designated Operation Christ-

mas Drop boxes located both on, and off base.

“Right now, we have drop boxes at the Andersen passenger terminal, the base commissary, Andersen Elementary and Middle Schools, Guam Tropical Dive Station in Tamuning and Chamorro Village in Hagatna,” said Capt. Francine Kwarteng, 734th Air Mobility Squadron officer in Freight Terminal officer in charge.

After fundraising has concluded and all donations are collected there will be a “box-build” where volunteers package the donated items into boxes capped with parachutes. During a “push ceremony” representatives from the local community and members from Team Andersen load the boxes onto the airlift aircraft.

“My goal this year is community outreach,” Kwarteng said. “We are doing a good job so far and I feel we will be relying on community support more than ever as budget cuts continue.”

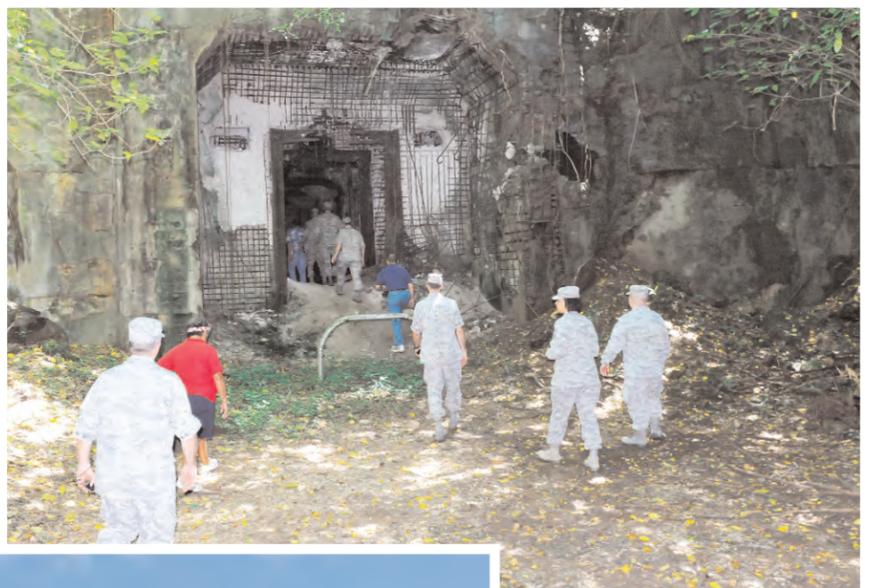
Operation Christmas Drop delivers supplies to various islands throughout the CNMI, Palau, Yap, and Chuuk. The goal of this year’s Christmas Drop is to deliver humanitarian aid to at least 57 islands.

“I really appreciate the support we have been getting from the community and personnel here on Andersen,” Kwarteng said. “Operation Christmas Drop could not be a success without the amazing support.”



Memorial: Senior leaders of Team Andersen pose for a group photo atop of a memorial during a staff visit and historical tour of Tinian Island, Oct. 11. Tinian Island has multiple historical sites throughout the jungle and areas honoring the heritage of the island. (U.S. Air Force photo by Senior Airman Carlin Leslie/Released)

Andersen leaders tour Tinian



Staff Ride: Senior leadership from Team Andersen climb aboard a MC-130, for a staff ride to Tinian Island, Oct. 11. During the visit, they toured American and Japanese facilities from World War II and were given a rich historical brief on engagements on the island. (U.S. Air Force photo by Senior Airman Carlin Leslie/Released)



Command Post: Senior leaders of Team Andersen visit the Japanese Command Post from World War II on Tinian Island, Oct. 11 during a staff visit and tour. The structures on Tinian have since deteriorated but the foundations and outlines can still be seen through the vast jungle. (U.S. Air Force photo by Senior Airman Carlin Leslie/Released)

Remnants: Senior leaders of Team Andersen explore the remnants of a Japanese fuel hold that was destroyed during World War II, Oct. 11 during a staff visit and tour of Tinian Island. While under Japanese occupation, Tinian was largely used as a sugar plantation. (U.S. Air Force photo by Senior Airman Carlin Leslie/Released)

Preventing fires start at a young age



Give Me a Hug: Sparky the Dog hugs a child from the Andersen Elementary School during a visit on Andersen Air Force Base, Oct. 13. The Andersen Fire and Emergency flight held nearly 30 classes to inform school children about fire prevention. (U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released)

Sit-Up: Sparky the Dog does sit-ups with fourth-grade children at Andersen Elementary School on Andersen Air Force Base, Oct. 13. Sparky and Andersen Fire department members visited the school to teach children about fire prevention during Fire Prevention Week. (U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released)

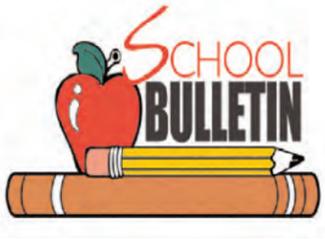


Left: Ernest Rios, 36th Civil Engineer Squadron fire department assistant chief of fire prevention, uses a doll house to show the children of the Andersen Elementary School how fires can start in a home. Rios visited the schools on Andersen Air Force Base Oct. 13 during Fire Prevention Week. (U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released)

Below: Staff Sgt. Andrew Ohls, 36th Civil Engineer Squadron fire department member, shows first-grade children different materials that cause fire during a visit to Andersen Elementary School on Andersen Air Force Base, Oct. 13. Throughout Fire Prevention Week, the Andersen Fire and Emergency flight has worked hard to teach fire safety to the base community. (U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released)

Question and Answer: Andersen Elementary School children ask questions to members of the Andersen Fire and Emergency flight during a school visit for Fire Prevention Week on Andersen Air Force Base, Oct. 13. The Andersen Fire and Emergency flight held several events throughout the week to increase fire safety awareness. (U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released)





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

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.

Andersen Middle School

Oct. 24-28: Red Ribbon Week
Oct. 25-26: School Picture Days

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



Red Ribbon Presentation: Lt. Alan Fleming, submarine tender USS Frank Cable (AS 40) chaplain, tells students from Henry B. Price Elementary School about the importance of being drug free during Guam's Red Ribbon Month. Frank Cable conducts maintenance and support of submarines and surface vessels deployed in the U.S. 7th Fleet area of responsibility. (U.S. Navy Photo by Electrician's Mate 3rd Class Claire Farin/Released)

Sailors promote drug-free living

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

USS Frank Cable (AS 40) Public Affairs

Sailors from the submarine tender USS Frank Cable (AS 40) helped educate students about the dangers of substance abuse at Henry B. Price Elementary School in Mangilao, Oct. 11.

Sailors assisted the Guam National Guard, Department of Education teachers and local law enforcement in celebrating Red Ribbon Week, a national campaign that educates and encourages youth to live a drug- and alcohol-free lifestyle.

"One of the things that Sailors, soldiers, Marines and Airmen have in common is that we are drug free," said Frank Cable Chaplain Lt. Alan Fleming at the school. "All services wear different uniforms, but we all believe abstaining from drugs is honorable in serving our country."

Gunner's Mate 1st Class Jerome Claybron, assigned to Frank Cable, shared his story about living a life free of drugs.

"Many people say I am strong and tall," said Claybron to the students. "The reason I am this way is because I have never taken drugs in my life. Drugs damage the body, making you weak, tired and lazy, so don't use drugs."

The Guam National Guard Counter Drug Program extended the Red Ribbon Week to a full month to teach 50-plus schools about the message of living without drugs. The soldiers have visited nine schools so far and are on a fast pace schedule until Halloween.



'Teach Me to be Drug Free': Sailors, assigned to the submarine tender USS Frank Cable (AS 40), tell students from Henry B. Price Elementary School about the importance of being drug free during Guam's Red Ribbon Month. Frank Cable conducts maintenance and support of submarines and surface vessels deployed in the U.S. 7th Fleet area of responsibility. (U.S. Navy Photo by Electrician's Mate 3rd Class Claire Farin/Released)

"We want Guam to be entirely free from drugs," said Army 1st Sgt. John Pangelinan. "We want Guam to stay beautiful, and the Red Ribbon Month is lined up with activities such as poetry, rap, school gate decorating contests, and information tables located inside several malls on the island to support this mission."

Fleming also expressed the importance of Sailors being role models to the younger generation.

"This was a good opportunity to

give the students a picture of good role models," Fleming said. "The Sailors did that today by sharing their jobs on the submarines and ship, which I believe influenced the young minds in a positive way to help shape their future."

Pangelinan also told the students, "We ask you here to pledge more than a week to being drug free; we want you to pledge being drug free your entire life."

Red Ribbon Week takes its name

from the red campaign ribbons that honor Enrique "Kiki" Camarena, a U.S. Drug Enforcement Administration agent who was kidnapped and killed in Mexico City while investigating drug traffickers in 1985.

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

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

Andersen Elementary becomes 'energy aware'

From 36th Wing Public Affairs

Andersen Elementary students engaged in 'Energy Awareness month' through educational videos, interactive briefings and a visit from the life-size light bulb 'BRITE' on Andersen Air Force Base, Oct. 14.

The children, kindergarten through fifth grade, were able to ask questions concerning energy and get good information of how they could help in saving energy.

"The kids are in great spirits and seem really excited about energy,"

said Patrick Russell, 36th Civil Engineer Squadron energy manager. "They were really into the videos and asked all kinds of questions and were willing to participate."

Energy Awareness month is celebrated annually in October, and ed-

ucating the children is an important part of addressing energy.

"They learned a lot about saving energy," said Dona Miles, Andersen Elementary first-grade teacher. "They enjoyed the video clips and lived meeting BRITE."

Miles said her class grasped the importance of energy very well, and

to turn off lights and water when they aren't in use.

"Teaching the students is important because they are going to take what we teach them and go forth," Russell said. "They will take what they've learned and bring it home, perhaps even reminding their family to help save energy."



High-Fives All Around: Andersen Elementary School kindergarten students meet 'BRITE', the interactive life-size light bulb during an energy awareness event on Andersen Air Force Base Oct. 14. The visit was part of an Energy Awareness Month initiative to educate the children in an interactive manner about how they can help save energy. (U.S. Air Force photo by Senior Airman Veronica McMahon/Released)

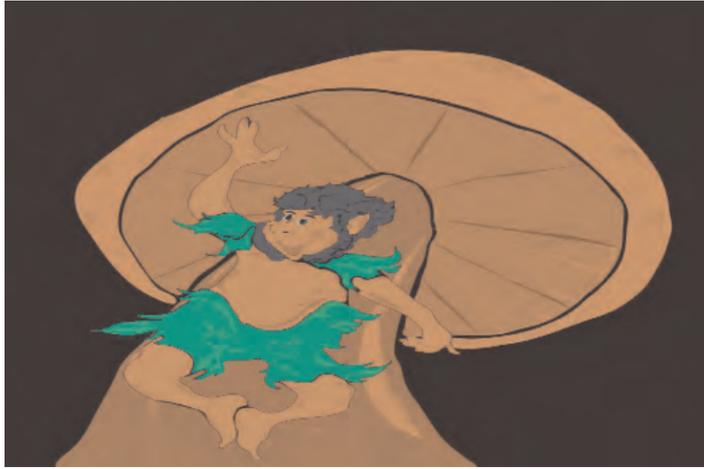
Naughty kids, beware of little island elves

By JoAnna Delfin
Joint Region Edge Staff

Parents usually find different ways to discipline their children when they have done something wrong or to teach them a lesson. From timeouts to taking away certain privileges, the task of regulating a child's behavior can sometimes be stressful. Some parents, however, take a more fairytale approach to control their kids.

According to popular legend, many years ago during the time of ancient Chamorros, there lived small elf-like beings known as the Duendes duendes (dwehn-DEHS). The duendes are believed to be miniature versions of the giant Taotaomona (tow-tow-MOH' - nah), who run around in clothes made of leaves.

Duendes are most well known for luring young, unsuspecting children into the jungle by offering gifts, singing traditional songs, or taking



the shape of a Chichirika chichirika (chih-chih-ree-KHAH), or red fan-tailed bird, singing traditionally songs to them, or by offering the children gifts, which is a red, fan-tailed bird..

Once the children are in the jungle where they cannot be seen, the

duendes will grab the children and shrink them down to a few inches so that those looking for them will easily step over or walk right by them complete unaware of what has happened to the children.

If and when the children are found, they are usually staring

Duendes: The legendary duendes is smaller than a mushroom as it is illustrated here. According to local legend, the duendes lures young children deep into the jungle to play with them or if the child is naughty. (Illustration courtesy of Christopher Candaso)

blankly into space. In order to bring the children back to their normal selves, they must be brought to a suruhana (soo-roo-HAH'-nah), or herbal doctor.

As soon as the children are healed, they will not remember the events that they have been through as it is believed the duendes erase the memory of their time with the mythological creatures.

"I remember my grandma telling my cousins and I stories about how

she was led into the jungle by the duendes," said local resident Teresita Mafnas. "She told us that she was playing outside her house when she followed a small red bird into the jungle."

Mafnas recalled how her grandmother would tell her how the duendes captured her and shrunk her down to about two inches.

"She said they (duendes) made her smaller than my index finger and stuck her in a jar," Mafnas said. "My grandmother said when her family found her it was like she couldn't move so they had to take her to the suruhana. The doctor cured her but she said she was only able to remember very little. She couldn't even describe how the duendes looked."

There are many different versions of the story that have been shared through oral tradition and very few accounts have been documented, however, many locals still believe in the existence of the duendes.

Team Andersen tastes paradise at Travel Fair

By Airman Basic Anthony Jennings

36th Wing Public Affairs

Team Andersen caught a glimpse of paradise during the 8th Annual Travel Fair at the Sunrise Conference Center on Andersen Air Force Base, Oct. 13.

More than 500 people who were in attendance had the opportunity to receive prizes and check out great offers on travel destinations and hotels.

At the end of the evening, Col. Dwayne Thomas, 36th Mission Support Group commander, drew numbers for the grand prizes, which included a three day Palau vacation package; two round-trip air fares anywhere in Asia; and two round-trip air fares anywhere in the U.S.

Staff Sgt. Ryan Trandell, 36th Wing protocol specialist, won a grand prize, a four-day, three-night Cairns,

Australia vacation package. The prize included two round-trip tickets to Australia, a train ride through the rainforest, a cruise around the Great Barrier Reef and more.

Trandell was attending the fair to take advantage of the great offers and learn more about other travel opportunities and was ecstatic to receive the grand prize.

"This is our first time to come out to an event like this and win anything," he said.

The event provided not only an opportunity for Team Andersen to get an idea of the great offers available, but gave the vendors a chance to boost sales.

"Vendors and customers alike were wowed," said Paul Floyd, 36th Force Support Squadron Community Services flight chief. "'Best ever,' was the theme of the night. The travel industry representatives absolutely love the Andersen community."

Though the vendors ensured they



entertained their potential customers with free giveaways, cookies and brochures, the true value of the event came from their travel offers.

"More than \$24,000 in prizes and unbeatable travel deals were afforded to the community," Floyd said. "The vendors had a unique opportunity to market to a very interested

and travel savvy demographic. Bringing these two groups together is a win-win for everyone."

According to Floyd, the Travel Fair was a huge success and shows an increasing interest in the Andersen community.

"It just keeps getting better and

Winners: Col. Dwayne Thomas, 36th Mission Support Group commander, stands with three grand prize winners during the 8th Annual Travel Fair at the Sunrise Conference Center on Andersen Air Force Base, Oct. 13. Winners and their prizes were: Tech. Sgt. Jennifer Gallo, 36th Medical Support Squadron, won two round trip air fares anywhere in Asia; Ruby Acasio won a three-day Palau Vacation Package; and Staff Sgt. Ryan Trandell, 36th Wing Protocol specialist, won a four-day, three-night Cairns Australia Vacation Package. (U.S. Air Force photo by Airman Basic Anthony Jennings/Released)

better," Floyd shared. "At least an additional hundred attendees and another half dozen vendors added to the excitement and energy of the event. The huge turnout and success guarantees the community and vendors will keep coming back year after year."

FREE

Build your own Transportation 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

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 Willie's

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.

On a Budget



FRIDAY, OCTOBER 21

7 p.m.: The Help • PG-13

SATURDAY, OCTOBER 22

2 p.m.: The Help • PG-13

7 p.m.: Colombiana • PG-13

SUNDAY, OCTOBER 23

7 p.m.: The Debt • 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, OCTOBER 21

7 p.m.: Contagion • PG-13

9:30 p.m.: The Debt • R

SATURDAY, OCTOBER 22

1 p.m.: Colombiana • PG-13

3:30 p.m.: Apollo 18 • PG-13

7 p.m.: Final Destination 5 • R

SUNDAY, OCTOBER 23

1 p.m.: Shark Night • PG-13

3:30 p.m.: Warrior • PG-13

7 p.m.: Our Idiot Brother • 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 mwrquam.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

Make it work, get fit spiritually

By Lt. Sherri L. Garrett

U.S. Naval Hospital Guam Chaplain

Two men were worried about their weight. They both knew that if they lost a few pounds and were physically fit they would feel and look better. The men realized they would have more energy and could be more productive. They were also informed by their doctors that losing weight would be beneficial for their health.

The first man went out and bought an exercise bike and a rowing machine. Each day he promised to get started with an exercise program because he really wanted to get healthy and drop the unwanted weight.

The second man decided to ask God for help and do a little research on the type of foods that should be eliminated from his diet and what should be eaten in order to reach a healthy weight. Under the guidance of a personal trainer the second man began an exercise and a nutrition program to get fit.

The first man only used the exercise equipment for a clothes rack

“Spiritual fitness does not just happen because one has an interest in it. There are some things that must be eliminated from our lives and some things that should be introduced into our lives in order for us to get fit spiritually. We'll have to get rid of laziness, an unforgiving spirit, immoral behavior and evil desires that can destroy us and our loved ones spiritually, and latch on to that which builds spiritual muscles.”

— Lt. Sherri L. Garrett
 chaplain, U.S. Naval Hospital Guam



and then ended up giving it away. However, he decided to go out and purchase running shoes because he still needed to lose weight. The second man lost the weight, felt good and looked great. He was eating better and exercised regularly; was more productive and had more energy.

When destructive behavior (poor eating habits and not exercising) was eliminated and replaced with positive behavior (prayer, healthy eating, and exercise) the second man was able to reach his goal for weight loss. The same thought process can be applied to becoming spiritually fit.

Spiritual fitness does not just hap-

pen because one has an interest in it. There are some things that must be eliminated from our lives and some things that should be introduced into our lives in order for us to get fit spiritually. We'll have to get rid of laziness, an unforgiving spirit, immoral behavior and evil desires that can destroy us and our loved ones spiritually, and latch on to that which builds spiritual muscles.

We can attain spiritual fitness by spending time with God, developing a consistent prayer life, having a daily devotional plan, and reaching out to others. Each day we should take the time to be alone with God.

For some, that means getting up an hour earlier than your spouse and children in order to find that quiet

time with God, and to find a special place to commune with God. Bring a Bible or other spiritual books, a pen, and some paper to record what has been revealed to you during that special time. Use this moment to read something spiritual and to pray for family members, friends, co-workers and yourself.

When you have developed your spiritual fitness plan, and you begin to draw yourself closer to God, and when you get strong and courageous, take the time to help someone else get spiritually fit. Have a prayer meeting for couples in your home, take your friends on a spiritual retreat, or share your spiritual fitness plan with a neighbor.

God wants us to be fit in mind, body and spirit. Find a way to make it work and get fit spiritually.

Guam High School Football Championship

Cheer on the Guam High School Panthers football team as they defend their championship title against the George Washington High School (GWHS) Geckos at the GWHS football field in Mangilao, Oct. 22 at 7 p.m.

MSRON-7 beats out Cable



Making a Run For It: A running back for USS Frank Cable "SRB Bandits" eludes tacklers from Team Maritime Expeditionary Security Squadron (MSRON 7) during a Captain's Cup flag football game Oct. 18. MSRON 7 won the game 12-6. (U.S. Navy Photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert/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.

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, 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. Classes are in full swing and available at Charles King Fitness Center pool. For more information, call 333-2049.

Group Age Fitness 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.mwr-guam.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-/Post-natal Exercise Classes

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.