

JOINT REGION EDGE

Volume III No. 47

Friday, November 25, 2011



Emory S. Land arrives in Guam

By Mass Communication Specialist 2nd Class (SW) Gabrielle Blake
USS Frank Cable (AS 40)



The submarine tender USS Emory S. Land (AS 39) arrived at Apra Harbor on U.S. Naval Base Guam Nov. 21 to temporarily assume the responsibilities as Guam's main submarine repair facility.

Emory S. Land, originally homeported in Diego Garcia, will replace the submarine tender USS Frank Cable (AS 40), during Frank Cable's scheduled Regular Overhaul

See Emory, Page 8

Mooring: Submarine tender USS Emory S. Land (AS 39) conducts a mooring evolution on Naval Base Guam assisted by two tugboats, Nov. 21. Emory S. Land arrived in Guam to replace the submarine tender USS Frank Cable (AS 40), which is scheduled to enter a dry-docking period in early 2012. Emory S. Land conducts maintenance and support of submarines and surface vessels deployed in the U.S. 5th and U.S. 7th Fleet areas of responsibility. (U.S. Navy photo by Mass Communication Specialist 3rd Class Corey Hensley/Released)

Tops in Blue's 'Rhythm Nation' to rock Guam

By Airman Basic Anthony Jennings

36th Wing Public Affairs

Members of Team Andersen will host a free live performance of the Air Force's premiere entertainment group, Tops in Blue Nov. 29 at the University of Guam field house in Mangilao at 6:30 p.m. The event is open to the public.

This year's event marks the first time in more than a decade Tops in Blue will perform for service mem-

bers and civilians alike.

"This year's show is unique because local residents are able to attend," said Michele Jacobs, 36th Force Support Squadron Hot Spot director. "The Wing Commander Brig. Gen. John Doucette, wanted to showcase some of our talented Airmen and share this unique Air Force asset with the community."

The highly acclaimed 2011 edition of Tops in Blue, entitled "Rhythm Nation," is an intricate blend of music and energetic beats

allowing the audience to experience the sounds of the 1900's and the music of today.

Tops in Blue 2011 keeps more than 57 years of touring tradition by visiting all bases throughout the United States and more than 25 foreign countries.

According to the group's fact sheet, Tops in Blue is one of the oldest and most widely traveled entertainment groups of its kind. Since its first world tour in 1953, Tops in Blue has performed on film, pro-

duced albums and appeared on national television with legendary TV personalities such as Ed Sullivan, Bob Hope and many others.

"This show appeals to individuals of all ages, from all walks of life," Jacobs said. "The individuals are very talented, the dances are well choreographed and the performance is interactive and engaging."

Comprised of 35-40 of the active-duty Air Force's most gifted dancers, musicians and vocalists, the group's aggressive tour schedule

spans more than 125 locations and also includes entertaining forward-deployed troops in various locations in Iraq, Afghanistan, Kuwait and other areas across Southwest Asia.

The enormous and ever-growing popularity of the group has landed them front and center, performing at events such as the Super Bowl, NBA finals and for heads of state and dignitaries.

"This is a group of very hardworking individuals," Jacobs said. "This year's tour took the

See Tops, Page 8



Japanese Group Visits War Sites

Members pay homage

SEE PAGE 4



Change of Charge

NMCB 40 takes over camp

SEE PAGE 7



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NOVEMBER 23

"Thanksgiving Dinner To-Go Pick Up"
AAFB Pick it up between 4:30am and 7:30pm at Top of the Rock. Call 366-6166.

Thanksgiving Eve Mass
AAFB 6:30pm, Andersen AFB, Chapel One, Catholic Worship Service.

NOVEMBER 24

"Thanksgiving Meals To-Go Pick Up"
MWR Pick it up at 10pm at Top o'the Mar. Call 472-4606/7.

Traditional Thanksgiving Lunch Feast
MWR 11:00am-2:00pm, Top o'the Mar. \$23 for Adults / \$11.50 for Children. Call 472-4606 for more information.

USO Thanksgiving Lunch
 Noon-5:00pm, Royal Orchid Hotel.

NOVEMBER 25

NEX: After Thanksgiving Sale
NBC 25th, 26th and 27th "Santa Arrives at Noon" Time: 5am-9pm / Sat 7am-9pm / Sun 9am-7pm) Location: Main Store.

NOVEMBER 26

MWR Festival of Trees!
MWR Commands will decorate trees at Top o'the Mar 1:00pm-6:00pm. Trees will be on display for public viewing: November 27 to January 3.

Hanging of the Greens
AAFB 6:00pm, Andersen AFB, Chapel Two, Protestant Worship Services.

NOVEMBER 27

Liturgical Service Begins First Sunday of Advent
AAFB 11:30am, Andersen AFB, Chapel One, Protestant Worship Services.

NOVEMBER 29

Tops in Blue
AAFB UOG Field House at 6:30pm. Doors open at 5:45pm. Call 366-2339 for more info.

NOVEMBER 30

Special Children's Storytime: Christmas for our Troops Sign Up Deadline
AAFB Event is December 7 at Library at 10:30am and 3:00pm.

DECEMBER 1

Annual Andersen Door Decorating Contest
AAFB December 1-14, with judging taking place 14 December. Open to all Andersen offices, dormitory rooms and base housing units. Entry forms available at the Hotspot. Call 366-2339 for details.

Holiday Dinner To-Go

AAFB You can order a complete turkey or ham dinner from AAFB Top of the Rock from December 1 - 16, pick it up December 23 between 4:30 and 7:30 pm. Call 366-6166 for more information.

Holiday Wine Tour

MWR Top o'the Mar. 6:00pm. doors open at 5:30pm. \$15 (includes Hord'oeuvres and souvenir wine glass.

DECEMBER 2

NEX Balloon Bash
NBC 6:00pm-9:00pm, Main Store, Home Gallery, and Home Center.

DECEMBER 3

Christmas Cards Making Class
AAFB AAFB Arts and Crafts 10:30am-12:30pm. \$12 fee. Includes instruction and materials for 6-5x7 cards w/ envelopes.

DECEMBER 3 CONTINUED

Christmas Tree Lighting: brought to us by Naval Base Guam
NBC 6:00pm at Chapel. for the festivities. Lighting at 7:00pm. This event is free.

DECEMBER 4

Advent Liturgical Service
AAFB 11:30am, Andersen AFB, Chapel One, Protestant Worship Services.

DECEMBER 7

MWR's Holiday Culinary Boot Camp Class
MWR Top o'the Mar 5:30pm. Call 685-5142 for more information.

Special Children's Storytime: Christmas for our Troops.

AAFB 10:30am and 3:00pm, Library. Sign up at the Base Library beginning November 30.

Annual Andersen Giant Holiday Card Contest

AAFB Judging will take place December 7 and winners announced at the Base Tree Lighting Ceremony that evening. Pick up rules and entry forms at the Hotspot, or call 366-2339 for more information.

Base Tree Lighting Ceremony

AAFB Starting at 6:00pm. Enjoy festive entertainment and a visit by Santa. Call 366-2339 for more info.

DECEMBER 8

Guam High School Presents: a Holiday Band Concert!
NBC 7:00pm, doors open at 6:15pm, The Big Screen Theater.

Immaculate Conception of the Virgin Mary Mass

AAFB 6:30pm, Andersen AFB, Chapel One, Catholic Worship Service.

Harlem Globetrotters!!

AAFB 6:30pm at Coral Reef Fitness Center. Free Event. Call 366-6167 For more information.

DECEMBER 9

NEX Balloon Night
NBC 5:00pm-7:00pm, Mini Mart.

Harlem Globetrotters!!

NBC Charles King Fitness Center. In Courts 1-2 at 6:00pm. doors open for seating at 5:15pm. Free Event. Concessions will be available for sale. Cash only.

36FSS and Armed Forces Entertainment Presents the Players from the Florida Marlins Baseball Team

AAFB Youth Dance Clinic 3:00pm at AAFB Youth Center Gym. Youth Baseball Clinic. 3:00pm at Arc Light Baseball Field. Meet & Greet/Autograph Signing 6:00pm at Coral Reef Fitness Center. Call 366-6167 for more information.

DECEMBER 10

USO/Matson Run for Our Heroes
 Run for Our Heroes! Round-trip ticket for two from United as a Grand Prize drawing. Tee shirts for the first 1,000 runners. 5:00am: Show time /6:00am: Go Time. "Old USO in PH!"

Origami Gift Box Class

AAFB 10:30am-12:30pm at AAFB Arts and Crafts Center \$12 fee Includes instruction and materials.

Creative Jewelry Design

AAFB AAFB Arts and Crafts Center 1:30pm-3:30pm \$45 fee Includes instruction, materials and tools.

DECEMBER 10 CONTINUED

MWR and Armed Forces Entertainment bring you: The Florida Marlin Baseball Players

NBC We will have a Youth Clinic at 2:00pm at Ebbett Field NBG. Softball Game with the Florida Marlins at Ebbett Field. NBG at 7:00pm. Contact MWR sports for information on how to get in on this game! This is a Free Event.

Free Outdoor Movie Night

AAFB AAFB Arc Light Park at 7:00pm. The movie will be "A Christmas Story." Movie will be shown, weather permitting. Call 366-2339 for more info.

DECEMBER 11

NEX Pet Pictures with Santa
NBC 11:00am-4:00pm, Home Center (registration December 1-9)

Advent Liturgical Service

AAFB 11:30am at Andersen AFB, Chapel One, Protestant Worship Services.

DECEMBER 12

MWR Liberty 12 Days of Christmas!
NBC December 12-23, Bidding Day December 24th, Open to Active Duty Single Sailors at NBG's Single Sailor Sanctuary.

DECEMBER 13

Palm Tree Golf Course Holiday Pro Shop Sale
AAFB December 13-24. Unbeatable prices! Everything must go! For more information, call 366-4653.

Parish Penance Service

AAFB 6:30pm at Andersen AFB, Chapel One, Catholic Worship Service.

DECEMBER 14

MWR & CYP presents the Children's Holiday Dance Recital
NBC (Practice and Event). 4:00pm-6:00pm at The Big Screen Theater. Free.

DECEMBER 15

MWR & CYP presents the Children's Holiday Dance Recital
NBC (Practice and Event). 4:00pm-6:00pm at The Big Screen Theater. Free.

Guam Territorial Band Concert

NBC Starts at 7:30pm at Big Screen Theater.

DECEMBER 16

CYP and MWR present Children's Holiday Program!
NBC Kids will celebrate the holidays and winter recess! Holiday festivities, entertainment, and music! Ages 1-12. Call NBG CYP 685-5013, 2:30pm-4:00pm. Free.

MWR Ultimate Frisbee Tournament

NBC December 16 Time: 5:00pm-9:00pm on 16. December 17 Time: 8:00am-TBA on 17, at Blue Jacket Field. Sign up deadline 12/7 at CKFC.

NEX Carnival Night

NBC 6:00pm-9:00pm, Main Store Only.

DECEMBER 17

NEX Breakfast with Santa
NBC 8:00am-10:00am to be determined.

Monthly Flea Market

AAFB From 8:00am-11:00am in the Hotspot Gym AAFB. Table fee for sellers is just \$10 each. Sign-up at the Hotspot, or call 366-2339 for more information.

Christmas Ornament Craft

AAFB 10:30am-12:30pm at AAFB Arts and Crafts Center. \$12.00 fee includes instruction and materials for 7 to 8 projects.

MWR Reindeer Run 5k

NBC Show time: 6:00pm. Meet right outside Clipper Landing. Go time: Immediately following the Christmas Boat Parade.

MWR Marina's Christmas Boat Parade

NBC Registered before Noon on December 1, 2011. Rain date will be Sunday, December 18th. Parade will begin after sundown 6:30pm at Sumay Cove Marina.

DECEMBER 18

Advent Liturgical Service
AAFB 11:30am at Andersen AFB, Chapel One, Protestant Worship Services.

Winners Announced for the MWR and Command Festival of Trees!

MWR The Command winner of the Holiday Command Festival of Trees for the MWR Holiday Split Stick and \$500 in MWR credit will be announced at Top o'the Mar brunch at noon.

DECEMBER 19

MWR's Big Screen Theater presents Winter Break Matinees

NBC Monday-Thursday, December 19 - 29. Monday to Thursday each week, we will feature Free matinees at 3:00pm. The Theater will be closed Christmas Day.

"Christmas Meals To-Go Deadline"

MWR Meals can be picked up at Top o'the Mar 12/24 by 10am. Call 472-4606/7

DECEMBER 21

Ho Ho Ho 5K Run/Walk
NBC Starting at the Palm Tree Golf Course Driving Range Parking Lot. Show time is 6:00am. Go time is 6:30am. No sign-up required. Call 366-6100 for more information.

NEX Midnight Madness

NBC 7:00pm-Midnight at Main Store only.

Ecumenical "Lessons & Carols"

NBC 7:00pm, NBG Chapel. Combined faith gathering that will retell the true story of Christmas alongside everyone's favorite Christmas carols.

DECEMBER 22

MWR Gingerbread House Decorating Contest!

NBC At Naps starting 9:00am for setup and showcase; winners announced at 10:30am. Cost: Be prepared to make your own gingerbread house and bring to MWR. Materials will not be provided.

DECEMBER 23

Jewish Chanukah Service
NBC 6:30pm, NBG Chapel.

DECEMBER 24

Christmas Eve Mass

NBC 5:30pm, NBG Chapel.

Christmas Eve Vigil Mass

AAFB 6:30pm (No 5:00pm Mass) at Andersen AFB, Chapel One, Catholic Worship Service.

Protestant Candle Lighting Service

NBC 7:00pm, NBG Chapel.

Christmas Eve Holy Eucharist

AAFB 8:30pm, at Andersen AFB, Chapel One, Protestant Worship Services.

DECEMBER 25

Protestant Christmas Service

NBC 8:00am and 11:00am, NBG Chapel.

Christmas Day Mass (The Nativity of the Lord)

AAFB 9:30am, Andersen AFB, Chapel One, Catholic Worship Service.

Christmas Day Mass

NBC 9:30am, NBG Chapel.

Christmas Day Combined Parish Service

AAFB 10:30am at Andersen AFB, Chapel Two, Protestant Worship Services.

MWR Celebrates Christmas Feast at Top o'the Mar

MWR 11:00am-2:00pm. \$23 for Adults / \$11.50 for Children. Reservations recommended. Call 472-4606 to reserve today.

USO Christmas Dinner at the Guam USO

12:00pm-5:00pm, Royal Orchid Hotel.

DECEMBER 30

MWR Holiday Cigar Night at Molly McGee's Irish Pub

NBC 5:00pm-8:00pm. \$26 pp. Open seating; however tables can be reserved by calling 564-1834.

DECEMBER 31

New Year's Eve Mass

AAFB 5:00pm at Andersen AFB, Chapel One, Catholic Worship Service.

New Year's Eve Mass

NBC 5:30pm, NBG Chapel.

New Year's Eve Family Bash

NBC 8:00pm at Grote Point Lanes, Fun, Games, Giveaways, Party Favors. Reserve a Lane deadline is 12/20.

DECEMBER 31 CONTINUED

Celebrate New Year's Eve at Molly McGee's!!

NBC Festivities starts at 9:00pm! Ring in the New Year at midnight!! Molly McGee's Irish Pub.

Watch Night Service

AAFB 10:30pm, Andersen AFB, Chapel Two, Protestant Worship Services.

Celebrate New Year's Eve at Bamboo Willie's!

AAFB Ring in the New Year at midnight!!! Bamboo Willie's.

Celebrate New Year's Eve at Top of the Rock!!

AAFB Get dressed up and ring in the New Year at midnight!!! Top of the Rock.

JANUARY 1

Protestant New Year's Day Service

NBC 8:00am & 11:00am, NBG Chapel.

New Year's Day Mass

NBC 9:30am, NBG Chapel.

New Year's Day Mass (Mary, Mother of God)

AAFB 9:30am at Andersen AFB, Chapel One, Catholic Worship Service.

New Year's Day Combined Parish Service

AAFB 10:30am at Andersen AFB, Chapel Two, Protestant Worship Services.



Chamorro Christmas Night! by FFSC

NBC December 12 at 6:00pm-8:00pm at Naval Base Community Center, FREE. Come and sample some island holiday desserts, iced cocoa, sing songs, and even ride a carabao! Fun for all those that are young at heart and those that are in need of some Christmas cheer island style!!!

McCool Christmas Concert by McCool Middle School

NBC December 13 at 6:00pm at The Big Screen Theater. FREE. McCool Middle band students to perform!

Caroling with Naval Base Guam Chapel

NBC December 14, 6:00-8:00pm at Chapel, there will be Christmas Caroling and Cookie Exchange from 6:00pm-8:00pm. Bring the children to a caroling event and let them participate in the Chapel's wonderfully scrumptious cookie exchange. This is a FREE event.

Christmas Craft Night by Naval Base Guam Recreation Committee!

NBC December 15, 6:00pm-7:30pm. Christmas Craft Night at the NBG Community Center. Get into the holiday spirit by making Christmas crafts and participating in the cupcake walk. We promise there will be laughter and fun for all!!! FREE

Holiday Movie Under the Stars with MWR!

NBC December 16 at 7pm, "Polar Express", Molly McGee's Field, NBG FREE for the movie, concessions are additional charge.

Navy Marine Corps Relief Society - Kids Shopping Day

NBC December 17 9:00am-Noon NMCRS Thrift Store. Buy a lot for a little!

AAFB Andersen Air Force Base
NBC Naval Base Guam
MWR MWR Off Base Facility
N-13 Naval Base Guam Telecommunications Site
36FSS 36FSS Off Base Event



MWR adjusts to maximize resources

From Morale, Welfare and Recreation

In order to maximize resources, Morale Welfare, and Recreation has made the following adjustments effective Dec. 1.

The Game Time Sports Grill at the Admiral Nimitz Golf Course will now be open Friday-Sunday and holidays, 6 a.m.-6 p.m. Grab-and-go sandwiches and beverages will be available for purchase daily in the pro-shop.

Orote Point Lanes will now be open Monday-Thursday, 4-10 p.m., Friday-Saturday, 10:30 a.m.-midnight., and Sunday, 10:30 a.m.-10 p.m. Hot Stuff Foods and Mean Gene's Burgers will be under renovations and will relocate temporarily to Clipper Landing for takeout and delivery only. Our full menu of delicious burgers, pizza and wings will be available for delivery to the bowling center, home or your office.

Clipper Landing will no longer offer service. It will temporarily

open as Mean Gene's Burgers and Hot Stuff Pizza for delivery only while the grill at Orote Point Lanes is under renovation. Nap's Alabama BBQ, Molly McGee's Irish Pub and Restaurant, and C-Street Café will remain available to fulfill your dining needs.

C-Street Café located at the Joint Region Marianas Headquarters will no longer offer service. C-Street's main location on U.S. Naval Base Guam (NBG) will continue to offer your favorites from their assorted menu.

The Auto Hobby Shop will no longer offer service however, the Navy Exchange Auto Port on NBG and the Auto Hobby Shop on Andersen Air Force Base (AFB) will be available to meet your automotive maintenance and repair needs.

The fitness center on U.S. Naval Computer and Telecommunications Station Guam will be closed. The newly remodeled Charles King Fitness Center on NBG, the Body Works Fitness Center on U.S. Naval Hospital Guam, and the Coral Reef Fitness Center on Andersen Air

Force Base are available to support your fitness needs. Please visit www.mwrguam.com or www.36fss.com for hours of operation.

Molly McGee's will begin offering weekend breakfast skillet specials from 11 a.m.-1 p.m. Sit down and relax while feasting on a blend of potatoes, cheese, eggs, and breakfast meats on a sizzling skillet.

For any questions or concerns, contact MWR Director Eric Nikkel at 333-2349 or e-mail eric.nikkel@fe.navy.mil

Andersen's Best: Airman First Class Leonel Lopez



Outstanding Performance: Airman 1st Class Leonel Lopez, 734th Air Mobility Squadron passenger service agent, was awarded Andersen's Best on Andersen Air Force Base, Nov.3. 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)

By Staff Sgt. Alexandre Montes

36th Wing Public Affairs

Airman 1st Class Leonel Lopez, 734th Air Mobility Squadron passenger service agent,

was awarded Andersen's Best on Andersen Air Force Base Nov.3.

Lopez provided critical ground service support for 52 medical evacuation missions and expedited the movement of 35 patients to advanced medical facilities. He is the aerial port flight's Combined

Federal Campaign representative and the passenger service's section fitness representative. He paced three wingmen during their fitness assessments, two resulting with excellent scores.

Lopez is an avid Airmen Against Drunk Driving volunteer

and donates his off-duty time to help out at the local homeless shelter. He actively participates in squadron booster club fundraisers and helped raise \$654 for unit morale events and holiday party.

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.

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classified advertisements are due no later than 3 p.m. on the Tuesday the week prior to publication. Joint Region Edge reserves the right to edit, rewrite or reject material submitted for publication.

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366-2228

Japanese group honors lives lost in war

By Mass Communication Specialist 2nd Class Waris Banks

U.S. Naval Base Guam Public Affairs

Members of the Japan-based South Pacific Memorial Association (SPMA) and Japanese War Veterans Association, visited U.S. Naval Base Guam (NBG) Nov. 18 to pay homage to Japanese, American, and Chamorro service members and civilians killed during World War II, a conflict that devastated Guam and other Pacific Islands.

Led by Buddhist priest, Rev. Ryusei Tsutsui of the Kawasaki-Daishi Heiken-ji Temple in Kawasaki, Japan, the group held a prayer ceremony and laid a wreath at the Orote Peninsula battlefield, an area where some of the most intense battles for the liberation of Guam from Japanese occupation occurred July 21, 1944.

"In this area more than 3,000 Japanese soldiers died," said Seichi Eto, newly-elected president of SPMA, speaking through a translator.

NBG Commanding Officer Capt. Richard Wood said visits like these are an important part of the Navy's Cooperative Strategy as the force evolves into a 21st Century Sea Power.

"Every year we have guests from Japan who come here who are either guests or, in some cases, descendants of veterans who fought on the island of Guam," Wood explained. "Now, we're allies with the Japanese; we're friends with the Japanese, so we know how important it is to honor their war dead as well."

Wood added an important part of this strategy is based on principles of cooperation, partnership and trust between the United States and other nations.

The tour was organized through a collaborative effort between NBG and SPMA and included a visit to other historical sites on base related to WWII.

These sites included the amphitheater built by Japanese prisoners of war in 1946 and the Dadi Beach Japanese Defense Fortification manned during the Japanese defense of Guam during the American forces landing July 1944.



Peaceful Prayer: Led by Japan-based Buddhist priest, Rev. Ryusei Tsutsui, a group representing both the South Pacific Memorial Association and the Japanese War Veterans Association in Japan, pay homage to the Japanese, American, and Chamorro service members and civilians killed during World War II at the Orote Peninsula battlefield on U.S. Naval Base Guam Nov. 18. Over 3,300 Japanese soldiers and 161 U.S. Marines were killed at this historical site during intense fighting in late July of 1944. (U.S. Navy photo by Mass Communication Specialist 2nd Class Waris Banks/Released)

News Notes

Job Announcements

Interested individuals can view the vacancy listings at <https://www.cnic.navy.mil/Marianas/index.htm> or at <https://chart.donhr.navy.mil>. For more information, call 349-6119/2224.

Christmas Mailing Dates

The United States Postal Service wants to be sure your loved ones receive mail from you on time. Please see the following postal dates to mail out packages for the holiday season: From Guam to the U.S. Mainland—First class/priority mail, Dec. 16, express mail, Dec. 20, parcel post, Nov. 12; Hawaii—First class/priority mail, Dec. 19, express mail, Dec. 21, parcel post, Nov. 12; Saipan—First class/priority mail, Dec. 17, express mail, Dec. 21, parcel post, Nov. 26; Federated States of Micronesia, Republic of the Marshall Islands, and Palau—First class/priority mail, Dec. 12, express mail, Dec. 19, parcel post, Nov. 26; APOs and FPOs—First class/priority mail, Dec. 10, express mail, Dec. 15, parcel post, Nov. 17; International—First class/priority mail, Dec. 10, and express mail, Dec. 15. Visit www.usps.com for more information.

DOD Bone Marrow Registry Drive

The "C.W. Bill Young DoD Bone Marrow Registry Drive" is scheduled from Nov. 28-Dec. 4. The drive will be conducted at the following places:

Andersen Air Force Base Exchange: Nov. 28-Dec. 4 from 9 a.m.-8 p.m.

Naval Telecommunications and Computer Station Navy Exchange: Nov. 28-Dec. 4 from 9:30 a.m.-8 p.m., Monday-Saturday, and Sunday from 9:30 a.m.-7 p.m.

Charles King Fitness Center: Nov. 28-Dec. 4 from 3-8 p.m.

Andersen Clinic (Public Health Office): Nov. 28-Dec. 2 from 8 a.m.-5 p.m.

U.S. Naval Base Guam Navy Exchange Main Complex: Nov. 28-Dec. 3 from 10 a.m.-7 p.m. and Dec. 4 from 10 a.m.-6 p.m.

Coral Reef Fitness Center: Nov. 28-Dec. 2 from 7 a.m.-2

p.m. and Dec. 3-4 from 10 a.m.-2 p.m.

For more information, contact Staff Sgt. Andrew Hughes at 366-1890.

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.

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.

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.

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 NBG 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.

What are you looking forward to most this holiday season?



"I am looking forward to receiving my tax returns from the government of Guam."

Personnel Specialist 2nd Class (SW) Nathan Miranda, Naval Operational Support Command



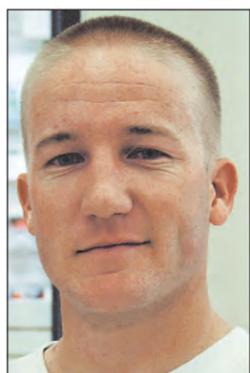
"I am looking forward to a good rest and great food."

*Lt. Cmdr. Mercer Morgan
Naval Airborne Weapons
Maintenance Unit 1,
executive officer*



"I am looking forward to all the good cooking and spending time with my friends."

*Yeoman 3rd Class Shane
Belgrave
U.S. Naval Base Guam*



"Looking forward to spending Christmas with my daughter Ariana. She's 6 months old and this will be her first Christmas."

*Staff Sgt. Donovan Leap
36th Maintenance Group*



"I'm just looking forward to spending time with friends. I'm going to a shop Thanksgiving dinner."

*Senior Airman
Dakota Ferris, 36th Logistics
Readiness Squadron*



"I'm going home just in time to spend time with family for Christmas. I leave Dec. 22 to Mountain Home, Idaho."

*Capt. Michael Carollo
36th Wing chaplain*

Little hands, big help for Operation Christmas Drop



Santa's Little Helpers: Andersen Elementary School students paint boxes that will be filled with toys, clothing and goods for Operation Christmas Drop at Andersen Air Force Base (AFB) Nov. 15. During the week of Nov. 14, students from each grade participated in decorating the toy boxes. Operation Christmas Drop is a non-profit organization powered by volunteers from Andersen and the local community and has to date, dropped more than 800,000 pounds of goods throughout the surrounding islands. In addition to several fundraisers, individual and group donations may also be made to the cause. (U.S. Air Force photo by Staff Sgt. Alexandre Montes/Released)

36th CRG reaches out to support and assist Thailand

By Senior Airman Veronica McMahon
36th Wing Public Affairs

Team Andersen's 36th Contingency Response Group (CRG) recently deployed seven members to assist the Royal Government of Thailand in disaster relief efforts.

Natural disasters can occur anywhere, at any time without warning, and the 36th CRG is trained to deploy and provide support with quick response for whatever the tasking requires after planning and preparation.

"We looked at what the best assessment team was, and what ended up going forward was a seven-man team to primarily to look at the Don Mueang Airport," said Lt. Col. Joey Mull, 36th CRG deputy commander. "It is one of their domestic airports which is the primary hub used to send supplies and relief efforts throughout the country."

Working alongside the Marines, the team is looking at ways to assist Thai authorities to reopen Don Mueang Airport which is currently not usable due to flooding.

"This is unique because for the

first time ever this is a joint effort with III Marine Expeditionary Force as the command element and we are essentially chopped under them and it's working out very well," Mull said. "This is the first time that's happened out the door for us but a good experience and they are building great partnerships."

The team of functional experts sent to work alongside the Thai government is comprised of the team commander, force protection, medical support, communications, an electrician, airfield operations and an engineer. Each member brings

different knowledge, experience and capabilities used to assist with flood relief.

The assessment team was able to deploy within three hours when tasking was given. They were able to do this because it is what the 36th CRG trains for regularly.

"We are on a 12-hour string to go out the door for assistance or disaster response," Mull said. "This is the bread and butter of the group, this is what we train and do."

The team has received thanks for their support, and in turn, is motivated to be there and assist.

"The 36th CRG is excited about the opportunity to assist the people of the Kingdom of Thailand," said Lt. Col. Michael Black, 36th Mobility Response Squadron commander and mission commander. "The resiliency of the Thai people in the face of flooding has been remarkable and inspiring. As a supporting component in this dynamic joint environment, we have also had a unique opportunity to work alongside our Marine Forces Pacific teammates and learn from their strengths, while they have provided us every possible tool for mission success."

Navy Commercial Access Control System begins Dec. 15

From Joint Region Marianas Public Affairs Office

Joint Region Marianas will implement the Navy Commercial Access Control System (NCACS) program Dec. 15 to increase the security posture of each installation while offering streamlined access for contractors and vendors.

In accordance with Commander Navy Installations Command Notice 5530, the NCACS program, which uses the contracted security database system RAPIDGate, will be instituted for all contractors, vendors, sub-contractors, and service providers who are not authorized a Common Access Card (CAC) and regularly access Navy installations. The program will provide a single set of rules and credentials for all installations to include U.S. Naval Base Guam (NBG) and its satellite installations. Andersen Air Force Base plans to implement the program in the near future.

NCACS participation is voluntary and contractors and vendors can select to utilize it or the one-day

personnel/vehicle-pass program. Organizations that participate in the NCACS program will have access onto the installations during the hours needed to perform business. Contractors and vendors are encouraged to register as soon as possible as it may take several weeks for participants to receive credentials. NBG, Naval Computer and Telecommunications Station, U.S. Naval Hospital Guam, and U.S. Naval Magazine, as well as all housing areas and fuel facilities will not accept any locally produced regional contractor/contractor badges after Dec. 15.

Company registration has begun and individual registration is available at the NCACS Center, located at the former Pass and ID office in front of the NBG main gate. The center is open Monday-Friday from 6 a.m.-4 p.m., and closed on weekends and holidays.

Companies interested in learning more about the NCACS program can call (877)-727-4342 or send an email to info@rapidgate.com. Enrollment forms are available online at www.RAPIDGate.com.



NCACS Center: The Navy Commercial Access Control System building, pictured here Nov. 22, is located at the former Pass and ID office in front of the U.S. Naval Base Guam main gate. Vendors and contractors who require frequent access to Navy installations on island are encouraged to register at the facility. The office is open Monday-Friday from 6 a.m.-4 p.m. and is closed on weekends and holidays. (U.S. Navy photo by JoAnna Delfin/Released)

'Don't Settle': Strengthen the culture of professional Airmen

By Maj. Brian Leo
36th Maintenance Squadron Commander

The number 27 is a non-descriptive number, a multiple of three and nine, somebody's jersey number, maybe your age, or for me the number of years I've been in this incredible Air Force. I say that I've been in for 27 years to let you know my experience to the great changes we've undergone as we continue to represent our nation to the world. As Bob Dylan said, "times, they are a-changin'."

We're now told there's a budget crunch and that personnel cuts are looming resulting with reduction in force and date of separation rollback boards again chopping into our ranks.

We face an ever-changing and more complex mission set. In the last 25 years, borders and alliances around the world have changed and now countries jockey for position to stand up to the U.S. It's impera-

tive that we look to find the true value in each piece of what we do and cut out those things that bring no value to our operations. Finding and identifying the difference between our wants and our needs is increasingly important. As well, understanding your position in the Air Force becomes much more than just your job, be it turning a wrench or setting up a network, every piece of what you do should have an impact on the overall mission, and not be just the daily tasks you perform. It's up to those in uniform to uphold standards and to trim no-value-added processes before it's done for us.

To ensure that what we do is always done in the most efficient way possible, takes a meticulous knowledge of what's required. This includes everything about doing your job, and everything about being an Airman.

Settling for mediocrity in either can be disastrous. If you only do half your job, or don't put forth the effort for 100 percent compliance,

then you could be the weak link that prevents your unit from accomplishing its mission, or accomplishing it at great cost. If you're not promoting the Air Force values in your behaviors by following Air Force standards correctly and enforcing them, then you're letting past Airmen, your peers and the rest of the team down. In today's age it's the weak link that jeopardizes the mission. Are you this person?

Your knowledge of standards as an Airman is critical to upholding those standards required to perpetuate the discipline to seek out efficiencies and break the status quo. Many things may seem insignificant, but in fact they can have a big impact over time if not enforced.

Non-enforcement creates an erosion of values, which then imparts a lackadaisical or apathetic attitude at every level. Once that attitude crosses over to your job it creates safety issues and impacts the mission. I won't address your specific job knowledge here, but on that note, if you don't seek out job knowledge

when you're asked a question you should know the answer to, then you're missing an opportunity to learn.

Too often, not enough time is spent either training individually or under direction from your supervisors. This lack of training can lead to erroneous information or answers being passed around that can affect negatively careers and operations.

In the aircraft and munitions maintenance career field, technical order is king. If you're doing anything, you must have the technical data out and actively use it to perform whatever task you're doing. That means following the book step-by-step without exception. The fact that order is mandatory makes it easier to accept that while it can be a pain to follow sometimes, it's the best way to gain true experience of the technical requirements for the task.

In other fields it's strictly following the Air Force Instructions, or other guidance, but the notion is the same across the Air Force. What

better way to perform with efficiency than to always follow written guidance that's put there because of someone else's learning experience? Also, while you're following written guidance closely, it's easier to root out the processes that are antiquated and require change.

There's a personal theme that helps me hold myself and others accountable and I hope rubs off on those around me. That theme is 'don't settle.' Don't settle for less-than-the-best effort, mediocrity, not knowing (or someone else not knowing), bad customer service, someone's shrinking standards, unhappiness, and the word 'can't'. 'Don't settle' can be used just about anywhere in our lives.

If we hold ourselves and others accountable to written guidance, rather than ignoring it or leaving inefficiencies as they are, we can keep the basics close at heart and increase the value of what we do. This is essential as we operate during a time of budget and personnel cuts. Keep the axe sharp and 'don't settle.'

NMCB 40 takes charge of Camp Covington



Change of Charge: Naval Mobile Construction Battalion (NMCB) 133's sticker is flipped to NMCB 40 during a change of charge ceremony at Camp Covington on U.S. Naval Base Guam (NBG) Nov. 18. NMCB 133 is scheduled to return to its homeport in Gulfport, Miss., following a seven-month deployment to the island. (U.S. Navy photo by Mass Communication Specialist 2nd Class Waris Banks/Released)

By Mass Communication Specialist 2nd Class Waris Banks
U.S. Naval Base Guam Public Affairs

Naval Mobile Construction Battalion (NMCB) 133 turned over command of Camp Covington to NMCB 40 during a change of charge ceremony at the camp's headquarters on U.S. Naval Base Guam Nov. 18.

"We knew there were going to be challenges," said NMCB 133 Officer in Charge Lt. Cmdr. Michael McCain. "Our guys def-

initely stepped up, remained focused on the mission and did an outstanding job."

The NMCB 133 flag was lowered to signify the end of their deployment. McCain and Lt. Cmdr Jeffrey Jordan, NMCB 40 officer in charge, rendered each other salutes and the incoming command's flag was raised.

Jordan said he and his team were excited to take on a new challenge and were grateful to the outgoing battalion's willingness to assist his team through the transition and applauded them for their tireless efforts.

"Everywhere we turned they were more

than happy to help us out to make sure we had the tools to be successful," Jordan said. "Their hard work, dedication, pride and professionalism was clearly evident as we turned over Camp Covington and their construction projects at Naval Base Guam."

Following the speeches, the red NMCB 133 Seabee sticker was flipped to NMCB 40 symbolizing the new battalion's charge of the camp.

NMCB 133 was deployed on Guam from March-November 2011 and is scheduled to return to its homeport in Gulfport, Miss.

NMCB 40 begins their rotation this month and will be on island until July 2012.

According to Jordan, the battalion is scheduled carryout numerous construction projects such as parking lots, a medical facility, vehicle shelters, and a number of Humanitarian and Civic Assistance Construction projects in the Federated States of Micronesia.

NMCBs have been an important part of Guam since the island's liberation from Japanese occupation in 1944.

Military Sealift Command commander visits Cable

By Mass Communication Specialist 3rd Class Delisia Buchanan
USS Frank Cable Public Affairs

Rear Adm. Mark H. Buzby, commander of Military Sealift Command (MSC), visited the submarine tender USS Frank Cable (AS 40) Nov. 20.

Buzby's main focus for the visit was to assess the progress of material conditions of the work that MSC has done since its integration in February 2010. He was greeted by Capt. Pete Hildreth, Frank Cable's commanding officer, MSC Chief Mate Joseph Siddell and MSC Chief Engineer James Shirley.

"This was a great opportunity to showcase the work that the Navy and the CIVMAR [civilian mariner] crew have done on board the ship," said Siddell. "Rear Adm. Buzby saw the progress we've made since the last time he came onboard."

As Buzby toured the ship with Hildreth, Siddell and Shirley, he saw first hand the strides made to improve the ship's engineering spaces, reefer decks, boats and crane spaces, supply storerooms, and the MSC berthing.

"He recognized the improvements of the material conditions of some long-standing problems in the engine room and fire room," Hildreth said. "He was very complimentary to the job that engineer and deck departments had done."

After his tour, Buzby held an all hands call on the crew's mess with the CIVMARS to discuss the current issues and updates. At the all hands call, Buzby discussed new plans of relief and the rotation of four to five years for the permanent crew. He also briefed the crew on the new dual band system Ex-Generation broadband NGW satellites.

"Basically for the same cost that I'm paying today for a little bandwidth, I could buy double the band-

width up to 64 kb per second, so we can provide separate channels for crew use," Buzby said. "That's the plan, and it's going to happen really soon."

Buzby took questions from the CIVMAR crew and addressed their concerns. He reassured them of the plan to be accomplished when the ship goes through a regular overhaul and dry docking in Vigor Marine, LLC in Portland, Oregon.

"I think he was really happy to see the team come together on relatively short notice to get the ship ready for the flag officer visit," Hildreth said. "The ship looked good, and the crew did a good job getting ready for it."

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/.



Duty Assignment: Rear Adm. Mark Buzby, commander, Military Sealift Command, discusses Boatswain's Mate 2nd Class Daniel Walker's assignment to the submarine tender USS Frank Cable (AS 40) during a boat transfer. Frank Cable conducts maintenance and support of submarines and surface vessels deployed in the U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 3rd Class Corey Hensley/Released)

Emory: First tender turnover in 14 years

Continued from Page 1

and Dry Docking in Portland, Ore.

"It's great to see our sister ship arrive in Guam," said Cmdr. Timothy Sparks, Frank Cable executive officer. "The Emory S. Land arrival marks a major milestone in Western Pacific (WESTPAC) maintenance."

As part of expeditionary manning, Frank Cable rotates approximately 80 crew members on and off Emory S. Land, to complement their crew of Sailors and civilian mariners (CIVMARs).

Sparks said this marks the first tender turnover since Frank Cable arrived in Guam to relieve the now decommissioned submarine tender USS Holland (AS 32) as the WESTPAC tender in May 1996.

Emory S. Land left Diego Garcia in October and made port visits to Malaysia and the Republic of the Philippines prior to her arrival in Guam. During her stay in Guam, the Emory S. Land crew, along with stay-behind personnel assigned to Frank Cable, will continue to service submarines and carry out the mission of the tenders.

Yeoman 3rd Class Kelly Mossi, assigned to Emory S. Land, said he and his fellow shipmates know integrating a larger amount of crewmembers from both ships may be challenging, but they are excited to be in Guam and to work with more Frank Cable Sailors.

While Frank Cable is in dry dock, there are plans to replace switchboards and the ship's electrical power control panel, replace low-pressure turbine rotors and steel, and conduct machinery and habitability overhauls and repairs.



Escort into Harbor: Submarine tender USS Emory S. Land (AS 39) is escorted through Apra Harbor by tugboat Nov. 21. Emory S. Land arrived in Guam to replace the submarine tender USS Frank Cable (AS 40), which is scheduled to enter a dry-docking period in early 2012. Emory S. Land, homeported in Diego Garcia, conducts maintenance and support of submarines and surface vessels deployed in the U.S. 5th and U.S. 7th Fleet areas of responsibility. (U.S. Navy photo by Mass Communication Specialist 3rd Class Corey Hensley/Released)

Sparks said as these repairs and upgrades are being carried out, there will be a small contingent of Frank Cable Sailors and CIVMARs stationed aboard the ship for duty section support, and for the various se-

curity watches. "One hundred forty-five Frank Cable personnel will depart Guam for approximately seven months to oversee the availability requirements," Sparks said. "The major-

ity of the Frank Cable crew will be remaining in Guam and assigned temporary duty to the Emory S. Land."

Emory S. Land will be the WESTPAC tender until Frank Ca-

ble returns mid-2012. Emory S. Land conducts maintenance and support of submarines and surface vessels deployed in the U.S. 5th and U.S. 7th Fleet areas of responsibility.

Tops in Blue

PROHIBITED ITEMS

Only purses and diaper bags will be permitted into the UOG Field House during the Tops in Blue show. All items will be subject to inspection prior to admission to the event. It is strongly recommended that all guests minimize the items they take with them to help reduce access time for everyone.

The following items will not be allowed inside the UOG field house during the Tops in Blue show:

- Weapons (regardless of permit) including firearms, knives (including pocket knives and multi-tools), replica or toy weapons, pepper spray or stun guns
- Outside food
- Any ice chests or coolers
- Pets, other than service animals
- Glass containers
- Bicycles, roller skates, roller blades, scooters or skate boards

Smoking is not permitted inside the field house or near the entrances.

Tops: Fun for whole family

Continued from Page 1

members throughout the continental U.S. and to more than 20 countries with close to 140 performances in just 10 months. For each show the performers set up and tear down more than 60,000 pounds of staging, lighting, audio, video and special effects equipment."

Bigger and better than ever, the 2011 Tops in Blue team is entertaining worldwide audiences with music and fun for the entire family.

Tops in Blue

World Tour 2011

Tops in Blue

Rhythm Nation

Tuesday, November 29
 UOG Field House In Mangilao at 6:30pm
 This show is open to the public.
 Doors open at 5:45pm. For more information call 366-2337.
 Shuttle bus service available at 5pm from Hot Spot (AAR) parking lot.

No Federal Endorsement of Sponsor(s) Intended www.topsinblue.com

Metabolism could save energy

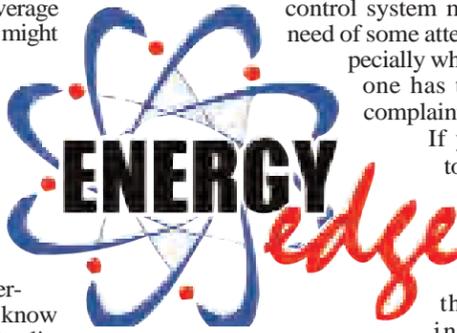
By Patrick Russell
Andersen Air Force Base Energy Manager

Anyone who has performed energy surveys in work spaces probably heard many complaints of areas being too hot or cold. Due to differences in human metabolism, people that sit right next to each other have the opposite complaints.

The Navy and Air Force has energy efficiency standards that apply to space temperatures. Areas should be cool to no lower than 78 Fahrenheit, and hotter to no higher than 68

or 70 Fahrenheit. Since these are average temperature targets, different rooms might have different temperatures, especially in older buildings with large areas and few thermostats. Standards also exist for after hours, to adjust temperature set points to provide less cooling when the building is unoccupied.

The best things you can do if you are too warm or too cold are dress in layers and let your supervisor and facility energy monitor know about your issues. Your building's climate



control system may be in need of some attention, especially when everyone has the same complaint.

If you tend to be cold, and sit in a colder area of the building, you

might ask your supervisor if you can move to a location that's a better fit for your metabolism. Lastly, if you feel that your area is a bit uncomfortable, then an easy solution is to utilize a small fan. It uses little energy, and also moves the warm air produced by your body away from you. This provides a more comfortable environment for you with little energy use.

For energy related issues, questions, or concerns, please contact your base energy manager.

Andersen to implement new foreign national entry policy

By Senior Airman Veronica McMahan

36th Wing Public Affairs

A new policy regulating the entry of foreign nationals onto Andersen Air Force Base will be implemented Dec. 1.

The new policy requires all sponsors of foreign nationals to visit the Visitor Control Center (VCC) at the main gate to officially request approval to sponsor a foreign national onto the base. Approval may take up to five days so sponsors are encouraged complete the necessary paperwork early.

This new policy will affect individuals who are not U.S. citizens.

"The reason behind the change is to ensure the security of the assets and personnel on Andersen Air Force Base, and so we know who is accessing the installation and why," said Maj. Kathy Jordan, 36th Security Force Squadron (SFS) commander. "This policy will probably affect mostly retirees, or those who have visiting family members who are foreign nationals, however, it applies to all sponsors."

"Due to this policy change, sponsors should anticipate added processing time for

their foreign national visitors. Requests should be made at least five days in advance of requiring access. Additionally, sponsors must bring all required documents to the Visitor Control Center," said Col. Dwayne Thomas, 36th Mission Support Group commander. "Getting the information to Security Forces early will ensure this process is smooth and that visitors who need access obtain access in a timely manner."

The required documents are a copy of the individual's passport or visa, the sponsor's military or Department of Defense identification card, and a completed copy of the in-

formation request form that can be obtained at the VCC.

Foreign visit pertains to personal foreign guests escorted onto Andersen for non official visits. Visitors representing foreign governments accessing Andersen for official business must go through the Foreign Visit Request process in accordance with DoD guidance.

For more information on this, contact Ken Propes at (671) 366-5108. For more information about this policy change, please contact the Andersen Air Force Base Visitor Control Center at (671) 366-5651.

NLSO looking for VITA volunteers

By Legalman 3rd Class Christina Oliver
Navy Legal Services Office Pacific Detachment
Guam

It's getting close to that time of year again. Sorry guys, not talking about Christmas, I'm

talking about tax season. Not quite as exciting as Christmas, but we are a legal office. As an office known for being the "best advice in paradise" and the finest in Guam legal assistance for service members, we are once again providing free tax services to all eligible members.

You can imagine that is quite the event. Therefore, the Navy Legal Service Office

(NLSO) is looking for dedicated, efficient service members and spouses to volunteer some of their time to work from our office as tax preparers for this year's tax season. It is a great opportunity to learn important facts about the taxes applied to us and helping our fellow military men, women, and their families receive their tax returns quickly and emphatically.

If you are interested in becoming a Volunteer Income Tax Assistant (VITA), please contact Jared Anderson, head of this year's tax services, at 339-6067 for sign-up and details. Or call the NLSO office at 333-2061. Deadline to sign up is Dec. 31, and VITA training begins the second week of January.

Volunteer for a great and important service today!

NBG celebrates Military Family Month



Celebrating Military Families: U.S. Naval Base Guam (NBG) Commanding Officer Capt. Richard Wood, left, speaks to retired Boatswain's Mate 1st Class Cesar Ocampo about Military Family Month at the Fleet and Family Support Center's (FFSC) booth at the Navy Exchange Main Complex on NBG Nov. 15. The FFSC supports military service members and their families throughout the year with monthly programs covering different topics such as finance, child-care, and tours of the island. President Barack Obama designated November as Military Family Month to honor the "service, strength and sacrifice" of service members and their loved ones. (U.S. Navy photo by Mass Communication Specialist 2nd Class Waris Banks/Released)

Frank Cable conducts casualty drill



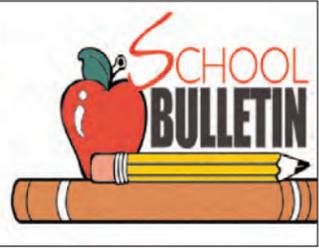
Above: Interior Communications Electrician 1st Class (SW/AW) Kevin Sampson, assigned to the submarine tender USS Frank Cable (AS 40), establishes communications as part of his duties as phone talker during a casualty drill on the ship Nov. 17. Frank Cable conducts maintenance and support of submarines and surface vessels deployed in the 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 2nd Class Gabrielle Blake/Released)

Left: The submarine tender USS Frank Cable's (AS 40) civilian mariners Jose Santos and Manolo DeCastro help Ed Leano put on firefighting gear during a fast cruise drill onboard the ship Nov. 17. Frank Cable conducts maintenance and support of submarines and surface vessels deployed in the 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 2nd Class Gabrielle Blake/Released)



Cable hosts students

Dental Work: Lt. Katherine Reuther, assigned to the submarine tender USS Frank Cable (AS 40), performs a dental exam on a patient for students from Guam High School's health team dynamics class during a ship tour. Frank Cable conducts maintenance and support of submarines and surface vessels deployed in the U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 2nd Class Jeremy Starr/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 349-2115.

Guam High School

College Financing

Interested in learning how to finance your child's college education? GHS students, parents and guardians are invited to a seminar at the school's campus Dec. 7 from 5:30-6:30 p.m. Representatives from the Fleet and Family Support Center, and Guam Community College will be available to advise different financial avenues to take to fund your child's future education after high school. For more information, contact Ms. Leahy-Szymczak at 344-7246 or e-mail connie.leahy@pac.dodea.edu.

Senior Parent Night

GHS seniors, parents and guardians are invited to attend Senior Parent Night at the school's campus Dec. 7 from 6:30-7:15 p.m. The event will cover an overview of upcoming senior activities, including proposed times and dates for senior events. A representative from Jostens will also be available to answer questions and take orders for caps, gowns and class rings. For more information, contact Ms. Leahy-Szymczak at 344-7246 or e-mail connie.leahy@pac.dodea.edu.

Phone Numbers

Andersen Elementary School: 366-1511
 Andersen Middle School: 366-3880/5793

Recycling pays off for MEMS

By Bridgett Cantrell
 Cmdr. William C. McCool
 Elementary/Middle School
 Eighth grade

Peggy Denney of the i-recycle company presented a check for \$1,700 to Mrs. Gonzales, eighth-grade science teacher, and Dr. Schlueter, Cmdr. William C. McCool Elementary/Middle School assistant principal, last week Nov. 16. The money was raised by the Environmental Club members', "Recycled Soda Cans" project.

Describing the importance of recycling, Denney said, "Recycling helps us clean up the island, saves energy and reduces the amount of trash going into the landfill," Denney said.

Denney explained the challenges of recycling on our island and what products are able to be recycled.

"On Guam it's harder to recycle," she said. "We can recycle aluminum, plastics, one, and two, glass, scrap metal, waste cooking oil, and cardboard."



Recycling Rewards: I-recycle Program Administrator Peggy Denney, left, presents a check to Cmdr. William C. McCool Elementary and Middle School (MEMS) Assistant Principal Bernadette Schlueter, center, MEMS science teacher Dr. Gina Gonzales, and eighth-grade students at the school's campus on U.S. Naval Base Guam Nov. 16. The I-recycle program is designed to help Guam schools generate extra money through recycling of aluminum cans. Each school that participates in the program receives a check for the total weight of cans recycled. This photo has been altered for security purposes. (U.S. Navy photo by Debora Moore/Released)

Red Ribbon Week: Poster contest

By Kennedy Ligon
 Cmdr. William C. McCool
 Elementary/Middle School
 Eighth grade

Commander William C. McCool Elementary/Middle School (MEMS) held a ceremony honoring the Red Ribbon Week poster contest winners Nov. 15. MEMS was one of the top participating schools, submitting more than 2,000 such posters.

The top winners included Sienna Pineda, who came in first place for the island-wide contest; Madelyn Hoops; Ally Perkins; and Sky Roberts.

"I was overjoyed with winning; it was exiting being called up in front of my classmates," Hoops said.

Pineda is moving off island and her family was there to accompany her during the ceremony. Seeing her go up on stage was a great achievement for the family.

"We were very proud,"

her mother said. "Sienna agreed to leave the poster with McCool with the consent of her grandfather."

All the winners were excited.

"I was surprised that I won," said Perkins. "I didn't believe I could win something so great."

"I was completely stunned, I felt like I didn't deserve winning," Roberts said. "I believed the other schools' art was much better."

Mr. Don Christensen, MEMS principal, said he was proud his school was a participant in the poster contest.

"It was a great honor, especially since it was against other schools," he said. "They had great artists there, and many kids deserved to win. I was proud that a student from my school received such a glorious award."

The winners of the contest received a certificate of achievement, a teddy bear and a Frisbee.



Proud Family: Sienna Pineda and family all turned out for the Red Ribbon Week poster contest award ceremony at Cmdr. William C. McCool Elementary/Middle School on U.S. Naval Base Guam Nov. 15. Pineda took first place in the island-wide contest. (U.S. Navy photo by Denise Giamelle/Released)

Buñelos dāgu: Traditional holiday treat

By JoAnna Delfin
Joint Region Edge Staff

The coconut trees are swaying, the ocean is still as blue as the sky and the temperature is still the same. So how can you tell that the holiday season is in full swing on Guam?

One hint is the sweet smell of buñelos dāgu (boo-NYE'-lus DAH'-goo).

This dessert is a traditional holiday fritter made from local yam. The deep-fried treat is typically served during November and December and can be found on almost every Thanksgiving or Christmas table.

"Dāgu is usually planted during these months and is grown for about a year," said Roland Quitugua of the University of Guam.

Preparation of the fritter is a tedious process that includes pulling the yam from the ground, cleaning and finely grating it. For those looking to prepare buñelos dāgu, be very careful as the sap from the yam can make a person's hands very itchy. Be sure to use latex gloves while preparing the dish to avoid irritating your skin.

"I remember when I was younger and my dad would send me out to get dāgu," recalled local resident Mark Acosta. "It was a lot of hard work and our hands would get really itchy when we grated the dāgu but

it was worth it when he would cook it and we'd eat it with sweet syrup."

Most people on Guam opt to enjoy the fritter with syrup as the doughnut itself is not sweet.

Acosta said because the doughnut is prepared during this time of the year, it reminds island residents that the holiday season is here.

"Buñelos dāgu is synonymous with Christmas on Guam," he said. "When I was younger we'd always eat it during Christmas so when you grow up with those kinds of memories, it kind of sticks with you as you get older. Now, when I see buñelos dāgu I know it's time to shop for Christmas gifts."

Instead of leaving cookies for Santa near the Christmas tree, give him a sweet taste of Guam with this delicious treat.

Buñelos dāgu recipe

- Two pounds of dāgu
- Two-thirds cup of sugar
- One-and-a-half cups of flour
- Two-and-a-half cups of water
- Five cups of vegetable oil

Peel the dāgu with a standard vegetable peeler and grate finely into a large mixing bowl. For those with sensitive skin, please be sure to wear latex gloves as the sap of the yam will cause itchiness.

Once your dāgu is grated add



Treats for Santa: Buñelos dāgu (boo-NYE'-lus DAH'-goo), or yam doughnuts, are a favorite Christmas season treat on Guam. This simple snack signifies to many that the start of the holiday season has arrived. The doughnuts are a simple mixture of flour, water, sugar and local yams that can often be found growing wild in the jungles of Guam, at local flea markets or at roadside fruit and vegetable stands. Buñelos dāgu are often dipped in warm syrup to add sweetness. (Joint Region Edge file photo)

flour, water and sugar and mix well. If your mixture seems too watery, add more flour as needed. The consistency should be similar to cake batter though slightly more solid.

Heat oil in a deep frying pan for five minutes. Take a handful of batter and squeeze portions of it between your thumb and index finger so the batter comes out from the opposite end of your hand.

Portions should resemble the size of a golf ball.

Fry for 10-15 minutes or until golden brown. Serve with warm syrup.

FREE

Guam Symphony Society's Holiday Seaside Concert

Join music lovers for the 22nd Annual Holiday Seaside Concert presented by the Guam Symphony Society Dec. 11 from 3-6 p.m. at the Gov. Joseph Flores Memorial Park in Tumon. The free public event will feature the Guam Symphony Orchestra and Corale, the University of Guam Singers and University of Guam Jazz Band.

In addition to the great music the event will feature Santa Claus, a best picnic basket competition and raffle drawings.

Attendees are encouraged to bring their own beach chairs, umbrellas and picnic hampers. For more information, call 477-1959 or 687-7727 or visit www.guamsymphony.com.

Bands at Molly McGee's

Check out the following bands at Molly McGee's on U.S. Naval Base Guam:

Passenger 3, Dec. 3, 10, 17 and 31 at 9 p.m.

Blacksheep, Dec. 9, 23 at 10 p.m.

Everything Zen, Dec. 2, 16 and 30 at 10 p.m.

For more information, call 564-1833.

Movies Under the Stars

Come out and enjoy the movie "Polar Express" with the whole family at Molly McGee's Field on U.S. Naval Base Guam Dec. 16, 7 p.m. The event is free. For more information, call 688-7038.

Tops in Blue Rhythm Nation

Listen to the music of Tops in Blue during a free concert at the University of Guam Field House in Mangilao, Nov. 29. Doors open at 5:45 p.m. and the show starts at 6:30 p.m. For more information, call 366-2339

Armed Forces Appreciation Fridays

Active duty military members can stop by Gecko Lanes, Fridays from 11 a.m.-1 p.m. and bowl free as an appreciation for your service. Please show your ID at the front desk. For more information, call 366-5117.

UNDER \$10

Moms and Tots

Need to keep your kids busy? Enroll in the Mom and Tots program! Stations are set up for parents to help their child climb, build, stack, and play! \$3 per class. Parents can register beginning October 1. Classes start Nov. 4 for children walking to 3 years of age and their

parents. For more information, call 564-1844/5 or 727-2575.

Buck Saturday Matinee

Every Saturday from noon-6 p.m. enjoy \$1 games, rental shoes, 16 oz. soda, small fries and small nachos at Gecko Lanes. For more information, call 366-5117.

Kids Day Sundays

Bring the kids to Gecko Lanes every Sunday from noon-8 p.m. and pay just \$1 per game with a free kid's shoe rental. For more information, call 366-5117.

Tuesday Texas Hold'em nights

Texas Hold'em tournaments are held at 6 p.m. in the Top of the Rock ballroom. Play is free for club members and \$5 for non-members. Open to ages 18 and older. For more information, call 366-6166

Holler for a Dollar Tuesdays

Don't miss Gecko Lanes' Tuesday evening special, "Holler for a Dollar". Every Tuesday from 6-10 p.m. enjoy games, shoe rentals, and fountain drinks for \$1 each. For more information, call 366-5117.

Thirsty Thursdays

Games, shoe rentals and fountain sodas are on special for \$1 each every

Thursday from 6-10 p.m. For more information, call 366-5117.

\$10 AND UP

New Year's Eve Family Bash

Bowling at Orote Point Lanes, Dec. 31 from 8 p.m.-1 a.m. Fun for the whole family! There will be games, party favors, a live DJ and karaoke. Rent a lane for \$90. This includes two large single topping pizza and unlimited fountain beverage. Register Dec. 1-20. For more information, call 564-1828/9.

Christmas Sale at Admiral Nimitz Golf Course

Purchase golf clubs, bags, footwear and apparel at a discounted price from Dec. 1-24. For more information, call 344-5838 or go to mwr Guam.com.

Holiday Wine Tour

The Holiday Wine Tour is scheduled for Dec. 1, 6-9 p.m. at Top o' the Mar. No reservations needed. \$15 per person. For more information, call 472-4606/7.

Christmas Day Traditional Feast

Enjoy Christmas with family and friends at Top O' the Mar, Dec. 25 from 11 a.m.-2p.m. The lunch is open to the public. Adults are \$23 and \$11.50 for kids. Call 472-4606/07 to reserve a table by Dec. 23.



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FRIDAY, NOV. 25

7 p.m.: Real Steel • PG-13
9:30 p.m.: 50/50 • R

SATURDAY, NOV. 26

1 p.m.: Abduction • PG-13
3:30 p.m.: Dream House • PG
7 p.m.: The Ides of March • R

SUNDAY, NOV. 27

1 p.m.: Moneyball • PG-13
3:30 p.m.: Dolphin Tale • PG
7 p.m.: Killer Elite • R

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

(Source: Navy Morale, Welfare and Recreation Office)



FRIDAY, NOV. 25

7 p.m.: Shark Night • PG-13

SATURDAY, NOV. 26

2 p.m.: Shark Night • PG-13
7 p.m.: Johnny English Reborn • PG

SUNDAY, NOV. 27

7 p.m.: The Thing • 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.

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

Busyness: "The slow killer"

By Lt. j.g. Matthew Drayton

U.S. Naval Base Guam Chaplain

On an average day, busyness can consume us and when you add the holiday rush and it can be overwhelming. A doctor once wrote, "You can feel like a tin can surrounded by a circle of a hundred magnets, allowing yourself to respond to every magnet; tracking too much data, answering to too many people, taking on too many tasks, all because you think that it's the way you must live in order to keep up and stay in control, never taking the time to realize that it's the magnets that have the control." Can you relate?

Did you know that statistically Americans now work more than anyone else in the world, and that busyness is directly linked to stress? This stress accounts for two-thirds of today's office visits to family physicians, not to mention one of the six leading causes of death.

Busyness has equally drastic spiritual effects as well. When

you're too busy, you feel distant from God, empty inside, like a hollow shell dead to the world. Pastor and author John Ortberg wrote, "I've concluded that my life and the well being of the people I serve depends on following [God's] prescription, for hurry is the great enemy of spiritual life in our day. Hurry destroys souls. For most of us, the great danger is not that we will renounce our faith; it is that we will become so distracted, rushed and preoccupied that we will settle for a mediocre version of it. We will just skim our lives instead of actually living them." In a recent sermon I coined those who suffer from busyness "the walking dead" and I leave it to you to decide if it's an exaggeration.

In the Gospel of Luke 10:38-42 Jesus addressed the issue of busyness directly, and showed us what is essential to the heart of a

believer.

In the story Jesus and his disciples come to a village and are invited into the home of a woman named Martha. Martha had a sister named Mary and when Jesus entered, Mary sat at his feet listening



to what he had to say. Martha, on the other hand, was "distracted by all the preparations that had to be made" and soon came to Jesus saying, "Lord, don't you care that my sister

has left me to do the work by myself? Tell her to help me!"

Jesus then said to Martha, "Martha, Martha, you are worried and upset about many things but only one thing is needed. Mary has chosen what is better and it will not be taken away from her."

If I'm honest with myself, I'm a doer, and so I relate not to Mary best, but to Martha. Not only do I relate to all that needs to be done,

but also with the frustration she has over her sister not helping.

I ask myself, if not for Martha, who would have made the lunch? Upon reflection however, I see how Martha's busyness has manifested in a sour attitude and this reveals the condition of her heart. Jesus pointed out that "we all can't be like Mary all the time, but its essential that we be like Mary some of the time." If we try to 'do' without first being present with our Lord, our doing is done in vain and our hearts suffer.

This holiday season, don't let busyness drag you down and settle for a mediocre version of life, for God wants nothing but the best for his people.

Prioritize your relationship with God, simplify as much as you can; invest your time more wisely than you do your money; try not to be a people pleaser but instead be present with them; be a model of rest in a world that is restless; and spend time in prayer, for prayer moves the hand that moves the world.

Still Moments



Achievement Medal: Joint Region Marianas (JRM) Chief of Staff Capt. Ulysses Zalamea, right, presents Lt. Roy Elliott with the Navy and Marine Corps Achievement Medal during an awards ceremony at the JRM headquarters on Nimitz Hill, Nov. 18. Elliott served as flag aid to Rear Adm. Paul Bushong, Commander, JRM, for 11 months. (U.S. Navy photo by Mass Communication Specialist 1st (SW) Peter Lewis/Released)

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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.

Miami Marlins and Marlins Mermaids

Meet and greet members of Florida Marlins and the Marlins Mermaids Dec. 10 for a youth baseball clinic at Ebbett Field at 2 p.m., a youth dance clinic at the Charles King Fitness Center at 2 p.m., softball game at 7 p.m. at Ebbett Field and an autograph session at CKFC at 6 p.m. For more information, call 688-7038.

Captain's Cup Ultimate Frisbee

Register for the Captain's Cup Ultimate Frisbee Tournament at the Charles King Fitness Center by Dec. 7. Tournament will be on Dec. 16-17. For more information, call 685-5243.

Harlem Globetrotters

Come and see the original Harlem Globetrotters at the Charles King Fitness Center, 6 p.m., Dec. 9. For more information, e-mail mwrquamevents@gmail.com

Fall Youth Soccer League

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. 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.

Miami Marlins and Marlins Mermaids

Meet and greet members of Florida Marlins and the Marlins Mermaids Dec. 9 for a youth baseball clinic and youth dance clinic at Arc Light Park from 3-4 p.m., and an autograph session at the Coral Reef Fitness Center from 6-7:30 p.m. For more information, call 366-6167.

Harlem Globetrotters

Come and see the original Harlem Globetrotters at the Coral Reef Fitness Center, 6:30 p.m., Dec. 8. For more information, call 366-6167.

Zumba

Free Zumba classes are held at the Coral Reef Fitness Center, Monday-Wednesday at 7 p.m. and Saturdays at 8:30 a.m.. 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.

Zumbatomic Children's Dance Class

Have the kids join in the Zumba movement with Zumbatomic at the Coral Reef Fitness Center. Classes for the Lil' Stars, children ages 4-7, are held on Wednesdays from 3-4 p.m. for eight weeks with a fee of \$30. Big Stars classes, children ages 8-12, are held on Tuesdays and Thursdays from 3-4 p.m. for eight weeks with a fee of \$50. All classes are conducted at the Hotspot. For more information, call 366-2339.

Monday Driving Range Special

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

Monthly Green Fee Card

Palm Tree Golf Course can now save avid golfers big bucks! Golfers can now purchase a money-saving monthly green fee card for just \$40-\$60 per month depending on rank. What a deal! Purchase yours soon at Palm Tree Golf Course or call 366-4653 for more information.

Lap Swimming

The Andersen pool offers lap swimming outside the recreational swim hours. Lap swimming hours are 6-8 a.m. and 11 a.m.-noon, Friday through Wednesday; 6-7 p.m. Monday, Tuesday and Wednesday. No lap swimming will be available Thursdays, weekends, holidays and down days. Also, the pool is looking for certified swimming instructors and lifeguards. For more information, call Outdoor Recreation at 366-5197 or Human Resources at 366-1189.

Aikido Classes

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

Tumbling for Tots

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



Aiming for the Green: Nick Santos, Naval Facilities Engineering Command (NAVFAC) Marianas contracts specialist, tees off during the 2011 Seabee Ball Golf Fundraiser at the Admiral Nimitz Golf Course in Barrigada Nov. 18. Santos won first place in the "Longest Drive" competition. (U.S. Navy photo by Lt. j.g. Jason Sharp/Released)

2011 Seabee Ball Golf Fundraiser



Teeing Off: Lt. Cmdr. Grant Watanabe, Naval Facilities Engineering Command (NAVFAC) Marianas integrated product team deputy, tees off during the 2011 Seabee Ball Golf Fundraiser at the Admiral Nimitz Golf Course in Barrigada Nov. 18. (U.S. Navy photo by Lt. j.g. Jason Sharp/Released)