



LIBERTY THROUGH UNITY

JOINT REGION EDGE

Volume IV No. 3

Friday, January 27, 2012

Coast Guard hosts cadets

From United States Coast Guard Sector Guam Public Affairs

U.S. Naval Sea Cadets from the Marianas Division had the opportunity to be Coast Guardsmen during U.S. Coast Guard (USCG) Sector Guam's Sea Partners Campaign Jan. 21-22.

The Sea Partners Campaign is a Coast Guard environmental education and outreach program focused on communities at large to develop community awareness of maritime pollution issues and to improve compliance with marine environmental protection laws and regulations.

"On the first day, Sea Cadets learned about the effects of oil, hazardous chemicals, waste and debris on the marine environment," said Marine Science Technician 3rd Class Sarah Jacobs of USCG Sector Guam. "We also talked about ways groups and individuals can take action to protect the waterways around Guam. After learning about environmental cleanups, taking action was exactly what we did."

The following day, Coast Guardsmen and Sea Cadets partnered to conduct a beach cleanup around the shores of Merizo pier. Together the group filled more than 15 bags of trash and separated materials that could be recycled.

Throughout the weekend, Sea Cadets toured Station Apra Harbor, experiencing small boat station life. Cadets also climbed aboard Coast Guard Cutters Assateague and Sequoia to learn about each cutter's unique and shared missions.

All Coast Guard units on Guam share

See Coast Guard, Page 7

Learning from the Best: Sea Cadets stand on the buoy deck of the United States Coast Guard Cutter Sequoia as Boatswain's Mate 3rd Class Jared Barnes of USCG Sector Guam discusses the cutter's Aids to Navigation Mission. U.S. Coast Guard photo by Lt. j.g. Richard Russell/Released



NCACS in effect
New System implemented

PAGE 4



Boot Camp creates Delicious desserts
PAGES 8, 9

Scan for direct links to Joint Region Marianas



NBG housing adds to recycling list

Recycling for the Environment: U.S. Naval Base Guam (NBG) housing resident Andrea Peters recycles cardboard outside her home in Santa Rita Jan. 24. The NBG Housing Office is now requiring all Navy housing residents to dispose of mixed paper and cardboard in their recycle bins. U.S. Navy photo by JoAnna Delfin/Released



By JoAnna Delfin
Joint Region Edge Staff

U.S. Naval Base Guam (NBG) housing residents are now able to recycle mixed paper such as magazines, newspapers, office-type papers, books and cardboard.

According to Troy Imamura, Naval Facilities Engineering Command (NAVFAC) Marianas integrated solid waste manager, residents should dispose of the

See Recycling, Page 7

- cnic.navy.mil/marianas
- facebook.com/jrmguam
- twitter.com/jrmguam
- youtube.com/jrmguam

Joint Region Edge

Joint Region Edge is an authorized publication for overseas members of the U.S. military and their families. Contents of this publication are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or Guam Publications, Inc. The appearance of advertising in the publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, Commander, Joint Region Marianas of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. Joint Region Edge is published by Guam Publications, Inc., a private firm in no way connected with the Department of Defense, the U.S. Navy, or the U.S. Air Force, under exclusive contract with the Commander, Navy Region Marianas, located in Bldg. 200. Editorial material is due at noon on the Thursday before publication date. All 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.

Rear Adm. Paul J. Bushong, USN,
Commander, Joint Region Marianas

Brig. Gen. John Doucette, USAF
Deputy Commander, Joint Region Marianas

Joint Region Marianas Public Affairs

Public Affairs Officer
Lt. Matt Knight, USN
349-4055
william.knight@fe.navy.mil

Deputy Public Affairs Officer
Coleen R. San Nicolas-Perez
349-3209
coleen.perez@fe.navy.mil

Public Affairs Director
Theresa Merto Cepeda
Public Affairs Director, DZSP 21 LLC
349-6114
theresa.cepeda@fe.navy.mil

Editor
JoAnna Delfin
349-2113
joanna.delfin.ctr@fe.navy.mil

Reporters

Mass Communication Specialist
1st Class (SW) Peter Lewis
349-4376
peter.lewis1@fe.navy.mil

Mass Communication Specialist
2nd Class (SW) Corwin Colbert
349-4376
corwin.colbert@fe.navy.mil

Mass Communication Specialist
2nd Class (SW) Gabrielle Blake
349-5438

Shaina Marie Santos
349-2115
shaina.santos.ctr@fe.navy.mil

Photographer
Reynaldo Rabara
349-5435
reynaldo.rabara@fe.navy.mil

Write to us at:
Joint Region Marianas
Public Affairs Office
PSC 455 Box 211
FPO AP 96540-1000

U.S. Naval Base Guam Public Affairs

Public Affairs Officer
Annette Donner
339-2663
annette.donner@fe.navy.mil

Andersen Air Force Base Public Affairs

Public Affairs Officer
Capt. Timothy Lundberg
Chief of Public Affairs
366-2228
timothy.lundberg@us.af.mil

Noncommissioned Officer in Charge of Internal Information
Senior Airman Veronica McMahon
366-2228

Reporters
Staff Sgt. Alex Montes, 366-2228
Senior Airman Ben Wiseman, 366-2228
Senior Airman Carlin Leslie, 366-2228
Airman 1st Class Jeffrey Schultze, 366-2228
Airman 1st Class Whitney Tucker, 366-2228

EODMU5 Det. Marianas diffuses projectile



Explosive Device: A World War II-era five-inch projectile lies on the ground after it was discovered by an island resident behind their home in Dededo, Guam Jan. 20. Sailors from Explosive Ordnance Disposal Mobile Unit (EODMU) 5 Det. Marianas safely disposed of the unexploded ordnance. Photo courtesy of EODMU 5 Detachment Marianas

By Mass Communication
Specialist 2nd Class (SW) Gabrielle
Blake
Joint Region Edge Staff

Sailors from Explosive Ordnance Disposal Mobile Unit (EODMU) 5 Det. Marianas disposed of an unexploded ordnance (UXO) found in the front yard of a civilian home in Dededo Jan. 20. "Once the EOD technicians arrived on the scene, the UXO was identified as a World War II-era five-inch projectile," said EODMU 5 Det. Marianas Officer in Charge Lt. Brent Wadsworth.

The projectile had a sensitive MK-18 mechanical time fuse, which required EOD render safe procedures (RSP) to be performed before removal to a safe disposal site was possible.

The EOD technicians worked with the Guam Police Department to safely evacuate civilian homes

in the area and close off traffic prior to performing the RSP.

"Anytime EOD procedures are being performed, there is always the potential for the projectile to detonate as a result," Wadsworth said. "Once all the safety precautions were in place and the homes were evacuated, the team executed the EOD RSP."

Following proper RSP, the Sailors utilized a bullet modified to shoot a 2.5-inch slug at the firing mechanism of the five-inch round. The slug destroyed the firing mechanism, rendering the round safe to transport to the EOD detonation range where it was destroyed.

"We are glad to get rid of these explosives," said Chief Explosive Ordnance Disposal Technician (EWS) Eric Von Gogh. "We are all happy and proud to do the job."

If island residents come across UXOs, Wadsworth advised to immediately contact the proper

authorities and not to touch the device.

"These WWII rounds are still highly dangerous," Wadsworth said. "Anytime anyone comes across a round, do not touch it. The best action is to take note of the location then call 911 or base security immediately so we can dispose of the round properly."

EODMU5 is a forward deployed mobile command providing EOD detachments and a fly-away recompression chamber detachment to the 7th Fleet. Their primary mission is to enable access for carrier and expeditionary strike groups, mine countermeasures operations and special operations forces. Secondary missions include support to U.S. Secret Service and the command's naval operations sponsor in the testing and development of acquisition programs and their associated techniques and procedures.

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.

War in the Pacific to Host Movie in the Park

Back by popular demand, join the National Historical Park Service for an outdoor screening of the classic "No Man is an Island" Jan. 28 at 6 p.m. at the War in the Pacific National Historical Park in Asan. The film dramatically portrays the suspenseful struggle of U.S. Navy Radioman George Tweed as he built a relationship with the Chamorro people during the Japanese occupation of the island during World War II. Attendees are encouraged to bring chairs, blankets, flashlights, umbrellas and insect repellent. In the event of inclement weather, the program may be delayed or canceled.

NBG Chapel Services Return

Religious services are being held at the U.S. Naval Base Guam Chapel after temporarily relocated to other facilities on base due to chapel renovations. The schedule is as follows:

Catholic service in chapel:
Saturdays at 5:30 p.m.
Sundays at 9 a.m.
Daily Mass: Monday, Tuesday, Thursday and Friday at Naval Base Chapel (NBC) Bldg C until further notice

Protestant services in the chapel: Sundays at 10:30 a.m.
Jewish services: Fridays at 6:30 in NBC Bldg. C until further notice

Andersen AFB Chapel 2 Sanctuary

Due to the installation of a fire suppression system, the Chapel 2 Sanctuary will be closed for the duration of the month of January. The following is a list of provisions we are offering to accommodate the needs of the Andersen Protestant Community:

Jan. 29: Combined Protestant Worship service at 10:30 a.m. in the Base Theater. Liturgical and emerging services will maintain their normal schedule. Religious education will be held in the Chapel Activity Center from 9:15-10:15 a.m.

The closure will not affect any Catholic worship or activities. We apologize for the inconvenience and we hope that our chapel schedule will return to normal in February.

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.

DoDEA Guam District Schools

Jan. 27: Teacher Workday (no classes)

Phone Numbers

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

COMMUNITY Corner

movies • movies • movies

The Big Screen Theater

JAN. 27 (FRIDAY)
7 PM THE MUPPETS PG
9:30 PM THE SITTING R

JAN. 28 (SATURDAY)
1 PM JACK AND JILL PG
3:30 PM ARTHUR CHRISTMAS PG
7 PM J. EDGAR R

JAN. 29 (SUNDAY)
1 PM HAPPY FEET 2 PG
3:30 PM NEW YEAR'S EVE PG-13
7 PM TWILIGHT SAGA: BREAKING DAWN PG-13

Movie Hotline 564-1831 US Naval Base Guam

Meehan Theater

JAN. 27 (FRIDAY)
7 PM SHERLOCK HOLMES: A GAME OF SHADOWS PG-13

JAN. 28 (SATURDAY)
2 PM SHERLOCK HOLMES: A GAME OF SHADOWS PG-13
7 PM SHERLOCK HOLMES: A GAME OF SHADOWS PG-13

JAN. 29 (SUNDAY)
7 PM SHERLOCK HOLMES: A GAME OF SHADOWS PG-13

Movie Hotline 366-1523 Andersen Air Force Base

Commander William C. McCool Elementary/Middle School: 339-8676
Guam High School: 344-7410

MWR HAPPENINGS

U.S. Naval Base Guam

Pro Bowl Cheerleaders' Visit
Come and learn some new moves from the visiting Pro Bowl Cheerleaders at the Charles King Fitness Center Feb. 3. There will be an open clinic for adults from 8:20-9:20 a.m. and a youth clinic from 4-5 p.m. For more information, call 564-1830

Super Bowl Party at Molly McGees

Come and watch the big game on a super-size screen at Molly's on Feb. 6. Pre-game party starts at 6 a.m. and enjoy a skillet or some yummy appetizers until 10 a.m. The bar will be open all day and the lunch menu starts at 11 a.m. Stay and join the after party from 8-11 p.m. For more information, call 564-1833.

NAF (Non-appropriated Funds) Sale

Join MWR for their NAF sale Feb. 3-4 at Top O' the Mar from 9 a.m.-3 p.m. On Feb. 3 from 9 a.m. - noon, the sale will only be open to active-duty service members only. Dining tables, chairs, recreation gear, sofas and much more will be for sale. Cash and credit cards will be accepted. For more information, call 349-6251.

36th FSS HAPPENINGS

Andersen Air Force Base

Pro Bowl Cheerleaders' Visit

Don't miss the upcoming visit to Andersen by official Pro Bowl Cheerleaders!

Feb. 2: Free youth cheer clinic at the Youth Center Gym at 4:30 p.m.

Feb. 2: Meet and great autograph session at the Coral Reef Fitness Center at 6:30 p.m. For more information, call Marco at 366-6167.

Free Outdoor Movie Night

Enjoy watching an outdoor movie at Arc Light Park Jan 28 at 7:30 p.m., weather permitting. Featured film will "The Karate Kid". For more information, call 366-2339.

Super Bowl XLVI Party

Don't miss all the action at this year's Super Bowl at the Top of the Rock Collocated Club Feb. 6. Doors open at 6 a.m. with kick-off at 9:25 a.m. There will be chances to win great prizes and a special performance by the visiting Pro Bowl Cheerleaders. Admission is \$10 for club members, \$15 for non-club members and includes breakfast and lunch. For more information, call 366-6166.

SPORTS SHORTS

U.S. Naval Base Guam

Captain's Cup Bowling League

Join the Captain's Cup Bowling League tournament Feb. 7 at the Orote Point Lanes. Sign up and turn in the sports package to the Charles King Fitness Center by Feb. 1. For more information, call 333-2471.

Love Your Heart 5K

The Love Your Heart 5K will be held Feb. 10 at Sumay Cove. Show time is 5:30 p.m. and Go time is 6 p.m. Please pre-register by Feb. 9 at the Charles King Fitness Center or at the event. For more information, call 685-5267.

Andersen Air Force Base

Valentine's 5K Run

Coral Reef Fitness Center will host a Valentine's 5K Feb. 14 starting at the Palm Tree Golf Course Driving Range parking lot. Show time is 6 a.m., with the run starting at 6:30 a.m. Pre-registration is not required. Call 366-6100 for more information.

COMMENTARY

What's on your "not-to-do" list this year

By Chief Master Sgt. Margarita Overton
36th Wing



As we march into 2012, statements such as, 'Back to the Basics', 'Re-bluing the Force', and 'Be a better Airman' sound like wonderful New Year's resolutions to professionalize our force. As champion of a 36th Wing priority to "Develop a Culture of Professional Airmen," I must help our Airmen understand what professionalism looks like. I believe professionalism looks like people who are technical experts in their job, who display the highest personal conduct both on and off duty and who treat their customers and each other with dignity and respect.

So, how are we doing Team Andersen? Let's take the year 2011 in review. We began by receiving an "outstanding" rating for the Secret Internet Protocol Router Network inspection and an "excellent" rating for its Non-classified Internet Protocol Router Network operations during the Command Cyber Readiness Inspection, and that was due to efforts from the entire installation.

Next we launched Exercise Cope North 11-1, a two-week bilateral flying training exercise with the goal of increasing combat readiness and interoperability between the U.S. and the Japan Air Self-Defense Force (JASDF). It was the largest in scope to date with more than 1,000 U.S. and JASDF members, and more than 57 aircraft, to include JASDF F-2's, E-2C Hawkeyes and F-15J Eagles. We had zero mishaps.

Then the Pacific Command Compliance Inspection team showed up in May. We laid out all of our processes and asked the team to show us where we can improve. We received feedback on areas we could touch up, but 92 percent of our critical compliance objectives were in compliance and the wing earned an overall "excellent" rating. I've seen the Wing improve its war-fighting capability and by October we accomplished a first.

The base as a whole donned

their personal protective equipment and went through a series of mission oriented protective postures to show our ability to survive during a chemical, biological, radiological or nuclear attack. We maintained safety focus and showed a sense of urgency. Last year was also the first year we incorporated face-to-face boards in our Senior Airman-Below-the-Zone promotion process. The emerging supervisory involvement, support and coaching became evident with each board which led to Airmen who were well-prepared and ultimately successful during the personal interview.

We are doing the right things and we have a reputation for marked improvement in the professionalism of our Airmen compared to prior years. Because we do so many things right, perhaps we would be better served this year to resolve on what not to do, as opposed to what to do. This year we can take the opportunity to eliminate bad habits, which may not necessarily be a blatant violation of standards, but could detract from our professionalism. In keeping it real, I will share with you three things I've resolved not to do this year.

First up is that I will not answer an officer's question without preceding the answer with a 'sir', 'ma'am', or their rank and last name. I interact with wing leadership on a daily basis and I have to admit I can do a better job of not creating a perception of too much familiarity. If I neglect this simple courtesy, I set a permissive environment for Airmen who do not engage with officers as frequently as I do.

Second, I will not use slang vernacular in place of proper terms of address. It's 'dining facility', 'boxed meals' and 'fitness center', not 'chow hall',

'box nasty's' or 'gym.' It's 'Senior Master Sgt.' or 'Sgt.' and 'Lt.', not 'Senior' or 'Lt.' and it's 'Airmen' not 'troops.'

Using the proper terms may seem like a little thing, but it's the little things that we condone that could lead to bigger things later. Third, I will not wear my personal physical training clothing if I'm working out during peak duty hours. Even though the Air Force Instruction states that we are only required to wear the Air Force physical training (PT) uniform during organized PT, if fitness is part of my duty, why not wear my Air Force Physical Training Uniform (AFPTU) while working out during the duty day? I see many of our Airmen wearing their AFPTU, and as a leader I let them know, I'm part of them and I wear the same uniform they do.

Last month during his quarterly all-call, Brig. Gen. John Doucette, 36th Wing commander, shared with us the results from the yearly Gallup poll where American society has consistently given the military the highest confidence ratings, since 1986, in comparison to the police, the presidency or even the U.S. Supreme Court. I firmly believe it is because of the professionalism of our people. I've shared with you my three "not-to-do" items for this year to enhance my professionalism, which now makes you an accountability partner to help me to stay on track. I'm curious to know what three things you will resolve "not to do" in 2012. Feel free to use the comment option to share pet peeves or bad habits you've seen detract from military professionalism. I'm extremely proud to be a part of this great team and I look forward to what we will accomplish together as we continue to emphasize a culture of professional Airmen.



Hooking it Up: Staff Sgt. Kylie Herron, 36th Communications Squadron cable antenna maintenance technician, was awarded Team Andersen's Best on Andersen Air Force Base Jan. 12. 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 Senior Airman Carlin Leslie/Released

Andersen's Best:

Staff Sgt.

Kylie Herron

By Senior Airman Carlin Leslie
36th Wing Public Affairs

Staff Sgt. Kylie Herron, 36th Communications Squadron, cable antenna maintenance technician, was awarded Team Andersen's Best on Andersen Air Force Base Jan. 12.

Herron proved to be a vital member during the temporary air traffic control tower standup. She installed and connected 100 feet of copper cabling and 200 feet of category-five cables to existing base communications infrastructure providing network and telephone connectivity to a remote section of the

flight line.

"Sgt. Herron's drive, motivation and attitude to get the job done correctly and on time makes her a vital asset to our shop," said Tech. Sgt. Gabriel Cavender, noncommissioned officer in charge of cable antenna maintenance. "Her professionalism and dedication makes her a great recipient of this award."

Herron also went the extra mile coming in on her free time to assist with the connection and activation of the towers equipment that she had never worked with and was not responsible for. She studied technical orders and found ways to make the entire system mission ready before the deadline. Sergeant Herron is definitely one of Team Andersen's best.

MAN ON THE STREET

“How do you save money?”

“I clip coupons and share with friend in the U.S.A. Sometimes I also bring lunch from home or carpool.”

Natasha Jamerson

Andersen Education Center



“I have an account for savings and an account for checking. I try to put it mostly in my savings and don't touch it.”

Lance Botelho

Andersen Bank of Guam Branch



“I recycle and minimize using too much water or power.”

Brian Antolin

DZSP 21 Environmental



“I don't spend money. If I'm on a budget I stay on that budget and I don't spend any extra.”

Sharon Jones

Military Spouse



“I put it in the bank. I buy stocks and bonds.”

Edmond Collins

Retired Army



“You cut back on your cable, you know you don't need all those channels; you restrict going out to dinner, going to movies, those kinds of things. That's usually how I do it.”

Jonathan Holmes

Military Spouse



By Mark C. Overton
2012 Multicultural Festival, African-American Subcommittee Project Officer

Did you know there are no federal or national holidays in the United States? Each of the 50 states has jurisdiction over its holidays; yet, 10 holidays per year are proclaimed by the federal government. When was the last time you participated in the celebration of an observance recognizing specific groups in our society? Special observances are a proud part of American history.

As compared to other countries, the United States' culture and traditions are rich because of the contributions made by the many groups of people who have come to our shores over the past two centuries. In taking the time to learn 'America's history', we will not only increase our cross-cultural awareness, understanding and mutual respect, but also discover a fortune that may lie hidden from making the news or our history books.

An unknown author affirmed, “Minds are like parachutes, they only work when they're open”.

We can have an open mind without having a hole in our head. If we close our mind to possibilities and to change then we may be doomed to fail. Let me inform you why it's important to be a K.I.N.G. in recognizing the continuous achievements of all Americans to American culture.

Step out first with 'K'. Know, or be aware of the calendar of special observances by month and their related issues as well. Do you have a friend or loved one that fits in one or more of the nine observance categories we celebrate? Which observance is celebrated as a federal holiday? Do you know the passage that gave women the right to vote? Is it sports tradition or racial overtones to use a Native American image as a mascot? According to a Fox News Poll in 2011, 63 percent of registered voters surveyed thought “illegal immigrants who have lived in the U.S. since they were children should be eligible for legal citizenship.” A Gallup poll conducted in 2007

Make it a day on, not a day off

found that “Americans are comfortable voting for a black (84 percent) or female (77 percent) presidential candidate.”

Our next step is 'I'. Interact and participate in the different special observances versus just recognition of their existence. Do you recall the movie, “Remember the Titans,” which centered on racial tensions in the football team of the newly integrated T.C. Williams High School in Alexandria, Va. in 1971? The coach initiated forceful coaxing and innovative team building efforts such as sitting players on the bus by offensive/defensive team assignments rather than established friendships, assigning rooms to players accordingly and directing them to learn something new about their teammates' family and interests. Eventually the team managed to achieve some form of unity, goes on to win the state championship and sets a positive example for the town. We too can step outside of our comfort zone and find common ground with special observances.

Another step is 'N,' network as a total community in the sponsorship, planning and participation of events. A Defense Equal Opportunity Management Institute guide states “that following major on, and off base resources plays an essential role in sponsoring a special observance; strong command support and adequate funding; quality leadership and planning from the

project officer; and cross-cultural and cross-gender community participation”.

Our last step is 'G' which stands for get up and get going. Get involved in upcoming observances and activities throughout the year. You can make the observance a “day on for service and not just a day off from work.” For example,

to honor Dr. King's legacy of looking out for the underprivileged, you can volunteer and clean homes for the elderly, help build houses for the poor, clean and paint rooms in churches or spend the day listening to recordings of King's speeches. On Feb. 24, you can also

come out and take part in a Black History Celebration luncheon at the Top of the Rock, and “Learnabration” at Andersen Elementary and Cmdr. William C. McCool Elementary/Middle schools. Andersen will also hold a Multicultural Festival May 18 at the Sunrise Conference Center.

In summary, it's important to celebrate the achievements and contributions of all Americans. These are not black or brown observances; they are people's observance, for all people. Let's make these events society events instead of just special observances. I encourage you to be a K.I.N.G. in recognizing the achievements of all Americans. Be 'king of the hill' about knowing or being aware of the calendar of special observances.

Besides recognition, 'king size' your interaction and participate in the different special observances. They can't happen without you, Team Andersen. It's essential we network as a total community in making these events a reality and successful. There's a 'king in you'. Get up, get going and get involved in observance activities throughout the year.

In the words of Ola Joseph, a U.S. Navy veteran, speaker and author, “Diversity is not about how we differ. Diversity is about embracing one another's uniqueness.” Variety is the spice of life.

Navy Commercial Access Control System fully implemented

From U.S. Naval Base Guam Public Affairs Office

The final implementation of the Navy Commercial Access Control System (NCACS) on U.S. Naval Base Guam has begun.

Effective Jan. 26, contractors entering NBG must present their Common Access Card (CAC), NCACS card, or 45-day temporary NCACS pass. Those who choose not to enroll in the NCACS can obtain a one-day pass with sponsor approval at the NCACS Center.

“We are pleased with the community partnership leading up to the implementation of this program and look

forward to issuing out the remaining credentials on hand in order to avoid delays in vendors conducting their business on base,” said Capt. Richard Wood, the base commanding officer.

Motorists are advised there may be traffic delays during rush hour. Authorized motorists can access the base through any of the three entry control points during normal gate operation hours.

All NCACS-related registration or one-day pass requests occur at the NCACS Center, which is the



NCACS: The Navy Commercial Access Control System is located outside the U.S. Naval Base Guam main gate. The final implementation of the system began Jan. 26. Joint Region Edge file photo

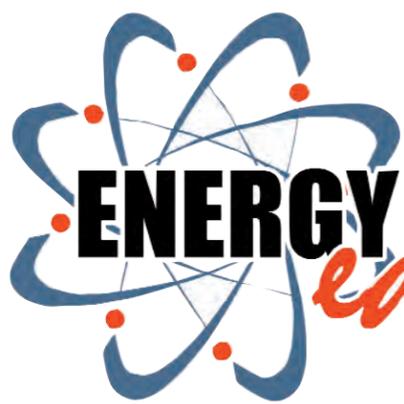
former Pass and ID office, located in front of the NBG main gate, from 6 a.m.-4 p.m., Monday to Friday. The contact information is

339-3124.

Enrollment forms are available online at www.RAPIDGate.com. Employees can register once their company codes have

been received.

For more information about the NCACS program, call (877) 727-4342 or send an email to info@rapidgate.com.



Sustain energy

edge to save government time, money

By Kevin D. Evans
Joint Region Marianas Energy Manager

“Energy ever continues to grow as a national concern and is one of the Department of the Navy’s priorities.”
— Kevin D. Evans
JRM Energy Manager

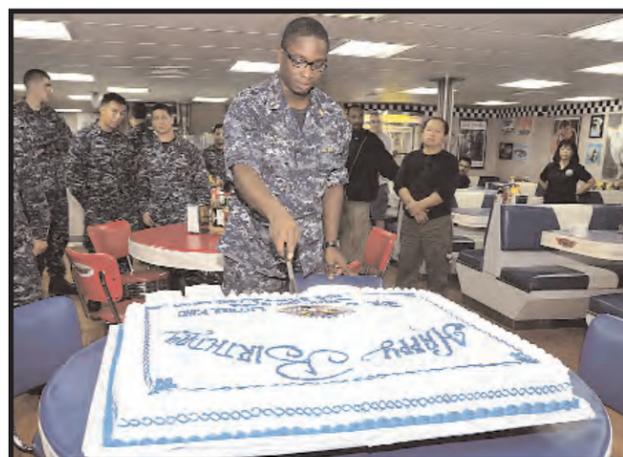
Recently, the fiscal year 2012 National Defense Authorization Act changed guidance on certain sustainability issues. For example, it now expressly prohibits the use of fiscal year 2012 funds to obtain Leadership in Energy and Environmental Design (LEED) gold or platinum-level facilities certifications without a waiver from the secretary

of defense and a 30-day congressional notification based on cost-benefit analysis. Naval Facilities Engineering Command issued guidance for immediate implementation to all of its contracting offices to ensure complete compliance with this new law.

LEED consists of a suite of rating systems for the design, construction and operation of high-performance green buildings. It was developed by the U.S. Green Building Council (USGBC) and is intended to provide building owners and operators a concise framework for identifying and implementing practical

and measurable green building design, construction, operations and maintenance solutions. However, as in all things, the accreditation process is expensive. In the austere budgetary environment in which we labor under, scrutiny, even in sustainability is needed.

Energy ever continues to grow as a national concern and is one of the Department of the Navy’s priorities. This year let us strive for more sustainable energy, secure energy and conserve and use our current resources wisely. Sustainability is important too and must be achieved wisely, as well.



Above: Ensign Stephen Cuff, speaker for the submarine tender USS Emory S. Land’s (AS 39) Martin Luther King, Jr. Day celebration, cuts the cake after delivering his speech Jan. 16. Emory S. Land is on an extended deployment in Guam to temporarily relieve sister tender USS Frank Cable (AS 40) as the primary afloat maintenance activity in the 7th Fleet area of responsibility. U.S. Navy photo by Mass Communication Specialist 1st Class David R. Krigbaum/Released

Left: USS Emory S. Land (AS 39) Commanding Officer Capt. Paul Savage delivers a speech during the ship’s Martin Luther King, Jr. Day celebration Jan. 16. Emory S. Land is on an extended deployment in Guam to temporarily relieve sister tender USS Frank Cable (AS 40) as the primary afloat maintenance activity in the 7th Fleet area of responsibility. U.S. Navy photo by Mass Communication Specialist 1st Class David R. Krigbaum/Released

Emory S. Land honors

Martin Luther King Jr’s birthday

By Mass Communication Specialist 1st Class David R. Krigbaum

USS Emory S. Land (AS 39) Public Affairs

Sailors assigned to the submarine tender USS Emory S. Land (AS 39) honored Dr. Martin Luther King, Jr. in a ceremony on the ship’s mess decks Jan. 16.

Ensign Stephen Cuff, a graduate of King’s alma mater of Morehouse College, spoke at the ceremony.

“It is important to have days of remembrance like this so that we do not lose track of the reason for the holiday,” Cuff said. “Traditionally, Dr. Martin Luther King, Jr. Day is not just a day off; it is a national day of service when all Americans are called to selflessly give to another, just as Dr. King did.”

Emory S. Land Commanding Officer Capt. Paul Savage also said a few words, reminding Sailors that the military has always been at the forefront of racial equality using examples from the Civil War, World War II and Executive Order 9981, issued in 1948, which desegregated the military years before desegregation began outside the service.

Dr. Martin Luther King, Jr. Day was established in 1983 by President Ronald Reagan and was first observed in 1986. In 1994,

the holiday was changed from King’s birthday Jan. 15 to the third Monday of January and became the only federal holiday designated as a day of service.

Emory S. Land is on an extended deployment in Guam to temporarily relieve sister tender USS Frank Cable (AS 40) as the primary afloat maintenance activity in the U.S. 7th Fleet area of responsibility.

For more news from USS Emory S. Land (AS 39), visit www.navy.mil/local/as39/.

Andersen holds taser training



Taser: Senior Airman Donie Weaver, 36th Security Forces Squadron patrolman, runs the cycle of the X26 electronic control device during class instruction at Andersen Air Force Base Jan. 17. The X26 shoots out two prongs into a suspect and gives off a 50,000-volt shock for a duration of five seconds, subduing the individual to be taken into custody. U.S. Air Force photo/ by Senior Airman Carlin Leslie/Released



'I've got my Eye on You': Engineman Fireman Eurika Derry, assigned to the submarine tender USS Emory S. Land (AS 39), covers for her team with a training pistol during a security reaction force basic (SRF-B) training exercise in Piti Jan. 18. U.S. Navy photo by Mass Communication Specialist 2nd Class Chris Williamson/Released

All Together Now: Sailors assigned to the submarine tender USS Emory S. Land (AS 39) practice security reaction force basic (SRF-B) techniques in Piti Jan. 18. Emory S. Land is on an extended deployment in Guam to temporarily relieve sister tender USS Frank Cable (AS 40) as the primary afloat maintenance activity in the 7th Fleet area of responsibility. U.S. Navy photo by Mass Communication Specialist 2nd Class Chris Williamson/Released



Emory S. Land conducts SRF-B exercise

Far Right: Chief Machinist's Mate (SW) Jonathan Sarmiento, assigned to the submarine tender USS Emory S. Land (AS 39), demonstrates security reaction force basic (SRF-B) techniques in Piti Jan. 18. U.S. Navy photo by Mass Communication Specialist 2nd Class Chris Williamson



Right: Machinist's Mate Fireman Brian Davis, assigned to the submarine tender USS Emory S. Land (AS 39), covers his team with a training pistol during a security reaction force basic (SRF-B) exercise in Piti Jan. 18. U.S. Navy photo by Mass Communication Specialist 2nd Class Chris Williamson/Released

Real-Life Situation: Machinist's Mate 2nd Class (SW/SS) Robert Gaylor, assigned to the submarine tender USS Emory S. Land (AS 39), apprehends Gunner's Mate 2nd Class (SW) Benjamin Ocampo during a security reaction force basic (SRF-B) training exercise in Piti Jan. 18. U.S. Navy photo by Mass Communication Specialist 2nd Class Chris Williamson/Released



COAST GUARD: 'Committed to working with youth'

Continued from Page 1

the responsibility of protecting the environment amongst a myriad of other missions including search and rescue and maritime security.

"We are committed to working with the youth to spread awareness of our unique missions" said Sector Guam Assistant Enforcement Chief Lt. j.g. Richard Russell. "Outreach opportunities like working with the Sea Cadets, strengthens our ties with the community by providing a safe and fun outlet for youth to learn more about what the Coast Guard brings to Guam."

Since 1958, the Naval Sea Cadet Corps mission has been committed to providing American youth with a drug and alcohol free environment to foster their leadership abilities, broaden their horizons through hands-on training and guide them to becoming mature, young adults.

For more information on the Sea Partners Campaign, visit the program online at <http://homeport.uscg.mil/seapartners>.



Community Cleanup: Coast Guardsmen from U.S. Coast Guard Sector Guam partnered with Sea Cadets to clean up the environment in Guam's communities Jan. 21. Together they filled 15 bags total of trash and recyclables picked up from around the shore of Merizo Pier. Photo courtesy of U.S. Coast Guard Sector Guam

RECYCLING: Housing residents save environment, money

Continued from Page 1

recycle mixed paper and cardboards in their recycle bins. He said this will increase the Navy's efforts towards recycling and divert the amount of waste transferred to the public

landfill.

"Because of the closure of our municipal solid waste section of the Navy landfill, we are now disposing our base municipal solid waste at the GovGuam (Government of Guam) Layon Landfill," Imamura said. "The

new Layon landfill does not accept any recyclable materials which is why it is so important to prevent these waste streams from ending up in the landfill."

According to the NBG housing office, residents are encouraged to

continue recycling as their efforts contribute to meeting the base goal of reducing the amount of municipal solid waste currently disposed at the local landfill by 50 percent.

The office also emphasized the criticality of housing residents' support

of the new program as recyclable items cannot be disposed at Layon. If recyclable items are sent to the landfill the installation must pay additional fees for the separation and disposal of those materials.

Imamura encouraged residents to actively participate in the recycling program on base as it not only benefits NBG but the environment as a whole.

"It is not only the right thing to do environmentally and economically but it helps save resources," he said. "The Region has a great recycling program and we all need to be proactive in recycling to help meet our goal in 2015."

NBG residents are required to place aluminum cans, plastic bottles (PET 1 and 2), glass bottles and jars, cardboard and paper in their 92-gallon housing recyclable bin.

Items such as automotive batteries, used oil filters, used oil, oily rags and used antifreeze should be brought to the Autoport Maintenance Garage located on NBG for proper disposal.

Green waste and wood furniture for removal should be placed at the curb between 6 p.m. Thursday night through 7:30 a.m. Friday morning.

For more information, contact your designated area manager or the Housing Facilities Division at 339-5735.



Lots of Chocolate: Navy mom Joy Holland pours white chocolate chips into a bowl as Culinary Specialist 3rd Class Samuel Lewis, of USS Buffalo (SSN 715), watches during a Culinary Boot Camp session at Top O' the Mar Jan. 11. U.S. Navy photo by Shaina Marie Santos/Released



Turn up the Heat: Students during a Culinary Boot Camp session at Top O' the Mar Jan. 11. U.S. Navy photo by Shaina Marie Santos/Released

Culinary boot camp creates unique learning opportunity

By Shaina Marie Santos
Joint Region Edge Staff

The Morale, Welfare, and Recreation (MWR) Culinary Boot Camp hosted its first lesson of the year at Top o' the Mar Jan. 11. Taught by Chef and MWR Director of Food and Beverages Robert Walter, the class revolved around the art of Valentine's Day dining. Once a month,

MWR offers a Culinary Boot Camp lesson to those who want to learn new recipes, improve their culinary skills and enjoy a new hobby. Each lesson carries a theme catering to events of the following month to equip students with the knowledge to take on approaching celebrations. "We try to offer a variety of important topics that can be applied to individual lifestyles," Walter said. "The class is open to all and anyone who wants to improve their culinary skills and knowl-

edge or just come out and have a good time. We have developed a nice tight group of students that look forward to attending the class each month." Navy spouse Andrea Kay has attended almost every single class and is always excited to learn something new. "I think it's just a fun way to improve your skills, meet people and just have fun," Kay said. "I really like to cook and I always know that this is the one time I get out of the house. It's planned every month and my husband watches the kids so it's my time to come do something." Dave Evans, site director of Naval Audit Service Guam Field, is another faithful attendee who enjoys the opportunities the lessons bring. "It's really fun,

you'll learn something," he said. "I'm out of the house and you learn not only how to cook but some of the cultures of Guam, not just Chef Robert, but he brings in other chefs and you learn stuff from them as well." Evans especially enjoys the incorporation of Guam's unique produce in lessons. "Tonight we're making calamansi soufflé," he said. "We're using a lot of local produce." The program has proved to be revolutionary for students and the instructor. "I find great joy in sharing knowledge and helping others," Walter said. "This comes to help develop culinary skills of students in the local community and is a lot of fun for everyone involved. Eating and cooking is an art that needs to be shared with others and is something everyone can benefit from."



Too Pretty to Eat: Finished dishes are displayed proudly after a Culinary Boot Camp session at the Top O' the Mar Jan. 11. The Culinary Boot Camp program is available monthly for students looking to improve culinary skills and learn new recipes. U.S. Navy photo by Shaina Marie Santos/Released

Upcoming Camp
Join Chef Robert Walter for the next Culinary Boot Camp on Feb. 8, 5:30-9:30 p.m. at Top O' the Mar. Register at the MWR Information, Tickets and Travel office at the Charles King Fitness Center on U.S. Naval Base Guam by Feb. 7. For more information and pricing, call 685-5142.

Morale, Welfare and Recreation Chef Robert Walter instructs student during a Culinary Boot Camp session at Top O' the Mar Jan. 11. U.S. Navy photo by Shaina Marie Santos/Released



Left: Navy spouse Amy Johnson pours flour as Director of Naval Audit Services Guam Field Dave Evans watches during a Culinary Boot Camp session at Top O' the Mar Jan. 11. U.S. Navy photo by Shaina Marie Santos/Released

Below: Morale, Welfare and Recreation Chef Robert Walter shows students the fine points of using chocolate during a Culinary Boot Camp session at Top O' the Mar Jan. 11. The Culinary Boot Camp program is available monthly for students looking to improve culinary skills and learn new recipes. U.S. Navy photo by Shaina Marie Santos/Released

Community

It gets you not only how to cook but also how to manage a kitchen and it's great for the guests and the staff.

Preparation of the food is a key part of the service.

Vanilla is a popular flavor for island products.

Working for a chef is a great experience.

Knowledge and skill are essential in the kitchen. This class allows others here to learn from the best. It's a lot of fun for everyone and it's a great way to improve your skills and this is a great opportunity for you.

for more information contact the Morale, Welfare and Recreation Office at 345-345-3453.



Panna cotta:

An easy, romantic dessert

By Shaina Marie Santos
Joint Region Edge Staff

Wining and dining your significant other may be on your mind this Valentine's Day. However, the race to reserve seating at a restaurant and the struggle to romance your sweetheart among the dozens of other couples can easily hinder your plans.

If you opt for a night in with your special someone, one dessert you may add to your arsenal is the classic Italian favorite, panna cotta.

Panna cotta is made by simmering cream, sugar and milk, and incorporating gelatin that will allow it to form a solid consistency when cooled. This simple Italian dessert may be the perfect romantic touch to an intimate Valentine's Day spent at home.

"It's similar to a vanilla ice cream, but it's creamier and the texture is softer," said Roel Yutuc, a local culinary student. "What I like about panna cotta is that you can use different ingredients to make different types of panna cottas."

Yutuc added that the dish is versatile which means different flavors such as espresso, coffee liqueur or an array of different fruits can be used as well.

Simply incorporate all the ingredients into a saucepan, whisk until lightly fluffy, and pour into a container to chill in the freezer for an hour, or in the refrigerator for several. Once chilled and set, the panna cotta may be garnished with fruit or other desired topping.

Avoid parking lots and busy restaurants this year, and make this Valentine's Day unique and memorable by creating this easy and delicious dessert

Panna Cotta Recipe

- Two cups of heavy cream
- One-half cup of milk
- Three-fourths cups of sugar
- One tablespoon of gelatin powder
- Two tablespoons of water
- One-half teaspoon of vanilla extract
- Frozen raspberries

Create the custard-like mixture by simmering cream, sugar, milk, and vanilla extract in a pot over medium heat, whisking lightly.

As it simmers, add water and gelatin and stir. Incorporate the gelatin mix into cream mixture and continue to simmer until the blend begins to lightly bubble.

Remove from heat and sit for five minutes before pouring into the wine glass.

Cool the panna cotta in the wine glass for an hour in the freezer.

Meanwhile, boil frozen raspberries in a small pot to reduce over medium to high heat until sauce has formed a thick consistency. Once the sauce begins to thicken, remove from heat and cool.

Once the panna cotta has been chilled and set, pour the raspberry sauce over the panna cotta and serve immediately.

Remember, you can use different types of fruits for the sauce.





Peer Instruction: A Guam High School (GHS) student, right, coaches an eighth-grader from Cmdr. William C. McCool Elementary/Middle School (MEMS) on the use of photo editing software in an interactive media class at the GHS campus in Agana Heights Jan. 19. U.S. Navy photo by Shaina Marie Santos/Released

Showing the Ropes: A Guam High School (GHS) student, right, instructs an eighth-grade student from Cmdr. William C. McCool Elementary/Middle School (MEMS) during an interactive media class at the GHS campus in Agana Heights Jan. 19. U.S. Navy photo by Shaina Marie Santos/Released



First High School Steps: Cmdr. William C. McCool Elementary/Middle School (MEMS) eighth-grade students enter the halls of Guam High School (GHS) for an orientation at the GHS campus in Agana Heights Jan. 19. MEMS eighth-grade students visited the GHS campus for an orientation and were introduced to courses available in preparation for their transition from middle school to high school students. U.S. Navy photo by Shaina Marie Santos/Released

Guam High School hosts eighth graders

By Shaina Marie Santos
Joint Region Edge Staff

Eighth-graders from Cmdr. William C. McCool Elementary/Middle School (MEMS) and Andersen Middle School (AMS) attended an orientation at Guam High School (GHS) in Agana Heights Jan. 19.

The students were introduced to academic pathways provided by GHS and got a first-hand look at what their prospective classes may involve, depending on their chosen pathway. Some of the courses offered allow students to enroll in classes focused on business and administration, journalism and broadcast, health science and information technology.

GHS Principal Phil Keim opened the orientation with an introduction to the programs offered at the high school and what the students had to look forward to.

"This gives them a taste of what high school is like before they actually come to it," Keim said.

According to Keim, this year's visitation is significantly different due to the active promotion of the academic pathway program.

The academic pathway courses are designed to provide students a head start in their prospective careers. Students will be able to use their knowledge from their pathway courses to test out of college classes.

"What we know right now is that sixty-five percent of the jobs available in the United States are for tech-

nical jobs that require education out of high school. So we're really preparing kids for 21st century employment," he said.

MEMS Principal Don Christensen said the eighth-graders' visit was important in order to help students acclimate themselves to their future environment.

"It is important for our students to visit the new school to help with their transition to a new educational setting," he said. "They can ask and get answers to their questions, meet the staff and current students, and relieve some of the anxieties they may have about the new school."

Deborah Krull, AMS principal, agreed with Christensen and thanked GHS officials and student body for accommodating the middle school students during their visit.

"We are pleased that we have been able to provide this opportunity for our eighth-graders for the past several years and plan to continue it so that our students can make a smoother transition from middle school to high school," she said.

Though the orientation was aimed at providing informational sessions to the eighth-grade students, Keim said GHS students also gained lessons from the visit, which allowed them to identify with their younger counterparts.

"Students have an uncanny way of identifying with younger students because they were there themselves just a few short years ago," he said. "They understand how they felt about entering from an environment that you were the oldest student and now you are the youngest."

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 a.m.
Sacrament of Reconciliation:
Saturday, 5 p.m. and Sunday,
9 a.m.
Protestant Worship Service
Sunday Service: Traditional
Service: 10 a.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 sec-
ond 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

The spirituality of marriage



By Capt. Mario Catungal
36th Wing Chaplain

Spirituality and healthy marriages are linked. When we pursue the spiritual aspects of a relationship, we will surely enhance the overall quality of love. Similarly, when we seek to enrich the many and varied facets of marriage it becomes easier to explore the spiritual realm.

This is not to say that only marriages are capable of deep spiritual intimacy. Our pain and our shortcomings can lead us to deep spiritual intimacy, just as the experiences and passages of our lives – the birth of children, career

changes, financial troubles, retirement and so on can reveal God's gracious activity. It makes better sense to focus on our strengths, knowing that these can also enrich our spirituality.

There are four key postures that I believe embody a healthy marriage today:

Mutuality – Mutuality is not the same as equality. Equality implies sameness, while mutuality involves honoring and cherishing differences. Obviously, spouses are different from one another in thousands of ways beyond their maleness and femaleness. Mutuality in marriage implies regarding each other's differences with respect and affording each other equally high integrity for the unique gifts each brings to the marriage.

Self-acceptance – There must be a level of self-love and self-assurance in order to proclaim genuine and lasting love to another. The "yes" you said to your spouse on your wedding day is as rich and deep as your self-love and acceptance. We are called to say yes to each other everyday, thus renewing the opportunity to grow in self-esteem.

Other acceptance – The highly charged, romantic euphoria of early love makes one feel as though the other can do no wrong. But when the intense attraction begins to wane the other quirks and idiosyncrasies begin to grate. The natural response is to try to change the other, which is always futile. There must come a genuine acceptance of the other, and the whole person.

Openness to growth and change – As soon as we think we've arrived and can coast for a while, something will surely upset the balance. In many respects you are not the same person your spouse married years ago, nor is he or she the same. Your marital relationship has surely evolved into something that only vaguely resembles what you had in the beginning. Change happens. When we embrace it, we can discover the growth possibilities that come with it.

To me, these are the four corners of a healthy marriage. It's important to recognize that these qualities imply conviction and are not just skills to learn. These are ideals worth pursuing for a lifetime of marriage.

Basketball players square off in Cup



Above Left: The Frank Cable Bandits and Rough Riders prepare to rebound a basket during a Captain's Cup basketball game at the Charles King Fitness Center on U.S. Naval Base Guam Jan. 24. The Bandits squared off against the Frank Cable Rough Riders in an inter-ship game. U.S. Navy photo by Mass Communication 2nd Class Corwin Colbert/Released

Above Right: A player from the Frank Cable Bandits shoots a free throw during a Captain's Cup basketball game at the Charles King Fitness Center on U.S. Naval Base Guam Jan. 24. The Bandits squared off against the Frank Cable Rough Riders in an inter-ship game. U.S. Navy photo by Mass Communication 2nd Class Corwin Colbert/Released