



LIBERTY THROUGH UNITY

# JOINT REGION EDGE

Volume IV No. 6

Friday, February 17, 2012



**Hands-On Training:** Members of 36th Civil Engineer Squadron Explosive Ordnance Disposal work with the Japan Air Self Defense Forces Explosive Ordnance disposal members during munitions disposal as part of exercise Cope North 2012 on Andersen Air Force Base Feb. 10. Exercise Cope North 2012 kicked off Feb. 11, bringing more than 1,000 military members to the island of Guam. The three-week exercise, featuring the U.S. Air Force, Japan Air Self Defense Force and Royal Australian Air Force assets and service members, demonstrates the three nations' commitment to peace and stability in the Pacific Region. U.S. Air Force photo/Staff Sgt. Alexandre Montes/Released

## Cope North 2012 combines forces, efforts

By Senior Airman Veronica McMahon  
36th Wing Public Affairs

Joint operations kicked off between the U.S. Air Force, the Japan Air Self Defense Force (JASDF) and the Royal Australian Air Force (RAAF) as the first day of exercise Cope

North 2012 began at Northwest Field on Andersen Air Force Base (AFB) Feb. 9.

Whether it was the JASDF's F-2s flying alongside the RAAF's F-18s, or RAAF troops joining 36th Contingency Response Group (CRG) Airmen in building a tent city, the three services worked together to ensure a successful start to the next two weeks.

"The reason why we are here is because

we all need each other," said Lt. Col. Joseph Mull, 36th CRG deputy commander. "The camaraderie we have developed with the Australians is awesome."

Throughout the exercise, participating forces will demonstrate their ability to effectively deploy and train together.

See Training, Page 7

## Service members cautioned to dangers of drugs, alcohol

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

Joint Region Marianas and U.S. Naval Base Guam hosted the Guam Personal Readiness Summit Feb. 7-9.

The program, previously known as the Navy Alcohol and Drug Abuse Prevention (NADAP) Summit, focused on informing Sailors on updates made to programs concerning drug and alcohol abuse, suicide prevention and Sexual Assault Prevention and Response (SAPR), among other topics.

"Second to getting our mission done is learning to take care of our Sailors," said Capt. Richard Wood, U.S. Naval Base Guam commanding officer. "That's why it is important to take time out to attend these

See Summit, Page 7



## Military Saves Week

NBG encourages financial savings

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## Sailors help sister village

Service members build bonds with community

PAGES 8, 9



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## Joint Region Edge

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# Troop hopes to make 2012 a great year

From Boy Scout Troop 23

As the 101st year of the Boy Scouts of America came to a close, Boy Scout Troop 23 of U.S. Naval Base Guam, the longest standing Boy Scout Troop on Guam, took stock of its accomplishments during 2011. Troop 23's primary goal was to keep the 'outing' in 'scouting' and they did that continuously throughout the year. 2011 began with the Troop spending a fun and educational day at Underwater World in Tumon. Scouts learned about many aquatic species and particularly enjoyed the walk-through aquarium.

The Spring Camporee at Jeff's Pirates Cove gave Troop 23 a fantastic opportunity to set up a Scouting History and Outdoor Skills confidence course along the paths around the complex. Scouts and families tested their knowledge on the course throughout the weekend. Several adult leaders received recognition including four Spark Plug Awards and Scoutmaster of the Year for Guam.

The troop also visited the Coast Guard Cutter Sequoia, toured the Coast Guard's Res-

cue Coordination Center and had an overnight at Coast Guard Sector Guam.

All troops from Guam gathered for the week-long summer camp in Ipan. Troop 23 took awards for outstanding achievement, excellent performance, the scoutmaster's Chief Gadao award, the senior patrol leader and assistant senior patrol leader's Chief Taga Award and the top merit badge award with over 80 merit badges, a new record for Troop 23. Other awards including swimming, oceanography, law, archery, emergency preparedness and orienteering. The high point was the camaraderie developed between all of the Scouts from Guam at the Y-Sengsong Mangachong or Village of Friends.

A second goal was to engage in community service. Troop 23 volunteered for a local beach clean up near Adelup where over 25 bags of garbage, at least 15 tires along with numerous other large items were collected. Scouts also provided critical assistance to Cub Scout Pack 23 at their annual camporee at Polaris Point and during their day Camporee in Yigo teaching pioneer-

ing skills and the outdoor code. Troop 23 also helped with local fundraising efforts at a golf tournament and successfully monitored two holes for golfer's trying to shoot a hole in one.

Lastly, scouts woke up very early to set up water stations and hand out water to runners and they swiftly ran by at the annual Run for the Heroes 5K. Additionally, the troop spent a day at Guam Animals In Need animal shelter where they fed the animals, walked them around the compound for much needed exercise and also helped the trainers wash equip-

ment. A third goal was to increase participation in Troop 23 and provide a quality scouting experience. Even though we lost some scouts due to military transfers from Guam, we continued to grow and we are now larger than we have been in the last 10 years with more adult leaders and a full troop committee consisting of five adults. Boys in Troop 23 all advanced in rank and as a group earned their Citizenship in the Com-



**Teamwork:** Boy Scouts from Troop 23 on U.S. Naval Base Guam volunteered during the USO Run for our Heroes in Piti Dec. 10. Photo courtesy of the Boy Scouts

munity, Citizenship in the Nation and Engineering Merit Badges. Parents and Scouts have really come together to form a cohesive group that has its sights set on a successful 2012.

"We are certain that the 102nd year of scouting will be the best yet for Troop 23 and the Chamorro district," said Troop 23 scoutmaster Yuri Graves. "Boy Scouts is a very special organization, an international brotherhood that continues to have significant, real world relevance to boys across the globe."

Boy Scouts of America is a youth organization whose aim is character development, citizenship training, and personal fitness. Troop 23 is looking for a few good scouts. For more information, please contact may contact Yuri Graves at 477-0772 or at Troop23Guam@aol.com.

## NEWS NOTES

### Job Announcements

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

Department of the Air Force  
Job title: Computer Assistant, GS-0335-09  
Job announcement number:8D-AFPC-608245-505425-RLD  
Salary range: \$47,448-\$61,678 / per year  
Open period: Feb. 14-Feb. 24  
Position information: Full time / permanent  
Promotion potential: 09  
Duty locations: One vacancy - Andersen Air Force Base, GO  
Who may be considered: Status candidates (Merit promotion and VEOA eligibles)

### U.S. Naval Base Guam Front Gate Closure

The front gate of U.S. Naval Base Guam (NBG) will be closed for maintenance from Feb. 18-20. Motorists entering NBG may use the side and back gates. The side gate which is located behind the Navy Housing Building will be open 24 hours and the back gate will be open from 7:30 a.m.-4:30 p.m.

### 2012 Guam Seabee Ball

The 2012 Guam Seabee Ball will be held at Hotel Nikko Guam Tasi Ballroom March 17 at 6 p.m. Guest speaker is renowned educator, historian and government official Don Farrell. Attire is dinner dress whites or equivalent for service members, and coat and tie for civilians.

Ticket prices are as follows:

E1-E4: \$15  
E5-E6: \$25  
E7-03 and civilians: \$40  
04-05: \$50  
06 and above: \$60

For tickets, please contact Lt. Thomas Hartung at 333-2031 or thomas.hartung@fe.navy.mil, or Lt. Richard Diaz at 366-1287 or richard.diaz.9@us.af.mil.

## 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](mailto:jointregionedge@fe.navy.mil) or call 349-2115.

### DoDEA Guam District Schools

March 27: No classes

### University of Phoenix

The University of Phoenix offers courses in Masters of Business Administration, Masters of Management, Masters of Management/Human Re-

## COMMUNITY Corner

### movies • movies • movies

#### The Big Screen Theater

FEB. 17 (FRIDAY)  
7 PM WE BOUGHT A ZOO PG  
9:30 PM SHERLOCK HOLMES: "GAME OF SHADOWS" PG-13

FEB. 18 (SATURDAY)  
1 PM ALVIN AND THE CHIPMUNKS: "CHIPWRECKED" G  
3:30 PM HAPPY FEET 2 PG  
7 PM WAR HORSE PG-13

FEB. 19 (SUNDAY)  
1 PM ADVENTURES OF TINTIN PG  
3:30 PM HUGO PG  
7 PM MISSION IMPOSSIBLE: "GHOST PROTOCOL" PG-13

FEB. 20 (MONDAY)  
1 PM THE MUPPETS PG  
3:30 PM HUGO PG  
7 PM SHERLOCK HOLMES: "GAME OF SHADOWS" PG-13

#### Movie Hotline 564-1831 US Naval Base Guam

**Meehan Theater**  
FEB. 17 (FRIDAY)  
7 PM WAR HORSE PG-13

FEB. 18 (SATURDAY)  
2 PM WAR HORSE PG-13  
7 PM JOYFUL NOISE PG-13

FEB. 19 (SUNDAY)  
7 PM THE DARKEST HOUR PG-13  
Movie Hotline 366-1523 Andersen Air Force Base

sources, and Master of Arts in Education. For more information, call 366-6226.

### Central Texas College

Register now for the 8-week face-to-face course in LGLA 1355- Family Law. The class covers fundamental concepts of family law with emphasis on paralegal's role. Topics include formal and informal marriages, divorce annulment, marital property and the parent-child relationship. Registration is from March 5-16 and classes will be from March 19-May13. For more information, contact Angel Johnson at 366-3366 or e-mail [guam.nvpec@ctcd.edu](mailto:guam.nvpec@ctcd.edu).

### Phone Numbers

Andersen Elementary School: 366-1511  
Andersen Middle School: 366-3880/5793  
Commander William C. McCool Elementary/Middle School: 339-8676  
Guam High School: 344-7410

## MWR HAPPENINGS

### U.S. Naval Base Guam

**March Culinary Boot Camp**  
Culinary Boot Camp begins Wednesday, March 7 from 5:30-7:30 p.m. at Top O' the Mar. Sign up and pay for the class by March 5 at the Charles King Fitness Center. Classes are \$90 for the first class and \$50 for every class after that. For more information, call 685-5142.

## 36th FSS HAPPENINGS

### Andersen Air Force Base

Airman and Family Readiness Center Classes  
Feb. 21: VA Benefits Briefing - 8 a.m. - noon  
Feb. 21: TRICARE Briefing - 1:30-2:30 p.m.  
Feb. 22-24: Transition Assistance Program Workshop - 8 a.m.-4:30 p.m.  
Feb. 23: Credit Management Class - 9-10 a.m.

For more information, call 366-2276.

## SPORTS SHORTS

### U.S. Naval Base Guam

#### Spring Gymnastics

### Captain's Cup Golf Tournament

Sign up and turn in the sports package at the Charles King Fitness Center by March 16. The event is open to all active duty, reserve, DOD civilian, contractors and immediate family members. The event will take place at the Admiral Nimitz Golf Course Friday, March 23. For more information, call 333-2471.

### Andersen Air Force Base

#### Pre/Postnatal Exercise Class

The Coral Reef Fitness Center offers a low intensity class designed for pregnant women and new mothers. A doctor's clearance is needed for those looking to participate. For more information, call 366-2516 or 366-5068.

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

Tech. Sgt. Matthew Alanza, 36th Wing noncommissioned officer in charge of chaplain affairs, thought a day at the beach with his family would be another average Sunday on Guam. Little did he know Dec. 11, 2011 would change his life forever.

The temperature outside was hot, the kind of hot that leaves a light sheen of sweat on your forehead in the time it takes to walk from the front door to the car. The air was heavy with moisture and salt, urging the Alanza family down Sander's Slope to the nearby beaches.

"After dropping my wife and stepson off at Tarague Beach, my son Donovan and I headed to Serena for a swim," Alanza said. "We got our gear; goggles, snorkels, boogie boards and decided to float around and relax."

As they basked in the warmth of the sun, time passed, and they slowly began to drift away from the shoreline.

"We were facing toward the open ocean, totally oblivious to how far we were drifting," he said.

"When I turned back to the beach I realized we had gone much farther than I thought. We were probably about 300 yards from the shore."

Sliding off their boogie boards, Alanza and his 12 year-old son fought against the waves and fierce currents, attempting to close the gap between them and the safety of the

# Man vs. Wild

## Father, son fight to stay alive

beach.

Though he maintained the appearance of calm, panic had begun to take hold as he realized despite their best efforts, they were being swept farther out to sea.

"When we realized we were being pulled out we ditched our boards," he said. "We started screaming for help at the top of our lungs, but the beach was deserted and the waves were getting bigger. Donovan had taken in water and tried to cling to me out of fear. I had to push him from me so we wouldn't be pulled down."

Minutes crept by as the waves battered the pair until their muscles, burning with the effort of staying afloat, began to fail them. Alanza's mind drifted to the stories of Airmen who had lost their lives in the beautiful waters surrounding Guam. He tried hard to banish thoughts that his own death would soon be another cautionary tale, but couldn't.

"The waves were so strong that

my son was pulled from me," he said. "After a while he was gone from my sight completely. I thought my son had drowned and numerous times I thought how easy it would be to give up, to just quit fighting and slip beneath the waves with him."

Clinging feebly to his will to live, he continued to fight until fate stepped in and dealt him a lucky hand. The waves were cresting and falling on a nearby reef. Alanza knew the way he landed on the jagged rocks would mean either life or death; he braced himself and surged forward.

"I came down just as a large, table-like area of the reef was exposed and I was able to stand up for a split second; catch my breath and gain a little energy," he said. "My relief was short lived and at that moment another wave came; it proceeded to slam and beat me across the reef."

"Somehow, the wave wedged me

in between two sections," he continued. "The gap was big enough for my legs and I was able to pull myself free and I soon realized I was being pushed toward a shallow patch of reef."

With enormous relief, Alanza realized that he was out of danger. He proceeded to stumble across the reef, making his way to the shore with only one thought echoing in his mind, his son.

"It's hard to put into words how it felt when I saw him," he said. "He was standing there on the beach where we'd left our gear with tears streaming down his face. All I could do was hug him and be grateful that he'd made it out alive."

Though both he and his son made a full recovery, Alanza emerged from the water that day with a newfound respect for life, and the power of the open ocean.

"I look at the water now and all I can think is, 'What is it capable of?'" he said. "The water may look

calm, like the waves aren't that big, but you don't know what's going on beneath the surface. Once it pulls you out, you're at the mercy of the ocean."

Tech. Sgt. Jesse Opena, 36th Wing Weapons safety manager, echoed Sergeant Alanza's sentiments.

"We are surrounded by the beautiful beaches and we're naturally drawn to the tropical relaxation Guam has to offer," he said. "Knowing your limits is crucial. You should always look for signs of unsafe water such as advisories or lifeguard warnings. Weather warnings and Tarague Beach closures are always posted and sent out through email channels and the giant voice."

"Different parts of the island have different hazards so it's crucial to practice common sense," he continued. "Never push your limits or try to test Guam's waters."

Determined to do all he can to prevent loss of life, Alanza and his family make frequent trips to Serena Beach to scan the waters for Airmen who may have made the same mistake he did.

"My first time being deployed I was sent to Iraq," he said. "As we taxied in, a mortar was shot over the top of our C-130. But that situation on the beach that day, that was the closest I have ever been to death. I want to share my experience with Airmen. If they see someone they know, a father who nearly lost his son, they'll listen."

# Andersen's Best: Senior Master Sgt. Sean Garrison

By Staff Sgt. Alexandre Montes  
36th Wing Public Affairs

**Accomplished Airman:** Senior Master Sgt. Sean Garrison, 9th Operations Group Det. 3 superintendent, was awarded Team Andersen's Best on Andersen Air Force Base Feb. 9. 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/Released



Senior Master Sgt. Sean Garrison, 9th Operations Group Det. 3 superintendent, was awarded Team Andersen's Best on Andersen Air Force Base Feb. 9.

Sgt. Garrison was part of the initial set up of 9th Operations Group Det. 3, home of the Silent Hunters. From the smallest procedures to the largest construction projects, he moved the ball steadily down the field all while forming and leading a dedicated team of Airmen. He led the way during Operation Tomadachi, ensuring the most successful RQ-4 Global Hawk surge in history, and is the force behind the Silent Hunters not having a single mission cancel in eight months with more than 50 sorties.

Andersen's Best is a recognition program which highlights a top performer from the 36th Wing.

Each week, supervisors nominate a member of their team for outstanding performance and the wing commander presents the selected Airman/civilian with an award.

To nominate your Airmen/civilian for Andersen's Best, contact your unit chief or superintendent explaining their accomplishments.

# Fleet Master Chief visits Emory S. Land

By Mass Communication Specialist  
Seaman Apprentice Samuel  
Souvannason  
*USS Emory S. Land (AS 39) Public Affairs*

**P**acific Fleet Master Chief (SW/AW) John T. Minyard met with Sailors in the crew's mess aboard the submarine tender USS Emory S. Land (AS 39) Feb. 7.

While Guam to support a Personal Readiness Summit, hosted by Joint Region Marianas and Naval Base Guam, Minyard addressed many Sailors' questions on several topics.

"This visit is about sharing my thoughts on where I think the Navy is going this year and in the future, and also hearing your perspective about some things that happened last year," Minyard explained.

Sailors addressed many key issues with Minyard including uniforms, retirement benefits, and other entitlement issues.

"He understands what we're going through and understands that we have questions that need to be answered so that we can do our job better," said Engineman Fireman Victor Herring. "It's kind of relieving to know that even though they're all the way up there, someone still cares about us."

This is Minyard's first visit to Emory S. Land since he assumed his duties as U.S. Pacific Fleet Master Chief in June 2009.

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/](http://www.navy.mil/local/as39/).

# Naval Base Guam raises awareness for Military Saves

By Mass Communication Specialist  
3rd Class (SW) Corey Hensley  
*U.S. Naval Base Guam Public Affairs*

Capt. Richard Wood, U.S. Naval Base Guam commanding officer, signed a proclamation Feb. 8, to raise awareness for the 2012 Military Saves week from Feb. 19-26.

Military Saves was launched throughout the Department of Defense Feb. 25, 2007, as part of a social marketing campaign to persuade, motivate and encourage military families to save money every month and convince organizations to be aggressive in promoting automatic savings.

"I encourage people to learn about financial responsibility and financial opportunities out there," Wood said. "If you think about it early when you're young, you can avoid being someone who is scrambling when they're older."

Service members under his command and members of the Fleet and Family Support Center (FFSC) were present as Wood signed the proclamation urging Sailors and their families to set personal savings and debt reduction goals for themselves during the week and pledge to sustain that goal over the next year.

"I think it's terribly important for our Sailors to understand that financial readiness is part of our overall readiness," Wood said. "That includes understanding how to make a dollar go a long way, how to save for the future and the importance of taking care of their financial responsibilities."

Pilar Pangelinan, a financial specialist at FFSC, attended the proclamation signing and said it is important for Sailors, especially the younger ones, to start putting together a financial plan now to secure their future.

"Very few people who join the service stay on for the whole 20 years," Pan-

gelinan said. "If they did not participate in TSP (Thrift Savings Program), what's going to happen is their counterpart, who was already working in the private sector and was doing a 401K, will be ahead. Meanwhile, the service member who chose not to do TSP won't have anything for retirement."

Putting together a financial plan can be as simple as putting aside \$50 or up to \$250 month and, with the power of compound interest contributions will increase.

According to Pangelinan, if a 21-year old person saves \$250 a month, or \$3,000 a year, over six years totaling \$18,000, they will have actually accumulated \$25,462 due to the power of compound interest assuming a 10 percent rate of return. After the six-year mark, without contributing anything more and without withdrawing any money, the compound interest will cause that initial \$18,000, at 10 percent, to increase to a staggering \$1,047,608 by the time the person is 65 years old. For just six years of contribution discipline and 34 years of not touching the money, the Sailor will have a very comfortable retirement income.

"Younger, older savings is something that everyone needs to work on," Pangelinan said. "Only since 2008, after the crisis, did people start to increase their savings. Prior to that America had a negative savings rate."

Pangelinan said Americans should look to citizens of other countries as an example when thinking about their savings plan.

"When you look at other developing countries, they save like 10 percent, and the U.S., I believe, saves like three percent," she said. "If people who make even less than we do can save a whole chunk more of their money, why can't Americans save more?"

For more information on financial assistance visit [www.militarysaves.org](http://www.militarysaves.org)



**Q&A Session:** Pacific Fleet Master Chief (SW/AW) John T. Minyard holds a question and answer session with Sailors onboard the submarine tender USS Emory S. Land (AS 39) Feb. 7. Minyard spent time on the Emory S. Land while in Guam to support a Personnel Readiness Summit hosted by Joint Region Marianas. U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Samuel Souvannason/Released

By Chief Master Sgt. Patrick  
Collins  
*36th Munitions Squadron  
Superintendent*

# The importance of pursuing education

Why is education so important? The bottom line is your nation needs you to have an education; the Air Force needs you to have an education, you need 'you' to have an education. Education is the cornerstone of our nation and society, and strengthens our military Air Force. It trains our minds to think and make right decisions. The world has changed and we are no longer the leaders when it comes to producing college graduates. One alarming statistic states in the United States, only 57 percent who enroll in a bachelor's degree program actually graduate. In China, the college graduation rate is 97 percent.

Other nations, friendly or unfriendly, are becoming more educated. They are challenging our pre-eminence in commerce, industry, science and technological innovation. For our nation to continue to be a world leader, we have to educate ourselves, making our nation more competitive. We must commit ourselves to lifelong learning, strengthening our nation, our Air Force and denying our enemies the possibility

of gaining any advantage.

Education makes us professionals. Without education we cannot go blindly into the dark to face a foe and expect to come out victorious. Education opens our eyes to the world around us, it gives us insight, it allows us the ability to take knowledge and apply it appropriately. As Airmen it is our constitutional duty to ensure our nation's survival. As our country's warriors we must continue our professional development.

The Air Force spends millions of dollars annually on professional development. It is your obligation as Airmen and warriors to participate and take advantage of this development. For the enlisted, the components are job knowledge gained through career developments courses, job proficiency-hands on training and job experience which builds confidence and competence. Through actively completing these compo-

nents you become more aware and your eyes are opened. You will start to have more pride in yourself, and confidence will rise because you know your job. You make the Air Force that much stronger when you develop yourself as an Airman.

Off-duty education is another great way to develop as an Airman. There are numerous programs at your disposal to complete your educational goals. For our enlisted, the Community College of the Air Force (CCAF) was developed to award an associate's in Applied Science degrees to active Air Force, Air National Guard and Air Force Reserve members. The college combines Air Force technical training with general education course work to help Airmen achieve their degrees. The CCAF additionally offers nationally recognized credentialing programs that help personnel to broaden the professional development.

The Air Force is committed to developing Airmen by providing military tuition assistance (TA) to help Airmen further their education. Currently, TA will pay for tuition and some fees at accredited institutions up to \$250 per semester hour, with an annual cap of \$4,500. Additionally, TA money is tax-free. The Montgomery GI Bill and the Post-9-11 GI Bill are other programs offered to you to defray educational costs. You should contact the education office to learn about more about other programs offered. Also, the Air Force Virtual Education Center is a Web site good for providing information about your education benefits. The site's purpose is to provide students one-stop shopping for all your higher education needs.

Why is education important to you? Besides making our nation more competitive and strengthening our Air Force, education becomes

equally as important to you in life after the military. The skills, experience and education you gain while serving in the Air Force puts you in high demand in civilian sector. According to the U.S. Department of Education, National Center for Education Statistics, the median annual earning for a person with a bachelor's degree earned \$18,000 more than a person with just a high school diploma or equivalent. The knowledge you gain through education will enlighten you. It will make you more competitive, help you make informed judgments, secure gainful employment and progress society.

Education is important. Through educating ourselves we make our nation competitive in the global economy, we ensure its survival and we make it a better place to live. By educating ourselves and developing professionally we strengthen our Air Force. We know our jobs, we're confident and we can make educated decisions while keeping our adversaries at bay. We make our own lives richer and fulfilling. We make ourselves competitive, securing employment while earning a higher wage. Our nation is safe in the hands of educated individuals.

# EODMU 5 holds field training exercise

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

Sailors assigned to Explosive Ordnance Disposal Mobile Unit (EODMU) 5 went through a five-day joint field-training exercise with the Guam National Guard (GUNG) in Yigo, Guam Feb. 6-9.

"We came out and set out an expeditionary base camp and then had three EOD teams deployed out to do problems that they would normally encounter in our area of operations," said EODMU 5 battalion leading chief petty officer Senior Chief Explosive Ordnance Technician (EOD/PJ) Isaac Callicrate.

The training included counter improvised explosive device training, training-to-combat terrorism and working with GUNG to do security patrols and other integration training.

"Right now there's no one person or one command in the areas where we have conflicts, it is all a joint effort," Callicrate said. "So we try to get the joint concept as soon as we can in the training cycle to make sure that our Sailors are used to working with the Army, Marine Corps and Air Force."

EOD technicians set up a combat control center where networks and communication systems were put in place, providing reach-back capability and voice and data communications between the battalion, GUNG and the EOD teams in the field.

"It was definitely a learning experience," Information Systems Technician 1st Class (EXW) Donny Athan said. "I never tried to coordinate two different services moving together, working together."

EODMU 5 deploys and employs tailored EOD units to locate, identify, render safe and remove conventional, chemical, biological, nuclear, radiological, and improvised explosive hazards in order to enable access for joint, naval, and special operations forces within the Western Pacific Theater of Operations and elsewhere, when directed.



**Above:** Explosive Ordnance Disposal Technician 3rd Class (EOD) Jacob Still, of Explosive Ordnance Disposal Mobile Unit (EODMU) 5 uses a detector to search for explosives during a five-day joint field training exercise with the Guam National Guard in Yigo Feb. 9. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Gabrielle Blake/Released

**Below:** Explosive Ordnance Disposal Technician 3rd Class (EOD) Jacob Still, of Explosive Ordnance Disposal Mobile Unit (EODMU) 5, takes photos to identify unexploded ordnance during a five-day joint field training exercise with the Guam National Guard in Yigo Feb. 9. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Gabrielle Blake/Released



**Winners:** Competitors from the 736th Security Forces Squadron from left, Tech. Sgt. Vance Burke, Senior Airman Evan Postma, Master Sgt. Seth Campbell and Maj. Tara Opielowski pose with the coveted latte stone trophy at the combat arms training and maintenance range after claiming victory during the 36th Contingency Response Group's quarterly warrior day competition on Andersen Air Force Base Feb. 6. Photo courtesy of U.S. Air Force

## 736th SFS crowned warrior day champs

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

Leading the way in the race to achieve 90 at 90, the 736th Security Forces Squadron (SFS) clenched victory during the 36th Contingency Response Group's (CRG) quarterly warrior day competition on Andersen Air Force Base Feb. 6.

With chests heaving and the unmistakable glint of competition in their eyes, the four-person 736th SFS team managed to finish first in each leg of the grueling challenge making their overall victory that much sweeter.

"I attribute our win to an excellent physical training program, teamwork and a never say die attitude that pushes each Airman in the squadron to always do their best," said Maj. Tara Opielowski, 736th SFS commander. "We do organized PT (physical training) three times a week and it is very intense."

After tearing down the road in an all out, three quarter mile sprint, competitors pulled fully-stocked packs on and began the seemingly endless trek up Sander's Slope. To make the challenge more interesting, teams were comprised of an officer, a senior noncommissioned officer (NCO), an NCO and an airman; one of which was required to be female.

With spectators looking on intently, the first challengers surged down the hill at break-neck speed. Upon reaching the bottom, packs were tossed aside as one member of each team came forward to perform the next challenge which was disassembling and reassembling an M-4.

"Warrior day started with a discussion on how to emphasize PT, excellence and the importance of sharpening our skills as Airmen" said Col. Theodore Corallo, 36th CRG commander. "Each squadron caters to their strengths when de-

signing the warrior day course. This event, hosted by the 736th SFS, focused on weapons training and endurance skills central to their career field."

Opielowski echoed the group commander's sentiments.

"We train to conduct our security missions," she said. "We cannot allow for any physical limitations due to the nature of our job and that requires us to be prepared, both mentally and physically for whatever may come."

After sprinting nearly a mile back to the combat arms training and maintenance range, the exhausted Airmen put their game faces on for a final event which was firing.

With red and green balloons fastened to targets, the competitors took aim. Earning a point for every green balloon popped and losing one for deflating the red, the 736th SFS team emerged victorious yet again, earning a collective 29 points.

"I am extremely proud of my squadron," Opielowski said. "I feel each person gave their all, even the ones that were running for support. I am pleased with the teamwork and the sportsmanship that I witnessed today as well. It is a true testament to the caliber of Airmen in the 736th SFS."

With the sound of the 736th SFS, 554th RED HORSE Squadron, 36th Mobility Response Squadron and 644th Combat Communications Squadron's raucous battle cries still echoing in the air, Corallo handed the lofty Latte Stone trophy to the newly crowned warrior day champions and addressed his Airmen.

"This event builds camaraderie and instills a competitive spirit in each of us," he said. "As we compete we continue to sharpen and hone our skills. This challenge encompasses the principles behind 90 at 90: improving our health and fitness, and continually seeking out opportunities to be excellent."

# Local, Federal Web sites offer great energy-saving ideas

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

If you want to make your home or apartment a bit more energy efficient, you should first find out what tools you have available. Here are a couple of places to start both federal and local.

The U.S. Department of Energy Web site is kind of a one-

stop shopping site for residential energy suggestions with tips ranging from appliances, design, remodeling, landscaping, and building envelopes to remodeling. It also gives information on incentives, codes, and standards, too. In addition is provides links to download useful literature to browse through at one's leisure. You can visit

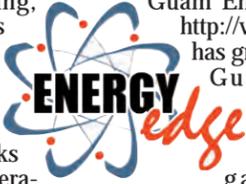
[http://www.energysavers.gov/your\\_home/](http://www.energysavers.gov/your_home/) for more information.

For local information the Guam Energy Office Web site <http://www.guamenergy.com/> has great information on the Guam Weatherization Assistance Program, community resources such as fuel data and gas price surveys, Guam Building Energy Code, energy savings tips and

much more.

It also makes available Government of Guam energy-related documents.

Whether you live in home or an apartment and wish to reduce your utility bills, these two sites offer a wide range of tools to help accomplish it. Please take an opportunity to cyberstroll through these two Web sites, hopefully save energy and help reduce monthly bills.



## Frank Cable arrives in Portland

By Mass Communication Specialist Seaman Apprentice Chris Salisbury  
*USS Frank Cable (AS 40) Public Affairs*

The submarine tender USS Frank Cable (AS 40) arrived in Portland, Ore., for a regular overhaul and dry-docking (ROH) Feb. 10.

"I'm excited to be back in the states," said Personnel Specialist Seaman Apprentice Deven Gonzales. "I'm hoping to do a lot of cycling and sightseeing in Oregon."

During their four-week transit from the ship's homeport of Guam, Sailors assigned to Frank Cable worked on qualifications and participated in many fire, flooding, man-overboard and abandon-ship drills, as well as enjoying a week in Pearl Harbor, Hawaii.

"The Sailors' primary mission in Portland is to support the shipyard to ensure a smooth yard period, providing force protection for the ship," said Master Chief Hull Technician (SW) Kenneth Wagner, Frank Cable's repair master chief. "Sailors, on their off time will have opportunities to take in the sites here in the northwest region."

Wagner said the purpose of the ROH is to conduct engineering repair, hull preservation and provide material upgrades to the ship.

"The dry-docking availability should result in a significant improvement in the material condition of the ship," said Frank Cable Commanding Officer Capt. Pete Hildreth. "As a result of this maintenance period, Frank Cable should not need to go back in dock for scheduled maintenance for eight years. This will allow Frank Cable to focus on its primary mission of conducting submarine repair in the Western Pacific."

Frank Cable is temporarily relieved from conducting maintenance of submarines and surface vessels deployed in the 7th Fleet area of responsibility by the submarine tender USS Emory S. Land (AS 39).

Following the dry-docking and maintenance, sea trials will be conducted prior to Frank Cable transitioning back to Guam.

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



**Arrival:** Commander, Submarine Group (SUBGRU) 9, Rear Adm. Robert M. Hennegan passes through sideboys upon his arrival aboard the submarine tender USS Emory S. Land (AS 39) Feb. 9. Emory S. Land is on an extended deployment in Guam to temporarily relieve USS Frank Cable (AS 40) as the primary afloat maintenance activity in the U.S. 7th Fleet area of responsibility. U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Samuel Souvannason/Released

# SUBGRP 9 CO visits Sailors



**Introductions:** Commander, Submarine Group (SUBGRU) 9, Rear Adm. Robert M. Hennegan passes through sideboys upon his arrival aboard the submarine tender USS Emory S. Land (AS 39) Feb. 9. U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Samuel Souvannason/Released



**Sailor's Greeting:** Commander, Submarine Group (SUBGRU) 9, Rear Adm. Robert M. Hennegan shakes the hand of Engineman Fireman Apprentice Yurika Derry upon his arrival to the submarine tender USS Emory S. Land (AS 39) Feb. 9. U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Samuel Souvannason/Released

“The reason why we are here is because we all need each other. The camaraderie we have developed with the Australians is awesome.”

— Lt. Col. Joseph Mull, 36th CRG Deputy Commander

# TRAINING: Significant partnership with allies

Continued from Page 1

Participants will also have the opportunity to improve their ability to employ both tactical air power in the skies, and humanitarian and disaster relief efforts on the ground.

During the aerial portion, F-2s, F-15s, F-16s, F-18s and B-52s were among the first aircraft to take to the skies during morning operations on day one of training.

While sorties multiplied in the skies, troops on the ground began training for humanitarian and disaster relief efforts at Andersen's Northwest field.

The RAAF worked with Andersen Airmen to conduct a heavy-equipment drop and also combined forces to set up tent city, where they will be spending five days simulating possible conditions during real-world

**Support Force:** An F-16 Fighting Falcon fighter jet from the 18th Aggressor Squadron, Eielson Air Force Base Alaska, takes off during the Cope North 2012 exercise on Andersen Air Force Base Feb. 13. The U.S. Air Force, the Japan Air Self Defense Force and the Royal Australian Air Force began the exercise Feb.

11. The exercise, which will run through Feb. 24, is the latest in a series of multinational exercises designed to enhance each country's air operations. U.S. Air Force photo by Senior Airman Jeffrey Schultze/Released



RAAF and U.S. Air Force personnel.

Throughout the simulation, different roles are played out such as security, emergency response, medical and evaluation.

The exercise has also provided an opportunity to cultivate common bonds and foster goodwill between the multinational partners.

“We are part of the group providing security for the Cope North exercise with our Aus-

tralian counterparts,” said U.S. Air Force Senior Airman Clint Seal, 736th Security Forces Squadron.

Seal added said he was happy to work with foreign military as their paths may cross in the future.

The U.S. military is always seeking opportunities to strengthen its relationship with other nations through activities such as subject matter expert exchanges, host nation visits, trilateral engagements, exercises, and operations such as those experienced during Cope North.

“It's good to work together and see what each nation brings to the actual mission,” said RAAF Wing Commander Lee de Winton, 381st Expeditionary Combat Support Squadron commanding officer, “Especially in this area where humanitarian assistance and disaster relief is very important.”

“It's been great to meet our sister squadron,” she continued. “All of this is built on relationships that will endure throughout what we do in this region.”

# SUMMIT: Leadership trained to identify signs of distress

Continued from Page 1

trainings.”

The summit provided programs for all levels within each command. The first day offered training for senior leadership from commands around Guam.

“We feel the best way to get a handle on the negative incidents that have been occurring is to train our leaders to look for different signs that may lead a Sailor to go into the wrong direction,” said Daryl Charles, Operational Stress Control Program analyst from the Chief of Naval Operations, Alcohol and Drug Abuse Prevention.

Day two of the summit was geared toward command program advisors such as command fitness leaders, SAPR advocates and Drug and Alcohol Program Advisors.

“The training was really effective,” said Logistics Specialist 3rd Class (SW) Mario Lamar, USS Emory S. Land (AS 39) SAPR. “The summit taught us to be more involved. We want to prevent the sexual assaults and they taught us that in order to do that, we have to get to know our people and educate our people.”

On the final day, an alcohol awareness program performance titled, Shot of Reality, used interaction and humor to inform junior Sailors about the importance of drinking responsibly.



**Top Left:** Capt. Richard Wood, U.S. Naval Base Guam commanding officer, speaks to senior leadership during the Personal Readiness Summit at Top O' the Mar in Nimitz Hill Feb. 7. Wood spoke about how important it is to train the senior Sailors in order to help the junior Sailors. The performance was part of the three-day summit held for Sailors from commands around Guam. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Gabrielle Blake/Released

**Top Right:** Daryl Charles, Chief of Navy Operations Operational Stress Program analyst, speaks to command program advisors about the stress continuum during a Personal Readiness Summit at Top O' the Mar in Nimitz Hill Feb. 7. The three-day summit offered training at each command level to inform Sailors and Department of Defense personnel on updates made to Navy programs and instructions. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Gabrielle Blake/Released

**Left:** Sailors assigned to different commands on Guam participate in an alcohol awareness program performance titled Shot of Reality during the Personal Readiness Summit at the Big Screen Theatre on U.S. Naval Base Guam Feb. 9. The performance was part of the three-day summit held for Sailors from commands around Guam. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Gabrielle Blake/Released



**Well-Deserved Meal:** Master-at-Arms 3rd Class (EXW) Mark Barr, of U.S. Naval Base Guam Security, grabs some food as Agat Mayor Carol Tayama sets out more food for volunteers during a cleanup at the village's community center Feb. 11. The cleanup is an annual event where Sailors from U.S. Naval Base Guam partner with their sister village of Agat. U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Samuel Souvannason/Released



**Great Job:** Master-at-Arms 3rd Class Ricky Brandon Jr., Mobile Expeditionary Security Group 1 Det. Guam, pick up trash in Agat, Guam Feb. 11. The cleanup is an annual event where Sailors from U.S. Naval Base Guam partner with their sister village of Agat. U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Samuel Souvannason/Released

# Guam Sailors help clean up sister village

By Mass Communication Specialist 3rd Class (SW) Corey Hensley  
*U.S. Naval Base Guam Public Affairs*

Sailors assigned to the various commands attached to U.S. Naval Base Guam (NBG) partnered with the Agat community during a village cleanup Feb. 11.

"We started this seven years ago and what we do is invite all of the community, the different organizations and of course our military friends," said Agat Mayor Carol Tayama. "It's really great to get everyone to come together

and make our village beautiful and make our village clean."

Volunteers and island residents from the village along with Sailors arrived at the Agat mayor's office early that morning, and after being split into groups by Tayama, they set out into the community.

Master-at-Arms 2nd Class Aaron Eaton assigned to Mobile Expeditionary Security Group 1 Det. Guam, said it's important for the military not only look out for their own interests, but the interests of the local communities as well.

"We're here to help, be more involved with our sister community," Eaton said. "We were

told that they needed help and were here to answer that call. Everything [in Agat] is worth preserving or we wouldn't be here."

Ronnie Malveaux, a pastor at the Apostolic Deliverance Center in Agat, who also happens to be an NBG firefighter, had an invested interest in the cleanup because his church is located right in heart of the village across from the mayor's office. Malveaux said he appreciated all the support the military gives to the community.

"We want to keep our island beautiful, and to be stationed here in Guam is actually a plus for being in the military," he said. "I'm sure they understand that if you want something beautiful,

you have got to keep it to maintain it."

After the cleanup, volunteers sat down for a great meal of food that Tayama had prepared for those involved. Volunteers sat down with the company of their friends and family members and organizations who came to support.

"I think it's very important to get together," Tayama said. "I always come with the community. Every year we have a good time and appreciate all the efforts

**Getting Rid of the Garbage:** Sailors from the submarine tender USS Emory S. Land (AS 39) and Mobile Expeditionary Security Group 1 Det. Guam, pick up trash in Agat, Guam Feb. 11. The cleanup is an annual event where Sailors from U.S. Naval Base Guam partner with their sister village of Agat. U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Samuel Souvannason/Released





Mobile Expeditionary Security Group 1 Det. Guam, helps pick up trash in Agat, Guam Feb. 11. The cleanup is an annual event where Sailors from U.S. Naval Base Guam partner with their sister village of Agat. U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Samuel Souvannason/Released

# Age

...t clean and you have got

...volunteers enjoyed some  
...a and a few others had set  
...l in the beautification ef-  
...own together and enjoyed  
...nds, family and other or-  
...e to Agat to show their

...portant that we socialize  
...ama said. "The military  
...eir assistance, and every  
...urnout and we really ap-  
...they provide for us."



**Right:** Boatswain's Mate 1st Class (EXW/SW) Jerrmie Bautista, of Mobile Expeditionary Security Group 1 Det. Guam helps pick up trash in Agat, Guam Feb. 11. The cleanup is an annual event where Sailors from U.S. Naval Base Guam partner with their sister village of Agat. U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Samuel Souvannason/Released

**Left:** Master-at-Arms 3rd Class (EXW) Mark Barr and Master-at-Arms 3rd Class Amanda Araya, of U.S. Naval Base Guam Security, grab some food during a cleanup at the Agat community center Feb. 11. U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Samuel Souvannason/Released





**Far Left:** Shrimp in coconut milk is ready to be served in Mangilao, Feb. 13. The dish is a local favorite that many residents may choose to consume during Lent. U.S. Navy photo by Shaina Marie Santos/Released

**Left:** Joint Region Marianas Current Operations Officer Lt. David Blas picks pumpkin tips with his aunt Edna Gumataotao in Mangilao Feb. 13. Pumpkin tips, which are leafy stems that emerge from pumpkin patches are used in various local dishes and are an ingredient of choice in making shrimp in coconut milk. U.S. Navy photo by Shaina Marie Santos/ Released

## Lent offers new choices for delicious dishes

By Shaina Marie Santos  
Joint Region Edge Staff

With the season of Lent soon approaching, island residents prepare to abstain from some of their favorite foods as a religious penance. However the fasting that comes with the observance of Lent doesn't have to be monotonous.

The season of Lent, which begins on Ash Wednesday, Feb. 22 to Easter, is a time of reflection for Catholics. During the 45-day period, the religious take time to ponder the life and death of Jesus, recognize their sins and seek forgiveness.

Since Catholicism was introduced to Guam, island residents have incorporated the religious practice into local custom and culture.

"It's a part of who we are, it defines part of our lives," said island resident Bert Flores. "Since most of us were younger we were taught to observe and reflect during this time period."

Aside from spiritual reflection many Catholics choose to abstain from the consumption of meat, which includes all variations of mammal and poultry. When it comes to looking for delicious dishes during the season of Lent, adding seafood to your diet can add a variety of recipes to learn and explore.

Mangilao resident Edna Gumataotao grew up learning how to cook for Lent from her mother and has adopted the recipes she learned, especially favoring shrimp dishes.

"[The recipe is] not that hard, it's very easy," she said. "I learned it ever since I was single, any seafood we could eat during Lent. Sometimes I helped my mom."

One of the more popular dishes during this time of year is shrimp in coconut milk and pumpkin tips.

With the use of locally grown greens and coconut milk, the shrimp acquires a flavor unique to Guam that locals enjoy during the Lenten season.

10 pumpkin tips  
One lemon

The type of shrimp used for this recipe depends on preference. Most stores on island sell them peeled and deveined or with the entire shell intact.

Begin by first rinsing your shrimp with water and place them in a pot. Chop the cherry tomatoes and onion in half and spread on top of the shrimp and add salt.

Pour one cup of coconut milk into the pot and cover

with a lid. Heat on the stove over medium heat.

Allow to cook for five minutes until boiling. Immediately after it starts to boil, stir contents and allow simmering for three minutes, covered. As the mixture simmers, peel the fiber

off the pumpkin tips, rinse and add to the pot along with the remaining two cups of coconut milk. Add squeezed juice from your lemon and cook for two more minutes, covered, or until the pumpkin tips are just done. Serve over hot rice.

### RECIPE

- Two packages of shrimp
- One teaspoon of salt
- One-cup of cherry tomatoes
- One-half yellow onion
- Three cups of coconut milk

# National Children's Dental Health Month February 2012

From 36th Medical Group Dental Clinic

This February marks the 61st annual National Children's Dental Health Month and Team Andersen dental officials want children and parents to understand the importance of taking care of your teeth.

Attitudes and habits established at an early age are critical in maintaining good oral health throughout your life.

Remember to brush at least twice a day for two minutes and floss thoroughly once per day. By participating in the annual celebration of National Children's Dental Health Month, members of the dental team, parents, teachers and others can help keep children's smiles beautiful now and for years to come.

It is important to note that children under five years old require supervision when brushing and flossing. Flossing can be started as your children's teeth erupt next to each other.

Remember that children five to eight years old require parents to inspect the quality of their oral hygiene to maintain the high standards that you set. Starting your children's oral hygiene habits early and making it fun will help ensure a valuable lifelong habit.

The theme for this year's campaign is "Rock Your Smile," and the American Dental Association produces a program planning kit for its state and local dental societies, dental alliances and armed forces dental clinics to assist them in local health campaign efforts.

The ADA distributes public service announcements for television and radio to educate the public and enhance promotional efforts. Additional information appears on the ADA's Web site, [www.ada.org](http://www.ada.org).

# MEMS students learn to cope with deployment

By Shaina Marie Santos  
Joint Region Edge Staff

Students at Cmdr. William C. McCool Elementary/Middle School (MEMS) were familiarized with topics regarding deployment during presentations by Fleet and Family Support Center (FFSC) at the school on U.S. Naval Base Guam Feb. 9.

The presentations covered topics regarding the periods of pre-deployment, deployment and reunion, and open discussion with students regarding their feelings about deployment and ways to manage them.

MEMS guidance counselor Jennifer Kukes said the presentations were especially important to support the children during the difficulties of deployments.

"It helps them to know that some other people are going through what they're going through," Kukes said. "They're not the only one. They can look at these other peers, teachers and say, 'Hey, I can get help from these people.' We want to make sure the kids know they have support."

FFSC presenter Deanne Delansig emphasized the importance of a child's understanding of deployment.

"It's important for kids at any age to understand the importance of their parents' job and the unique circumstances that being part of a military family present," she said. "I



'I Know': Fleet and Family Support Center Deanne Delansig chooses an answer from a sea of enthusiastic students during a deployment presentation at Cmdr. William C. McCool Elementary/Middle School on U.S. Naval Base Guam, Feb. 9. The presentations aim to discuss coping during deployment with students. U.S. Navy photo by Shaina Marie Santos/Released

believe instilling a sense of pride in kids and helping them become more patriotic only enhances their confidence when going through a deployment."

Delansig added that children need to feel as much a part of a deployment as adults do and need understand the way they feel is normal.

"More importantly, they need to feel comfortable talking with parents, guardians, teachers, counselors or any trusted adult about their fears and anxieties associated with any separation or deployment," she said.

The subject of deployment especially ran close to the hearts of many students, which was made evident when their hands shot into the air with constant questions and words to share thoughts and

experiences.

MEMS fifth-grade student Justin Lalumander understood what many of his peers went through when faced with deployment.

"I thought [the presentation] was really cool, because it helped cover all that stuff and it helped us learn how to deal with it even better," Lalumander said. "I know how [my classmates] felt. I know how it feels."

The presentations familiarized students with methods of keeping in touch over a deployment. From Skype and Facetime to e-mails and phone calls, students counted the ways they connect with deployed family members.

Fifth grader Victoria Flores related to the presentations well as both her parents are

service members.

"What [the presenter] talked about, I did do all of them," Flores said. "When [my mom] was [on deployment] we would always send her cards. She was going all over the world."

In the future, MEMS plans to coordinate with parents to reinforce the lessons learned through deployment presentations with their students.

"We're just trying to get everybody connected so the kids have all the support," Kukes said.

## DEPLOYMENT TIPS

Use tips below to help your child come to deployments:

Have children help their parent prepare for the deployment by packing clothes and scheduling their parent's leave.

Keep kids focused on school and other activities.

Send care packages, e-mail and share letters and pictures

Allow your child to get involved with deployment support groups or a similar organizations.

Keep your child's daily routine.

When in doubt, reach out. Talk to counselors, teachers, a parent, or other trusted adult.

For more deployment support tips, visit:

[www.survivingdeployment.com](http://www.survivingdeployment.com)

[www.deploymentkids.com](http://www.deploymentkids.com)

<https://www.militarykidsconnect.org/>

Source: Fleet and Family Support Center

## 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.

#### Protestant Worship Service

Sunday Service: Traditional and  
Contemporary Service:  
10:30 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

# A cold truth

By Lt. j.g. Matthew Drayton  
*U.S. Naval Base Guam Chaplain*

Have you ever felt dead inside  
and lacking purpose?

Someone once said, "I see here  
in this room the smartest, strongest  
men who ever lived. I see all this  
potential and see it squandered; an  
entire generation pumping gas and  
waiting tables, slaves with white  
collars. Advertising has us chasing  
cars and clothes, working jobs we  
hate so we can buy stuff we don't  
need. We are the middle children,  
no purpose, no place, we have no  
great war, no great depression. Our  
great war is a spiritual war. Our  
great depression is our lives. We've  
all been raised on television to be-  
lieve that one day we'd all be mil-  
lionaires, movie gods and rock  
stars, but we won't. We're slowly  
learning that fact, and we've be-  
come very, very angry."

I wish I could say that this didn't  
ring true for a lot of people, but  
I believe it does. Unfortunately, it's  
a quote from the movie "Fight

“Be on your guard against all  
kinds of greed. A man's life does not consist in  
the abundance of his possessions.”

— Lt. j.g. Matthew Drayton, NBG Chaplain

Club," and he was recruiting peo-  
ple to a cult.

The question that it brings to the  
surface is, "What do we live for,  
what gives us purpose, and what  
gives us life?" In Luke 12:13-21,  
Jesus speaks to a man who has lost  
his way. His life has become en-  
tangled with a desire for posses-  
sions and abundance. Jesus has a  
swift and powerful response.

"Watch out," Jesus said. "Be on  
your guard against all kinds of  
greed. A man's life does not consist  
in the abundance of his posses-  
sions."

Deductively speaking he is  
telling us all that possessions are a  
distraction to real life. Have you  
ever thought of it like that?

Our culture has within it a reli-  
gion of materialism and it bom-

bards us daily. Perhaps the best il-  
lustration is that of being sub-  
merged in ice. At first it seems very  
cold and initially may even hurt,  
but soon the numbness comes and  
eventually the feeling goes away,  
and little by little we begin to die.

What do your dreams look like?  
Are your future hopes focused on  
and defined by the material? Is it  
about that house on the lake, that  
car, motorcycle or enough money  
so that you don't have to work? If  
so, can you relate to the above  
quote from "Fight Club"? Do you  
struggle at times with a sense of  
purpose? Is there a piece of you  
that feels dead on the inside, de-  
pressed, like a cog on the wheel?

When we are honest with our-  
selves, we are all affected.

The truth is, Jesus' words are

true, and we know it. Wealth and  
stuff never satisfy. Like a fast-food  
meal, it may give our jaws some  
exercise, but it doesn't really fill us  
up in the way we want it to.

If you resonate with any aspect  
of what I'm trying to convey, let me  
propose a couple of things. One,  
this is indeed a spiritual war, and  
two God wants more for you. He  
created you so he knows what  
brings you life, and yet you and I  
are still submerged in a cold and icy  
world. How then do we fill our-  
selves with life?

In Luke 10:25 Jesus tells us,  
"You shall love the Lord your God  
with all your heart and with all your  
soul and with all your strength and  
with all your mind, and your neigh-  
bor as yourself...do this, and you  
will live."

Another way of saying this is,  
"love God and love one another  
with all we have, and this will bring  
you life." May we all invest wise-  
ly in this truth, so that we all might  
truly live.





# Combative training room readies service members

**Preparing for Combat** Charles King Fitness Center patrons spar and train at the facility's combat fitness room Feb. 14. The combat fitness room offers all Morale, Welfare and Recreation patrons the opportunity to fine tune their martial arts and boxing skills. U.S. Navy photos by Mass Communication Specialist 2nd Class(SW) Corwin Colbert/Released

