



LIBERTY THROUGH UNITY

# JOINT REGION EDGE

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Friday, June 8, 2012



**In Honor of the Fallen:** A joint color guard posts the colors during the Joint Region Marianas' Battle of Midway 70th Anniversary commemoration at the War in the Pacific National Historical Park Asan Beach Unit June 5. After the ceremony, guests were invited to view static displays as well as vehicles, watercraft, heavy equipment and presentations courtesy of U.S. Naval Base Guam Security, Helicopter Sea Combat Squadron 25, Naval Mobile Construction Battalion 40, U.S. Coast Guard Station Apra Harbor and the National Park Service. U.S. Navy photo by Mass Communication Specialist 2nd Class Corwin Colbert/Released

## Guam military, community remember Battle of Midway

By Mass Communication Specialist 2nd Class (SW)  
Corwin Colbert  
Joint Region Edge Staff

**J**oint Region Marianas (JRM) hosted the 70th anniversary of the Battle of Midway at the War in the Pacific National Historical Park in Asan Beach June 5. Rear Adm. Paul Bushong, Commander, JRM was the guest speaker. He emphasized the importance of the battle and its significance in World War II.

"It really is an honor to be here today to commemorate the battle that Adm. [Chester] Nimitz called 'a glorious page in our history,'" Bushong said. "Many historians look back on Midway as not just a significant battle in the Pacific, but a turning point for the entire war."

The commemoration included a wreath-laying ceremony following Bushong's speech.

Manuel Cruz Diaz, a Pearl Harbor Survivor said he was cleaning up the aftermath in Pearl Harbor during the Midway battle. He said he came to the ceremony to support surviving and fallen comrades.

"The Midway memorial – I support this memo-



**Special Guest:** Rear Adm. Paul Bushong, Commander, Joint Region Marianas (JRM), right, and Manuel Cruz Diaz, a World War II Pearl Harbor survivor, greet one another following JRM's Battle of Midway 70th Anniversary commemoration at the War in the Pacific National Historical Park Asan Beach Unit June 5. U.S. Navy photo by Mass Communication Specialist 2nd Class Corwin Colbert/Released

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## Joint Region Edge

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# Know Guam, AF regulations, avoid a ticket

By Airman 1st Class Marianne Santos  
36th Wing Public Affairs

As Air Force Instructions (AFI) are written to encompass everything under the umbrella of the United States Air Force while Air Base Wing Instructions (ABWI) were adopted to allow specific bases to develop rules that cater to the base's location, layout and specific regulatory needs.

That said, traffic rules are one among many ABWIs that vary based on location and particular base.

"Our traffic rules here at Andersen generally mirror the local rules," said Capt. Stephen Zeglen, 36th Security Forces Squadron (SFS) operations officer. "Most of our laws mirror the Guam Code. For the most part, bases should have the same or close to the same laws off base."

According to the 36th SFS' monthly trends analysis, a breakdown of how many citations were written and what they were for, base housing parking infractions seem to concentrate on parking too close to an intersection or in a spot that blocks a fire hydrant.

"Generally, the fire hydrants are placed on one side of the road on base housing," Zeglen said. "The general rule is you're not supposed to park on that side."

Another parking concern is that cars parked too close to an intersection tend to block vital parts of other drivers' line of vision.

"If you pull up to a four-way stop, the tendency is that the car parked too close to an intersection may block your view of an incoming vehicle from that side of the road," he continued.

Along with these two rules, Zeglen said that it would be good to keep in mind to not park against the flow of traffic and on the side with the narrow shoulder.

Though ABWIs are black and white, just like the AFI, it is reviewed periodically and revised as necessary. There is a committee that is comprised of representatives from civil engineer squadron, security forces and other units that get together and decide various traffic regulations, from parking areas to speed



limits. "We'll adjust the speed limits if it is within reason," Zeglen said. "For instance, if there is no residential area or schools nearby, we can raise the speed limit from 25 to 30 miles per hour. There have been a couple of these changes in the last year."

According to Zeglen the changes are usually contrived through concerns brought up during the town hall meetings that the general holds. Representatives from security forces, civil engineer squadron and other units in the traffic committee attend these meetings to hear the concerns of the residents first hand.

"It's a great avenue to voice concerns and address issues," he said. "The role of Security Forces is to enforce the instruction. Ultimately, we can't build a new parking lot, but we can have input during the planning meetings and back it up with our trends analysis. If we see an area with a lot of recurring violations, we will present the information to the committee."

Aside from advocating for changes that would help drivers avoid citations, Zeglen stressed that security forces' main concern is enforcing instruction and safety.

"Unlike other agencies, we don't have quotas," he said. "There is no reward for us for handing out numerous citations. We are military members. We

show up, work our shifts and do our jobs. We don't go to specific areas just to get people. If we know there's a softball game, we're not patrolling that area just to ticket everybody for their parking. Our biggest concern is safety."

Tech. Sgt. Aron Luna, 36th SFS Alpha flight chief, furthers this sentiment by explaining that the number of traffic citations they give out does not directly affect their Airmen's yearly evaluation and that writing up tickets can be a time consuming process.

"There are other things we patrol and make sure is safe and secure," Luna said. "But if we see an obvious infraction, our patrolmen will address it."

"The rules are there for safety reasons," he continued. "If there is an infraction, the patrolman has the discretion whether or not to write the ticket, but if it is definitely a safety concern then the citation must be handed."

Luna suggested that people who get a citation review ABWI 31-204 so that people will understand the instruction they were cited for, be able to see if they were truly in violation of an instruction and also be aware of the other rules of the road.

"Most infractions can probably be resolved or avoided by being informed," he said.

Zeglen said that despite being brought up in the past, there are no particular projects at the moment pertaining to painting the sidewalks or adding more traffic signs.

"The AFI states that the rule for intersections and fire hydrant remain true regardless of whether or not it is painted," he said. "The main thing is personal accountability through educating one's self."

"Also, give your friends a heads up about where to park or not to park if they're coming over," he continued. "If you see a stranger parking on the wrong side of the road, let the person know. Be informed and look out for the people in our community."

For more information on Andersen traffic regulations, please access the following links:

Andersen traffic regulations  
<http://www.andersen.af.mil/shared/media/document/AFD-090504-066.pdf>

## NEWS NOTES

**Job Announcements**  
Interested individuals can view available vacancies by visiting <https://www.cnic.navy.mil/Marianas/index.htm> or [at https://chart.donhr.navy.mil](https://chart.donhr.navy.mil). For more information, call 349-6119/2224.

**Andersen Air Force Base Totus Tuus**  
The Andersen Air Force Base Catholic community will host a free summer program called Totus Tuus for children grades first to 12th. The program be from June 17-22 at Chapel 2. The middle and high school program will be Sunday-Thursday from 7-9 p.m. and elementary program will be Monday-Friday from 9 a.m.-2:30 p.m. Registration is ongoing. For more information, contact Michelle Mackeller at 366-3716 or michell.mackeller.ctr@us.af.mil.

**Business Relationships and Networking Workshop**  
Join Ron Sukenick, one of America's leading authorities on networking on business relationships, for a two-day seminar at the Hilton Guam Resort and Spa June 14-15. Learn how to build relationships with clients and take networking to new levels. The fee to participate is \$90 for each workshop or \$149 for both. Doors open at 8 a.m. and begins at 8:30 a.m. Reservations are required for both days. For more information, contact the Guam Chamber of Commerce at 472-6311 or [info@GuamChamber.com](mailto:info@GuamChamber.com).

## SCHOOL BULLETIN

The 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.

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

## MWR HAPPENINGS

**U.S. Naval Base Guam**  
**NEX/MWR Summer Food and Festival**  
The Navy Exchange (NEX) and Morale, Welfare and Recreation (MWR) proudly presents the Summer Food Festival

## COMMUNITY Corner

### movies • movies • movies

The Big Screen Theater		
JUNE 8 (FRIDAY)		
7 PM	THE THREE STOOGES	PG
9:30 PM	AMERICAN REUNION	R
JUNE 9 (SATURDAY)		
1 PM	LOCKOUT	PG-13
3:30 PM	MIRROR, MIRROR	PG
7 PM	THE LUCKY ONE	PG-13
JUNE 10 (SUNDAY)		
1 PM	THE THREE STOOGES	PG
3:30 PM	HUNGER GAMES	PG-13
7 PM	THE CABIN IN THE WOODS	R

Movie Hotline 564-1831 US Naval Base Guam

Meehan Theater - TEMPORARILY CLOSED

June 9 from 6-8 p.m. at Molly McGees. Enjoy an evening of good food prepared with instructional demonstration by Morale, Welfare and Recreation's world-class culinary team while you sample a variety of fine wine for only \$1 per sample. Tickets are \$15 in advance and \$20 at the door. Event is open to patrons 21 years or older. Registration deadline is June 8. For more information, call 685-5142.

### Father's Day Brunch

Treat dad to a hearty brunch this Father's Day at Top O' the Mar June 17 from 10:30 a.m.-1 p.m. There will be a "Grill your own steak" station along with live a band and professional photography. Brunch is \$27.95 for adults, \$13.95 for children and free for children

ages four and younger. For more information or to make reservations, call 472-4606/7. Registration deadline is June 11.

## 36th FSS HAPPENINGS

**Andersen Air Force Base**  
**Father's Day Dinner at the Patio Pub**  
Enjoy a delicious dinner with dad at the Patio Pub at the Palm Tree Golf Course June 17 from 5-10 p.m. Reservations are required. For pricing, reservations and more information, call 366-4655 or 366-4653.

## SPORTS SHORTS

**U.S. Naval Base Guam**  
**Swing Into Summer Golf Tournament**  
Admiral Nimitz Golf Course will be hosting their Swing Into Summer Golf Tournament June 15. The tournament will be a two-man team and multiple formats. Fees are \$30 for E1-E5, \$35 for E6 and above and retired service members, and \$45 for Department of Defense civilians. Sign up at the Admiral Nimitz Golf Course no later than June 13. For more information, call 344-5838.

**Father's Day 9-Pin No-Tap Tournament**  
Celebrate Father's Day with dad at the Orote Point Lanes and enjoy a 9-pin no-tap tournament June 17 at 1 p.m. Sign up at the front desk. For more information, call 564-1828.

**Go For the Gold Captain's Cup Competitive Run**  
Take part in this free 15k running event June 9 at the Sumay Cove parking lot. Show time is at 5:30 a.m. and start time is at 6 a.m. Participants can register at the Charles King Fitness Center or on race day. For more information, call 685-5243/5267.

## Andersen Air Force Base

**Father's Day 5K**  
Enjoy a run with dad to celebrate his special day June 13 at the Palm Tree Golf Course. Showtime is 6 a.m., start time is at 6:30 a.m. No registration is required. For more information, call 366-6100.

## Wayball Tournament

The Coral Reef Fitness Center will have a Wayball tournament June 11-13. Showtime for each day is 5:30 p.m. and starts at 6 p.m. Register at the fitness center by June 6. For more information, call 366-6100.

# Andersen's Best: 36th Wing Equal Opportunity office

**Teamwork :** The 36th Wing Equal Opportunity office was awarded Andersen's Best on Andersen Air Force Base May 30. 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 Airmen/civilian with an award. To nominate your Airmen/civilian for Andersen's Best, contact your unit chief or superintendent explaining their accomplishments. U.S. Air Force photo by Brig. Gen. John Doucette/Released

By Airman 1st Class Mariah Haddenham  
36th Wing Public Affairs

The 36th Wing Equal Opportunity (EO) office was awarded Andersen's Best on Andersen Air Force Base May 30.

The office was recently awarded the Col. Joseph Brown Award for best office in Air Force district Washington.

"Office personnel have spent [more than] 90 hours in units as part of the equal opportunity outreach program, while providing equal op-

portunity assistance to over 8,000 military, civilians, retirees and family members," said Tech. Sgt. Jeremy Lawley, 36th EO supervisor.

Most recently, the office developed, planned and executed the 36th Wing's first ever Multicultural Festival. The event was attended by more than 400 people including military personnel, family members, wing leadership and local dignitaries.

"The festival was not only designed to educate and entertain, but it was also meant to

strengthen Team Andersen and unleash the potential within each organization by highlighting the diversity of the 36th WG members," Lawley said.

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 Airmen/civilian with an award.

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



# NBG Branch Medical top performer provides care to Sailors, families

**Medical Sailor:** Hospital Corpsman 2nd Class Benjamin Myers, assigned to U.S. Naval Hospital Guam, examines a blood sample through a microscope in the laboratory at the U.S. Naval Base Guam (NBG) Medical Branch in Santa Rita May 30. Myers was chosen as top performer by the clinic this week for providing care to patients and for being a leader to the junior Sailors in the command. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW/AW) Jeremy Starr/Released

By Mass Communication Specialist 2nd Class  
(SW/AW) Jeremy Starr  
Joint Region Edge Staff

This week's top performer is a laboratory technician who provides care for active duty, retired military patients and their dependents inside the U.S. Naval Base Guam (NBG) Branch Medical.

Hospital Corpsman 2nd Class Benjamin Myers, assigned to U.S. Naval Hospital (USNH) Guam is temporarily assigned as the branch medical clinic's laboratory technician.

"I enjoy working here,

I feel it is a close knit community," said Myers. "It is more of a team atmosphere."

Myers said working at the clinic is an interesting job because of the variety in it. He receives an influx of patients that changes on a weekly basis ranging from five to 30 people a day.

He said he liked to work in clinics compared to the big hospitals because they are more personal and he enjoys being in contact with people.

"A lot of the people you see on a regular basis, you build a rapport with them because you see them all the time," he said. "I think that personal aspect of the job where you are working closely with people on a regular basis and building relationships, that's what's rewarding to me."

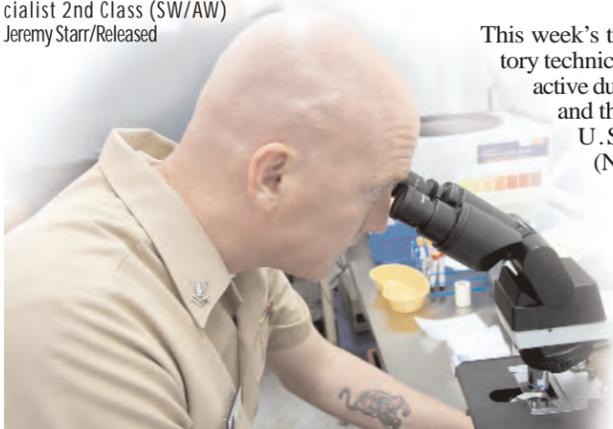
As a laboratory technician Myers performs draws blood samples and does urinalysis checks

at the clinic. He stores the samples in the laboratory by each different test. He spins down the blood samples with the centrifuge machine before packaging and then he sends the packages off either to USNH Guam or hospitals in Hawaii or the mainland for full analysis.

Lt. Cmdr. Mark Lund, head doctor at branch medical, said, "The patients like him, they put in numerous nice comment cards because he can make a somewhat an anxiety provoking procedure of a blood draw go pretty well."

Lund also said Myers helps trains the clinic at their afternoon huddles about lab procedures and documentation as well as trains the junior personnel in military bearing and leadership.

"I think the most rewarding part of this job here at branch is like I said the team atmosphere, I like being a part of a small group of people who works together well," Myers said.



# GUARNG battalion returns from three-week annual training

From Guam National Guard Public Affairs

More than 600 men and women of the Guam Army National Guard (GUARNG) returned home May 27-31 after three weeks of combat training in California.

Soldiers, from the 1-294th Infantry Regiment (IN RGT) and its attached supporting element, F Company, 29th Brigade Support Battalion (BSB), arrived on island on both commercial and military transport aircraft.

According to battalion commander Lt. Col. Michael Tougher, the Soldiers spent three weeks at Camp Roberts, Ca. to perform their annual training which focused on individual and squad-level training for Soldiers assigned to the battalion, preparing them for their pending deployment to Afghanistan early next year in support of Operation Enduring Freedom.

"Training highlights included an emphasis in rifle marksmanship and crew served weapons training," Tougher said. "Our units also used the opportunity to qualify vehicle crews on mounted gunnery tasks which directly support our anticipated mission."

The base is typically used by Army National Guard and Army Reserve units for their collective training. The Maneuver Training Center (MTC) at Camp Roberts covers a 42,361-acre site that is considered the largest training area under the control of the California Army National Guard (CAARNG). It can support the training requirements of light and heavy maneuver, mounted and dismounted, training, live-fire ranges from small arms to crew serve weapons, aerial gunnery, drop zones and limited airfield needs on two airfields.

Soldiers from the battalion said Camp Roberts was an environment that offered them much learning opportunities to prepare for deployment.

Spc. Jesse J. Camacho, from 1-294th IN RGT A Company, said he expected the battalion to hit the ground running when they got there, and they did.

"Everything was to the T," he said. "The ranges there were top of the line."

Camacho, who deployed to Afghanistan in support of Operation Enduring Freedom with A Company in 2008, noted that Camp Roberts' training environment gave

Soldiers a good glimpse of where they will be deployed.

"How that place was is exactly how Afghanistan was," he said. "Everything was realistic, so it gave us lower echelon a greater picture of what we will be seeing downrange."

Staff Sgt. Gene Guzman Jr, squad leader for 1-294th IN RGT B Company, 1st Platoon, 3rd Squadron, said the variety of training helped his Soldiers in their combat skills.

"The training that we did out there, from weapons, to hand grenades, to movements, the virtual trainer, was really good," he said. "A lot of the lower enlisted learned from it."

Most of the Soldiers in his squad are seasoned Soldiers, he said, but, "for the guys that are brand new to the squad, they learned a lot. They actually want to learn more," Guzman added.

The air movement to and from Camp Roberts was possibly the largest for Guard Soldiers on annual training, according to unit leaders, where more than 600 Soldiers were transported to a training site about 8,000 miles away.

According to Lt. Col. George Charfauros, GUARNG deputy chief of staff for operations and plans sev-



**Finally Home:** Spc. Philip Escribano, right, greets family members at the A.B. Won Pat Guam International Airport in Barrigada May 28. More than 600 Soldiers are returning to Guam after combat training at Camp Roberts, Ca. U.S. National Guard photo by Capt. Ken Ola/Released

eral states with Air National Guard assets supported the air movement to California. These states included Alaska, Arizona, California, Georgia, Iowa, Maine Mississippi, New Hampshire, Ohio, Tennessee and Wisconsin.

For the return of the Soldiers, the units that supported the air movement included the 164th Airlift Wing (TNANG), 122nd Air Refueling Wing (OHANG), 161st Air Refueling Wing (AZANG), 101st ARW (MEANG), 172nd AW (MSANG) and 146th AW (CAANG).

GUARNG received the alert order, which is a step leading to mobilization, for its 1-294th IN RGT and F Company, 29th BSB for deployment to Afghanistan in support

of Operation Enduring Freedom late last year.

The alert order gives the GUARNG and the 1-294th IN command the time and resources it needs to meet the training and validation requirements before the unit reports to its mobilization station and complete training before deploying into their area of operations.

The 1-294th IN is composed of Soldiers from Guam and the Commonwealth of the Northern Mariana Islands. Sixteen Soldiers from the CNMI participated in the annual training.

The anticipated activation of the 1-294th IN RGT may also be considered as the largest group of reserve component troops to be mobilized and deployed from Guam.

## Service members bond with athletes at SOG aquatic event

By Mass Communication Specialist 2nd Class (SW) Corwin Colbert  
Joint Region Edge Staff

Service members volunteered at the Special Olympics Guam's 36th Annual Aquatics Competition at the Hagatna swimming pool June 4.

Chief Navy Counselor (SW/AW) John Jeffries, U.S. Naval Base Guam Special Olympics volunteer coordinator, said service members dedicated ten weeks to help the athletes prepare for the event.

"The volunteers really enjoyed working with the athletes over the last ten weeks," he said. "They are out

here today setting up, coaching and timekeeping."

Athletes competed against their previous personal record-time in various events including the freestyle, 25-yard aqua-jog and 25-yard breast stroke.

Marlon Molinos, chairman of the Special Olympics Guam board, said the military involvement in the Special Olympics has been valuable.

"The military comes in full force each year to our events," Molinos said. "They help us out with logistics and coaching."

Molinos said that athletes and the volunteers build a special bond after working together for weeks.

"They come in and cheer the athletes on and that's how they build a bond and vice versa; it kind of gives a person a sense of accomplishment," he said. "A lot of military feel inspired after these types of events."

The next Special Olympics Guam competition will be a bowling event at Century Lanes in Tamuning.

Service members who want to volunteer can contact Jeffries at 339-2287.

For more information or to volunteer, call 648-4648 or visit [www.specialolympicsguam.org](http://www.specialolympicsguam.org).

For more news from U.S. Naval Forces, Marianas, visit [www.navy.mil/local/guam/](http://www.navy.mil/local/guam/).



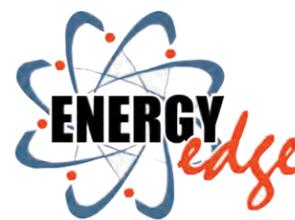
**Coaching:** Master-at-Arms 2nd Class (EXW) Salvador Merino of Maritime Expeditionary Security Group One Det. Guam coaches an athlete during the Special Olympics Guam Aquatic Competition at the Hagatna swimming pool June 2. Service members stationed in Guam dedicated two months of their time to help prepare the athletes for the event. U.S. Navy photo by Mass Communication specialist 2nd Class (SW) Corwin Colbert/ Released

### Fantastic Swimmer:

Master-at-Arms 2nd Class Britnie Merino of U.S. Naval Base Guam Security Forces, coaches an athlete during the Special Olympics Guam Aquatic Competition at the Hagatna swimming pool June 2. Service members stationed in Guam dedicated two months of their time to help prepare the athletes for the event. U.S. Navy photo by Mass Communication specialist 2nd Class (SW) Corwin Colbert/ Released



**Just Keep Swimming:** Master-at-Arms 2nd Class Britnie Merino of U.S. Naval Base Guam Security Forces, coaches an athlete during the Special Olympics Guam Aquatic Competition at the Hagatna swimming pool June 2. Service members stationed in Guam dedicated two months of their time to help prepare the athletes for the event. U.S. Navy photo by Mass Communication specialist 2nd Class (SW) Corwin Colbert/ Released



# Save

more energy with  
discipline

By Derek Briggs  
U.S. Naval Base Guam Energy  
Manager

Energy conservation is everybody's business. Just like safety and security, energy conservation needs everyone's attention and adherence to energy discipline. For example, we all know to keep walkways free of tripping hazards and to call security if we notice suspicious activity. The same goes for energy and water conservation.

Energy discipline means we practice what we preach by turning off the water, shutting off unneeded lights and reporting waste to your building's energy monitor or calling the energy waste hotline at 349-4674.

Just about everything we do every day uses energy. From the moment your alarm clock goes off until you turn off the light at night. Even then, some things keep using energy, from the aforementioned clock to the refrigerator. Energy and water use surround us at work and at home. Energy discipline means taking conservation seriously all the time.

Energy discipline means helping others in the workplace and at home to be sustainable. Here are some ways to enhance energy discipline. When leaving the house turn off lights, TV, computer and the coffee pot. Set the air conditioner to a higher temperature. At work, if you see outside lights on in the day time let someone know. Each small contribution adds up and reinforces energy discipline.

Soon it will become automatic to turn things off when not in use, conserve energy and water, report energy waste and doing our part to achieve required energy and water reduction goals. You make it happen.

**Heritage Stories:** University of Guam Assistant Professor of Nursing Margaret Hattori-Uchima speaks during an Asian-Pacific American Heritage Month celebration at the Joint Region Marianas headquarters in Asan June 1. U.S. Navy photo by Shaina Marie Santos/Released



## JRM recognizes Asian Pacific American Heritage Month

By Shaina Marie Santos  
Joint Region Edge Staff

Sailors and civilian employees from Joint Region Marianas (JRM) celebrated Asian-Pacific American Heritage Month at the JRM Headquarters in Nimitz Hill May 31.

The celebration included a speech about diversity in the workplace, a Chinese culture presentation and a trivia game that tested the audience's cultural knowledge.

Personnel Specialist 1st Class (SW/AW) Missi-Ann James, of Personnel Support Detachment, Guam, was one of the coordinators of the event. She said the event helped her understand more about the Asian-Pacific American culture.

"I get to understand the other cultures," she said. "I'm

not Asian or I'm not from the Pacific, I'm Jamaican and I realize too, some of the things that happen in the Asian community does kind of happen in my Jamaican community."

University of Guam Assistant Professor of Nursing Margaret Hattori-Uchima, was the keynote speaker for the event, emphasizing progress through diversity.

"I thought the event was great, I think it's really a good opportunity to celebrate the accomplishments of different Asians, Americans, Pacific Islanders in the U.S. and I think really also to celebrate diversity," she said.

"We're a diverse community and I think to value the contributions of different cultures is very important."

Religious Programs Specialist 1st Class (SW) Richard Stoneking, assigned to JRM, said he especially enjoyed the speech by Hattori-Uchima.

"It was interesting to hear her story as a minority in the effect that in her own mind, she was not a minority," he said. "Hopefully a lot of folks took that as a take-away today, was, it's not inside of you, it's inside of everyone else."

Stoneking said it is important to learn other cultures, especially those affected by American society.

"There's a lot of history that we have in this region," he said. "Ignoring that would be a huge loss to us."

## Aviation Marines set stage for Geiger Fury 2012

By 2nd Lt. Jeanscott Dodd and Lance Cpl. J. Gage Karwick  
Marine Corps Bases Japan

Marines with Marine Wing Support Squadron (MWSS) 171 prepared for training at West Field in Tinian May 13-18 during Exercise Geiger Fury 2012.

The squadron, part of Marine Aircraft Group (MAG) 12, 1st Marine Aircraft Wing (MAW), III Marine Expeditionary Force (MEF), participated in Geiger Fury to increase operational readiness and improve core expeditionary combat capabilities.

Geiger Fury 2012 saw a total of 36 F/A-18 Hornets from MAG-12 1st MAW and III MEF, conducted air-to-air and air-to-ground training at the Mariana Islands Range Complex (MIRC) and Andersen Air Force Base. MWSS-171 arrived on Tinian first to set the conditions for extended aviation training operations within MIRC airspace.

West Field provided a unique training venue for MWSS-171, simulating operations in a deployed, expeditionary environment. Preparations included surveying the land around West Field, emplacing arresting gear, and establishing a forward arming and refueling point for use during Geiger Fury.

After expeditionary airfield system technicians with MWSS-171 surveyed the land around West Field, they set to work installing M-31 arresting gear, a critical system used to rapidly decelerate aircraft as they land. Arresting gear is commonly used on aircraft carriers in addition to expeditionary and emergency use.

"In order for us to be able to land jets at this airfield, we must have the arresting gear



**Drill:** Sgt. Joseph R. Pachco and Lance Cpl. Devin J. Ward, 3rd Marine Expeditionary Force, 1st Marine Air Wing, Marine Aircraft Group (MAG) 12, Marine Wing Support Squadron 171st expeditionary air field technicians, are joined by Lt. Col. Thomas E. Frederick, MAG-12 executive officer, who helps the Marines by manning the jackhammer to drive M-31 arresting gear stakes into the ground during Exercise Geiger Fury 2012 at West Field in Tinian May 18. Frederick drove several of the stakes himself to share in the work load of the Marines. U.S. Marines photo by Lance Cpl. J. Gage Karwick/Released

in place properly in case of emergencies," said Lance Cpl. Devin J. Ward, an expeditionary (airfield systems) technician with the squadron. "It is as simple as no arresting gear, no jets. We have to be able to ensure the jets can land safely under any circumstance."

Harsh terrain added to the challenges Marines faced preparing for the arrival of the F/A-18s. The arresting gear had to be

installed into the coral on Tinian, a previously unaccomplished feat. Installing arresting gear on coral is drastically different from doing so in other terrain, requiring the technicians to do some discovery learning.

"The coral install was a first for this military occupational specialty," said Gunnery Sgt. Christopher Mendoza, the quality assurance chief for MWSS-171. "What we accomplished here is going to update manuals, training and everything to do with installation of arresting gear in a coral environment."

While the expeditionary airfield technicians were hard at work, bulk-fuel specialists with the squadron established a forward arming and refueling point and began receiving fuel. Marines installed high-volume fuel bladders and distribution systems vital to the exercise.

"Without this fuel setup, we cannot operate any of our own components, let alone the jets coming in," said Sgt. Jonathan R. Cadenas, a bulk-fuel specialist with the squadron. "There would be no fuel for the planes, vehicles, generators or any other systems during Geiger Fury."

Due to all of the squadron's hard work, the stage was set for operations during Geiger Fury to ramp up as jets landed on Tinian. The Marines' efforts made a positive impression on Lt. Col. Thomas E. Frederick, executive officer for MAG-12.

"I've been flying for more than 20 years, but I always enjoy getting to work with the Marines," Frederick said. "It was a great experience to know what these Marines go through to keep our pilots and aircraft safe, and I feel Geiger Fury will be a success because of their actions."

**Presentation:** Employer Support of the Guard and Reserve Program Administrator Maj. Josephine Blas speaks during a deployment readiness training (DRT) at the Guam Marriott Hotel in Tumon June 2. Naval Operational Support Center Guam held its annual DRT which covered topics from finances to child care to prepare Sailors and their families for mobilization. U.S. Navy photo by Shaina Marie Santos/ Released (U.S. Navy photo by Shaina Marie Santos/ Released)

# NOSC prepares Sailors, families for deployment

By Shaina Marie Santos  
Joint Region Edge Staff



Naval Operational Support Center (NOSC) Guam held its annual Deployment Readiness Training (DRT) for selected reservists at the Marriott Hotel in Tumon June 2.

The training lasted from 7:30 a.m.-4:30 p.m. and covered topics from finances to child care to prepare Sailors and their families for mobilization.

NOSC Commanding Officer Cmdr. Jonathan Montilla said the training is an annual requirement to gather and update Sailors.

"It's always good to refresh Sailors' memories," he said. "Year after year, information changes so we're basically updating specific information...to make sure that we make the families aware that there will be challenges when a Sailor deploys, there will be challenges for the family members who stay behind and we want to make sure that both parties are prepared."

NOSC Yeoman 1st Class (EXW) Anna Aileen Espiritumoncrief said her years in active duty and as a reservist help her understand what Sailors are going through.

"New members, they don't know what's going on, the process of mobilization; how to take care of their family, what information is needed to take them to the next step," she said. "It's important to have the families and the sailors...on the same page. The families



**Words of Encouragement:** Guest Speaker Linda MacNeal of Yellow Ribbon Speakers discusses the importance of humor during a Deployment Readiness Training at the Marriott Hotel in Tumon June 2. Naval Operational Support Center (NOSC) Guam held its annual Deployment Readiness Training (DRT) which covered topics from finances to child care to prepare Sailors and their families for mobilization. U.S. Navy photo by Shaina Marie Santos/ Released

are aware... and it's keeping the Sailor in check."

Espiritumoncrief said that when families are involved and knowledgeable, processes go smoother and there is less worry by the service member preparing for deployment.

"It forms unity," she said. "The Sailor can rest assured that, 'I know my family will be taken care of.'"

Professional Speaker Linda MacNeal of Yellow Ribbon Speakers, also a military spouse spoke to the attendees about humor, emphasizing the importance of attitude, especially in the stressful environment service members and their

families face.

"My husband never found out anything bad while he was on deployment; why should he," she said. "Spouses can absolutely ruin a deployment if they are not prepared, if they don't have a sense of perspective about things. Spouses have to be resilient, they have to be able to handle things and humor is one of those wonderful tools that helps you...keep a better frame of mind. You can't be calling your soldier and complain that somebody said something to you. You have to have your own resources....and that's what this program points out...it tells you all the things you have available.

By Chief Master Sgt. David Martin  
36th Wing Medical Group

## It takes all of us

We've all heard the clichés, "Work smarter, not harder" and "Do more with less". They have become such a large part of our daily lives that eventually we tune people out when they use them. But have we ever really considered why these phrases continue to be a part of our Air Force lives? Our leadership does not want us to focus entirely on the fact that our overall totals of manpower and funds have been lessened without a significant decrease in mission requirements. Our leaders want us to focus more on how to accomplish the Air Force mission while not increasing the stress levels of our professional Airmen. Luckily, there is a simple and easy way to do this. We need to concentrate on maximizing the potential of the highly trained Airmen we have, which can happen through encouraging teamwork and cooperation. The acronym "TEAM" (together everyone achieves more) explains this idea perfectly.

**Together:** Working as a synergistic unit requires that each total force member be on the same page when tackling the mission. Without clear guidance and instruction, how can teams funnel their energies toward the same goal? We must be sure that each member knows and understands the mission and the standards that guide and allow us to meet the Air Force's needs. Achieving a total buy-in from all parties happens by allowing people to express their thoughts and ideas and feel like they are a part of the team. Without this, people will become part of the problem, not the solution. We all want to feel needed

and valued and true leaders listen to their teammates. Great ideas can come from anyone; we just need to be willing to accept that sometimes one person does not have all the answers. That's where our strength as a diverse Air Force comes into play.

**Everyone:** The Air Force has the most diverse team in its history. Airmen come from all walks of life, many nationalities, races, religions and educational backgrounds. Leaders must embrace this cultural diversity and exploit it to the fullest. Inclusion of all leads to acceptance and respect of our total force members. People who have differing backgrounds can offer unique perspectives and ideas on how to solve our issues. It is up to each and every Airman to open his eyes and ears to experience the opportunities that are out there. The Air Force cannot be a true team until cultural diversity is not only accepted, but embraced and utilized to the fullest degree. It only takes one rotten apple to ruin the entire bushel and our ability to work as a team and succeed is conditional upon including everyone in achieving our objectives.

**Achieves:** We are a results-driven Air Force. The expectations to produce and accomplish the mission drives everything we do, but to whom do we owe our successes? Name one person who is able to do their job all by themselves. From the



wing commander down to the newest airman basic, we all count on each member of our team to achieve success. Have you ever been to an awards ceremony where the honoree says, "I'd like to take this opportunity to thank myself for this award? I couldn't have done it without me." Of course not. Any team that has success re-

lies on each member, from the smallest flight to the entire Air Force. Mission accomplishment means that all Airmen are driving towards the same goal, at the same speed and with the desire to not only do the job, but to continually improve on what we do.

**More:** One of my favorite sayings comes from my high school basketball coach who always told us, "When you're through improving, you're through!" What he meant was that our team needed to always strive to get better each and every day in all areas. We can't afford to be stagnant in our ability and desire to complete the mission. The Air Force prides itself on being the most cutting edge and innovative branch of service. Don't be afraid to ask yourself every day, "What did I do today to get better at my job?" If we improve as individuals and share with others what we did, the team then becomes stronger and more effective. Always strive to make yourself a better Airman, both personally and professionally. We all win when you do.

When you think about it, "Do more with less" is a lot of nonsense, not to mention impossible. When Airmen combine their talents and abilities in an effort to complete the mission, they are actually doing more with more. The sum is always greater than the individual parts. The team concept is something the Air Force relies on to get the job done. So remember, together everyone achieves more. Embrace the diversity the members of your team bring, listen to their ideas, work toward the common goals and always strive to improve. If we do these simple things, we can become the Air Force that America demands and needs.

**Static Display:** The public visit Naval Mobile Construction Battalion 40's equipment demonstration following the Joint Region Marianas' Battle of Midway 70th Anniversary commemoration at the War in the Pacific National Historical Park Asan Beach Unit June 5. U.S. Navy photo by Mass Communication Specialist 2nd Class Corwin Colbert/Released



**Remembering the Past:** Observers read Battle of Midway historical displays during the Joint Region Marianas' Battle of Midway 70th Anniversary commemoration at the War in the Pacific National Historical Park Asan Beach Unit June 5. U.S. Navy photo by Mass Communication Specialist 2nd Class Corwin Colbert/Released

# CEREMONY: Commands showcase static displays

Continued from Page 1

rial day," Diaz said. "I like the ceremony, I like participating in ceremonies that are connected to World War II."

After the ceremony, guests were invited to view static displays, as well as military vehicles, a helicopter, watercraft, heavy equipment and presentations courtesy of U.S. Naval Base Guam (NBG) Security, Naval Mobile Construction Battalion 40, Helicopter Sea Combat Squadron 25, U.S. Coast Guard Station Apra Harbor and the National Park Service.

NBG Chaplain Lt. Matthew Drayton said he was inspired by the day's event.

"I was impressed," he said. "Especially seeing Manuel Cruz, a Pearl Harbor survivor, who experienced many things. I had a chance to talk to him and it really puts things in the light as far as what this place was and what it was like during the war."

The Battle of Midway took place from June 4-6, 1942 and was deemed by historians as a decisive battle in the Pacific war.

The U.S. Pacific Fleet successfully stopped Japanese forces from capturing the island of Midway and using it as an advance base; four Japanese carriers were destroyed in the process. After the victory, the U.S. and its allies were able to take the offensive in the Pacific.



**Commemorating the Heroes:** Rear Adm. Paul Bushong, Commander, Joint Region Marianas (JRM), speaks about the importance of the Battle of Midway during the JRM's Battle of Midway 70th Anniversary commemoration at the War in the Pacific National Historical Park Asan Beach Unit June 5. U.S. Navy photo by Mass Communication Specialist 2nd Class Corwin Colbert/Released



**View from the Top:** Joint Region Marianas hosted the Battle of Midway 70th Anniversary commemoration at the War in the Pacific National Historical Park Asan Beach Unit June 5. U.S. Navy photo by Reynaldo Rabara/Released

# Cadets get a taste of operational Air Force

By Senior Airman Veronica McMahon  
36th Wing Public Affairs

United States Air Force Academy (US-AFA) cadets have recently gained a two-week taste of active-duty Air Force as part of the Field Engineering and Readiness Laboratory (FERL) program.

The FERL program allows cadets majoring in the engineering field to spend time at a chosen base where they experience the job and the role they will play in the operational Air Force.

"This gives them the opportunity to expose

themselves to what we do in the Air Force and what they will be getting into," said Capt. Ben Thomas, 554th Red Horse Squadron engineering flight project engineer. "They can get their practical experience on the ground and bring it back to the classroom."

The cadets were able to see the 36th Civil Engineer (CE) Squadron as a whole, along with other aspects of Andersen and Guam's local community.

"We've done a lot," said Cadet 2nd Class Jonathan Lee, a junior at the USAFA and participant of the FERL program. "We spent

a few days touring shops and have worked a lot with CE and Red Horse. We've participated in morning physical training sessions and took a KC-135 flight to see a B-52 get refueled in mid-air."

Thomas said the cadets also toured the fire department, worked with explosive ordnance disposal, helped with different types of construction and got to play with the equipment. One of the main projects they contributed to is the building of a warehouse for the Pacific Air Forces Regional Training Center.

The FERL program is based off of the

"Construct first, design late" approach that the USAFA adopted and says it provides students with a solid foundation for learning scientific theory and engineering design principles in more advanced courses of the civil and environmental engineering curriculum.

The FERL concept is now in its 19th year of implementation.

"It's great to learn the ropes and spend time with the Airmen," Lee said. "We also get to learn a lot about officership and get a real-world perspective of what is going to happen when we graduate in two years."



**Airmen in Training:** United States Air Force Academy (USAFA) cadets pour concrete with Airmen from the 554th Red Horse Squadron on Andersen Air Force Base May 31. The USAFA cadets were part of the Field Engineering and Readiness Laboratory program for cadets with an engineering major. U.S. Air Force photo by Senior Airman Jeffrey Schultze/Released

## Naval Base Guam celebrates Asian Pacific American Heritage Month

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

Sailors assigned to U.S. Naval Base Guam (NBG) came together to recognize Asian Pacific American Heritage Month at base headquarters May 30.

The festivities began at lunch, as the Sailors and their civilian counterparts gathered in the building's conference room, bringing with them food and cultural items for lectures and demonstrations.

"We celebrate [Asian-Pacific American Heritage Month] because of the contributions that Asians and Pacific islanders have contributed to the American society and culture," said Erlinda Montecalvo from NBG's Fleet and Family Support Center.

The Asian-Pacific area includes all of the Asian continents and the Pacific islands, including the Mariana Islands, of which Guam is the southernmost and largest island.

Montecalvo is in fact Chamorro, the indigenous people of the Mariana Islands. During the event she talked a little about the Chamorro people, their culture, tra-

ditions and role in the history of Guam.

"I hope that Sailors and their family members will learn our island's culture and that they will take back with them some knowledge about ours and the Asian Culture," Montecalvo said.

After guests settled into their seats, NBG Security Chief Master-at-Arms Chiniece Lawson, who organized the event with the multi-cultural committee, welcomed everyone and spoke about the importance of honoring those who have had an impact on American society.

"Today[']s festivities are about Asian-Pacific heritage and recognizing the contributions that the Asian-Pacific people have made to American history as well as to the military," Lawson said.

After her opening remarks, she introduced Chief Master-at-Arms Timothy Kashino from NBG Security who, along with Master-at-Arms 1st Class Timothy Ward and Lt. Cmdr. Edgar San Luis from U.S. Naval Hospital Guam, demonstrated the art of Eskrima.

According to Kashino, Eskrima is a Filipino weapon-based fighting style that employs the use of sticks and knives, and is also used

for defense tactics.

Following that the demonstration, guests watched a video explaining Chinese New Year provided by Xiaoying Mu, a teacher at the Flair Chinese School on Guam. Four other teachers and two young students then treated the group to short Chinese dances.

"It's great that we get a chance to see how each person expresses themselves within their culture," Lawson said.

Closing out the day's activities, Capt. Richard Wood, commanding officer of NBG, said a few words to his sailors, reinforcing the importance of why we take time to recognize people from all over the world.

"You have a wonderful opportunity being stationed here on Guam to learn about the cultures that are significantly different than from where you came," Wood said.

According to [asianpacificheritage.gov](http://asianpacificheritage.gov), Asian-Pacific American Heritage Month originated in a congressional bill in June 1977, introduced as a house resolution that called upon the president to declare the first ten days of May as Asian-Pacific Heritage Week. Soon after, a similar bill was introduced in the Senate. On Oct. 5,



**Sharing Cultural Knowledge:** Erlinda Montecalvo from the Fleet and Family Support Center talks with Sailors assigned to U.S. Naval Base Guam (NBG) about the significance of Chamorro culture in the NBG headquarters conference room May 30. The presentation was part of NBG's Asian-Pacific American Heritage Month luncheon to commemorate the contributions of Asian and Pacific Islander descent. U.S. Navy photo by Mass Communication Specialist 3rd Class Corey Hensley/Released

1978, President Jimmy Carter signed a joint resolution authorizing an annual celebration, and twelve years later, President George H.W. Bush signed an extension making the week-long celebration into a month-long celebration.

In 1992, the official designation of May as Asian-Pacific American

Heritage Month was signed into law. May was chosen to honor the immigration of the first Japanese to the United States May 7, 1843 and to celebrate the anniversary of the completion of the transcontinental railroad May 10, 1869. Most of the workers who laid the tracks for the railroad were Chinese immigrants.

**Multitasking:** Submarine tender USS Emory S. Land (AS 39) provides tended support services to Los Angeles-class fast attack submarines USS Topeka (SSN 754), USS Tucson (SSN 770), USS Buffalo (SSN 715), USS Chicago (SSN 721), USS Columbus (SSN 762) and Ohio-class guided missile submarine USS Michigan (SSGN 727) in Apra Harbor May 31. This is the first coordinated tending of six submarines in Guam since 2002. U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Samuel Souvannason/Released



# Emory S. Land tends submarines



**Submarine Support:** Los Angeles-class fast attack submarine USS Topeka (SSN 754) comes alongside submarine tender USS Emory S. Land (AS 39) in Piti May 30. Topeka, homeported in Point Loma, Ca., is on a Western Pacific deployment, while Land is on an extended deployment to Guam serving as 7th Fleet's lead afloat fleet maintenance activity from the ship's permanent home port of Diego Garcia. U.S. Navy photo by Mass Communication Specialist 1st Class David R. Krigbaum/Released



**Ready for Maintenance:** Los Angeles-class fast attack submarine USS Topeka (SSN 754) comes alongside submarine tender USS Emory S. Land (AS 39) in Piti May 30. U.S. Navy photo by Mass Communication Specialist 1st Class David R. Krigbaum/Released

**Direction:** Capt. Paul Savage, commanding officer of submarine tender USS Emory S. Land (AS 39), First Officer Steven Rose, chief mate, and Cmdr. Kurt Stronach, executive officer, watch as Los Angeles-class fast attack submarine USS Tucson (SSN 770) prepares to moor alongside Land in Apra Harbor May 31. Tucson, homeported in Pearl Harbor, Hawaii, is on a Western Pacific deployment, while Land is on an extended deployment to Guam serving as 7th Fleet's lead afloat fleet maintenance activity from the ship's permanent home port of Diego Garcia. U.S. Navy photo by Mass Communication Specialist 2nd Class Elizabeth Fray/Released



# 40 years in the making

By Airman 1st Class Mariah Haddenham  
36th Wing Public Affairs

For a majority of Andersen Air Force Base (AFB) personnel, it is hard to imagine what Andersen was like in 1972 during the final period of involvement in the Vietnam War.

For Master Sgt. Ronald Landry, 117th Air Refueling Wing (ARW), Birmingham Ala., currently stationed on Guam on a temporary duty assignment, he could tell you. He was here.

"I was first in Guam from April-October in 1972 for Operation Linebacker I," Landry said. "I was an aircraft sheet metal specialist deployed on my first temporary duty for 179 days from Fairchild AFB, Spokane, Wash."

During Operation Linebacker I, Andersen AFB saw several changes to the base that was about to become a temporary duty station for a vast number of Airmen.

"Andersen AFB became the site of the most immense buildup of air power in history," said Jeffery Meyer, 36th Wing historian. "More

than 12,000 Airmen and 153 B-52s took up five miles of ramp space on the flightline."

Landry recalls his first assignment to Guam clearly, as if it were yesterday.

"Initially, our arrival was pretty hectic," he said. "We were crowded into open-bay tin buildings, with no air conditioning. The building was 'H' shaped with four sleeping bays and the center line being the latrine and showers."

Airmen would receive a single locker and footlocker for personal storage; personal space was a commodity not readily available.

commodity not readily available.

"I would be thankful for our living situation later," Landry continued. "As Linebacker II was gearing up, they started putting arriving folks in canvas tents, lacking air conditioning as well. Our work schedule was seven days a week with 12-hour shifts most of the time. There seemed to be at least a couple of hundred B-52s here, they were parked everywhere."

Work days were long and provisions for lunch were often taken straight to the crew on the flightline.

"We weren't allowed off base except for church services or some approved function," Landry said. "A fellow crew member saw the path I was heading down and recommended I go to church with him and eventually I did. I went to get off base, and maybe meet some pretty girls. I met pretty girls, but I also met the Lord at that little church in Yigo. I believe that this occurred somewhere around the middle of my temporary duty, which made the final three months on Guam a much more pleasant experience."

Guam still has a continuous bomber presence and Landry has returned, with a different crew after 40 years.

"I'm here with the 117th ARW, on what looks to be my final temporary duty," he said. "We are here in support of air refueling for different aircraft and it's nice to come back to Guam and see where I started and how far the island and base have come."

# NAVFAC sports enthusiast **balances** work, play

By Shaina Marie Santos  
Joint Region Edge Staff

Though Naval Facilities and Engineering Command (NAVFAC) Marianas Investment Analyst Tobias Perez-Theisen maintains a busy work schedule, he makes his health a priority.

For more than three years, Perez-Theisen has been an active part of Guam's multisport community, participating in on and off-road triathlons, road cycling, mountain biking and Guam Extreme Adventure Races (GEAR), among others.

"There is a race just about every single weekend here on Guam," he said. "Between all the different triathlons, cycling races, GEAR sprints, swimming races... there is always some race to join."

When Perez-Theisen returned to Guam after receiving his bachelor's degree in mechanical engineering, friend and co-worker, Mark Cruz built his interest in taking up an active lifestyle.

"He always invited me out to friendly group

rides or swims, or encouraged me to join races" he said. "If I didn't have a certain piece of equipment he'd lend me one of his so I could participate. He was, and still is, a big-time enabler for people who show interest in multisport [activities]."

Today, Perez-Theisen is a part of the Guam Triathlon Federation board of directors who organize the triathlons on Guam.

"My interest became a force of its own," he said.

With his weekends booked and workdays spent, Perez-Theisen doesn't find time to strike a balance. He makes time, setting aside a time every day where everything else can wait.

"I believe your physical health is one of those pillars you need to maintain in order for a good life, and it so happens my hobbies are in line with that principle," he said. "My hobbies have actually evolved into more of a lifestyle than simply 'play time'."

Instead of hindering his job performance, however, Perez-Theisen believes his lifestyle compliments his work.

"With a healthy body, you don't have the physical limitations to what you can do dur-

ing the day," he said. "I look at it this way: if I can race in Guam's heat and humidity for upwards of four hours, then I'm conditioned enough to make it through my daily grind."

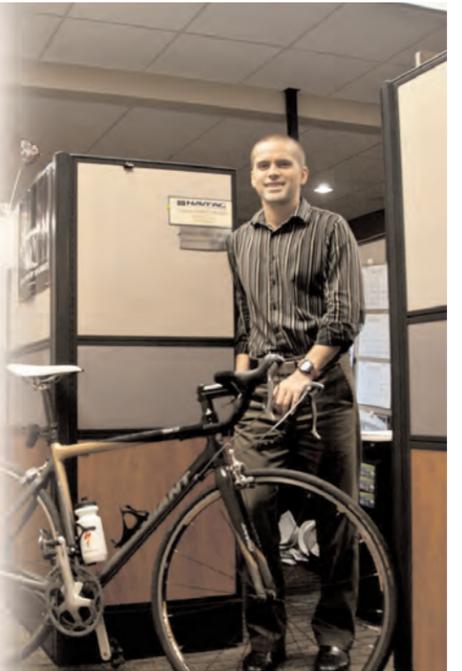
Perez-Theisen doesn't work alone, however; he trains and participates in many of these events with co-workers who share the same interests.

"We are building relationships that enable us to work better together at the office," he said.

Overall, Perez-Theisen said the benefit to his lifestyle is his health.

"If your car breaks down, then you can't get to work," he said. "If your body breaks down, then you can't work, or do anything for that matter. The most important benefit[s] are the health benefits. Your physical health plays into so many different areas of your life... keeping it maintained is so important."

**Health First:** Naval Facilities and Engineering Command Marianas Investment Analyst Tobias Perez-Theisen stands with his bike in front of his cubicle in Asan June 5. Perez-Theisen maintains his health as a priority. U.S. Navy photo by Shaina Marie Santos/Released



**Delicious:** A mini mango cake is served at an office in Asan June 1. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert/Released

# Mango season **inspires** delectable dessert

By Shaina Marie Santos  
Joint Region Edge Staff

Mango season is upon us and the sweet smells of these tropical treats are in the air and in supply, offering many residents the opportunity to create an array of delights.

For those unable to conveniently pluck this delicious fruit off the tree in their backyard the sixth Annual Agat Mango Festival will feature different types of mangoes and an assortment of desserts prepared by local residents who took the challenge of making mangoes a main ingredient.

From mango salsa, smoothies, donuts to ice cream, the mango is indeed a versatile fruit and cake is just one of the mediums mango can take to new heights.

Mini mango cakes are a sweet dessert that are easy to eat and even better, easy to make with self-rising flour and ingredients that can be found locally.

Jesse Bamba, with the University of Guam's College of Natural and Applied Sciences Cooperative Extension Service, said choosing the right type of mango depends on an individual's palate and preference.

"There are different types of mango on island," Bamba said. "The taste and sweetness of the mango really depends on a person. But if you like really sweet mango, you can gently squeeze the fruit to see

how soft it is. The softer the mango, the more ripe and sweeter it will be."

Using freshly-sliced mango, fruit forms the tops of the mini cakes, offering a slice of mango in every bite. As soon as the mango melts in your mouth, the cake underneath fills it with a sweet coconut, while drizzled calamansi (ca-la-MAHN-see) syrup tickles your taste buds.

## Mini Mango Cake Recipe

### Ingredients:

- One-half cup of unsalted butter
- One large mango
- One cup of castor sugar or granulated sugar
- Two eggs
- One-half cup of self-rising flour
- Two tablespoons of shredded coconut meat
- Two teaspoons of grated calamansi rind
- Two tablespoons of coconut milk
- One-half of a cup of water
- One calamansi, juiced

First, prepare your ingredients. You can choose to soften your butter at room temperature, or you can carefully soften it in the microwave by heating it for a few seconds.

Beat two eggs and set aside.

Peel your mango and slice thinly. Mangoes have a very large flat seed and cannot be sliced through the center. The best way would be to peel and lay the mango flat and cut parallel to the seed, much like you would cut a fish. Slice thinly so that slices are flexible.

Preheat the oven to 375 degrees Fahrenheit.

Next, grease one-cup muffin holes with melted butter. Place the mango slices in the bottom of each hole to cover the base.

Combine butter and half of the sugar in a mixer and beat until well incorporated. Add the eggs and then fold in the flour. Stir in the coconut and calamansi rind and add the milk, stirring gently until combined.

Pour the mixture on top of your mango slices evenly and bake for 20-25 minutes or until golden.

While baking, add lime juice, water and the remaining sugar in a saucepan over low heat. Stir until the sugar dissolves and increase the heat to high and let simmer for five minutes. Set the mixture aside to cool and form syrup.

When the cakes are done baking, drizzle the syrup over the cakes in the pan and leave to cool for ten minutes. Turn the cakes over onto a baking tray to catch the syrup.

Enjoy as is or with more syrup drizzled over the cake, whipped cream or ice cream, however you prefer.

Explore your local farmer's market or maybe even your own backyard and experience other flavors Guam has to offer.

# Andersen Elementary School students participate in Olympic Day



**Parade of Colors:** Andersen Elementary School students parade into the school's gym during an Olympic event June 1. Students enjoyed Olympic-like games and activities during their field day. Photo courtesy of Andersen Elementary School

## NBG, Andersen full of summer events

### SUMMER BREAK ACTIVITIES

#### Swing into Summer Golf Tournament

June 15, Admiral Nimitz Golf Course  
Showtime: 12 p.m.  
Start time: 1 p.m.  
For more information, call 344-5838.

#### U.S. Naval Base Guam NEX/ MWR Summer Food Festival

June 9, Molly McGee's Irish Pub  
6-8 p.m.  
\$15 in advance, \$20 at the door  
Enjoy an evening of good food prepared with instructional

demonstration by Morale, Welfare and Recreation's world-class culinary team and enchanting music. For more information, call 685-5142.

#### Captain's Cup Soccer League

July 17, Blue Jacket Field  
6, 7 and 8 p.m.  
Register at the Charles King Fitness Center by July 11.  
For more information, call 333-2471 or 685-5243

#### Summer Movie Matinees

June 18, The Big Screen Theatre  
3 p.m. Monday-Thursdays  
For more information, call 564-1830

#### Navy Entertainment Presents: Edwin McCain and Erick Baker

Aug. 9, location to be announced  
8 p.m.  
Come out and join us as Navy Entertainment presents Edwin McCain and Erick Baker. These two singer/songwriters are known for "leading listeners through music rich with themes that connect us all - hopes, fears, love and loss". Admission is free. For more information, call 688-7038.

#### Family Fido Fun 5k/ Kids 2k

Aug. 10, Charles King Fitness Center  
Showtime: 5 p.m.  
Start time: 5:30 p.m.

For more information, call 685-5267.

#### Andersen Air Force Base Youth Center Summer Camp

Beginning June 18 to last throughout the summer at the Youth Center  
9 a.m.-12 p.m.  
\$50 per week, every week summer is out  
Every week caters to different interests.  
For more information, call 366-3492

#### Family Pride: Tug-of-War

June 30, Coral Reef Fitness Center  
1 p.m.  
Go head-to-head with other families to show who Andersen's strongest family is. Teams are limited to one guardian and one

child. For more information, call 366-6100.

#### Fit Family Homerun Derby

July 28, Coral Reef Fitness Center  
6 p.m.  
Bring out your kids and knock the ball out the park. The team with the most home runs wins.  
For more information, call 366-6100.

#### Freedom Fest 2012

July 3, Arc Light Park  
3-6 p.m.  
Andersen's annual Independence Day celebration will include concession sales, free raffle drawing, sumo wrestling, jousting, face-painting, bouncy castle and an ice cream truck for kids. For more information, call 366-2339.

## Chapel Schedule

### U.S. 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.

**Women's Bible Study:** Every second and fourth Saturday of the month at 8:30 a.m. at the Fellowship Hall, Building 61

### Andersen Air Force Base

#### Roman Catholic Mass (Chapel 1)

Weekday Mass: Tuesday, Wednesday, Friday, 11:30 a.m.

Saturday Vigil Mass: 5 p.m.

Sunday Mass: 9:30 a.m.

Sacrament of Reconciliation: Saturday, 4:30-4:50 p.m.

#### Military Council of Catholic Women:

Second and fourth Tuesday 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:** Chapel 1, 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

By Lt. Sherri L. Garrett  
*U.S. Naval Hospital Guam Chaplain*

Ever wonder about the abbreviation ASAP? Generally we think of it in terms of even more hurry and stress in our lives. Maybe if we think of the abbreviation in a different manner, we will begin to find a new way to deal with those rough days along the way.

During my tour in Okinawa, someone handed me the following poem: "There's work to do, deadlines to meet; you've got no time to spare, but as you hurry and scurry, ASAP-Always say a prayer. In the midst of family chaos, 'quality time' is rare do your best; let God do the rest ASAP-Always say a prayer. It may seem like your worries are more than you can bear, slow down and take a breather, ASAP-Always say a prayer. God knows how stressful life is; he wants to ease our cares, and he'll respond to all your needs, ASAP-Always say a

# ASAP: Always say a prayer

prayer."

God has given us a tool that can be used any time. In the morning, in the afternoon or in the midnight hour prayer is a powerful vessel that can help us get through any situation, especially when we back that prayer with faith. Prayer is like talking to God as though he is our best friend.

When our earthly friends don't have time to listen God's ears are always ready to hear our petitions. The one thing I love about

God is that our secrets are safe with him. God will not tell everyone our business; he will not expose our personal matters on Facebook or send out our private information on a cell phone.

Prayer is our secured spiritual communication with a higher power that takes care of our needs. Understand all prayers may not be answered in the way we expect, but remember God is on our side. He may not come when we call him, but he is



always on time.

We all have trials and tribulations, we have lost loved ones, failed the physical readiness test, been passed over for promotion, have rebellious children and sometimes we just have a hard time getting out of bed in the morning. My challenge to everyone is to stop focusing on all the negative things and the things we cannot do, but trust in the power of God and pray for all the things God can do.

Replace worry with prayer. Prayer will change our lives, if we wait patiently on God. I love the reminder in 1 Thessalonians 5:17, "Pray without ceasing." This is a simple command that will provide peace, hope and comfort.

My friends this is my final article for the Joint Region Edge. It has been a pleasure sharing thoughts on God's love and our spiritual responsibilities. May God continue to bless all of you. Take care and remember to always say a prayer.

## JRM awards Sailors, civilians



**Alvarez:** Rear Adm. Paul J. Bushong, commander, Joint Region Marianas (JRM), right, awards Yeoman 1st Class (EXW/SW/AW) Shawn Alvarez, of JRM, the Sailor of the Year Silver Plate Committee Member Recognition from February-March 2012 at the JRM headquarters in Nimitz Hill May 1. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW/AW) Jeremy Starr/Released



**Null:** Rear Adm. Paul J. Bushong, commander, Joint Region Marianas (JRM), right, awards Fire Protection Specialist Patrick Null, of U.S. Naval Base Guam Fire and Emergency Services, the Special Act Award at the JRM headquarters in Nimitz Hill May 1. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW/AW) Jeremy Starr/Released

## CLASSIFIEDS