



LIBERTY THROUGH UNITY

JOINT REGION EDGE

Volume IV No. 32

Friday, Sept. 7, 2012

Andersen and Australian EOD work together in Tri-Crab 2012

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

Team Andersen's Explosive Ordnance Disposal (EOD) participated in the biennial multinational EOD exercise Tri-Crab 2012 from Aug. 20-31 on and around Guam.

Tri-Crab is a combined engagement that focuses on strengthening relationships within the Asia-Pacific region through training and information exchanges, enhancing EOD and diving-related interoperability. Additionally, the joint exercise aims to prepare participating nations for counter-terrorism and down-range operations.

The name Tri-Crab was derived from the EOD occupational badge, commonly referred to as the "crab" within the career field.

"There are three different nations participating in this EOD exercise, hence the name Tri-Crab," said Joshua Singleton, 36th Civil Engineer Squadron (CES) EOD contractor.

The main participants in Tri-Crab 2012 include Air Force EOD technicians, technicians with the Republic of Singapore Navy, the Royal Australian Air Force, the Royal Australian Navy and the U.S. Navy's EOD Mobile Unit 5.

"This year, we had the same three countries participate," said Master Sgt. Ryan Groves, 36th CES EOD flight chief. "We also have a representative from the Philippines, who wants to bring his company in 2014. We also have the Marines visiting from Okinawa, who are looking to participate in the future."

Exercise participants focused on training and familiarization with various tools and equipment during the first week and

See Exercise, Page 7

Practice: Flight Sgt. Peter Douglass, Royal Australian Air Force (RAF) explosive ordnance disposal (EOD) technician, is dragged by other RAF EOD technicians away from a simulated explosive during Tri-Crab 2012 on Andersen Air Force Base Aug. 29. Tri-Crab is a two-week multinational exercise designed to strengthen relationships and interoperability with U.S. forces. U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released



Airmen
keep weapons ready
PAGE 8



Super Chef
makes debut
PAGE 11

Scan for direct links to
Joint Region Marianas



Naval Base Guam PSD Relocates

By JoAnna Delfin
Joint Region Edge Staff

The Personnel Support Detachment (PSD) on U.S. Naval Base Guam (NBG) relocated to building 3191 and began operating from its new location Aug. 27.

PSD offers pay and personnel services to more than 50 Navy tenant commands, passenger transportation and ID card services to all uniformed active duty personnel and family members through-

out the region.

Lt. Alexandra Grayson, PSD officer in charge, said the move was prompted to provide better customer service for service members, families, Department of Defense civilian employees and contractors.

"Specifically, right now, Housing, PSD and Personal Property all share (one) building," she said. "Because we are located with Housing and Personal Property, customers PCSing (permanent

change of station) to or from Guam will have a much easier time getting their check-in (and) checkout accomplished."

Grayson the new facility prevents personnel from searching for each office throughout the base as all Housing was located outside the NBG gate, Personnel Property was located at the NBG headquarters and PSD was located along

See Relocation, Page 7

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

Joint Region Edge

Joint Region Edge is an authorized publication for overseas members of the U.S. military and their families. Contents of this publication are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or Guam Publications, Inc. The appearance of advertising in the publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, Commander, Joint Region Marianas of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. Joint Region Edge is published by Guam Publications, Inc., a private firm in no way connected with the Department of Defense, the U.S. Navy, or the U.S. Air Force, under exclusive contract with the Commander, Navy Region Marianas, located in Bldg. 200. Editorial material is due at noon on the Thursday before publication date. All classified advertisements are due no later than 3 p.m. on the Tuesday the week prior to publication. Joint Region Edge reserves the right to edit, rewrite or reject material submitted for publication.

Rear Adm. Tilghman Payne, USN,
Commander, Joint Region Marianas

Brig. Gen. Steven Garland, USAF
Deputy Commander, Joint Region Marianas

Joint Region Marianas Public Affairs

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

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

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

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

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

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

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

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

U.S. Naval Base Guam Public Affairs Officer
Annette Donner
339-2663
annette.donner@fe.navy.mil

36th Wing Public Affairs
Capt. Chris Hoyler
Chief of Public Affairs
366-2228

Deputy Chief of Public Affairs
2nd Lt. Sarah Bergstein
366-2228

Senior Noncommissioned Officer in Charge
Master Sgt. Carrie Hinson
366-2228

Noncommissioned Officer in Charge of Internal Information
Senior Airman Jeffrey Schultze
366-2228

Reporters
Staff Sgt. Alex Montes, 366-2228
Senior Airman Carlin Leslie, 366-2228
Senior Airman Veronica McMahon, 366-2228
Senior Airman Ben Wiseman, 366-2228
Airman 1st Class Mariah Haddenham, 366-2228
Airman 1st Class Marianne Santos, 366-2228

It's your right, register, take time to vote

By Chief Legalman Kimberlee Lindee
Joint Region Marianas Force Paralegal

Sometimes when you live in Guam, it feels like it's always summer. It's almost always sunny and warm, you can wear flip-flops and shorts 365 days a year, and the beach is a great place to spend Christmas Day. But even here, in the land of endless summer, you can see the unmistakable signs of fall approaching. School has started. Labor Day has passed. Halloween candy is for sale at the commissary and sooner than you

think, Election Day will arrive. For those U.S. citizens who are 18 years old or older, Tuesday, Nov. 6, is the date of the general election.

Hopefully you've already requested an absentee ballot for your state of residence. If not, go to www.fvap.gov and get started. There's an easy wizard that you can use to request an absentee ballot from your state. Not sure if you meet the residency requirements for a particular place? The website has links to the residency requirements for each state, as well as other useful information for absentee voters, including the last day to register and request an absentee ballot.

Let's say you've registered to vote and it's 30 days before the election, but you haven't received your absentee ballot. Not a problem. You can go back to the www.fvap.gov website and request the Federal Write-In Absentee Ballot (FWAB). Each state varies in their acceptance of the FWAB, but all states will allow you to use it for national offices (president, vice president, U.S. congressional seats). However, it's important to remember that you cannot use the

FWAB unless you have already registered to vote. Registering is the important first step in the process.

If you have any questions, please contact your unit's Voting Assistance Officer for more information or go to Facebook and check out the Navy Voting page. Voting is an important right and responsibility that we all have as American citizens. Please make sure you take the time, register and have your vote counted.

NEWS NOTES

Job Announcements

Interested individuals can view available vacancies by visiting us at <https://www.cnmc.navy.mil/Marianas/index.htm> or at the Web site <https://chart.donhr.navy.mil>. For more information, call 349-6119/2224.

18th Annual Guam International Coastal Cleanup

The 18th Annual Guam International Coastal Cleanup will take place Sept. 15. There are 17 sites requiring cleanup and volunteers should arrive at the site by 7 a.m. Family-friendly shorelines include: Tanguisson Beach (located on U.S. Naval Computer and Telecommunications Station), Dunga's Beach (Tamuning) and Paseo (Hagatna). Each site will be recycling aluminum, plastic, glass and metals. Start time is at 7 a.m. at which time the leader will hand out trashbags, pencils, gloves, water, cups and banners. It is highly recommended personnel bring their own water and sunblock. Volunteers get free entry to the Fisheye Marine Park from 11:30 a.m.-5 p.m. the day of the cleanup. For more information, call 366-4111 or 4202.

National Drug Take Back

Members of Team Andersen will have the opportunity to dispose of unwanted or unused prescription drugs in a safe and appropriate environment during the National Drug Take Back Initiative Sept. 29 from 10 a.m.-2 p.m. Andersen Air Force Base officials will provide a medication drop-off site for individuals who already have base access at the entrance of the Base Exchange. The initiative is designed to raise awareness and increase education about prescription drug abuse, and issue that often goes unrecognized. According to the Partnership for a Drug Free America, approximately 2,500 teens use prescription drugs to get high for the first time everyday. For more information, call 366-5139.

Ninth Annual Travel Fair

Come discover all the places to go and see during the Ninth Annual Travel Fair for U.S. Naval Base Guam (NBG) and Andersen Air Force Base. The NBG fair will be held Oct. 3 at Top O' the Mar from 5:30-8:30 p.m. For more information, call 989-2301. The travel fair for Andersen will be held Oct. 4 at the Sunrise Conference Center from 5:30-8:30 p.m. For more information, call 366-2586.

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 or call 349-2115.

COMMUNITY Corner

movies • movies • movies

The Big Screen Theater

SEPTEMBER 7 (FRIDAY)
AT MOLLY MCGEE'S FIELD:
7 PM THE ROOKIE PG

SEPTEMBER 8 (SATURDAY)
NAVY ENTERTAINMENT PRESENTS:
IMAGINATION MOVERS
8 PM MOONRISE KINGDOM PG-13

SEPTEMBER 9 (SUNDAY)
1 PM ICE AGE PG
3:30 PM CONTINENTAL DRIFT PG-13
7 PM PEOPLE LIKE US PG-13
SAVAGES R

Movie Hotline 564-1831 US Naval Base Guam

Meehan Theater - TEMPORARILY CLOSED

Open House Schedule

Sept. 11: Andersen Elementary School from 5-7 p.m.
Sept. 12: Andersen Middle School from 5-7 p.m.

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 Fleet and Family Support Center Classes

Sept. 12: Anger management from 4-6 p.m.
Sept. 17: SAPR Training: Secondary Victims of Sexual Assault from 1-2 p.m.
Sept. 17-21: Transition Assistance Program from 7:45 a.m.-4 p.m.
For more information, call 333-2056

Boys and Girls Club Kids Day

Boys and Girls Clubs all around America and on military installations are celebrating this Sept. 8 just for kids. The fun starts at 11 a.m. at the Charles King Fitness Center. For more information, call 564-1844.

September Culinary Boot Camp

Explore the devilish taste sensations that everyone young and old crave-confectionaries! Come satisfy your sweet tooth and learn some easy techniques to create your favorite candies at home. Participants must be 18 years old or older to par-

ticipate. The first class is \$90 and includes start-up or initial supplies and \$50 for each subsequent or following class. For more information, call 688-7038.

36th FSS HAPPENINGS

Andersen Air Force Base Airman and Family Readiness Center Classes

Sept. 11: Smooth Move from 7:15 a.m.-12:30 p.m.
Sept. 11: Pre/post deployment briefing
Sept. 12: True colors from 2-3:30 p.m.
Sept. 12: Basic Budgeting from 1-2 p.m.
For more information, call 366-8136.

SPORTS SHORTS

U.S. Naval Base Guam

Get Golf Ready

Get Golf Ready is designed to teach everything you will need to play golf in a few lessons. We will show you there are many ways to play the game while combining fun, friends and fitness. Event dates are as follows: Sept. 10-14, 17-21 and 24-28. Fees are \$99 per week, per person. Registration deadline is Sept. 1. For more information, please call 344-5838.

Warrior "10"

Show your strength during Warrior 10 at the Charles King Fitness Center Sept. 24-28. Warrior 10 is 10 collective exercises that completes a circuit to demonstrate overall strength and endurance. For more information, call 685-5267. Registration ends Sept. 27.

Andersen Air Force Base

Typhoon Classic Softball Tournament

Get your swing on during the Typhoon Classic Softball Tournament from Sept. 17-21 at the Coral Reef Fitness Center. For more information, call 366-6100.

Restricted Establishments

The Guam Armed Forces Disciplinary Control Board has placed restrictions on the following establishments:

Club Romeo and Juliet in Tumon

• Off-limits to all military personnel

Club Lush in Tumon

• Off-limits to military personnel ages 18-20 and all military personnel between 1-8 a.m.

Service personnel, whether in uniform or in civilian clothing, found entering or leaving the establishments during the restricted periods may be subject to disciplinary action under the Uniform Code of Military Justice.

Team Andersen's Best Tech Sgt. Elizabeth Scheid



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

Tech. Sgt. Elizabeth Scheid, 36th Wing Operations Support Squadron (OSS) non-commissioned officer in charge of airfield management training, was awarded Team Andersen's Best on Andersen Air Force Base (AFB) Aug. 30.

Scheid maximized efficiency of Andersen's taxiways and runways as an airfield manager by meticulously balancing \$20 million worth of airfield construction projects. She also supported transient aircraft, tanker task force and B-52 operations during Navy SEAL High Altitude-Low Opening parachute dropping operations.

"(Tech.) Sgt. Scheid was handpicked by the Pacific Air Forces airfield management career field manager to transition their units' hard-copy training records into the Air Force's electronic training

records system," said Master Sgt. Anthony Matthews, 36th OSS airfield manager and supervisor of Scheid.

Scheid also provided vital feedback to higher headquarters on transition-limiting factors and software glitches which proved mission essential. Due to her efforts, all training records are online.

In Scheid's free time, she enjoys volunteering at the Guam Animals In Need animal shelter.

Team 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 or civilian with an award.

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

Outstanding Airman: Tech. Sgt. Elizabeth Scheid, 36th Wing Operations Support Squadron (OSS) noncommissioned officer in charge of airfield management training, was awarded Team Andersen's Best on Andersen Air Force Base (AFB) Aug. 30. Team 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 or civilian with an award. To nominate your Airman or civilian for Team Andersen's Best, contact your unit chief or superintendent explaining their accomplishments.

Avoiding potential risks keeps drivers safe

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

Driving hazards are often avoidable and the 36th Wing safety office, along with the Air Force as a whole, are sharing their safety concerns.

"Our goal here at Andersen is to prevent future mishaps by arming Airmen and their families with the knowledge of all the possible driving risks, allowing them the opportunity to prepare and possibly avoid these dangers," said Lt. Col. Adrienne Williams, 36th Wing chief of safety.

Safety is a concern for all Air Force members. Sadly, in the Air Force, more than 40 Airmen have died in off-duty mishaps this year, including 27 killed in motor vehicle accidents.

According to top Air Force officials, many of these tragic losses may have been preventable and were the result of reckless behavior such as excessive speed, irresponsible alcohol use, failure to use proper safety gear or inattention.

"The most common cause of accidents on Andersen (Air Force Base) would be inattentive driving," said Tyrone Groce, 36th Wing Security Forces Squadron report and analysis section. "The second most common cause is speeding in unfavorable weather conditions and the third is drivers backing out without checking for

oncoming traffic."

Members of Team Andersen can avoid accidents by following the rules of the road. This includes paying attention to road conditions, remaining vigilant in both school zones and housing areas, and reducing speed in unfavorable weather conditions.

According to security forces officials, driving hazards specific to Andersen include driving too fast during bad weather and failing to yield to traffic in the Andersen roundabouts. In events where patrols respond to the scene of an accident, they find the accident is most commonly caused by a lack of attention to detail while behind the wheel.

"When entering housing, drivers should be on the lookout for children and joggers on the roadway without the proper reflective gear," Groce said. "Wildlife running across the road is also common on Arc Light Boulevard, near the landfill entrance."

Following traffic laws and remaining vigilant while driving will lead to a decrease in

"We are trying to educate Airmen and their families about all driving safety issues they could face while on Guam," Williams said. "This is our way of taking preventative measures to keep Team Andersen safe."



Caution: Road signs can be found on and around the roads on Andersen Air Force Base. Commuters should be aware of detours and road closures in order to make travel safe and efficient. U.S. Air Force photo by Staff Sgt. Alexandre Montes/Released



AIRMEN IN TRANSITION

Program overhaul eases move to civilian life

By Joel Fortner
Air Force Public Affairs Agency

A redesigned program will help ease every Airman's transition to civilian life and better apply their military experience, Air Force officials said.

The program is the first major overhaul of the transition assistance program for military members in nearly 20 years.

The effort began in response to a call from President Barack Obama in August 2011 to ensure all service members are "career ready" when they leave the military.

Slated to begin service-wide in

November, the current three-day, optional program will be expanded to five days and has been redesigned into a comprehensive, mandatory program that includes pre-separation counseling, a military-to-civilian skills review, a veterans affairs benefits briefing, financial planning support, job search skills building and individual transition plan preparation.

A pilot program was held July 9-13 at Joint Base San Antonio-Randolph, Texas, which, according to officials, allowed Departments of Defense, Labor and Veterans Affairs to test the initiative.

According to Secretary of the

Air Force Michael Donley, the redesigned program bolsters and standardizes the transition services that service members receive prior to retiring or separating from the military to make them employment ready.

"Our goal is to provide Airmen with a comprehensive transition assistance program that prepares them for life after the military, whether that's pursuing education, working in the public or civilian sector or starting a business," Donley said.

Chief Master Sgt. of the Air Force James A. Roy said the program is as good for the civilian sec-

tor as it is for Airmen.

"Employers are looking for educated, trained, experienced people like those who are separating from the Air Force," he said. "This program will help smooth our Airmen's transitions to civilian life."

Under the old program, separating Guardsmen and Reservists were often left to their own devices. Roy said another benefit of this new program is the inclusion of the total force.

"We want to take care of all our Airmen, and this program does that," he said. "No component of our total force deserves more help transitioning than another."

By October 2013, three two-day optional sessions on pursuing a technical certification, starting a business, or pursuing a higher educational degree will also be offered to Airmen.

"Our Airmen have extraordinary technical expertise and world-class leadership skills that are in high demand," Donley said. "This program will help them apply their experience to additional training, formal education, and develop successful civilian careers."

For more information, contact your local Airman and Family Readiness Center or e-mail af.a1saa@pentagon.af.mil.

Alternative to fuel oil on the horizon

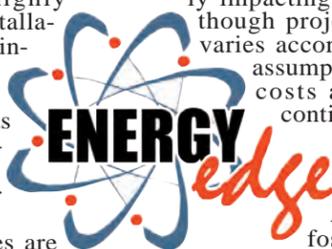
By Desiree Masterson
Joint Region Marianas' Regional Energy Manager

Guam's electric utility provider, Guam Power Authority, is currently assessing whether to convert a portion of their electric generation source to liquefied natural gas (LNG).

Fuel oil is the current fuel source for producing electricity. The primary drivers of this initiative are: cost, environment and energy security. The cost

of fuel oil is highly volatile. For installations a few cents increase in fuel oil can result in hundreds of thousands of dollars in increased electricity costs per month.

Sharp increases are felt by local commerce and residents as well. These fluctuating rates are difficult to program for aside from serious-



ly impacting our wallets. Although projected oil pricing varies according to different assumptions, the overall costs are expected to continue to increase.

LNG price projections are more level and stable.

As the cleanest fossil fuel, burning LNG emits approximately 30 percent less carbon dioxide (greenhouse gas), a thousand times less sulfur dioxide (cause

of acid rain) and 10 times less particulate (smoke) than fuel oil.

In summary, there are a lot less pollutants from LNG than fuel oil. Lastly, global oil markets are tied to geo-political tensions over Iran's nuclear program. Sanctions and other concerns have forced traditional buyers of Iranian crude such as Europe, China and other Asian nations, to obtain supply elsewhere causing prices to rise.

Geopolitical threats to the open access to oil and the potential sup-

ply disruptions that would result have impacted the reliability of fuel oil supplies. From an energy security perspective, these issues pose supply and pricing risks that can be reduced by relying on LNG, whose main producers are Qatar, Australia, Indonesia, Malaysia, Africa, Russia and even the United States. In summary, there's a lot tied to turning on a light - the impacts are global! Please report any energy or water waste to the Energy Waste Hotline at 349-4NRG (4674).

NAVFAC Marianas CIO Evolving support

By Shaina Marie Santos
Joint Region Edge Staff

Although typically in the background, Naval Facilities Engineering Command (NAVFAC) Marianas Chief Information Office (CIO) provides technological support helping NAVFAC Marianas meet their and the Navy's facility needs every year.

Within NAVFAC alone, the CIO Department masterfully coordinates technological resources, information assurance training and end-user support for all NAVFAC Marianas users. "We are what NAVFAC calls a "support line", meaning we focus on providing support for all the other NAVFAC departments, said Lyann Nishihira, NAVFAC Marianas' CIO Support Line Coordinator.

"Our challenge is to enable mission accomplishment," she said. "While people tend to think about their basic needs for power, and water, in today's environment, you have to also consider IT (information technology). IT is like a utility in the workplace; it's essential. Not much is going to get accomplished if the IT tools aren't there to support them."

Another key role for the CIO is managing the Command's technological resources, making sure all the software, hardware and network pieces needed to meet the mission are in place.

"We have to make sure that as the command grows, we have sufficient equipment ready to go for everybody," Nishihira said. "We also have to make sure that equipment is kept up to date (refreshed) so that our employees don't end up with their computer systems crashing or breaking down in the middle of the year without a ready



Tech Support: Team members of the Naval Facilities Engineering Command (NAVFAC) Marianas Chief Information Office (CIO) take a photo break at the NAVFAC Marianas headquarters in Asan Aug. 2. The NAVFAC Marianas CIO office manages information technology resources, information assurance and offers end-user support among other duties. U.S. Navy photo by Shaina Marie Santos/Released

replacement."

Another main task of the CIO is in end-user support for applications and specific programs.

"Our users need help with specific programs," Nishihira said. "If you can't get something done right on your PowerPoint or if you can't figure out why your (Microsoft) Word is formatting a certain way, you're usually going to end up calling the (information technology) shop."

In addition to staying on top of their more routine tasks, according to Nishihira, the role of the NAVFAC Marianas CIO is evolving to meet new needs in

the industry.

"The role of the CIO office has changed so much over the last few years," she said. "In general, the world is changing such that everything is getting "smarter". From vehicles to cell phones, the amount of electronics you find in equipment, and now buildings, is so much greater than before. Where NAVFAC is a construction command, a lot of the products that we now are creating are smart."

Nishihira described the evolution in facilities, whereas in the past, buildings were just pipes, electricity and concrete, today's facilities are "smart". Meaning they

can "know" how many people are inside, where they are, where cool air should go and what lights to turn on and off with the use of sophisticated sensors and meters.

"Now we've got facilities that have all these smart pieces of hardware in them tied to a network, providing information to a central point and that's a challenge for construction," she said. "It looks like an IT thing, and that's where (CIO) comes into play because it falls into that grey area that's evolving."

Nishihira said that one of the biggest challenges she and her team face today, is what is termed

as "Operational Technology". Operational technology is where electronic systems manage mechanical operations, such as the water treatment and waste water treatment plants.

The Advanced Metering Initiative is another example of how important IT and CIO team support are.

The project, which begins construction this year, will install approximately 700 meters to various facilities on both Naval Base Guam and Andersen Air Force Base.

The goal is to provide real-time feedback on energy consumption.

According to Nishihira, through metering, energy managers will be able to target buildings where reduction of energy consumption can be achieved and monitor programs or systems in place to measure actual effectiveness.

"The vision is...eventually for them to be able to take a look at a screen and see...what's going on around the base," she said. "And that's where we come in. The underlying platform...will be IT and communications. Making sure that we can provide them that information is the role CIO plays."

With the ever expanding use of technologies that rely on information technology, Nishihira said working toward the future is an enjoyable challenge.

"It's been a lot of fun when you know that the decisions you make and that your personal efforts have a real impact on the success of the Command. The CIO Department works to make sure we're always looking forward and making the concerted effort to stop and consider... 'okay, where are we going to be in a year (and) how are we going to meet that challenge?'" she said.

From Naval Facilities Engineering Command Pacific Public Affairs

In commemoration of the 170th birthday of the Naval Facilities Engineering Command (NAVFAC), NAVFAC Pacific hosted a cake-cutting ceremony in its Pearl Harbor headquarters on Aug. 31 to honor decades of proud naval history and service to the Nation.

"This is a significant milestone for NAVFAC," said NAVFAC Pacific Commander Rear Adm. Kate Gregory. "Today we pay tribute to the hard work and dedication of the men and women who came before us, and we reflect on their tireless efforts to support our great Nation and allied countries. It is an honor to be part of such a long legacy of construction and engineering ingenuity."

The 13th Secretary of the Navy Abel P. Upshur, officially estab-

NAVFAC Pacific honors 17 decades of proud service to the nation

lished NAVFAC's predecessor, the Bureau of Naval Yards and Docks in 1842, to execute the design, construction and maintenance of Navy yards and a few other shore stations around the eastern seaboard of the United States. Eventually the bureau and its responsibilities would grow into the global enterprise known as NAVFAC, which was officially established May 1966.

Current day NAVFAC has 16 commands located in the United States, Europe, Southwest Asia and the Far East. NAVFAC is the

Navy systems command that delivers and maintains high-quality, sustainable facilities, acquires and manages capabilities for the Navy's expeditionary combat forces, enables energy security and environmental stewardship, and provides humanitarian and contingency engineering response.

Within the Pacific area of responsibility (AOR), NAVFAC Pacific provides engineering and ac-

quisition expertise to the U.S. Pacific Fleet by serving as the Navy's facilities, installation, and contingency engineers.

The command is the headquarters for NAVFAC in the Pacific with three facility engineering commands (FEC) within its AOR including, NAVFAC Far East, NAVFAC Hawaii and NAVFAC Marianas. Each FEC serves as the primary touch point for all facility, installation and contingency requirements covering Japan, Diego Garcia, Guam and Hawaii.

"The Pacific is extremely

strategic for our Navy and Marine Corps, and for decades NAVFAC Pacific has been instrumental in successfully fulfilling facility and engineering requirements in this AOR," Gregory said. "The NAVFAC presence is visible throughout the Pacific whether through mission requirements or humanitarian aid. I am proud of our Civil Engineer Corps officers, Seabees and civilians for their collective commitment to our country."

In fiscal year 2011, NAVFAC delivered more than \$13 billion in products and services to supported Navy and Marine Corps commanders, as well as to other federal agencies. The command's worldwide team of planning, construction, facilities services, and acquisition subject matter experts executed approximately 46,000 separate contract actions.

Military, local leaders visit USS George Washington



Leadership Tour: Capt. G.J. Fenton, commanding officer aboard the U.S. Navy's forward-deployed aircraft carrier USS George Washington (CVN 73), shows Guam's Lt. Gov. Ray Tenorio, the navigation bridge during a tour of the ship Sept. 4. Guam's island leaders along with military officials embarked and toured the ship. George Washington and its embarked air wing, Carrier Air Wing (CVW) 5, provide a combat-ready force that protects and defends the collective maritime interest of the U.S. and its allies and partners in the Asia-Pacific region. U.S. Navy photo by Mass Communication Specialist Seaman Ricardo R. Guzman/Released

Island mayors, Navy leadership break bread



Sharing a Meal: Rear Adm. Tilghman D. Payne, Commander, Joint Region Marianas, fourth from right, breaks bread with fellow Navy leadership and Guam's mayors and vice mayors during a Mayors Luncheon hosted by Payne at Top O' the Mar in Asan Aug. 29. Attendees enjoyed the luncheon and discussed opportunities for the military and local communities to come together. U.S. Navy photo by JoAnna Delfin/Released



Sister Village Superstars: From left: Capt. Casey White, commanding officer, U.S. Coast Guard Sector Guam, Cmdr. Michael O'Driscoll, officer in charge, Maritime Expeditionary Security Group 1 Det. Guam, and Capt. Jeffrey Plummer, commanding officer U.S. Naval Hospital Guam, stand with Rear Adm. Tilghman D. Payne, Commander, Joint Region Marianas after the commands received awards during a Mayors' Luncheon hosted by Payne at the Top O' the Mar in Asan Aug. 29. The commands were recognized for providing community relations support for their sister villages in 2010. U.S. Navy photo by JoAnna Delfin/Released



RELOCATION: Spacious, efficient

Continued from Page 1

Chapel Rd.

"They can see to their housing and personal property needs without having to drive outside

Next: Patrons wait at the customer service window at the new U.S. Naval Base Guam (NBG) Personnel Support Detachment (PSD) office Aug. 31. PSD is now located in building 3191 along with NBG Housing and Personal Property Office. U.S. Navy photo by Mass Communication Specialist 2nd Class Jeremy Starr/Released

the base or to different locations throughout the base," she said.

Personnel Specialist 1st Class (SW) Estela Makahi said PSD employees are now able to work more efficiently since moving to the new building.

"In our old location we had two stories," she said. "So now instead of calling each other or walking up stairs to get information, we are right next to each other so that can save a lot of time."

Aside from the relocation PSD has added a new feature the old

location did not have which helps them interact more with customers.

"We now have a customer service window," Makahi said. "The big difference is now we can control the flow of customers. This way, the customer walks to the service window and one person can help them."

Currently there are 18 military personnel, seven civilian employees and four contractors detailed to the PSD office.

For more information about PSD, call 339-7311.

EXERCISE: Further develops region interoperability

Continued from Page 1

conducted a full-blown field training exercise on the second week.

"The exercise went really well for us," said Royal Australian Air Force Lt. Ryan Kell, EOD officer. "We conducted multiple major clearing operations utilizing our Air Force teams in conjunction with the U.S. Air Force EOD team. Being able to do operations like this that are similar to most environments in the Asia-Pacific area of responsibility is extremely useful."

Scenarios were set on training grounds all around the island, giving participating EOD technicians a chance to conduct both underwater and land operations.

"We've cleared airfields for aircraft to land, while the Navy cleared the shores so that ships can safely dock," Groves said. "We've also trained in clearing towns for weapons caches and improvised explosive devices."

Participating EOD technicians trained with robots, bomb suits, vehicles and equipment utilized in

down-range ordnance-disposal and clearing procedures.

The EOD technicians also practiced post-blast forensic collection for intelligence units supporting the exercise.

Singleton said even though the same three nations participate in Tri-Crab biennially, the number of teams and supporting units who accompany these teams may vary in each exercise.

"Australia and Singapore have always participated," he said. "The number of teams each nation pro-

vides and how big the exercise turns out depends on multiple factors, including operations tempo, contingency operations, deployments and training."

Kell said that participating in Tri-Crab with the opportunity to learn how different countries' EOD operate helps participating nations work hand-in-hand in austere environments and dangerous situations.

"It is imperative that we can speak the same language and do the job in the same manner in order to ultimately stay safe downrange,"

Kell said.

Exercises like Tri-Crab 2012 provide a conducive atmosphere for creating rapport and effective learning environments for joint coalition military operations training.

"When we run into our regional partners downrange and we've worked with them in the past, it makes the job a lot easier," Groves said. "We do a lot of joint operations and will continue to do so. These events help further develop our interoperability with all our regional partners."



Top Left: A team of explosive ordnance disposal (EOD) technicians from the 36th Civil Engineer Squadron prepare for another simulated mission during Tri-Crab 2012 on U.S. Naval Base Guam Aug. 29. U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released

Top Right: Staff Sgt. Josef Miller, 36th Civil Engineer Squadron explosive ordnance disposal (EOD) flight team lead, documents information on a suspect during Tri-Crab 2012 on Andersen Air Force Base Aug. 29. U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released

Left: Royal Australian Air Force explosive ordnance disposal (EOD) technicians work with U.S. Air Force EOD during Tri-Crab 2012 on Andersen Air Force Base Aug. 29. U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released

Fire: Airman 1st Class Dalton Ridder, 36th Civil Engineer Squadron pavement and construction equipment apprentice, fires his weapon during the qualification portion of combat arms training on Andersen Air Force Base Aug. 28. The Air Force recently implemented a new weapons qualification course that contains both the original basic firing positions and a new section that includes advanced tactical movements. U.S. Air Force photo by Airman 1st Class Marianique Santos/Released



Locked and Loaded: Ammunition is loaded in magazines before Airmen start live fire exercises for training on Andersen Air Force Base Aug. 28. The Combat Arms Training and Maintenance mission is to ensure that all weapons utilized by 36th Wing personnel are functional, maintained and ready when the Airmen are called to duty. U.S. Air Force photo by Airman 1st Class Marianique Santos/Released



Ready, Aim, Fire: Airmen from the 36th Wing fire at the Combat Arms Training and Maintenance (CATM) range on Andersen Air Force Base Aug. 28. U.S. Air Force photo by Airman 1st Class Marianique Santos/Released



MSG Corner:

Keeping the “profession of arms” compliant and ready

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

This week, the 36th Mission Support Group highlights the 36th Security Forces Squadron (SFS) Combat Arms Training and Maintenance (CATM) section.

The CATM mission is to ensure that all weapons utilized by 36th Wing personnel are functional, maintained and ready when the Airmen are called to duty. Additionally, they ensure that all personnel who handle these weapons are trained properly and effectively.

“We support Andersen (Air Force Base), and ultimately the Air Force mission, by providing weapons training for Airmen prior to permanent change of station and deployments,” said Tech. Sgt. Thomas Breland, 36th SFS CATM non-commissioned officer in charge.

The section conducts weapons maintenance and inspections as well as unit scheduling, unit deployment management and weapons custodian training.

“For the recent 554th REDHORSE Squadron deployment, CATM had to conduct more than 120 weapons qualifications along with more than 120 weapons inspections to get the REDHORSE Airmen ready and out the door,” Breland said. “We had to get this accomplished as well as continue to meet the needs of other units. We successfully accommodated everyone by closely coordinating with the unit schedulers, deployment managers and weapons custodians.

The 36th SFS CATM section compensates for the scheduling challenges of the 36th Wing’s high operations tempo by staying in contact with unit representatives who help manage weapon inspections and demands.

“By staying in close contact with the unit schedulers and UDMs (unit deploy-

ment manager), we are able to cater to the wing’s weapon defense and qualification needs,” Breland said.

Recently, the Air Force implemented a new weapons qualification course that contains both the original basic firing positions course and a new section that includes advanced tactical movements. The new course of fire provides Airmen skills needed to perform threat discrimination, failure to stop, step left or step right, burst fire and firing from a standing position without support.

“The course has added more advanced skills training,” Breland said. “The qualification rate is slightly lower than the old course due to the advanced skills, but it equals out as this training is an effective stepping stone for pre-deployment training.”

The unit is currently in the planning process of moving the combat arms classroom out of building 21000 and into a new facility. The new combat arms classroom will be on site at the range and is slated to cut commute time for wing personnel attending the training.

The combat arms section is the Airmen’s one stop shop for all their weapons training and maintenance needs.

Inspired by the Combat Arms Instructor’s Creed, 36th SFS CATM Airmen understand that the Airmen’s lives depend on the instructor’s ability and that the Airmen’s confidence depends on the instructor’s integrity in a time of war where Airmen’s talents in weapons handling will be needed the most. Instructors continue to uphold their proud heritage and know that fostering an Airman’s confidence and competence with weapons is the instructor’s responsibility.

Combat Arms Airmen will support the mission, as in the creed, “I am an Air Force Combat Arms Instructor, ‘ours is the profession of arms.’ We train in peace, to prepare for war.”



Left: Airmen from the 36th Wing are issued weapons during the classroom portion of combat arms training on Andersen Air Force Base Aug. 28. During the classroom session, the Airmen get familiarized with their weapon and learn how to keep their weapon in good working order. U.S. Air Force photo by Airman 1st Class Marianique Santos/Released

Above: Tech. Sgt. Joel Kennedy, 554th REDHORSE Squadron explosive demolition team noncommissioned officer in charge, double checks his targets to make sure they are marked correctly at the Combat Arms Training and Maintenance range on Andersen Air Force Base Aug. 28. U.S. Air Force photo by Airman 1st Class Marianique Santos/Released

Frank Cable Sailors at sea

Joint Region Edge - Local Sept. 7, 2012



Above, Right: Sailors assigned to the submarine tender USS Frank Cable (AS 40) shoot a .20 mm gun as part of a training exercise to familiarize Sailors with their ship's defenses Sept. 1. Frank Cable conducts maintenance and support of submarines and surface vessels deployed in the U.S. 7th Fleet area of responsibility. U.S. Navy photos by Mass Communication Specialist Seaman Chris Salisbury/Released

Base bowling alleys improve quality of life

By Shaina Marie Santos
Joint Region Edge Staff

Orote Point Lanes on U.S. Naval Base Guam (NBG) and Gecko Lanes on Andersen Air Force Base (AFB) are available to meet recreational needs of service members and families.

According to Orote Point Lanes Manager Kelly Lizama, the mission of bowling alleys on base are to support military, dependents, retirees and Department of Defense personnel by offering a comfortable atmosphere for fun.

"We provide services that build teamwork within the unit, family get-togethers from the youngest child and parents in a safe environment," he said. "(We) provide the same sentiments to each individual as if they are still at home."

Gecko Lanes Manager Scott Ross echoed Lizama's remarks and added that the mission of Gecko Lanes is also to provide a quality, safe and relaxing environment for guests to enjoy their down time.

"Gecko Lanes is a great place to unwind from a hard day and relieve a little stress," Ross said. "It gives our customers an event

that is fun and safe for the whole family."

At Orote Point Lanes, open bowling is available for families, individuals and unit functions such as retirements, reenlistments and fundraisers, bowling parties, family parties and monthly tournaments. The facility boasts 16 lanes and rents out shoes to patrons for a fee of \$1.50 per rental.

Gecko Lanes, with its 18 lanes, hosts regular events such as 9-pin-no-tap tournaments and Bowl Your Brains Out, which is an all-you-can-bowl event for one low price as well as youth leagues. Bowlers can rent shoes at the front desk, which are \$1.50 for youth 12 years old and younger, and \$2.50 for adults.

Snack bars available at both facilities add to base bowling appeal, serving favorites from burgers to pizzas to fuel bowlers' energies.

From the beginner bowler to the more experienced and advanced competitors, base bowling alleys are fitted to meet patrons' needs across the board.

"We also provide services in bowling ball repairs and drillings," Lizama said. "We have a retail outlet for bowling

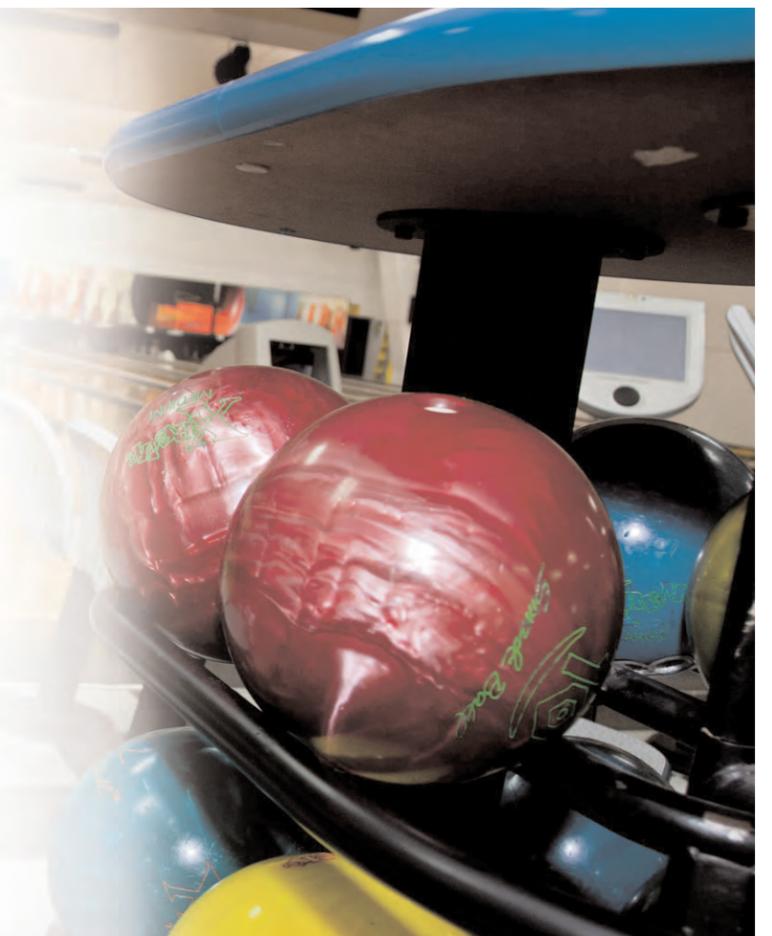
accessories (and) we also give individual lessons with no charge."

Games at Orote Point Lanes are \$2.35 for active duty military and dependents, and \$2.50 for DOD personnel, retirees and all others.

Orote Point Lanes is open for bowling Monday-Thursday from 4-10 p.m. and Friday-Saturday from 10:30 a.m.-midnight. On Sundays, the facility is open from 10:30 a.m.-10 p.m. Games at Gecko Lanes are \$2.50 for adults and \$1.50 for kids 12 years old and younger. The facility is open for bowling Monday-Thursday from 11 a.m.-10 p.m., Friday from 11 a.m.-11 p.m., Saturday from noon-11 p.m. and Sunday from noon-8 p.m.

For more information about Orote Point Lanes, call 564-1828. For more information about Gecko Lanes, call 366-5085.

Rock and Bowl: Bowling balls are ready for patrons' use at the Orote Point Lanes on U.S. Naval Base Guam Aug. 29. Orote Point Lanes on NBG and Gecko Lanes at Andersen Air Force Base are open to service members, retirees and their dependents, and Department of Defense personnel. U.S. Navy photo by Shaina Marie Santos/Released



NAVFAC MARIANAS SUPERVISORY MANAGEMENT ANALYST DISPLAYS

Musical talent

By Shaina Marie Santos
Joint Region Edge Staff

Naval Facilities Engineering Command (NAVFAC) Marianas Supervisory Management Analyst Raymond Miranda has a musical talent he shares with his family and, the local and military community.

Since he was 10 years old, Miranda developed an interest and hobby from music, picking up styles of music he grew up listening to.

"Even at a young age, I loved to hear music from (the) Supremes, Beatles, Carpenters and my most favorite Barry Manilow."

Later, he joined a band and performed anywhere from three to four times per week, singing in clubs throughout the island. Miranda said when he performed, he felt like a totally different person.

"I feel great singing and looking at people smiling," he said. "They appreciate it."

Miranda also shared his talents with the military community, performing for Navy events such as change of commands, retirement ceremonies and the Navy ball among others.

Though now Miranda performs only occasionally, as a father he has passed his music to his children who have flour-

ished under their father's encouragement.

"I had nothing to do with it," he said. "I happened to be driving and I heard my son Shaun sing a few tunes at the age of four. So I signed him up for vocal lessons. The instructor told me that he has a potential to be a great singer, and that he did."

Whenever he could afford, Miranda would buy his sons instruments they liked, allowing his sons to follow their interest as he followed his.

"(Nothing is) so important than the feeling of just singing and doing music together and enjoying it," he said.

According to Miranda music is a therapeutic outlet.

"Music to me builds my inner soul," he said. "I enjoy doing it and I also get a sense of reward when I do sing."

Miranda also shares his talents with his local community, performing with his church choir.

"There was a time as a young boy, being the altar server for the church, I would ask the priest, 'when do you know when you have a calling?'" he said. "I later realized that my calling was my singing. When I sing at church, the congregation would say to me that the songs I sing lifted them and that to me is the most gratifying."



Good Times: Naval Facilities Engineering Command Supervisory Management Analyst Raymond Miranda belts out some tunes during a performance at the Top o' the Mar Aug. 24. Miranda has a musical talent that he shares with his family, local and military communities. U.S. Navy photo by Shaina Marie Santos/Released



Family Act: Naval Facilities Engineering Command Supervisory Management Analyst Raymond Miranda, left, takes a quick photo opportunity with his sons at the Top O' the Mar in Asan Aug. 24. Miranda has a musical talent that he shares with his family, local and military communities. U.S. Navy photo by Shaina Marie Santos/Released

Home visits promote positive ideas about schools

By Shaina Marie Santos
Joint Region Edge Staff

At the beginning of each school year, parents have the chance to introduce their new students to the school experience with pre-kindergarten and kindergarten home visits.

According to Andersen Elementary School (AES) Principal Willette Horne-Barnes, home visits provide pre-kindergarten and kindergarten teachers an opportunity to meet their students in their most familiar surroundings.

"Home visits really provide the teachers insight about the students, as they ask the parents different questions about the children's academic, social and physical development," she said. "They also ask the students questions about themselves and their family members. The teachers express that they really enjoy meeting the children in their natural surroundings and socializing with them and their parents in a comfortable setting."

Cmdr. William C. McCool Elementary School (MEMS) Principal Don Christensen agreed with Horne-Barnes and added that the visits help ease the transition into school.

"(They) are an important step in establishing an important partnership between the school and families for the benefit of their child's beginning educational experience," he said. "A teacher's knowledge of the child and positive connections allows for a smoother transition during the initial days of school when family separation may be an issue. It is a stepping stone to assist the student in feeling comfortable about going to school."

Horne-Barnes said during a home visit, students show off their rooms and talk with their teachers about different topics of interest. Sometimes, depending on the time of the visit, teachers will eat with the stu-



First Year of School: Army spouse Lynn Cepera Cruz fills out a form to schedule a home visit with her child's teacher at the Cmdr. William C. McCool Elementary and Middle School kindergarten orientation on U.S. Naval Base Guam Aug. 24. Home visits provide pre-kindergarten and kindergarten students a chance to acquaint themselves with their teachers in familiar surroundings. U.S. Navy photo by Shaina Marie Santos/Released

dents and their families.

"Home visits add another dimension to understanding the student, affording teachers the opportunity to observe their strengths and areas of need in their natural

surroundings," she said. "Students seem to really enjoy having their teachers in their homes, especially in their rooms."

She added that parents appreciate that not only students, but the parents them-

selves can meet and socialize with teachers before the first day of school.

"The parents are also afforded the opportunity to meet their children's teachers before the first official day, providing them a sense of calm," she said.

Christensen said during the visit, teachers give out packets of information for parents about themselves, including classroom rules and procedures.

"For parents, the home visit is a wonderful way to start a relationship with the school and the teacher," he said. "The personal contact initiated at the home visit makes it easier for the parents to feel comfortable providing information, asking questions or sharing concerns about their child with the teacher throughout the year."

According to Horne-Barnes, all AES pre-kindergarten and kindergarten teachers conduct home visits with students assigned to their individual classrooms. The visits, though not mandatory, are encouraged.

"Home visits are never intended to be threatening or intimidating in nature," she said. "They are conducted with the intent that the students' and parents' transition to pre-kindergarten and kindergarten will be easier and less stressful."

During the MEMS kindergarten and pre-kindergarten orientations, parents were given the opportunity to sign up for home visits.

"The teachers hope to meet all our families soon and are looking forward to the new school year," he said.

Navy spouse and MEMS parent Jaime Fahy has welcomed home visits for her children and said they make a noticeable difference in a child's first experience with school.

"It helps the incoming student feel more confident and more comfortable after meeting their teacher from the comfort of their home," she said. "I'm very, very impressed with the home visits."

It's a coconut, it's a breadfruit, no it's Super Chef

By Mass Communication Specialist 2nd Class (SW/AW)
Jeremy Starr
U.S. Naval Base Guam Public Affairs

Morale, Welfare and Recreation (MWR) Guam's Food and Beverage Director Robert A. Walter and the Guam State Agency for Child Nutrition Programs unveiled "Super Chef" at Ordot-Chalan Pago Elementary School in Ordot Aug. 30.

The caped and masked "Hero of Health" who leaps to cafeterias in a single bound is the first nationally nutritional mascot whose mission is to encourage kids to eat and cook healthy.

"We want healthy kids," Walter said. "Healthy kids are healthy adults. If the kids eat a good lunch with healthy nutrition they will be able to learn better and not fall asleep after lunch."

Super Chef helped promote the new healthy meal pattern for the United States Department of Agriculture (USDA) school breakfast and lunch programs at the school.

Walter said the USDA menu makes a big difference by adding healthier substitutes to the table.

He said Super Chef was there to elevate awareness of eating healthier whole grains, lean meats, fresh fruits and vegetables to both children and adults.

Super Chef also taught about the foods that are "villains" to healthy living. Walter dramatized junk food as

the "Mighty Cook's" kryptonite. Super Chef fell weak when he saw children eating junk food and only regained his strength when the kids threw the unhealthy food away and consumed healthier items.

"I think that the kids had fun learning about the importance of making a healthy lunch, eating healthy and maintaining a diet with fresh fruits and vegetables, whole grains and milk," Walter said.

The coordinators of the event hope this will help Guam in its efforts to decrease childhood obesity and prevent hunger in their school system.

Ordot-Chalan Pago Elementary School Principal Rebecca Perez, said she thought Super Chef is a great image for our students to learn about eating healthy food and living healthy.

"The kids were very excited and even the adults were very excited today to see the giant superhero," she said. "We saw him and said, 'wow this is great.'"

Super Chef is scheduled to visit every Department of Defense Education Activity (DoDEA) and public elementary school on Guam throughout the year.

The masked hero will also help organize and star in fun and educational activities like poster-making events, commercials and contests that get children and adults involved in promoting nutrition and healthy lifestyles.

To learn more about NBG, visit www.cnic.navy.mil/guam.

For more news from U.S. Naval Forces, Marianas, visit www.navy.mil/local/guam/.



Beware Junk Food: Super Chef shows off his strength as he visits Ordot-Chalan Pago Elementary School to promote the importance of eating and cooking healthy in Ordot Aug. 30. Robert Walter, Morale, Welfare and Recreation's food and beverage director and Super Chef's alter ego, will visit all the Department of Defense Education Activity (DoDEA) Guam District elementary schools and Guam public schools throughout the school year to promote healthy eating. U.S. Navy photo by Mass Communication Specialist 2nd Class Jeremy Starr/Released

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, Thursday, 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.
 Catholic Men of the Chapel: First and third Tuesday of the month, Chapel 1 Annex, 6 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.
 Liturgical Service: Sunday, Lighthouse, 9 a.m.
 Gospel Service: Sunday, Chapel 2, 11:30 a.m.
 Emerging Worship Service: Sunday, Lighthouse, 5 p.m.
 Protestant Women of the Chapel: Second Monday of each month, Chapel 2 Annex, 6:30 p.m.; Wednesdays (September-May), Chapel 2 Annex, 8 a.m.
 Protestant Men of the Chapel: Wednesday, Lighthouse, 6 p.m.; First Saturday of the month, Chapel 2 Annex, 8 a.m.
 Protestant Youth of the Chapel: Thursday, Chapel 2 Annex, 7 p.m.
 Protestant Single/Unaccompanied: Thursday, 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. Col. Donnette Boyd
 36th Wing Chaplain

Sometimes in our lives things don't turn out quite the way we expected and we occasionally don't get what we want. The true test of our character resides in how we handle life's disappointments.

Disappointment is something we must cope with from the day we are born. We either aren't picked up when we think we should be, don't get our food the second we want it or don't have everyone's cooperation with our schedule. As parents, we must not only tell our children "no" occasionally, but ensure that they handle the "no's" in life well. Everyone has witnessed irate toddlers learning what "no" means in the store. Toddlers are better at divvy-

When you don't get what you want

ing out the "no's" than they are at being on the receiving end.

By the time we are teenagers, we learn how to turn the "no's" into "maybe later" or "yes, if..." How do teenagers handle the "absolutely not" and the "wait until you're 18" responses in life? If you're like my teenager, you are disappointed initially, but eventually accept the decision.

As we become adults, many of us regress to earlier stages of development when things don't go our way. Some resort back to a toddler-like stage of passive-aggressiveness and sometimes open defiance. Others sulk like teenagers but eventually accept our fate.

Eventually we all should mature into handling disappointments as unanticipated opportu-

nities for growth. The next time you encounter a closed door in your life, whether it's a budget cut or getting passed over for promotion, a failed relationship in your personal life or your loved ones letting you down, consider this "glass-half-full" approach to help you handle your loss:

- Look for the good in your situation. (Romans 8:28)
 - Focus on the way forward; don't dwell on what you can't change. (Philippians 3:13)
 - Know that you have what it takes to overcome this challenge. (Romans 8:37; Philippians 4:13)
- I'm sure you've had your share of setbacks in life and you've obviously managed to overcome them all. Your current challenge will be no different. You will overcome and enhance your testimony. (Revelation 12:11)





Lady Panthers go head-to-head against Cougars

Above: Team members from the Guam High School (GHS) Panthers volleyball team keep their eyes on the ball during a game against the Academy of Our Lady of Guam Cougars at the GHS gym in Agana Heights Sept. 1. The Cougars beat the Panthers 25-20 in the first set and 25-15 in the second set. U.S. Navy photo by JoAnna Delfin/Released

Top Right, Right: A team member from the Guam High School (GHS) Panthers volleyball team spikes the ball over an Academy of Our Lady of Guam Cougar at the GHS gym in Agana Heights Sept. 1. The Cougars beat the Panthers 25-20 in the first set and 25-15 in the second set. U.S. Navy photos by JoAnna Delfin/Released

Below: A team member from the Guam High School (GHS) Panthers volleyball team sets the ball for a spike during a game against the Academy of Our Lady of Guam Cougars at the GHS gym in Agana Heights Sept. 1. The Cougars beat the Panthers 25-20 in the first set and 25-15 in the second set. (U.S. Navy photo by JoAnna Delfin/Released)

