

USO to Sponsor Movies



USO will sponsor movie showings on Navy and Air Force bases.

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Houston Awardees



USS Houston (SSN 713) honors Sailors and families.

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Top Performer



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Kitty Hawk stops on Guam

BY OYAOLNGIRAIKLAND
MASS COMMUNICATION SPECIALIST 1ST CLASS (SW/AW) E. ROSARIO
PACIFIC NAVIGATOR STAFF

USS Kitty Hawk (CV 63) stopped on Guam during her spring deployment in the Western Pacific Ocean.

The USS Kitty Hawk, currently the Navy’s oldest active-duty carrier, arrived June 10 en route to Hawaii. While on island, Sailors and air crew members spent time on Guam’s tropical beaches and helped the local community.

Storekeeper 1st Class (AW/SW) Leonard Carpenter has been with the carrier for about a year and a half, and their recent port visit made this his third trip to Guam.

“I love it here,” he said. “I’m looking forward to enjoying the sun, the beach and sight seeing.”

About 100 Kitty Hawk Sailors volunteered their off-duty time to lend a hand at various community centers and non-profit organizations that rely heavily on volunteer efforts.

The projects were separated into four assignments that supported Island Girl Power, a youth prevention program, Guam Animals in



Training: Carrier Air Wing 5 and USS Kitty Hawk (CV 63) crews take advantage of an opportunity to train off the shores of Guam June 15. (U.S. Navy Photo by Oyaol Ngirairikl)

Need, Talofofo Mayor’s Office and the Tamuning Mayor’s Office. Personnel Specialist 2nd Class

(AW/SW) Markgil Abayhon, of Helicopter Anti-Submarine Squadron 14, participated in the

Talofofo cleanup. Abayhon said he enjoyed helping the Guam

See KITTY HAWK, Page 7

USS Kitty Hawk Sailor enjoys visiting home

BY OYAOLNGIRAIKLAND
PACIFIC NAVIGATOR STAFF

Religious Program Specialist 1st Class (SW/FMF) John Vincent Guerrero hasn’t been home for about 10 years.

Guerrero, currently serves on USS Kitty Hawk (CV 63), and was arguably one of the happiest Sailors on board as the ship made her way to U.S. Naval Base Guam June 10.

“I’ve been in the Navy for about 14 years,” he said. “It’s been tough getting back home to visit family... my parents are still able to travel to the mainland, so they come out once in a while, but I haven’t seen my sisters in ... so long.”

As the Navy’s oldest active-duty aircraft carrier, Kitty Hawk is expected to pass on its responsibilities as the only carrier operating permanently outside of the United States to USS George Washington (CVN 73).

Guerrero said he’s enjoyed his Navy career and understands the choice he made to serve his country required he move away from the home he knew.

“But it sure is good to be back home,” he said.



Family Reunion: Religious Program Specialist 1st Class (SW/FMF) John Vincent Guerrero, center, is greeted by his family June 10. Guerrero hasn’t been home in about 10 years. He currently serves onboard USS Kitty Hawk (CV 63), which was on island for a regular port visit. (U.S. Photo by Oyaol Ngirairikl)

Guerrero’s mother, Terry Guerrero is a human resource specialist for the region. Prior to Kitty Hawk’s arrival, Terry Guerrero said she hasn’t seen him in about four years.

“We try to travel out to see him and his family but it’s not always possible,” she said. “And plus, having him home where he can

See REUNION, Page 7

Navy celebrates Asian and Pacific Islander heritage

BY JESSE LEON GUERRERO
PACIFIC NAVIGATOR STAFF

Sailors and civilians, enlisted and officers, came together June 10, at the Asian Pacific American Heritage Month Celebration to share their cultural experiences and learn how their differences can strengthen their lives. Held at U.S. Naval Base Guam’s chapel, the program featured guest speakers relating stories about their personal lives and careers in the Navy.

Speaking before the attendees, Capt. Noel Enriquez, the emergency preparedness liaison officer for Navy Region Marianas, said the event’s theme of “Leadership, Diversity and Harmony- Gateway to Success” had special meaning for him and represented what it means to be an American. He explained those values and the opportunities he got from the Navy helped him achieve his dream of serving his adopted country, despite being unable to speak English when his father first brought their family to the United States from the Philippines.

“When we wear the uniform, we

See CELEBRATION, Page 6

Base Interests

Job Announcement

U.S. NAVAL BASE GUAM

- Emergency Mgmt Spec, Open Continuously
- Firefighter (Paramedic), Open Continuously

NAVFAC MARIANAS, GUAM

- Accountant, Open Continuously
- Community Planner, Close date pending
- Infads Analyst, Open Continuously
- Interdisciplinary Engineer, Close date pending
- Management Assistant, Close date pending

- Supv Contract Specialist (Admin), Open Continuously
- Utilities Manager, Open Continuously

NCTS

- Antenna Mechanic, Close date pending
- Electronics Technician, Close date pending
- Equipment Specialist, Close date pending
- Supvy Electronics Technician, Open Continuously

U.S. NAVAL HOSPITAL, GUAM

- Nurse (Clinical), Open Continuously
- Supv. Nurse (Occupational Health), Open Continuously

For job announcements go to <https://chart.donhr.navy.mil> or call 339-2224 or 339-6120.

FLEET AND FAMILY

READINESS

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 - Cashiers, NF-1 (Flex) \$7.08/PH, Open Continuously
 - Cook, NA-4 (Flex) \$7.81/PH, Open Continuously
 - Food Service Worker, NA-3, (Flex) \$7.36/PH, Open Continuously
 - Laborers, NA-3, (Flex & Intermittent), \$7.36/PH, Open Continuously
 - Recreation Aid, NF-1, (Flex), \$7.08/PH, Open Continuously
 - Mechanic Helper, NA-3 (Flex) \$7.36/PH, Open Continuously
- For additional information, e-mail kelly.laprete@guam.navy.mil or michelle.mendiola@guam.navy.mil or visit www.mwrguam.com

NMCRS Budget for Baby

Make the right financial plan for a new baby at Navy-Marine Corps Relief Society's Budget for Baby class from 5-7 p.m. June 25. Learn about military entitlements, food and other expenses, and much more. Call 564-1880 to register.

Tuition Aid

Set an appointment with Navy-Marine Corps Relief Society to apply for undergraduate and graduate spouse tuition aid. Receive up to 50 percent for tuition from grants. Call 564-1879/80 for more information.

MSRON 7 takes opportunity to help C.L. Taitano



Spiffed up Sign: Master-at-Arms 2nd Class (SW) Rondu McMaster waterblasts the school sign and the curbs along the parking lot area of C.L. Taitano Elementary School in Sinajana June 13. McMaster was one of about 25 Maritime Expeditionary Security Squadron (MSRON) 7 Sailors who helped staff prepare for the new school year. (U.S. Navy Photos by Oyaol Ngirairikl)

BY OYAOL NGIRAIKIL
PACIFIC NAVIGATOR STAFF

Taking turns with fellow Sailors at water blasting the exterior walls of C.L. Taitano Elementary School, Master-at-Arms 2nd Class (SW) Rondu McMaster said he tries to participate in community projects as often as possible.

McMaster was one of about 25 Maritime Expeditionary Security Squadron (MSRON) 7 Sailors who donned their civilian clothes, picked up paint brushes and water blasting hoses June 13, to help the school prepare for the coming school year.

McMaster said he's glad to help. He added community relations projects should be called "opportunity service" because they give Sailors a chance to do something nice for others that will hopefully echo through generations.

"I look at (community relations projects) as helping someone else out," he said, a lesson he learned from his grandmother who often

had an extra plate of food or a lending hand for someone in need. As he's grown older, he said the Navy has helped him share that valuable lesson.

"And hopefully when these kids get older, they'll look out at the community and reach out to someone who also needs a helping hand," he added.

C.L. Taitano Principal Arlene Unpingco said the school is working with a skeleton crew and all the help that can be provided is appreciated.

"This help means that my people have time to dedicate to cleaning the classrooms," she said.

"This help means that the cafeteria and the exterior of the school is painted and clean, and the kids can come back next school year to a safe and well-maintained learning environment."

Boatswain's Mate 1st Class Michael Chatman organized the command's participation and said getting the volunteers was easy.

"I got the information that (C.L.



Fresh Coat: Master-at-Arms 3rd Class Amber Ball, back, helped paint C.L. Taitano Elementary School June 13 said helping ensure the campus is clean and bright for the new school year is a "great way to give back to the community that has been so welcoming." Ball and about 25 Maritime Expeditionary Security Squadron (MSRON) 7 who were at the Sinajana school, helping staff prepare for the new school year.

Taitano) needed help and e-mailed it out to everyone in our command," Chatman said. "Almost immediately I got responses ... people saying they wanted to help out. (And) that's pretty much how we feel as a command. If there's an opportunity to make a difference we'll be there."

Chief Master-at-Arms (EXW/SW) George Taylor said volunteering at the school is one way the Navy can reinforce its positive relationship with their civilian neighbors, which ultimately ensures

strengthened support for the U.S. Maritime Strategy.

Taylor said during his first tour to Guam, he worked for a command at Radio Barrigada, which adopted nearby school P.C. Lujan Elementary School.

"We had a Saturday scholars program for tutoring students and fieldtrips to our command, and the kids absolutely loved it. It made all the world to them knowing that people were here to help," he said. "And that's where it starts."

Region CIO donates to local high school

BY JESSE LEON GUERRERO
PACIFIC NAVIGATOR STAFF

Students at John F. Kennedy High School (JFK) in Tamuning are protecting their computers a little better thanks to a donation by Joint Navy Region Marianas' Chief Information Officer (CIO). Representatives from the CIO's office and NCTS delivered 29 uninterruptible power supply (UPS) units to the school June 5.

The items were tested and processed for donation after new ones replaced them in 2007. The Armed Forces Communications and Electronics Association (AFCEA) Marianas Chapter awarded Sanjay Sharma, a JFK physical science teacher, their first \$1,000 Science Teaching Tools grant. In his winning proposal, Sharma proposed buying UPS units for the school.

"Instead, we donated these UPS units to him and he was able to pur-

Donation: Donald Pangelinan, of the Chief of Information Office, Joint Navy Region Marianas, delivers 29 backup power supply units to Frances Tajeron, a school aide at John F. Kennedy High School, June 5. (Photo courtesy of Vaughn Lujan)

chase other needed supplies," said Dr. Claudette Millsap, Joint Region CIO.

Ulric Mark, JFK principal, said the units are greatly appreciated because they increase the ratio of computer items to the student body. Currently JFK has more than 2,500 students, 130 of which attend the business class where the units have been placed.

"We want them to be more comfortable as technology users," said Mark. "But to be able to do that, you need to have the technology



available to them."

Mark said the Navy has supported the school through Sister School programs and other projects in the past, and the UPS donation is an example of that continuing partner-

ship.

"All of this really helps us, whether it's providing instruction in the class or coming to help with volunteer work," he said.

The Pacific Navigator

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Taitano says seeing Sailors soar makes job worthwhile



BY OYAOL NGIRAIRIKL
PACIFIC NAVIGATOR STAFF

After almost five years on the job, Korrina Taitano still wakes up excited to see what a day in the office holds for her.

Taitano is the liberty coordinator for the Navy Morale, Welfare and Recreation (MWR) Single Sailor Sanctuary. She organizes events on and off base for unmarried Sailors and for geographical bachelors, Sailors working on Guam but whose families are in the mainland.

She initially worked for MWR at U.S. Naval Hospital Guam as a recreational aide.

“It was a fun atmosphere. The supervisors were fun and the job



Providing Assistance: Korrina Taitano, Navy Morale, Welfare and Recreation Single Sailor Sanctuary liberty coordinator, enjoys helping Sailors learn more about the Navy and island community while on Guam. (U.S. Navy Photo by Oyaol Ngirairikl)

was really cool,” she said. What keeps her going nearly five years later is knowing that she’s helping

others.

“My brother is a Sailor and I remember when he first started out.

He would tell me he never had anywhere to go or hang out,” Taitano said.

“That’s what motivates me and my staff. We know these Sailors who are new to the Navy and to Guam don’t know where to go.”

Taitano said she coordinates events like the Tarza Water Park visits and the around-the-island trips, hiking and kayaking trips to show Sailors the island and give them an idea of what there is to do on island.

“It’s a little corny. They’re like my brother, we want to take care of them because they’re far from home,” Taitano said.

She said she sometimes works odd hours, weekends and on holidays but has become accustomed to scheduling her family and personal time around her work schedule.

“I think of it like my family is here, so when I spend time with them, I make the most of that time, but I schedule my family time around work,” she said. “These Sailors, they don’t have family here, so making sure they have what they need to enjoy their tour on Guam makes the job worthwhile.”

Gab Gab opens in time to welcome summer

Go Gab Gab

Gab Gab Beach is open for swimming, barbecuing and picnics. There are 11 cabanas that can be reserved for free at the Navy Morale, Welfare and Recreation Rec-N-Crew office at 564-1826.

BY OYAOL NGIRAIRIKL
PACIFIC NAVIGATOR STAFF

Improvements to Gab Gab beach were completed just in time to help families kick off a summer of fun in the sun

“It’s beautiful and just in time because summer’s here and I can bring the kids here for some fresh air, sunshine and exercise,” said Herlie Bray as she walked along the newly refurbished seawall with her children.

Bray said for many years, she’s enjoyed Gab Gab but appreciates the newly renovated seawall, deck and ladders.

“I like to bring the kids here because they have the sand on one side and the area here where the kids can swim in a little bit of deep water but still be safe,” she said. “With the upgrades, it’s really family friendly and I know my kids really enjoy coming here.”

John Paul Dierking, Naval Facilities Engineering Command (NAVFAC) Marianas construction management engineer, said the \$280,000 renovation was completed June 6, three months ahead of schedule.

Dierking said construction began Dec. 10, 2007. Repairs included resurfacing of the concrete deck and bulkhead with approximately four inches of new concrete. Contractors cleaned and filled out surface cracks



Day at Gab Gab: Herlie Bray says the renovations made at Gab Gab will help make her children’s summer a healthier one that’s also lots of fun. From left, Christopher Bray, 5, Patrick Bray, 7, Stephanie Bray, 2, and Herlie Bray walk along the newly resurfaced seawall at Gab Gab Beach on U.S. Naval Base Guam. (U.S. Navy Photo by Oyaol Ngirairikl)

on the vertical seawall and the deck was coated with non-skid paint and the seawall was coated with a special epoxy type paint.

“The command took high interest in the project due to its frequent use as a training and recreational area for military personnel, including family and friends,” Dierking said.

Staff Sgt. Dan Knudtson of the

190th Air Refueling Wing in Kansas was enjoying the beach on one of his days off. Knudtson was on Guam for training.

“I was here a while back when they started putting in the new gate,” he said. “But coming back and seeing this, it looks great and I can see a lot of people seem to be happy with it.”

Token Barnhouse, Navy Fit-

ness/Sport and Deployed Forces sports director, said the project is one of many upgrades to U.S. Naval Base Guam facilities to help ensure Sailors and their families have the support they need.

“It’s one more thing the Navy is doing to let Sailors know that we’re here to support them and that we appreciate the sacrifices they make for our country,” Barnhouse said.

USS Houston honors crew and families at ceremony



BY JESSE LEON GUERRERO
PACIFIC NAVIGATOR STAFF

USS Houston (SSN 713) honored the hard work and sacrifice of its crew members and their families at an awards ceremony June 13. The Sailors and their spouses enjoyed breakfast at Top O’ the Mar, while accepting Navy and Marine Corps Commendation Medals, achievement medals, and other citations.

Cmdr. Michael Lewis, Houston’s commanding officer, praised his crew for their professionalism, pride

and devotion to duty. “What we’ve done in the past six months and in the next six months is very challenging,” he said. “We couldn’t have done it without every single member working hard at that.”

Lewis explained Houston was recently scheduled for several weeks of maintenance but went on an extended deployment in Japan, and only recently returned to Guam at the end of May after four months at sea.

Being able to take on unexpected missions on short notice is an example of the value that Houston’s forward deployed presence brings to the nation’s maritime strategy.

“That can’t happen from a submarine that’s on the West Coast or Pearl Harbor because it takes them a while to get here,” he said. “That’s kind of why our mission cycle becomes harder and really is changed and flexes quite a bit.”

Dorothy Loving, a Houston spouse, said she understands the

challenges that deployments can bring, so she appreciated being recognized for her support at home.

“I just feel very honored to be here and I wasn’t expecting that they were going to call all the families up,” she said after receiving a letter of appreciation.

In all, 60 crewmembers and more than three dozen spouses received awards that morning.

Sonar Technician 3rd Class (SS) Robert Colavechio said he had been looking forward to the ceremony, especially because his father Robert attended.

The senior Colavechio, a retired Navy master chief, had the honor of pinning his submarine warfare pins to his son’s uniform.

“It’s a lot of hard work, and when you finally get them you’re part of the crew,” said Sonar Technician 3rd Class (SS) Robert Colavechio. “You become part of the brotherhood that’s been going on for a hundred years now.”

Do you know where your child is?

BY MASTER-AT-ARMS 2ND CLASS
MEREDITH ZEECK AND MASTER-AT-ARMS
2ND CLASS DEBRA JOHNSON
U.S. NAVAL BASE GUAM SECURITY
DEPARTMENT

As the school year comes to a close, more children will be out at play. U.S. Naval Base Guam Security Department would like to remind parents about COMNAV-MAR Instruction 1752.4A, Unattended Children Policy.

The instruction states “Parents have the responsibility of ensuring that any minor left without adult supervision is mature, and has the knowledge necessary to handle the responsibilities of being left alone.”

The UCMJ defines minors as “anyone who has not obtained his/her 18th birthday.”

With this and our children’s safety in mind, the curfew hours on Naval Base Guam for unaccompanied minors are from 10 p.m.-6 a.m., regardless of weekend or holiday status. This does not apply to teens driving directly to or from work or scheduled events.

We also need to keep an eye out for our little ones that tend to wander off from time to time.

As we all know, toddlers can be very inquisitive and before a parent may notice, they’re out of the yard.

Should you come across a young child of six years or less out on his own with no parents, contact the Security Department immediately!

Take note of the child’s clothing, physical appearance and location. Do not let the child out of your sight, and attempt to locate the parents while a patrol officer is on the way to help.

When looking for a babysitter, parents should ensure the person is

mature and has the ability to supervise children.

Seek out one who has completed the American Red Cross Babysitter Course, offered at no charge through the Fleet and Family Service Center. Have a teenager who is interested? Encourage your child to attend, and learn valuable skills, such as CPR and First Aid.

A few things to keep in mind when planning for a sitter:

- Parents must leave good contact numbers posted in a visible area, such as on the fridge or next to the phone, in case of emergency.
- No child under 10 years old is to be left unattended. (In physical presence of a parent or caretaker for six years old and under; visual/hearing distance for ages 7-9)
- The supervision of children less than 12 years of age requires a responsible adult for any period longer than 8 hours, or overnight.
- Sitters must be at least 12 years old.

Babysitters under 18 years old CANNOT watch:

- more than 3 children (to include their siblings)
- Children less than 1 year old
- For more than 8 hours
- Overnight

Underage sitters out during curfew hours (10 p.m.- 6 a.m.) should be escorted home by an adult.

Copies of this instruction are available in the Desk Sergeant’s Office at Base Security.

Contact Fleet and Family Service Center at 333-9827/28 for more information on the next American Red Cross Babysitter Course.

It is our sincere hope here at the Security Department that we can all work together to help our kids have a fun, and safe, summer break.

Defense Information Systems Pacific Guam gets new home

BY JESSE LEON GUERRERO
PACIFIC NAVIGATOR STAFF

Communications customers of Defense Information Systems Pacific Guam (DISA) can look across the street from DISA's original location at U.S. Naval Computer and Telecommunications Station Guam to find their new and improved home.

The DISA field office moved from Bldg. 112 to Bldg. 369 after extensive repairs and renovations were completed. Friends and family joined the DISA staff at a ribbon cutting ceremony June 12.

Guest speaker Claudette Millsap, chief information officer for Joint Navy Region Marianas, said the renovation is a positive event for Guam, especially since several national DISA offices have closed in the last six years and at least five more are scheduled to close soon.

"We're very honored and fortunate to have a field office here," she said. Millsap said, in her experience, she has seen the extent of DISA's work in providing information around the globe.

The field office delivers informa-

Ribbon Cutting: Cmdr. Sheryl Brooks, officer in charge of Defense Information Systems Pacific Guam (DISA), addresses friends, customers and others gathered at a ribbon cutting ceremony for DISA's renovated field office at Bldg. 369 June 12. (U.S. Navy Photo by Jesse Leon Guerrero)

tion services to operational forces in Guam, Australia, New Zealand, Singapore, Diego Garcia, Kwajalein and Wake Island.

The five-member staff also coordinates and manages services for the Department of Defense's Defense Information Systems Network (DISN), as well as conducts performance evaluations of DISN facilities.

Cmdr. Sheryl Brooks, officer in charge of the DISA field office, said the extra visibility and upgrades will help enhance their services.

"We'll be able to bring more people in here because we can accommodate more folks," she said. At more than 2,000 sq. feet, the new location more than triples the origi-



nal office space. "That might sound small to other folks, but for us it's gigantic," said Brooks.

The office has new tiles, repaint-

ed walls, new furniture, a redone layout of individual rooms, lobby space and a host of other changes that cost about \$700,000 to imple-

ment.

"It feels wonderful to be here," she said. "We're really, really excited to get this building."

USO presents a day at the movies

PACIFIC NAVIGATOR STAFF

USO in cooperation with Disney presents "Disney Day at the Movies" on June 22 at both Andersen Air Force Base and U.S. Naval Base Guam movie theaters, according to a USO press release.

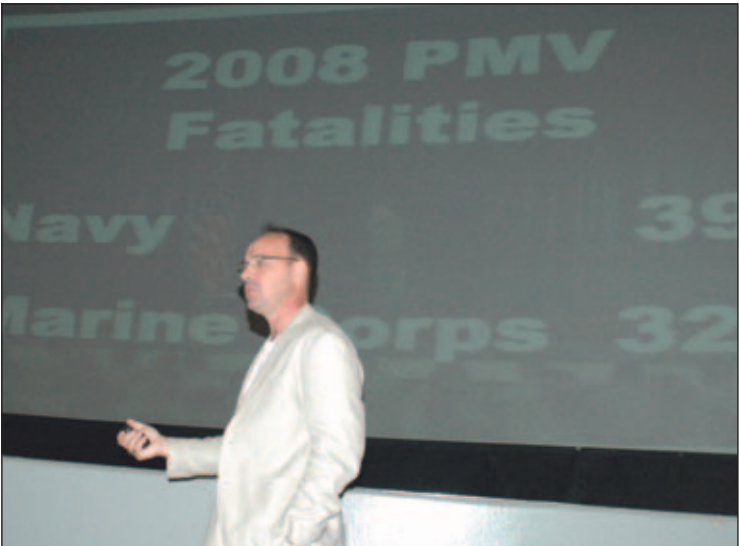
The first 100 people through the doors at both locations will enjoy free admission and concessions. In addition, Disney movies, books, and other give away items will be presented at the door.

The movies will be shown at the following locations:

- U.S. Naval Base Guam Big Screen Theater
Date: June 22
Time: 3:30 p.m.
Movie: Speed Racer

- Andersen Air Force Base
Date: June 22
Time: 2 p.m.
Movie: Iron Man

Training brings summer safety to forefront



Safety Precautions: Jim Lentz, U.S. Naval Base Guam Installation Safety Director, reviews safety precautions that community members can take to ensure a fun and safe summer during the Critical Days of Summer training at The Big Screen Theater June 13. (U.S. Navy Photo by Oyaol Ngirairiki)

BY OYAOL NGIRAIRIKI
PACIFIC NAVIGATOR STAFF

Whether its staying out in the sun too long and risking heat exhaustion to swimming in unfamiliar areas without a buddy, there are hazards that many people take during the summer that can lead to dangerous situations.

On June 13, Sailors were reminded of the tragedies that can occur when you don't take safety precautions. A Critical Days of Summer Safety presentation was held at The Big Screen Theater on U.S. Naval Base Guam (NBG). As well, Lt. Cmdr. Carl Trost, NBG chaplain, did a presentation on Suicide Prevention.

Overall, the presentations were well received. Personnel Specialist 3rd Class Melissa Szilagyi said videos and upbeat lecturers helped draw the audience.

"They made it really interesting," she said, adding that the reminders are especially timely because with school out for summer, more children will walking or biking to friends homes, playgrounds, or youth centers. Also, more families will be at the beach or out at the parks enjoying surf and sun.

"I think that after a while ... it just becomes a day to day thing and people just need to remember there are hazards and they should be safety while they're out there," Szilagyi said.

Machinist's Mate 3rd Class (SW) Ontay Anderson said many times people get caught up in work or in the excitement of the moment and reach for their cell phones for that call they've been waiting for and take for granted the danger of taking their focus off the road while driving.

"It's good to be reminded so we don't take our safety, and others' safety for granted," he said.

Summer Safety

Water Safety

The best thing anyone can do to stay safe in and around the water is to learn to swim. And always swim with a buddy; never swim alone. Here are some other tips:

- Swim in supervised areas only.
- Obey all rules and posted signs.
- Don't mix alcohol and swimming. Alcohol impairs your judgement, balance, and coordination, affects your swimming and diving skills, and reduces your body's ability to stay warm.
- Pay attention to local weather conditions and forecasts. Stop swimming at the first indication of bad weather.

Boating Safety

Whether you're the captain of a schooner or a passenger on a skiboat, following safety guidelines ensures your safety and that of other seafarers.

- Be weather wise: Sudden wind shifts, lightning flashes and choppy water all can mean a storm is brewing.
- Bring a portable radio to check weather reports.
- Bring extra gear you may need: A flashlight, extra batteries,

Jim Lentz, NBG Installation Safety Director, said training courses like Summer Safety are especially important on Guam where "it's summer year round."

"What we're doing right now is just reminding people of what to do

matches, a map of where you are, flares, sun tan lotion, first aid kit, extra sunglasses. Put those that need to be protected in a watertight pouch or a container that floats.

- Tell someone where you're going, who is with you, and how long you'll be away. Then check your boat, equipment, boat balance, engine and fuel supply before leaving.

Sun Safety

Summer means fun in the sun! But be safe — don't let a heat-related illness ruin your day. Always drink plenty of water and take frequent breaks when working or playing in the hot weather. To help prevent heat-related illness, here are some other tips:

- Dress for the heat. Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or to use an umbrella.
- Drink water. Carry water or juice with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body.
- Eat small meals and eat more often. Avoid foods that are high in protein which increase

metabolic heat.

- Avoid using salt tablets unless directed to do so by a physician.
- Slow down. Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 a.m. and 7:00 a.m.
- Stay indoors when possible.
- Take regular breaks when engaged in physical activity on warm days. Take time out to find a cool place. If you recognize that you, or someone else, is showing the signals of a heat-related illness, stop activity and find a cool place. Remember, have fun, but stay cool!

Hiking and Camping Safety

Many families will camping and boonie stomping. The best way to help guarantee a good time for all is to plan ahead carefully and follow common sense safety precautions.

- If you have any medical conditions, discuss your plans with your health care provider and get approval before departing.

(Source: American Red Cross)

Celebration: Navy actively promotes diversity amongst its Sailors

Continued from Page 1

are one team, one color, one Navy," he said.

Film producer Bernadette Schumann agreed the history of America is tied to the history of diverse groups such as the migrant workers who came to Camp Roxas in 1950 to rebuild Guam after the devastation of World War II. Although they were laborers from the Philippine island of Iloilo, they adapted to life on Guam and were proud to live and work with Americans, said Schumann.

"They were simple people who came here and were living the American dream [and] this is our tribute to them," she said.

Schumann's documentary of Camp Roxas, which she showed to the attendees, offered insight into a part of Guam that has since become Camp Covington.

"This is gratifying to tell their story," she said at the reception lunch held afterward.

Sailors Celebrate Diversity: Religious Programs Specialist 3rd Class Christopher Renaud, of U.S. Naval Forces Marianas, shares lunch with other attendees at the Asian Pacific American Heritage Month celebration at U.S. Naval Base Guam's Chapel June 10. (U.S. Navy Photo by Jesse Leon Guerrero)

The Navy has actively promoted the importance of diversity amongst its Sailors, but it is also a program that is being spearheaded by the Department of Defense in all branches of service, said Chief Culinary Specialist (SW/AW) Mel Molina, of U.S. Naval Forces Marianas. Molina added appreciating differences extends not only to the military population but all countries that we meet.

"We learn from each other," he said. "So it's not only within us, but also how we reach out."



Kitty Hawk: Agencies thank Sailors for help

Continued from Page 1

community but also believes it is “essential in today’s Navy.”

“It makes us better ambassadors to the countries or places that host us,” he said. “And participating in community relations projects is a great opportunity to let you see a different perspective of that country, which a typical tourist would not normally see, such as the beautiful scenery that I’ve seen in Talofofo.”

He added that being active in various events helps Sailors become well rounded.

“It’s a very important tool toward their career,” he said. “Taking the extra step to give back to the community represents what the Navy is all about — teamwork.”

At Island Girl Power, Sailors helped water blast, paint, organize storage areas, fix play areas and clean grounds.

“What would have taken my volunteers and I a month or more to do, the Sailors did within hours,” said Juanita Blaz, Island Girl Power director.

Blaz said her agency has been

Volunteering: Sailors from USS Kitty Hawk (CV-63) replace rope on a tire swing in the play area at Island Girl Power, a youth prevention program center, while children look on June 11. Kitty Hawk visited Guam June 10-15. (U.S. Navy Photo by Mass Communication Specialist 1st Class (SW/AW) E. Rosario)

the recipient of the Navy’s tradition of community service from local commands and visiting ships.

“We appreciate everyone’s help, but it’s always especially wonderful to interact and share our culture with Sailors from ships like Kitty Hawk,” she said.

Blaz said many villages and community programs have benefited from Kitty Hawk’s 15-year-long relationship with Guam.

Legacy

As the Navy’s oldest active-duty aircraft carrier, Kitty Hawk is expected to pass on its responsibilities as the only carrier operating permanently outside of the United States to USS George Washington



(CVN 73).

Carpenter said between community relations projects on Guam and other ports, and experience he’s gained during training exercises, he’s become a better Sailor while serving on Kitty Hawk and is proud to be part of the 47-year-old carrier’s “impressive legacy.”

“She’s the oldest conventional

carrier in the Navy and she’s still going strong,” Carpenter said.

Kitty Hawk was commissioned at the Philadelphia Naval Shipyard April 29, 1961.

Reunion: Sailor excited to return home

Continued from Page 1

see his grandmother, his sisters and our other family — everyone’s just so excited.”

The younger Guerrero was looking forward to visiting old hangouts and eating out at some of his favorite restaurants, in addition to visiting with family.

“I want to see a lot of friends and family,” he said. “See how many people I can visit during this three-day period. It’s going to be fun and exciting.”

Proud of his military career and of the relationship between Guam and the U.S., Guerrero wanted to add his thanks to the many Chamorro people who continue that tradition, serving with him in the Navy, Marine Corps, Army, Air Force, Coast Guard and various reserve branches.

Navy announces new sport bike rider course

BY MASS COMMUNICATION SPECIALIST
1ST CLASS (SW) WALDEMAR B. SWOBODA
FLEET PUBLIC AFFAIRS CENTER
ATLANTIC

NORFOLK (NNS) — The Naval Safety Center (NSC) and the Motorcycle Safety Foundation (MSF) unveiled the new military sport bike course (MSBC) designed specifically for high-performance motorcycles, June 11.

Adm. Jonathan Greenert, Commander, U. S. Fleet Forces Command and Rear Adm. Arthur J. Johnson, Commander, Naval Safety Center, both lauded the effort involved in bringing this to the fleet.

According to Greenert, too many service members are getting injured or killed on this kind of high-performance motorcycle.

“We need to arrest that trend,” said Greenert.

Sport bikes, many weighing in less than 450 pounds and producing up to 190 horsepower, are built for speed and high maneuverability. It’s estimated that 94 percent of traffic fatalities occurred among first year riders, who average 24 years old.

“We wanted to develop something with the Navy where we were able to help the rider become more aware of what’s going on inside their head, not just their skill,” said Charlie Fernandez, general manager of the MSF. “Our hope and anticipation is to help riders become more aware of the decisions they’re making and to make wiser choices out there.”

According to the NSC, there are approximately 25,000 Sailors and Marines licensed to drive motorcycles; of those nearly 12,500 ride sport bikes. With 32 motorcycle fatalities this fiscal year, 30 involving



Motorcycle Safety: Volunteer motorcycle safety instructor Nick Brunney gives feedback to Aviation Boatswain’s Mate (Handling) 2nd Class Jun DeLeon, after performing a rapid deceleration maneuvering exercise during the first Military Sport Bike Course at Naval Station Norfolk June 11. The course is sponsored by the Naval Safety Center. (U.S. Navy Photo by Mass Communication Specialist 2nd Class Kristopher S. Wilson)

sport bikes, it is easy to see why the Navy takes this issue seriously.

“It’s kind of alarming that these are the type of bikes that are having the fatalities,” said Don Borkoski, the motorcycle safety manager at the NSC, adding that the number of

riders continues to rise.

Borkoski, a 30-year retired Navy veteran, was instrumental in creating the MSBC. An avid rider, Borkoski is familiar with the high fatality rate involved with sport bikes. Soon after arriving at the Safety

Center, he briefed leadership about the need for specific training on these high-performance machines. It took less than a year for the concept to reach fruition, making its way up to the Secretary of the Navy.

“It’s not the machine,” explained

Borkoski. “What we were doing was providing training on these bikes as if it were a propeller airplane, when in all actuality this is a jet fighter.”

The MSBC began in fleet concentration areas earlier this month, including San Diego, Camp Lejeune, N.C., and Jacksonville, Fla., and is expected to spread rapidly throughout Navy and Marine Corps installations world-wide.

The vision for the MSBC for 2009 is a full service contract where trainer motorcycles are available to all interested riders, so service members can make a more informed decision before purchasing their own motorcycle.

“This is increasing our capabilities and skills on the road,” said Lt. Cmdr. Thomas Clark, from Strike Fighter Squadron (VFA) 136 who attended this first ever course. “As a Navy member, this course tells me the Navy actually cares about their people, to take the time and spend the resources allowing us the opportunity to come out here.”

The one-day, eight-hour course, focuses on the speed and cornering characteristics of sport bikes with three hours of classroom instruction followed by four hours of range exercise. Students are able to apply the skills they have just learned under strict supervision in a controlled atmosphere.

The MSBC is limited to 12 students per class. For more information on motorcycle safety and this course, visit www.safetycenter.navy.mil/ashore/motorvehicle/motorcycle. For more news from Naval Safety Center, visit www.navy.mil/local/nsc/.

Forrest Sherman aids stranded Peruvian fishing vessel

BY LT. J.G. THOMAS BERENATO
COMMANDER DESTROYER SQUADRON
40 PUBLIC AFFAIRS

PACIFIC OCEAN (NNS) — The crew of guided missile destroyer USS Forrest Sherman (DDG 98) came to the aid of a stranded fishing vessel 20 miles off Peru’s port city of Paita, June 10.

Crewmembers delivered food, fuel and water to the stranded vessel just a day before the warship pulled into Callao to begin a series of exercises with the Peruvian Navy in support of U.S. Southern Command’s Partnership of the Americas 2008 (POA 08) operation.

Just after 8 a.m. Forrest Sherman’s officer of the deck, Ens. Alan Cummings, was driving due south when the Salcantay, a 30-foot craft bobbing dead in the water three miles to the east, hailed him over VHF radio in insistent Spanish. Cummings called Ens. Tomás Caverro, a Lima, Peru, native, to the pilothouse to interpret.

Salcantay, with a crew of eight, including a young boy, had run out

of fuel after a night at sea and urgently requested enough gas to make the trip back to Paita, their homeport.

“When we heard the bridge-to-bridge call I knew we had the responsibility to help these guys out,” Cummings said.

He received permission from Forrest Sherman’s commanding officer, Cmdr. Dean M. Vesely, to slow and approach the vessel in distress.

“We have the mariner’s duty to render humanitarian assistance when necessary,” Vesely said. “Forrest Sherman is sailing in the South Pacific for a number of reasons, but one of the most basic is to promote goodwill and friendship with nations in the region. This morning, this opportunity presented itself.”

Meanwhile Forrest Sherman’s first lieutenant, Ens. Austin C. Roberts, loaded one of the ship’s rigid hull inflatable boats with a cargo of fruit, cereal, bottled water and diesel fuel. Transferring the supplies to the Salcantay took two hours.

“The guys gave us a thumbs-up and were very gracious,” said

Roberts. Before heading home, one of the fisherman addressed Forrest Sherman’s captain over the radio.

“Thank you very much,” he said in English. “God bless you from all our families.”

Forrest Sherman, based in Norfolk, Va., has been deployed since June 1 in support of U.S. Southern Command’s POA 08.

USS Farragut (DDG 99), USS Forrest Sherman (DDG 98), with embarked SH-60B helicopter from HSL 44 Detachment 10, and USS Kauffman (FFG 59), with embarked SH-60B from HSL 42 Detachment 7, are assigned to Destroyer Squadron 40 to support POA 08 operations, which are being held April–October throughout South America, Central America and the Caribbean. POA 08 emphasizes interoperability and cooperation between U.S. and partner nations’ maritime forces through a variety of exercises and events.

For more news from Commander, Destroyer Squadron 40, visit www.navy.mil/local/desron40.



Aid: The crew of guided missile destroyer USS Forrest Sherman (DDG 98) came to the aid of a stranded fishing vessel 20 miles off Peru’s port city of Paita, June 10. (Official U.S. Navy file photo of USS Forrest Sherman)

Wastewater gets treatment during Pacific Partnership

BY LT. ARWEN CHISHOLM
PACIFIC PARTNERSHIP 2008 PUBLIC AFFAIRS

SAMAR, Philippines (NNS) — The Pacific Partnership engineering civic action team of U.S. Navy Seabees and Armed Forces of the Philippines (AFP) engineers are working on the Greenland Wastewater Treatment Facility in Samar.

Seabees from Amphibious Construction Battalion 1, based out of San Diego, and Naval Mobile Construction Battalion 133, from Gulfport, Miss., have been working with local engineers since May 10 on the water treatment facility that is set to benefit more than 1,200 Samar residents.

“We sent an advance team [of engineers] to the site and saw that this was more than a wastewater site,” said Lt. Cmdr. Michael Lukich, officer in charge of construction.

“We met with city engineers and looked at the big picture. We wanted the entire Greenland subdivision involved not just one or two homes.”

The first of its kind in Samar, the facility will currently affect 160 homes with future plans to include 240 homes. Calbayog Mayor Mel Senen S. Sarmiento explained all homes will have toilets, where most homes in provinces in the Philippines do not.

“This will be the first model system and will be used to train engineers to build more in the Philippines,” said Sarmiento. “I am truly grateful to Pacific Partnership for helping us implement this project.”

Sarmiento also noted that the wastewater treatment facility will



Under Construction: Armed Forces of the Philippines engineers work with Navy Seabees (not pictured) on the Greenland subdivision waste water treatment facility during a Pacific Partnership engineering civic action program June 7. Pacific Partnership is a joint effort between the United States and the government of the Philippines to provide medical, dental, and engineering civic action programs. (U.S. Navy Photo by Mass Communication Specialist 1st Class Danny Hayes)

meet the requirements set forth in the Republic of Philippines Clean Water Act of 2004.

The Seabees set to work on the Greenland Waste Water Treatment Facility with the help of AFP engineers, local residents, Calbayog City Municipal Staff Engineering Department, Calbayog City Public

Works and the United States Agency for International Development (USAID), the agency responsible for the initial design of wastewater facilities in impoverished countries.

“USAID came up with ABR. ABR stands for anaerobic baffle reactor, which directs wastewater out of a site,” said Lukich.

Once the wastewater leaves the ABR, it is sent through coco peat filters, which is created from the husks of coconuts that grow naturally in the Philippines. Once the water passes through the coco peats, it will meet the water standards of the Philippines Clean Water Act.

The current site was built in place

of an existing coconut pit, where the residents would discard old coconut husks.

The \$35,000 project has had its challenges and its successes.

“This project has been interesting, challenging and gratifying. The U.S. and R.P. came from different backgrounds, but we were quickly able to come together and form a cohesive unit,” said Lukich.

“We may be separated by the Pacific Ocean, but engineering fundamentals still apply. Whether you’re in the U.S. or a small island, engineering is a common language.”

In addition to the Samar project, Navy Seabees are also working with their Philippine counterparts to complete construction projects on the Calbayog City Main Health Clinic, Sta Margarita Municipal Health Office and Botika (Pharmacy) Ng Barangay Ilo in Samar for Pacific Partnership 2008.

Pacific Partnership is a four-month humanitarian mission to Southeast Asia intended to build collaborative relationships by providing engineering, civic, medical and dental assistance to the region. The relationships built and sustained with our multinational partners in the Asia-Pacific region through professional and military exchanges help tremendously in humanitarian efforts and preserve peace and stability in the region.

For more news from U.S. Pacific Fleet, visit www.navy.mil/local/cpf.

For more news from Pacific Partnership 2008, visit www.navy.mil/local/PP08/.

USS Howard stays connected to families with “United Through Reading”

BY YEOMAN SEAMAN SCOTT MOORE
USS HOWARD PUBLIC AFFAIRS

USS HOWARD, At Sea (NNS) — Sailors stationed aboard the guided-missile destroyer USS Howard (DDG 83) are keeping in touch with loved ones back home through “United Through Reading,” a voluntary program offered by the ship.

Howard Sailors are videotaped reading children’s books aloud, the taped reading sessions are converted to DVDs and then sent to crew members’ children, keeping families connected while at sea.

“I took part in organizing this program last year and I wanted to be a part of it again for this deployment,” said Master-at-Arms 1st Class Walter Womack. “I set up a camera in a designated area where the Sailor can have some privacy. Each participant gets 30 minutes to read a book, tell a story or communicate to their loved ones however they want.”

Seeing a loved one’s face helps children with the bonding process, assures them that their loved ones are okay, and helps children learn the rhythm of their Sailor’s voice, according to the United Through Reading Web site.

“The program is completely free,” said Womack, who has two

grandsons and a granddaughter. “We provide the DVD for the recording and we provide the material to mail it. I did a videotape last deployment and my grandchildren loved it. My grandson has been asking me when I’m going to send him another one and I’m looking forward to making that happen for him.”

A Sailor plays a direct role in their child’s education when reading aloud.

“Reading to children stimulates learning while we’re away,” said Lt. j.g. Robert Liberato, Howard’s training officer. “The program tries to make sure the children have a familiar face reading to them to keep them thinking and connected intellectually and emotionally.”

Liberato explained that communication with family increases the morale and personal welfare of deployed Sailors separated from loved ones.

“I think it’s beneficial because we’re away from our loved ones for such a long period of time, and to be able to communicate with your family through videotape really helps emotionally,” said Navy Counselor 1st Class Kevin Goodman, Howard’s command career counselor.

“I don’t want my daughter to for-



Staying Connected: The Arleigh Burke-class destroyer USS Howard (DDG 83) steams through the Pacific Ocean during a simulated straights transit and small boat attack drill. Sailors stationed aboard the guided-missile destroyer USS Howard (DDG 83) are keeping in touch with loved ones back home through “United Through Reading,” a voluntary program offered by the ship. (U.S. Navy Photo by Mass Communication Specialist 3rd Class Kathleen Gorby)

get me, or anything about me,” said Operations Specialist 2nd Class (SW) Lenoyf Collins. “With United Through Reading, I can make

sure that my daughter sees my face and hears my voice letting her know that her daddy loves her and misses her every day.”

Hundreds of DVDs are expected to be sent during the current deployment, according to program coordinators.

McCool eighth-graders headed to high school

BY JESSE LEON GUERRERO
PACIFIC NAVIGATOR STAFF

The eighth-grade class of Cmdr. William C. McCool Elementary/Middle School has a lot to look forward to and a lot to remember. The 62 students took their first steps closer to high school as they accepted their promotion certificates at an awards ceremony held at the school gym June 10.

Guest speaker Capt. Scott Galbreath, commanding officer of U.S. Naval Base Guam, encouraged the students to thank their parents, teachers and everyone who helped them reach this milestone. He added they will always be part of the school's history and they have an opportunity to continue improving on what they've learned.

"The real prudent path to happiness is doing what interests you," said Galbreath.

Alex Litty said his last three years were a lot of hard work, but he was excited to be moving on to Guam High School (GHS) for his freshman year, where he plans to take math and other courses to prepare him for a career in architecture. After playing rhythm guitar for the eighth-grade group as they sang Bill Wither's "Lean on Me," the 14-year-old said he felt honored to perform with the group for the last time.

"It's nice to see all of your achievements laid out for you," he said.

Not all of the eighth-grade class was present that day, but all were represented and celebrated. Before concluding the ceremony, the entire school paid tribute to student Nicole Ann Hagerman, who passed away



Congratulations: Capt. Scott Galbreath, commanding officer of U.S. Naval Base Guam, shakes hands with eighth-grader Devon Newbold at Cmdr. William C. McCool Elementary/Middle School's promotional ceremony June 10. (U.S. Navy Photo by Jesse Leon Guerrero)

in 2007. Her father Cmdr. Rod Hagerman, senior medical officer aboard USS Frank Cable (AS 40), said he and his wife Jeanette and five-year old son Ryan were happy to see all of their daughter's friends again.

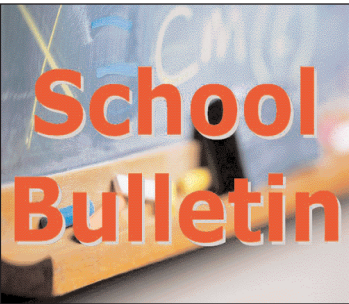
"We want to be part of their lives still and they want to be part of ours," said Hagerman. "So we

wouldn't have missed it for the world today."

For some students, the day was both the start of a new path in education and the end of long-lasting friendships. After taking pictures with his former classmates, eighth grader Larry Baysingar said he will see many of his friends again as they head to GHS after the summer

break, but he would be leaving behind teachers he has come to respect. Baysingar was one of only four students who has attended McCool since his pre-kindergarten class.

"I stayed in after school all the time and the teachers would just be there for you," he said. "I'm really going to miss them."



Editor's Note: This is a new feature of The Pacific Navigator that aims to promote educational activities in the Navy community. If you know of an education-related event that you would like to include in the School Bulletin, send it to oyaol.ngi-rairikl@guam.navy.mil.

Child, Youth and Teen Programs

- Summer fitness camp registration is ongoing. To register your child or to volunteer, see Jenee Barnett or Stacey Neill at Charles King Gym on U.S. Naval Base Guam or call 564-1856.

DoDEA-wide

- Parents may want to begin the registration process for children during the summer months to ensure there are no delays at the start of the school year. Parents/guardians must provide the following documentation upon registration:
 - Sponsor's orders (and page 2 for Navy)
 - Social security card for each child
 - Birth certificates (for Pre-K, Kindergarten is mandatory) or passport
 - Shot record validated by clinic and school nurse (PPD is an annual requirement for High School Students and a biennial requirement for Elementary and Middle School students)
 - Previous school records and address of previous school
 - IEP if applicable
 - Civilians: Transportation agreement and verification of employment

Got Excuses Program aims to teach teens and pre-teens healthy habits

Summer Activities				
<p><i>All Summer Classes (no registration required)</i></p> <ul style="list-style-type: none">• Taebo with Jill Ages: 10 and up When: Monday, 10:30 – 11 a.m. Venue: Charles King Gym• Dance Fit Club Ages: 10 and up When: Wednesdays 10:30 – 11 a.m. Venue: Charles King Gym• Movement with Lesley Ages: 3 – 6 When: Tuesday and Thursday, 10:30 – 11 a.m. Venue: Charles King Gym• Club Fit with Stacey Ages: 7 and up When: Tuesday, Thursday and Friday, 1 – 2 p.m. Venue: Charles King Gym• Kids’ 5K Running Ages: 8 and up When: Monday, Wednesday and Friday, 8:30 – 9:30 a.m. Venue: Charles King Gym	<p>June</p> <ul style="list-style-type: none">• Soccer Skills Registration ends: June 27 Ages: 5 and up When: June 30 – July 3 Mondays through Fridays, 4 – 5 p.m. for kids ages 5- 7; 5 – 6 p.m. for kids ages 8 -10; and 6 – 7 p.m. for youth 11 and up. Venue: Harbor View Housing Field• Golf Clinic Ages: 5 and up When: June 7-11 Monday through Friday Registration: ends June 27 Venue: Lockwood Field• Football Skills Ages: 5 and up When: June 7 – 11 Monday through Friday Registration: ends June 27 Venue: Blue Jacket Field/ Charles King Gym <p>July</p> <ul style="list-style-type: none">• Tennis Clinic Ages: 7 and up When: July 12, 19 Saturdays only	<p>Registration: ends June 27 Venue: Tennis courts near Charles King Gym</p> <ul style="list-style-type: none">• Basketball Camp Ages: 5 and up When: July 14-18; Monday to Friday Registration ends: June 27 Venue: Charles King Gym• Cheerleading Basics Ages: 5 and up When: July 14 – 25; Monday - Friday Registration ends: June 27 Venue: Charles King Gym• Flag Football Camp Ages: 5 and up When: July 28 – Aug. 1, Monday - Friday Registration ends: July 7-28 Venue: Blue Jacket Field• Smart Start Training Ages: 3 –7 When: July 28 – Aug. 1, Monday - Friday Registration: July 7- 28 Venue: Charles King Gym	<p>August</p> <ul style="list-style-type: none">• Volleyball Camp Ages: 9 and up When: Aug. 4-8, Monday-Friday Registration: July 7-28 Venue: Charles King Gym• Flag Football Camp Ages: 5 and up When: Aug. 4-8, Monday to Friday Registration: July 7-28 Venue: Blue Jacket Field/ Charles King Gym• Volleyball Camp Ages: 9 - 17 When: Aug. 11 – 15, Monday – Friday Registration: July 7-28 Venue: Charles King Gym• Smart Start Ages: 3-7 When: Aug. 11-15, Monday – Friday Registration: July 7-28 Venue: Charles King Gym• Baseball Clinic	<p>Ages: 9- 12 When: Aug. 11-15, Monday – Friday Registration: July 7-28 Venue: Community Field</p> <ul style="list-style-type: none">• Golf Clinic Ages: 5-7 When: Aug. 18-22, Monday – Friday Registration: July 7-28 Venue: Lockwood Field• Competitive Swimming Ages: 7 and up When: Aug. 18-22, Monday – Friday Registration: July 7-28 Venue: U.S. Naval Base Guam Swimming Pool• Baseball Clinic Ages: 13 and up When: Aug. 18-22, Monday – Friday Registration: July 7-28 Venue: Community Field <p>For more information, call 564-1856. <i>(Source: Navy Morale, Welfare and Recreation)</i></p>

Editor’s Note: This is the seventh in a series on what your kids can do during summer.

BY OYAOLNGIRAIKIL
PACIFIC NAVIGATOR STAFF

Teens and pre-teens might want to start thinking of signing up for the Got Excuses Program.

A brainchild of Sheila Litty, Navy Morale, Welfare and Recreation fitness coordinator at Charles King Gym, the program aims to teach teens and pre-teens healthy lifestyle

Got Excuses

Ages: 11 and up
Registration: July 7 – July 28 at Charles King Gym
Program schedule: Aug. 11 - 15
Venue: Charles King Gym
Cost: Free

habits.

Got Excuses started as a program for adults and is quickly becoming

popular, especially among women trying to jump start healthy lifestyles for themselves and their families.

Targeting a younger audience, ages 11 and up, with the Teen/Pre-Teen Got Excuses Program, Litty is hoping that starting children on healthy lifestyles now will follow them into their adult lives.

“During the school year, we were talking to children at Cmdr. William C. McCool Elementary/Middle School about getting fit,” she said, referring to efforts to bring the Navy-wide Fit Factor program into the schools. Fit Factor is a Navy-wide youth fitness initiative that encourages physical activity, healthy eating selections and rewards youth between ages 6-18 for their efforts.

While teaching healthy habits at a young age will help youth into the future, it will also help them deal with the emotional and physical stress that can wreak havoc on teens.

“There are so many changes and so much happening in their lives,” she said. “Many of those things they can’t control, but eating healthy and getting exercise is something they

can control that will build their minds and bodies so they’re better able to deal with the issues that come with being a teenager.”

Litty said extending the fitness program into the summer seemed a natural transition.

During the program, participants will learn exercise techniques and even a few recipes they can take home to mom and dad to try out.

“Most importantly,” she said. “We want our teens to know that living healthy can be fun.”

Be typhoon ready — Get the terminology down

Editor's Note: This is the first in an eight-part series on typhoon readiness.

BY LT. ROLAND CLARK
COMMANDER, NAVAL REGION
MARIANAS STAFF METEOROLOGIST

I don't know if you heard recently but the Commander Naval Region Marianas staff along with the US Navy Base Guam just completed a lengthy typhoon exercise. The exercise scenario involved a Category Five Super-Typhoon called Pakyo heading towards the island and our Guam Navy commands practiced executing our Typhoon Conditions of Readiness procedures.

One of the biggest lessons learned during the exercise was that most of our Navy families, including active duty, reserves, civil service, and contractors, have never experienced a major typhoon on Guam. It's been over five years now since Typhoon Pongsona hit the island and so many of our folks have transferred or retired since then.

This article begins an eight week series of short notes that will focus on education, awareness, and tips to help get you and your family TYPHOON READY. As you read each topic keep in mind that while knowing what to do before the storm hits is great, it's all useless information without adding the key ingredient that only you can provide; ACTION!

Let's begin by getting our terminology down. If you're like me, you came to Guam from the mainland U.S. and you're used to hearing words like "Tropical Storm" and "Hurricane." So what's the difference between a hurricane and a typhoon? Location, location, location, and nothing else. They are both defined as tropical cyclones (meaning spinning column of air originating in

Right: This chart depicts the different storm terminology you will hear on Guam along with its respective wind strength and typical cloud patterns as seen from satellite imagery.

Bottom Right: The map shows all tropical cyclone formations of any size that occurred worldwide from 1985 through 2005. Take a quick look and you'll see that the island of Guam sits right in the middle of the biggest storm cluster on the planet! Since 1962, Guam has been hit by 16 typhoons, 9 of which had maximum wind gusts in excess of 115 mph (100 knots). (Images courtesy of Lt. Roland Clark)

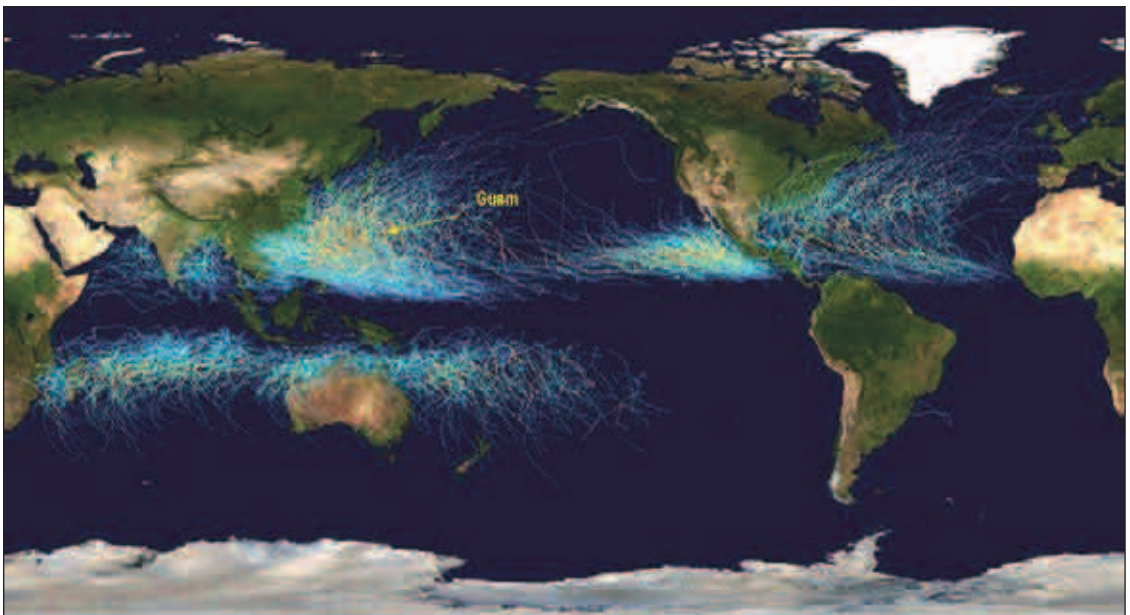
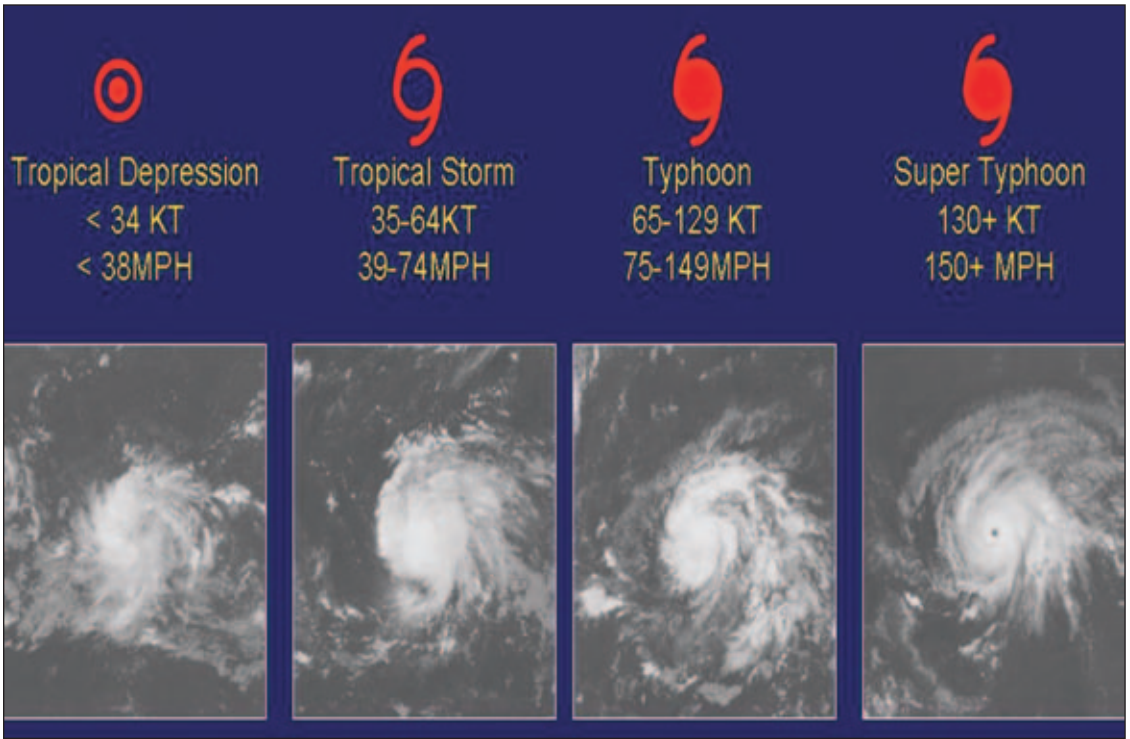
tropical latitudes) that have wind speeds of greater than 74 mph (64 knots for you nautical types). If the storm is in the Atlantic Ocean or Eastern Pacific, we call it a hurricane, in the Western Pacific, north of the equator, we call it a typhoon. If a tropical cyclone has winds less than 74 mph but greater than 39 mph (34 knots), it's a tropical storm regardless of location.

Now, I've never been hit by something traveling at 115 mph but ... that's got to be an experience you won't soon forget.

Next week we'll look at the most powerful storms to hit Guam since World War II and see even more photos of the incredible damage these systems create.

Three actions to take right now:

- Print or cut this article out and make a copy to distribute to your team to take home.
- Post the article to your command bulletin board.



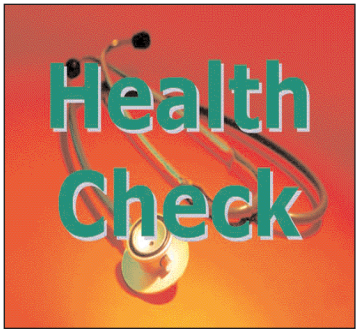
• Get your TYPHOON READY items can be found at: http://www.southcom.mil/hurricane/hurricane_survival_kit.htm
locker prepared. An excellent list of

Improve your balance and prevent falls at home

BY LT. CMDR. MARY K PARKER
U.S. NAVAL HOSPITAL GUAM

Falls are the leading cause of both fatal and non-fatal injuries to adults age 65 and older. The latest data indicates the cost of treating fall-related injuries is \$19 billion annually. However, the psychological costs of falling are even more expensive — the fear of falling can lead to social isolation and depression because older adults limit their activities.

An appointment with your primary care provider can help you identify risks and recommend steps to avoid or minimize falling at home. These actions include an assessment of strength and balance, an evaluation of your vision, a re-



view of medications that may affect standing and walking, and referral to case management for a home safety evaluation.

Exercises that improve balance and coordination such as Tai Chi

and yoga are very effective. Walking can also strengthen the muscles in the legs. Your provider may refer you to physical therapy for additional recommendations to increase strength and balance. Remember to check with your provider before starting any exercise program.

Vision changes can also affect balance and coordination so schedule regular eye exams and have your eye glasses regularly updated. Conditions like glaucoma and cataracts can also limit your vision and increase your risk for falling.

As we age, we may take medications with side effects or interactions with other medications or food that affect our balance and coordi-

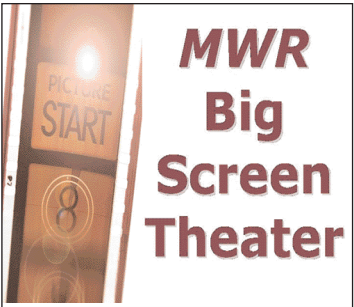
nation. A regular review of your medications with your provider or pharmacist can help determine if this may be the cause of poor balance.

Finally, your provider may consult the case manager at Naval Hospital Guam to arrange for an in-home safety evaluation or you can conduct your own using a checklist from the Centers for Disease Control and Prevention: http://www.cdc.gov/ncipc/pub-res/toolkit/Falls_ToolKit/Desktop-PDF/English/booklet_Eng_desktop.pdf.

A home safety evaluation checks the floors for things like stacks of books, electrical cords, and small

throw rugs. Poor lighting can contribute to falls. Using chairs instead of step stools to reach objects placed on high shelves can also cause falls. Consider installing grab bars in bathrooms and placing non-skid strips in the tub or shower. Outside, uneven ground and sidewalks present trip hazards.

Visiting the doctor to calculate risk factors for falling can cost several hours' wages. Spending an afternoon rearranging the kitchen to place frequently-used items on lower shelves can cost several hours' time. But preventing falls or minimizing the risk of falling and the ensuing hospitalization or psychological distress — that's priceless.



THURSDAY, JUNE 19

3 p.m.: Prom Night • PG - 13

7 p.m.: Forgetting Sarah Marshall • R

FRIDAY, JUNE 20

7 p.m.: Iron Man • PG - 13

9:30 p.m.: Street Kings • R

SATURDAY, JUNE 21

1 p.m.: Made of Honor • PG - 13

3:30 p.m.: What Happens in Vegas • PG - 13

7 p.m.: Iron Man • PG - 13

SUNDAY, JUNE 22

1 p.m.: Baby Mama • PG - 13

3:30 p.m.: Speed Racer • PG

7 p.m.: The Forbidden Kingdom • PG - 13

The movie schedule is subject to change due to postal delays, power outages, film running time and circumstances beyond The Big Screen Theater’s control. **The Big Screen Theater hotline is 564-1831.**

(Source: Navy Morale, Welfare and Recreation Office)

Get ready for MWR’s Freedom Rocks celebration

BY JESSE LEON GUERRERO
PACIFIC NAVIGATOR STAFF

Celebrate Independence Day by joining all the fun at Navy Morale, Welfare and Recreation’s (MWR) “Freedom Rocks” party July 4. The event starts 3 p.m. at Polaris Point and will feature a wide range of activities and entertainment through the night.

Admission is free, but bring money for food and games. The party is open to the public, but visitors should have a photo ID when entering the Navy facility. Personal fireworks, video cameras, barbecue grills, pets and other designated items are not allowed at the site. But attendees can capture the moment with still-photo cameras and relax with towels and folding chairs.

This is an event for adults and children, so MWR encourages all families to check out the fun. Kids can jump around all day in the Incredible Inflatable Kingdom for \$3, which will go to this year’s Navy Ball. Jingles the Clown will paint faces and pass out balloons, while Sailors and other adults see who can eat the most or win at other contests. A fire truck will keep the crowd cool with water spraying from a distance.

“We do these games regularly and it’s a lot like the Liberation [Day] carnival,” said Katherine Denight, MWR special events and entertainment assistant coordinator.

Each year, MWR brings in an off-island performer to boost the excitement even more and this year is no exception. Brian Howe, the former lead singer of rock band Bad

4th of July

If You Go

Navy Morale, Welfare and Recreation’s (MWR) “Freedom Rocks” celebration is scheduled for July 4. The event starts 3 p.m. at Polaris Point. Brian Howe, the former lead singer of rock band Bad Company, will perform. Fireworks will be on display at 8 p.m.

Items not Allowed

Items that are not allowed at Polaris Point include the following:

Weapons, personal fireworks, backpacks, grills, glass containers, coolers, large bags, tents, audio and video recording devices, outside alcohol, pets, roller blades, roller skates and skateboards.

Company, who is best known for his work on the Nineties’ hit albums “Holy Water” and “Here Comes Trouble,” will take the stage at about 7 p.m.

“That’s definitely one of our highlights,” said Denight. She added MWR will also treat attendees to a nighttime extravaganza of fireworks at 8 p.m. The entire event has something for everyone and shouldn’t be missed, said Denight.

“Traditionally we get anywhere from 10,000 to 13,000 people attending, so this is really our largest event of the year,” Denight said.

Tydingco, Stover win titles at Miss Hemisphere Pageant



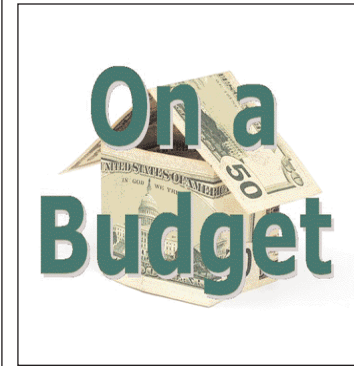
Stover: Jasmine Stover won the titles Ms. Guam Pan Asia Earth and Ms. Congeniality at Miss Guam Hemisphere Pan Asia 2008 beauty pageant held recently at Hyatt Regency Guam. (U.S. Navy Photo by Oyaol Ngirairiki)

BY OYAOL NGIRAIRIKI
PACIFIC NAVIGATOR STAFF

It can be daunting, having all eyes on you, judging every word you say, every gesture and every pose, but two of Guam’s Navy spouses faced

the crowd and wowed them. Jasmine Stover and Tauni Tydingco took to the stage during the recent Miss Guam Hemisphere Pan Asia 2008 beauty pageant. The two

See PAGEANT, Page 15



Check out these March activities on and off U.S. Naval Base Guam:

Free

- Guam Council on Arts and Humanities Agency (CAHA) continues its home-schooled students’ exhibit of various artworks at CAHA’s gallery at Two Lovers Point. Hours are 8:30 a.m.-4 p.m. weekdays and 8:30 a.m.-3 p.m. weekends. Call 475-2781 for more information.

Under \$10:

- Guam Boonie Stompers and

Department of Parks and Recreation invite hikers to explore caves overlooking Talofofo Bay. The hike is rated “medium” and can take up to three hours to complete. Meet at Chamorro Village 9 a.m. June 21 or sign up with Rec N’ Crew by 1 p.m. June 20 for transportation. Bring at least two quarts of water, hiking gear, insect repellent and flashlight. Cost is \$2 for hikers over 12-years old. Call 653-2897 for more information or Rec N’ Crew at 564-1826.

- Guam Boonie Stompers and Department of Parks and Recreation invite hikers to explore World War II caves at Nimitz Hill. The hike is rated “medium” and can take up to three hours to complete. Meet at Chamorro Village 9 a.m. June 28. Bring at least two quarts of water, hiking gear, insect repellent and flashlight. Cost is \$2 for hikers over 12-years old. Call 653-2897 for more information.
- Guam Council on Arts and

Humanity (CAHA) continues its exhibit of Sgt. Shoichi Yokoi, a World War II Japanese soldier who hid in Guam’s jungles for more than 20 years after the war. Hours are 8:30 a.m.-4 p.m. weekdays and 8:30 a.m.-3 p.m. weekends. Admission is \$2 for students and \$5 for adults (10-years and under are free). Call 475-2781 for more information.

- Enjoy fiesta food at Top O’ the Mar’s lunch buffet every Friday from 11 a.m.-1 p.m. \$9.95/adult & \$5.95/ child. 472-4606/7
- Youth/Teen Bowling Monday through Friday during the month of June, 1 p.m. – 4 p.m. at Orote Point Lanes. Fee: \$5 (shoes not included). 564-1000

\$10 and over:

- Eat all you can at Top O’ the Mar’s new Friday seafood buffet from 6-9 p.m. June 20. Cost is \$26.95 for adults, \$16.95 for children, and all military ID holders get a 20 per-

cent discount. Call 472-4606 for more information.

- MWR’s Top O’ the Mar Mongolian BBQ every Tuesday and Thursday night from 6 p.m.-9 p.m. Enjoy the delicious dishes with a salad and dessert bar. \$14.95/Adults and \$6.95/Child (5-11 yr old). 472-4606/7
- Enjoy an all you can eat brunch buffet at Game Time Sports Grill, Admiral Nimitz Golf Course, every Sunday. Feast on a variety of classic breakfast and lunch cuisine for only \$11.95/adults, \$6.95/children ages 5-11 yrs. Children under age 5 eat free! Buffet is served from 10:30 a.m.-1:30 p.m. All patrons welcomed. A 15 percent service charge will be applied for parties of eight or more. 344-5838/9 or 734-2155
- Sunday Brunch at Top O’ the Mar from 10:30 a.m.–1 p.m. \$17.95 adult/ \$8.95 child- (5-11 yrs. old) (4 yrs. old & below EAT FREE). 472-4606/7

Pageant: ‘This is a pageant that provides ladies with so much opportunity’

Continued from Page 14

ladies competed against seven other women at Hyatt Regency Guam. Stover came away with the Ms. Guam Pan Asia Earth and Ms. Congeniality titles. Tydingco took home the Ms. Pan Asia Hemisphere title. Miss Hemisphere Inc. is an organization with a strong college scholarship and theater scholarship program, giving away some \$100,000 in scholarships, along with travel and cash prizes. Pageant director Belta Perez said this year’s pageant contestants were women who wanted to further their education in the entertainment, modeling and/or fashion industries. Perez said she and other beauty scouts had gone out to look for accomplished women.

“This is a pageant that provides ladies with so much opportunity,” Perez says. “It’s not just a beauty pageant.”

Unlike other pageants, Miss

Hemisphere is open to married women. Tauni Tydingco said that was one of the reasons she decided to participate in the pageant.

“I am proud that I’m married to a wonderful man and of the family we’ve built together,” she said. “I appreciate Miss Hemisphere pageants because it takes those accomplishments into consideration (and) don’t require you to fit a certain mold. It’s a wonderful opportunity.”

Both Tydingco and Stover agreed that the pageant was a wonderful experience.

“Contrary to what some may believe beauty queens are intelligent, educated community-service oriented career women that have seen pageant competition as a benefit to new careers and raising public awareness for there platform,” Stover said.

Stover said Perez had approached her about participating and she agreed.

“I have always wanted to be in a

beauty pageant growing up. As a child I would watch the pageants and pretend I was Miss America,” she said.

During the pageant, Stover said she did feel some pressure, knowing that being a Navy spouse she would be a representative of the Navy community in the eyes of many audience members.

“I did feel that I was an individual in the pageant but I am a Navy wife and I am proud of that. Being a Navy wife I am always a representative of the Navy community,” she said. “Being an ambassador of the Navy community to the local Guam community is not something I take lightly. It is important to me to represent myself and the Navy community in a positive manner.”

Stover encourages other Navy spouses and children to participate in community events.

“I hope that seeing myself as well as Tauni Tydingco, another Navy wife, encourages wives and my stu-

Tydingco: Tauni Tydingco won the title Ms. Guam Pan Asia Hemisphere at Miss Guam Hemisphere Pan Asia 2008 beauty pageant held recently at Hyatt Regency Guam. (Photo courtesy of Tauni Tydingco)

dents to go after their dreams no matter what they may be,” she said.

Support

Stover is looking forward to representing Guam later this year in the National Earth Pageant. Stover said she owes a lot to her family and friends.

“I had a tremendous amount of support from my family and husband,” she said. “I am also blessed to have wonderful colleagues and students at Guam High School (GHS), where I work.”

GHS Principal Dr. Rita Williams and her husband Charles Williams as well as many students attended



the pageant to cheer her on.

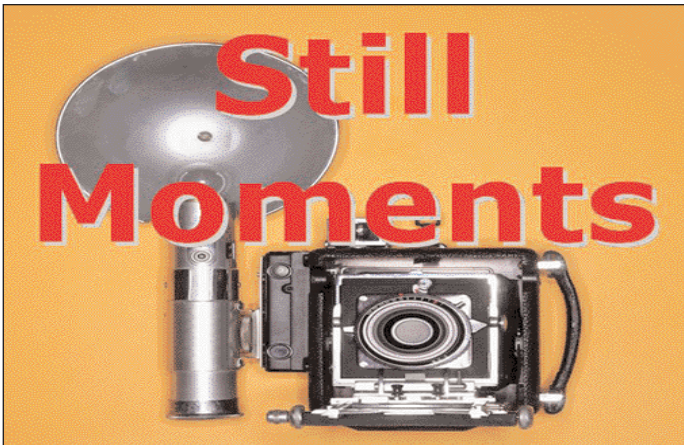
“I was thankful to have (Dr. and Mr. Williams) there in the absence of my parents,” Stover said. She added a special “Thank you” to her husband and his coworkers at the USS Frank Cable (AS 40) Diver Locker who supported him.



Sworn In: Rear Adm. Bill French, commander of U.S. Naval Forces Marianas, swears Sinajana resident Jonathan Camacho, center, and Mark Nuestro, of Saipan, into the Navy at U.S. Naval Hospital Guam June 2. The 22-year old Camacho and 17-year old Nuestro are headed to Great Lakes, Illinois for boot camp. (U.S. Navy Photo by Jesse Leon Guerrero)

To Submit

Still Moments is a new feature of The Pacific Navigator and is open to all active-duty military and DOD/DOT/DoDEA personnel, Navy contractors, military retirees and their immediate family members. Photos of celebrations should be sent electronically with captions that provide complete information regarding the event including who, what, why, where, and when. Captions also should include the name of a contact person and a phone number. The Pacific Navigator reserves the right to edit captions for



length, accuracy and/or clarity. Photos older than two months will not be accepted.

When submitting a photo, include the sponsor's full name, rank or rating, com-

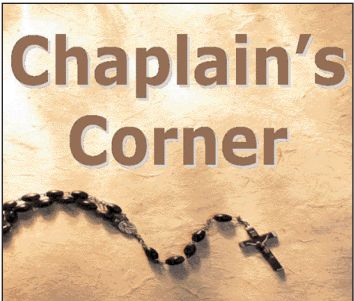
mand and duty phone. Photographs should be high-resolution images in jpeg format in their original file — photos that have been altered will not be accepted. Please ensure you are submitting photographs that you have the right to permit The Pacific Navigator to use and publish. The deadline is 3 p.m. the Friday the week prior to the issue date. Electronic photos can be submitted via e-mail to The Pacific Navigator Editor Theresa Merto Cepeda at theresa.cepeda@guam.navy.mil.

The vacation bible school experience

BY LT. MICHAEL J. TAGALOA
U.S. NAVAL FORCES MARIANAS
SUPPORT ACTIVITY

Over the past two years I have had the privilege of being part of Vacation Bible School (VBS) at the U.S. Naval Base Guam Chapel. It is a wonderful thing to see children learn and grow. In speaking with other adults, they love to share their childhood experiences at VBS.

Vacation Bible School continues to be one of the most productive special events for the chapel. The



program not only reaches our children, but also adults. VBS brings in volunteers of all ages.

This year, the theme of VBS is

the Jerusalem Marketplace, and it will take place from Aug. 4–8. There are only 160 spots available, and sign up is on a first come first serve basis. VBS is a Christian based curriculum where children learn Bible lessons through crafts, games, songs, and many other activities. VBS is for children who are in Kindergarten through 5th grade.

Older children, 6th grade and above, plus adults are needed as volunteers. There are many different jobs to help out in, such as being part of the drama team, snack team,

games team, and much more. We need your help to make this endeavor successful.

Those interested in volunteering can sign up at the Naval Base Guam chapel. Registration for children to be enrolled in Vacation Bible School will begin July 2. For more information, call 339-2126.

It is quite possible that you will make lifelong memories for your children. You can be a part of those memories by also volunteering. That is the Vacation Bible School experience.

Chapel
Schedule

Naval Base Guam

(339-2126)
Office Hours: Monday-Friday 7 a.m.-4 p.m.

Roman Catholic Worship Services

Monday-Wednesday, Friday 11:40 a.m. Weekday Mass
Saturday, 5:30 p.m. Mass
Sunday, 9 a.m. Mass
CCD Sunday, 10:15 a.m.
RCIA Contact Chapel Office
Choir Practice
Wednesdays, 5 p.m.

Protestant Worship

Sunday, 10:30 a.m.
Protestant Sunday School
Sunday, 9:15 a.m.

Women's Studies

second & fourth Wednesdays, 6:30 p.m.

Mothers of Preschoolers (MOPS)

first & third Fridays
8:30 a.m.

Men's Study

Tuesdays, 4 p.m.

Choir Practice

Tuesdays, 6 p.m.

Naval Hospital Guam

(344-9127)
Roman Catholic
Mass
Sunday 9 a.m.
Mass Monday to Friday, H-207, 11:30 a.m.
CCD
Sunday 10:30 a.m.
Protestant
Contemporary Worship Service
Sunday 10:30 a.m.

Andersen Air Force Base

(366-6139)
Chapel 1
Roman Catholic Mass
Saturday 5 p.m.
Sunday 9 a.m.
Chapel 2
Sunday Protestant Worship
Traditional Protestant 9 a.m
Inspirational Gospel 11:30 a.m.

Schedules subject to change without notice.

THIS WEEK IN NAVY
HISTORY

June 19, 1944: Battle of the Philippine Sea begins ("The Marianas Turkey Shoot").

Rustbuckets prevail in AC soccer match

BY MASS COMMUNICATION SPECIALIST
1ST CLASS (SW/AW) E. ROSARIO
PACIFIC NAVIGATOR STAFF

USS Frank Cable (AS-40) soccer team, Rustbuckets, dominated the U.S. Coast Guard (USCG) Sector Guam soccer team USCG 7-0 in the Admiral’s Cup Soccer League Tournament at Blue Jacket Field on U.S. Naval Base Guam June 16.

Team Rustbuckets remained undefeated with their win over USCG raising their record to 4-0.

“We play well together, and with every practice and game, the team is learning each others strengths and how to play to them,” said Rustbuckets Head Coach Hull Technician Fireman Stephen Smink from

USS Frank Cable (AS-40). Within the first 15 minutes of the game, the Rustbuckets scored three goals and continued to press the ball on the USCG side of the field.

In the beginning of the second half the USCG charged out of the gates with a full head of steam and moved the ball across the center line only to have their offense stopped and back peddling on defense. Every great offensive play made by the USCG players was met with an equally great defensive play by the Rustbuckets players.

The second half was a show of a defensive battle between both teams. The USCG didn’t want to be shut out and the Rustbuckets wanted to keep them scoreless. And the Rust-

Goal: A player from the USS Frank Cable Rustbuckets heads the ball into the net during an Admiral’s Cup Soccer Tournament Match against the United States Coast Guard Sector Guam team U.S.C.G. at Blue Jacket Field on U.S. Naval Base June 16. (U.S. Navy Photo by Mass Communication Specialist 1st Class (SW/AW) E. Rosario)

buckets determination prevailed. “We looked great tonight, but we can’t let this win go to our head, because every team will make the playoffs and we just might see them again,” said Smink.

