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## HSC-25 rescues distressed sailor at sea

COMMANDER,  
AMPHIBIOUS FORCE 7TH

ANDERSEN AIR FORCE BASE – The Guam-based “Island Knights” of Helicopter Sea Combat Squadron 25 responded to a civilian in distress aboard a sail boat June 24.

U.S. Coast Guard Sector Guam notified after the civilian utilized a satellite phone to request assistance. The Sailor was injured three days earlier while sailing through a severe thunderstorm aboard the 32 foot sailboat approximately 100 nm west of Guam.

HSC-25 Search and Rescue,

led by Aircraft Commander Lt. Nathan Gordon, was on scene within two hours of the initial call.

“We were told the gentleman’s health had diminished significantly over a time span of three days,” said Lt. Gordon. “The satellite phone was a key tool in today’s rescue. His ability to contact the U.S. Coast Guard and pass us a precise location greatly decreased search time, getting him the medical care he desperately

needed. The crew worked well together and the whole process was smooth due to the aid up front from my Co-Pilot

Lt. j.g. Caleb French, our crew chief at the hoist AWS2 Dominic Thomas, our rescue swimmer AWS2 Preston Smith, and the medical support from our SAR Medical Technician, HN Nolan Turner and HSC-25’s Flight Surgeon Lt. Erik Kumetz. The medical team was able to immediately push IV fluids to stabilize him

until we reached Guam.”

The incident was the 16th emergency call to HSC-25 by U.S. Coast Guard Sector Guam this year and marks 14 recoveries during search and rescue and medical evacuations in 2019.

“It is an honor to serve with the hard working Sailors of HSC-25,” said Cdr. Christopher Carreon, Executive Officer, HSC-25. “This rescue represents how hard each sailor works to provide full mission capable aircraft so we are ready to support the search and rescue mission of Guam and the CNMI.”



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# PLANTING A SEED

## Guam's threatened cycad preserved around world

UNIVERSITY OF GUAM

University of Guam research scientist Thomas E. Marler's work to propagate and preserve Guam's declining native cycad population has landed the species in thriving botanical collections around the world. Healthy populations of *Cycas Micronesica*, which is listed as threatened under the Endangered Species Act, now exist in Miami, Thailand, and just recently, Long Beach, Calif.

The accidental introduction of the Asian cycad scale insect to Guam has decimated the population of this once abundant tree. The uncontrolled tree mortality led to the plant being listed as threatened, or "likely to become an endangered species within the foreseeable future," on the Federal Lists of Endangered and Threatened Wildlife and Plants in 2015.

Marler, who has been studying Guam's native cycad — or fadang, as it's known in Chamoru — since the 1990s through UOG's Western Pacific Tropical Research Center, has coordinated seed exchanges and cycad research with the Montgomery Botanical Center in Florida



Thomas E. Marler, a research scientist with the University of Guam's Western Pacific Tropical Research Center, has been studying Guam's native cycad since the 1990s. Photo courtesy of University of Guam

since 1997. The botanical facility now has an extensive population of *Cycas micronesica* trees from seeds that Marler originally contributed.

In 2006, Marler was contracted to start a fadang germplasm collection on the neighboring island of Tinian to help preserve the plant. The expansive seed collection for this effort made it possible to expand the fadang germplasm collections at the Montgomery Botanical Center

and also to Nong Nooch Tropical Botanical Garden in Thailand, which are now able to supply seedlings to others.

The latest recipient of cycad seedlings was Brian Thorson, the botanical curator at California State University, Long Beach, who is originally from Guam.

"I had fond memories of going into the jungle to collect cycad seeds to grind into flour for making titiyas," he said.

During a visit back to Guam

in January, he went to the University of Guam to find a way to obtain seeds or plants to take back for a collection at CSU. Marler connected Thorson with the Montgomery Botanical Center, which was able to provide him cycad seedlings and offered to provide him more seedlings next year.

"It was very exciting for me to see that there are some populations that are still unaffected by the invasive scale and other insects," Thorson said.

In an email to Marler with a photo of himself and his new seedlings, Thorson said, "I had no idea that you were so passionately involved with their preservation. We [Chamorus] are so grateful for your work."

Scientists at the Western Pacific Tropical Research Center continue to explore topics that are relevant to the well-being of the environment and people throughout the region. This includes research encompassing tropical agriculture, aquaculture, invasive species, plant pathology, protecting native plants, soil health, and more.

For more information about WPTRC research activities, visit [www.uog.edu/wptrc](http://www.uog.edu/wptrc).

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# Guam's 2019-20 'Best' recognized

In July, Stars and Stripes Pacific commander Lt. Col. Rich McClintic handed out certificates to some of the winners of this year's Best of the Pacific competition. The winners of the annual vote appear in the 2019-20 edition of Best of the Pacific magazine. It is comprised of 24 categories, with some including small and large base winners, and four regions - mainland Japan, Okinawa, Korea, Guam. The 48-page magazine, which is stocked full of quotes from the military community, can be picked up at Stars and Stripes boxes on base.



Atkins Kroll - Best Car Sales



Dusit Thani Guam Resort - Best Off-Base Lodging



Guam Premium Outlet - Best Place for Off-base shopping



Gab-Gab (Navy MWR) - Best On-Base Outdoor Rec



Chamorro Village - Best Off-Base Event



EXCHANGE - Best Guam Main Navy Exchange



Hyatt Regency Guam Hotel - Best Sunday Brunch



Mosa's - Best Date-Night Restaurant (Tie)



Meskla - Best Local Culture Restaurant



PROA - Best Date-Night Restaurant (Tie)



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# Finding inspiration in an unexpected place

Unlike the sorrowful portrayals that dominate Vietnam War history books, movies and documentaries, Heath Hardage Lee's new book, "The League of Wives: The Untold Story of the Women Who Took On the U.S. Government to Bring Their Husbands Home," offers an unexpectedly uplifting account from a previously overlooked perspective. This is the fascinating saga of a group of military spouses who, after being informed that their husbands were being held by the North Vietnamese as prisoners of war or were missing in action, fought those in power for truth and diplomacy and, against all odds, won. Though the Vietnam War would be dubbed a lost cause, the battle waged by the brave wives was undoubtedly an inspiring success.

What began with a gathering of 13 grief-stricken Navy wives around Sybil Stockade's dining room table in 1966 grew into "The National League of Families," with a membership that included thousands of determined POW/MIA wives, official headquarters at 1 Constitution Avenue in Washington, D.C., and a direct telephone link to the White House.

In order to muster the chutzpah to take on government officials and top military brass who had told them to keep quiet, the wives had to shed strict military spouse protocol and 1960s cultural norms. These reluctant feminists became brave warriors — relentlessly demanding meetings with U.S. presidents and diplomats, working with Naval Intelligence to exchange coded letters with their POW husbands in Hanoi, publicizing the truth about the use of extreme torture by North Vietnamese captors, holding press conferences to criticize weak U.S. diplomacy efforts, and showing up at embassies in Paris and Stockholm successfully demanding to speak with North Vietnamese representatives.

The National League of Families formed unexpected alliances to accomplish their objectives. Disgusted with the cover-ups of the Johnson administration, the POW/MIA wives embraced Richard Nixon as President. Unlike LBJ, who refused to meet with them, Nixon listened to and worked with the women, encouraging National Security Advisor Henry Kissinger to meet with them bi-monthly. However, the League also found itself trapped in

## The Meat and Potatoes of Life

Lisa Smith Molinari



**"The book left me welling with pride, not only in the brave U.S. prisoners of war and missing in action, but in the enduring resilience of military spouses and their courage, strength and honor."**

an uneasy relationship with communist supporting peace groups, because the sympathizers had the ear of the North

Vietnamese and could exchange the wives' letters, packages and sometimes prisoners themselves. The wives even forged a friendship with Texas oil tycoon Ross Perot, who supplied them with his own piloted jumbo jet to fly them to Sweden and South Asia to demand meetings with North Vietnamese officials.

In the end, the diplomatic efforts of the U.S. government, as heavily influenced by the powerful League of Families, led to Kissinger negotiating with the North Vietnamese for the POWs' release. They came home, battered but not broken, on Feb. 12, 1973. During the eight years that the North Vietnamese held U.S. prisoners of war, their wives organized and advocated fervently for their rescue, while grieving, managing households, raising children, juggling finances,

experiencing crushing loneliness and mental health issues, even battling cancer.

Lee deftly tells this well-researched, extraordinary tale by weaving military, political and cultural history with fascinating personal diary entries and quotes from key influencers. Lee makes sense of the complicated historical timeline so that we, the readers, suffer the tragedies and celebrate the successes with the women — from ominous military officials knocking on their doors with devastating news, to their awkward but heartfelt reunions with their husbands so many years later.

As a Navy wife, I found Lee's "League of Wives" to be fascinating. The book also left me welling with pride, not only in the brave U.S. prisoners of war and missing in action, but in the enduring resilience of military spouses and their courage, strength and honor.

"The League of Wives: The Untold Story of the Women Who Took On the U.S. Government to Bring Their Husbands Home" is available from St. Martin's Press (2019).

Read more of Lisa Smith Molinari's columns at: [themeatandpotatoesoflife.com](http://themeatandpotatoesoflife.com)  
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# Menoni takes helm of Joint Region Marianas

JOINT REGION MARIANAS

ASAN – Returning to Guam for his third tour of duty on island, Rear Adm. John Menoni assumed command of Joint Region Marianas from Rear Adm. Shoshana Chatfield during a change of command ceremony at the Guam High School gymnasium aboard U.S. Naval Hospital Guam in Agana Heights July 23.

Menoni also assumed the roles as Senior Military Official for Guam, the Commonwealth of the Northern Mariana Islands, Federated States of Micronesia and Republic of Palau; commander, U.S. Naval Forces Marianas; and commander, Task Force West.

Vice Adm. Mary Jackson, commander, Navy Installations Command, was the keynote speaker and praised Chatfield for her accomplishments.

“The change of command is foundational to our military success and I am unequivocally confident that the Joint Region has been and continues to be in good hands,” she said. “As I look back at Sho’s tenure as commander, I can say with confidence that Sho has successfully surpassed the requirements of her many demanding duties while embracing all that make Guam and the Marianas unique and special.”

Following her remarks, Jackson presented Chatfield with the Defense Superior Service Medal for her superb services in Micronesia from January 2017 to July 2019.

During her time on island, Chatfield successfully managed critical efforts in providing critical installation support 35



Rear Adm. John Menoni is piped aboard during a change of command ceremony at the Guam High School in Agana Heights. Photo by Mass Communications Specialist 3rd Class MacAdam Kane Weissman

Navy commands in four geographically separate sites, as well as logistics to operational units of the 5th and 7th Fleets. She also guided JRM through multiple joint and multinational exercises and events enhancing interoperability between allied nations. Additionally her leadership was vital to the recovery of Guam and the CNMI after Typhoon Mangkhut and Super Typhoon Yutu ripped through the region in 2018.

“We have the most advanced fighting force in the world,” Chatfield said. “But even the most advanced weapons and equipment are useless without highly trained men and women to operate them. Today, our nation’s fighting force is stronger and our national defense more

complete because of patriotism and high enlistment rates from our fellow Americans from Guam and the Commonwealth of the Northern Mariana Islands.”

Chatfield thanked members from the government of Guam, CNMI, FSM and Palau, and the local communities for their partnership and expressed her gratitude to her staff for their support during her tour.

“The partnership that the communities of Guam and the CNMI share with DoD, and the political relationship that FSM, RMI, and Palau have with the U.S. is powerful because it comes with security guarantees,” she said. “Those guarantees are a free and open Indo-Pacific, regional stability and a commitment to open and

transparent dialogue. The spirit of Micronesia is beautiful, and I am humbled to have been a part of it.”

Chatfield will report to the U.S. Naval War College as its first female president.

Menoni reports to JRM after serving as executive assistant for the director of integration of capabilities and resources (OPNAV N8). He attended the 75th Guam Liberation Day parade and reflected on the sacrifices made decades ago.

“In 1944, thousands of service members fought and died for this island, for this region,” he said. “You have my commitment that today we remain prepared to maintain regional security and stability, and provide the world’s strongest defense against any adversaries who wish to do harm to these islands and our nation.”

Menoni first arrived in Guam as part of Operation Fiery Vigil following the eruption of Mt. Pinatubo in the Philippines in 1991. From 1995-1998, he was part of the now disestablished Helicopter Combat Support Squadron 5; and from 2006-2008, he was the commanding officer of Helicopter Sea Combat Squadron 25.

“To all the shipmates, and I include our Marines, Soldiers, Airmen and civilians as shipmates, who work tirelessly towards mission success, I look forward to working with you, listening and learning from you,” he said. “To our allies and partners, I look forward to our continued friendship and collaboration that will benefit all our nations from here and for generations to come. Thank you for welcoming me back, I look forward to giving you my very best.”




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# Top 10 things to do on Guam

BY ANNE JING PING WEN,  
STRIPES GUAM

**I**f you're new to Guam, there's a good chance you don't know of many things to do. The island is known for its beaches, but there's much more to the island. Here are 10 things you must do during your stay where America's day begins.



War in the Pacific

## Understand Guam's role in the WWII Pacific Theatre

After the Japanese Occupation in 1941, Guam became a prized military possession of the United States. The island played an instrumental war in the Pacific Theatre of World War II. To commemorate local servicemen and ensure wartime stories are not forgotten, visit the War in the Pacific Museum! Walking up the steps to the T. Stell Newman Visitor Center, smiling volunteers greet you with a "Hafa Adai" before directing you to a compelling 10-minute movie, The Battle for Guam, presented in four languages. After short museum introductions, you should visit colorful exhibits and interactive artifacts. The museum operates on the latest technology, featuring recordings of gripping personal stories and music from pre- and post-WWII. [nps.gov/wapa/t-stell-newman-visitor-center.htm](http://nps.gov/wapa/t-stell-newman-visitor-center.htm)

## Visit an underground historical monument

Imagine living in an underground bamboo hut for more than a quarter of a century. In 1944, Sergeant Shoichi Yokoi hid in the depths of Talofofo to escape capture by American soldiers. In accordance with Japanese nationalism ideals, Yokoi perceived the Americans as enemies and feared to be a prisoner of war. When Talofofo farmers discovered Yokoi in 1972, the sergeant begged to be killed on the spot, only to return to his hometown with a hero's welcome. Seven feet underground lies Yokoi's cave: A small underground room that's three feet high and nine feet long, supported by large bamboo cranes. To see how a man could survive hiding in a cave — only leaving at night to hunt for fish or rats — visit the Talofofo Falls Resort Park.



Talofofo Falls

Mt. Lam Lam Photos by Guam Visitors Bureau



# Learn to cha-cha and see a laid back Guam at Chamorro Village.

*Climb the world's tallest mountain*

Without oxygen masks or certified training, hikers can easily reach the world's tallest mountain. Mt. Lam Lam, though only 1332 feet above sea level, measures an additional 36,070 from the bottom of the Marianas Trench. If Mt. Everest were measured from the bottom of the Marianas Trench, the world's tallest mountain (above land) will still lie submerged 6000 ft. Across from Guam's Cetti Bay Overlook, one can reach the summit in about 30 minutes. You can also reach Guam's second highest peak — Mt. Jumulong Manglo — on the same trail.

*Learn to cha-cha at Chamorro Village*

In the heart of Guam's capital, Hagatna, Chamorro Village bustles with energy. Every Wednesday, the "village" opens up shops and vendors to sell locally sourced jewelry, barbecue and crafts. Under breezy conditions in the main dining hall, Chamorro pluck their guitars and ukuleles while couples twirl and step to the beat of cha-cha music. The cordial greetings of waitresses and vendors will easily put a smile on your face, and if lucky, some of the Polynesian dancers may even select you to perform with them. Learn to cha-cha and see a laid back Guam at Chamorro Village.

*Bike up to the popular Two Lovers Point*

When two lovers were forcefully separated from their families, they chose to die together rather than risk capture. Few people on the island have never heard of the famous two lovers legend, and even fewer have not visited the iconic cliff line. Featuring tasty smoothies and a romantic canopy atop the cliff, Two Lovers invites families and couples to enjoy sunset dinners and relaxing afternoons. The long routes leading up to the attraction is well-suited for bikers, and the attraction itself is not a disappointment. For couples visiting Guam for a short period of time, make sure to purchase a heart-shaped chain and attach it to one of the rocks adorned with thousands of other love chains.

[puntandosamantes.com/](http://puntandosamantes.com/)



Above: Chicken Kelaguen  
Left: Shrimp Kelaguen

*Taste a local favorite: Kelaguen*

When visiting a fiesta or a local Chamorro restaurant, one cannot miss out on the prized "kelaguen." Featuring chopped chicken or shrimp combined with salt, pepper, and lemon juice, the acclaimed dish serves as either a main dish or, typically, an appetizer. Homemade Chamorro recipes are the tastiest, but the evolution of kelaguen has long since moved from a household favorite to a restaurant top seller. Today kelaguen is served on its own, with red rice, or with cooked corn tortillas.



Chamorro Village File photo

Cocos Island Photos by Guam Visitors Bureau

# THINGS: So much fun!



Elder Chamorros demonstrate Chamorro arts and crafts, and storytellers teach Chamorro legends.



Latte Stone

CONTINUED FROM PAGE 11

Watch an exquisite performance at the Sand Castle

Spend a night in plump, lavishly designed seats in Sand Castle. As performers move to the rhythms of soft classical music and intense hip-hop, viewers are taken to a nighttime show you might see in Las Vegas. Acrobats perform daring tricks — right above your heads — before magicians play with large, fearsome tigers. Sit in a \$40 million theatre voted the best tourist attraction by the Guam Visitors Bureau and squeal in delight as you enjoy an elegant dinner!

[en.guam-bgtours.com/activity/sandcastle-guam/](http://en.guam-bgtours.com/activity/sandcastle-guam/)

Snap a selfie in the Latte Stone Park

In ancient times, Chamorros built their huts on latte stone pillars. The stable stone structures represent formed an integral construction in Guam and the Northern Mariana Islands. When eight, natural megalithic monuments were restored in the Latte Stone Park, the location became a must-see attraction for tourists and locals. Today students visit the park on Chamorro studies or as the third stop on the Hagatna Heritage Walking Trail. While you're at the latte stone park, don't forget to snap a selfie in the center of the eight latte stones!

Ride a boat to Cocos Island

Since you've already arrived on Guam, you might as well travel to a nearby island. Cocos Island features a day resort, meaning guests cannot stay overnight. Customers arrive at the resort via a scheduled boat ride and spend a day sunbathing or participating in beachside activities varying from parasailing to snorkeling. Tickets to Cocos include a basic meal (nothing fancy), and though the resort is not luxurious in any sense, the island's water is fresh and clear. Cocos is also famous for its wide variety of bird species, and its beaches are very clean.

Learn to weave a coconut basket at Gef Pa'go

In elementary school, Gef Pa'go was a must-see field trip site. The culture village reflects Guam during the 1940s and 1950s. Elder Chamorros demonstrate Chamorro arts and crafts, and storytellers teach Chamorro legends. It's not very common to see people speak standard Chamorro language, but at Gef Pa'go, Chamorro language is heard often. Elders also teach you how to make coconut candy, and since coconut trees adorn Guam's beaches, making fresh candy and coconut juice is very easy. You also learn to make hand woven rope and bowls out of tree bark. Travel to the times of Guam in the mid-1900s in the village of Inarajan.



The baskets at Gef Pa'go

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GUAM VISITORS BUREAU

Guam's Biggest Obstacle Course Race and only qualifier to the OCR World Championships in the Asia Pacific region featuring world famous Starting line emcee and motivational speaker Coach Pain. This 4 to 7-mile run takes place on the Guam International Raceway's 250-acre property that anyone can start and

**DATES:** Sept. 29  
**LOCATION:** Guam International Raceway Off Road Park  
**TIME:** 6 a.m. to 1 p.m.



everyone can finish. Whether a top athlete or just beginning the challenge, participants will have the chance to overcome over 20 obstacles.

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TOYOTA	TUNDRA 4X4	2010	24647	5TFCM5F16AX001046	SILVER	\$23,995	AUTOMATIC
TOYOTA	4RUNNER	2013	59036	JTEZU5JR9D5055346	BLACK	\$17,995	AUTOMATIC
LEXUS	ES 350	2013	62710	JTHBK1GG4D2008459	BLACK	\$13,495	AUTOMATIC
JEEP	WRANGLER	2009	96080	1J4FA24139L733638	MAROON	\$12,995	AUTOMATIC
CHEVROLET	CRUZE	2016	62367	1G1BE5SM8G7294846	BLACK	\$11,995	AUTOMATIC
LAND ROVER	LR2	2008	68042	SALFP24N38H013791	BLACK	\$10,995	AUTOMATIC
TOYOTA	PRIUS-C	2015	43650	JTDKDTB3XF1086443	RED	\$10,995	AUTOMATIC
BMW	X5	2007	54000	5UXFE43587LY82391	BLACK	\$9,995	AUTOMATIC
TOYOTA	FJ CRUISER	2007	110930	JTEZU11F070013311	ORANGE	\$9,295	AUTOMATIC
CHEVY	CRUZE	2013	39237	1G1PE5SB7D7143190	BLACK	\$8,995	AUTOMATIC
HONDA	PILOT LX	2010	113663	5FN9YF3H2XAB004925	BLUE	\$7,995	AUTOMATIC
CHEVROLET	SONIC	2015	45622	1G1JC5SH2F4148480	BLACK	\$7,995	AUTOMATIC
DODGE	RAM 1500 4X2	2008	111278	1D7HA16K38J146550	BLUE	\$6,995	AUTOMATIC
TOYOTA	CAMRY XLE	2007	104259	JTNBE46K073001244	GRAY	\$6,995	AUTOMATIC
HYUNDAI	GENESIS 3.8	2009	39917	KMHGC46E19U049967	SILVER	\$6,995	AUTOMATIC
TOYOTA	4RUNNER	2003	156296	JTEBU14R530016089	SILVER	\$5,995	AUTOMATIC
TOYOTA	4RUNNER	2002	139625	JT3GN86R020247031	GREEN	\$5,995	AUTOMATIC
TOYOTA	SCION XB	2008	48311	JTLKE50E181023574	SILVER	\$5,295	AUTOMATIC
KIA	FORTE	2013	72867	KNAFU4A24D5707906	SILVER	\$4,995	AUTOMATIC
CHRYSLER	PT CRUISER	2002	76021	3C8FY68B22T252882	BLUE	\$3,995	AUTOMATIC
NISSAN	FRONTIER KING CAB	1998	157988	1N6DD26S3WC355100	BLUE	\$3,495	AUTOMATIC
NISSAN	SENTRA	2006	95553	3N1CB51D76L604304	BLUE	\$2,995	AUTOMATIC
BMW	3 SERIES 323i	2000	159045	WBAAM3349YFP78263	BLUE	\$2,995	AUTOMATIC
TOYOTA	ECHO	2000	121980	JTDBT123XY0011290	GREEN	\$1,995	AUTOMATIC

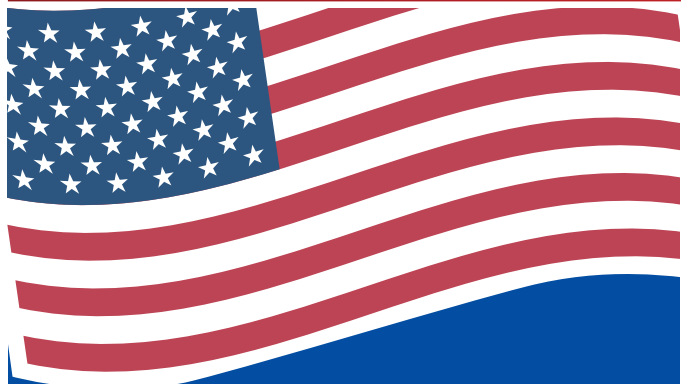
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# Guam's liberation landmarks



GUAM VISITORS BUREAU

**J**uly 21 is a significant day for Guam as people from every inch of the island commemorate Guam's Liberation Day. Seventy-five years ago, on July 21, 1944, the 3rd Marine Division stormed the island's beaches off the coasts of Asan and Agat to recapture the island from the Japanese Imperial Army.

Marines fought their way toward the center of the island to Manenggon in Yona, the site of Guam's largest concentration camp. It was there that Chamoru men, women and children found re-invigorated hope in America's return to the island.

Though many Chamoru lives were lost during the war, the people of Guam remember and pay them homage every year

at these memorial sites. Each memorial serves as a reminder of those who came before us, those who suffered the pains of war and to remind us to never forget the struggles our people endured.

If you're visiting the island, be sure to visit these sites listed below:

### MANENGGON

The Manenggon Memorial is the site of Guam's largest concentration camp during World War II.

At that time, it was home to 75% of the island's population. U.S. Marines worked their way inland from the beaches to free the Chamoru people interred at the camp. Today, an annual memorial ceremony is held to honor the victims and survivors of the war.

### MARINE 5TH FIELD SERVICE DEPOT MONUMENT

As one of the newer memorial sites, the Marine 5th Field Service Depot Monument in the village of Maite pays tribute to the U.S. Marine supply outlet that was established after the island's liberation. Following the war, Guam residents found jobs at the depot and moved to the village to be closer to the Marines.

### KĀLAGUAC MEMORIAL MONUMENT

The Kālaguac Memorial Monument in Barrigada is in memory of the families who were forced from their homes by Japanese soldiers to construct an airfield at Tiyan.

### ASINAN

The first memorial for the Asinan concentration camp was

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STARS AND STRIPES





File photo

held earlier this month with a ceremony in honor of those who were forced to this smaller camp in Yona.

**MANGILAO MEMORIAL** Located at the Mangilao Mayor's Office, the Mangilao Memorial Monument honors the victims and survivors from World War II who suffered at the hands of the Japanese.

**ASAN LANDING** As the sun rose over the island on July 21, 1944, U.S. Marines fought to reclaim the island from the Japanese on the shores of Asan. The annual Asan Landing Memorial honors the brave Marines who fought for the Liberation of Guam and her people.

**TINTA/FAHA** Nearing the end of the Japanese occupation of Guam, imperial forces gathered about 800 residents of the village of

Merizo and herded them into the Tinta and Faha caves. Coercing the residents into thinking they were being brought there to work, the Japanese threw hand grenades into the caves, killing many of the CHamorus. The annual Tinta/Faha memorial and mass is held to remember these victims.

**FENA** Located in the village of Santa Rita is Fena Cave. After Marines invaded the island, Japanese forces killed more than 30 CHamorus, specifically Santa Rita and Agat residents, here with grenades and bayonets.

Now being naval property, the cave is not accessible to the public year-round. A monument at the Old Agat Cemetery is dedicated to those who suffered and died.

**SUMAY** The historic village of Sumay was the economic hub of the

island before the war. On Dec. 8, 1941, the Japanese dropped bombs in the village, disabling communication systems and killing village residents. Following the war, the U.S. Navy occupied Sumay and moved residents to the nearby village of Santa Rita.

Every year, former Sumay residents and their descendants take part in an annual mass on the Naval Base to pray for loved ones lost during the war.

**CHAGUIAN** As the United States continued to secure the island, 45 CHamoru men were taken from Manenggon and forced by Japanese soldiers to carry supplies to Yigo. These soldiers then killed the men to prevent them from sharing information. Though the massacre was only discovered in recent years, a memorial is held to remember the CHamoru men who lost their lives.




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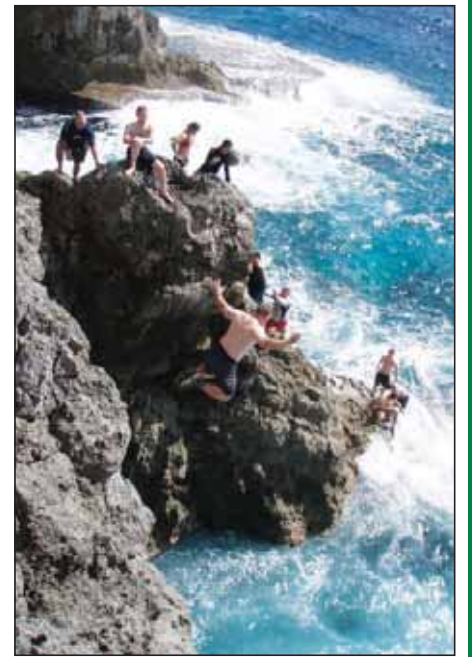
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# Boonie Stomps Guam

INFORMATION PROVIDED BY GUAM BOONIE STOMPERS

Every Saturday, Guam Boonie Stompers offers public hikes to a variety of destinations such as beaches, snorkeling sites, waterfalls, mountains, caves, latte sites, and World War II sites. We meet at 9:00 AM in the Center Court of Chamorro Village in Hagatna. The cost is \$5.00 for hikers over 17. Children must be accompanied by a responsible adult. Hikers should provide their own transportation. Guam's trails are not developed. Weather conditions can make the hikes more difficult than described. No reservations required. **For more information:** [www.facebook.com/GuamBoonieStompersInc](http://www.facebook.com/GuamBoonieStompersInc) or call 787-4238.



Pagat

**August 3 Waterfall Valley** *Medium*  
3 hours for 1 mile

We visit the large Upper Falls for jumping and swimming fun. We then have a choice of walking down the river and on jungle trail (hard) or returning to the cars and walking down the road to reach the large middle falls, then take the trail down to the lower falls for jumping, swimming, and exploring.

**Bring:** 2 quarts water, wet shoes, gloves, sun screen, insect repellent, lunch, and camera.

**Special conditions:** Walking in water, slippery rocks and mud, and mosquitoes.

**August 10 Pagat Loop** *Difficult, 4 hours for 3 miles*  
**Pagat Cave Only** *Medium, 3 hour for 2 miles*

We offer two ways to get to the same place! We descend the cliff and through the limestone forest to explore the ocean arch with possible jumping and swimming, explore the ancient Chamorro village, then swim in the underground fresh water pool.

**Bring:** 3 quarts water, hiking shoes, swim suit, flashlight, gloves, sun screen, insect repellent, lunch, and camera.

**Special conditions:** Stretches of steep trail, walking in cave water and over rough limestone rocks.

Complete 10 Boonie Stomps to earn a Boonie Stomp T-Shirt!

**Stomp Tip:**

- 1) Alcohol and hiking do not mix.
- 2) Do not bring beverages with caffeine on hikes.
- 3) Bring plenty of water with you on hikes.
- 4) Do not hike alone and let someone know where you are going and your return time.
- 5) Always carry a well stocked personal first aid kit.
- 6) When hiking, lots of little snacks are better than one big meal
- 7) Always bring a small flashlight in case you get lost, or delayed. Save your phone battery for calls.

Guam Boonie Stompers is a non-profit Guam corporation composed of volunteer leaders committed to leading hikes to and protecting the unique destinations on our island.

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# 6 questions about space travel answered

BY HANNAH SAMPSON,  
THE WASHINGTON POST

Space suddenly seems a little more reachable – at least, for those who have cash to burn.

Virgin Galactic’s announcement July 9 that it is going public through a merger with an investment firm came with an update that the company is preparing to send its first customers into space within a year, CNBC reported. More than 600 people have placed deposits topping \$80 million in total, chairman Chameath Palihapitiya told the network, and another 2,500 want to get in line.

Virgin isn’t alone in the space race: Blue Origin, Jeff Bezos’ space exploration company, is promoting “the largest windows in space” on its New Shepard capsule, although test flights with humans onboard have not yet taken place. (Bezos owns The Washington Post.) Elon Musk announced last year that his company, SpaceX, has a customer lined up who will pay to fly around the



Getty Images/Istockphoto

moon. Last month, NASA made a change in policy and said it would allow space tourists to visit the International Space Station as soon as next year. The agency

said logistics would have to be arranged by SpaceX and Boeing, which NASA has tapped to get crews to the space station.

So will we all be jetting around space with our cameras, orbital passports and zero-gravity fanny packs in a decade? Not so fast. Here’s what potential space explorers need to know.

### What does space tourism involve?

The most widely touted versions involve rocketing passengers more than 50 miles into the atmosphere and achieving minutes of weightlessness and witnessing Earth views before returning to land. Virgin Galactic and Blue Origin differ in the details of how they will get to space and the altitude they’ll reach, but they are promoting relatively similar experiences and plan to carry six passengers at once.

There are even more ambitious offerings: Space Adventures, which has sent seven people to space as tourists, offers multiday experiences including a “circumlunar” mission, a trip to the International Space Station and a spacewalk add-on; the company has contracted with Boeing to help sell seats aboard its spacecraft. Bigelow Space Operations, a branch of space-technology company Bigelow Aerospace, said last month it had “paid substantial sums as

deposits and reservation fees to secure up to four SpaceX launches to the International Space Station.”

For those craving weightlessness without the actual space travel, Zero Gravity Corporation gets you there 15 times, for 20 to 30 seconds each, in a trip, through aerobatic maneuvers.

### How much does it cost?

Virgin Galactic is reportedly charging up to \$250,000 for its trips. Reuters reported that Blue Origin will charge between \$200,000 and \$300,000.

For the biggest spenders, Bigelow Space Operations has set the price of a space station trip at \$52 million; most of that cost is to get there. NASA estimated that staying at the station would set travelers back about \$35,000 a night.

Space Adventures does not list prices on its website. (If you have to ask, you probably can’t afford it.) The last tourist in space, Cirque du Soleil founder Guy Laliberte, reportedly paid \$35 million for his 2009 trip to the space station arranged by the company in partnership with Russia’s space agency.

The option of least resistance is Zero Gravity Corporation, which sells a single seat on its flights (which, again, don’t actually go to space) for \$5,400 plus tax.

### Who can go?

Other than prohibitions associated with cost, no companies have announced any limitations on who can travel. On its website, Virgin Galactic says its plan is to “open space to everybody,” from ages “spanning the teens to the 90s.”

### How soon can people go?

This has been a moving target for more than a decade, and initial dates are still not firm. Virgin Galactic’s chairman said Tuesday that it expected to fly its first customers within a year, but with a backlog of hundreds, the wait would still be extensive. Blue Origin has not yet opened reservations or even flown a test flight with humans. And SpaceX has said its trip around the moon could not happen before 2023.

### What kind of training is necessary?

Astronauts who fly with space programs are subject to high fitness standards and rigorous training. Space tourists, not so much.

Blue Origin says passengers will learn everything they need to know the day before launch, including “mission and vehicle overviews, in-depth safety briefings, mission simulation and instruction on your in-flight activities such as operational procedures, communications and maneuvering in a weightless environment.”

Virgin Galactic says training and preparation would take three days: “Pre-flight training will ensure that each astronaut is mentally and physically prepared to savor every second of the spaceflight and fully equipped to fulfill any personal objectives. Our aerospace medical experts will be constantly on hand to offer advice and help, and to check pre-flight fitness,” the company says.

### Where do I sign up?

For the most part, companies that are moving closer to spaceflight are taking names on their websites. There are also a handful of travel agents accredited for space trips with Virgin Galactic. Bigelow Space Operations essentially tells people to stay tuned: “As you might imagine, as they say ‘the devil is in the details,’ and there are many.”

**G.A.I.N. Pet of the Week**

**Khaleesi**  
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Call G.A.I.N. (Guam Animals In Need) Animal Shelter in Yigo at 653-4246 or visit <www.guamanimals.org> for more information on adopting this pet. G.A.I.N. is a shelter-based humane society with a mission to prevent cruelty to animals, educate the public and promote good animal laws. Under Water World will donate one adult admission for every Pet of the Week adopted.

## COMICS CORNER



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# Airline tweets advice on where on a plane you are least likely to die in a crash

BY HANNAH SAMPSON, THE WASHINGTON POST

Just what you always wanted to hear from an airline: advice on how to pick your seat based on fatality rates.

The regional Twitter account for Dutch airline KLM in India, @KLMIndia, put out a tweet early Wednesday morning as a follow-up to a trivia question about which seats are the safest on a plane.

“According to data studies by Time, the fatality rate for the seats in the middle of the plane is the highest,” the tweet said. “However, the fatality rate for the seats in the front is marginally lesser and is least for seats at the rear third of a plane.”

It featured an image of a lone seat perched on a fluffy cloud with the words: “Seats at the back of a plane are the safest!” The company deleted the tweet about 12 hours after posting following

an email from The Washington Post and later tweeted an apology.

Followers were flummoxed by the “fact.” “@KLM I’m not sure this is the selling point your brand wants or needs,” one wrote. “Why would you tweet this!?” another asked.

Officials with the airline were not immediately available to discuss the strategy behind the tweet, which bore the hashtags #TuesdayTrivia and #Facts.

Time magazine published an article in 2015 making the case that middle seats in the back of a plane, specifically, had the highest survival rate (28 percent), based on a study of accidents dating to 1985. Generally, regarding broad sections of the plane, “the analysis found that the seats in the back third of the aircraft had a 32 percent fatality rate, compared with 39 percent in the middle third and 38 percent in the front third,” the

magazine said.

But the Federal Aviation Authority would quibble with the #Facts designation.

“Many people have tried and failed to produce a scientifically defensible answer to this question,” FAA communications manager Lynn Lunsford said in an email. “There are too many variables, and this is the important one - so few accidents - that a simple answer is probably not statistically defensible.”

In another email, FAA spokesman Greg Martin added: “Since February 2009, over 90 million miles, and about 8 billion passengers have been carried in U.S. commercial aviation without a single crash fatality - an exemplary safety record. As compared to any other human activity, the safest place to be is in a U.S. commercial airliner - regardless of seat.”

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## The Weekly Crossword

by Margie E. Burke

### ACROSS

- 1 \_\_\_ gin fizz
- 5 Hacienda brick
- 10 Climax
- 14 My bad!
- 15 Group of conspirators
- 16 Batch of laundry
- 17 Guitar part
- 18 One way to pay
- 20 Stick-to-it-iveness
- 22 With unfriendliness
- 23 Wall frame part
- 24 Will of films
- 26 Surprise success
- 29 Armchair companion
- 33 Blow off steam?
- 34 Close in on
- 36 Skip a syllable
- 37 Egg cells
- 38 Home for first-time buyers
- 40 Bird call
- 41 Send money
- 43 Command to Fido
- 44 Weapons
- 45 Vibrating effect
- 47 Biblical contagion
- 49 Tentative agenda
- 51 Scottish miss
- 52 Called
- 55 Foamy wave
- 59 Warning
- 61 Scrubbed, as a mission
- 62 Darn
- 63 Not too swift
- 64 Makes like
- 65 Crown of the head
- 66 Inflamm
- 67 For fear that

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15						16		
17				18					19			
20				21				22				
			23			24	25					
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37				38				39		40		
41			42		43					44		
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52	53	54					55	56			57	58
59							60				61	
62							63				64	
65							66				67	

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- 3 Ali Baba's cry
- 4 Posh properties
- 5 Fender bender, e.g.
- 6 Feathered projectile
- 7 Heeds a command
- 8 Album after "Thriller"
- 9 Bring out
- 10 It comes in fifths
- 11 Old furnace fuel
- 12 Fertilizer mixture
- 13 Counter current
- 19 Walk like a two-year-old
- 21 Winston or Stanley
- 25 2018 film, "\_\_\_ Engines"
- 26 Cheat, in a way
- 27 Fare with onions
- 28 Think through
- 30 Bio lab instrument
- 31 Yosemite photographer
- 32 Full of information
- 35 It's often left hanging
- 38 Hot
- 39 Revlon product
- 42 Destroy, like an old Vegas hotel
- 44 Arms stash
- 46 Highfalutin'
- 48 Bit of butter
- 50 Big band sound
- 52 Pound (down)
- 53 Inking
- 54 Foursome led by Leonardo, briefly
- 56 Firefighting aid
- 57 Awfully long time
- 58 Blog update
- 60 Half a score

### Answers to Last Week's Crossword:

L	O	S	S	A	B	L	E	A	M	E	B	A
O	M	I	T	C	O	A	X	N	O	V	E	L
T	E	L	E	G	E	N	I	C	G	R	I	L
S	N	O	R	E	G	R	A	D	U	A	L	L
				O	N	T	O	V	E	I	L	
A	D	M	I	R	E	M	A	S	S	E	U	S
D	I	A	D	E	M	I	T	C	H	B	U	N
A	R	M	S	P	O	S	E	R	S	O	R	T
M	G	M	T	O	P	E	I	C	E	A	G	E
S	E	A	F	A	R	E	R	B	A	T	T	E
				L	I	A	R	H	E	L	P	
C	O	R	O	L	L	A	R	Y	V	I	O	L
A	D	O	R	E	B	E	E	K	E	P	E	R
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T	R	E	N	D	E	L	A	N	E	D	D	Y

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## Stripes Sports Trivia

Japan has produced some very good players in MLB, including a future Hall of Famer in Ichiro and a World Series MVP in Hideki Matsui. Even Shohei Otani signed with the Los Angeles Angels in 2018. Who was the first player to make the move from Japan to the MLB. Hint: He was a pitcher, but probably not the one you're thinking of.

Answer

Masanori Murakami

## SUDOKU

Difficulty: Easy

Edited by Margie E. Burke

### HOW TO SOLVE:

Each row must contain the numbers 1 to 9; each column must contain the numbers 1 to 9; and each set of 3 by 3 boxes must contain the numbers 1 to 9.

Answers to Last Week's Sudoku:

7	4	3	5	6	2	8	1	9
9	5	6	3	8	1	2	7	4
1	8	2	7	4	9	3	6	5
6	1	9	4	2	8	7	5	3
5	3	4	6	9	7	1	8	2
8	2	7	1	3	5	4	9	6
4	7	8	9	5	3	6	2	1
3	9	1	2	7	6	5	4	8
2	6	5	8	1	4	9	3	7

1			2	4				5
6			3					
3	9					2	7	
	3		2			7		
2		7						6
		4		1				3
				8	9		4	
			5		1			7
8	2							

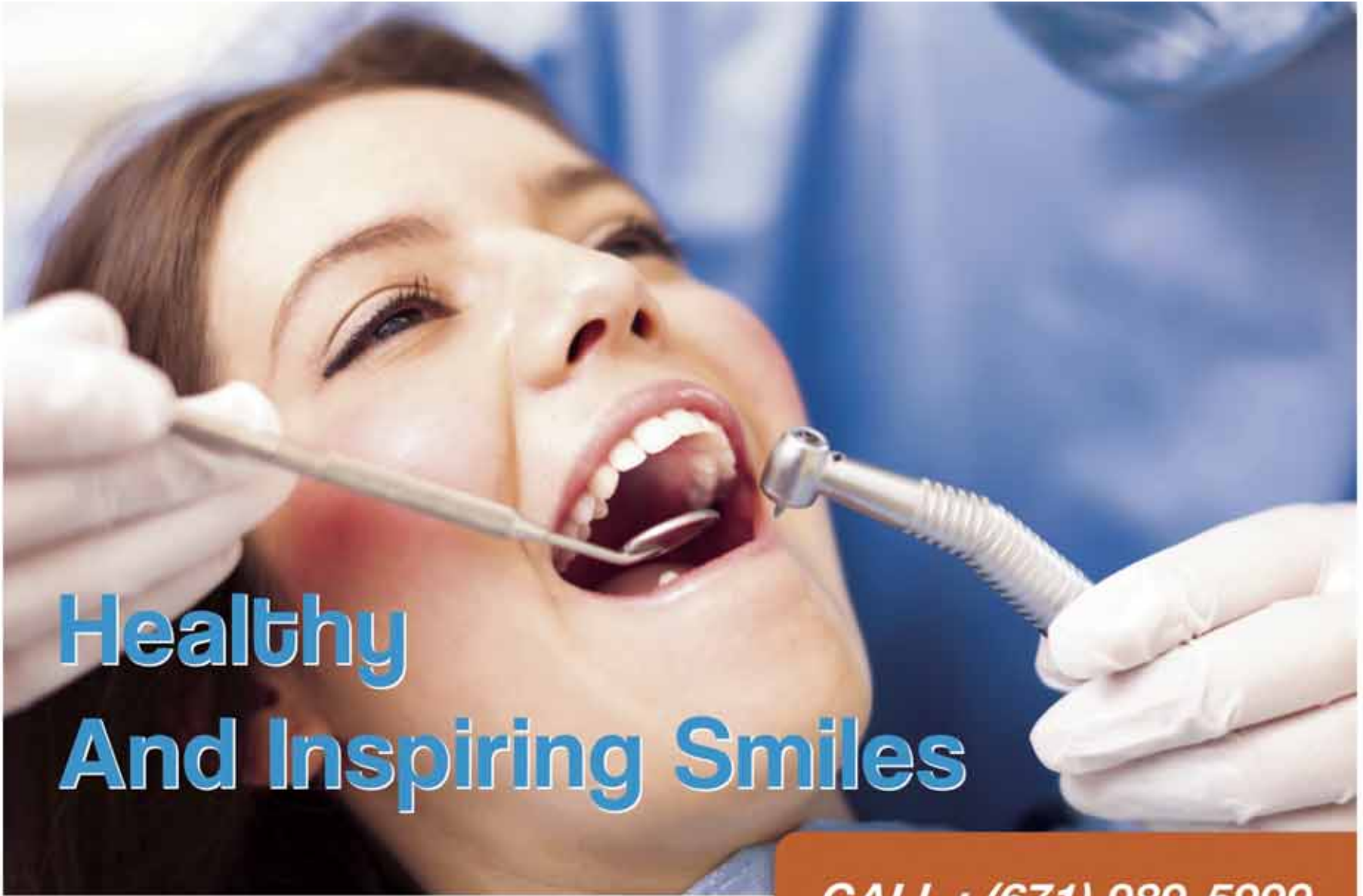
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# A Taste of Guam

The 3 'R's to good eating –  
Restaurants,  
Reviews & Recipes

**12-page pullout**

# Quaff an ice-cold taste of island life

BY TAKAHIRO TAKIGUCHI,  
STRIPES GUAM

**T**here's few things more refreshing than sipping a cold one on a sandy beach or while watching the sun set from your backyard or balcony. And this tropical paradise we call Guam offers a wide variety of beer to help you soak in the island atmosphere, including craft beers from a local microbrewery and a brewpub. And if beer isn't your drink of choice, try sipping on a traditional Chamorro coconut wine or a locally distilled mango liquor. Whatever your choice, these beverages offer an indispensable taste of Guam.

File photo



## Authentic tastes

"Locals drink light lager beer, such as Budweiser or Miller as a substitute for water," said Toshiyuki Ishii, owner of Ishii Brewing Company. "Corona, Heineken, Kirin, Asahi and other popular imported lager beers are virtually available anywhere in this island."

But Ishii's microbrewery, as well as the Mermaid Tavern & Grille brewpub, offer locals and tourists a chance to enjoy authentic tastes of craft beer.

"These local beers complement our tropical weather on Guam," says Matthew Sgro, of the Guam Economic Development Authority. "While the malt and darker beers are more adequate for cooler weather, these beers provide a refreshing taste that can be enjoyed on the beaches or at various fiestas throughout the island."

Ishii is a renowned Japanese brewer who had developed his own ale at a microbrewery in Japan. Although his brewery was very successful, he was determined to become independent and moved to Guam nine years ago after producing various collaborations with breweries in the U.K, Czech and Norway.

"There were no microbreweries on Guam when I moved out here," Ishii said, adding that San Miguel Beer closed its Guam brewery 39 years ago. "I feel it gave me the chance to be a pioneer in micro brewing on this island."

The first thing he did, was name his brand of beer Minagof, a Chamorro word meaning "happiness, pleasure and cheer."

More than 99 percent of beer on the island is lager, produced by major breweries overseas. "So, I was determined to brew only ale with selected barley and wheat malts, hops and yeasts," Ishii said.

Ishii brews several flavored craft beers, including American-style Pale Ale, American-style India Pale Ale, American-style Pale Wheat Ale, Oatmeal Stout, Smoked Porter and Green Tea India Pale Ale.

Mermaid Tavern and Grille near Chamorro Village is also known for its tasty craft beers. The brewpub is currently offering Oatmeal Stout, Vanilla Porter, India Pale Ale, Cascadian IPA, Sirena Pale Ale, Irish Red Ale and Classic American Pilsen Ale.

"Mermaid's Tavern and Grille is a great place to go," said Josh Tyquiengco, information officer of Guam Visitors Bureau. "They have a beer sampler that allows people to try their homemade brews. Their food is also very good."

## Brewers paradise Distilled spirits

Ishii considers Guam a great place for micro brewing.

"Water on Guam contains a lot of minerals, such as calcium and magnesium, that are suitable for brewing ales," Ishii said. "Neither consumption nor liquor tax are posed on spirits, and thousands of U.S. service members are located here and many of them are craft beer fans. These are all great assets in terms of brewing craft beer."

The most notable asset, however, is Guam's tropical climate, according to Ishii.

"Guam is always hot and that is the best environment for drinking beer," Ishii said. "Some Locals drink beer seven days a week throughout the year." Ishii said that in Japan, he felt that a lot more people drank beer in the summer and sales dropped significantly in the winter.

"The warm climate doesn't necessarily assist in the brewing, but it sure helps work up the craving to drink a nice cold beer," says India Sekiguchi of The Island King Imports, a distributor which imports beer and alcohol to Guam.

According to Ishii, one of the reasons craft beers are popular is because they can be paired with various foods depending on the type of flavors, just like wine. Craft beer varies according to its raw ingredients and ways of fermentation, and each beer has a unique aroma, flavor and taste.

"So, certain craft beers can be paired with certain courses, such as hors d'oeuvre, main dish, desert, meat or fish," Ishii said.



Courtesy Photo

It's not all about beer on the island, and Guam's Own Distillery ensures the taste of Guam is bottled up in every case of its alcohol.

"The process from raw alcohol to distillation to bottling is done by hand here on Guam," says Valentino Perez, co-owner of Guam's Own, which opened in 2009. "Our Chamorro heritage and history of distilling, as well as our dedication to only use the premium alcohol, makes us special."

In fact, both of Perez and his business partner have a family history of distilling, going back decades. "The business seemed a natural progression of that family history," he said.

Perez says it's been a lot of trial and error in perfecting the distillation process, especially in fermenting carbohydrates and sugar to create a mash. If the distillation using the mash isn't right, you could end up with a product that's rough going down, he said.

"The most important item is the expertise of the distiller," Perez said. "We only bottle premium alcohol. Being able to know how to pull out the premium alcohol and leave the lower quality alcohol behind is difficult. Perfecting that art is time-consuming and expensive. For our product, it is still an artisan's trade."

According to Perez, whose distillery produces vodka, mango vodka, whiskey, rum and a local moonshine that dates back to colonial Spanish times on Guam, he started very small and has not changed.

"We have contemplated adding lines but our market is a niche market," he said. "It is very hard to be competitive with off-island brands."

takiguchi.takahiro@stripes.com



Photo courtesy of Guam's Own

Minagof  
Photos  
courtesy  
of Ishii  
Brewing  
Company



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RESTAURANT INFO



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RESTAURANT INFO

[www.guamtable35.com](http://www.guamtable35.com)

# A Taste of Guam

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lickin' good"*

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RESTAURANT INFO

# A Taste of Guam

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California Pizza Kitchen is now open in their NEW location at The Plaza Shopping Center! Located in the heart of Tumon, right across DFS Galleria, enjoy the new, modern home of CPK. Now with a separate, chic bar, you've got the perfect spot to enjoy their extensive lineup of draft beers, innovative cocktails and nightly live music. Dine in and savor the CPK classics or go on a taste adventure with their new creations—Spicy Shrimp Tacos, Lobster Fettuccine and Spicy Chorizo Pizza, to name a few! Visit them on the 2nd floor above DNA/EVO.

RESTAURANT INFO



# Grillin' Guam style

STRIPES GUAM

The tropical island of Guam is a barbecuing paradise. Year round in parks, beaches and backyards across the island, Guamanians fire up the grill to barbeque with family and friends.

Guamanians love to barbecue so much they simply regard it as "just another way of cooking," said Rueben Olivias, a barbecue fanatic who authors the blog BBQGuam.

"Barbecuing has been happening on Guam 'since ever since' as the island saying goes," said Olivias. "Guam is known

for its hospitality and friendly people. That's island-style. That is because the people of Guam are always getting together and having parties and fiestas."

Olivias said that barbeque can mean something different to each person. But regardless of a person's definition of barbeque, he said, a good barbeque is the condition of the finished product.

"The meat must look good, taste good and be tender and juicy," said Olivias. "And you also got to have a good time while you're doing it. That is what we all ultimately strive for at the end of the day ... good friends, food and fun!"

Marinating meat is one of the keys to making meat juicy and tender, according to Olivias.

"Brining, marinating or buying good quality meats are

**BBQGuam:**  
[bbqguam.blogspot.jp](http://bbqguam.blogspot.jp)

your best bets for tender meat," said Olivias. "An island favorite is marinating your meat in the popular island soy-based marinade.

"The typical marinade is one cup soy sauce, one cup vinegar, one half to one diced onion and fresh garlic minced. Some even add a little black pepper and sugar," he said. "By allowing your meat to marinate in this mixture, you can be sure that the longer you marinate your meat, the tenderer it will become. And the flavor of this marinade is awesome."

Olivias, who said this special marinade can be used for chicken, steak and pork spare ribs, recommended marinating the meat overnight in the refrigerator and grilling over a direct flame.

If there's one thing that stands

out at a Guamanian barbecue, it'd have to be the spicy sauces that are available to dip in. If you're on Guam and have the opportunity to attend a local barbecue, don't hesitate to try dipping your meat into some finadene sauce, a spicy concoction made from soy sauce, vinegar, fresh lemon juice, sliced green onions and hot peppers.

But what's the real key to a successful barbecue?

"Have your cooler of drinks ice cold and play good music," Olivias said.

### Let them serve you

If you are busy and have no time to barbecue, you can still find tasty barbecue at local restaurants.

If you are looking for authentic Chamorro-style smoked meat, the local favorite Asu

Smokehouse in Chamorro Village is a great place to start.

Asu uses only locally-harvested hardwoods in the smoking process. They don't use propane, lighter fluid, charcoal, or electricity to cook because petroleum products have no business imparting chemicals onto meat, according to Sonny Orsini, one of the owners of Asu.

"Our meat is smoked anywhere between 14 to 18 hours," Orsini said. "Our product is very unique. Once the brisket is done with just the right amount of smoke, we let it to rest anywhere between an hour or two to allow juices to distribute. Everything Asu does is all about the process. We take great pride in our product. We make every effort to ensure no short cuts."



Where to get good eats right off the grill

## Asu Smokehouse

**Must-try barbecue:** Smoked certified Angus beef brisket plate Over a half pound cooked meat, Red rice, vinegar based coleslaw, and comes with the barbecue sauce.

**Address:** Chamoru Village, Hagatna  
**Tel:** 671-979-1278

**Hours:** Mon, Tue, Thu, Fri / 10 a.m. - 2 p.m., Wed / 10 a.m. - 9 p.m. Closed: Sat and Sun

**URL:** [www.facebook.com/Asu-Smokehouse/256552447807246/](http://www.facebook.com/Asu-Smokehouse/256552447807246/)



Photos courtesy of Asu Smokehouse

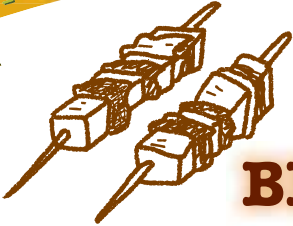
Photos courtesy of BBQGuam



Recipes by Rueben Olivas



Rueben's Ribs



BBQ'd Rainbow Runner

Ingredients

- 1 slab of U.S. pork spare ribs
- 1 cup of Rib Rub
- 1 cup apple cider vinegar in spray bottle

Directions

1. Trim the rib tips off of the slab. You can grill these while the ribs are cooking and eat these while you and your guests are waiting for the ribs. Just rub these down with rib rub before grilling.
  2. Pull off shiny membrane from the rib's boney side and discard.
  3. Rub ribs down with a liberal amount of rib rub.
  4. Grill over medium heat until the color of the ribs is to your liking.
  5. Double wrap in heavy duty tin foil. Before closing up the ribs in the tin foil, spray down with the apple cider vinegar to help it steam (cooks ribs down to the bone) and remain juicy.
  6. Cook Ribs in tin foil for about an hour. Open to see if the meat around the rib tips has shrunk back. If so, they are ready to come out of the foil. If not wrap and cook a little longer in the foil.
  7. Once the ribs are cooked and removed from the foil brush bone side with barbecue sauce and place on grill. Then brush the top side of the ribs with the sauce. Grill for a couple of minutes to allow the sauce to harden and flip over. Brush both side twice then remove.
  8. Be very careful not to burn the ribs on this final step as the sugars in the sauce will blacken very easily.
  9. Serve rib rack whole for good presentation and cut on table. Provide sauce on the table in a squirt bottle for those who want more sauce.
  10. Say goodbye to Tony Roma's. Your ribs will be much better and you'll be proud to say that you made the ribs.
- (Note) Make sure you have some good, fresh lemon finadene' (Guam lemon-based hot pepper sauce).



Ingredients

- Rainbow Runner Medium Size (3 lbs) or Red Snapper
- 1 Medium Onion diced
- 6 cloves fresh minced
- 2 tbsp paprika
- Mayonnaise
- 1 cube butter
- Olive oil

Santa Maria-Type Seasoning:

- 1 tablespoons non-iodized table salt or sea salt
- 1 tablespoons granulated garlic powder (fine grind)
- 1 tablespoon of Kosher Salt (Morton's Box @ Payless)
- 1/2 teaspoon dried parsley (optional)
- 1/4 teaspoon black pepper, medium grind
- 1/4 teaspoon Accent (MSG), optional

Directions

1. Clean and scale fish and trim fins and tail. Slice both sides of the fish down the lateral lines. This will allow the seasoning to soak in and also will cook faster.
2. Rub fish with olive oil. Sprinkle and rub the Santa Maria seasoning and paprika all over the fish, including the inside.
3. Stuff the stomach cavity with the diced cherry tomatoes, onions, minced garlic and one stick of butter. Then rub the entire fish with mayonnaise and sprinkle with diced green onions.
4. Wrap the fish in heavy-duty tin foil and place on the BBQ pit, direct heat, for about 30 min.
5. Open the tin foil up and allow the smoke to penetrate the fish and cook for another 20 minutes. This really gets that BBQ smoke-flavor into the flesh.
6. Remove from the pit and let it rest (sit) for about 10 min. before serving.

- Rueben Olivas, BBQGuam



ill

Jamaican Grill

**Must-try barbeque:** Chicken and Ribs combo  
Chicken and Ribs are both marinated in jerk seasoning straight from Jamaica. Two scoop of rice from the choice of Jamaican rice and red rice, and a choice of soup or salad.  
**Address:** Chamoru Village, Hagatna 288 Pale San Vitores Road, Tumon / 32 West Marine Drive, Dededo  
**Tel:** 671-472-2000 (Hagatna) / 671-547-4000 (Tumon) / 671-633-4000 (Dededo)  
**Hours:** 10 a.m. - 10 p.m.  
**URL:** jamaicangrill.com



Photo courtesy of Jamaican Grill

Proa Restaurant

**Must-try barbeque:** Hibachi Style Short Ribs  
Very well marinated tasty ribs served with salad and your choice of red rice or steamed rice.  
**Address:** 429 Pale San Vitores Road, Tumon  
**Tel:** 671-646-7762  
**Hours:** Mon. - Sat. / 11 a.m. - 10 p.m.  
Sun. / 6-10 p.m.  
**URL:** www.facebook.com/proaguam



Photo courtesy of Proa Restaurant

Meskla Chamoru Bistro

**Must-try barbeque:** Meskla's award winning BBQ ribs  
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**Address:** 130 E. Marine Corps Drive Ste#B103, Hagatna  
**Tel:** 671-479-2652  
**Hours:** Mon. - Sat. / 11 a.m. - 3 p.m., 5:30 p.m. - 10 p.m.  
**URL:** mesklaguam.com



Photo courtesy of Meskla Bistro



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Take a deep dive into our lobster specials now available at all of our Beachin' Shrimp locations! Our Lobster Roll has chunks of tender, sweet lobster meat in our special seafood seasoning stuffed in our fresh, housemade brioche bread. Or get your Lobster Pasta fix with our tantalizing combination of lobster meat, garlic and crushed red pepper flakes cooked in a white wine and lobster stock sauce. Either way, you can't go wrong when you pair it with a refreshing Blue Moon beer or locally-made Minagof ale on draft--you're guaranteed to have a Beachin' time!

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*lobster pasta*

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RESTAURANT INFO

f BEACHINSHRIMP

# A Taste of Guam

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RESTAURANT INFO

# Where to sample spirits, brew



## Ishii Brewing Company

**Beer Brand Name:** Minagof Beer  
Main beers: American-style Pale Ale, American-style India Pale Ale, Smoked Porter and Green Tea IPA

**Location:** #102 Northwest Plaza, 458 South Marine Corps, Dr., Tamuning

**Available:** (restaurants) Shamrocks Pub-Grub-Club, Te Quiero, Beachin' Shrimp, California Pizza Kitchen, Chamorro Island BBQ Tumon, Chamorro Island BBQ, Mac & Marti, Joinus Restaurant/Keyaki, Chamoru-tei, CORE BBQ Garden & Bar, PROA, The Mermaid Tavern & Grille (retail stores) 76/Circle K locations, JP Mini Mart, Sea Wave, Soho Avenue Duty Free, Navy Exchange Main Store, Mini Mart Package Store and Class VI Shoppett  
**URL:** www.ishiiibrew.com/  
**Email:** yukiko@ishiiibrew.com  
**Tel:** (671) 649-0141



## The Mermaid Tavern & Grille

**Main Beers:** Maga'lahi Oatmeal Stout, Vanilla Porter, Met'got Cascadian IPA, Man'hita India Pale Ale, Sirena Pale Ale, Dos Amantes Irish Red Ale, Classic American Pilsen Ale  
**Location:** 140 Aspinall Ave, Suite 101, Hagatna  
**Hours:** Mon - Thu, 11 a.m. - 10 p.m., Fri - Sat, 11 a.m. - 11 p.m.  
**URL:** greatdeebrewing.com/  
**Tel:** (671) 472-2337



## The Island King Imports

**Beer Brand Name:** Guam 1  
**Main Beers:** pale lager (mango flavor is also available)  
**Available:** (restaurants) Jamaican Grill, Meskla Dos, Vitales Italian, The Beach Bar, Sanji Japanese, Santa Fe Grille and Green Lizard (retail stores) K-Mart, JP Superstore, Latte Store, Star Apple, Soho, Avenue Duty Free, and participating NEX and AAFES stores.  
**Address:** 183 Guerrero Dr., Tamuning  
**URL:** guam1beer.com/  
**Email:** info@theislandkingimports.com  
**Tel:** (671)646-1263



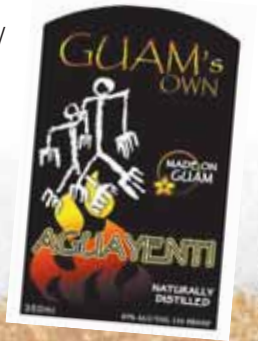
## Mc Kraut's Restaurant

**Location:** HC 1 17141, Inarajan (located at the corner of Route 4 and Kalamasa Circle in Malojloj / Inarajan.)  
**URL:** www.teleguam.net/~hansaludwig/mckrauts  
**Email:** Email hansaludwig@guam.net  
**Tel:** 828-4248 or 482-9902



## Guam's Own

**Brewer:** Guam's Own Distillery Products: Vodka, Mango Vodka, Mango Rum, Mango Whiskey and Aguayente (local moonshine)  
**Available:** Lotte Duty Free, and 76 stores of ABC Stores Circle K 76 stores.  
**URL:** https://www.facebook.com/guamsown



# BREW YOUR OWN BEER

COURTESY OF THE HOME WINE AND BEER TRADE ASSOCIATION

### EQUIPMENT NEEDED

- \* 4 to 5 Gallon Stock Pot (stainless steel or enamel - do not use aluminum)
- \* Long Handle Spoon
- \* Primary Fermenter replica watches for sale (minimum 6 1/2 gallon)
- \* Secondary Fermenter (5 gallon glass carboy) or Bottling Vessel (5 gallon minimum)
- \* Airlock & Stopper (s)
- \* Racking Tube & Siphon Hose
- \* Capper & Crown Caps
- \* Refillable Beer Bottles (48 Twelve Ounce)
- \* Bottle Brush\* Sterilant/Cleanser

### OPTIONAL:

- \* Floating Thermometer
- \* Hydrometer & Test Jar
- \* Jet Bottle Washer & Faucet Adapter
- \* Siphon Hose Shut-Off Clamp
- \* Bottle Filler
- \* Carboy Brush
- \* Kitchen Strainer (free of cooking grease)

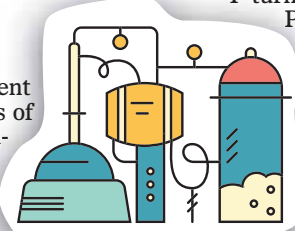
### SANITATION

The most important aspect of brewing good beer is sanitation. Every piece of equipment that will come in contact with your beer must be cleaned replica watches and sanitized. Use One-Step Cleanser/Sanitizer or some other proprietary product. Mix sanitizer according to package directions. Let equipment soak for at least 20 minutes and rinse thoroughly with tap water.

### BREWING WATER

Tap water has a high chlorine content and should be pre-boiled. Boil 6 gallons of tap water uncovered for 15 to 20 minutes, cover and allow to cool. When cool, carefully siphon the water into sanitized containers. Bottled Spring Water (not distilled) may also be used and need not be boiled.

A water pH of 5 to 5.5 is desired for most beer styles. The addition of Gypsum or Burton Water Salts will lower the pH of your brewing water.



### INGREDIENTS

The basic ingredients needed for 5 gallons of beer are:

- \* 5-7 lbs. of Unhopped Malt Extract
- \* Bittering Hops
- or
- \* 3 lbs. of Hopped Malt Extract & 2-4 lbs. of Unhopped Malt Extract and
- \* Aroma Hops (Optional)
- \* Yeast
- \* 5 1/2 Gallons of Water
- \* 3/4 Cup Corn Sugar Replica Rolex Watches (Dextrose) for Priming



### OPTIONAL:

Specialty Grains such as Crystal Malt, Toasted Malted Barley, Chocolate Malt, Black Patent Malt or Roasted Unmalted Barley are sometimes used to add color and flavor. These grains should be crushed with a rolling pin or heavy bottle to break open the husks prior to use.

Additives such as Gypsum or Burton Water Salts lower water pH.

Brewing adjuncts are sometimes used in addition to or in place of malt for specific styles of beer. Rice syrup, honey, wheat, flaked maize and flaked oats are just a few examples of adjuncts.

### BREWING PROCESS

First, place 4 gallons of water in your freezer. This water will help cool your wort later.

If you are using any specialty grains add them to your stock pot with 1 1/2 gallons of water. Bring the water and grains up to 170 deg. F. When the water reaches 170 deg F turn off the heat, strain out the grains and discard them. Proceed as follows.

If you are using canned malt extract, warm the cans under hot tap water to aid in removing the sticky syrup inside.

In your stock pot, bring 1 1/2 gallons water (if you used specialty grains, Ray-Ban Sunglasses use the water from which you removed the grains), the gypsum, and malt extract to a boil. Add bittering hops (if you are using them). Boil gently (stirring occasionally to prevent sticking) for 60 minutes. Add finishing hops (if you are using them) and boil for one minute.

Remove stock pot from heat. Pour the 4 gallons of ice cold water into your sanitized primary fermenter. Next,

pour the wort (the unfermented beer solution) through a strainer into your primary fermenter. Attach lid to primary, install air lock without water and let wort cool to about 70 degrees F.

If you placed your remaining 4 gallons of water in the freezer prior to beginning your batch it will cool your wort very quickly. Also, placing your primary fermenter in a sink full of ice water aids in cooling.

Once the wort has cooled, stir vigorously to aerate and add yeast. DO NOT aerate wort until it has cooled. Re-attach lid and airlock to primary fermenter and add water to the airlock until it is about half full. Place the primary in a cool (60-70F) dark place and allow the wort to ferment.

Note: Fermentation will be evident in 24-48 hours when a foam (kraeusen) begins to form and pressure builds in your air lock.

After the initial active fermentation has slowed down (approx. 3 days), gently siphon beer off the sediment into sanitized secondary fermenter Replica Designer Handbags and attach air lock half filled with water. Place fermenter in a cool dark place and allow fermentation to continue.

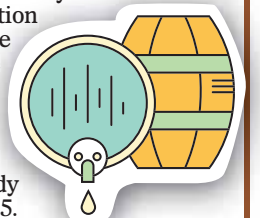
When fermentation has ceased and the beer is clear (approximately 10-20 days), it will be time to prime & bottle.

The end of fermentation will be evident when there is no activity in your air lock, you no longer see bubbles rising to the surface of the beer and the beer is clear. Do not confuse clarity with color. When you first siphon the beer into the secondary fermenter it is very cloudy due to the suspended yeast. As fermentation ceases, the yeast begin settling to the bottom of the fermenter. You will see a "line of clearness" fall through the beer and there will be a layer of sediment on the bottom of the fermenter.

Note: If you are using a hydrometer, your specific gravity will remain steady for several days at a reading below 1.015.

Boil 3/4 cup of corn sugar in 1/2 cup water to make a sugar syrup. Allow the sugar syrup to cool. Siphon beer off the sediment back into the clean, sanitized primary fermenter. Stir sugar syrup into beer gently yet thoroughly. Siphon beer into sanitized bottles, cap with sanitized caps Discount Ray Ban and let age in a cool (60-70F) dark place to allow time for carbonation.

In approximately 2 weeks your beer will be carbonated and ready to drink; however, it will continue to improve with additional aging.



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RESTAURANT INFO

Annie's Chamorro Kitchen <http://www.annieschamorrokitchen.com>

## Baked Salmon with Mushroom Cream Sauce

**S**almon is one of my favorite varieties of fish. I love it anyway you prepare it — grill it with my teriyaki sauce, make fresh salmon kelaguen, or bake it in my creamy mushroom garlic sauce — I love it all.

This is a super simple recipe to make. It took minutes to prepare, and since salmon cooks quickly, you can have this dish on your table in minutes!

You can lighten up my recipe by using half and half or light whipping cream instead of heavy whipping cream. Here is an approximation of the percentage of fat in half and half, light cream, and heavy whipping cream.

Half-and-Half: 12% fat

Light Cream: 20% fat

Light Whipping Cream: 30% fat

Whipping Cream: 35% fat

Heavy Cream and Heavy Whipping Cream: 38% fat

On a separate note, I've been asked before where you find heavy whipping cream. You'll find it in the dairy section of your grocery store, usually next to the refrigerated coffee creamer and milk. This is what the box looks like.

Another healthier — and delicious — alternative to heavy whipping cream is to use coconut milk. Just watch the salmon as it bakes — don't cook it to where the coconut milk begins to boil (boiled coconut milk tends to break down and separate). I recommend adding only enough of the sauce over the salmon to cover it. Set the remaining sauce (unbaked) aside until the salmon is done. Bake as directed then pour the reserved coconut milk and mushroom sauce over the cooked salmon. This way, you don't have to worry about the coconut milk separating should it boil during the baking.

Give my recipe a try. I think you'll like it.

THM NOTE:

ForTHMs, this recipe makes about 6 servings, with about 2g of carbs per serving, making this an S meal.

**Ingredients:**

- 2 salmon filets (about 4 pounds)
- 4 cups sliced mushrooms (this sounds like a lot, but it cooks down to half this amount)
- 2 tablespoons olive oil (or butter)



- 3 tablespoons minced garlic
- 3 tablespoons Dashida seasoning OR 1 teaspoon sea salt
- 1/2 teaspoon black pepper
- 1 bunch green onions, sliced
- 2 cups heavy whipping cream

**Directions:**

1. Rinse the salmon filets and remove any bones that you can see or feel. Place the salmon, skin side down, in a 9x13 baking dish.
2. Prepare the mushroom cream sauce.
3. In a medium sauce pan, place the mushrooms, olive oil, garlic, Dashida (or sea salt) and black pepper.
4. Cook over medium high heat, stirring occasionally, until the mushrooms have reduced in volume and have browned nicely.
5. Stir in the green onions.
6. Pour in the heavy whipping cream; stir to combine.
7. Cook the cream sauce for about a minute then remove from the heat.
8. Pour the sauce over the salmon filets.
9. Bake at 375 degrees for 15 minutes, or just until the salmon is done (when the salmon flakes easily with a fork). Do not over cook.
10. This version below was made with half coconut milk and half heavy cream, and cooked in one pan on the stovetop. In a large skillet, prepare the mushroom cream sauce as directed. Add the salmon filets to the pan, skin side down, making sure the sauce almost covers the filets. Scoop up the mushrooms and place them on top of the filets. Cook over medium low heat for about 30 minutes, periodically scooping some sauce and pouring it over the filets as it cooks.
11. Serve with rice, over pasta, or with a large side salad and enjoy!



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# STARS AND STRIPES®

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FRIDAY, AUGUST 2, 2019



## Resilience & healing

Jordan Lee-Fatt serves the ball during a seated volleyball match at the Warrior Care event at Ramstein Air Base, Germany.

MICHAEL ABRAMS/Stars and Stripes

Wounded airmen at Ramstein recover with help from their own **Page 2**

## COVER STORY

# Warrior Care event uses sports to help injured transition

BY JENNIFER H. SVAN  
Stars and Stripes

RAMSTEIN AIR BASE, Germany — The first time Senior Master Sgt. Brian Williams attended an adaptive sports camp for wounded airmen like himself, his prosthetic leg fell off while riding a spin bike.

“I was the only amputee,” he recalled. “I was slightly embarrassed and annoyed at the same time. I was like, ‘I’m not doing this.’”

But Williams stuck with the program, and four years on he’s helping other airmen do the same.

Williams was recently at Ramstein coaching sitting volleyball at the Air Force Wounded Warrior Program’s Warrior Care event, the first in Europe.

Participating along with caregivers and families were more than 40 warriors — active-duty and medically retired airmen facing serious wounds, injuries or illnesses. Most are from Air Force bases in Europe, though some are from the States.

The weeklong event helped to boost airmen’s resiliency and healing through adaptive sports such as wheelchair rugby and activities like painting, yoga and journaling.

Care events are part of a federally funded program to help wounded, sick or injured airmen return to duty, said Marsha Gonzales, the branch chief for Warrior Care support. “If we can’t, we focus on helping them through that transition.”

The other services also run similar programs.

Williams, 37, said he feels fortunate to still be in the Air Force. He was injured in 2012 in Helmand Province, Afghanistan, while on a mission as a military working dog handler.

“The dog went in a room and didn’t come out,” he said. “I went up the stairs to get him. Something went off. Instant leg amputation. Missing teeth. Compound fracture to my left wrist. Ruptured ear drums. I mean, you name it; I had the gamut of injuries from that explosion.”

Williams didn’t attend his first wounded warrior camp until 2015, after he recovered and returned to duty.

“I did fine at the end, but other people will say I was moody, I was hesitant,” Williams said of the experience.

Spinning exercises didn’t go well for him and sitting volleyball “looked dumb,” he said. When a staff member asked him if he was excited to try archery, “I told them in very colorful language that I wasn’t,” Williams said.

But he went and, “now, you have a hard time getting me out of archery,” he said, comparing it to shooting, minus the bang, cleaning the weapon and picking up spent bullets — all the things he dislikes about target practice.

## Sweat and camaraderie

Airmen enroll in the wounded warrior program while still on active duty via referrals. About 110 sign up for the first time every month, Gonzales said.

Congress mandated the program in 2008, as combat injuries from the wars in Afghanistan and Iraq mounted.

“In the beginning, the goal of the program was to help them through the transition (to civilian life),” Gonzales said. “But what we realized is many of these airmen can still serve. If we show them how they can do things ... then they were recovering a lot faster.”

The program still sees combat injuries but they are fewer. Filling the gap are airmen dealing with a range of physical ailments such as tickborne illnesses and cancer as well as traumatic brain injuries and post-traumatic stress syndrome from deployments and sexual assault.

At the Ramstein event, not all injuries were obvious.

But regardless of one’s condition or number of limbs, everyone plays modified sports — sitting for volleyball or playing basketball in wheelchairs — to level the playing field.

Jordan Lee-Fatt was hesitant to be part of his first Air Force Wounded Warrior care event last year.

Only 24, Lee-Fatt is struggling with an autoimmune disease while trying to return to active duty. He was a staff sergeant at Langley Air Force Base in Virginia before being placed on temporary disability. Doctors still don’t know what caused his illness.

“I felt like I wasn’t physically ready to travel and try all of these things,” he said.

But the program has helped Lee-Fatt turn the corner, both physically and emotionally, he said Tuesday after a round of sitting volleyball at Ramstein.

Strapping into the track chair, and racing with his knees tucked in and his hands madly spinning the rims, replaces that feeling of intense physical activity that he used to get from running.

“I love to sweat and go fast,” he said.

Lee-Fatt used a walker at work for about a year. At his first warrior clinic, he used a crutch and people helped him carry his things.

On Tuesday, he walked off the volleyball court without assistance and recently competed in the Pentagon’s Warrior Games last month in Tampa, Fla.

While there is no cure — only treatment — for his condition, “I’ve gotten way stronger than when I started out in this program,” Lee-Fatt said. “I’m forever grateful for that.”

“I made a lot of friends here,” he said. “If I’m in a dark place again, they would pull me out of that.”

**“The goal of the program was to help them through the transition (to civilian life). But what we realized is many of these airmen can still serve.”**

**Marsha Gonzales**

branch chief for warrior care support



PHOTOS BY MICHAEL ABRAMS/Stars and Stripes

Wounded warriors do running drills at the Warrior Care event at Ramstein Air Base, Germany, on Tuesday. Part of the Air Force Wounded Warrior program, it was the first such event at an Air Force base in Europe.



Wounded warriors go through wheelchair rugby practice drills at the Warrior Care event at Ramstein.

## Proud again to wear blue

The program has also helped medically retired Air Force Maj. Lisa McCranie pull through her struggles with combat-related PTSD in the face of unsupportive Air Force leaders and medical personnel in a culture that makes it difficult for pilots to seek mental help and maintain their wings.

McCranie flew numerous cargo and combat missions in Afghanistan and Iraq, often dodging mortar attacks on base. She helped coordinate enemy strikes and watched personnel get blown up and bleed

out.

McCranie, 34, left the Air Force bitter.

But the wounded warrior program has made her proud to wear the service emblem again, she said, while tugging at the blue shirt she wore as a sports mentor and ambassador at the Ramstein event.

McCranie also competed in the Warrior Games last month in powerlifting, rowing, swimming and rugby.

Being part of a team and competing “builds so much camaraderie,” she said.

But “the biggest thing for me,” she said, “is I never had support in the military. I never had somebody stand up for me.”

The Wounded Warrior staff “will do what it takes,” from providing emotional support to helping with paperwork, she said.

“They speak the same language — we’re military — you don’t really have to explain yourself because they just get it.”

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## MILITARY

# Marines reach target strength in Darwin

By SETH ROBSON  
Stars and Stripes

BRISBANE, Australia — The U.S. rotational force in Darwin, growing since the first Marines arrived there in 2012, has reached its target strength, Australia's Defence Ministry announced July 25.

"The Marine Rotational Force-Darwin reached a major milestone with the arrival of additional US Marines in Darwin, bringing the total number of Marines in the Northern Territory to its full strength of 2,500," the ministry said in a statement.

The number was set by former President Barack Obama when he announced the rotational force's creation during a visit to Darwin in November 2011.

The force, which trains in Australia for six months during the southern hemisphere summer, has built up slowly since an initial contingent of 250 Marines hit the beach there in 2012.

Members of the force participated in last month's Talisman Sabre exercise, which included 34,000 U.S. and Australian servicemembers.

The Darwin rotation is being boosted by a High Mobility Artillery Rocket System, or HIMARS, platoon for the first time, 1st Lt. Colin Kennard, a spokesman for the rotational force, said in an email.

"These Marines and equipment, from 3rd Battalion, 12th Marine Regiment in Okinawa, Japan, will provide MRF-D an extended range precision strike capability that can further shape the battlespace," he said.

Also added to the rotation is an infantry battalion — 3rd Battal-



SETH ROBSON/Stars and Stripes

**U.S. Marines on a sixth-month rotation to Darwin, Australia, participated in Talisman Sabre drills recently. The Marine Rotational Force in Australia has reached its target strength of 2,500.**

ion, 3rd Marine Regiment — out of Marine Corps Base Hawaii; a detachment of Marines from Combat Logistics Battalion 1 based at Camp Pendleton, Calif.; and a shock trauma platoon from 3rd Medical Battalion out of Okinawa, Japan, Kennard said.

"Their inclusion in MRF-D 19 affords more U.S. Marines and Sailors a combined training opportunity with our Australian allies and improves interoperability between our forces," he said.

The 2019 rotation represents the most capable and focused deployment to date, Australian Defence Minister Linda Reynolds said in a statement.

"This milestone demonstrates the enduring nature of the Australia-US alliance and our deep engagement with the Indo-Pacific region," she said.

"The Marine Rotational Force-Darwin ... enhances our ability to work together with regional partners in the interests of stability and security in the Indo-Pacific."

The 2019 rotation, which runs through October, features an HIMARS, the advanced TPS-80 radar and MV-22 Ospreys and UH/AH-1 helicopters, according to the ministry's statement.

The U.S. military is not necessarily looking to further increase the number of U.S. personnel in

Australia, according to Air Force Col. Raymond Powell, a defense attache based in Canberra.

"Marines in Darwin have already reached their full numerical goal," he said in an email. "What we continuously seek is opportunities to make our presence here more effective in delivering combat capability, contingency response, and security cooperation throughout the region, especially bilaterally with Australia and multilaterally with our partners and allies."

In addition to the rotational force, another 225 U.S. military personnel are stationed in Australia, Powell said.

"The majority are assigned

as exchange and liaison officers with Australian units all around the country. Unsurprisingly, most of these are assigned along the eastern and southern coasts," Powell said.

Exchange officers are embedded with Australian Defence Force units and headquarters elements and are, generally, completely integrated teammates, he said.

Liaison officers, in contrast, officially represent a U.S. unit or headquarters to an Australian counterpart organization.

There are also small elements that provide administrative support to U.S. forces, and there are a few units conducting missions Down Under such as a U.S. Air Force element at Learmonth Solar Observatory, Powell said.

"The ability to jointly develop, test and exercise our most sophisticated capabilities together with an ally with whom we share so much ... trust, national values, experiences, technical expertise ... is priceless," Powell said.

"Australia is also an extremely important leader in both the Indo-Pacific region and especially the Oceania sub-region, and we rely on them greatly for this leadership."

U.S. and Australian military personnel are conducting joint testing and development of next-generation weapon systems in both countries, he said.

The Force Posture Initiatives, which includes the Darwin rotation as well as enhanced air force cooperation activities, and a host of other bilateral exercises to include Talisman Sabre are constantly expanding, he said.

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## US looks to Greece for more Mediterranean troop rotations

By JOHN VANDIVER  
Stars and Stripes

STUTTGART, Germany — The United States wants to increase troop rotations into Greece and gain more access to bases that can facilitate missions stretching from the eastern Mediterranean into the Black Sea and Balkans, America's top diplomat in Athens said.

U.S. Ambassador Geoffrey Pyatt said Washington and Athens are working on updating a long-standing defense cooperation agreement to enable a wider range of military missions.

Currently, the U.S. military agreement with Greece is centered on operations at the U.S. Navy's base at Souda Bay. However, there is little room for growth at that long-standing military hub, Pyatt said.

"Souda Bay is pretty much full," Pyatt told Greece's Kathimerini newspaper.

Pyatt said Greece has many other military facilities that are "under-utilized" and could play a



JASON EPPERSON/U.S. Army

**Spc. Matthew Williams fires a Stinger missile during an exercise off the coast of Crete, Greece, in 2017. The U.S. wants to update its defense cooperation agreement with Greece to gain expanded access to bases in the country.**

larger role. "And that's one of the priorities as our experts work on the Defense Cooperation Agreement," he told the newspaper.

Pyatt's comments coincided with a visit to Greece on July 23 by U.S. European Command Gen. Tod Wolters, who held talks with Chief of Defense Gen. Christos Christodoulou on

military ties between the two countries.

"With Greece being such a valuable NATO ally in the Mediterranean and Black Sea regions, we do have a commitment at the highest level to seek opportunities to continue developing our defense relationship and security cooperation," said Lt. Cmdr. Joe

Hontz, a EUCOM spokesman.

The push for a new defense cooperation arrangement with Greece comes as Athens seeks closer military ties with the U.S. Last year, Greece's defense minister invited the U.S. military to set up new bases in the country, citing locations in Larissa, Volos and Alexandroupoli.

The Pentagon has not indicated an interest in new bases or in establishing a large permanent force in Greece. Instead, the emphasis has been on rotations.

Already, the U.S. is operating at sites beyond Souda Bay, including MQ-9 Reaper drones flying from Larissa. Rotational units, including Army combat aviation aircraft, have deployed to other parts of the country.

A new defense cooperation agreement could formalize those arrangements and pave the way for further rotational deployments.

"The tempo of our military engagement today is higher than it has been in decades (and) we have a commitment on the part

of both of our governments to making that exercise series, that rotation series, even bigger and more substantial for the next season," Pyatt said. "So we're well-positioned there."

The collaboration with Greece comes at a time of increased regional tensions, with Athens at odds with Turkey and Russia boosting its military presence in the Mediterranean Sea.

U.S. military officials also have expressed concerns about China's influence in the region.

In 2010, China began buying stakes in the Greek port of Piraeus, eyeing it as a strategic crossroads for the ambitious "Belt and Road" initiative. China now has full control of the Mediterranean port that is a gateway to southern and central Europe.

"If we want to pull a ship, a warship, into Piraeus, China can say no," a EUCOM official told Stars and Stripes in May.

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# VISIT ROTA (LUTA)









**Rota**



**Efraim M. Atalig**  
**MAYOR**



**Breathtaking sunset**

**Great Fishing**

**Rota Blue**

**Saipan**  
Saipan  
Tinian  
Aguijan

**Rota**  
Agana  
**Guam**

The island of Rota (Luta) “Nature’s Treasure Island” is the southernmost island of the Commonwealth of the Northern Mariana Islands (CNMI). Guam is about 47 nautical miles (87 km) south of Rota, and the CNMI, make up the Mariana Archipelago. The Marianas consist of fifteen volcanic islands that extends 420 miles from Guam in the south to Farallon De Pajaros in the north.

Rota is a hidden gem in the Marianas, tropical paradise, with spectacular snorkeling, great fishing, beautiful natural scenery, rich in history, interesting archaeological sites, savory local delicacy and genuine Chamorro tradition. It is well-known for its hospitable people, welcoming guests to the island, and the great Hafa Adai spirit of the local Chamorros.





1 Songsong Village Overlook



2 Sasanhaya Bay, View of Wedding Cake Mountain



3 Rota Hole (Grotto)



4 Shoun Maru



5 Bird sanctuary



6 Taga Stone Quarry



7 Ancient Chamorro village, Mochong Latte Site



8 Swimming hole



9 Teteto Beach

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\*Photos courtesy of Blue Palms Dive Service, Rota

## PACIFIC

# US takes possession of new hospital in S. Korea

## Long-awaited facility set to open Nov. 15

By **KIM GAMEL**  
*Stars and Stripes*

CAMP HUMPHREYS, South Korea — The United States took possession of a state-of-the-art, 68-bed hospital at the new U.S. military headquarters in South Korea during a ceremony July 24.

The handover put the \$215 million facility one step closer to opening, seven years after the military broke ground on it.

The Brian D. Allgood Army Community Hospital and ambulatory care center, the namesake of the hospital that will close at Yongsan Garrison in Seoul, is scheduled to officially open for patients on Nov. 15.

That will be a relief for the more than 30,000 Americans based at Camp Humphreys, many of whom must commute some 55 miles north to the South Korean capital for services, including behavioral health care and childbirth.

Speakers at the ceremony alluded to the problems that faced the South Korean-funded construction project. The hospital is a centerpiece of the nearly \$11 billion effort to expand Camp Humphreys, a former remote outpost, as part of the long-delayed relocation of most American forces to the south of Seoul.

"Today is one of those days

that I was afraid would never come," said Col. Teresa Schlosser, commander of the U.S. Army Corps of Engineers, Far East District. She attended the ceremony on her last day as district commander.

"I appreciate being able to close out this hospital after all the years of hard work to get it across the finish line," she said.

Services to be offered at the 418,572-square-foot facility include emergency, primary care, behavioral health, physical and occupational therapy. It also will have an intensive care unit and a room for cesarean sections in the maternity unit.

It was designed to provide medical services to servicemembers, family members and other eligible beneficiaries.

Ground was broken for the new hospital in November 2012, but construction was plagued by numerous quality control issues and delays as the South Korean contractor struggled to meet rigid U.S. standards.

In a last-minute hitch, inspectors recently rejected plans for the fire prevention system, forcing the contractor to start over, according to Brig. Gen. Yoon Young Dae, the head of the program management division for the Defense Ministry agency overseeing the U.S. Forces Korea relocation.



MATTHEW KEELER/Stars and Stripes

**The Brian D. Allgood Army Community Hospital was officially transferred to the U.S. government during a ceremony at Camp Humphreys, South Korea, on July 24.**

"We had to replace all of the firewalls," Yoon said Wednesday. "I was devastated and worried about the handover, but we managed to get it done."

The project cost nearly \$215 million, Yoon said. That's more than 40% above the original estimate given by other officials and years behind schedule.

The United States has paid about \$50 million to furnish and equip the facility, officials said.

Hospital commander Col. Andrew Landers blamed most of the delays on requirements that the facility meet U.S. standards set by the Joint Commission, an

accreditation organization.

He expressed confidence that all the problems had been resolved.

"My complete focus is at all times we will maintain high quality and safe patient care and I have gotten zero pressure to move into this hospital without meeting those criteria," Landers told Stars and Stripes.

He said the hospital at Yongsan will close on Oct. 1, but extra staff will be deployed to the hospital at Osan Air Base to fill the vacuum until the Humphreys hospital opens.

The Humphreys hospital also

will make available services such as physical and occupational therapy in September ahead of the official opening.

The South Koreans have fulfilled most of their obligations, but Landers said the facility remains under warranty for another year so they'll continue to do minor fixes. He said the heating system also will need to be re-tested in the winter as part of the commissioning process.

"We are well on track to Nov. 15," he said.

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# Coast Guard leader touts plan to counter Chinese aggression

By **JOSEPH DITZLER**  
*Stars and Stripes*

TOKYO — The U.S. Coast Guard's commandant is pushing for a better way to deal with island nations in the western Pacific — one designed to counter "antagonistic, aggressive behaviors" from the Chinese.

"I think what we would champion is transparent engagement," Adm. Karl Schultz said recently from Saipan. "I think we have seen behaviors out of the Chinese coast guard — the maritime militia — that are not consistent with the rule-based order."

Siding with the United States in the global power competition in the Indo-Pacific region means receiving a used Coast Guard cutter. It also means assistance with everything from enforcing international fishing regulations to search and rescue operations and training in maritime law enforcement, Schultz said.

"I think there needs to be an international pushback to say, 'We reject the types of behavior, the antagonistic, aggressive behaviors that are not consistent with the rule-based order,'" he said.

The commandant announced a 30-day deployment of a Juniper-class buoy tender and a fast-response cutter as part of efforts to beef up the Coast Guard presence in the Northern Marianas, a U.S.



ADAM STANTON/U.S. Coast Guard

**Adm. Karl Schultz, left, commandant of the U.S. Coast Guard, is greeted by Capt. Matthew Meilstrup aboard the Coast Guard tall ship Eagle in June. The Coast Guard is providing assistance to counter Chinese aggression in the western Pacific.**

commonwealth in the western Pacific that includes Guam and Saipan.

Schultz spoke as the potential for conflict in the region continues to simmer. On July 19, Vietnam demanded China remove a survey vessel and coast guard ships from the Vanguard Bank, the westernmost area of the disputed Spratly Islands and site of gas and oil deposits.

Likewise, the Philippines is embroiled over what it claims are violations of its maritime territory by China. Last month, Filipino fishermen said a Chinese vessel collided with and sank their boat,

leaving 22 of them stranded. A Vietnamese vessel rescued them, according to reports.

Schultz said the U.S. has provided Vietnam, Sri Lanka and the Philippines with surplus high-endurance, 378-foot-long Hamilton-class cutters to patrol their maritime territory.

"Those are capabilities that the host nations should be able to develop and use to project their own sovereign interests in the region," he said.

The U.S. is doing more than providing surplus material to its regional friends, Schultz added.

"We are collaborating, working

very diligently with the Vietnamese," the admiral said. "We've worked with the Malaysians, the Indonesians, helping them build out their capacity; with the Philippines, as I've mentioned."

Schultz said his goal for the Coast Guard "is to be a partner of choice in the region" that tailors its services to the needs of the nation it is supporting. He said allies must meet the wave of vessels large and small that China puts to sea with a partnership and a commitment to rule of law.

The overall goal, he said, sprinkling the half-hour session with a phrase common in maritime defense circles, is a "free and open Indo-Pacific," meaning one absent limits imposed by China as it seeks to expand its sphere of influence.

Schultz was clear on his belief that the U.S. is more than a supporting player. He sees "clear indicators" that the "Chinese are operating in the region" that includes the Northern Marianas and in a partner state, the Federated States of Micronesia.

"That is a factual finding," he said. "Sitting on the ground in Saipan today you can see clear indicators of influence in the region, financial interest in the region. I think what we're looking at with some of the island nations, the partners, is to be a partner of choice, to offer the exchange

of capabilities and professional exchanges with the regional partners."

Schultz said the Coast Guard will soon station a buoy tender and a patrol boat in American Samoa for an extended period as a "proof of concept."

Buoy tenders are 225-foot-long vessels that, despite the name, are multimission ships in addition to maintaining navigational buoys, according to the Coast Guard website. Schultz said he foresees the patrol concept expanding to include widespread cooperation by other countries to circumvent Chinese influence.

"I anticipate that mothership-type operation with some patrol boats, maybe trying to lash up with some Australian partners and New Zealand partners in the region, Japanese partners, really that international face that offers an alternative to other actors in the region," he said.

In the next three years, the Coast Guard plans on stationing three Sentinel-class, fast response cutters in Guam, he said.

Schultz said the U.S. Coast Guard cutter Stratton is taking up the station in the western Pacific previously occupied by the cutter Bertholf.

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## PACIFIC

# Battling blood-sucking critters

## Army microbiologist works to safeguard troops from mosquito-borne illnesses

By **SETH ROBSON**  
*Stars and Stripes*

BRISBANE, Australia — A U.S. Army-run laboratory on an Australian military base is helping protect troops from mosquito-borne diseases in tropical environments such as the training areas used in last month's Talisman Sabre exercise Down Under.

The lab was set up by Capt. Jennifer Kooken, 34, of Derry, N.H., a microbiologist with the Walter Reed Army Institute of Research. She has been working at the Australian Defence Force's Malaria and Infectious Disease Institute on Gallipoli Barracks in Brisbane for the past year.

The institute is charged with preventing the spread to service-members of insect-borne diseases and understanding and treating those diseases, she said.

U.S. Army officers have worked at the institute since 1984, but the laboratory is Kooken's pet project.

Equipped with \$500,000 worth of new sample trays, pipettes, beakers, a gene sequencer and a work bench with a protective glass screen to stop samples from getting contaminated, the lab is an important tool for protecting troops in places that might have unique insect-borne health threats, Kooken said during a tour of the facility.

"We're trying to set up a surveillance station for the Indo-Pacific region," she said. "The Australian Defence Force sends troops to South Pacific islands. We want to find out what diseases they encounter there."

Kooken, one of 91 Army microbiologists worldwide, can test blood samples from deployed troops to check for 30 insect-borne diseases endemic to the Indo-Pacific.

Things she can test for include Lyme disease, scrub typhus, Yellow River virus, Japanese encephalitis, Ross River virus and malaria.

"When our soldiers encounter any of these diseases, there can be an immediate impact on force readiness and ability to complete the mission," she said. "We need to know and understand what potential health threats will be encountered during training exercises and deployments all around the world."

There are important differ-



SETH ROBSON/Stars and Stripes

**Australian army Capt. Lisa Rigby, left, and U.S. Army Capt. Jennifer Kooken check out a mosquito trap at Gallipoli Barracks in Brisbane, Australia, on July 20. Both work in labs at the Australian Defence Force's Malaria and Infectious Disease Institute.**

ences between operating environments in the Indo-Pacific. For example, there's no Lyme disease in Australia but there is Ross River virus, Kooken said.

U.S. troops have contracted the virus in the past in the Shoalwater Bay Training Area, one of the main venues for Talisman Sabre, she said.

The monthlong biennial exercise, which includes 34,000 military personnel from the U.S., Australia, Japan, Canada, New Zealand and the United Kingdom, ran until early August.

Shoalwater Bay is also home to dengue fever. The disease often seems like a case of the flu at first, but it can cause bleeding and the symptoms worsen the more times you contract it, she said.

Australian army Capt. Lisa Rigby, 31, of Brisbane, an entomologist, works next door to Kooken. Her lab is filled with

thousands of blood-sucking critters that she hatches from larvae in dozens of shallow, water-filled plastic pans.

Rigby's lab is entered and exited through a pair of doors designed to stop mosquitoes from straying outside. Rigby feeds the insects, kept under nets and segregated by species, with blood from mice and other animals through artificial membrane containers.

Rigby said she's also fed them her own blood, saying she had hundreds of mosquito bites on her stomach.

Some of the lab mosquitoes are exotic species not usually found in Australia. Others are purposely infected with deadly diseases so they can be studied, Kooken said.

The forest surrounding the institute has mosquito traps designed to alert authorities if a mosquito should escape, although that hasn't happened, she said.

Testing at the facility will provide information on diseases in any given country or region of the Indo-Pacific, she said.

For example, if troops from a host nation test positive for a mosquito-borne disease, it would be a warning that they could pass on to U.S. forces operating alongside them, Kooken said.

The information will help leaders determine what vaccines troops get before they go to certain places and what postdeployment health care they get, she said.

Kooken reports to the Armed Forces Research Institute of Medical Sciences in Bangkok, one of three Army overseas disease research centers overseen by Walter Reed alongside facilities in Kenya and the nation of Georgia.

A year into a three-year tour to Brisbane, Kooken, along with her Australian colleagues, is preparing to analyze blood drawn from Papua New Guinean troops and Australian servicemembers who recently deployed to the tropical island, she said.

When the scientists find a pathogen in a soldier's blood, they pass the information back to medical workers, who determine what treatment is needed, she said.

Australian personnel from the institute have visited the Solomon Islands, Papua New Guinea and Samoa to study insects and the pathogens they carry and transmit to people, as well as to show

locals how to protect themselves from the diseases, she said.

The institute has been testing military uniforms to see if they protect people. Testing has shown that some uniforms treated with fire retardant don't absorb repellent and that some repellent in uniforms comes out in the wash, she said.

"If you are spending money on these things, you need to know they're working," she said.

The best protection is to take several measures such as wearing long sleeves, using repellent and sleeping with a mosquito net, Kooken said.

The institute is also involved in a local trial of a new malaria drug, Tafenoquine, which has been licensed in the U.S. and Australia but isn't yet used by the Army. A weekly dose will protect people, but the scientists in Brisbane are testing to see if it will work with only a monthly dose, Kooken said.

"People are really bad at taking medicine especially in deployed situations," she said.

When she's not working in her lab, Kooken helps in a larger Australian lab nearby, using a mass spectrometer to search for a protein that could be used to test for new strains of malaria that have mutated so much that they don't show up with conventional fast tests, she said.

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