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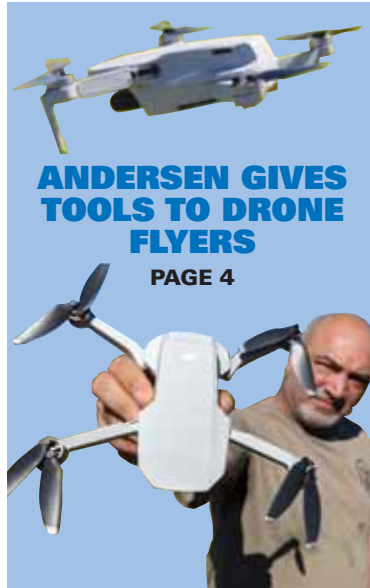
JAMAICAN GRILL

HAGATÑA 472-2000/2600
DEDEDO 633-3000/4000

4 LOCATIONS

TUMON 647-3000/4000
MANGILAO BBQN' SOON

INSIDE INFO



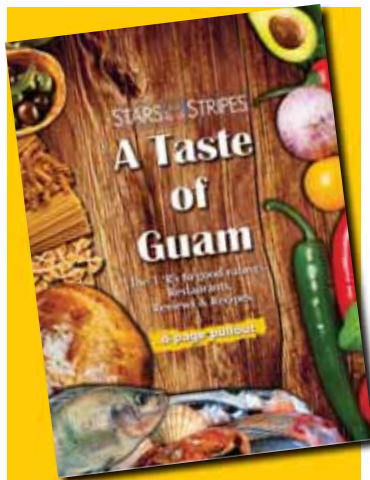
ANDERSEN GIVES TOOLS TO DRONE FLYERS

PAGE 4



GUAM GUARD OFFICER REFLECTS ON WAR COLLEGE

PAGE 5



Special 4-page pullout inside!



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Guam Micronesia Island Fair goes virtual



Photo courtesy of Guam Visitors Bureau

Photo courtesy of Guam Visitors Bureau

Pages 6-8

Airmen connecting with Guam community

BY SENIOR AIRMAN AUBREE OWENS,
36TH WING

Airmen from Andersen Air Force Base, Guam, have been active within the community recently, participating in volunteer events in an effort to better the community and emerging in the culture through the Andersen AFB Sister Villager Sister Squadron program Aug. 9.

Between Aug. 6-8, volunteers and senior leaders participated in a Liberation Day event, a back to school event for foster children and a beautification project.

"It was an honor to be a part of a ceremony to remember those lost during the war and to support our sister village of Yigo for the last remembrance event celebrating the Liberation of Guam," said U.S. Air Force Maj. Timothy Wu, 36th Munitions Squadron commander and partner of Yigo, Guam, through the SVSS program.

The other two events focused on Andersen AFB airmen being a good neighbor towards members of the community in Guam.



Members from the Air Force Sergeants Association Chapter 1560 volunteer during Back 2 School Supply Stash, hosted by the Harvest House in Barrigada on Aug. 6. Courtesy photo

Members from the Air Force Sergeants Association Chapter 1560 partnered with The Harvest House, which is a ministry for foster children and families on Guam that provides for their physical needs, spiritual encouragement, and emotional support, in order to throw a back to school event for foster children.

SEE AIRMEN ON PAGE 2

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To get involved with the SVSS program, military can contact their squadron representative and the local community can contact their village mayor's office for more information on upcoming events through the program.

Members from the Air Force Sergeants Association Chapter 1560 volunteer during Back 2 School Supply Stash, hosted by the Harvest House in Barrigada on Aug. 6. Courtesy photo

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Andersen gives tools to drone flyers

STORY AND PHOTO BY
SENIOR AIRMAN MICHAEL MURPHY,
36TH WING

Former pilot Chesley “Sully” Sullenberger landed an Airbus A320 into a river after an inflight emergency on Jan. 15, 2009.

“The hero on the Hudson is what they call him,” said U.S. Air Force Tech Sgt. Adam Rodgers, NCO in charge of installation security assigned to the 36th Security Forces Squadron. “Sullenberger, piloted an aircraft that was hit by a flock of birds, which ultimately ended with him landing the aircraft in the Hudson River. Think of what could happen with electronic and motorized birds. The same danger exists.”

Rodgers said that Unmanned Aircraft Systems flying in unauthorized airspace can cause serious damage to flying aircraft, and the aircrew members inside.

Andersen Air Force Base, along with Naval Base Guam, A.B. Won Pat International Airport, Marine Corps Base Camp Blaz, and other federally owned property are no-fly zones for drones.

Rodgers said that the 36th SFS is not against hobbyists flying drones. He, along with his team hope to further educate the community on how to safely and responsibly fly personal drones.

“As security forces, our job is to enforce those rules, as well as reduce any threat that may happen,” Rodgers said. “Not all incursions are intended to be hostile. Somebody who just got a Christmas present and they want to go out and have fun could unknowingly violate Federal Aviation Administration regulations.”

Aside from safety issues, another concern for AAFB law enforcement are a drone’s video and photography capabilities. These capabilities could cause an informational security or operational security breach, or both. Many drones on today’s market have 4K image quality capabilities.

“Any photography that takes place in a restricted space is unauthorized,” Rodgers said. “Drones have video and photo capabilities that are no different than taking out a phone or camera and snapping pictures. This can cause an issue of malicious attempts to gather operational information of the base.”

Rodgers, and James Trefurt, chief of plans and programs assigned to the 36th SFS, stressed how easy it is for drone owners to learn FAA regulations.

“Most drones come with an app,” Trefurt said. “There are also additional apps that can give

Aside from safety issues, another concern for AAFB law enforcement are a drone’s video and photography capabilities. These capabilities could cause an informational security or operational security breach, or both. Many drones on today’s market have 4K image quality capabilities.



James Trefurt holds an unmanned aerial vehicle.

guidance on where unauthorized airspaces are in the area and ceiling limitations. The FAA has an app that is available to download, right now, through differing application stores. Using an authorized app is one of the easiest, and safest ways to steer clear of trouble.”

Regardless if you are living

on base or off, Rodgers and Trefurt both agreed that when drone incursions occur, there is a possibility the UAS might not be returned to its owners.

“We don’t care if you are military or not, that doesn’t matter,” Rodgers said. “It might be even worse for you if you’re military because now you’re subject to

UCMJ actions, and if you’re not military, you may still be subject to civilian actions, to include trespassing charges.”

Everyone can be a help with making sure Andersen’s airspace stays clear. If a drone is spotted on base, service members and base residents can call the Security Forces Law Enforcement Desk at 366-2910. When calling, give the operator the most visible description of the UAS that could include size, last known location, and which direction it was headed.

The FAA recently implemented The Recreational UAS Safety Test (TRUST), and has made it a requirement for all recreational flyers to take and pass the test. This test is a requirement for UAS owners of aircraft systems weighing more than .55 lbs.

The FAA has also partnered with Aloft, to provide the B4U-FLY, a free app on the Apple and Android markets. The app will let recreational flyers know whether it is safe to fly their drone or if they are in restricted airspace. Additional apps that flyers are known to use are Kittyhawk and Airmap, but these apps are not endorsed federally, and the Air Force has no affiliation with these apps.

Further questions and information can be found at www.faa.gov/uas.

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Guam Guard officer reflects on War College

GUAM NATIONAL GUARD

Lt. Col. David Picar Santos Jr. is the Guam National Guard's latest graduate of the prestigious U.S. Army War College. With one or two "slots" to attend this school each year, the Guam Guard sends only its most promising senior leaders to this exclusive school. Alongside Maj. Gen. (GU) Esther Aguigui, Lt. Col. Santos is the only currently serving graduate of the Army War College in the Guam National Guard. He takes some time from his busy schedule to talk about his accomplishment in an interview below.

Trusting the team makes my job easy, because it empowers and inspires them to get the mission done.

— Lt. Col. David Picar Santos Jr.



Q: Congratulations on graduating from the U.S. Army War College. What is the War College, who attends it, and what are the classes like?

A: The War College is either a 10-month resident course, or what I did, which was a two-year distance learning course

with resident portions. The course provides graduate-level instruction for senior military officers from all services, including military O6 and O5s, State Department civilians and others, to prepare them for senior leadership assignments and responsibilities. Students earn a master's degree in strategic studies upon successful completion. Each class varies based on the instructor, but the reading and writing assignments are demanding. The war college requires you to manage your time to read, analyze, and write global and strategic level issues.

SEE OFFICER ON PAGE 10

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Guam Micronesia Island

GUAM VISITORS BUREAU

The Guam Micronesia Island Fair goes virtual in 2021 to celebrate the vibrant cultures of Micronesia in its 33rd year. With this year's theme called the "Guam Micronesia Online Fair," the annual Guam Visitors Bureau signature cultural event has returned with on-demand videos and content highlighting island delegations and cultural groups that can be accessed at any time. Enjoy these special Guam Micronesia Online Fair performances and share them with your network of family, friends, and colleagues.



Chuuk



VIEW VIDEO!



VIEW VIDEO!



Photo by Carlos Ciancini

Kosrae

The many islands within this huge atoll are crowned with natural beauty. The outer barrier reef is punctuated with idyllic sand spits dotted with coconut palms. The high islands in the central lagoon rise into the blue island skies.

In Chuuk, the pace of life slows and tropical nature is easily observed and appreciated. Many of the islands offer lush vegetation that harbors rare and migratory birdlife. Enthusiasts have been known to camp high in the hills to observe these special avians. Wild orchids and other flora are found in the scenic and sometimes rugged terrain of the islands.

Kosrae has been described as an unblemished garden of flowers, palms and citrus trees. The air is fresh on Kosrae and adventure beckons those wanting to truly get away from it all. Steeped in the history of many decades, the island invites exploration.

There are mysterious ancient Lelu ruins similar to those of Nan Madol on Pohnpei. World war artifacts, cave systems and remnants abound and there's even a pirate ship sunk beneath the waves.



VIEW PAGE!



Palau



VIEW VIDEO!



VIEW VIDEO!



Pohnpei



Lost in a great expanse of deep blue ocean, there lies a Pristine Paradise, one of the few remaining paradises on Earth – PALAU. With untouched beauty that can only be found in this remote corner of the mighty Pacific, this oasis harbors a diverse environment and an ancient island culture, still alive in the warm and inviting people.

This is a country that beckons to romantic explorers, divers, and family vacationers, urging them to experience its breathtaking wonders, to encounter its 5,000 years of tradition, and to discover the lush tropical allure of...Pristine Paradise, Palau.

This host to the nation's capital has much to offer the visiting nature lover, explorer and hiker. Pohnpei is the largest and tallest island in the FSM. Its peaks get plenty of rainfall annually and this creates more than 40 rivers that feed the lush upper rain forest. Pohnpei's waterfalls range from pleasant to spectacular.

Surrounded largely by rich mangrove forests, Pohnpei's jagged coastline is intersected by numerous channels that carry nutrients into the vast lagoon. These nutrients attract marine life and make Pohnpei one of the most varied marine environments in Micronesia.



VIEW PAGE!



VIEW VIDEO!



VIEW VIDEO!



VIEW VIDEO!



VIEW VIDEO!



Guam

Located in the heart of the Western Pacific, Guam is an island territory of the United States, the largest of the Mariana and Micronesian islands, and home to some of the warmest people in the world. Known for its white sand beaches and crystal clear ocean waters, Guam is a perfect destination for families, honeymooners, divers, and anyone looking to relax and get away from crowded city life. And with non-stop flights to Guam from cities in Japan, South Korea, Taiwan, Hong Kong, Philippines, and Hawaii – most between 4 and 5 hours – getting away is quick, easy, and convenient.

Land Fair goes virtual



VIEW VIDEO!

Northern Mariana Islands



A tropical paradise offering the relaxing shores of magnificent beaches and crystal clear blue waters, as well as the lively bustle of night life, shopping, a wide range of ethnic restaurants, and a multitude of outdoor activities.



CNMI - Rota

Nicknamed “The World’s Friendliest Island,” Rota is known for its friendly nature, sweet potatoes, and coconut crabs. If not the local delicacies, Rota’s people will soon charm you with their smiles and warm hospitality.

A sense of family will soon overtake you. Dip your toes in the Swimming Hole or book a round of golf. Wedding Cake Mountain and Twerksberry Beach are sights to behold, all accompanied by ceaseless songs of local birds.



CNMI - Saipan

This tropical paradise offers beautiful white sand beaches with crystal clear water and pure, fresh air. Warmth is in the air and in the people you will meet.

It is a throwback to a relaxed lifestyle coupled with modern hotels, incredible sights, adventurous activities, and shopping. Garapan is the epicenter of activities with many restaurants, bars, and shopping options.



CNMI - Tinian

The crystal water, colorful marine life, and pristine coral reef surrounding the island offer excellent snorkeling, scuba diving, and fishing. Abandoned Shin-to shrines, canons in caves, and ruins in the jungle are ready to tell their stories.

SEE ISLANDS ON PAGE 8

ISLANDS: Explore virtually now, in person later

CONTINUED FROM PAGE 7



VIEW VIDEO!



Republic of the Marshall Islands

The Marshall Islands is one of the last undiscovered destinations in the world. It offers nature at its best with tropical beauty and untouched natural habitats. The outer islands offer crystal clear waters and pristine, secluded beaches.

Explore WWII relics both on land and sea that

you cannot find anywhere else in the world. Shop our local handicraft stores for our finest hand-made handicrafts. If you yearn for exploration, discovery and learning about new cultures, you will find a visit to the Marshall Islands very rewarding.

Yap

Yap is the most intriguing island in Micronesia. It is a land steeped in ancient traditions, fascinating legends, and peopled by one of the most distinctive cultures in the Pacific.

Attractions like a hand-made seaside men's house, cultural village tours, huge, ancient stone money discs and stone money banks, dancing, handicraft making, marine life and mangrove forests highlight a visit to this unique outpost.



VIEW PAGE!

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Brandy Untalan

The new program does not replace existing retail stores managed by GSA at Andersen AFB and Naval Base Guam. Instead, the stores and new outlets are complementary. For more information, please contact your local GSA Customer Service Director, Brandy Untalan, at 671-333-4721 or brandy.untalan@gsa.gov.

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OFFICER: 'Don't give up'

CONTINUED FROM PAGE 5

Q: You accomplished all this while you led an infantry battalion on a deployment, and dealt with the COVID-19 Pandemic. Now you're a commander of a Troop Command, and the State J5/7. How did you manage to accomplish this simultaneously?

A: It was tough from the beginning because I was preparing my family, my unit, and myself for a deployment,



redeployment, and taking another command upon return. First and foremost, I have to

thank my family for their tireless support and sacrifices. Taking care of the home front, putting up with daddy being gone or writing papers until midnight – I would never have made it if not for them.

A lot of the credit also goes to my teammates: my staff, commanders, and noncommissioned officers, all of whom I trusted. Trusting the team makes my job easy, because it empowers and inspires them to get the mission done. All I have to do is give them my intent, and they take it from there.



War College, but my operational experiences, and past and current command tours. It's all about making the organization better than I received it. It is our professional obligation as leaders to give our soldiers the best leadership possible by setting the example and having a resilient mindset with no excuses.

Q: I'm a young soldier thinking about going for a college degree. How do I get from where I am, to where you are?

A: Don't give up. When you think things are difficult, remember they could always be worse. It will all pay off in the end if you just continue to work hard, learn, and build good relationships.

Q: Anything you else you'd like to say?

A: Thank you to everyone in the Guard for your service, for your commitment to our soldiers, airmen, and organization, and always looking at making things better than you received it.

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

Joss
Another gorgeous female kitten estimated to be about 12 weeks old. She is super friendly and loves affection. Give her a little belly rub and she purrs none stop. Joss is looking for her forever home and family.

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.

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Boonie Stomps Guam

INFORMATION PROVIDED BY
GUAM BOONIE STOMPERS

Sept 4
Mt. Finansanta

Very, Very Difficult
7 hours for 5 miles

Our hardest hike, three difficult hikes strung together. We visit 2 mountains with fantastic views, a pristine jungle river, and a narrow gorge with swimming, jumping, and rock sliding.
Bring: 4 quarts water, strong shoes that can get wet, gloves, sun screen, insect repellent, lunch, snacks, and a camera.
Special conditions: Sword grass, long very steep slopes, walking in water, slippery rocks, a very long hike, more sword grass.

Sept 11
Alutom Falls w/ Upper Sigua Opt.

Medium/Difficult
3 hours for 2 miles

From the top of Mt. Alutom we hike down to a hidden cool green waterfall with jumping and swimming. The adventurous can continue on to the steep drop to Upper Sigua Falls for waterfall fun before climbing back out.
Bring: 2 liters water, hiking shoes, gloves, swimsuit, sun screen, insect repellent, lunch, and camera.
Special conditions: Steep slopes, rocky trail, mud, a an uphill climb out

Sept 18
Aguada Falls

Very Difficult
5 hours for 5 miles

We travel to a waterfall the group has not visited yet, traversing a long steep and grassy ridge in western Guam to a large unique and picturesque waterfall. There are several smaller falls and swimming spots along the way.
Bring: 3 liters water, hiking shoes, gloves, sun screen, insect repellent, lunch and snacks, and a camera.
Special conditions: Sword grass, river walking, steep slopes, little shade, and a long hike.

Mt. Finansanta

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.
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Stripes Sports Trivia

Coming off of a three-year hiatus from boxing, Muhammad Ali brought a perfect 31-0 record to 'The Fight of the Century' in March of 1971. New York's Madison Square Garden was the site for the classic bout that went the distance, and ended with Ali being handed his first loss. Who was the first boxer to beat 'The Greatest'?

Answer

Joe Frazier

SUDOKU

Difficulty: Easy

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

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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 Previous Sudoku:

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

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Crossword

by Margie E. Burke

ACROSS

- Action film staple
- LaBeouf of "Transformers" films
- Rash reaction?
- Pop band "The League"
- Call a cab
- Rooney of "The Girl with the Dragon Tattoo"
- The "e" in e-commerce
- Docking spot
- Pale
- One of 52
- First act
- Tap trouble
- In plain view
- Compassionate
- Admiral's charge
- Kind of agreement
- Swing around
- Actress Shelley of "Cheers"
- _____ and true
- Prime-time time
- Script direction
- Wharton classic, "The Age of _____"
- Gemstone surface
- Bike for two
- Strike mediator
- "Nay" sayer
- Weedy rye grass
- Crazy
- Crow's cry
- Among
- Extensive
- Greedy cry
- Malarial fever
- 1990 film, "_____ Recall"
- Fortune teller
- Does a bank job
- Writer's rep.

DOWN

- Tobacco wad
- Maui dance
- Constitutional add-on
- Cul-de-_____
- Interlace
- Pump, for one
- Williams of country music
- Junior's junior
- Room recess
- Irrelevant
- Contaminate
- Fish-carrying basket
- Hamlin or Houdini
- Be contrite
- Baby bird sound
- Distance measuring device
- Like days of yore
- Place for an ace
- Fairy tale's second word
- False move

- Less soggy
- Clear of blame
- _____ and for all
- Be full of
- Excessive fondness
- Part of APR
- Rummy relative
- Storage place
- Amy of "Enchanted"
- Fiber crop
- Pickling liquid
- Chow
- Gets ripe
- Astronaut Bean
- Whip mark
- Give it _____ (try)
- Gearwheel

Answers to Previous Crossword:

S	T	U	B		S	A	L	E		G	R	A	P	H
A	O	N	E		A	M	E	N		A	E	R	I	E
S	U	D	S		L	I	S	T		S	P	I	T	E
S	T	E	P	S		I	S	T	E	R		R	E	A
					R	E	I	N	S		R	E	M	I
P	A	R	A	D	E		P	I	T	O	N			
A	W	A	K	E		B	E	T	R	O	T	H	E	D
G	O	T			S	T	A	T	I	O	N		O	C
E	L	E	P	H	A	N	T	S		B	A	R	R	Y
			R	O	C	K	Y		C	E	N	S	U	S
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HOT



Guam's Finadenne' Denanche

(Hot Pepper Paste)

Demise of true 'donne'

There are two main types of hot "donne," or peppers, native to Guam: "Donne'sali" with small, bright red and very pungent fruit and "donne' ti'au" a long, red and pungent pepper, according to Mari Marutani, a professor at the University of Guam's College of Natural and Applied Sciences.

"They belong to different genera. Donne'sali has long been harvested from the wild, it is also called the bonnie pepper. And donne' ti'au is mainly grown in the backyard garden," said Marutani. The first has been labeled "Guam super hot," while the second is "Guam regular hot."

"Guam super hot is very pungent, having Scoville heat unit of 4000-4250, while 'Guam regular hot' was reported to have an average of 3450," said Marutani. "However, unfortunately original specimens of both Guam super hot' and Guam regular hot have been lost and we will not be able to examine these specimens any longer."

Purebred native peppers may be hard to come by, but the varieties sold in markets and by roadside vendors on Guam today are rich and varied – with a "pika" (hot) punch that's all their own. It's a good thing, because according to Marutani folks around here need their peppers.

"Pacific islanders consider Capsicum spp. (species of hot peppers) as a must ingredient to add pungency to island cuisine," she said. "While we have many diseases and pests, hot Capsicum spp. can be grown year-round."

– Stripes Guam

On Guam a BBQ isn't a BBQ without hot pepper. It is a must-have condiment. There are many different types of finadenne' and one of those is finadenne' denanche' (hot pepper paste).

Guam's finadenne' denanche' is a blend of freshly ground hot peppers and seasoning. Other optional ingredients such as garlic, vinegar, lemon, eggplant, and a whole array of other items can also be added. Everyone has their own special blend and the varieties of finadenne' denanche' blends are countless as their creators.

Here is how I make mine....

First go to your hot pepper trees and pick all the semi and ripe hot peppers.

One of my hot pepper trees. This plant will get a whole lot bigger. ①

Once you have picked the hot peppers, you need to remove all the stems.

It is a tedious process. ②

I use hot peppers, garlic, apple cider vinegar, sea salt and a little garlic powder just in case I want it a little more garlicky.

Here is what I use. ③

Blend up the hot peppers with the 2 bulbs of garlic diced and 3/4 cup of apple cider vinegar. ④

Remove when pepper and garlic is blended into a paste.

You may have to blend the mixture in stages in order to complete the blending process as the mixture can be a little too thick for the blender to blend everything at one time.

Once you have completed the blending process, you can season it with 3 to 4 teaspoons of sea salt.

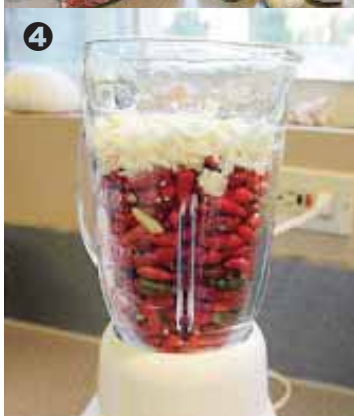
Taste the mixture to make sure the seasoning is suitable and adjust if needed. This is the fun part. Can you handle the taste test???

You should be left with about a quart of finadenne' denanche'.

You can use this to spice up just about anything. Even coat your favorite steak with it for a "real" peppered steak.

Hope you give this a try. I think you will get the hang of it and have this as an addition to your table fare. That is if it isn't too hot for you.

– bbqguam.blogspot.com



TIPS



Tabasco talk

How Guamanians like their hot sauce



'Pika' power!

When it comes to spiciness, Guam doesn't mess around

Guam has perfected "pika" – Chamorro for that spicy red-hot kick. So prevalent is the penchant for pika here that the word can be found everywhere from Pika's Café (famed for its Chamorro-fusion food) to Pika Magazine ("A guide to spice up your life") to myriad of local recipes like "monnok kaden pika," or spicy chicken stew.

This island delights in "donne," or peppers, so much that it boasts its own indigenous boonie pepper, has more local

dishes that use them than you can shake a stick at, and hosts an annual festival in honor of the almighty pepper. What's more, Guam has been the pride and proving grounds of a couple of big-name pika peddlers. In short, when it comes to spice, Guam is hot.

The real proof, however, lies in the aftertaste test, and the common condiment for Guamanians comes with a

kick. You can find hot sauces in every home, on every table, at every barbeque and in local restaurants, lunch boxes and even a purse or two. The island's signature dipping sauce – "finadene" (pronounced fin-ah-den-ee) – is a spicy homemade staple.

Just how much do Guamanians love hot spicy foods? Consider this: Guam placed No. 1 for per capita consumption of Tabasco hot sauce out of more than 165 countries at the 2013 Tabasco Brand Sales and Marketing Conference for the Asia-Pacific Region in Phuket, Thailand.

On average, Guamanians consume almost two 2-ounce bottles of Tabasco per person annually, according to Michelle Bengco, a sales director for Market Wholesale Distributors, Inc. which distributes the product on Guam. Mmainland America placed a distant second with a consumption per capita of just 0.75 ounces per person – five times less than Guam.

"If you ask anyone in Guam why they love tabasco the common answer is because it gives a kick on spice and flavor in any meal," said Bengco. "It is very common for Guamanians to carry along a small bottle of tabasco in their purses and have an emergency bottle in their cars.

"Chamorro's love hot and spicy flavors that are added on before eating, not during the process of cooking," he added. "Guam's fixation with Tabasco is believed to have started during Word War II when the Americans brought it over to Guam as a flavor kicker."

Guam's love of the world-renowned hot sauce may be rivalled only by its taste for Spam. It's something Tabasco and Spam took into account when they united to create a line of Hot & Spicy Spam products that bear the logos of both companies. Now sold worldwide, the product debuted right here, "where America's day begins" and came with a recipe for Spam fried rice from Guam-based Shirley's Coffee Shop, according to Bengco.



Market Wholesale Distributors, Inc. took a survey of some of the most popular ways on island to consume America's favorite hot sauce. Here's what they came up with:

- Tabasco fried rice – You can't make the perfect fried rice without the dynamic duo: Hot and Spicy Spam and Tabasco.
- As an ingredient in barbecue marinade – used to marinate everything including chicken, beef, fish, sausage, pork, oysters, and more. (The basic marinade is soy sauce and lemon or vinegar with tons of onions, garlic, and black pepper. From there, everyone adds their own special ingredients and tabasco tops the list.)
- As an ingredient in kelaguen - A popular dish at fiestas and elsewhere that consist of meat, fish or seafood cooked entirely or in part in lemon or other citric juice.
- Tabasco with (canned) corned beef and cabbage – a much-lived local dish of corned beef stir fried with cabbage and a dash of Tabasco. And why not ...



TABASCO CHICKEN FRIED RICE

Ingredients

- Chicken breasts, cut into thin strips
- Soy sauce (or fish sauce)
- Olive oil
- Onion, chopped
- Garlic clove, finely chopped
- Egg, lightly beaten
- Sugar
- TABASCO® brand Garlic Pepper Sauce
- Rice, cooked
- Frozen green peas, thawed
- Scallions, chopped

Measure

- 3 ea.
- 2-3 Tbsp.
- 2 Tbsp.
- 1 ea.
- 2 ea.
- 1 ea.
- 1 Tbsp.
- 1 tsp.
- 3 cups
- 1 cup
- 4 ea.

Directions

1. Place chicken in a small bowl and toss with soy (or fish) sauce.
2. Heat a large skillet over medium-high heat. Add the oil and then the onions and cook 3 minutes. Add the garlic and cook another minute.
3. Add chicken, reserving the soy (or fish) sauce. Let the chicken cook until just starting to brown; then add the egg and cook for 30 seconds.
4. Add the reserved soy (or fish) sauce, sugar, TABASCO® Garlic Pepper Sauce and rice. Stir in the green peas and cook for 1 minute until the peas are heated through.
5. Stir in the scallions and serve with additional soy sauce.



- Tabasco Foodservice

- Stripes Guam



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lickin' good"*

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GUAM EDITION

SEPTEMBER 3, 2021



Twitter/Haley Carter

Afghan women's national soccer team athletes, officials and family members are evacuated from Afghanistan in this photo from former coach and Marine veteran Haley Carter's Twitter feed.

Escape from Afghanistan

Marine veteran helps women's national soccer team flee to Australia **Page 2**

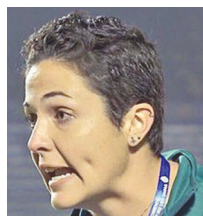
COVER STORY

Vet helps soccer team escape Afghanistan

By J.P. LAWRENCE
Stars and Stripes

A Marine veteran joined forces with five other women worldwide to help pull off the escape of dozens of female soccer players from the Afghan national team to Australia, along with relatives and team staff.

“Never underestimate the power of six women with smartphones,” said Haley Carter, who was a goalkeeping coach for the Afghan women’s team after service in the Marine Corps had brought her to Iraq and Southeast Asia.



Carter

Carter is one of thousands of veterans helping Afghans fearful of the new Taliban regime flee the country.

The country’s women’s soccer team had been celebrated as a symbol of hope for an Afghanistan more tolerant of women’s freedoms.

But the Taliban’s takeover of Afghanistan sparked fears that they would return to the harsh ways of governing and hard-line limitations on the rights on women that marked their regime in the 1990s.

Some members of the Afghan women’s soccer team have already been threatened by the Taliban, Carter said by phone.

“Never underestimate the power of six women with smartphones.”

Haley Carter

Marine veteran and goalkeeping coach

Carter said she began working around the clock to evacuate 86 people, including players, staffers and their families. She was part of a group with Khalida Popal, the former captain of Afghanistan’s women’s soccer team; Kelly Lindsey, the team’s former coach; and three human rights lawyers who helped apply for visas.

Popal, who lives in Denmark, told British newspaper The Guardian that in order to escape the ire of the Taliban, the women were advised to burn their national team shirts and scrub their social media accounts of all references to their sport.

“It is so painful for me to use these words, telling them that the jersey they have earned, their national identity, has to go,” Popal said.

The women had to make a harrowing, multiday journey to get through massive crowds and Taliban checkpoints to their airport gate and onto their flight out, Carter said.

Several of the women were beaten, robbed or touched inappropriately, she said.

None of the six women assisting the players got much sleep, Carter said. The six of them had to rally the players’ spirits amid the chaos at the airport.

They tried to find someone willing to go out and bring the players safely through the crowds, but no one did, Australian human rights lawyer Nikki Dryden said in an interview with the Australian Broadcasting Corp. She was among the six women aiding the escape.

“They all made it to the front of the gate themselves,” Dryden said. “The only thing we could keep telling them was push forward, push forward, stay in the line, don’t move. And they did it. Every single one of them that’s going to make it to Australia did it on their own. We gave them a hand, but they did it on their own.”

Carter said the players and their families flew out of Kabul on Aug. 24 on an Australian government flight and will be resettled in Australia as refugees.

A former team captain, Shabnam Mobarez, welcomed news of the players’ safety, but said the fact that they needed to leave

for playing soccer was “heartbreaking” for her.

“They’re forced to leave because of something so beautiful, because they played football,” Mobarez said in a phone call from Denmark. “We started this whole journey about football with a dream, but this dream has turned into a nightmare.”

The players’ departure came just two days before a bomb detonated at the airport, killing more than 100 Afghan civilians and 13 U.S. service members, including 10 Marines, CBS News reported.

The bombing made Aug. 26 the deadliest day for U.S. forces in Afghanistan since August 2011. Carter said the attack struck a heavy emotional blow that she cannot process.

Like others trying to evacuate Afghans, she has been in “crisis mode” and “problem-solving” mode for a week and is running on “emotional fumes.”

Despite the triumph of the successful escape, her assessment is tempered by the prospects for others in Afghanistan.

“While I am immensely grateful we were able to accomplish what we did, I am equally devastated at the things we might not be able to accomplish,” she said.

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Facebook, Afghanistan Women's National Soccer Team

The Afghan national women's soccer team pose for a photo during a tournament in November 2019. Eighty-six players, officials and family members were evacuated from Afghanistan to Australia.

MILITARY

Marine Raider receives Navy Cross for acts in Iraq

By COREY DICKSTEIN
Stars and Stripes

CAMP LEJEUNE, N.C. — The beauty of the sun-filled sky over the mountains of northern Iraq quickly melted away as Staff Sgt. Nicholas Jones, an elite Marine Raider, heard the troubling radio calls — American troops were down and they needed immediate help.

Jones, who was accompanying Iraqi forces on a mission to clear Islamic State militants from cave complexes, immediately knew the mission on that day — March 8, 2020 — had changed to a recovery operation. For hours, as ISIS bullets rained down near him and others, Jones worked to help his wounded comrades escape, fight off the ISIS attackers, and recover the bodies of his two fallen fellow Marine Raiders — Gunnery Sgt. Diego D. Pongo and Capt. Moises A. Navas.

“I heard mass chaos behind me — quick calls coming in through the radio with very little details, until those piercing calls came through, saying an [American] was down,” Jones recalled Aug. 26 after he was awarded the Navy Cross for his valor that day in a ceremony at the Camp Lejeune, N.C., home of Marine Forces Special Operations Command. “Something inside me told me I needed to go now. I needed



Marine Raider Staff Sgt. Nicholas Jones, left, is presented the Navy Cross by Gen. David Berger, the Marine Commandant, at Camp Lejeune in North Carolina.

COREY DICKSTEIN/Stars and Stripes

to turn and get there as quickly as I could ... This is when I realized our objective had changed.”

The battle was fierce, according to the award citation for

Jones’ Navy Cross, the second highest military award for battlefield heroics. For Jones, it was also life-changing.

Hours into the firefight and

after he had already led two offensives in an attempt to push back the enemy fighters, Jones was shot through the leg as he mounted a third attack, accord-

ing to the citation. He kept fighting anyway, refusing medical attention.

That wound will ultimately end his Marine Corps career, he said. He is in the process of ending his 11 years in the military by medically retiring from the Marines after he spent time recovering at Walter Reed National Military Medical Center in Bethesda, Md.

He became the eighth Marine Raider to receive the Navy Cross since the group’s founding in 2006, according to the Corps.

Top Marine commanders praised Jones for his actions in the Iraqi mountains last year, which they credited with saving several lives, and for his dedication to bettering himself throughout his military career.

Despite the praise, Jones said the losses of Pongo and Navas continued to weigh heavily on him.

“To be honest, this award will forever be ingrained in my mind as the day that I failed — as the day that I lost two of my teammates,” Jones said, growing emotional. “It was the day that I was not able to accomplish the mission at hand. But to much of the world I’m a hero for trying.”

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Triathlete found inspiration treating wounded Iraq, Afghanistan veterans

By SETH ROBSON
Stars and Stripes

TOKYO — Survivors of horrific battlefield injuries inspired a former Army officer to overcome the loss of her leg and travel to Tokyo to race at the Paralympics.

Triathlete Kelly Elmlinger, 42, of Attica, Ohio, spent seven years nursing wounded warriors at Brooke Army Medical Center in San Antonio.

The former enlisted medic with the 82nd Airborne Division deployed once to Afghanistan and twice to Iraq between 2002 and 2005, then nursed troops with severe combat wounds at the hospital from 2011 to 2018.

On the orthopedic floor, Elmlinger cared for wounded soldiers with multiple amputated limbs as they went in and out of surgery, she recalled by phone from Hawaii, where she was training on her way to the Games.

“When we were working with them they were at the acute stage of injuries and weren’t even fitted for prosthesis,” she said.

As a medic, Elmlinger gave first aid to injured troops downrange. She recalled pulling

wounded soldiers out of a CH-47 Chinook helicopter that went down in Iraq in 2003.

“We had to drag people out of the aircraft,” she said. “There were many who didn’t make it and those who did were significantly injured.”

Rehabilitated troops often dropped in on the nurses in San Antonio to thank them and show off their progress. Elmlinger said she was impressed by what they were able to do with the help of a prosthesis and therapy, which always involved sports.

“The military in general looks at adaptive sports as the best form of rehabilitation and therapy,” she said.

Elmlinger had a good idea of the challenge she faced after she was diagnosed with synovial sarcoma, a rare, soft-tissue tumor found in her lower leg, next to her tibia, in 2013, she said.

“I immediately knew, given where it was on my leg, what was going to have to happen in terms of rehabbing it,” she said.

The experience helping others recover from serious injuries was an advantage, Elmlinger said.

“I felt grateful that I had all

these men and women who I took care of that kind of showed me the way,” she said. “I drew on my experience with them, and it gave me a sense and feeling of it’s going to be OK.”

The path to physical fitness wasn’t easy.

Elmlinger’s leg was amputated below the knee, and she retired from the Army as a captain in 2018, the same year she did her first triathlon.

She excelled in the race, which includes a 750-meter swim, 20-kilometer bike ride and 5-kilometer run. She was so fast that by the end of the year she was among the top triathletes in the United States.

“It’s something I didn’t think was going to be possible given the ups and downs of all my medical stuff,” she said.

The race was more challenging than usual for Elmlinger. Some competitors have hand, rather than leg, amputations and won’t need to put on a prosthesis after the swim section of the event.

“I’m losing 45 seconds because I’m having to be helped to put my leg on and transition to my bike,” she said.



MARCY SANCHEZ/U.S. Army

Triathlete Kelly Elmlinger, 42, of Attica, Ohio, spent seven years nursing wounded warriors at Brooke Army Medical Center in San Antonio. The Army veteran competed in the Tokyo Paralympics.

Athletes arriving for the Paralympics faced the same red tape Olympians faced when they arrived in Japan in July, including daily coronavirus tests and restrictions on movement.

“If that’s what I have got to do to represent my country so be it,”

Elmlinger said.

In her Paralympic debut, she finished seventh in the women’s PTSS category Aug. 28 with a time of 1:17.28.

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MILITARY

USAF major looks to inspire more women to be pilots

Guam native uses pageant wins to promote opportunities in aviation

By JONATHAN SNYDER
Stars and Stripes

An Air Force officer with a sideline as a pageant competitor is using her spotlight to promote opportunities for women in aviation.

Maj. Raliene Banks won her third title, Mrs. Regency International, last month in Las Vegas.

Born and raised on Guam, Banks entered the Air Force in 2008 as a pilot and has flown the C-17 Globemaster, RQ-4 Global Hawk and KC-135 Stratotanker during her career. Now she works at the Pentagon as deputy chief of agile combat employment.

"I didn't apply for the Air Force until I had already graduated from college, and I had a job lined up already with the Federal Aviation Administration to be an air traffic controller," Banks told Stars and Stripes by phone. "In 2007 was when I was notified I was selected for pilot training, that was probably one of the best days of my life."

Everything changed for her in 2019 when she was diagnosed with Graves' disease, an autoimmune disorder that affects the thyroid. That has grounded her Air Force flying career, at least temporarily.

"I thought to myself, what else can I do with everything that I know and the expertise that I have, with what I'm going through with Graves' disease," she said. "I saw other women on social media who were friends of friends that competed in pageantry, and I thought to myself, that looks like fun."

Since then, Banks has used pageantry as an outlet to promote and encourage women in aviation.

"When I first started pageantry, my platform was solely based off aviation and trying to get more women into the career field, because only 6% of pilots are female and that number is just so low," she said.

Banks has participated in five competitions, so far, and has also been crowned Ms. Virginia North America 2021 and Mrs. Guam Petite 2020.

She won the Mrs. Regency International Pageant on July



Raliene Banks

Air Force Maj. Raliene Banks won the Mrs. Regency International Pageant on July 31, with her husband, Maj. Joshua Banks, there to support her.

31, with her husband, Maj. Joshua Banks, there to support her.

The Regency International Pageant attracts contestants from across the United States and the world. Representatives from countries such as the United Kingdom, Australia, Philippines, Mexico and Cayman Islands have competed in interview, photogenic, fun fashion and evening gown competitions for the coveted Regency International crowns.

Banks said she speaks to people about their ambitions while encouraging and inspiring them to achieve their goals regardless of their backgrounds. From that, she created her pageantry platform, Take FLIGHT Today.

The purpose of Take FLIGHT Today is threefold, Banks said. It aims to empower women, promote aviation and educate others on how to promote resiliency within their communities.

"I volunteered with Girls Day in Aviation back before COVID," she said. "I also chaired The Ninety-Nines' Let's Fly Now program that provides free introductory flights to women."

The Ninety-Nines is a nonprofit, international organization



Regency International Pageant

Air Force Maj. Raliene Banks, center, won her third title, Mrs. Regency International, in Las Vegas on July 31.

"When I first started pageantry, my platform was solely based off aviation and trying to get more women into the career field, because only 6% of pilots are female and that number is just so low."

Maj. Raliene Banks

of licensed female pilots from 44 countries with its headquarters in Oklahoma City, according to its website.

While she is unable to fly for the Air Force, Banks can still fly civilian aircraft.

"Women in Aviation International recently gave me a scholarship to do certified flight in-



Raliene Banks

Banks, a former Air Force pilot, works at the Pentagon as deputy chief of agile combat employment.

structor training," she said.

Women in Aviation International is an American nonprofit organization that provides networking, education, mentoring and scholarship opportunities for women and men in careers in the aviation and aerospace industries.

"If everything goes well and I go into remission, I can apply for a waiver to go back to flying for the Air Force," Banks said. "And that's what I'm really hoping for."

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MILITARY



ZACHARY BODNER/U.S. Marine Corps

A U.S. Marine Corps F-35B Lightning II stealth fighter prepares to launch from the HMS Queen Elizabeth on the Pacific Ocean on Aug. 20.

UK aircraft carrier swaps F-35B stealth fighters with US ship in Pacific exercise

By ALEX WILSON
Stars and Stripes

The HMS Queen Elizabeth recently traded F-35B Lightning II stealth fighters with a U.S. amphibious assault ship at sea, another first for the U.K. aircraft carrier on its first operational deployment, according to the U.S. Marine Corps.

The USS America and the Queen Elizabeth held a cross-deck training exercise last week near the Hawaiian Islands, the first time the two flagships and their groups have worked together.

The America, homeported at Sasebo Naval Base, Japan, its amphibious ready group and elements of the 31st Marine Expeditionary Unit have been at sea since June, according to the Navy.

The Queen Elizabeth, carrying 18 F-35Bs — 10 of which are from a U.S. Marine Corps squadron — is making its way to Japan for scheduled port calls in September. Its first patrol is expected to cover 26,000 nautical miles over 7½ months and 40 nations.

As part of the Navy's Large-Scale Exercise 2021, the Queen Elizabeth launched F-35Bs, built for short take-offs and vertical landings, that the America recovered, reloaded, refueled and relaunched, according to a Marine Corps press

release.

The operation highlighted a change in modern warfare, said Marine Corps Col. Simon Doran, U.S. senior national representative to the U.K. strike group.

"The [exercise] underscored our continued effort to shift away from static, built-up airfields toward distributed maritime operations," he said in the news release.

The two groups trained through several other scenarios, including anti-submarine and surface warfare, large-formation maneuvers and aviation drills, according to a news release from the U.S. Navy's 7th Fleet.

"These events allow us to work with an unmatched network of partners and allies in a complex environment, supporting the common goal of a free and open Indo-Pacific," Rear Adm. Chris Engdahl, commander of Expeditionary Strike Group 7, said in the release.

The blended air wing aboard the Queen Elizabeth includes F-35Bs from Marine Fighter Attack Squadron 211 and the Royal Air Force's No. 617 Squadron.

"The U.K. Carrier Strike Group offers the largest fifth-generation air wing afloat today, and working with our close allies to develop operating pro-

cedures and capabilities while concurrently showcasing the agility of land and carrier-based aviation in the Indo-Pacific demonstrates our commitment to the region," said Commodore Steve Moorhouse, the strike group commander, said in the news release.

During a news conference, Moorhouse said Indo-Pacific exercises differ from those in the North Atlantic or Mediterranean because they focus primarily on multiple-threat scenarios.

That presents a chance to learn to balance traditional surface and underwater threats with space and cyber elements.

The ability of the two nations' F-35Bs to communicate seamlessly highlighted the advantage of allied forces integrating their technology and communications, Moorhouse said.

Failure to do so would be like "fighting with one hand behind your back," he said.

The Queen Elizabeth in the Indo-Pacific marks the United Kingdom's first military presence in the region in 25 years. The ship has completed several firsts since its departure from the U.K. in May, including an exercise with the aircraft carrier USS Ronald Reagan in July.

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New vaccine policy in Guam to begin Sept. 6

By MATTHEW M. BURKE
Stars and Stripes

The territorial government on Guam is imposing a proof-of-vaccination policy for myriad activities, from movie theaters to ocean cruises, starting Labor Day.

Gov. Lou Leon Guerrero signed an executive order requiring businesses and large gatherings to check for proof of vaccination from clients and participants ages 12 and older. Anyone without proof will be denied service, according to the order.

About 80% of the island's 169,000 people are vaccinated. But tens of thousands of people remain unvaccinated, "which renders them still vulnerable to infection, to suffering severe symptoms once infected and to infecting others," Guerrero wrote in her order. "It is beyond reasonable dispute that these vaccines save lives."

The commander of Andersen Air Force Base in August relaxed prohibitions on service members at Andersen visiting clubs, bars and lounges and lifted limits on gatherings, according to a post on Andersen's official Facebook page. Brig. Gen. Jeremy Sloane had imposed those restrictions amid a rising spate of new coronavirus infections.

"We have successfully plateaued the rise in COVID-19 cases" on the base, Sloane wrote on Facebook. But, he added, "the island continues to experience a high number of positive cases."

Sloane asked service members at Andersen to maintain mask discipline and make smart decisions when it comes to large

gatherings and confined spaces like bars.

About 76% of Defense Department employees including service members on the island are vaccinated, Joint Region Marianas spokeswoman Lt. Cmdr. Katie Koenig wrote in an email to Stars and Stripes.

Guam's proof-of-vaccination policy takes effect Sept. 6, according to the territory's Department of Public Health and Social Services.

The policy affects anyone involved in a business or activity, including staff, employees, patrons and participants. It covers organized contact sports and competitions, theaters, museums, gyms, fitness centers and dance studios, as well as shopping malls, food courts, bowling alleys, concerts and other large gatherings. Also included are eating and drinking establishments with in-person, indoor and outdoor dining, except those at school facilities.

The vaccination status of each individual must be verified prior to entry, the memo said. Written "self-attestation," or vouching for oneself, will not be accepted as proof.

Acceptable proof includes a Centers for Disease Control and Prevention card, a copy of the card, a photo of the card on a phone or other electronic device, documentation from a healthcare provider, printed WEB-IZ documentation or a personal, digital COVID-19 vaccine record, according to the department memo.

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U.S. Navy

A Navy hospital corpsman administers a COVID-19 vaccine to a fellow medical worker earlier this year at Naval Base Guam.

VETERANS

Veteran study ties virus, suicidal thoughts

By KARIN ZEITVOGEL
Stars and Stripes

Veterans who have had COVID-19 were more than twice as likely to contemplate suicide during the pandemic as those who never had the illness, a study published Aug. 25 found.

Overall, however, veterans were less likely to have suicidal thoughts during the pandemic than they were before it, said the study, which was published in JAMA Psychiatry.

The study was “one of the first ... to find an independent link between COVID-19 infection and suicidal ideation,” said lead author Brandon Nichter, a Defense Department clinical psychologist.

Suicidal thoughts after COVID-19 infection could be driven by physical issues, such as inflammation of the brain or changes to the body’s immune response, which scientists believe may be caused by the virus, the study said. Social factors, including increased feelings of isolation and loneliness, or financial stress felt during the pandemic could also be factors.

Veterans whose primary health care source was a Veterans Affairs hospital were more likely to say they had thought about suicide.

Among the nearly 3,100 veterans who took part in the study, the prevalence of suicidal thoughts fell from 10.6% prior to the pandemic to 7.8% 10 months into it,



SAMUEL KEENAN/National Guard

Army veteran Skip speaks to his family with an iPad last year at Holyoke Soldiers Home in Holyoke, Mass., where he was in isolation due to COVID-19. Using technology to connect with others during isolation is thought to be one reason why suicidal thoughts among veterans fell during the pandemic, a study says.

bucking predictions that coronavirus lockdowns and limits on travel and gatherings could leave veterans feeling lonelier and increase suicidal behaviors among them, the study said.

Veterans are considered a high-risk group for loneliness and tend to have

more mental illness, such as post traumatic stress disorder, and previous suicide attempts than other groups — all of which increase suicidal thoughts.

The drop was seen mainly among veterans ages 18 to 64, possibly because they are better at using “virtual technologies

(e.g., FaceTime, Zoom) to solicit support during the pandemic,” said one of the study’s authors, Dr. Robert Pietrzak, director of the main lab involved with the research at the U.S. Department of Veterans Affairs’ National Center for PTSD.

But even among veterans over 65, who “were already at high risk for loneliness,” suicide ideation declined during the pandemic, the study said.

That could be because veterans’ lifetime exposure to trauma, including in combat, is greater than other groups’ and “may have helped ‘inoculate’ them to be better able to endure periods of prolonged stress,” Pietrzak said in an email.

It may also be linked “to a ‘pulling together’ phenomenon that has previously been observed in natural disasters and periods of war,” he said. “Societies (tend to) pull together during times of national crisis, which may have helped to promote social connectedness and mitigate risk of suicide ideation during the pandemic.”

The veterans surveyed may have under-reported suicidal behavior because of the stigma attached to it, the researchers warned, adding that they want to follow individuals with COVID-19 infection over time to study the long-term impact of the illness on suicidal ideation, depression and PTSD in veterans.

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New law would allow vets with PTSD to get service dogs from VA

By NIKKI WENTLING
Stars and Stripes

WASHINGTON — President Joe Biden signed a bill into law that will allow some veterans with mental health conditions to receive service dogs.

The new law orders the Department of Veterans Affairs secretary to develop and launch a five-year pilot program that provides service dog training to benefit veterans diagnosed with post-traumatic stress disorder. Previously, the VA only covered some costs of service dogs for veterans with certain physical disabilities, such as blindness, hearing impairment and mobility issues — but not mental health conditions.

Biden signed the bill Aug. 25 in the Oval Office. Rep. Elissa Slotkin, D-Mich., who led the legislation through Congress, attended the ceremony.

“I’ve had the chance to visit with veterans and their service dogs in my district, and it couldn’t be clearer how service dogs make life better for our veterans,” Slotkin said in a statement. “From waking them from PTSD-related nightmares, helping them open doors, or finding an exit in a crowded space, it can be transformational.”

The Puppies Assisting Wounded Servicemembers for Veterans Therapy Act, or PAWS Act, requires the VA to start the pilot program in early 2022, and it must be carried out by at least five VA medical centers. The facilities will partner with accredited service dog organizations to perform the training.

There’s a chance the program could extend beyond five years. When the five years are up, the VA must report back to Congress about whether it should be extended or made permanent. If it does continue, lawmakers will consider expanding the program to include veterans with mental health conditions other than PTSD.

Mental health service dogs are task-trained to assist people with PTSD, panic disorders, anxiety disorders, depression and other conditions. They can retrieve medication, bring their partner an emergency phone, call 911 or a suicide hotline with a K9 rescue phone, turn on lights and help with emotional overload, among other things.

Some lawmakers and advocates have pushed the VA for years to help veterans with PTSD cover the costs of training service dogs. The department

maintained there wasn’t enough scientific evidence showing dogs helped treat PTSD and its symptoms.

Congress directed the VA to conduct a study on the issue in 2010. The initial results were published in March. The study found veterans paired with service dogs experienced a reduction in the severity of their PTSD symptoms, and they exhibited fewer suicidal behaviors and ideations.

More results of the study, including its cost-effectiveness as a treatment for PTSD, are expected to be published in September.

“The research is clear on the range of benefits a service dog can provide for veterans experiencing those kinds of symptoms, which is why we’re thrilled to see this pilot program become law,” Christine Myran, executive director of the nonprofit Blue Star Service Dogs, said in a statement. “Providing support to our veterans is essential for helping with their transition back to civilian life, and this law will make a real difference for those making that journey.”

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JOE GROMELSKI/Stars and Stripes

Veteran David Crenshaw and his service dog, Doc, appear at a Capitol Hill news conference to promote House bill, H.R. 1022, the Puppies Assisting Wounded Servicemembers Act, or PAWS Act, on March 3.

MILITARY

Navy program uses smart watches, rings to track sleep

By CAITLIN DOORNBOS

Stars and Stripes

SAN DIEGO — The Navy is asking some sailors to wear devices such as smart watches and smart rings to monitor their sleep after exhausted ship crews was found to be a leading cause behind two collisions involving destroyers that left 17 sailors dead, according to the Naval Health Research Center.

The new devices, called “wearables,” are part of a new push to develop a “digital real-time fatigue monitoring and management capability for the fleet” that can be used to optimize watch-bill scheduling and staffing decisions based on sailors’ fatigue risk, said Rachel Markwald, a sleep and human performance research physiologist at NHRC, which studies medical and psychological factors that affect sailors’ performance and readiness.

“You can’t manage what you’re not monitoring,” Markwald said. “So, if you imagine a department head who’s looking at a dashboard with their crew and you can see who’s well rested versus who’s not, then you can basically pull out from that if someone has a high fatigue level because of sleep deprivation.”

The use of smart devices in the program will help record more accurate data than the self-reported surveys used in previous sleep studies done by the center at Naval Base Point Loma in San Diego, Markwald said.

The devices are worn as a watch or a ring and collect the user’s movement and heart rate data to determine when and for how long the person sleeps, similar to an Apple Watch.

“You can’t manage what you’re not monitoring.”

Rachel Markwald

sleep and human performance research physiologist at NHRC

“(Wearables) are going to get closer to the truth,” she said. “In our other sleep studies that we’ve conducted at NHRC, we see this reoccurring theme where people tend to overestimate the time that they slept or the time in bed that they had.”

So far, the NHRC has conducted trials twice with the crew of the USS Essex, a landing helicopter dock ship, Markwald said. They also plan to use the smart devices on the guided-missile destroyers USS Fitzgerald and USS Higgins and littoral combat ship USS Manchester. All of the ships are homeported in San Diego.

If the pilot program goes well, Markwald said she could foresee a time when all sailors will wear the devices so ship commanders and schedule-makers could use the daily sleep data to determine who might not be rested enough to safely drive the ship.

The Navy has been doubling down on its efforts to address sailor exhaustion after a comprehensive review published in November 2017 found fatigue played a role in two fatal collisions that year.

On June 17, 2017, the USS Fitzgerald collided with a Philippine-flagged container ship off



PHOTOS BY CAITLIN DOORNBOS/Stars and Stripes

Rachel Markwald, a sleep and human performance research physiologist for the Naval Health Research Center in San Diego, wears a smart ring used to assess sailor fatigue. “(Wearables) are going to get closer to the truth,” Markwald said.



A cellphone app displays data pulled from smart devices that analyze sleep patterns. The Navy has been doubling down on efforts to address sailor exhaustion.

Japan’s southern coast, killing 7 sailors. Two months later, 10 sailors died when the USS John S. McCain collided with a Liberian tanker near the Strait of Malacca between Malaysia and Singapore.

Markwald said that’s why the new study is more than just a health study on sleep, but “it’s an operational risk management tool.”

“One of the things you want to do in an operational risk management approach is identify hazards or threats, and then you assess the level of risk associated with that hazard,” Markwald said. “So, if we think about it like sleep deprivation is the hazard, which it is, what’s that level of risk?”

Following the review on the deadly crashes, the Navy issued

an instruction directing leaders to ensure sailors get a minimum of 7 hours of sleep per day that’s mostly uninterrupted to support better sleep cycles for restfulness.

Naval Surface Force Pacific and Naval Surface Force Atlantic then updated that policy in December, ordering “sailors must be given the opportunity to obtain a minimum of 7.5 hours of sleep per 24-hour day.”

However, Markwald co-authored a report in June using self-reported data and sleep deficiency that found sailors report getting an average of 5.5 hours of sleep per day, primarily due to their workloads.

The June report found the policy changes represented “important progress towards improving sleep while underway,” but said “optimizing workload scheduling may further help to enhance sleep in this environment,” which the new pilot program aims to accomplish.

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PETA: Cobra blood is off the training menu for US troops

By MATTHEW M. BURKE

Stars and Stripes

The animal rights group People for the Ethical Treatment of Animals declared victory after the practice of drinking the blood of cobras was axed from the multinational Cobra Gold military exercise in Thailand.

Killing the snakes to demonstrate a jungle survival technique was scuttled at the exercise earlier this month, PETA announced, citing unnamed Thai military sources. The nonprofit, based in Norfolk, Va., spent years lobbying against a practice it called “frat boy-style barbarity.”

Images of beheaded snakes, their blood dripping onto the tongues of eager young

Marines, were publicized by the Defense Department itself.

“We are proud that after PETA’s intensive campaigning, Thai and U.S. armed forces made the ethical and safe decision to not kill any animals during this year’s Cobra Gold exercises, apparently for the first time in the event’s history,” PETA vice president of international laboratory methods Shalin Gala wrote in an email to Stars and Stripes. “This move means that this year, troops were no longer made to eat live animals or drink the blood of beheaded snakes, which is a win-win, sparing animals and protecting public health.”

The III Marine Expeditionary Force,

which is based in Okinawa, Japan, and usually participates in Cobra Gold, did not respond to an email seeking comment.

PETA began campaigning in 2020 against the military killing cobras at Cobra Gold after the images came to their attention, Gala said. The group discovered that troops and instructors also killed chickens with their bare hands, skinned and ate live geckos and ate live scorpions and tarantulas.

Gala said the group was concerned about the poor treatment of animals, but also about the health of the service members.

The practice poses “a serious zoonotic disease threat,” a group of 19 military

veterans and PETA supporters wrote to Defense Secretary Lloyd Austin on July 22.

“The World Health Organization has warned that ‘an estimated 70% of emerging and re-emerging pathogens’ — such as those that have caused the current COVID-19 pandemic, along with Ebola, Zika, SARS, MERS, smallpox, tuberculosis and others — originated in animals,” the letter said. “It’s irresponsible to jeopardize our service members’ health and safety during these bloodlust exercises.”

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MILITARY

Military’s first 3D-printed barracks unveiled

By ROSE L. THAYER
Stars and Stripes

CAMP SWIFT, Texas — Texas National Guard members will be the first in the military to sleep in barracks constructed through 3D printing at a training base near Bastrop.

The 3,800-square-foot building was constructed in less than a year at one-third of the cost of traditional construction barracks, and it will soon house up to 72 Guard members at a time, said Maj. Gen. Tracy Norris, adjutant general of the Texas Military Department.

“It’s rapid deployment, flexibility, affordability and sustainability,” she said during a ribbon-cutting ceremony, speaking alongside Sen. John Cornyn, R-Texas, and Evan Loomis, the co-founder of ICON, the company that constructed the barracks.

Neither the National Guard nor ICON would say what it cost to build the barracks. However, the Guard said that a 7,200-square-foot barracks built with traditional construction methods at Camp Bowie cost about \$3 million to design, collect bids and build.

A 3D printer uses a digital design to deposit thin layers of material over and over until it forms a physical object. In this case, a massive printer deposited layers and layers of concrete to create walls on a concrete slab that were later filled with insulation to form the barracks building.

The bay-style structure at Camp Swift, complete with communal bathrooms and showers, bore the horizontal lines created by the massive machine that methodically printed the building between Dec. 10 and April 2. ICON topped the structure with a roof in May, and officials claimed it is the largest 3D-printed structure in North America.

“Giving our soldiers a safe and secure place to lay their heads at night is part of military readiness,” Cornyn said. “We’ve got some old stuff, and we need to replace it with newer, more modern and more efficient facilities. This technology that ICON has demonstrated here will provide



PHOTOS BY ROSE L. THAYER/Stars and Stripes

The Texas National Guard unveiled a new barracks facility at Camp Swift, Texas, constructed using 3D-printing technology. The barracks can house up to 72 soldiers and cost about one-third of the price of a traditional barracks, officials said.



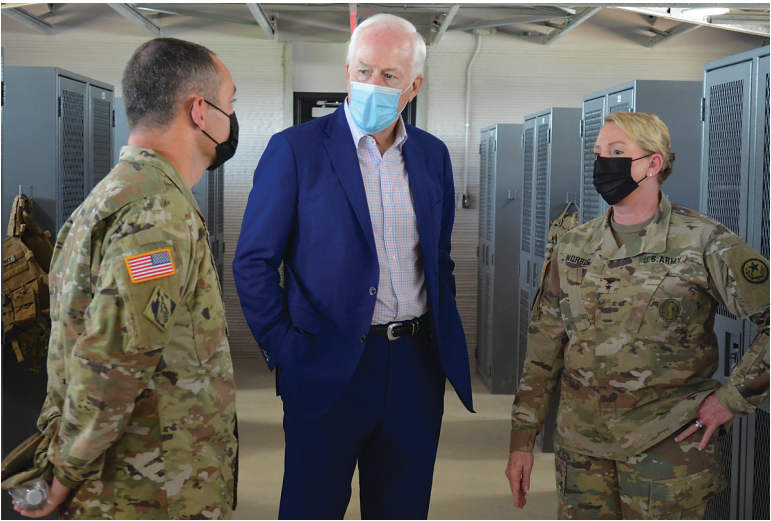
The barracks can house up to 72 soldiers and costs about one-third of the price of a traditional barracks, officials said.

our military with the ability to quickly build resilient and energy efficient structures, while saving taxpayer money.”

The senator said he would like to see how the technology could

evolve to build larger facilities and potentially long-term housing on military bases where the facilities are outdated or overcrowded.

The new barracks at Camp



Sen. John Cornyn, R-Texas, speaks with leadership of the Texas Military Department about the barracks at Camp Swift that employed 3D printing construction.

Swift will be used for troops visiting the base for training.

The construction materials and design of the building make it much more capable of withstanding significant weather and less likely to succumb to some of the conditions seen in traditional barracks buildings, such as mold, Loomis said.

“One of the wonderful opportunities that you’re given when you design something in the digital world, and you deliver it with technology, is you can control the dimensions, you can control the materials, you can control the internal walls and structures,” he said. “A lot of the issues that are associated with mold or water intrusion or poor air quality is just bad design. When you can control the design digitally, you

can deliver a superior structure.”

Texas National Guard plans to build more 3D-printed barracks at Camp Swift, Camp Bowie, Camp Maxey and potentially Camp Mabry, where the Guard is headquartered in Austin, Norris said.

Loomis didn’t offer an exact lifespan for the building, but he said concrete has been used in construction for thousands of years. The company’s oldest building was constructed in 2018. The concrete used for the barracks is ICON’s proprietary blend that is adjusted through on-board computers that monitor the weather conditions while printing the structure.

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