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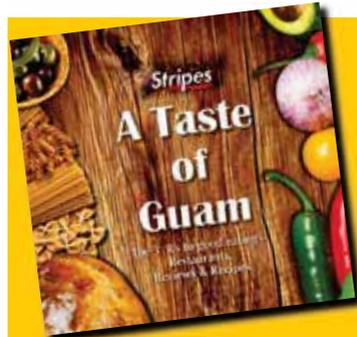
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# Exploring Milford Sound New Zealand

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A boat trails in another's wake at New Zealand's Milford Sound. Erin E. Williams / For the Washington Post

## UCT 2 helps rescue passengers after plane crash

BY CHIEF MASS COMMUNICATION SPECIALIST MATTHEW R. WHITE,  
30TH NAVAL CONSTRUCTION REGIMENT

**SANTA RITA** – After responding and rendering aid to the passengers and crew of Air Niugini flight PX56 following its crash landing in Chuuk, Federated States of Micronesia Sept. 28, Sailors from Underwater Construction Team 2 continued their humanitarian efforts by donating blood to the injured.



SEE RESCUE ON PAGE 10

Sailors from Underwater Construction Team 2 assist local authorities in shuttling passengers and crew of Air Niugini flight PX56 to shore after the plane crashed into the sea on its approach to Chuuk International Airport on Sept. 28. Photo by Lt. Zach Niezgodski, U.S. Navy

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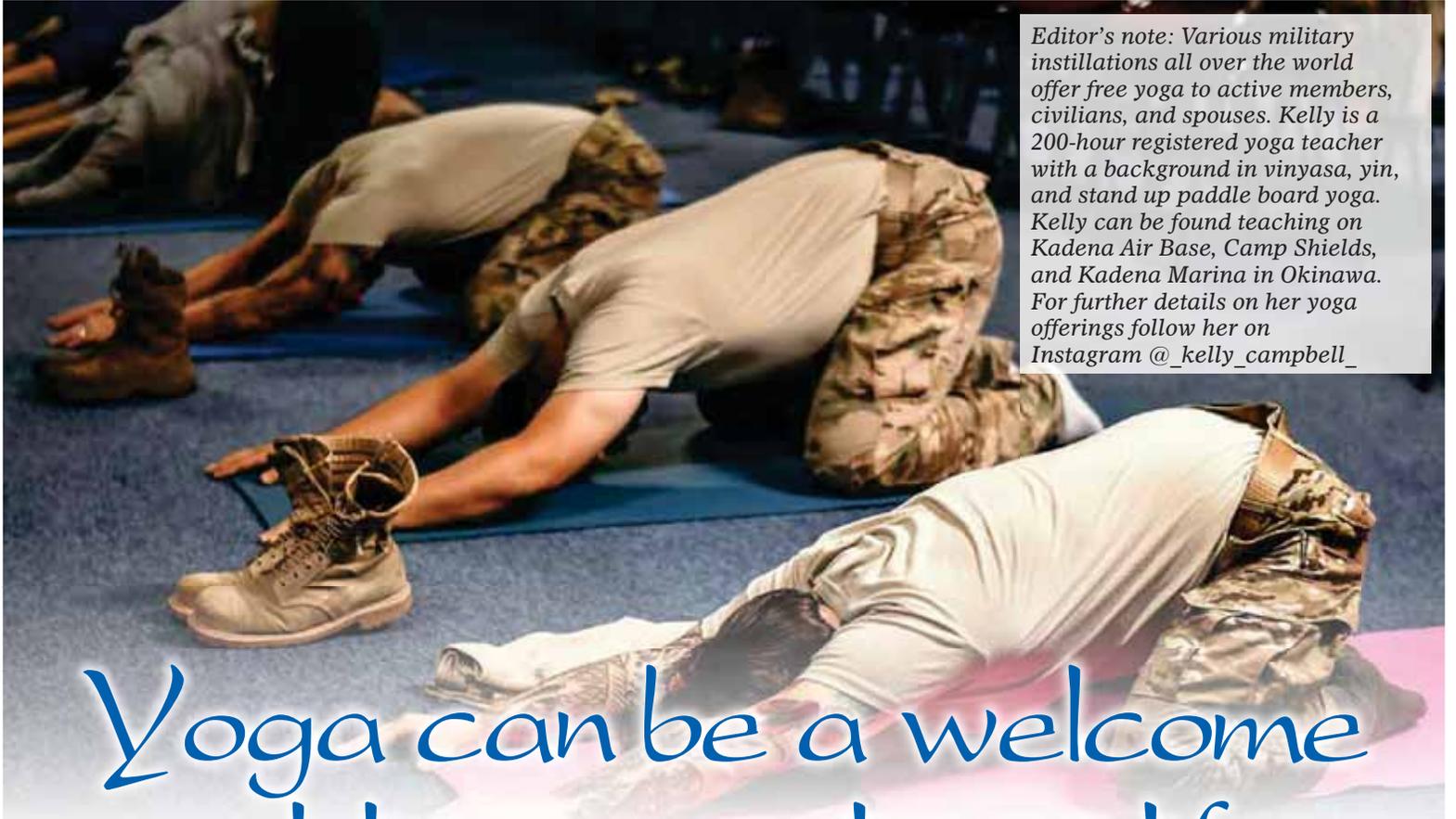
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*Editor's note: Various military installations all over the world offer free yoga to active members, civilians, and spouses. Kelly is a 200-hour registered yoga teacher with a background in vinyasa, yin, and stand up paddle board yoga. Kelly can be found teaching on Kadena Air Base, Camp Shields, and Kadena Marina in Okinawa. For further details on her yoga offerings follow her on Instagram @\_kelly\_campbell\_*

# Yoga can be a welcome addition to military life

BY KELLY CAMPBELL,  
STRIPES GUAM

**W**hat word comes to mind when you think of the world we live in today? For me, it's overwhelming. Each one of us is pulled in a variety of different directions and wear a multitude of different hats.

Being part of the military community adds an additional layer to that. Only a small percentage of Americans have experienced military life, which can make finding common ground with others difficult. Moves can happen frequently, forcing us to start again. As a whole, we experience new

cultures, undergo separation from loved ones, and find ourselves questioning our sense of belonging. This is where yoga comes in. It's a connection of mind and body through breath and movement. Yoga can allow you to challenge your body, explore your mind, and encourage community. Doing so, you can

shed some layers of uncertainty about yourself and your place in this ever-changing world. My first question to myself when I contemplated trying yoga was, "I wonder how flexible this will make me?" I originally found yoga to compliment my

**SEE YOGA ON PAGE 4**



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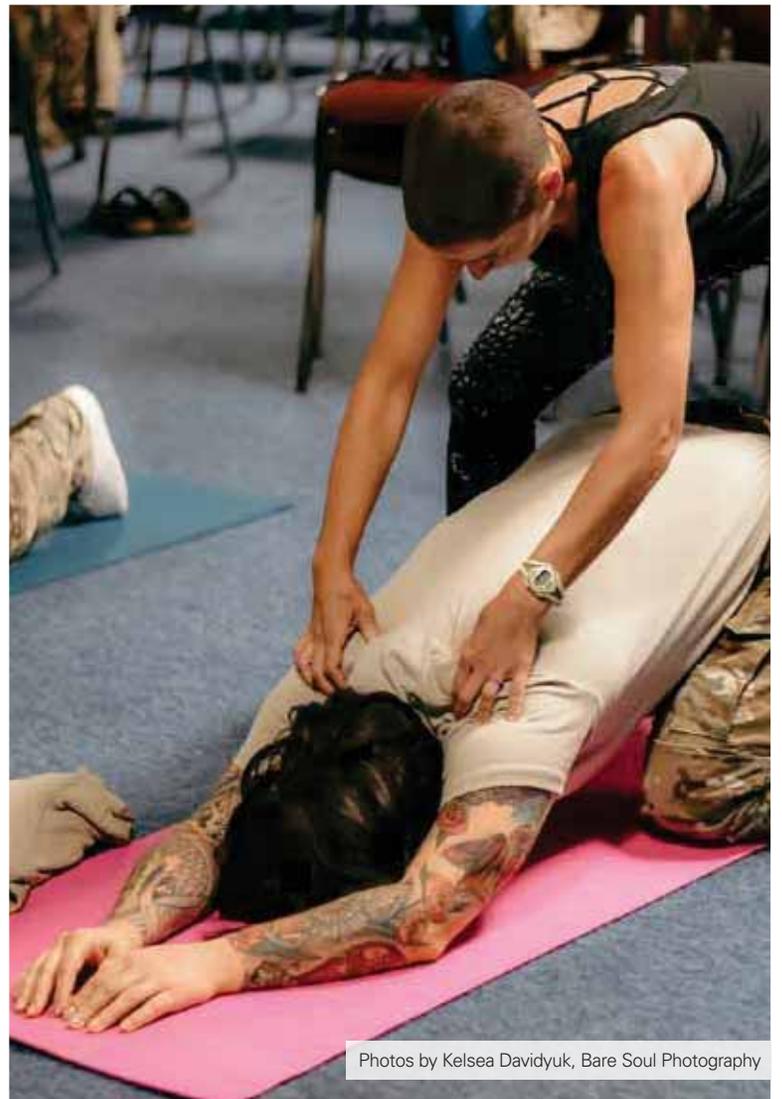
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# YOGA: Many benefits

CONTINUED FROM PAGE 2

fitness routine. I naively thought that the only growth I would experience would be in a physical aspect. After becoming a military spouse and mother, I found a deeper appreciation for the many benefits of yoga. I view my yoga mat as a place to energize, restore, and remember my purpose. It allows me a mental clarity I did not realize I had been missing. For this, I am grateful.

Now that I am a yoga teacher, I strive to provide an inviting space where individuals can come exactly as they are; to supply my students with a place where they know they aren't alone in the challenges faced both on and off the mat; to encourage reflection on

the physical and emotional sensations that may arise during their practice; being less concerned with "keeping up" with other participants in the room and more focus on honoring their own body.

It allows me a mental clarity I did not realize I had been missing. For this, I am grateful.

The human experience can be vigorously challenging and filled with uncertainty, which the military community knows well. It can be hard to navigate and handle the unexpected tasks we are presented with. One way to imple-

ment balance in our lives is to practice yoga. It can provide you tools to better handle life, with flexibility and strength as an additional bonus. Trust me when I say, there is space for you in this fast paced and ever-changing world. You belong. I belong. We belong.

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# Communication and connectivity following Mangkhut

BY CHIEF PETTY OFFICER SARA MUIR,  
U.S. COAST GUARD DISTRICT  
14 HAWAII PACIFIC

Communications are vital to survival. Never more so than when you call for help on VHF Channel 16 the international hailing and distress frequency.

Rescue 21 enhances the older VHF Mayday monitoring and response system created in the 1970s. It combines state-of-the-art command, control and emergency response using both automated and human-assisted communications, and computer and radio direction-finding systems. The goal is to significantly reduce response and search time while extending coverage out to a minimum of 20 miles from shore. It coordinates responses with other federal, state and local first responders, in addition to the Coast Guard.

The Service accepted the final tower in the Rescue 21 system Oct. 10, 2017, completing a more than 20-year design and installation process that improved search and rescue communications infrastructure throughout the U.S. and its territories.

Guam, Rota, and Saipan have Rescue 21 sites.

Recently, The Commonwealth of the Northern Mariana Islands was affected by Typhoon Mangkhut. The storm impacted the



Members of Electronic Support Detachment Guam repair a generator at the Mt. Alutom radio site on Guam following Typhoon Mangkhut on Sept. 15. The generator is a back up power system for the Rescue 21 radio site. U.S. Coast Guard photo / Released

islands as a Category 2 typhoon Sept. 10, before strengthening to a Category 5 typhoon striking both the Philippines and later China. Guam and Rota were spared a death toll, but the storm still caused damage. It plunged 80 percent of Guam into darkness and all of Rota, falling trees, flooding areas, destroying aids to navigation in Rota and damaging the Rescue 21 VHF and microwave radio sites in Guam and Rota that allow the Coast

Guard to listen for distress calls throughout the Mariana Islands.

“When outages occur we work to restore the sites as quickly as possible,” said Capt. Christopher Chase, commander, Coast Guard Sector Guam. “Any time we have an outage we carefully consider options to extend coverage, such as positioning a Coast Guard to stand a radio guard in the affected area. We also have agreements with Guam Fire and Rescue and the CNMI Department of

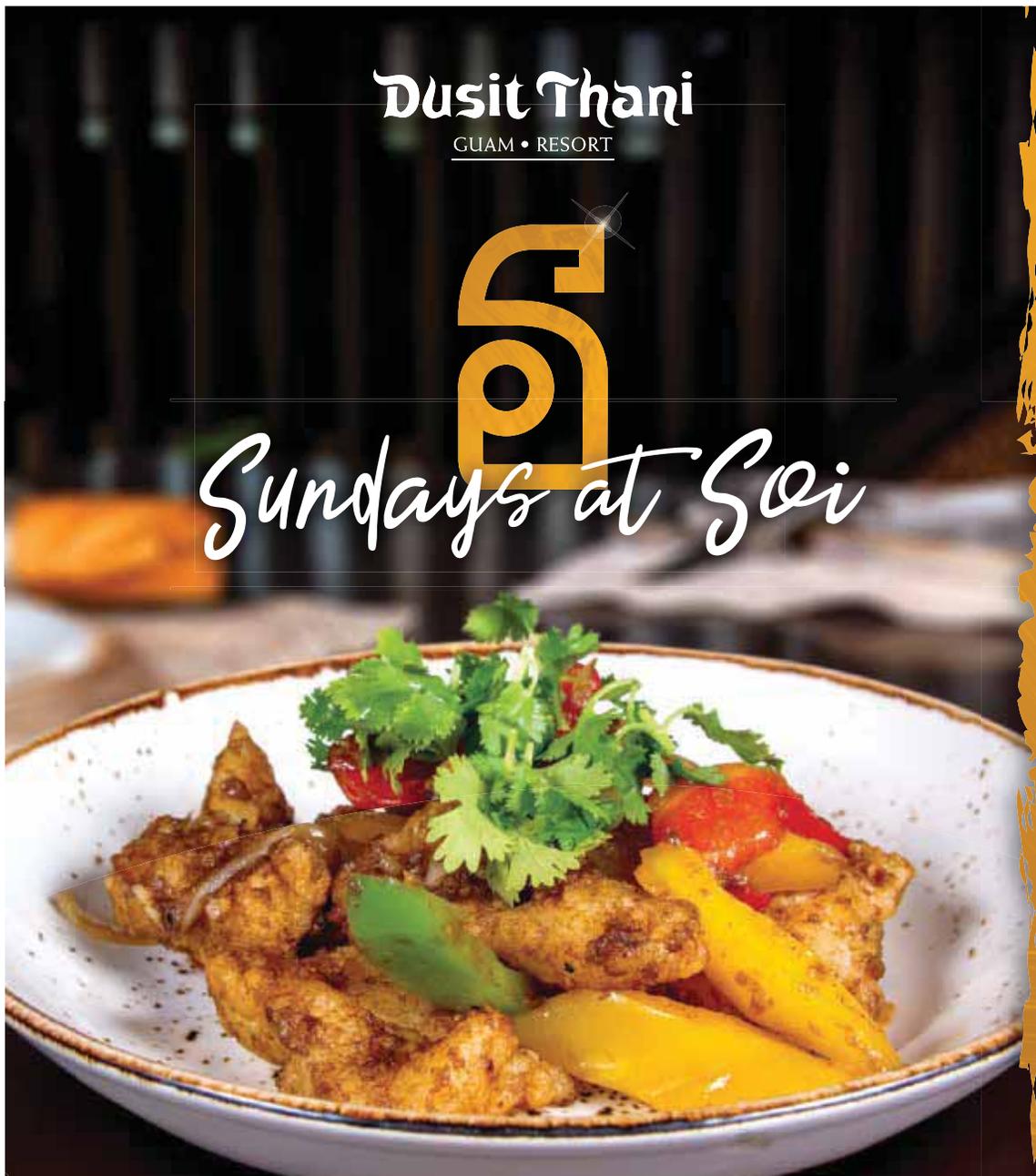
Public Safety. We work as a team to reduce the risk to the people of the islands and still respond when they are in distress.”

While coverage is restored, work remains to ensure the equipment remains operational. For VHF and microwave sites to work correctly, they need line of sight which means they must be high with unobstructed views. The Guam sites are in Merizo and atop Mt. Alutom which peaks at 1,704 feet. It is part of a ridgeline

covered in sword grass, sugarcane, and wild orchids. Echoes of World War II can still be found here in the form of names etched into rocks and metal bits left by Japanese and American soldiers who fought here in the 40s and the U.S. Marines previously stationed at Camp Barnett on neighboring Mt. Tenjo in the 20s.

In Rota, the Remote Fixed Facility is located on Mt. Sabana, the highest point on the island at 461 feet. The tower is part of local telecom operator IT&E’s infrastructure and network. The tower operates by taking the signal in at the tower, beaming it down to another microwave dish at Songsong Village and transferring to an undersea fiber-optic cable that then goes to Guam and the reverse. This happens in seconds. However, each piece, including the power generators, is critical to the tower’s successful operation. Unlike the Guam towers which have commercial power with a generator back up, the Rota tower operates on generator power at all times. All Guam, Rota, and Saipan towers also use satellite technology as a backup to the commercial microwave capability.

The towers in Guam and Rota sustained winds greater than 100 mph during the storm imparting their operation. With an emphasis on the safety of life at sea, the Coast Guard and the



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General Dynamics contractors went to work as soon as was safe to do so.

“All three radio sites suffered power issues,” said Jon Graeb, electronics division officer, C4IT Base Honolulu. “In Guam contractors and Coast Guard personnel were called on to restore power to the Mt. Alutom RFF by repairing the fan belt in the generator providing back up power to the site and connections. The technicians checked and adjusted the microwave and satellite dishes as needed.”

According to Graeb, Coast Guard an information systems technician and an electronics technician from the Electronic Support Detachment in Guam departed to Rota aboard the U.S. Coast Guard Cutter Kiska (WPC 1336). The cutter crew also transported vital supplies and 1,500 pounds of food to Rota. Upon arrival to the site, they found damage to the power generation and a lack of connectivity for the signal. The technicians worked to repair the power panel and reset the existing satellite connection. Eventually, this required assistance from the Coast Guard’s TISCOM in Virginia to assist with restoring the system’s connection to the Coast Guard’s communications network. The commercial provider, IT&E, in the meantime was able to reset the primary link, and the use of the RFF restored. Work continues to boost the signal by realigning the microwave panels, but coverage of the area is re-established.

“While it is unusual, should it be necessary, Coast Guard technicians can also stand a watch at the base of the tower listening for any incoming traffic to the site,” said Graeb. “There are no services available, no hotel, it’s like camping, but it can be done.”

Some general clean up and site facility maintenance also need to be done, but the key is the restored ability of the Coast Guard to listen for those in distress. Fortunately, no search and rescue was necessary during or immediately after the storm.

“The people of Guam and the Commonwealth of the Northern Mariana Islands are resilient, and we are proud to be a part of this community,” said Chase. “The Coast Guard has been in the islands for decades, and we are always ready to serve the residents and mariners of the region by bringing relevant skills and technology to the area and being responsive to their needs.”

The Coast Guard is continuing to work with partners at FEMA, federal, state, territory and local agencies to aid in recovery from storm impacts of Typhoon Mangkhut in Guam.

Many people are unaware of the Rescue 21 system. It replaces the National Distress, and Response System established more than 30 years ago as a VHF-FM-based radio communication system that has a range of up to 20 nautical miles along most of the U.S. shoreline.

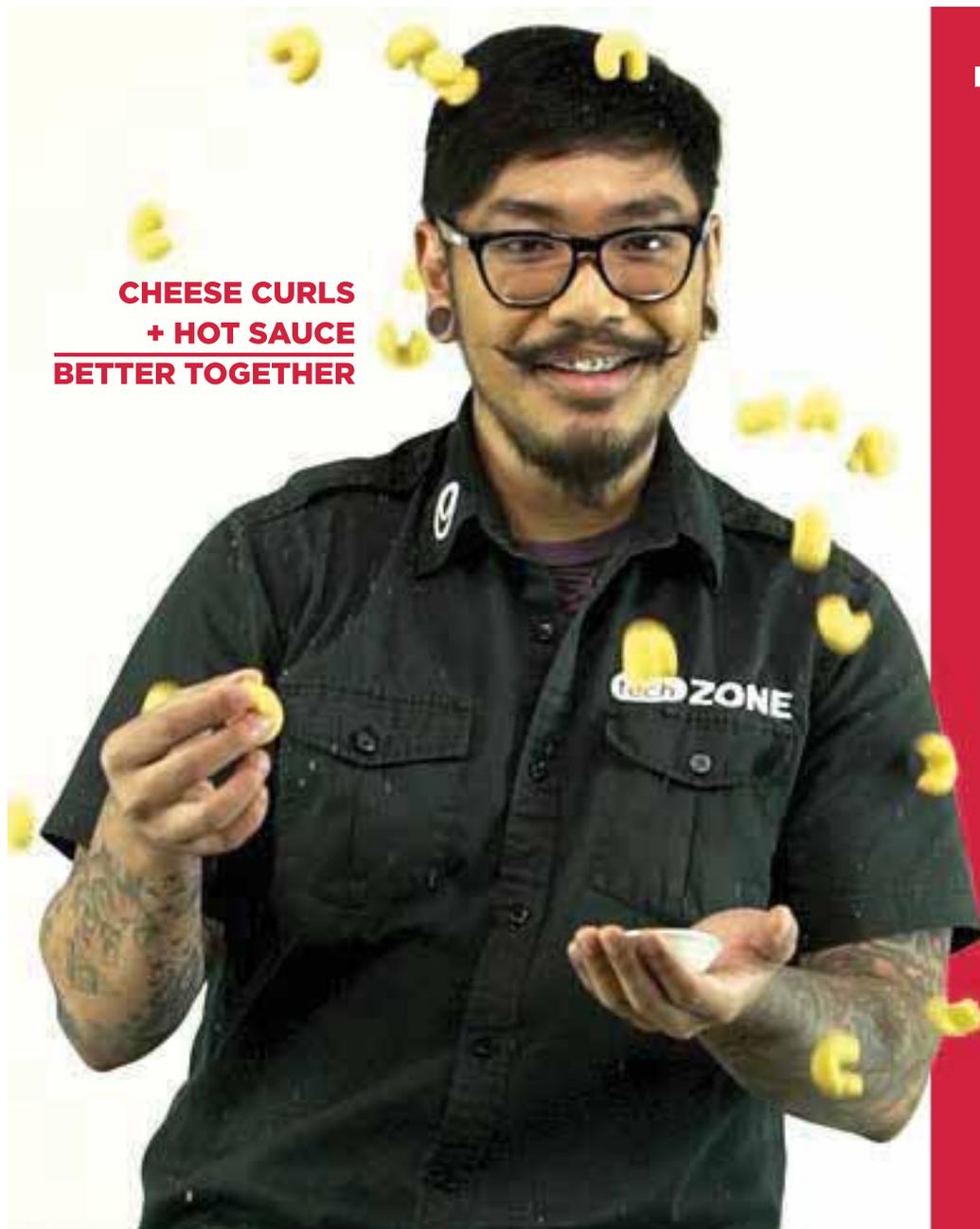
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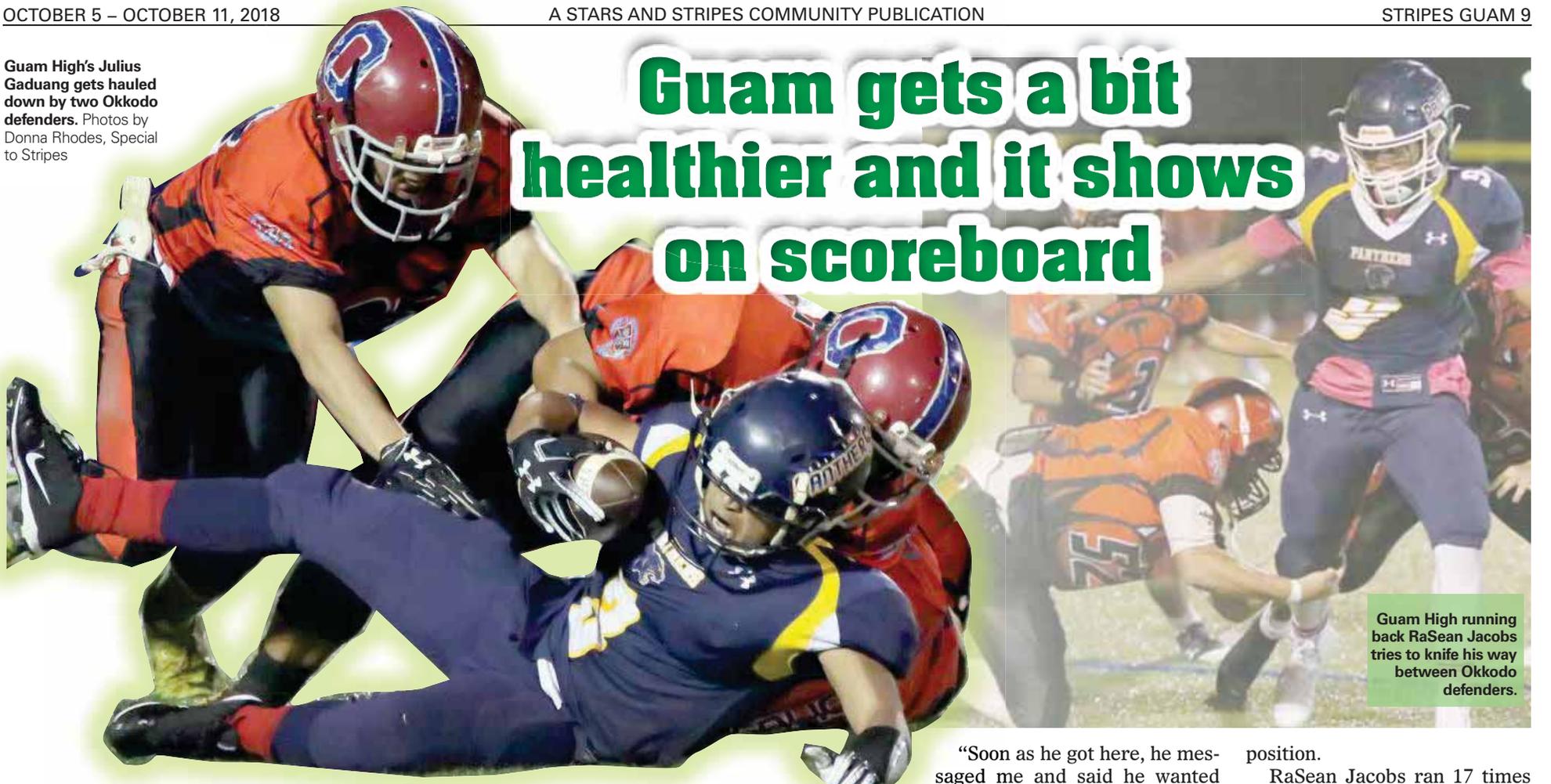


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Guam High's Julius Gaduang gets hauled down by two Okkodo defenders. Photos by Donna Rhodes, Special to Stripes



# Guam gets a bit healthier and it shows on scoreboard

Guam High running back RaSean Jacobs tries to knife his way between Okkodo defenders.

STARS AND STRIPES  
Published: Sept. 29, 2018

AGANA HEIGHTS – Julius Gaduang and Jason Jackson had not played since suffering injuries in Guam High's first game of the season.

They sparked in their returns on Sept. 29 and boosted the Panthers to sole possession of third place in the Interscholastic Football League.

Gaduang rushed 16 times for 182 yards and a touchdown and Jackson had two interceptions as Guam shut out Okkodo 42-0 for its fourth win of the season. The Panthers are a half-game ahead of Southern, which lost 39-0 Saturday to first-place Father Duenas.

"The injured reservists came to play tonight," coach Jacob Dowdell said of Gaduang and

Jackson. "We were very happy for them to come back."

Gaduang, a sophomore newcomer from Italy, made his mark offensively despite being just 5-foot-1 and 131 pounds. In fact, Dowdell says his teammates call Gaduang "Italy" because of from whence he came.

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"Soon as he got here, he messaged me and said he wanted to play football," Dowdell said. "We noticed how quick his feet were, how shifty he was, he could turn on a dime. But he's so small. We've been trying to get him into open space, and tonight we were able to do it."

But the Panthers' regular stars also chipped in to help improve the Panthers' playoff

position.

RaSean Jacobs ran 17 times for 106 yards, caught two passes for 19 yards, accounted for three touchdowns and has 12 tackles, as did Jeylyn Dowdell. Travon Jacobs was 9-for-12 for 58 yards and ran 1 yard for a touchdown. Sincere Powell also had a rushing touchdown. And Drew Mes-tas had three sacks.

Guam can seal third place when it closes the regular season Oct. 6 at 7 p.m. at home against Southern.



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# RESCUE: It was all about teamwork

CONTINUED FROM PAGE 1

As the immediate rescue operation wound down and local authorities took over control of the incident, the Sailors regrouped and explored other ways to support the survivors and authorities at the scene.

The team was later informed that three of the critically injured passengers at the Chuuk State Hospital intensive care unit needed blood a blood transfusion. After quickly canvassing the Sailors to see who had the right type of blood, three volunteers from UCT-2 rushed to the hospital where they each donated a pint of blood to the patients.

On the morning of Sept. 28, while working on a construction project near the airport, UCT-2 Sailors displayed their

**“We triaged the worst of the group to our vehicle, one of which was conscious but in the fetal position due to severity of injuries [and] pain.”**

– CHC Erich Weber

training, readiness and teamwork in dramatic fashion by instantly responding to help

rescue the airline’s passengers and crew, and continuing to care for the injured following their safe evacuation from the sinking aircraft.

While Construction Mechanic 1st Class John Monahan led a group of six Sailors to the partially submerged Boeing 737 before the emergency doors had even opened, Chief Hospital Corpsman Erich Weber was on shore, setting up a triage point to treat or move patients.

“As soon as we reported to the boat ramp, a boat full of patients came ashore. We triaged the worst of the group to our vehicle, one of which was conscious but in the fetal position due to severity of injuries [and] pain,” said Weber, independent duty corpsman assigned to UCT-2.

Back on the slowly sinking aircraft, UCT-2 Sailors entered the plane to conduct a sweep of the passenger compartment and crew areas. Builder 3rd Class Brock Farmer needed to swim through the aircraft’s interior to complete the inspection before the Sailors exited the plane, as fears arose the airliner would soon sink.

The teamwork didn’t end with the initial response from UCT-2.

The United States Coast Guard flew a C-130 aircraft from Coast Guard Air Station Barbers Point, Hawaii, to Chuuk to medevac the patients in critical condition from flight PX56 to U.S.

Naval Hospital Guam, where they received medical care.

The Coast Guard also sent a disaster medical assistance team, consisting of six doctors, to Chuuk, to assist local medical officials treat injured passengers who remained on the island.

FSM authorities have requested assistance from the U.S. Navy to recover the aircraft’s flight data recorders, which may reveal the reason behind the plane’s crash landing.

UCT-2 is in Chuuk providing a range of operations improving the wharf area, including inspecting of existing navigational aids; assessment of the wharf; and placing environmental offsets at popular scuba diving sites which will protect the coral reef from damage due to boat anchors.

UCT-2 provides



Builder 2nd Class Brock Farmer donates blood for transfusion to a critically injured passenger from Air Niugini flight PX56 that crash landed in a lagoon near Chuuk, Federated States of Micronesia, International Airport. U.S. Navy photo



Builder 2nd Class David Perryman donates blood for transfusion to a critically injured passenger. U.S. Navy photo

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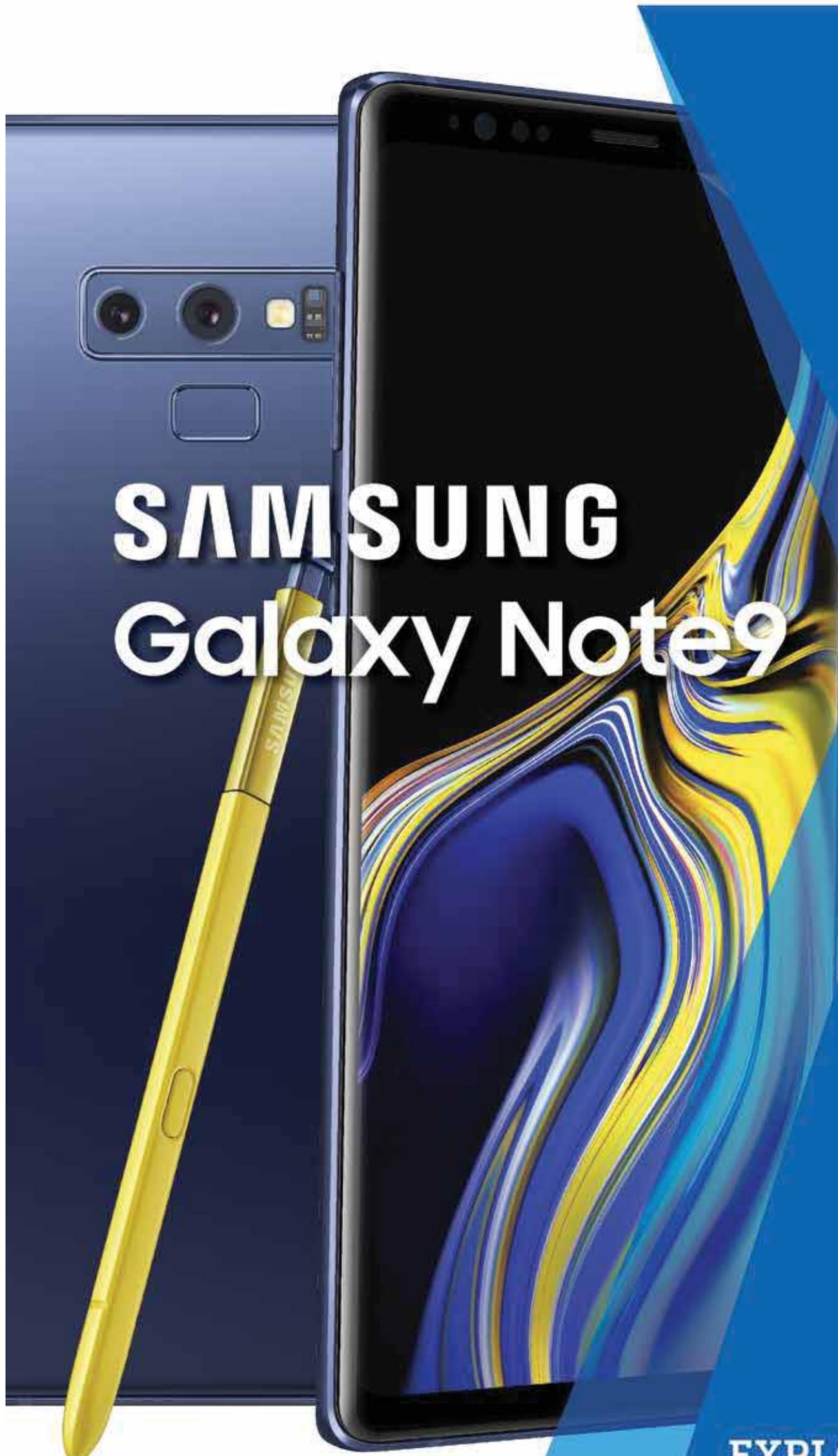


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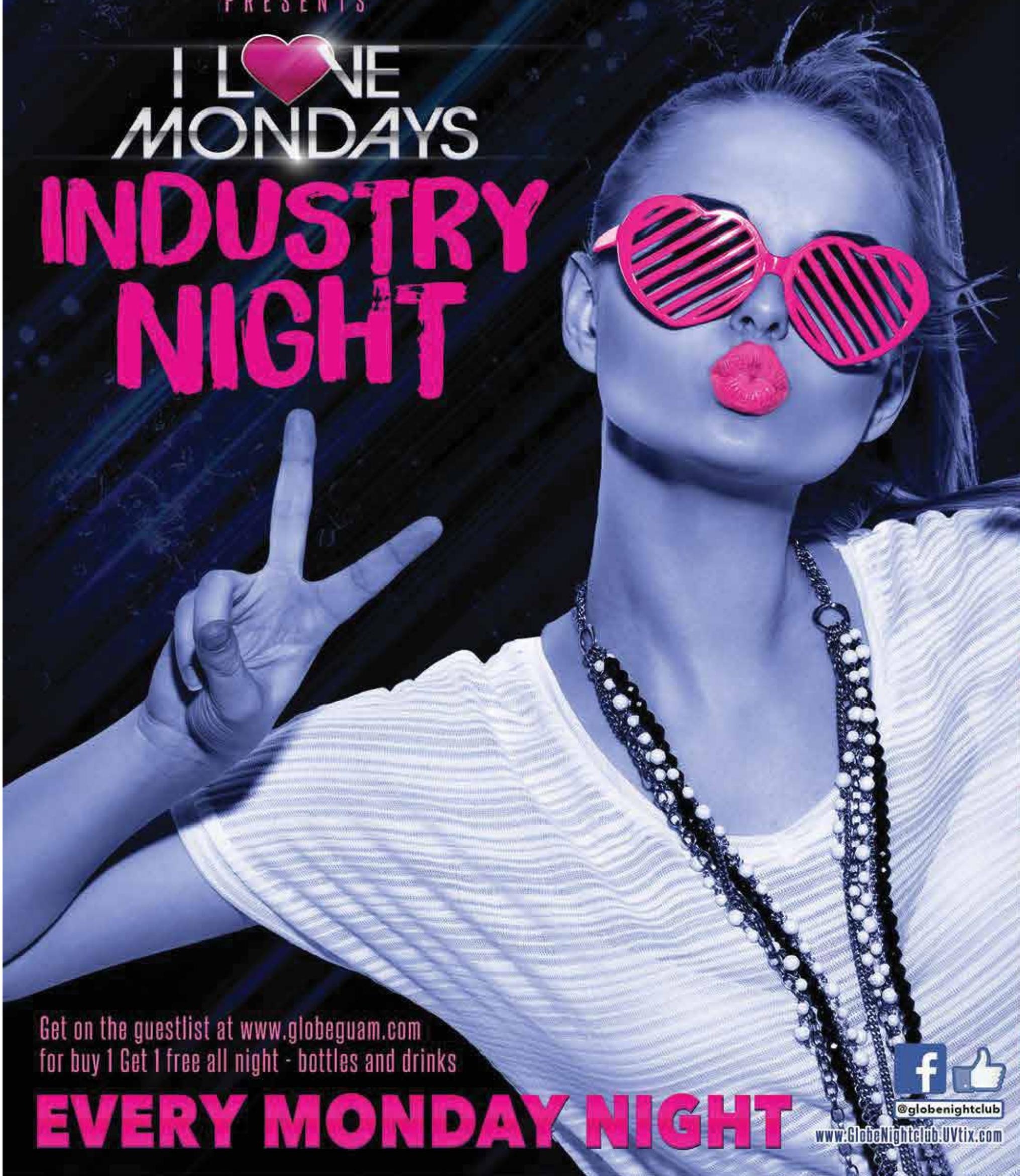
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[www.facebook.com/guambeachbar](http://www.facebook.com/guambeachbar)

# Some tasty options on Guam

GUAM VISITORS BUREAU



The Guam Coffee Company is a family-owned business that offers unique and quality coffees from around the world. Located on Pale San Vitores Road, we invite you to stop by our cafe on the way to work, or enjoy the comforts of our lounge area or sit at one of our relaxing tables as a place to meet old and new friends. Sit outside in the morning and overlook the Tumon area while looking at the Flaming Trees to get away from the daily grind, relax and enjoy a great cup of Joe.

Try our signature daily grinds brewed freshly to maximize the flavors or treat yourself to one of our featured varieties, high quality coffees from family-based coffee farms located in remote regions of the world. Come and experience the Island Delight that you've always expected! Si Yu'us Ma'ase'

ADDRESS: 518 Pale San Vitores Road Tumon, GU 96913  
 TEL: (671) 648-2326  
 URL: [www.guamcoffeeco.com/](http://www.guamcoffeeco.com/)



The Sea Grill is one of Guam's finest restaurants, specializing in succulent seafood and tender, juicy steaks. The restaurant is located in the heart of Tumon, across from DFS Galleria, offering panoramic views of the ocean, as well as the center of Pleasure Island. The white tabletop ambiance is casual elegance and features several live fish exhibits – like paintings that come to life.

Best described as Global Fusion – where local Guam flavors blend with European cooking techniques to delight Asian-American palate preferences – the menu offers a little something for everyone. Many of our herbs and vegetables are grown in our kitchen garden that can be viewed directly from the dining room. We're also actively participating in buy-Guam-produce, again, so we can ensure the shortest time possible from harvest time to the dinner table. Our wine selection is chosen to complement our menu items and range in price from \$35 to \$100 a bottle.

Daily Hours: 11 a.m.-10 p.m.

ADDRESS: 1245 Pale San Vitores Road Tumon, GU 96913

TEL: (671) 649-6637  
 URL: [www.guam.com/dining/sea-grill/](http://www.guam.com/dining/sea-grill/)



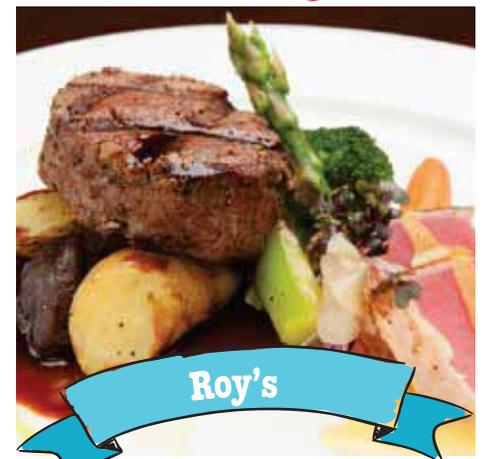
Aptly named after a famous river in France, this elegantly and luxurious decorated restaurant is ideally located at the lobby level of the Lotte Hotel Guam. La Seine serves delectable breakfast, lunch and dinner buffet featuring mostly Western favorites with a splash of Eastern cuisine.

We feature themed nights' dinner buffet from island favorites to Asian from Western Cuisine. A special restaurant feature is our open kitchen stations that will prepare mouthwatering dishes for everyone's distinct taste.

A wide array of delicious selections combined with floor ceiling windows, guests will enjoy the unobstructed and panoramic view of Tumon Bay making every dining experience memorable.

La Seine is located in the Lotte Hotel Guam in Tumon.

ADDRESS: 185 Gun Beach Road Tamuning, GU 96913  
 TEL: (671) 646-6811  
 URL: [www.lottehotel.com/guam/en/](http://www.lottehotel.com/guam/en/)



Hawaiian Fusion cuisine is highlighted by an array of succulent seafood's, sizzling meats, the irresistible warm chocolate soufflé, and much more. Enjoy your dinner in a relaxing and elegant setting.

A casual and elegant atmosphere perfect for winding down after a long day, or just enjoying the company of friends. Featured entertainment available on select evenings.

Operating Hours:  
 5:30 p.m. – 10 p.m. (Sunday, Monday thru Thursday)

5:30 p.m. – 12 p.m. (Friday & Saturday)

HAPPY HOUR 5:30 p.m. – 7 p.m. (Nightly)

ADDRESS: 202 Hilton Road Tumon, GU 96913  
 TEL: (671) 646-3463  
 URL: [www.hiltonguamresort.com](http://www.hiltonguamresort.com)

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## Anniversary Specials

We thank you Guam for being part of our success. In appreciation of your support and continued patronage we are offering anniversary savings you'll enjoy, from October 1st to December 30, 2018.

- 15% off Rootz lunch
- 10% off Rootz dinner
- 15% off Nana's Café breakfast & lunch
- 10% off Tarza regular admission

Please present local/military ID to avail offer. Some restrictions apply. Please see more for details. T. 646-7803, [www.guamplaza.com](http://www.guamplaza.com), [www.jpsuperstore.com](http://www.jpsuperstore.com)

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A casual & comfy gathering-place to enjoy gourmet coffee & tea, frappes, fruit & yogurt smoothies, specialty crepes, panini & freshly-baked pastries.

**Downtown Tamuning Cafe** - Complimentary WiFi, family friendly, outdoor seating, take-out available Open Sun-Thu 6:30 a.m.-10 p.m., Fri & Sat 6:30 AM-midnight Telephone: (671) 646-0263

**Upper Tumon Cafe** - Complimentary WiFi, great for kids, take-out available Open Daily 6:30 a.m. - 7 p.m. (updated Aug 1, 2012) Telephone: (671) 647-0260

**Drive-thru at Compadres Mall in Dededo** - Serves selected drinks, sandwiches, oatmeal & pastries Open Mon-Sat 6:30 a.m. -6 p.m., Sun 6:30 a.m. - 5 p.m. Telephone: (671) 632-0697

ADDRESS: GMF Barrigada, GU 96921  
TEL: 647-5683  
URL: [www.facebook.com/InfusionGuam](http://www.facebook.com/InfusionGuam)



Over the centuries, the clear waters of the Pacific Ocean have been a second

home to the indigenous Chamorro people of Guam. Generations have passed on the merits of spear fishing amongst the area's colorful reefs. So it's no surprise that a soothing remedy to the day's catch is often found at the Hard Rock Cafe Tumon Bay. Here you can lie down the netting and allow our bounty of wonderful dishes to tantalize your appetite. While various galleons shipwrecked around the island have their share of trinkets, our collection of rock 'n' roll artifacts and merchandise will more than peak the curiosity of the average scavenger. So follow the 24-foot neon guitar on our roof and be sure to experience the "catch" of Guam at the Tumon Bay Hard Rock Cafe.

ADDRESS: 1273 Pale San Vitores Rd. Tumon, GU 96913  
TEL: (671) 642-4213  
URL: [www.hardrock.com/cafes/guam/](http://www.hardrock.com/cafes/guam/)



Proudly BBQing on Guam since '94, Guam's premier BBQ restaurant Jamaican Grill offers "Ya Mon, Serious Food!"

Our unique cuisine fuses the delicious local flavors of Guam with authentic Jamaican Jerk spices (seasonings imported directly from Jamaica!). Specializing in all things BBQ, we are known for our Ribs, Chicken, and Rice dishes. But we also offer up savory steak, seafood, and juicy burgers fresh off the grill! Located in the heart of Tumon, across from PIC, our colorful,

fun family-friendly atmosphere is inviting with serious service and indoor/outdoor seating. You won't experience anything quite like our flavors!

Awarded Guam's Best BBQ by Pika's Best voters in 2014, 2015, & 2016!

Open Daily, Sunday-Saturday, 10AM-10PM. Serving it up with good vibes and reggae music, the Caribbean meets the Pacific here. Try us today!

Ya Mon, Serious Food!

ADDRESS: Carlrose Building (Across PIC Hotel) 288 Pale San Vitores Rd. Tumon, GU 96913  
TEL: (671) 647-3000 or (671) 647-4000  
URL: [www.jamaicangrill.com](http://www.jamaicangrill.com)



Guam's only open air beach front restaurant, the Grille at Santa Fe serves Breakfast, Lunch and Dinner daily.

The Santa Fe Bar and Grille is an open air bar and restaurant that is part of the Santa Fe Hotel in Tamuning. The covered patio offers great views of Alupang Island, the surrounding bay and the Philippine Sea on the horizon. Art deco design influences with fading pink and turquoise colors gives the bar a retro, lived in feel.

The view is splendid during the day, breathtaking at Sunset and warm and relaxing at night as the moon reflects on the quiet waters of Hagatna Bay. Dine with a floating feeling at high tide, as the ocean

water laps at the restaurant's steps.

Our Spanish Heritage is also reflected in our menu specialties, such as our Paella and Empanadas, which complement a variety of impossible to resist items, all prepared with the freshest and finest ingredients.

The Grille at Santa Fe Bar features Live Entertainment seven nights a week for our patrons to dance the night away under the stars while enjoying our specialty cocktails.

Whether you sit in the bar or in the porch area, you will enjoy the sight of clear blue water and white sand beaches of the beckoning Agana Bay. The Grill serves Asian and American dishes. You can have a friendly chat with the multilingual staff or simply listen to live music from local artists. Call us to make reservations!

ADDRESS: 132 Lagoon Drive Tamuning, GU 96913  
TEL: (671) 647-8855  
URL: [www.hotelsantafeguam.com/](http://www.hotelsantafeguam.com/)



The Deli, open 24 hours a day, 7 days a week, provides guests with an array of salads, sandwiches, fresh baked goods, award winning cakes, pastries and much more.

A selection of wine and Hyatt brand products is available for purchase.

Located in the Hyatt Regency Guam in Tumon.

ADDRESS: 1155 Pale San Vitores Rd. Tamuning, GU 96913  
TEL: (671) 647-1234  
URL: [guam.regency.hyatt.com/en/hotel/dining/thedeli.html](http://guam.regency.hyatt.com/en/hotel/dining/thedeli.html)



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Location: 130 E. Marine Corps. Drive, Hagatna



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# Latte Stone Park a symbol of Guam's identity

STORY AND PHOTOS BY ANNE JING PING WEN, STRIPES GUAM

**L**atte stones represent Chamorro culture. These megalithic monuments composed of a shaft stone on the ground (haligi) and capped by a stone (tasa), were used by ancient Chamorro people on the islands of Guam, Rota, Tinian, and Saipan, as pillars to support buildings.

In 1956, the U.S. military relocated lattes from the former village of Mepo to its current location in Hagatna. The village site was destroyed by military construction after World War II.

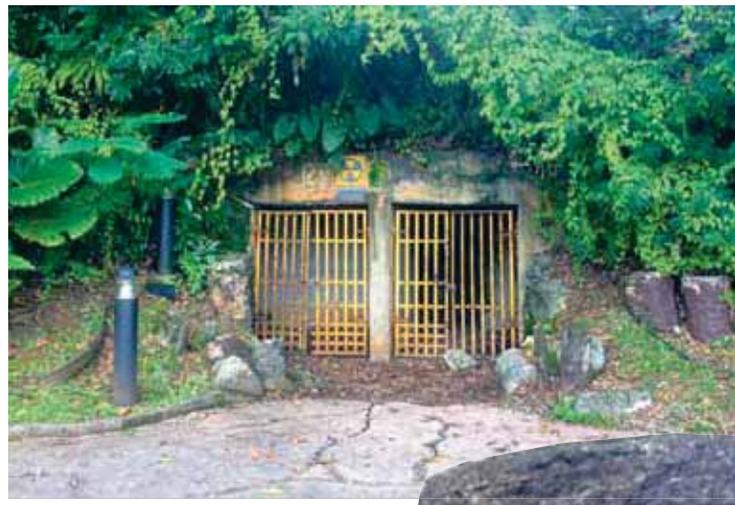
Three to seven latte stones are placed in parallel rows that frame a rectangular area. The latte varies in height from less than one meter up to six meters.

Today the latte are prominent remnants of the Mariana islands and commonly found along coastal areas.

## Santos Latte Stone Memorial Park

In 2003, the 27th Guam Legislature renamed Latte Stone Park to Senator Angel Leon Guerrero Santos Latte Stone Memorial Park. Public Law 27-44 states "the three-term senator was an advocate for the rights long denied to many Chamorros because of historic injustices and for equality under the laws of the United States."

Guerrero advocated for the return of excess federal land and disbursement of Chamorro Land Trust property to eligible Chamorro people. During his years of public service as a Chamorro leader for indigenous rights, he frequented Latte Stone Park for



inspiration, contemplation, and guidance on Chamorro Human Rights.

## Japanese Caves

Deep along the cliff lines of the park lie two sets of caves used by the Japanese during World War II. Visitors are cautioned to "enter at your own risk." Once inside, the damp smell and limited surface area is reminiscent of the extensive tunneling system constructed in the 1940s.

Built by Chamorro, Okinawa, and Korean forced laborers, the caves most likely acted as storage or air raid shelters. Today the caves are specially registered on the Guam and National Registers of Historic Places.

Latte Stone Park offers a glimpse of Chamorro life during ancient times. When walking around limestone and basalt structures, one marvels at the innovative architecture and wonders about the stability of such structures.

The park is an easily



accessible destination along the Hagatna Heritage Trail. Up the hill by the park is the Governor's House, and right across is the Guam Museum and Plaza de Espana.

The next time you are in Hagatna, do not forget to stop by Latte Stone Park to better understand ancient Guam history.

# Boonie Stomps Guam

INFORMATION PROVIDED BY GUAM BOONIE STOMPERS



Upper Lonfit

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 \$2.00 for hikers over 12. 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.

**October 6 Upper Lonfit** *Very Difficult*  
5 hours for 4 miles

We hike to the picturesque Lonfit Falls, then hike to the upper reaches of the Lonfit River past an endless series of waterfalls, including swimming, jumping, a flume canyon, and a rope swing.

**Bring:** 3 quarts water, get wet shoes, gloves, sun screen, insect repellent, lunch, snacks, and a camera.

**Special conditions:** extensive walking in water, slippery rocks, steep slopes, mud, sword grass, a long hike, and mosquitoes.

**October 13 Tak'hilo Falls** *Very Difficult*  
6 hours for 4 miles

We hike to the tallest waterfall on Guam with excellent views along the way, then walk down a pristine jungle river in a steep walled gorge with 3 major waterfalls that allow jumping and swimming.

**Bring:** 4 quarts water, hiking shoes, gloves, sun screen, insect repellent, camera, lunch, and snacks.

**Special conditions:** Mosquitoes, very steep slopes up and down, walking in water, sword grass, and more mosquitoes.

**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

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.

## COMICS CORNER



PRESS ON!

by Randy Denman

# CODE 1

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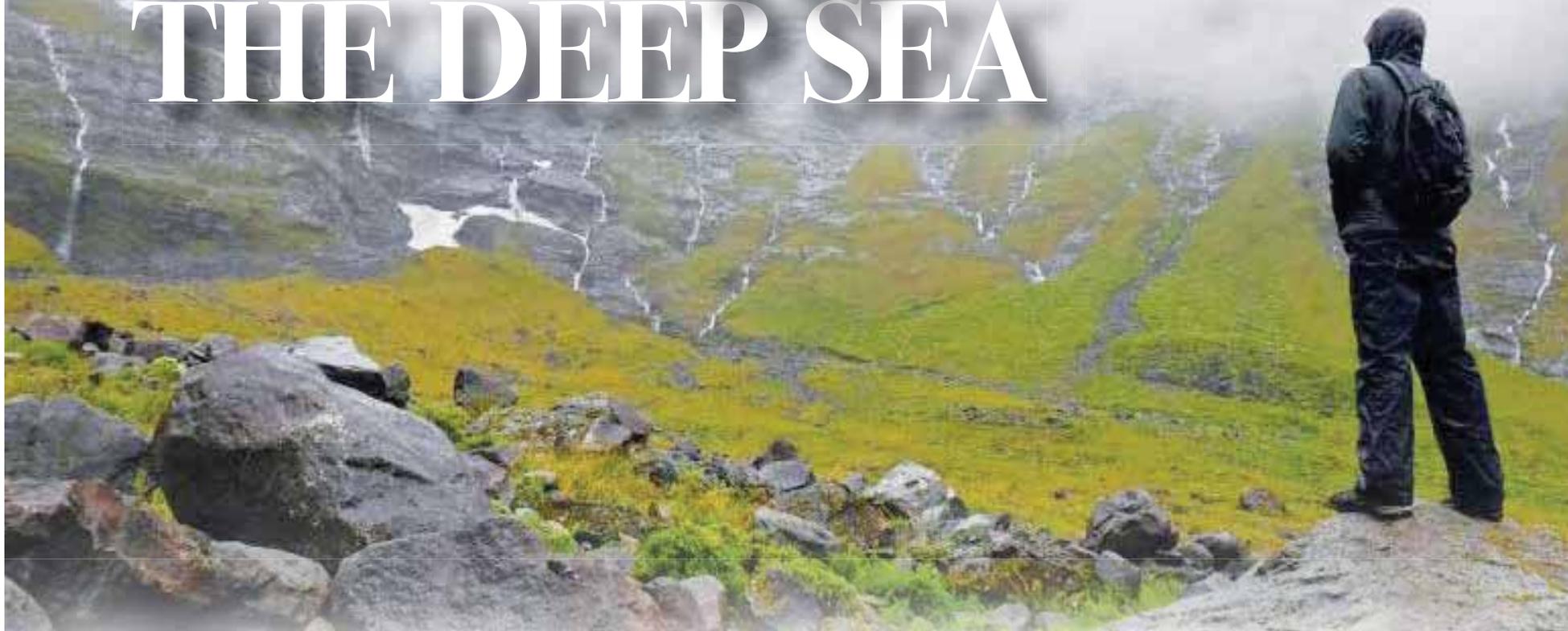
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A hiker surveys the natural granite amphitheater that frames the Gertrude Saddle Route in New Zealand.

# FROM MOUNTAINTOPS TO THE DEEP SEA



## New Zealand's popular Milford Sound a real gem

STORY AND PHOTOS BY ERIN E. WILLIAMS,  
SPECIAL TO THE WASHINGTON POST

**W**e were on top of the world at the bottom of the world, encircled by a 360-degree panorama of mountain peaks. My husband and I had reached Key Summit, the pinnacle of a half-day hike in New Zealand's Fiordland National Park. I wanted to lollygag and drink in the views, but the weather had other ideas. The temperature plummeted about 30 degrees and a blustery wind threatened to whisk us away. Andrew and I started back down the path. With bent heads, we pushed through the wind — extreme for us, but weather as usual for a Kiwi.

Key Summit is one of many hiking

trails — or as locals call them, tracks — that crisscross the South Island near Milford Sound, the green gemstone atop New Zealand's wilderness crown. Milford Sound sits within Fiordland National Park, which in turn is part of Te Wahipounamu — South West New Zealand, a UNESCO World Heritage site that covers 10 percent of the country's landmass.

Milford Sound's mountains, rain forests and its fjord draw more than 500,000 visitors each year. Many of them are tour bus day-trippers from neighboring Te Anau or Queenstown who take a quick boat cruise, snap photos and head back to town. A landing strip and helipad accommodate sightseers who forgo the drive and whiz in and out. One lodge is available

to those who prefer to stay a little longer.

Andrew and I chose a different option: driving a rental car and pitching our tent. This provided us with maximum flexibility to experience this famous landscape without the infamous crowds — from ascending mountaintops to descending below the water's surface to float among deep-sea creatures.

To reach Milford Sound, we departed our hostel in Te Anau, a nearby lakeside town, and hit the road: the Milford Road, or State Highway 94, which is the only land-based route. We left before sunrise to allow enough time to



At New Zealand's Milford Sound, a cruise boat awaits its passengers.



Wild lupines frame Cascade Creek in Fiordland National Park, New Zealand.

make our 9 a.m. Milford Sound cruise departure.

The nearly 75-mile journey stretched toward cloud-ringed mountains that glowed pink in the pre-dawn light. Fog draped over lowland pastures, and yellow wildflowers framed the road. As we passed the Fiordland National Park entrance, the road twisted through an enchanted fairyland of red beech forests and golden grasslands draped in stalky wild lupines. The Livingstone and Earl mountain ranges loomed closer with every mile.

After many stops to gawk at the natural drama, we reached the nearly mile-long Homer Tunnel, which passes through a mountain into the Milford Sound area. Although there was no traffic, a Department of Conservation ranger in Te Anau had warned me that vehicles would be queuing later in the day.

As soon as we pulled over to enjoy the view before the tunnel, a large green parrot landed on our car hood with an insouciant thump. The native kea set to work stripping the rubber from the windshield wiper, eyeing me for my reaction.

The world's only alpine parrots are highly intelligent and seem to hang around parking lots solely to

continued on page 35tease camera-snapping tourists and dismantle their vehicles. One tried to rip off our antenna before clumsily sliding down the back of our car on his belly. Three clung with their beaks to the top of a camper van leaving the parking lot. They rode with apparent glee down the mountain until they released together, a flash of emerald flying into the treetops.

We could have watched them clown around all day, but we were running late. My need to stop for every vista, flower and bird had turned a two-hour drive into nearly four. Tearing ourselves away from the rambunctious parrots, we drove through the Homer Tunnel and descended the mountain to Milford Sound.

We checked in for our cruise at the bright visitor terminal and boarded the boat for the two-hour circle around the misty fjord. Milford Sound isn't actually a sound; rather, it is one of 14 fjords in Fiordland. Ice age glaciers carved the valley, and as they receded, the Tasman Sea filled it.

Moments after the boat pulled away, Mitre Peak appeared overhead. Below, its reflection tattooed the water's surface. At 5,522 feet, it rises directly from the fjord floor. Taller still is Mount Pembroke, which cradles the last glacier visible from the water. Granite cliffs adorned with precious jade-colored greenstone soared hundreds of feet in the air. Rain forests clung to the slopes. Waterfalls thundered into the fjord.

This early in the day, there were only a couple dozen passengers. The crew pointed out natural features and described the fjord's Maori and European history. The boat passed Dale Point, Milford Sound's entrance from the Tasman Sea, which eluded sailors for years. Although generations of Maori used the fjord (naming it Piopiotahi) to gather greenstone (or Pounamu) and food, European

explorers only realized in the early 1800s that what appeared to be a bay was actually a gateway to the fjord.

We slowed down to pass a group of fur seals sunning themselves on rocks. I leaned over the bow to scan the water for sharks, dolphins and penguins who visit the area, but they were a no-show.

When the boat reached Harrison Cove, the fjord's shallowest area, Andrew and I disembarked with another couple at the Milford Discovery Center and Underwater Observatory. Opened in 1995, the observatory floats on the water's surface. Steel beams bolted to the fjord wall stabilize the structure yet allow it to rise and fall with the tide. The creators designed the structure for minimal effect on its environs, and the animals are free to come and go as they please.

A guide greeted us among rows of panels that detailed the area's natural and cultural history. We descended 64 steps to a circle of windows that opened onto a reef, part of the Piopiotahi Marine Reserve that protects more than 2.5 square miles along the fjord's northern side.

Outside the window, a blue cod regarded me with curiosity. Snake stars draped over black coral, and sea perch lay camouflaged on the reef. Starfish clustered in crevices, and schools of fish undulated around the observatory.

Excited, I began peppering the guide with questions.

She gamely explained the factors - calm water, lack of sediment and low light conditions caused by a freshwater layer that floats atop the saltwater - that create deep water emergence, a unique marine environment that allows species that normally live hundreds of feet below the surface to flourish in the shallows.

"Do you get to know any of the individual animals?" I asked.

"Yes, although my boss warned me not to become attached to any of them," she said. "I had a favorite cod, and a few weeks ago, another fish ate him right in front of me."

I pressed my face to one window after another, asking rapid-fire questions. Finally, she gave me a handout.

The hour-long visit ended too quickly, and we boarded a second boat for the return.

Back on the Milford Road, we parked the car at the trailhead for the Key Summit Track. The four-mile, out-and-back hike branches from the Routeburn Track, one of New Zealand's nine famed Great Walks that meander through some of the country's most varied and spectacular environments.

The Routeburn section started with a gradual climb

**SEE GEM ON PAGE 20**



The world's only alpine parrots - keas - are native to New Zealand's South Island.

# GEM: A hike to remember for a lifetime

CONTINUED FROM PAGE 19

through beech forest. Sunlight flickered off green rocks decorating the trail, and moss dripped from the trees. After an hour, the Key Summit Track split from the Routeburn and climbed above the tree line.

Snow-capped mountains became our trail companions. They kindly didn't say a word about my huffing and puffing as the terrain steepened.

At the 3,000-foot summit, a nature trail curved through an alpine wetland where pools reflected gnarled trees and clouds. The Humboldt, Ailsa, Livingstone, Earl and Darran mountain ranges encircled the peak. Bright blue lakes adorned the mountains like pendants, a surprisingly spectacular payoff for such an accessible ascent.

And then the weather turned mean. By the time we reached our campsite at Knobs Flat

along the Milford Road, it was 15 hours after starting our day. I was ready to clamber into our tent for the night. The campground is a small operation in the Eglinton Valley, which cradles one of New Zealand's most extensive lowland beech forests and more than 30 threatened plant and animal species.

The facility has six studio units, tent sites, hydro-powered amenities (a rustic hot shower, kitchen and laundry) and an unwelcome committee: sandflies. As soon as we stepped out of the car, the region's most notorious residents began assailing us. We hurriedly



A flooded trail segment on the Gertrude Saddle Route in New Zealand. Erin E. Williams/For The Washington Post

## A special welcome to visiting guest Chef Becky Selengut

COOKBOOK AUTHOR AND PACIFIC COAST NATIVE

# Becky Selengut

will be "Chef in Residence" at Hilton Guam's Fisherman's Cove from October 22 through October 27 2018.



We are excited to welcome Chef Becky Selengut to the Hilton's Fisherman's Cove. She is an award winning writer and co-author of The Washington Local and Seasonal Cookbook back in 2008, and also wrote Good Fish - a sustainable seafood cookbook. Good Fish was an IACP book award finalist, one of Seattle Magazine's best cookbooks of 2011 and an NPR-notable read. Shroom: Mind-Bendingly Good Recipes for Cultivated and Wild Mushrooms, is her third book and was named one of the top 10 cookbooks of the year by National Public Radio.



**October 22 - 27, 2018 | Fisherman's Cove | Price ranges from \$12\* to \$32\***

\* Price subject to a 10% service charge. Discounts are not applicable.

**Call 646-DINE (3463) or visit [hiltonguamresort.com](http://hiltonguamresort.com)**

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- Dungeness crab mac and cheese
- Celery Root tart with caramelized leeks and caviar



### COOKING SESSION WITH BECKY SELENGUT

Join us for a special cooking demonstration and dinner with visiting Chef Becky Selengut. Cooking class to feature Celery Root Tart with Caramelized Leeks and Caviar. A three course dinner to proceed after the class. Seating is limited.

October 26, 2018 | 4:00 pm - 5:45 pm | Fisherman's Cove State Room  
\$50\* per person

\* Price subject to a 10% service charge. Discounts are not applicable.

pitched our tent, waving away the marauders while spindly legged, white-bellied South Island robins investigated our work.

We dashed into the campground's shared kitchen, knocking elbows with German campers as we cooked dinner. I zipped into my sleeping bag well before the 9:30 p.m. summer sunset and fell asleep to the lullaby of sandflies hurling themselves against our tent.

The next morning, we broke camp in the rain and consulted our host about hiking the first segment of the Gertrude Saddle Route from its trailhead near the Homer Tunnel.

"Be careful," he said. "We lose trampers out there every year."

Given the weather and his warning, we decided to traverse only the route's flat, boulder-strewn glacial valley and turn back before a difficult rock face made passage treacherous.

The trailhead parking lot was empty. We crossed several rain-swollen creeks and cerulean pools. Low-hanging clouds nearly obscured the waterfall-ribboned cliffs surrounding the valley.

After a couple of hiking hours, we reached the rock face.

Rain and sleet pelted my gear. Milford Sound was living up to its reputation as one of the planet's wettest places.

It was time to turn around. Andrew carefully rockhopped along the flooded trail, but I slogged along knee-deep in water, not caring whether I became any more soaked. I lowered my eyes to avoid the stinging rain and delighted in all the details – the mist, trees, boulders, moss and water – that the mountains might have overshadowed on a sunny day.

Heading back to Te Anau, we made our last stop at an easy pull-off for Cascade Creek. Alpine peaks poked from the mist, but wildflowers stole the scene. Acres of purple, pink and blue lupines fringed the rocky stream in riotous color – a final, sweet reminder of the region's varied drama.

Acres of purple, pink and blue lupines fringed the rocky stream in riotous color – a final, sweet reminder of the region's varied drama.

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# Stripes Home Business Directory

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For rates and information, email [HomeBusinessDirectory@stripes.com](mailto:HomeBusinessDirectory@stripes.com).

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



Tiramisu (pup): I'm a little shy girl and real fluffy, but out of my 8 weeks on this earth I've come to learn that all I want is a loving family and a cozy home to call my own.

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.



# 5 reasons to go to the Maldives right now

STORY AND PHOTOS BY TAEHYEONG KIM, HAPS KOREA MAGAZINE



As if postcard photos, white sandy beaches, and breathtaking sunsets aren't enough, there's plenty of reasons to hit the South Asian nation.

Located in the Indian Ocean, the Republic of Maldives is located on top of a vast underwater

mountain range have around 1,190 islands and sandbanks covering a land area of no less than 298 square kilometers. All the islands are encircled by a lagoon blessed with crystal clear water and protected by a reef structure, housing one of the most exclusive and spectacular underwater life.

If you're looking to get away from it all, here's five reasons why the Maldives is a great choice.

## Get away from it all

There may be no better place on earth to get away from it all then the Maldives. When you want to relax, there's no hawkers



or people harassing you to buy things or take a taxi unless you look for it.

## The weather

The three best months to go to the Maldives are considered to be January, February and March. Prices do go down in April, but you'll miss the best time for the crystal blue waters — as if that's really possible. Daily temps are between 26°C-30°C daily and usually only gets severe storms in November.



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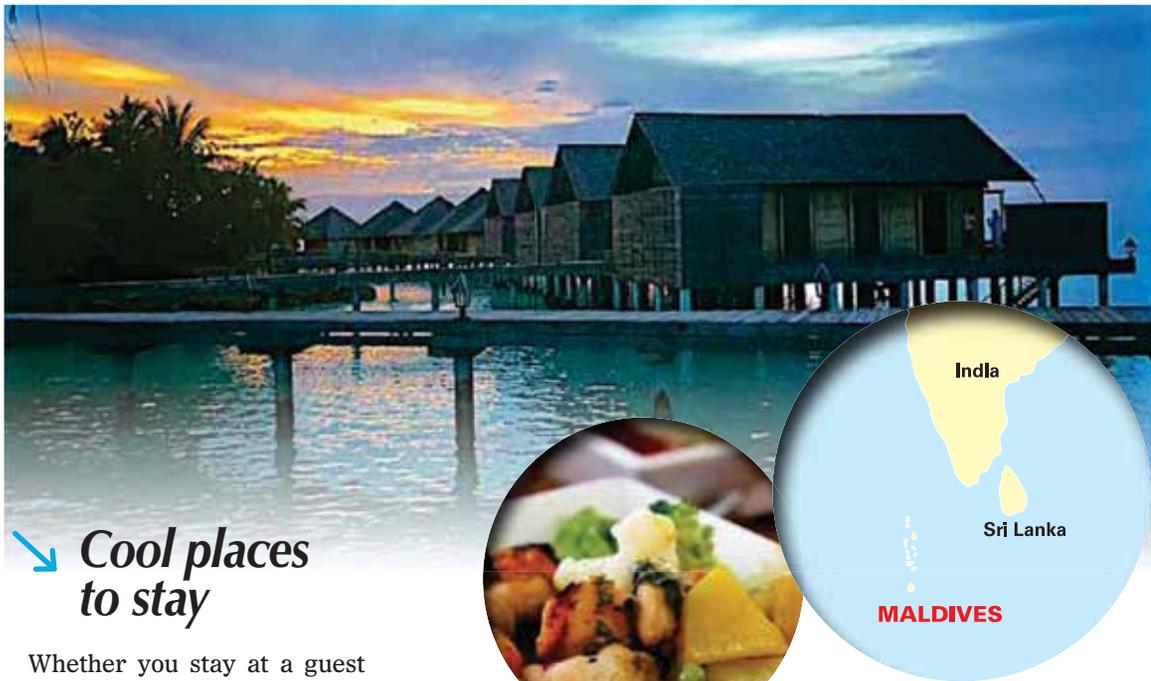
# NEW IN GUAM?

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- Local Culture and Customs
- Public Transportation
- Local Food
- Language
- and more!

STARS AND STRIPES



**Cool places to stay**

Whether you stay at a guest house, resort, hotel or on a ship, you can expect superior service and of course, some breathtaking views.

**Great food and drink**

Massive buffets with international and local cuisine are easy to find everywhere. Try some local delicacies while you're there — "Mas huni" (mashed tuna fish mixed with grated coconut, onions, chilli and lime juice) eaten with "roshi" (a griddled pancake made of wheat flour) is a Maldivian traditional breakfast.

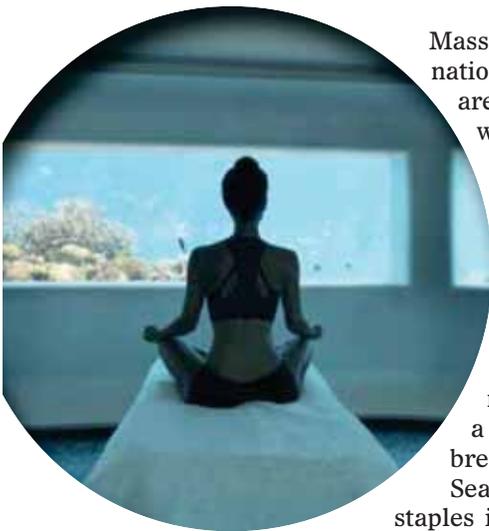
Seafood and chicken are staples in most dishes and the

desserts with fresh fruit are out of this world.

Fresh juices and cocktails are also the perfect compliment to any meal and very refreshing after an afternoon out at sea or in the waters.

**Healing your body and soul**

Maldivian spas go above and beyond most others around the world — and that's a tough feat to accomplish. Known as the top spas in the world, they offer not only expert treatments, but unmatched design and locations that takes being pampered to a new level.



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**The Weekly Crossword** by Margie E. Burke

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			26					
			27					28		29	30	31	
32	33	34					35						
36				37	38			39					
40				41				42	43				
44								45					
			46					47			48	49	50
51	52	53					54			55	56		
57							58			59			
60							61			62			
63							64				65		

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<p><b>ACROSS</b></p> <p>1 Like a fabled piper</p> <p>5 Depth charge target</p> <p>10 Club at a club</p> <p>14 Troop group</p> <p>15 Power glitch</p> <p>16 Snap-together toy</p> <p>17 Xeriscape option</p> <p>19 Cooking fat</p> <p>20 Look of contempt</p> <p>21 Do goo</p> <p>22 Delhi dough</p> <p>23 CBS symbol</p> <p>24 Professor _____</p> <p>27 Figure skater Johnny</p> <p>28 Cigarette flavor</p> <p>32 Compassionate</p> <p>35 Type of agent</p> <p>36 Impassioned</p> <p>37 Indian yogurt dip</p> <p>39 Miles away</p> <p>40 Applicable</p> <p>42 Plant with stinging leaves</p> <p>44 Box with a bow</p> <p>45 Mound of sand</p> <p>46 Cold-hearted</p> <p>48 Granola morsel</p> <p>51 Back of a boat</p> <p>54 Cozy room</p> <p>55 _____violet</p> <p>57 It comes and goes</p> <p>58 Mythological daydreamer</p> <p>60 Pond scum</p> <p>61 Musical exercise</p> <p>62 Do some darning</p> <p>63 Cattail, e.g.</p> <p>64 Plains dwelling</p> <p>65 Farm call</p>	<p>4 TV's Dick Van _____</p> <p>5 "Suits" network</p> <p>6 Fast food favorite</p> <p>7 Judge's issuance</p> <p>8 21, at a casino, say</p> <p>9 Royal flush card</p> <p>10 Give an example</p> <p>11 Pear anagram</p> <p>12 Storybook villain</p> <p>13 Connecting point</p> <p>18 Type of energy</p> <p>22 Mystical mark</p> <p>25 Wandering worker</p> <p>26 Rusty nail danger</p> <p>27 Sweeping</p> <p>29 Dagger handle</p> <p>30 Like some vaccines</p> <p>31 Orpheus' instrument</p> <p>32 Bony fish</p>	<p>33 State confidently</p> <p>34 Get to</p> <p>35 On, as a lamp</p> <p>38 Poison remedy</p> <p>41 Miner's find</p> <p>43 Follow as a result</p> <p>45 Strip bare</p> <p>47 Diminish, as rain</p> <p>48 Sleek swimmer</p>	<p>49 "Gladiator" setting</p> <p>50 Late for class</p> <p>51 Antares, for one</p> <p>52 Mah-jongg piece</p> <p>53 Margin</p> <p>56 Flock member</p> <p>58 Give the go-ahead</p> <p>59 "I told you so!"</p>
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**Answers to Last Week's Crossword:**

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

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STARS AND STRIPES

**Stripes Sports Trivia**

Utah Jazz legend, and fan of the short-shorts, John Stockton is the NBA's all-time leader in career assists with 15,806. Jason Kidd is second with 12,091, while six-foot-eight, 250 lb. LeBron James is currently No. 11 with 8,208. Only one active player currently sits in the top 10. Who is he?

**Answer** Chris Paul

**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:

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

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

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Current awards based on 2013, 2014 and 2015 model year vehicles.

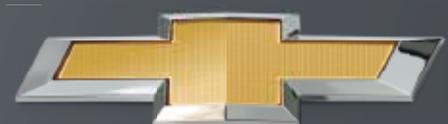
Over 35,000 owners were asked by J.D. Power to rate the dependability of their vehicles after three years of ownership. The result? Confirmation that when it comes to Chevrolet cars, trucks and SUVs, peace of mind comes standard.

2018 "MOST DEPENDABLE COMPACT SUV, MIDSIZE SUV, MIDSIZE CAR AND LARGE LIGHT DUTY PICKUP"  
 2017 "MOST DEPENDABLE SMALL CAR, LARGE SUV, LARGE HEAVY DUTY PICKUP AND MIDSIZE SPORTY CAR"  
 2016 "MOST DEPENDABLE MIDSIZE CAR, COMPACT SUV, LARGE HEAVY DUTY PICKUP AND MIDSIZE SPORTY CAR"

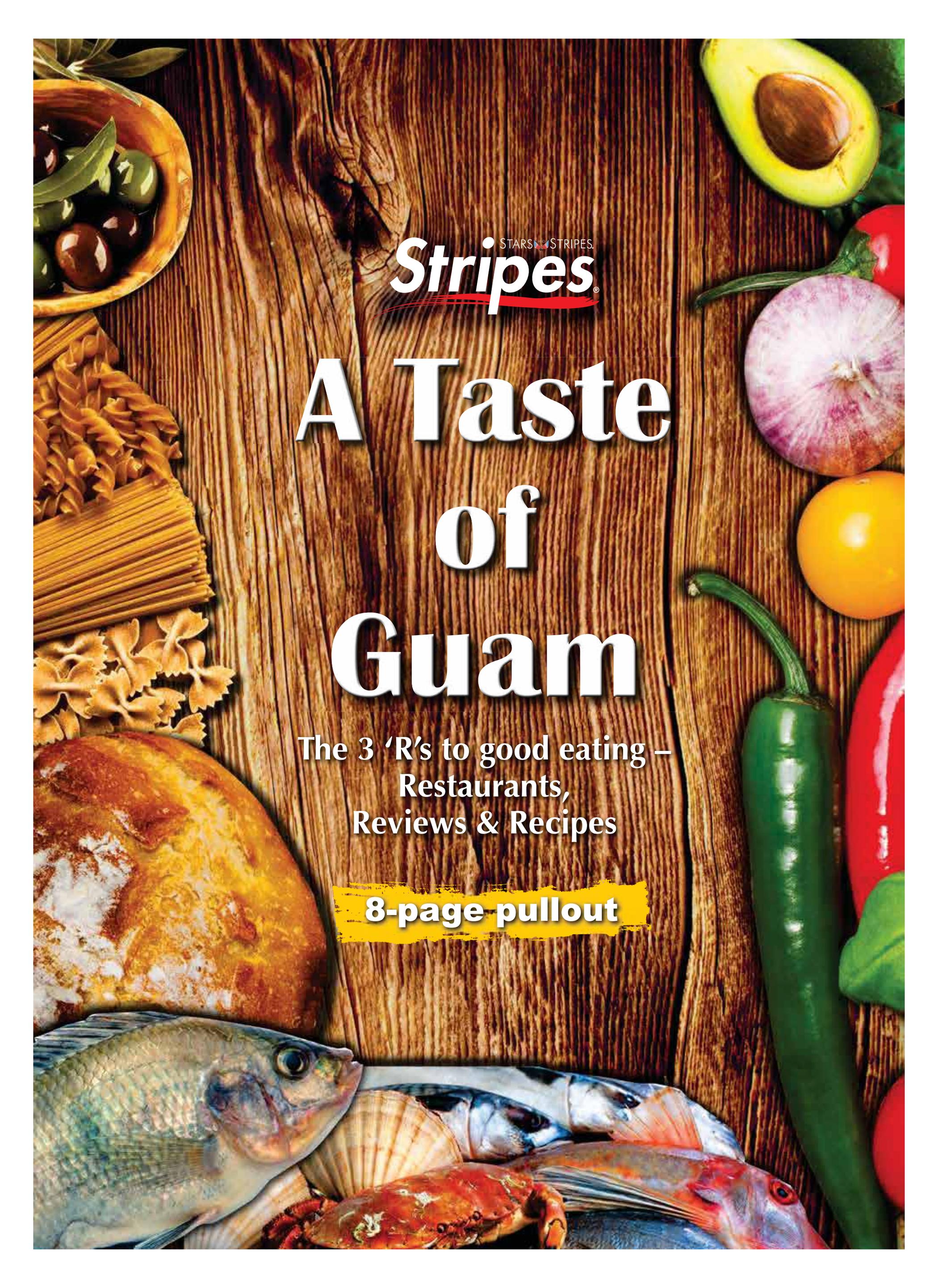
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The Chevrolet Equinox, Chevrolet Traverse, Chevrolet Silverado and Chevrolet Malibu received the lowest number of problems per 100 vehicles in their respective segments in the J.D. Power 2018 U.S. Vehicle Dependability Study, based on 36,896 total responses, measuring problems experienced during the past 12 months by original owners, surveyed October–December 2017. Your experiences may vary. Visit [jdpower.com/cars](http://jdpower.com/cars).



STARS & STRIPES  
**Stripes**

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RESTAURANT INFO

# A Taste of Guam

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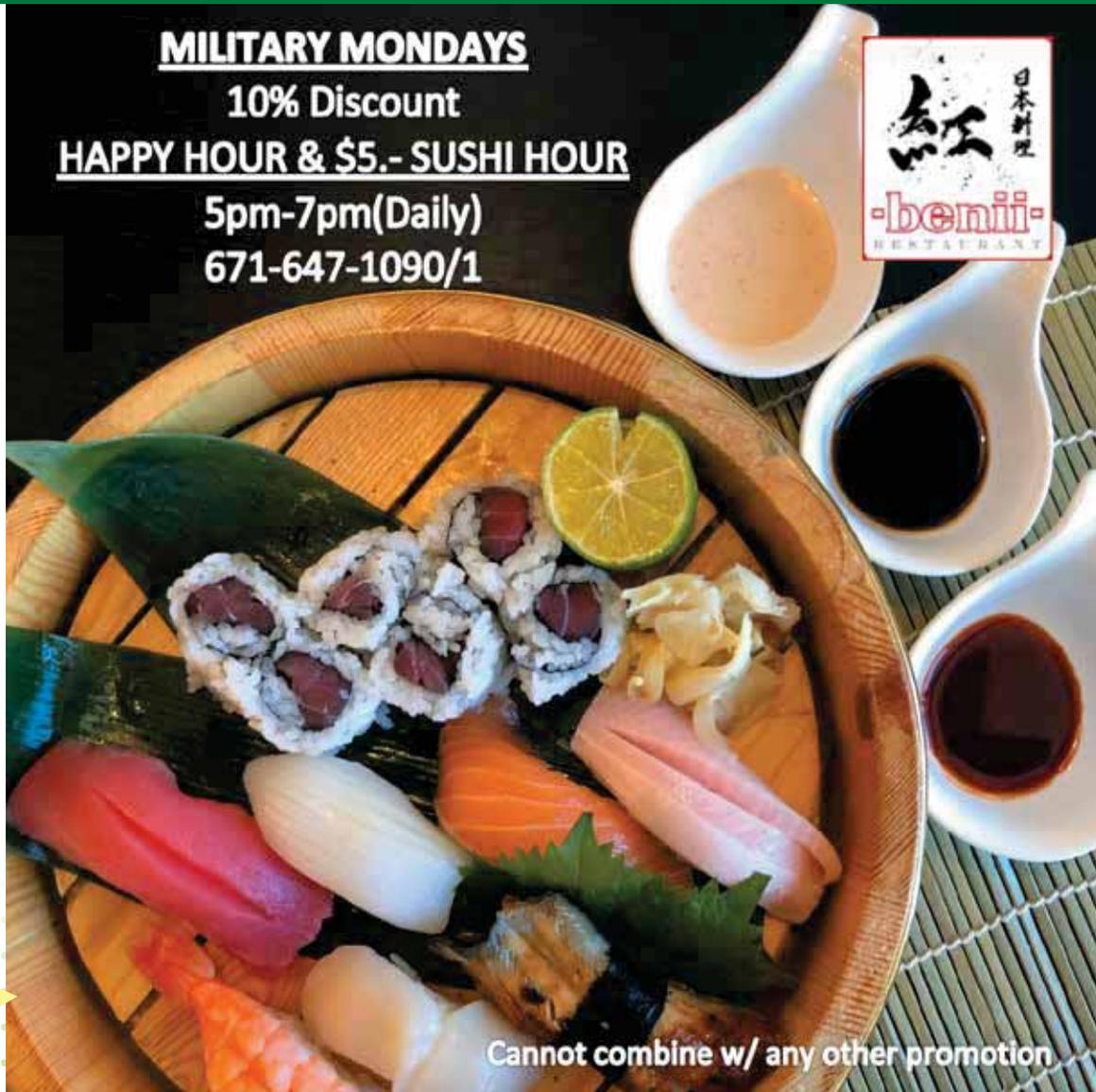
RESTAURANT INFO



# You'll fall in love with Benii!

Come in and try our famous signature dishes like the Tofu Salad or Benii Rolls! A fusion of modern and traditional, Benii Japanese Restaurant serves up over 300 dishes. Affordable lunch and dinner specials are particularly appealing to sushi seekers. Benii's sashimi and nigiri rolls are oh-so fresh and expertly prepared, and the sushi rolls are delectable bite-sized works of art. We have many ala carte dishes that'll dazzle your taste buds! The food is fresh and authentic, while the dining room is serene and inviting. Plenty of seating for large parties and intimate gatherings. Check us out on Facebook to order takeout!

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RESTAURANT INFO

## A Taste of Guam

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## Table 35 for fresh island fusion

At Table 35, our culinary vision is an island fusion of New American and Asian cuisine featuring the freshest Guam produce and seafood, sourced from local farmers and fishermen when possible. Enjoy thoughtfully prepared cuisine with a unique ambiance that is cosmopolitan, yet warm and comfortable. Our menus offer some crossover favorites and tantalizing intros like Coconut Portobellos, Salmon Spring Rolls, and Shrimp Bruschetta. Burgers are lunchtime favorites, while dinner offers the inimitable Miso-Rubbed Striploin with Citrus Soy Butter and Caramelized Garlic Chips, a succulently delightful steak experience! Table 35 has a first-class bar with fine wines and premium cocktails.

RESTAURANT INFO



It's  
finger lickin'  
good

## Tickle your taste buds with **Pickle Fried Chicken**

Howdy folks! The Colonel has something new for the people of Guam, KFC's Pickle Fried Chicken. A different KFC Fried Chicken experience ... straight from the States. Enjoy it in a 9 piece family meal with 3 large sides and 4 biscuits or make it a \$5 box with Pickle Boneless Crispy Chicken Strips and 2 regular sides. You're going to love this new tasty KFC recipe. Hurry to one of our Guam KFCs today and try the new KFC Pickle Fried Chicken, because before you know it, it'll be gone! KFC it's finger lickin' good!

### RESTAURANT INFO

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### RESTAURANT INFO

# HALLOWEEN TREATS

## ZOMBIE: A cocktail to die for

BY DRINKS MIXER

There is no cocktail like a Zombie, particularly because it has the ability to turn you into one if you drink too many of them.

The story behind the drink is an apt one as well. It was invented by Donn Beach, a bartender at Hollywood's Don the Beachcomber restaurant, in the late 1930's.

The story goes that Beach devised the cocktail to help a hung-over customer who had to attend a business meeting. The customer apparently returned a few days later to complain he had been turned into a zombie after drinking a few of them, thereupon creating the name. He may have been confused by the cocktail's smooth, fruity taste, which masks its high alcohol content.

Beach was apparently very secretive about his recipe for the Zombie, which may explain why there are so many different concoctions bearing its name. However, it is generally made of fruit juices, liqueurs and a variety of rums, including one that is 151 proof. The last usually tops the rest of the ingredients, and can be set on fire if so desired.

Below please find a few different recipes.

### Zombie #1 recipe

- 1/2 oz Bacardi® 151 rum
- 1 oz pineapple juice
- 1 oz orange juice
- 1/2 oz apricot brandy
- 1 tsp sugar
- 2 oz light rum
- 1 oz dark rum
- 1 oz lime juice

Blend all ingredients with ice except Bacardi 151 proof rum. Pour into a collins glass. Float Bacardi 151



Image by Elena Sugiyama

proof rum on top. Garnish with a fruit slice, sprig of mint and a cherry.

24% (48 proof)

### Zombie #2 recipe

- 1 oz light rum
- 1/2 oz creme de almond
- 1/2 oz sweet and sour mix
- 1/2 oz triple sec
- 1 1/2 oz orange juice
- 1/2 oz 151 proof rum

Shake all ingredients (except 151 proof rum) with ice and strain into a collins glass over ice cubes. Float the 151 proof rum on top, add a cherry (if desired), and serve.

19% (38 proof)

### Zombie #3 recipe

- 1 1/4 oz lemon juice
  - 2 dashes grenadine syrup
  - 3/4 oz orange juice
  - 3/4 oz Heering® cherry liqueur
  - 3/4 oz white rum
  - 2 oz dark rum
  - 3/4 oz 151 proof rum
- Shake over ice in a shaker, and strain into a large highball glass over crushed ice.

28% (56 proof)

### Zombie #4 recipe

- 1 1/2 oz gold rum
- 3 tsp lime juice
- 1 tbsp Jamaican dark rum
- 1 tbsp white rum
- 1 tbsp pineapple juice
- 1 tbsp papaya juice
- 1 1/2 tsp sugar syrup
- 1 tsp 151 proof rum
- 1 pineapple stick
- 1 pinch powdered sugar

Shake all ingredients (except the high-proof rum) over ice, the pineapple stick and the sugar. Strain and add ice. Garnish with pineapple and a cherry. Float the high-proof rum on top and sprinkle a little sugar over it.

25% (50 proof)

### Zombie #5 recipe

- 1 oz light rum
- 1/2 oz creme de noyau
- 1/2 oz triple sec
- 1 1/2 oz sweet and sour mix
- 1 1/2 oz orange juice
- 1/2 oz 151 proof rum

Strain ingredients into collins glass filled with ice. Top with 151 Proof Rum.

19% (38 proof)

Annie's Chamorro Kitchen presents

## Paranormal Pretzels



My niece, Chrystina and her son, Damian have so much fun making snacks together.

Damian shared these cute pretzel snacks with his friends at school, but they'd be perfect for a kid's party or for Halloween (being that they look like aliens or bugs).

Chrystina adapted this recipe from one she found in Parent magazine. Here's how she and Damian made them.

You'll need to buy pretzels already covered in yogurt, but you can buy plain pretzels and coat them with white candy melts.

Use candy melts and multi-colored sprinkles for the eyes. Melt the candy melts in the microwave in 30-second intervals then pour into a frosting bag fitted with a small tip to do the eyes. If you don't have a frosting bag, you can also use a resealable bag, cutting a tiny piece off one corner.

NOTE: You need a helper to be putting the sprinkles on because the candy melts settle real quick!

From Chrystina: "A lot of our little paranormal friends ended up looking like their eyes were gorged out and left empty and bloody - which is ok too. Damian went as fast as he could."

Have fun making these cute snacks. Chrystina and Damian sure did.



STORY AND PHOTOS BY RIEKO SUZUKI, METROPOLIS MAGAZINE

## TOFU PUMPKIN PUDDING

Enjoy a delicious guilt-free dessert

Looking for an alternative to candy and chocolate this Halloween? Enjoy the festive season while staying healthy with this guilt-free tofu pumpkin pudding recipe!

Start to Finish: 1hr (active time 20 min) / Servings: 4-5 cups

### INGREDIENTS

- 150g fresh kabocha (Japanese pumpkin) with peel&seeds removed
- 150ml whole milk or soy milk
- 100g silken (kinu) tofu
- 2 eggs (medium sized)
- 2 tbsp honey (2 tbsp = 30ml)
- 2 tbsp sugar (2 tbsp = 30ml)
- Optional: maple syrup to serve
- Optional: a pinch of cinnamon powder

### DIRECTIONS

1. Dice the kabocha into 3-5cm cubes. Place the cubes in a microwavable bowl (cover with a lid) and microwave for 3 minutes at 800w.
2. Place the remaining ingredients in a large mixing bowl with the kabocha. Using a hand blender, mix until smooth.
3. Pour the mixture evenly into 4-5 heat-resistant cups and cover the top of each cup with tinfoil.
4. Fill a deep, heavy pan with boiling water to 1-2cm deep. Place the cups in the pan and heat with the lid on for 8 minutes at a low setting.
5. Turn the heat off and leave the cups in the pan with the lid on for 15-20 minutes.
6. Take the cups out of the pot and set to cool. Chill in the refrigerator if you prefer a cooler pudding. For a sweeter taste, drizzle with maple syrup.



## PUMPKIN ALMOND SMOOTHIE

Sip on some healthy seasonal goodness

Packed with seasonal goodies and nutrition-rich foods such as almonds and olive oil, this is the smoothie for autumn! Because the pumpkin was organic, this recipe leaves the skin unpeeled—but you can opt to take it off. Pumpkin seed oil can be substituted for olive oil, and maple syrup can be used in place of honey.

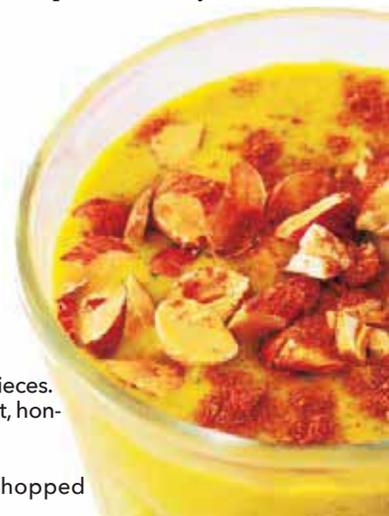
Cooking time: 10 min / Servings: 1 tall glass

### INGREDIENTS

- 1 medium-sized banana, peeled and frozen
- 100g cooked pumpkin
- 1/3 cup almonds, raw and unsalted recommended
- 100cc soy milk or milk
- 2 tbs unsweetened yogurt
- 2 tsp honey
- 1 tsp extra-virgin olive oil
- 1 pinch cinnamon powder

### DIRECTIONS

1. Chop almonds, putting aside 1 tbs of the nuts.
2. Cut frozen banana and pumpkin into medium-sized pieces.
3. Combine fruit, the remaining almonds, soy milk, yogurt, honey, and olive oil in a tall glass.
4. Blend batch with a hand blender until smooth.
5. Pour into a glass. Sprinkle with the tablespoon of chopped almonds and cinnamon powder.





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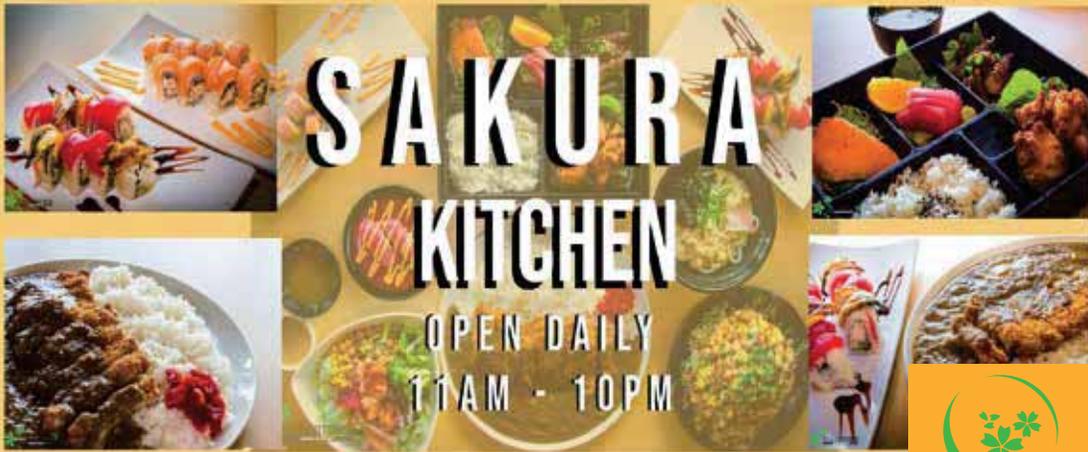


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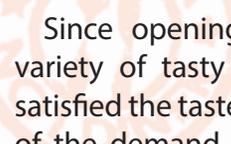
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**RESTAURANT INFO**



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# A Taste of Guam



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**GUAM EDITION**

FRIDAY, OCTOBER 5, 2018



**Grueling  
new Air Force  
fitness test will push  
explosive technicians  
to their limits**

**Page 2**

Tech. Sgt. Cole Carroll-Grandegenett, a member of the 52nd Civil Engineer Squadron from Spangdahlem Air Base, Germany, prepares to execute an overhead medicine ball throw during the beta test of the Explosive Ordnance Disposal Tier 2 fitness test prototype on Sept. 10 at Eglin Air Force Base, Fla.

ILKA COLE/Courtesy of the U.S. Air Force

## MILITARY

# EOD airmen to feel full weight of 'Gruester'

By JENNIFER H. SVAN  
*Stars and Stripes*

Air Force explosive ordnance technicians might soon become painfully familiar with the "Gruester," the nickname for a grueling component of the career-specific fitness test being introduced for them.

In September, 21 EOD airmen from seven bases put the service's new EOD Tier 2 physical fitness prototype test through a trial run.

The results from the 36-hour assessment will be used to establish a baseline for fitness and strength, Air Force officials said.

The field test at Eglin Air Force Base, Fla., was part of an effort to evaluate how well airmen in certain career fields can perform the physical tasks required of their jobs. The tailored fitness testing is geared toward airmen whose jobs are more physically demanding, such as EOD, tactical air control party operators and air liaison officers.

Unlike the current Tier 1 fitness test, "this will be the new standard for anyone who wants to be an EOD operator regardless of age and gender," Capt. Cory McCart, EOD flight commander for the 96th Civil Engineer Group at Eglin, said in a statement.

The Gruester was one of 10 exercises assessed during baseline testing Sept. 10-12. The drill involved a combination of pushups, planks, a rollover with a 50-pound sandbag and an over-the-shoulder carry with the sandbag for a 15-meter run for 20 rounds. A 15-meter run without the 50-pound sandbag was also performed between rounds.

"The Gruester was brutal," Tech. Sgt. Cole Carroll-Grandegenett, of the 52nd Civil Engineer Squadron at Spangdahlem Air Base, Germany, said in a statement.

The EOD airmen in the pilot test were the ones who coined the nickname for the grueling routine.

The new test is more than an excuse to make airmen sweat.

Carroll-Grandegenett said the Air Force's Exercise Science Unit found a correlation between an ability to perform the Gruester well, and endurance and energy conservation in the field as EOD operators, according to the Air Force.

The assessment includes tasks that EOD airmen perform on missions. After the first round of testing, the airmen ruck-marched for an hour to the base's



An EOD airman removes a rocket after a simulated attack.

EOD training complex for the next 30-hour phase of the test, according to the Air Force. There they were put through a series of operational tasks, such as airfield and range clearance and chemical operations.

After that, the airmen completed the physical fitness test for a second time.

Eglin was chosen for the pilot test because of its high heat and humidity, training infrastructure and other factors.

Once the new test and standards are implemented, airmen will be given a year to adapt before the standards are officially enforced, officials said.

The other exercises in the Eglin test included a 1.5-mile run; a 1,000-meter row; a 20-pound medicine ball toss, overhead and sideways; a grip strength test; a trap-bar deadlift with maximum weight for five repetitions; pullups; cross-knee crunches to a metronome at 56 beats per minute until failure; a farmer's carry with two 50-pound sandbags (one in each hand) for 100 meters; and a 3-inch square-bar static hold.

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PHOTOS BY ILKA COLE/Courtesy of the U.S. Air Force

Staff Sgt. Ashley Banta, from the 48th Civil Engineer Squadron at RAF Lakenheath, England, lifts a 50-pound sandbag while wearing a 30-pound vest during the Explosive Ordnance Disposal physical fitness prototype test on Sept. 10 at Eglin Air Force Base, Fla.



Lt. Col. Anthony Raus, an EOD airman based at Fort Bragg, N.C., performs the "Gruester" exercise at Eglin.

## Twitter reacts after Japanese police decline offer of water

By HANA KUSUMOTO  
AND CAITLIN DOORNBOS  
*Stars and Stripes*

TOKYO — An airman's failed attempt at gifting refreshments to two Japanese police officers made the rounds on social media recently after a Twitter user captured the "heart-warming" interaction.

A 22-year-old Japanese man named Aoki, who declined to provide his full name, said he witnessed the exchange Sept. 16 during the Japanese-American

Friendship Festival at Yokota Air Base in western Tokyo. The open-base event invites the public onto the usually restricted grounds for aircraft displays, food vendors, music and other performances.

Aoki said he was walking at Yokota when he noticed three airmen approaching the on-duty Japanese officers with a bottle of water and a sports drink.

Aoki, whose Twitter handle is @Type96aoino, decided to pull out his camera and capture the moment.

"I thought it was heart-warming," he said.

But when an airman tried to hand over the bottles, one of the officers shook his hand apologetically, Aoki said, adding that the Americans seemed surprised and walked away looking sorry and sad.

Aoki said his photo of the encounter was retweeted about 60,000 times, causing so many notifications on his Twitter account that he decided to delete it.

"I tweeted these photos because I wanted to know how

people would react," Aoki said. "I wanted to know what people had to say."

Most comments were positive, he said. Many people wondered why the officers didn't accept the drinks, while others argued that they should have taken them.

Some — such as Twitter user @tuas\_gennai — said the police were right to decline the gifts.

"They probably figured out that they can't accept anything during duty since they are public servants. (Especially like this time from an U.S. servicemem-

ber)," @tuas\_gennai wrote in Japanese.

Aoki, who is also a public servant, said he thought there must be a regulation that banned the officers from taking the drinks. He said you don't see police drinking or eating on duty in Japan.

Tokyo Metropolitan Police officials were unable to comment on the policy.

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## MILITARY

# Long wait ends for sons of lost American

## Battered dog tag is family's precious bond to father identified from Korean War remains

By **WYATT OLSON**  
*Stars and Stripes*

**NATIONAL MEMORIAL CEMETERY OF THE PACIFIC, Hawaii** — On Sept. 21, brothers Charles and Larry McDaniel ascended the Punchbowl Cemetery's monument displaying the names of roughly 24,000 servicemembers who remain missing from the Korean War and the Pacific theater of World War II.

They climbed up scaffolding to reach the spot where their father's name, Charles McDaniel Sr., is inscribed in stone and placed a bronze rosette next to his name, indicating he is missing no more.

During an earlier ceremony at the cemetery observing the annual National POW/MIA Recognition Day, Charles McDaniel Jr. told an audience of 300 how the remains of his father were suddenly and dramatically found.

When North Korea turned over 55 boxes possibly holding the remains of Americans who died in the Korean War in July, McDaniel greeted the news with caution.

He was 3½ when he last saw his father, who was declared missing in action on Nov. 2, 1950, during the Korean War.

The elder McDaniel, who was a medic, was one of more than 5,000 American servicemembers whose remains are believed to be in North Korea.

"So I figured, 55 sets of remains: 1 percent chance or less" his father's remains would be among them, McDaniel said. "You kind of push it back, like you have to with grief."

Yes, the pain of a lost father always lingers, he said, "but you have to push it back, and you go on with your life."

But then, a representative from the Defense POW/MIA Accounting Agency called with a stunning update: the sole dog tag found in the boxes of remains belonged to his father.



PHOTOS BY WYATT OLSON/Stars and Stripes

**Brothers Charles, left, and Larry McDaniel stand beside a memorial wall holding the name of their father at the National Memorial Cemetery of the Pacific in Hawaii on Sept. 21.**



**Above: Charles McDaniel Jr., holds the dog tag worn by his father during the Korean War.**

**Left: Larry McDaniel places a bronze rosette beside the name of his father, Charles McDaniel, Sr., at the Punchbowl Cemetery.**

"Then I got another call," McDaniel explained. "Didn't expect it so soon. Waited 68 years for this."

"They said, 'We've identified your father,'" McDaniel said,

gasping as he swallowed a sob, as he did numerous times while speaking to the crowd.

"Excuse me for grieving in front of you," he said. "I'm really not apologizing. I'm just telling

you it's a reality."

On Sept. 20, the brothers were shown their father's remains at the DPAA headquarters at Joint Base Pearl Harbor-Hickam.

"My emotions are jumbled by

recent events," he said.

He recalled as a little boy thinking from time to time, "Maybe my dad's still alive."

Then, as he grew up, dark thoughts about his father possibly being in a prison camp somewhere, mistreated and tortured, encroached upon him.

"But I knew logically — as my brother Larry and I discussed from time to time — we knew that he wasn't coming back as a living person," he said.

McDaniel held onto a precious few things that made his father real.

He had a handwritten letter sent by his father to his mother, mailed from Ogden, Utah, as he headed to war in Korea.

"Give my love to the boys," the letter closes, words that took on almost the relevance of Scripture to McDaniel, who went on to a career as an Army chaplain.

He has only one memory of his father, a moment when he ran toward him to greet him coming home, his dad sweeping him up in his arms.

Now there is the dog tag.

After the ceremony, he held it in the palm of his hand and showed a group of reporters.

"This was around my father's neck," he said with a tone of wonder that he could ever be this close to him.

While at the podium, McDaniel recited the concise information on the dog tag — full name, service number, blood type A, Protestant.

"I value all of those things because I have type A blood, because I have faith, like my father had faith," he said. "That's something that's gotten me through for many years, and I commend it to you."

"I leave him in the hands of God, but I encourage all of you to participate as you can in supporting looking for those who have gone missing, that you take it personally and enthusiastically, steadfastly."

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## GIs recall greatest hits, misses of Army unit safety briefings

By **WILLIAM HOWARD**  
*Stars and Stripes*

Don't shoot anyone on post, don't sleep with your squad mate's spouse, don't snort unknown substances and don't live in your car while collecting rent money from the Army.

The warnings given to soldiers at weekend and holiday safety briefings in recent decades are the stuff of Army lore. As those mandatory briefings become optional or end entirely — the Army has eliminated several administrative requirements recently in a streamlining measure — a few soldiers shared their memories of unusual briefings with Stars and Stripes.

Situational briefings remain at a commander's discretion, and soldiers said they can be useful when there's a critical issue at hand or when a topic is discussed with depth and insight.

But much of what they'd heard over the years could be best summed up as "illegal things are illegal."

"Don't do stupid stuff" was one commander's entire weekly brief, more colorfully put. Others were more long-winded.

Sgt. 1st Class Nancy Lugo, noncommissioned officer in charge of the 10th Support Group public affairs office on Okinawa, Japan, recalled a briefing after she graduated from basic training. The commander talked for 45 minutes, delivering warning after warning, while families stood by waiting.

"My brother spent the weekend making up things to be cautious of like drinking water slowly and looking where you walk so you don't fall down," she said.

While a few weekend safety brief topics may seem strange, they're sometimes brought up due to a soldier's inappropriate behavior.

"Do not forge government paperwork, especially police reports," an Army supply sergeant told Stars and Stripes. "That's what I did and got caught but first sergeant covered for me. I almost got a (nonjudicial punishment)."

Other times, topics of concern manifest themselves during the weekend safety brief.

Sgt. Elizabeth Harris, with the 14th Public Affairs Detachment at Fort Carson, Colo., remembers when a soldier passed out during a weekend safety brief after the brigade command sergeant major pointed at him.

"He pointed to a new soldier that just joined our unit and said, 'What about you? Are you OK?' After the command sergeant major said that, the soldier fell over," Harris said. "The soldier buckled his knees and hadn't been drinking enough water in the high altitude of Colorado. After that a

lot of soldiers didn't want to get pointed out by CSM."

Staff Sgt. David Souther, also stationed at Fort Carson, recalled a Christmas leave briefing in 2007 that was delayed for several hours because the briefers were at a party.

"The company commander and first sergeant didn't come back from their party until (9:30 p.m.) and finally released us after a 20-minute speech," Souther said.

Weekend briefings became optional following a memo signed by Army Secretary Mark Esper, according to a Sept. 4 service statement.

Esper has released at least 13 memos since June that remove requirements for training and administrative tasks in a bid to get soldiers more focused on their primary tasks.

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## MILITARY

# Philippines POW camp recalled at memorial

By SETH ROBSON  
Stars and Stripes

CABANATUAN, Philippines — “They sent us out there to die.”  
That’s how an American veteran recently recalled his time at one of Japan’s most notorious prisoner of war camps.

The old soldier’s recollection of the Cabanatuan POW camp was retold to former servicemembers and supporters who gathered there Sept. 22 for POW/MIA Recognition Day.

A convoy of motorcycles led two busloads of people from the Angeles City Veterans of Foreign Wars Post near Clark Air Base to Cabanatuan, where the Japanese had kept people too weak or sick to go to forced labor camps.

The treatment there was harsh, and many POWs died from sickness and starvation or were executed by their captors. The camp was also the site of one of the greatest military rescue operations in history.

The story of the January 1945 raid that saved nearly 500 POWs and civilians from Cabanatuan was told by Angeles VFW Post commander Jim Collins while he stood in front of a wall inscribed with the names of 2,656 POWs and civilians who died at the camp before it was liberated.

Allied forces in the Philippines feared that the Japanese would execute the prisoners once it became clear they were going to be overrun. Gen. Douglas MacArthur authorized a raid involving the 6th Ranger Battalion, Alamo Scouts, the Army Air Corps, Filipino guerrillas and local villagers, Collins told the veterans.

“More than 1,000 people played a role in the raid,” he said.

The troops infiltrated 27 miles behind



Air Force Col. Larry Card, at lectern, speaks at a POW/MIA Recognition Day event in Cabanatuan, Philippines, on Sept. 22.

enemy lines to reach the camp, first traveling in trucks and then marching to assault positions nearby, Collins said.

A P-61 Black Widow night fighter distracted Japanese guards by performing acrobatics and backfiring its engine before the attack, he said. Only two U.S. troops were lost.

Meanwhile, the guerrillas blocked a bridge and attacked nearby Japanese forces, preventing a counterattack, Collins said. The rescued prisoners were carried on carts pulled by water buffalo and

reached American lines on Jan. 31, 1945.

Today all that’s left of the camp is the base of its water tower. The remains of POWs who died there were exhumed after the war and reburied at other cemeteries.

John Gilbert, a retired Army first sergeant and past VFW post commander, said veterans are firmly behind efforts to bring fallen troops home.

“A POW from Cabanatuan stayed in the Philippines for two and a half years after the war and retraced the Death March route looking for missing prisoners,” he



A member of the Angeles City Veterans of Foreign Wars Post 2485 stands in front of a wall inscribed with the names of POWs and civilians who died in Cabanatuan, Philippines.

said.

Air Force Col. Larry Card, an A-10 Thunderbolt pilot serving as a military attaché to the Philippines, told the veterans it’s important not to forget those left behind on the battlefield.

“Cabanatuan really speaks to our desire to come to the aid of our comrades,” he said. “These people came into a Japanese stronghold to rescue 500 prisoners.

“There was no reason that the mission should have been successful. They all came into it thinking it may be their last few days on Earth, and they all said it was worth it.”

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## Korean War vet honored for 75 years of service to Scouts

By SETH ROBSON  
Stars and Stripes

CLARK AIR BASE, Philippines — It’s been 75 years since Willis “Buddy” Clark Jr. joined the Boy Scouts of America, but the former Marine is still roughing it with kids young enough to be his great-grandsons.

On Sept. 22, the 87-year-old Korean War veteran was given a medal celebrating his three quarters of a century with the Scouts by Veterans of Foreign Wars Post 2485 in Angeles City, Philippines.

Since he moved to the Philippines from California a few years ago, the father of five has had a big impact on VFW-sponsored Troop 485, which is mostly composed of children of U.S. veterans and local moms living near what was America’s largest overseas military base before U.S. forces left in 1991.

“Most Scouts stop when they turn Eagle,” said David Luay, 15, a member of the Angeles City troop. “It’s kind of cool to see Mr. Buddy be here with us. If Mr. Buddy can stay in Scouts that long, so can we.”

Another Scout, Denis Metherell, 15, said he’s impressed by Clark’s strength.

“He can walk a long way,” he said. “One time he looked like he was having trouble getting up and I tried to help him, but he didn’t want help.”

The old Marine still jumps into the pool to teach swimming and recently climbed

the 1,787-foot Mount Samat on the Bataan Peninsula with the boys.

Ask about the small scar on his neck and Clark — who said he became a Boy Scout at age 12 and a Marine while still in high school — will tell you about his days as a machine-gunner during the Korean War.

Clark recalled being atop a mountain in 3 feet of snow during the Battle of Chosin Reservoir, in which 30,000 United Nations troops fought for 17 days to survive an onslaught by 120,000 Chinese.

“A sergeant said, ‘Do you want to live forever? Fight.’ I felt like I was in a John Wayne movie. How do I get out of this thing?” Clark said.

The weather was so bad that orange flags marking the Marines’ position got buried in snow, Clark said. A Marine beside him was strafed by a U.S. plane that mistook him for the enemy.

Clark said he was struck by shrapnel from a Chinese grenade and wounded so badly that other Marines put him in a body bag and loaded him into a helicopter.

“I’m not afraid to die, but I’ve got things I want to do,” he said he prayed during the flight.

Clark said it was only after he managed to poke a finger out of the bag that someone realized he was alive.

“I was drowning in my own blood but I managed to get my finger out and move it,” he recalled. “The priest said, ‘We’ve



SETH ROBSON/Stars and Stripes

Willis “Buddy” Clark Jr. shows off the medal he received for 75 years of service to the Boy Scouts in Angeles City, Philippines, on Sept. 22.

got a live one here’ and I went to surgery.”

Clark said the tracheotomy that saved his life left him mute for three years, but these days he talks a lot and even belts out tunes on his harmonica from time to time.

When he’s not helping the Boy Scouts, Clark is active at a local church where he’s a chaplain, and he’s looking forward to a visit from his daughter, a former USO show performer who plans to play piano

for the congregation, he said.

Modern-day Scouts might spend more time playing with cellphones than hammering in tent pegs but they’ve earned the old timer’s respect.

“This is the finest troop that I’ve ever been involved with,” Clark said of the Angeles City youngsters.

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## PACIFIC

# Memorial park opens for S. Korean adoptees

By KIM GAMEL AND  
YOO KYONG CHANG  
*Stars and Stripes*

PAJU, South Korea — Sook Hee Scheibner always knew she had been adopted from South Korea at age 3 by a Quaker couple who raised her in Michigan.

What she didn't know was that her birth father had been an American soldier. Scheibner, 65, discovered her biracial heritage only last year.

"I always thought I was 100 percent Korean until I had my DNA done about a year ago through both [Ancestry.com] and 23andMe," she told Stars and Stripes.

Scheibner, 65, was among dozens of Korean adoptees who recently traveled back to their homeland for the opening of a memorial park at Camp Howze, a former U.S. military base near the front lines with North Korea.

Omma Poom, or Mother's Arms, park, which includes several sculptures, is the first such memorial dedicated to South Korean adoptees as the nation tries to come to terms with a tragic legacy of the 1950-53 Korean War.

"It serves as a permanent reminder for all future generations to never forget what has happened here," said Estelle Cooke-Sampson, who was adopted at age 6. "Our parents and family members had to make very difficult decisions through one of Korea's darkest and most tumultuous periods."

At least 200,000 South Korean children were adopted overseas after the war, prompting the nation to be dubbed by the media as one of the world's biggest exporters of babies.

Most went to the United States, especially biracial children who faced stigmas because they were born to unwed South Korean women and American or other Western soldiers.

Prostitution was rampant in so-called camptowns near the bases that dotted the peninsula, and the streets were filled with war orphans.

## War orphans

Theodore Bush Hudson Jr., a retired Marine who participated in the landing at Incheon and other key battles, was so touched by their plight that he and his wife later adopted four of the children.

Wearing his dress blues, the octogenarian was accompanied by two of them as he was honored during the park's opening ceremony on Sept. 12.

"We decided that we would adopt from Korea because I had been here during the war and I saw the conditions that the kids were living in," he said. "My heart just went out to them."

The issue has been largely taboo in a conservative country with Confucian roots that place great importance of ancestors and bloodlines. The government provides benefits to adoptees who return home, but many find silence or a cold reception when



PHOTOS BY KIM GAMEL/Stars and Stripes

Sook Hee Scheibner, right, who was adopted from South Korea as a toddler, is photographed by a friend on Sept. 12 while pointing to a photo of herself as a baby on a memorial wall in Paju, South Korea.



Photos of South Korean children who were adopted hang at a former U.S. military base.

they try to find their biological parents.

"Some of you have come back after decades and some may be visiting this country for this first time. It is a long journey," Mayor Choi Jong-whan of the surrounding Paju area, said to the crowd at the ceremony. "I hope you will get a chance to feel some sense of home in your birth country."

The project cost nearly \$1 million, including the land, sculptures, trees and landscaping, the mayor said. He noted the symbolism of having the park on a former military base.

"Many Korean overseas adoptees were mixed-race children who have their roots in the camp-

towns," he said. "U.S. troops were based on Camp Howze for over 50 years."

## Camp Howze

The circular memorial is set on a nearly 24,000-square-foot clearing surrounded by trees in a relatively remote setting deep inside the former Camp Howze, which was returned to the South Korean government in 2005.

The camp, which was named after Medal of Honor recipient Maj. Gen. Robert Howze, was one of six so-called "western corridor" bases near the front lines.

Omma Poom, which will eventually be part of a larger neigh-

borhood park, won't be open to the public until the entire project is complete, but it will be available by appointment.

Adoptees at the ceremony, including many who traveled to South Korea as part of the "Mosaic Hapa Tour" for those with mixed heritage, welcomed the recognition.

"We are almost thought of as an invisible scar from the Korean War," said Cooke-Sampson, who was adopted at age 6. "Everything was geared towards getting us out of this country."

Cooke-Sampson, a retired general and state surgeon for the District of Columbia National Guard, said she knows little about her birth parents except that her father had likely been an African-American soldier.

"I could not be upset with him because you have to remember at that time many of these fathers were no more than teenagers themselves. It was a totally different time," she said.

## Biracial heritage

The popularity of adoptions among Westerners spurred a lucrative industry. Many women have said they were given financial incentives to abandon their babies.

The issue gained international attention during the 1988 Summer Olympics, which were held in Seoul and spurred the impoverished country's rapid transfor-

mation into an Asian economic powerhouse.

A new adoption law was passed in 2012 that required birth mothers to register before putting their children up for adoption. The goal was to impose order on the industry and make it easier for adoptees to find their birth parents in the future.

The government also curbed foreign adoptions, but critics fear that has prevented orphans from finding homes because South Koreans are less likely to adopt.

Scheibner, who now lives in Ridgewood, N.J., and has two children and five grandchildren, said she has grown close to her birth father's family although he died in 2014.

"He never married; he never had any other children and never knew he had a daughter," she said, standing by a wall covered in adoptees' baby photos and messages for their birth mothers, including hers.

Scheibner is still searching for her birth mother, who she believes was from the Pyeongtaek area south of Seoul since that's where her father was based.

"I'm glad that I was given opportunities, but I feel bad for my mother," she said. "It must've been difficult. Even if giving me up wasn't difficult, which I'm sure it was, but even if it wasn't, I'm sure she had a hard life."

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## MILITARY



Photos courtesy of the U.S. Army

Spc. Sierra Hill, 1-2 Stryker Brigade Combat Team, takes the oath of enlistment on a zip line at Chaubattia Military Station, India, Sept. 25 during the Yudh Abhyas drills.

## US, India conclude annual drill, plan larger-scale exercises

By WYATT OLSON  
*Stars and Stripes*

The Himalayan scenery is breathtaking — and so is high-altitude training.

It's a lesson learned by roughly 350 American soldiers who joined a like number of Indian troops at Chaubattia Military Station, a mountainous, forested training area about 200 miles northeast of New Delhi.

The 7th Infantry Division troops trained with India's 99th Mountain Brigade during the 14th annual Yudh Abhyas drills. The exercise, which began in 2004, alternates each year between India and Joint Base Lewis-McChord, Wash.

"The scenery is magnificent," said Col. Leo Wyszynski, commander of the 1-2 Stryker Brigade Combat Team, which wrapped up two weeks of training Sept. 29.

"We're looking toward to the Himalayan mountains," he said, speaking from Chaubattia. "It's just a beautiful area to conduct training in and a great experience for our young soldiers as they interact with their India counterparts."

But the troops from Lewis-McChord also needed to cope with the effects of higher altitude.

"Joint Base Lewis-McChord is at about sea level," Wyszynski said. "We're at about 7,500 feet here at Fort Chaubattia — which is great for our soldiers as they conduct physical training in an oxygen-depleted environment."

"I expect a rise in (physical training) scores based on how hard we've been training and doing physical training with our Indian counterparts once we get back down to sea level."

The future appears bright for U.S.-India joint training and exchanges. Last month, Indian Defense Minister Nir-mala Sitharaman announced the militaries of both countries would conduct large-scale joint exercises next year. The scope of the drills would be unprecedented, bringing together air, land and sea forces for simultaneous training, he said.

"We have decided to carry out for the first time a tri-services joint exercise with the United States off the eastern coast of India in 2019," Sitharaman said.

### Enhanced interactions

His announcement came on the heels of a summit in early September in India attended by Defense Secretary Jim Mattis and Secretary of State Mike Pompeo, during which the two countries signed an agreement enabling them to exchange sensitive military information quickly and securely.

Noting the significance of the name change earlier this year from U.S. Pacific Command to Indo-Pacific Command, Sitharaman said India's military would also begin enhancing its interactions with U.S. Central Command.

For the first time this year, the Yudh Abhyas command post exercise was conducted at a division level, compared with the previous brigade-level training. The change was "proof of our maturing relationship," Maj. Gen. William Graham, the force commander for the exercise, said in a statement.

At the same time, a field-training exercise involving platoon-strength elements from each nation practiced warfighting skills.

During Yudh Abhyas' culminat-

ing "validation exercise," a pair of Indian and American battalion commanders had operational control of a combined formation in the field.

"The tactical direction for those exercises came from a combined brigade headquarters in the command post exercise, who in turn received their tactical direction from our combined division staff in the combined exercise," Wyszynski said.

He estimated that about a fifth of the U.S. soldiers at the exercise had trained in the past with Indian soldiers, either in a previous Yudh Abhyas or other exchanges.

Regardless of the differences in the planning processes used by the two fighting forces, he said "the products that come out of planning, the plans we give to our supporting units" had more similarities than differences.

He found a striking contrast in how the Indian army recruits and draws soldiers into its force compared with U.S. Army practices.

"They draw soldiers regionally in a regimental system," Wyszynski said. "So soldiers from one battalion will all be from a specific region, while we draw soldiers from across the United States — and we don't stay with the same battalion for the duration of a soldier's career."

"Overall, I think this has been a very successful exercise from the individual soldier level where the soldiers have learned to work in a complex environment, complex terrain, with their Indian counterparts in general to learn how to interact successfully with soldiers who are different than them," he said.

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Top: A soldier with 1st Battalion, 23rd Infantry Regiment, talks about an M249 Squad Automatic Weapon with a soldier from the Indian army's 99th Mountain Brigade. Above: 1st Lt. James Farley, also with 1st Battalion, receives instruction from an Indian soldier on the use of the 30-millimeter Automatic Grenade System during a weapons demonstration.

## MILITARY

# USAF gets ready to roll out new OCP uniforms

By JAMES BOLINGER  
Stars and Stripes

The Air Force geared up for its adoption of the Army's Operational Camouflage Pattern uniform, which became standard issue for airmen Oct. 1.

Already worn by some airmen overseas, the new OCP uniforms will be optional until April 1, 2021, when the Airman Battle Uniform — the gray, blue and green tiger striped pattern now in use — will be retired, the service said.

"We spoke to and listened to airmen on this, and the OCP was the clear choice," Air Force Chief of Staff Gen. Dave Goldfein, said in a statement earlier this year.

"The uniform works in all climates — from Minot (N.D.) to Manbij (Syria) — and across the spectrum of missions we perform. It's suitable for our airmen working on a flight line in the Northern Tier states and for those conducting patrols in the

Middle East."

OCP uniforms will be available first at AAFES stores at Aviano Air Base, Italy; Charleston Air Force Base and Shaw Air Force Base in South Carolina; and MacDill Air Force Base, Fla.

However, airmen who plan to immediately switch uniforms may run into issues finding unit patches and badges that use the proper "spice brown" threads.

According to an Air Force instruction issued in July that outlines dress and appearance standards, OCP uniforms can be worn in a basic configuration without patches until organizational patches and badges are developed or reconfigured with the new thread colors. Those are being developed by The Institute of Heraldry and the Air Force Historical Research Agency, according to a Sept. 11 statement on the service's official website.

All Air Force heraldry will be examined to figure out the best way to convert the colors of the current emblems into a configu-

ration meeting the OCP color scheme, the statement said.

The conversion process was to begin around Oct. 1, James Mesco, a historian with the 50th Space Wing in Colorado, said in the statement. The process will take six to nine months, and approved patches will be released simultaneously.

T-shirts worn with OCP uniforms must be desert sand or tan in color, the Air Force instruction said. Airmen must switch to the tan shirt by June 1, 2020.

Trousers may be bloused or tucked into the tops of boots, and socks may be desert sand, tan or DLA-green, the instruction said. Airmen must wear only DLA-issued green socks by June 1, 2020.

Airmen may wear tan or coyote brown boots with the new uniforms; however, they must switch to the coyote brown by June 1, 2020. Those working in industrial areas may continue to wear black combat boots.

Airmen's clothing allowance

will increase by nearly \$20 this fall to help pay for the more expensive uniforms. The new boots will roughly match the price of the older sage green boots worn with ABUs.

Other guidance addressed in the Air Force instruction regarding OCPs says:

■ Women may wear the male version of the uniform.

■ OCPs should not be starched or pressed, although light ironing is authorized.

■ Alterations that affect the uniform's functionality, such as sewing pockets closed, are not authorized.

■ Airmen may sew on or use Velcro backing for name tapes or ranks but are not allowed to mix and match the two.

■ Name tapes, enlisted ranks and all officer ranks will be spice brown except for first lieutenant and lieutenant colonel, which will be black.

■ Occupation badges may be worn centered a half-inch above the U.S. Air Force tape using

spice-brown embroidery on an OCP background. No more than two badges are allowed.

■ A maximum of two patches may be worn on the right sleeve. One must be the U.S. flag in spice brown centered at the top of the Velcro. Below the flag, airmen may wear a higher headquarters patch. Unit commanders can also authorize airmen to wear U.S. Army patches earned in wartime service.

■ A maximum of two patches may be worn on the left sleeve. When authorized by commanders, airmen with functional badges — inspector general, security forces, fire fighter, missile operations, etc. — must center them at the top of the Velcro. Organizational unit patches should be worn centered at the top of the Velcro. Awarded joint qualification tabs — Army Ranger, Sapper, Air Commando, SERE, etc. — may be worn above the unit patch.

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## Half of Americans surveyed say all troops are heroes

By JOHN VANDIVER  
Stars and Stripes

Half of Americans believe that all U.S. servicemembers are heroes regardless of their roles or experience — a view at odds with how some Europeans perceive their militaries, according to a new poll.

Fifty percent of Americans surveyed in a YouGov poll released Sept. 26 said everyone in the military is a hero, while 33 percent said it depended on their service. A parallel poll in Germany found that just 15 percent of those surveyed think all troops are heroes, and 30 percent said no military members deserved that accolade.

The response in Great Britain fell between those in the United States and Germany. There, 32 percent of those surveyed said all troops were heroes, while 49 percent said some were heroes, depending on what they did.

The YouGov poll was conducted between July and September in the three countries. It asked

respondents whether troops should be considered heroes and, if so, which ones qualify.

The sharp distinction between Germany and the U.S. underscores how vastly different the military's role is in each country. It also suggests the challenge German politicians face in increasing defense expenditures to meet NATO spending guidelines — a sharp point of contention between Berlin and the Trump administration.

In Germany, shortfalls in military manpower have some political factions flirting with the idea of recruiting other European Union nationals into the German army.

While nearly a third of Germans withhold the hero designation from all of their fighters, only 5 percent of those polled in America said no troops are heroes and 12 percent said they didn't know.

The numbers demonstrate a tendency in the U.S. to put military members on a pedestal. A 2017 Gallup poll found that 72

percent of Americans had confidence in the military, the highest marks for any public institution. However, a 2016 book edited by current Defense Secretary Jim Mattis and Kori Schake, "Warriors and Citizens: American Views of our Military," found that few Americans were very familiar with the military or how it functions under civilian authority.

In Great Britain, only 6 percent of those polled said soldiers shouldn't ever be described as heroes. But Britons were more likely to reserve high praise for troops who performed heroic acts, with 32 percent saying that demonstrated bravery should factor into the equation.

While people over 40 in the U.S. hold military members in the highest regard, in Britain and Germany, younger people are most likely to say troops are heroes, according to YouGov.

Ambivalence among older Germans could be linked to their country's Nazi past and eventual defeat in World War II.

## Are the troops heroes? Britons, Germans and Americans answer very differently

Armed forces personnel are often described as heroes. Which one of the following comes closest to your view on which armed forces personnel, if any, should be described as heroes.

■ All those serving in our armed forces should be described as heroes, whatever their role and experience.



■ Only those armed forces personnel serving in combat roles (whether they've seen combat) should be described as heroes.



■ Only those armed forces personnel who have seen combat should be described as heroes.



■ Only those armed forces personnel who performed particularly brave acts should be described as heroes.



■ No members of our armed forces should be described as heroes.



■ Don't know



NOTE: Numbers are given as percentages

SOURCE: YouGov

BEV SCHILLING/Stars and Stripes

Twenty-five percent of Germans between 18 and 29 years of age said all troops were heroes, compared with just 7 percent of people over 60, according to YouGov.

In the U.S., women are more likely than men to consider any servicemember a hero: 57 percent compared with 42 percent for men, who were more inclined to link heroism to serving in a combat role.

Staff Sgt. Dylan Urban, an artilleryman with the 173rd Infantry Brigade Combat Team (Airborne), thinks what he and most soldiers do on a day-to-day

basis isn't generally heroic, but that heroes do exist within the ranks.

"I'd never picture myself being called a hero," Urban said. "I would definitely direct them to the real heroes out there. To me, I'm just working and serving my country."

"I think that this is just a job, at the end of the day. Heroes are the people that have paid the ultimate sacrifice in order to let me keep doing my job safely," he said.

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