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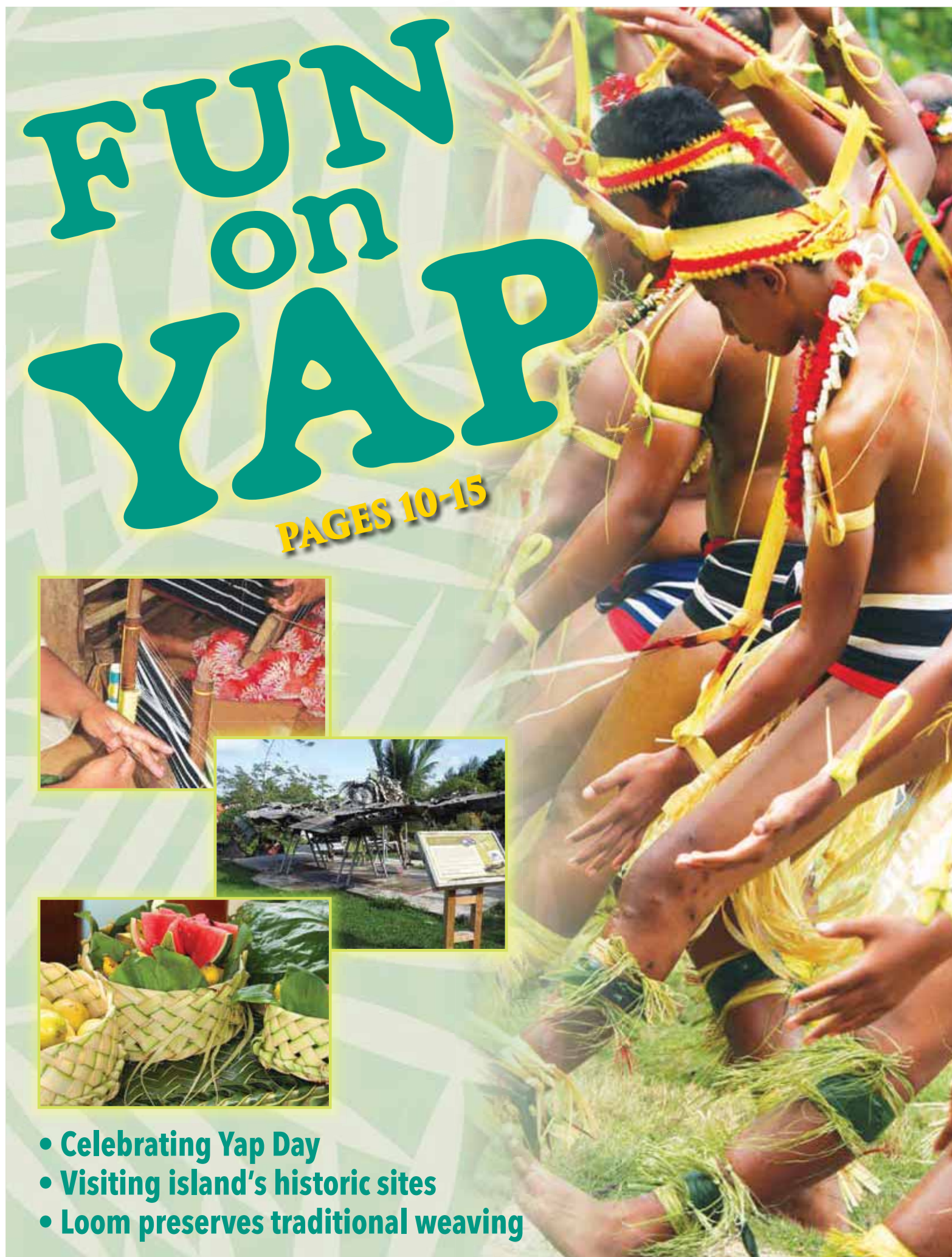
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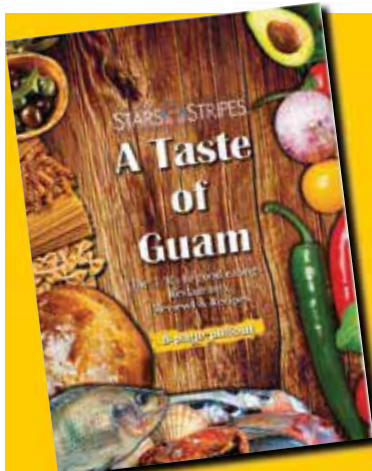


FUN on YAP

PAGES 10-15

- Celebrating Yap Day
- Visiting island's historic sites
- Loom preserves traditional weaving



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The ups and downs of yo-yo dieting

The Meat and Potatoes of Life

Lisa Smith Molinari



self-disgust might ensue and my guilt-binge pattern will go on and on.

This yo-yo diet cycle continues throughout the year, bottoming out through the guacamole of Cinco de Mayo, the ice cream of Independence Day, the potato salad of Labor Day, the candy extravaganza of Halloween, the gravy-smothered Thanksgiving and the eggnog-spiked seasonal smorgasbord of the winter holidays.

Am I too weak to overcome my calendar? As long as peanut butter cups come in heart, egg, pumpkin and tree shapes, am I doomed to fail? Should I just resign myself to muffin tops and lunch lady arms for the rest of my life?

The rational side of me screams, NO! Fit people I’ve known in my life enjoy a big slice of wedding cake, or wings and dip on game day, and don’t give it another thought. But when many of us indulge, we plunge into a crevasse of guilt and shame that’s too hard to climb out of.

To achieve and maintain a healthy weight, we have to be sensible about it. We are human beings after all! We shouldn’t make any food off-limits because it will only set us up for splurge sessions later. We should allow ourselves to indulge on special occasions and avoid an all-or-nothing mentality. And if we do “cheat,” we must understand that it doesn’t give us a license to pig out or be a couch potato all week.

We must keep moving forward.

The key to preventing the calendar from sabotaging my weight and fitness goals is to banish guilt. I can’t hate myself for breaking my resolutions. (Note to self: Girl Scout Cookies are here. ... Have some and don’t stress about it!)

I must realize that I am only human. I’ll fall off the wagon every once in a while, and that’s OK because I’m in the driver’s seat. I’ll just climb right back on, stay on course and resolve to not look at my rear in the rear-view mirror.

Read more of Lisa Smith Molinari’s columns at: themeatandpotatoesoflife.com and in Lisa’s book, *The Meat and Potatoes of Life: My True Lit Com*
Email: meatandpotatoesoflife@gmail.com

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BY CHARLES S. MASARSKY,
SPECIAL TO STRIPES GUAM

As I write this, the COVID-19 pandemic is coming to an end in most of the world. However, the lingering health problems stemming from this infection – “long COVID” – are still with us, and probably will be as long as the virus continues to lurk in the human population.

About the Author

While serving as a medical specialist (MOS 91-B) in the U.S. Army Reserve, Dr. Masarsky earned his Doctor of Chiropractic degree from New York Chiropractic College in 1981. He is in the private practice of chiropractic in the Virginia suburbs of Washington DC with his wife and partner, Dr. Marion Todres-Masarsky. For research citations related to this article, contact Dr. Masarsky at viennachiropractic@verizon.net. Also visit his practice's website, and YouTube channel.



Important tips for COVID-19 long-haulers

If you've seen one long-hauler, you've seen one long-hauler

Long COVID can influence any function of the human body, so the signs and symptoms vary from one person to another. If you've seen one long-hauler, you've seen one long-hauler. Headache, neck pain, back pain, fatigue, dizziness, brain fog, and loss or disturbance of the sense of smell are just a partial list of long COVID problems.

With this bewildering diversity of long COVID ailments, the types of health practitioners that can help will vary from one patient to another. The Veteran's Administration has published a guide titled Whole Health System Approach to Long COVID. It includes suggestions on when to see particular practitioners, including neurologists, cardiologists, speech pathologists, occupational therapists, and chiropractors, to name a few.

Chiropractic and Long COVID

My chiropractic practice has published two case reports involving the care of long-haulers. One patient was a 59-year-old photographer who experienced headaches whenever she attempted to read. After three chiropractic adjustments over a period of 18 days, she was able to read an entire book over a two-day period with no headaches or any other ill effects. A second patient was a 58-year-old real estate agent with a reduced sense of smell and fatigue. After ten chiropractic adjustments over a six-week period, her sense of smell was beginning to normalize, and her fatigue was at pre-COVID levels.

Chiropractic care is not a cure for long COVID – a condition we still do not understand well. However, chiropractic adjustments can enhance the resilience of the nervous system, enabling some long COVID victims to better cope.

A Drug and a Bug

Recent research indicates that one factor in long COVID is disruption of mitochondria. These are microscopic structures within the cells of your body. Their primary function is to produce cellular energy. Everything you do in life, from running to simply thinking, depends on normal mitochondrial function.

One way that the COVID-19 virus disturbs mitochondrial function is by interfering with the production of an important enzyme – coenzyme Q-10. Without adequate coenzyme Q-10, energy levels plummet in your body's cells.

Certain drugs can interfere with coenzyme Q-10 as well. Among these are the drugs in the statin category. Many people rely on statins to regulate their blood cholesterol levels. For these people, long COVID can create a “perfect storm” – a drug and a “bug” (COVID-19 virus) both disrupting the mitochondria at the same time.

Food for Cellular Energy

Maintaining adequate levels of coenzyme Q-10 is important for anyone wishing to maintain optimal health. For long-haulers who are also statin users, it is crucial. Dietary sources of this coenzyme include fish, nuts, seeds, broccoli, and avocado.

In addition to coenzyme Q-10 from your food, you produce this substance internally as well. The biochemical reactions that make this possible require the vitamins of the B-complex. Good food sources of the B-complex are fish, lean meat, and whole grains such as brown rice.

Coenzyme Q-10 and B-complex are readily available as supplements. If you are on any medication, please consult with your medical doctor or pharmacist before taking these supplements, to avoid adverse interactions with your drugs.




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In an article for Health.mil by Samir Deshpande of the Walter Reed Army Institute of Research, we are reminded that sleep quality is an important factor in vigilance, reaction time, learning and mental acuity. While these factors can make the difference between success and failure on military missions, they are of great importance in ordinary civilian life as well.

Snoring and the resulting poor sleep quality is often caused by a lack of tone in the muscles of the mouth and throat. This same lack of tone can be a slippery slope towards a more serious problem – obstructive sleep apnea. In this condition, you briefly stop breathing in your sleep. Obstructive sleep apnea increases your risk of high blood pressure, heart attack, stroke and dementia.

Toning the mouth and throat muscles can dial down the intensity of your snoring, thereby improving the quality of your sleep. Recent research indicates that exercising these muscles can even reduce the severity of obstructive sleep apnea. These exercises can be helpful when used alone or in conjunction with CPAP or other interventions. Even if you do not have apnea and are not snoring, these exercises may still improve your sleep quality.

Better sleep only a few mouth and throat exercises away

Mouth-throat toning exercises

Say “Ah”

When an examining doctor looks into your mouth and asks you to say, “Ah,” they look for elevation of the soft palate. The same vocalization can be used as an exercise to tone the soft palate.

Say, “Ah” for 10-60 seconds, according to comfort. Alternate staccato vocalization (“Ah-ah-ah-ah...” etc.) with longer efforts of “holding the note” (“Ahhhhh-hhh...”). Shoot for a total of at least 3 minutes per day.

Resisted Tongue Thrust (Forward)

Press your lips together, and press your tongue forward against the resistance. Do this for 10-60 seconds according to comfort, shooting for a total of at least 3 minutes per day.

Tongue to the Roof

Press your tongue to the roof of your mouth. Assist the pressure with suction, so your tongue is actually being sucked upward against your palate. Hold for 10-60 seconds according to comfort, shooting for a total of at least three minutes per day.

Tongue to the Floor

With the tip of your tongue touching your lower teeth, press the rest of your tongue down against the floor of your mouth. Hold for 10-60 seconds according to comfort, shooting for a total of at least 3 minutes per day.

Tongue to the Cheek

Press your tongue against your right cheek, with the tongue and cheek resisting each other. Hold for 10-60 seconds according to comfort, shooting for a total of at least 3 minutes per day. Repeat with left cheek.

Back-Lick

Pressing your tongue against the roof of your mouth just behind your front teeth, move your tongue as far back as possible, licking the roof of your mouth from front to back. Then lick from back to front. Repeat for 10-60 seconds according to comfort, shooting for a total of at least 3 minutes per day.

What can you do in addition to mouth-tongue exercise?

If you are a smoker, quitting is probably the most important step you can take to improve your breathing, whether asleep or awake. If you are overweight, weight loss will make a major difference in your breathing and sleep quality.

The muscles of the throat and mouth are controlled directly or influenced indirectly by nerves passing through the neck and upper back. These nerves also control many of the breathing muscles. Chiropractic adjustments help free these nerves from stress, thereby improving breathing. This benefit of adjustments can be augmented by breathing exercises.

If you have been diagnosed with obstructive sleep apnea, and the combination of oropharyngeal exercises, chiropractic adjustments and lifestyle changes does not bring sufficient improvement, please consult with your medical doctor about further steps.

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Living in the moment with mindfulness apps

BY KRISTI ADAMS,
STRIPES GUAM

With or without us noticing, time will march on. It is the most precious resource we have yet so often we don't truly realize it because we are not mindful of it.

It isn't that we don't know how precious

time is, but that knowledge easily gets pushed to the back burner of our lives as so many things demand our attention.

Whether it's raising children, running a household, meeting milestones at work, or discovering how deceptively hard it can be to actually relax on vacation, it is a challenge to live in the moment.

» To live in this section of time we have been given, on this day, at this minute, wherever that may find you is a powerful idea known as mindfulness.

But what exactly is mindfulness? Psychology Today offers this explanation: "Mindfulness is a state of active, open attention on the present. When you're mindful, you carefully observe your thoughts and feelings without judging them good or bad. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to your current experience, rather than dwelling on the past or anticipating the future."

Left to my own devices, I will make to-do

lists that could keep me busy until the apocalypse. With today's fast-paced world, I think there's a tendency for our brains to be in perpetual spin-mode, always asking – maybe even screaming: What needs to be done next?

Although challenging, it's not impossible to slow down that feeling of constant motion and bring a sense of mindfulness to the forefront of our lives. Technology, while often a driving source of our distraction, can also be harnessed to help bring us back into the present.

» Mindfulness Apps

There are several apps on mindfulness and meditation. Some inspire you to set an intention for your day, while others offer options

to calm your mind – and bring you back into this moment. These four apps are some of the world's favorites.

1. Headspace

Headspace is consistently the worlds #1 mindfulness app. It is a robust app that features numerous meditations, classes, nighttime sleep aids, physical exercises and more. It is especially useful for building daily mindfulness practice with its reminders and scheduled break times. It is available for all devices.



2. Insight Timer

Home to over 2.1 million meditators, Insight Timer specifically tackles the challenges of sleep, stress and anxiety. It allows you to connect with other users, find inspirational talks and playlists or simply slow down and connect with yourself.



3. Calm

As soon as you open Calm's app, you might just feel ... well, calm! Once you sign-up (it's easy, free and takes less than 30 seconds), you are greeted with a calming scene and serene sounds. This app is especially great to play at your desk with a pair of headphones.



4. Aura

Aura's premise is simple; meditation for people who can't sit still long enough to meditate. Guided meditation sessions last anywhere from 10-30 minutes, making it a perfect entry point for newcomers, or those truly crunched on time.



Perhaps today, maybe even right now, carve out a quiet minute for yourself and begin a nurturing practice of comfort and self-care. Face-down your wandering mind ... and just ... be.



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McCool students say 'YES' to learning about Guam's invasive species

STORY AND PHOTOS BY RACHEL LANDERS, JOINT REGION MARIANAS

ASAN – Members of the Young Environmental Stewards after-school program at the Commander William C. McCool School learn about Guam's invasive species during a

presentation given by staff from the U.S. Department of Agriculture. Students and staff had the opportunity to learn about the impact of invasive species on Guam's ecosystem. The presentation included an opportunity for students to touch a brown tree snake (*Boiga irregularis*) and learn about invasive ungulates. In addition, a detection dog named Macy demonstrated how specially trained canines are used to prevent invasive tree snakes from spreading to nearby islands by detecting the snake's scent on plane landing gear or boxes.



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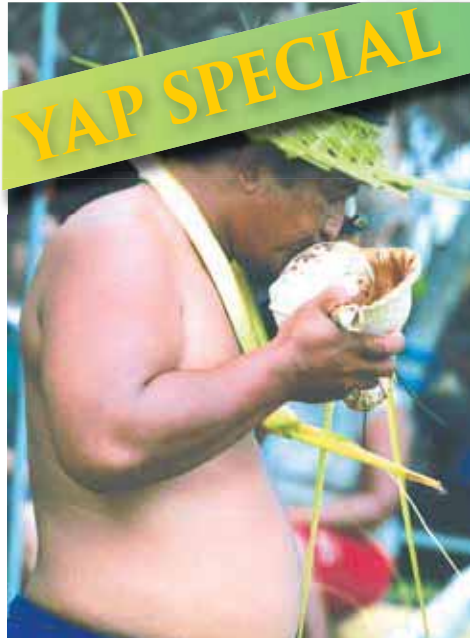
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Blowing the conch shell to officially open Yap Day.

Yap Day

One of the most authentic cultural celebrations in the world

STORY AND PHOTOS BY JOYCE MCCLURE,
WWW.JOYCE-MCCLURE.COM

The long, low sound of the conch shell announces the beginning of Yap Day, an annual holiday set aside to celebrate the unique culture of this remote island, one of the best-preserved in the entire Pacific region.

I was among those gathering together for the annual “mit-mit” hosted by a different village every year on or around March 1st.

During the weeks leading up to the event, there was talk among my friends about the intense practice sessions they were involved in every evening for nearly a year to prepare for their village’s dance, or “churu.” Fines are levied if they miss a practice session. This is serious business.

All of the dances are a form of oral history that tells stories about ancient seafaring journeys, conquests, myths, and exploration in sitting dances, kneeling dances, standing dances, and stick dances.

Each is accompanied by a loud, often wailing, chant in a long-forgotten language by a line of solemn dancers wearing a traditional dress like multicolored hibiscus-grass skirts for the women and intricately wrapped loincloths called thu’us for the men, ornamental flower crowns called nusus, and leis called marmars.

Their bodies are covered with coconut oil and yellow turmeric powder that provides a golden sheen.

On the first day, I arrived around noon at the Living History Museum in the middle of the

island’s only town, Colonia. I watched, while booths were being set up to sell local food, like breadfruit, pounded and wrapped and steamed in banana leaves, and sweet bread made with one of the more than three dozen varieties of bananas that grow on the island.

I saw jewelry made of coconut shells and the polished shell of sea turtles legally caught for food during certain times of the year; hand-carved household items like the tall cup made from a thick stalk of bamboo that I use to hold kitchen utensils; and hot sauce, dried lemon-grass, and lemon powder all made from local ingredients.

My favorite is breadfruit chips, small rounds baked to crispness. And don’t forget to pick up a cold coconut with a straw poked through one of the “eyes.” The sweet water inside will keep you hydrated all day.

Day one is devoted to the opening ceremony with the police doing color guard duty, the governor and other officials giving speeches, and a teenage girl leading everyone in singing the national anthem.

I found a seat on the raised stone platform covered with stone backrests to watch the first dance that’s performed at the end of the day against the backdrop of the museum’s traditional structures made without nails of mahogany, coconut rope, and dried palm fronds.

One of the most memorable Yap Days for me was held in the northern municipality of Gagil, the site of one of the island’s most beautiful traditional



Making a traditional Yapese fish trap.



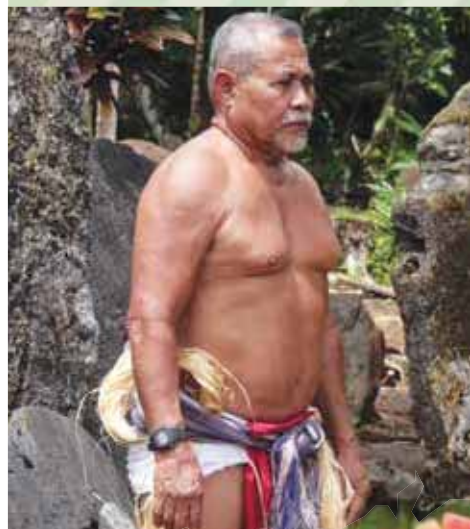
Weaving a traditional Yapese women’s basket.

community houses and stone money banks. My camera got a workout that day.

The day’s activities included the ceremonial stone money carry recognizing the seafarers who traveled 250 miles across the ocean to Palau by canoe centuries ago to quarry and bring back the massive round stones used as currency known as stone



Large ceremonial betel nut pounder.



Yapese man wearing traditional thu’u and standing in front of stone money.



Yapese fruit baskets.

Blessing the crew before the ocean voyage.



Making a traditional Yapese fish trap.

money.

Next was the entrance of four men, each carrying an item of cultural importance including a large betel nut pounder, shell money, and other forms of valuable currency.

In between the dances, I wandered around to view traditional skill demonstrations that were also on display with one man making a fish trap of twine and twigs, women weaving baskets of dried palm fronds, and others making nunos.

Another man offered tuba, the fizzy drink made of fermented coconut water. Baskets of watermelon, passion fruit, small bananas, lemons, and other locally grown fruits were set out.

One of the highlights of the day was the races – the men's betelnut tree climb and the women's combination foot race and basket-weaving challenge – accompanied by lots of laughter and loud encouragement from the sidelines.

The third day focused on traditional navigation, canoe carving, and sailing the mahogany and bamboo vessels with visitors invited to take a ride. Nearby a man was carving up a fresh tuna caught that morning for sushi.

By the end of the third day, everyone was tired and I was no exception. But my photos continue to remind me of those unique cultural celebrations and my good fortune to be among the few outsiders who have attended them.

Although visitors to the island are welcomed, Yap Day is not staged for tourists, it is by-Yapese-for-Yapese and therefore one of the most authentic celebrations in the world.

Contact the Yap Visitors Bureau at www.visit Yap.com for more information.

This article is republished from www.pedacitosblog.com.



Elderly Yapese woman wearing traditional grass skirt for Yap Day.



Men's line dance performed during Yap Day.



WWII memorial plaque on Yap. Photo courtesy of Yap Visitors Bureau

Historic sites in Yap: The remote island state where WWII ended

BY JOYCE MCCLURE,
WWW.JOYCE-MCCLURE.COM

The small remote island chain of Yap state stretches across 100,000 square miles of the Pacific Ocean. This was the site of one of the largest gatherings of warships during the final year of WWII. In 1945, 722 U.S. Navy ships were anchored in the atoll of Ulithi, 100 miles east of the main island of Yap. This number is even larger than at Pearl Harbor.

Only 15 miles wide by 20 miles long, Ulithi sits just three feet above sea level. Only four of the ring of 40+ islets are inhabited. The largest is four times smaller than Central Park in New York City.

US military stumbles upon Ulithi

Admiral Chester Nimitz stumbled upon the minute, curved atoll when scouring a map. Upon further inspection, it was determined that it curled around one of the largest coral reef lagoons in the world. A lagoon large enough to hold several hundred ships and provide enough room for refueling.

On September 22, 1944, the 323rd Regimental Combat Team of the 81st Infantry Division landed. A few days later they were joined by the SeaBees who got to work transforming the atoll into a major staging area for the Navy fleet.

Takeover from Japanese occupation

Located between Guam and the Philippines, Yap Island and its neighboring island, Ulithi, had been under Japanese occupation since 1914. During WWII, more than 4,000 Imperial Japanese Army and Navy troops were stationed there with thousands more who transitioned through on planes, ships and submarines.

When the U.S. Navy arrived, hundreds of Japanese Army troops dragged large guns up the hills. Additionally, they built bunkers and dug trenches and caves to support the gun positions. Numerous air attacks targeted the area and great lengths were taken to hide gun positions from the American planes.

Between June 1944 and August 1945, AAF, Navy and Marine airmen fought the Japanese almost daily in the skies over the island. In the end, hundreds of men lost their lives.

US memorials in Yap

On Sept. 5, 1945, the Japanese surrendered aboard the USS Tillman in Yap harbor, one month after the bombing of Hiroshima.

Today the men who fought in that battle are memorialized in more than one dozen sites across the island displaying the wreckage of some of the more than

SEE WWII ON PAGE 12



Service members participate in a moment of silence at the Waterfront Memorial. Photo by Joyce McClure, www.joyce-mcclure.com



Memorial Closer Inspection. Photo by Joyce McClure, www.joyce-mcclure.com



WWII Memorial and Hellcat Fighter Aircraft, Ensign Joseph Edward Cox. Photo courtesy of Yap Visitors Bureau

WWII: Guide must escort visitors to sites

CONTINUED FROM PAGE 11

40 American planes that were downed.

The memorials were spearheaded by the U.S.-based Missing Air-Crew Project and History Flight Organization with the support of the Yap Visitors Bureau. They include information about the crews who went down with

each one.

Recently, Japanese sites including bunkers, caves, planes and artillery that had been hidden in the undergrowth since the war, were unearthed and added to the memorials. Many are located on the Made'de hills overlooking Colonia, the main island's only town.

If you go

Visitors to Yap must go with a guide when exploring the island due to local land ownership and customs.

Those wishing to visit Ulithi must receive permission prior to flying from Yap on Pacific Mission Aviation. The "unfussy" Ulithi Adventure Lodge welcomes overnight guests.



WEBSITE



FACEBOOK

Contact the Yap Visitors Bureau at www.visit Yap.com for more information. For information about the Missing Air Crew Project visit <http://www.missingaircrew.com/> or <https://www.facebook.com/groups/missingaircrewproject/>

Author Bio: Writer/photographer Joyce McClure joined the Peace Corps as a Response Volunteer in August 2016 and traded the island of Manhattan for the island of Yap after a long career as a senior executive in marketing communications. When her service ended, she stayed on for five years and recently moved to Guam.

GSA in Guam

GSA Global Supply® is partnering with M80 Systems, a local small business, to serve civilian and military customers in Guam. M80 is now storing and delivering approximately 350 high-demand National Stock Number (NSN) items formerly stored in and shipped from the continental United States. The change reduces delivery time to a few days from weeks or months.

Customers can order using GSA websites (GSA Global Supply or GSA Advantage!®) or via existing customer logistics platforms (e.g., GCSS-Army). GSA's systems recognize the items stocked in Guam and fulfill orders locally. Other items will ship from the mainland. An electronic catalog is available.



Brandy Untalan

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

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YAP SPECIAL

Lavalavas. Three on left made of imported commercial thread; four on right made of dried palm leaf fiber. Note: Second from right made of dried palm leaf or hibiscus fiber and imported thread. Photo by Joyce McClure

Loom preserves traditional weaving

BY JOYCE MCCLURE,
PACIFIC ISLAND TIMES

When the young women of Yap's remote outer islands leave home to seek a college education, better work opportunities or medical care on the U.S. mainland, the risk of leaving their cultural traditions behind is very real.

The art of traditional weaving is among the most important.

Weaving has been passed down from mother to daughter for centuries on the small islands and atolls of Yap, one of four island states in the Federated States of Micronesia, originally known as the Caroline Islands. Scattered across 100,000 square miles of open water in the western Pacific Ocean, Yap is made up of four contiguous main islands and 134 atolls and islands of which 19 are inhabited.

One commonality among the outer islanders is the oblong length of handwoven, fringed fabric called a lavalava that the women wear as a wrap-around skirt when they reach maturity.

Woven on a handmade backstrap loom out of indigenous wood and bamboo, the young girls begin learning to make the striped cloth by watching their mothers, aunts, sisters and cousins at work. Originally woven of dried hibiscus leaves, today, spools of imported commercial thread are more

Machi lavalava worn only by high-ranking men. Pickup designs are often used as the weaver's signature. Dyed hibiscus fiber is wrapped through the lavalava and worn over the traditional thu'u, or loincloth. Photo by Joyce McClure

commonly used.

But the art of weaving is in danger of being lost forever due to the loosened ties between the old and new generations as the younger women leave their island home.

However, that isn't the only reason the art is being lost to time.

The backstrap looms, many of them heirlooms, are left behind when the young women leave their home islands due to its weight and size.

Once in the United States, the young women often live near older women from the islands who have weaving expertise, but also lack looms.

"It's at this point that the link in the transmission of weaving skills is fatally severed," said Neil Mellen, founder of Habele, a South Carolina-based nonprofit established by former Peace Corps volunteers who served in Micronesia.

Working with the "Remathau", or Outer Islanders, of Yap, Habele is finding solutions to this loss of ancient skills and knowledge.

To help "sustain the tradition among migrants in the mainland U.S.," Habele created and launched the online resource, WeavingConnections.org, in February 2021.

Designed to provide a do-it-yourself guide, it focuses on serving Outer Island Yapese in their native language, who live within the mainland U.S.

The site provides context about the lavalava and the cultural tradition in which it is situated; but most importantly, it provides well-researched details about the parts of the loom and simple do-it-yourself instructions showing how to build one from materials available in the U.S.

While weaving is a daily necessity for the women in these ancient island cultures, making the loom is a man's responsibility. Men learn woodcarving from boyhood in order to make the outrigger canoes used to sail from island to island. This knowledge extends to making the looms and other wooden items from native materials.

A master weaver from the island of Fais, Regina Raigetal, and her husband, Larry, a master carver and navigator from the atoll of Lamotrek, traveled to Habele's office in Columbia, South Carolina,

to serve as project leads. In partnership with weavers, craftsmen, women's and community-based organizations in the Pacific region, and with U.S.-based anthropologists, "simple, actionable, accurate guides were created."

Research resulted in a thorough analysis "of the limited number of references to the design and use of the region's backstrap looms" in academic studies, books, and online museum and archive collections. Most contained brief mentions of the social and cultural significance of the lavalavas within longer articles about the arts and crafts of the Pacific islands; but only a handful mentioned the loom in any depth, and none addressed the materials and tools needed to make them, or their use in the weaving process.

Photographs, drawings, and videos were obtained from Yapese weavers and those who have moved to other FSM islands, Guam and Hawaii, and Peace Corps volunteers who once served in Yap.

Collectors and anthropologists were also contacted for information

to help identify place-based differences between the construction of the loom frames and warping boards used on the islands of Ulithi, Woleai and Satawal. Most notable were the variations in the warping board pegs that dictate the design patterns.

Finally, a scale model and a full-size model of a warping board and a framed loom were constructed.

Regina Raigetal was joined by a former Peace Corps volunteer experienced in both Carolinian and Western-style weaving, to begin testing the prototypes.

Adjustments took into account the weavers' preferences, including ease of transportation and storage since many of the weavers needed to have their boards and frames made by Habele and its volunteers, or off-site relatives, and then shipped to them.

They often experience cramped living spaces and periodic relocations, as well, making compactness and transportability essential.

The 15 tools used in the weaving process were also acquired, crafted, or assembled to pinpoint the practical purpose



Colorful handwoven lavalavas drying in the tropical sun of Yap. Photo by Joyce McClure



Traditional backstrap loom made and used by "Remathau" family, or Outer Islanders, of Yap. The strap is made of coconut fiber and lasts for many years. The loom is made of local mahogany wood and bamboo. Photo by Joyce McClure



Natural fibers made from dried palm leaf or hibiscus. Photo by Joyce McClure



Left: Weaving “sword” made and used by “Remathau,” or Outer Islanders, of Yap. Photo by Habele



Right: Yapese warping board usually made of termite-resistant mahogany. Photo by Joyce McClure

of each item and the material it was made from. The objective was to determine “how, and if, substitutions or alterations could be made that would not impair, and possibly improve,” the process.

Recommendations were provided for the purchase, fabrication, or substitution for all but one of the tools – the beater or weaving sword, called the “hapop” in both Ulithian and Woleaian.

Traditionally made from hardwoods that provide the weight needed to create the warp-faced fabric, while maintaining a sufficiently sharp edge, ironwood, known to the islanders as “weighu”, is the common choice.

While the sword can be made

of store-bought hardwoods like oak on the mainland, they lack the weight and density the weavers need. The only woods commonly found in North

America that approach the hardness of ironwood are black ironwood, desert ironwood and mountain mahogany, but these are either cost- or shape-prohibitive. Woods from the Caribbean are also being tested as possible alternatives.

“That being the case,” Mellen said, “we are not able to provide much practical guidance to weavers in the U.S. who need a sword.”

Directions on WeavingConnections.org suggest that those who lack the tool should “look to friends and relatives back home to send

them a hapop or contact Habele for help.” Making a hapop from live oak is also suggested.

Another challenge arose when requests were posted on the Facebook page from women saying they “would have a difficult time finding a male relative” to build the items, even with detailed instructions. Single women or women living in groups with children, but without adult men in the household, noted the challenge of building one.

“In response to those weavers who are unable to build one, or have one built, we are constructing warping boards, loom frames, and weaving tools based on the designs on WeavingConnections.org,” Mellen said.

The organization is also continuing to update the design guides “to reflect feedback received, lessons learned, and improvements, and examine and experiment with possible solutions to the challenges of procuring, crafting, or developing a sufficient substitute for the hapop,” he added.



Women's handwoven lavalavas worn by “Remathau”, or Outer Islanders, of Yap. Photo by Joyce McClure

Planning is now focused on supporting mentors in the U.S. who can teach the traditional weaving skills to younger Micronesian migrants and their daughters.

Author Bio: Writer/photographer Joyce McClure joined the Peace

Corps as a Response Volunteer in August 2016 and traded the island of Manhattan for the island of Yap after a long career as a senior executive in marketing communications. When her service ended, she stayed on for five years and recently moved to Guam.

PHOTO SPOTLIGHT



Service members attend the U.S. Army Materiel Support Command Masquerade Ball in Daegu, S. Korea on 2/10/23

Pictured Left to Right: 2LT Megan Revor, CPT David Calvo, 1SG Brandon White, LTC Sun Ryu, SSG Michelle Peterson, SFC Cesar Sumauang, and SFC Eligio Aguilar

Photo Courtesy of Crystal Nelson



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Learn about the history of Chamorro women

GUAM VISITORS BUREAU

Who in your life do you consider an important role model? Think about that for a moment. What characteristics or qualities do they hold that cause you to consider them as such? You may have thought of common qualities such as regard for respect, ability to lead, and willingness to cooperate: all of which are found in many CHamoru women today. The month of March is doubly celebrated as CHamoru Month and Women's History Month, which means it's a great time to learn about the history of powerful CHamoru women.

From the old legend of CHamoru women sacrificing their hair to save the island of Guam to our present-day society where CHamoru women are rising in political empowerment, there is no doubt that women have represented an undeniable foundation when it came to structures such as family, education, and creativity.

Ancient society: A legacy

Ask any CHamoru, "who runs the household?" Their answer will most likely be, "my mother." This customary response can be attributed to the fact that the matriarch is often revered as head-of-household. In Ancient



CHamoru society, women were distinguished in that they held the authority of decision-making regarding matters such as finances, child-rearing, and cultivation of land resources. Additionally, the society was matrilineal which means lineage was traced through the mother's family clans. This was important to note as land was passed through the generation of the mother's side. It was important to know who your mama was!

The earliest example of a CHamoru role model is Fu'una in the CHamoru legend, Puntan yan Fu'una. Fu'una held the role of creator, where she carefully and

creatively constructed the world using the resources of her brother's body. This legend speaks volumes of CHamoru women's resourcefulness, creativity, and orderliness.

With the arrival of the Spaniards, CHamoru women were especially key in keeping the culture and tradition alive in the minds and hearts of famagu'on (children). Despite the hardships they faced, CHamoru women courageously carried on the legacy of what it means to be CHamoru which can be seen in the traditions and concepts still prevalent in CHamoru culture today.

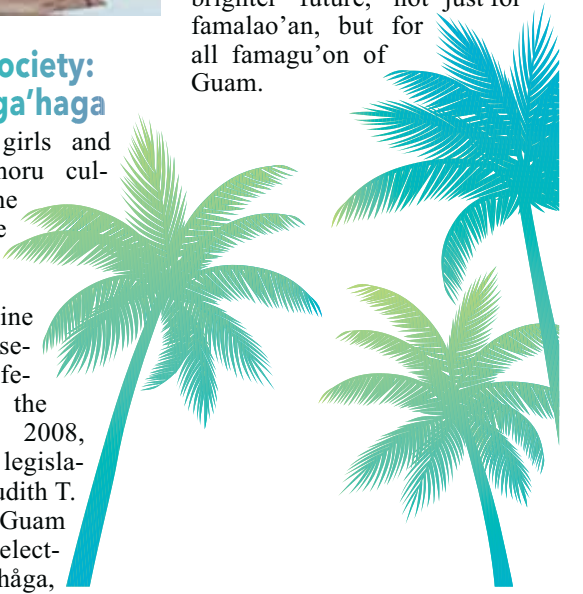
Lou Leon Guerrero. Currently, all three branches of Guam's government have women in power.

Guam has also seen a rise in businesses run by females as the economic structure shifts. Businesses such as Fundorte, Vidalcalgum, Threads, and more represent just a small handful of what CHamoru women are capable of. CHamoru women are also making moves to create opportunities to build up future generations. Groups like the Guam Women's Club and nonprofit organizations such as Island Girl Power and Breaking Wave Theatre Company are run by women who are in the business of creating a brighter future, not just for famalao'an, but for all famagu'on of Guam.

Modern society: Rise of a Maga'haga

Today, young girls and women in CHamoru culture can live by the phrase "the future is famalao'an (women)."

In 2003, Madeleine Z. Bordallo was selected as the first female delegate to the US congress. In 2008, the first female legislative speaker was Judith T. Won Pat. In 2018, Guam made history by electing the first maga'haga,



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UPCOMING EVENTS ON GUAM

GUAM VISITORS BUREAU



TSUNOGAI EXHIBITION

February 9 - March 31

LOCATION: Grand Plaza Hotel

Guam will hold its first Manga artist Exhibition from Thursday, February 9 to March 31, 2023, featuring Japan Manga Artist Tsunogai from Tokyo. Grand Plaza Hotel, in collaboration with Travel Gallery, Pacific Island Holidays, and the Guam Visitors Bureau, has brought Japanese Manga Artist Tsunogai to exhibit his Guam-inspired artworks for tourists and residents to enjoy.

Tsunogai is an illustrator for one of the largest and most iconic art studios in Japan and has penned manga designs for three decades. His booming freelance works grace the covers of CD jackets for various artists, shirts, souvenirs, goods, and event art. Tsunogai first fell in love with Guam as a child during his family vacations and has since become an annual visitor. Drawn by the island's scenic beauty and culture, his manga illustrations feature tropical and summer-related creations that continue to grow in popularity. Tsunogai is devoted to showcasing Guam and will continue to share our island through his manga designs locally, in Japan, and globally.

Manga is a Japanese art form from 1814 that has evolved into storytelling through cartoons, comics, and graphic novels. Manga's popularity has crossed borders from Japan to Korea and worldwide, providing Guam with the opportunity to cultivate manga culture on the island and spur interest and travel from Manga followers in our main tourist markets of Japan and Korea. The Tsunogai Exhibition opens the door for marketing opportunities for Guam within the manga world.

The Tsunogai Exhibition is located on the first floor of the Grand Plaza Hotel in Tumon. The public is invited to visit the free Tsunogai Exhibition daily from noon to 7:00 PM starting Thursday, February 9, to Friday, March 31, 2023. The exhibition will launch with an official opening at 4:30 PM on Wednesday, February 8, 2023, for media and travel agents.



MALESSO' GUPOT CHAMORU/CRAB FESTIVAL

March 17-19

LOCATION: Malesso' Veterans Sons & Daughters Pier Park

Experience one of the island's largest annual celebrations—the Malesso' Gupot CHamoru/Crab Festival. This event is a Chamorro celebration of southern hospitality featuring great food and barbecue, live music and dancing, Guam gifts and handcrafted items, friendly contests and carnival games for children.

But the real stars of the Malesso' Crab Festival are the local land crabs. Crab culinary competitions, as well as contests for talaya (fishing net) throwing, coconut husking and even jet ski racing, take place throughout the weekend.

For more information please contact the Malesso' Mayor's Office at (671) 828-8312/ (671) 828-2941.



GUAM'S AGANA HEIGHTS COCONUT FESTIVAL

April 14 - 16

LOCATION: Fort Apugan


GUAM KO'KO' ROAD RACE

April 16

LOCATION: Governor Joseph Flores Memorial Park

The return of the Guam Ko'ko' Road Race features a 10 kilometer out and back running event scheduled for April 16, 2023 located at the Governor Joseph Flores Memorial Park in Tumon. Race information along with access to online registration will be made available as the event draws near.

For more event information please email guaminfo@visit-guam.org



SMOKIN' WHEELS RACING

April 21-23

LOCATION: Guam International Raceway Park

The Legendary Smokin' Wheels Racing kicks off Friday night at the drag strip and continues the next day with moto sports competitions including a Fiesta car show and Drag Racing Finals. Sunday caps off with the Smokin' Wheels Off-Road Buggy Endurance, Smokin' Grills BBQ competition and Mud Drags. With non-stop action, awesome food and racing, you won't want to miss this once a year motorsports festival!

For more Information, go to the website. <https://www.guamraceway.com/>



GUAM MICRONESIA ISLAND FAIR

May 12-14

LOCATION: Governor Joseph Flores Memorial Park

The Guam Micronesia Island Fair is the annual signature cultural event of the Guam Visitors Bureau, showcasing the vibrant cultures of Micronesia for over 30 years. Experience the best of Micronesia in one exciting weekend featuring master carvers, blacksmiths, traditional sailing experts,

jewelers, weavers dancers, musicians and chefs and see first hand customs that have been in place and perpetuated for the millennia.



GUAM'S ELECTRIC ISLAND FESTIVAL

June 16-17

LOCATION: Guam International Raceway Park

What started in 2013 as a simple concept to unite people in Guam and The Marianas through music

and good vibes has now become the most anticipated festival series to ever hit the Micronesia region. The Electric Island Festival (EIF) is currently the longest running music festival brand from Guam and celebrates year 10 in 2023.

More than just a music festival, EIF serves to utilize its platform to promote the wellness and prosperity of music, arts, fashion, and subculture lifestyles while pushing the creative boundaries and self-inspiration of the island people; utilizing electronic music as its medium to provoke the unity, positive energy and everlasting drive that EIF has come to be known as.

For more event information, Go to **GUAM.STRIPES.COM**

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



Smalls

Hi friends, I'm Smalls! I'm a sweet pup who loves to play ball, eat plenty of treats, and receive lots of love! I am estimated to be about 3 years old. I enjoy my walks with my human friends as well as getting plenty of cuddles and scratches. Looking for a family dog? I'm your guy! I'm the perfect size too.

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.



Boonie Stomps Guam

INFORMATION PROVIDED BY
GUAM BOONIE STOMPERS

San carlos

REMINDER! We no longer meet at Chamorro Village. We meet at the trailhead.

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 the trailhead on Saturdays at 9 AM. Directions to the trailhead will be posted on the Guam Boonie Stompers Inc Facebook page. The cost is \$5.00 for hikers over 17. Children must be accompanied by a responsible adult. Hikers should provide their own transportation. Guam's trails are not developed. Weather conditions can make the hikes more difficult than described. No reservations required.

For more information:
www.facebook.com/GuamBoonieStompersInc

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

One of the most adventurous and memorable outdoor activities you can experience on Guam is "boonie stomping," which is what locals call hiking through the jungle. Guam's landscape is dotted with stunning off-the-beaten-path sites including secluded rivers and coastlines, cascading waterfalls, majestic mountain peaks, natural caves, remnants of ancient Chamorro civilization and historical World War II battlegrounds.

Boonie stomping trails range from easy walks across beaches to very difficult treks over rough rocky terrain. Many trails are unmarked and conditions can widely vary depending on weather, so it is recommended to go boonie stomping with an experienced guide or with a group such as the Guam Boonie Stompers.

Founded in 1970, Guam Boonie Stompers is a non-profit organization committed to helping island residents and visitors explore and preserve the natural beauty of Guam. Every Saturday, Guam Boonie Stompers leads groups to remote beaches, snorkeling sites, waterfalls, mountains, caves and cultural and historical sites.

To participate, the group meets at 9 a.m. at the center court of Chamorro Village in Hagåtña. After a short briefing, participants take their own transportation and meet at the trailhead. Children under the age of 12 must be accompanied by a parent or guardian. There is a nominal \$5 fee and no reservations are required.

Guam's tropical climate can sometimes mean intense rain and sweltering heat, so it is best to be very prepared when going on a boonie stomp. Bring plenty of water, wear appropriate clothing and shoes, and always inform someone of where you're going and when you expect to return.

Guam's beautiful landscape and fresh air offers many opportunities to enjoy the outdoors. When it comes to unique activities on Guam, add an element of adventure to your trip with an only-on-Guam boonie stomping experience.

Complete 10 Boonie Stomp hikes to earn a free Boonie Stomp T-Shirt.

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Stripes Sports Trivia

Lions and Tigers and Bears. Oh my, there sure are a lot of NCAA DI colleges that have these animals as their school mascot. All three rank in the top 12 for most commonly used mascots, but none of which is No. 1. Can you name the two animals tied for the most common mascot in Division I college sports?

Answer

Bulldogs & Eagles

SUDOKU

Difficulty: Medium

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.

Answer to Previous Sudoku:

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

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Crossword

by Margie E. Burke

ACROSS

1 Shot, for short

5 Like many eBay items

9 Monthly money

13 Ballet move

14 Vile smile

15 Pitcher in paintings

16 Washed-out

17 Bedlinen item

19 Intermittently

21 Emulates Degas

22 Ward off

23 Comic vignette

24 Wrangler's rope

26 Vindictive

30 Beautify

31 Political coalition

32 Recital piece

33 Party staple

34 Bar activity

37 Color TV pioneer

38 Weaving frame

40 Long and lean

41 _____ and dangerous

43 Nonfiction writer

45 Elevator alternative

46 Impetuous

47 Mix thoroughly

48 Souvenir item

51 Carry out (deal)

54 Traffic circle

56 _____-bodied

57 Skye or Wight

58 Furious

59 Kilt-clad kin

60 Rain cats and dogs

61 Went horseback

62 Held on to

6 Starter starter?

7 Electric _____

8 Bygone field goal attempt

9 Shares a poem, say

10 McGregor of film

11 Arboreal abode

12 Half of seis

14 Part of SUV

18 "Hold on!"

20 Knocked back a few

23 Undercover agent, slangily

24 Soup scoop

25 Goodbye, in Guadalajara

26 Point of view

27 Daunting

28 Worrywart's affliction?

29 Laundry units

31 Impudent

35 "The Guns of Navarone" author MacLean

36 Consumed

39 Seattle slugger

42 Plunder

44 Fabric quantity

45 Blackboard material, once

47 Big bully

48 Fall preceder

49 Passable

50 Streaming site

51 Warty hopper

52 Show appreciation

53 Circus structure

55 Certain sib

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Answers to Previous Crossword:

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

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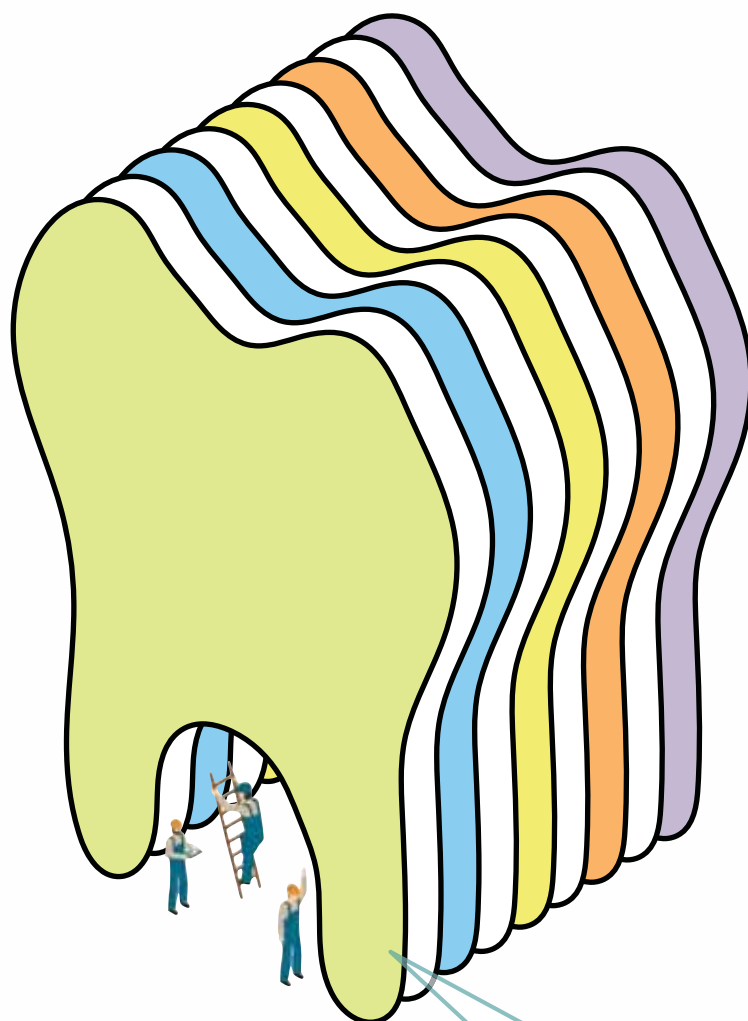
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4-page pullout

Bite into Guam's tasty land crabs

STRIPES GUAM

What has six legs, gnarly claws, climbs trees and can grow to the size of a small dog? Oh! It's tasty, too.

The answer is a coconut crab, or what the local Chamorros call "ayuyu." These giant crabs are on islands throughout the Western Pacific and East Indian oceans. But on Guam, they have had long history with locals and visitors alike – primarily, but not exclusively – as a delicacy. But now these giant island mascots are in danger.

Birgus latro, commonly known as the coconut crab, is the largest terrestrial arthropod in the world. It is a type of hermit crab that can grow to a leg span of more than three feet, weighing over nine pounds. However, they are more outgoing than their hermit counterparts.

While most hermit crabs spend their entire lives inside their shells to protect their soft bodies from predators, coconut crabs rely on those shells only when they are young and small. When they grow older, they abandon them and develop hard exoskeletons that continue to grow with the rest of their bodies.

These crabs have also been nicknamed "robber crabs" on Guam. Rumor has it that they earned that reputation by stealing items from U.S. Marines in the trenches during World War II. They're known to wander into unlocked houses and steal knives, forks and even shoes. So, if you are missing some household items, look around for one of these big guys conspicuously crawling nearby.

Anyone who has seen a coconut crab knows they also have huge claws. These claws are powerful enough to tear through the tough shell of a coconut to get at the sweet coconut meat. They can climb up to 20 feet high just to reach growing coconuts. Though not a major part of their diet, perhaps this taste for coconuts is what makes them so tasty.

On Guam, Chamorro have eaten coconut crabs for centuries as part of their cultural tradition. The meat has been traditionally served at various ceremonies and events such as weddings. It is so tender that it is often compared to

lobster. But the high demand for both home and high-end restaurant consumption has led to rampant hunting of the crabs.

It is said that the population of larger crabs on Guam is nearly depleted, and hunters have now turned to younger and smaller crabs. Coconut crab shells have also become popular souvenirs for tourist, prompting even more hunting. As a result of these demands, the coconut crab population has been declining rapidly.

In 1981, the coconut crab was listed as a "vulnerable species" on the International Union for Conservation of Nature Red List. However, a lack of accurate information caused the crab to be classified as "data deficient" in 1996.

Today, according to the Guam Department of Agriculture, coconut crabs must be at least four inches long to be sold commercially and at least three inches long for personal consumption. It also is illegal to collect coconut crabs with eggs. Selling undersized coconut crabs is an offense punishable by arrest and fine.

According to one study, the coconut crab is also threatened by the development of Guam's coastal zone. Emily Lu writes in the Scientific American that recent heavy development is continually reducing the crab's preferred habitat on Guam. Typically, female coconut crabs release their eggs within a few miles of the ocean because they hatch only upon contact with saltwater.

Today, the highest crab densities on Guam can be found on military installations, where limited civilian access makes it difficult to hunt crabs, according to Lu.

In fact, all coconut crabs can find sanctuary on both Naval Base Guam and Andersen Air Force Base. Hunting them, regardless of their size, is banned on both bases, according to Leanne Obra, 36th Civil Engineering Environmental Flight natural resources specialist at Andersen.

"The coconut crab is a unique and fascinating component of the biota of Guam, the Marianas, and Federated States of Micronesia," said Obra. "The Andersen Air Force Base environmental office is available at any time to answer questions about protection of the coconut

crab to help preserve the species for the meaningful role they play in the Chamorro culture and its popularity as a tourist attraction."

Obra advises that if people see the crabs on base, they should leave them alone. Illegal collection of crabs on military installations should be reported immediately to Andersen's Natural Resources Conservation Program at 366-5078/1849.

Pet a coconut crab at Chamorro Village

You may be hesitant to pet the largest land-living arthropod in the world, but go ahead, the coconut crab doesn't bite. Coconut crabs can weigh up to nine pounds with a leg span of more than 3 feet. Locals are adept at handling the crabs and sometimes keep them as pets. Stop by the Chamorro Village Night Market on Wednesday and Friday for a photo op of you or someone brave petting a giant crab.

■ **ADDRESS:** Paseo Loop,
off Marine Corps Drive, Hagatna
■ **TEL:** (671)475-0375

Photo courtesy of Dr. Jim McConnel, University of Guam

Photo courtesy of The Guam Guide

Pång'lao: Stuffed land crab

Preparation

Crab hunting is a family affair with men, women and children taking part in the hunt.

After they are caught, crabs are kept for a few days to purge their system of toxins and to fatten them up. They are usually fed a diet of grated coconut.

There are regional difference in how the stuffing for the grab is prepared. In northern and central Guam, the stuffing is called "pengot." In southern Guam, it is referred to as "ka'it."

Placement on table

Stuffed crab is placed alongside the fish on the fiesta table. The fish section is the third section coming after the starch section (ãggon) and the meat section (totche). The vegetables and salad section follows the fish section. The kelaguen, fina' denne' and kadu (soup) section is at the end of the table. The desserts are usually located on a separate table.

– Jillette Leon-Guerrero, MA

Recipe

- Crabs
- Onion, chopped
- Pepper leaves, chopped
- Pumpkin Tips, chopped
- Red Pepper, chopped
- Coconut, grated
- Coconut milk (for every 1 cup of coconut milk add ½ cup of water)

1. Remove shell from body of crab. Set aside. Remove bitter part (bile) then scrap out meat. Mix finely chopped onion, pepper leaf, pumpkin tips, and donne (hot red chile peppers) and grated coconut. Stuff mixture in shell and tie it securely with coconut leaf or string.
2. Mix coconut milk and water and place in large stock pot. Submerge stuffed crab in pot. Vegetables can be added to the top of crab if desired. Cover and let boil until crab turns red.

– Recipe provided by Sen. Pilar Lujan



www.guampedia.com

Annie's Chamorro Kitchen www.annieschamorrokitchen.com

"My name is Annie. Food and I get along so well! Cooking and baking are more than a hobby for me – they're a passion. I come from the beautiful island of Guam, U.S.A. The recipes you'll find here are my creations, or those of my children, who are also budding foodies. I hope you like them. Drop me a comment or two to let me know how you like our island and other delicacies. Enjoy!"

– Army Lt. Col. (Ret.) Annette Merfalen



Crab-Stuffed Mushrooms

One our favorite appetizers when we eat out are crab-stuffed mushrooms. Tender mushrooms, sweet crab meat, and melted cheese are sure to make these tasty morsels a hit at your dinner table. With my easy recipe, you don't have to wait until you eat out to enjoy them — now you can make these in your very own kitchen!

Don't skimp on the crab meat and use that stringy imitation stuff. Yes, I know real crab meat is pricey, but it's worth it. Trust me! While imitation crab meat will do when you make sushi, you'll do these stuffed mushrooms a great injustice if you don't use the real thing.

Funny story...we made these for our appetizer for dinner tonight. As my husband was popping a stuffed mushroom into his mouth, my daughter scolded him, stating that the mushrooms were a SIDE DISH, to be eaten with our meal. "I thought they were appetizers!" exclaimed my husband.

"No...mushrooms are vegetables, and we're having vegetables with our dinner" my daughter said, matter-of-factly. Hahaha! I love my kids! :D

Give my recipe a try.
I KNOW you'll LOVE it. :)

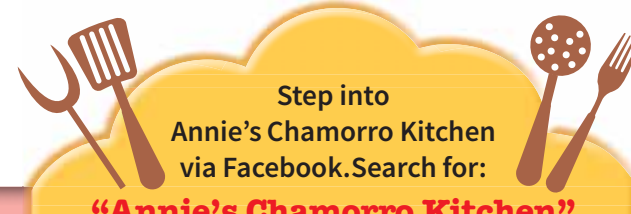


Ingredients:

- 1 pound lump crab meat
- 1 cup mayonnaise (I like using Best Foods or Hellman's)
- 1 cup grated Parmesan cheese
- 1/2 teaspoon black pepper
- 1 teaspoon garlic powder
- 2 stalks green onions, sliced
- 15-20 fresh white mushrooms, more or less, depending on the size

Directions:

1. Place the crab meat in a small mixing bowl. Pick out any stray crab shells.
2. Add the mayonnaise to the bowl... and the Parmesan cheese... and the black pepper and the garlic powder... and the green onions.
3. Stir to combine all the ingredients. At this stage, this is FANTASTIC as-is, as a dip or spread for crackers. If you want to use it as a dip, place it into a microwave-safe bowl and heat it for about 90 seconds to 2 minutes, or just long enough to warm it and to get some of the cheese to melt. Don't microwave it too long or the mayo will break down and your mixture will be very oily.
4. Pull off the stems of each mushroom. If the mushrooms are dirty, wipe them GENTLY with a paper towel. DO NOT rinse the mushrooms in water—the mushrooms will soak up the water and become almost slimy (yuck!). Trust me—a paper towel is all you need to clean these babies.
5. Stuff each mushroom cap with the crab mixture. It's okay to be generous. You'll have more than enough filling even if you overstuff the mushrooms. We bought rather large mushrooms at COSTCO.
6. Place each stuffed mushroom onto a baking pan. Top each mushroom with more grated Parmesan cheese.
7. Bake at 350 degrees for 20 minutes (for smaller mushrooms) and up to 30 minutes for the larger mushrooms. These were rather large mushrooms, so 30 minutes was about right. Bake until the cheese and mushrooms are nicely browned.





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GUAM EDITION

MARCH 6, 2023

Petal to the metal

Air Force eyes turning
dandelions into tires
Page 2

JOSHUA J. SEYBERT/U.S. Air Force
Tech. Sgt. Jorge Padron inspects a tire at Pittsburgh International Airport Air Reserve Station, Pa. The Air Force aims to make rubber for tires from dandelions.

MILITARY

USAF aims to turn dandelions into tires

Program seeks to trim foreign supply chain

By DOUG G. WARE
Stars and Stripes

WASHINGTON — The Air Force is spending millions of dollars on a program to make rubber from a certain species of dandelion that grows in the United States and use it to produce items such as aircraft tires to cut dependency on foreign supplies, service officials said.

The program is being spearheaded by the Air Force Research Laboratory and involves three private companies — BioMADE, American tire giant Goodyear and small Ohio-based business Farmed Materials. If successful, the program could open a new domestic supply of natural rubber.

BioMADE, a manufacturing innovation institute sponsored by the Defense Department that specializes in biomanufacturing, has contracted Farmed Materials to cultivate the dandelions and Goodyear will produce the aircraft tires and make certain that they meet Air Force specifications.

“We are embarking on a new course with Goodyear to bring the latest technologies to agriculture, plant breeding and extraction processes that no one has ever done before,” said Chuck Joffe, chief commercial officer for Farmed Materials. “It will increase efficiency and rubber quality dramatically.”

For decades, the world’s natural rubber has typically come from *Hevea brasiliensis* trees in Asia and Africa, but the Air Force program plans to start getting it from the kok-saghyz dandelion, which grows in abundance in the United States.

The milky-like substance that produces natural rubber can be found in the leaves, stems and roots of rubber trees and kok-saghyz dandelions. In the dandelions, more commonly known as TK dandelions, the substance is harvested by crushing its roots.

“This particular species of dandelion is different than what’s in your yard,” said Angela Campo, program manager at BioMADE. “The quality of [its] rubber is similar to what you get from the rubber tree. So that’s what made it particularly desirable for this project.”

There are substantial differences between natural rubber and synthetic rubber. The natural variety tends to be stronger,



JOSHUA J. SEYBERT/U.S. Air Force

Crew chiefs for the 911th Aircraft Maintenance Squadron move a C-17 Globemaster III tire while conducting a tire change at the Pittsburgh International Airport Air Reserve Station, Pa.

more flexible and more heat-resistant — making it suitable for items such as aircraft tires. More so, having vast domestic supplies of TK dandelions in the United States offers the Air Force an unique opportunity to skirt foreign supply chains and lower costs, officials said.

Once the dandelions begin producing rubber and it’s tested and qualified, the Air Force will no longer need to rely on foreign supply lines that are vulnerable to disruption, as happened during the coronavirus pandemic. The service said it buys — on average — nearly 100,000 tires per year for aircraft and land vehicles at a cost of \$100 million. Those tires are produced with foreign-supplied rubber.

Another major advantage with TK dandelions is they make their rubber-producing substance much quicker than rubber trees make theirs. It takes rubber trees seven years to produce enough for production, while TK dandelions can be harvested every six months.

The Air Force said the number of dandelions needed to produce one aircraft tire depends on the size of the tire and its purpose. But the service noted it expects a single acre of cultivated TK dandelions will eventually allow Goodyear to produce 200 to 400 passenger car tires.



JONATHAN TAULBEE/U.S. Air Force

The kok-saghyz dandelion species accumulates rubber in its roots which can be extracted for further use.

Barry Burton, an engineer in the Air Force Research Lab’s Manufacturing and Industrial Technologies Division, said he’s optimistic the U.S.-produced rubber will show within five years that it’s good enough for military aircraft tires, which could then begin production in a few years from that point.

However, Burton emphasized merely producing the dandelion rubber won’t be enough. He said there will also need to be enough support from the farming and agricultural sectors and there must be enough demand for the TK rubber once it’s made.

The Air Force program isn’t the first time the U.S. military

has looked into producing rubber from the TK dandelion. The Pentagon looked in that direction 80 years ago during World War II when the normal rubber supplies from Asia were disrupted by fighting in the Pacific. The military ultimately abandoned the TK dandelions when the war ended and the Asian supply lines reopened.

Concerns that the same kind of trouble could re-emerge have only increased in recent years, particularly after the coronavirus crisis and Russia’s ongoing war in Ukraine have proved to be disruptive to international supply chains. For that reason, the Air Force sees the rubber supply as a national security and a readiness issue.

“What would happen to our warfighting capability and national security capability if we couldn’t produce aircraft tires?” Burton asked.

“We have to find another way to secure the supply chain,” Campo said, noting the world’s demand for natural rubber is increasing. “In China, there are more people who own cars now than they did 10 years ago. Eventually, what is produced in the world is not going to meet the demand, and we’re getting closer and closer to that point. So, we have to, as a country, start planning ahead.”

The service didn’t say exactly

how much money is being dedicated to the program to open a domestic source of natural rubber, offering only that it’s a “multimillion-dollar program.”

Burton and Campo said if all goes well, it will take a few years for the TK-made rubber to ramp up to production scale. The first couple of years would be spent planting and harvesting the dandelions, studying the chemical composition of their rubber and then testing it. Prototypes would also need to be built and tires made from TK rubber would eventually be qualified for military aircraft.

“It’s a slow process,” Campo said. “We have to go aircraft by aircraft. This is not a, ‘We test one tire and it’s good for everybody.’”

Moreover, some experts said having a domestic supply of natural rubber won’t only benefit the military. The Air Force said Goodyear, for example, already recognizes the value of sourcing TK rubber for all its tires, military and commercial, sometime in the future.

“This benefit of bolstering U.S.-based agriculture, bolstering U.S.-based manufacturing capability, bolstering U.S. supply chains ... and controlling our own destiny is absolutely important,” Burton said.

ware.doug@stripes.com

MILITARY

Honoring family

When Fort Benning becomes Fort Moore, it will commemorate a team's service to Army

By COREY DICKSTEIN
Stars and Stripes

FORT BENNING, Ga. — The late Lt. Gen. Hal Moore, an Army legend and bestselling author, would not have approved of renaming Fort Benning to Fort Moore in his honor, according to his children.

But the five Moore siblings believe he would have supported their push to rename the Georgia Army post after the “family command team” that was the general and his wife of 55 years and their mother, Julia Moore. Later this year, Fort Benning — one of nine Army posts set to be renamed under a 2021 federal law seeking to strip the Defense Department of names honoring the Confederacy — will become Fort Moore in the couple's honor, though base officials said they have not chosen a date for the renaming.

“If my father were to know this recommendation and the approval were only about him, he would have vehemently disagreed with and opposed it,” Dave Moore, Hal and Julia's youngest child, said of Hal, who died at 94 in 2017, 13 years after Julia's death. “However, given his humility, and given his love for his wife and the Army family, knowing that this renaming now provides the opportunity to honor Julia, his spouse who followed him, who was devoted to him, devoted to his soldiers, and never really got her due — I believe of that he would approve.”

The Moore siblings, who range in age from 62 to 71, made that pitch to the Naming Commission when the Congress-mandated panel sought public recommendations in late 2021 for new names for posts now honoring Confederate generals. Fort Moore will honor Hal Moore — the Distinguished Service Cross recipient who rose to fame as a commander during the first major battle of the Vietnam War, became a three-star general and later co-authored a bestselling book that became the 2002 movie “We Were Soldiers” starring Mel Gibson. But it will also honor Julia Moore — an “Army brat” turned Army wife and Army mother who raised five kids while moving 28 times in 32 years and maintained the household often in her husband's absence.

“We felt that by nominating them both it creates the opportunity for the Army to honor something bigger than just a name — to honor the Army family,” said Dave Moore, 62, who served 27 years in the Army, retiring as a colonel after combat deployments to Panama, Iraq and Afghanistan. “So, it had to be Mom and Dad together, as the family



The children of Lt. Gen. Hal and Julia Moore, for whom Fort Benning will be renamed, visit their parents' grave on the Georgia Army post. Pictured from left to right are Dave Moore, Cecile Moore Rainey, Steve Moore and Greg Moore.

COREY DICKSTEIN/Stars and Stripes



A collection of items inside the Fort Benning, Ga., commanding generals house — currently home to Maj. Gen. Curtis Buzzard — honors Lt. Gen. Hal Moore and Julia Moore, who are pictured in the photograph. Among the items are Buzzard's copies of two of Hal Moore's books, “We Were Soldiers Once ... And Young” and “Hal Moore on Leadership.”

command team. Our position was that this had to be something bigger than just about an individual.”

Four of the Moore children on Friday visited Fort Benning, meeting with senior leaders at the base and visiting the home that they once lived in on the post before stopping by their parents' graves at the installation's cemetery.

At the gravesite, Steve Moore, the 71-year-old second child of

Hal and Julia, recalled crying when he learned the Naming Commission had selected his parents as the new namesake of Fort Benning, where he was born.

“I just broke down,” said Steve Moore, who served 20 years in the Army before retiring as lieutenant colonel. “And the reason I felt that deep emotion was I knew what [my parents] had gone through and overcome in a life of service to the nation. ...

And so, I said to myself through the tears, ‘Finally, the Army is going to recognize what service in a military family has always been.’”

In the Naming Commission's report recommending the new name for Fort Benning and ones for the eight other Army posts, the group wrote it had chosen to honor Hal and Julia Moore's “service to the Army and commitment to military families [which] serves as an inspiration and example for all.”

“Their story is representative of millions of other military families throughout our history, who have often endured many travels and movements, putting the nation's needs ahead of their personal preferences,” the commission wrote. “If it's a truism that families serve right alongside their service members, the Moore family lived that experience to the fullest. Their stories exceptionally exemplifying the service of modern military families.”

The renaming process

The Moores said they recognize the controversial nature of renaming Fort Benning. Congress mandated the Naming Commission in a 2021 annual Pentagon policy bill, charging the panel with identifying all items in

the Defense Department inventory associated with the Confederacy. Among the items that the commission was to study were the names of nine Army installations honoring Confederate generals, including Fort Benning. Then-President Donald Trump vetoed the bill, disapproving of the effort to remove Confederate names from the military. But lawmakers were able to override the veto.

Fort Benning was established as Camp Benning in 1918 during World War I, and named for Gen. Henry Benning, a lawyer and judge from Columbus, Ga., who commissioned into the Confederate Army shortly after the Confederacy was established, according to an Army history. An ardent defender of slavery and secession, Benning never served in the U.S. Army and continued to fight against rights for Black Americans after the Civil War.

Historians describe Benning as a quick study and an apt brigade commander. He fought in several notable Civil War battles including at Bull Run in Virginia, Antietam in Maryland, and the Battle of Chickamauga in Tennessee and Georgia.

While Benning's name appears to have been chosen in 1918 at

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MILITARY

FROM PAGE 3

least in part to appeal to locals who supported the South's Jim Crow laws and were, at least, somewhat weary of the Army opening a federal base in their backyard, some Army officials now contend the name is outdated.

For the Moores, who spent portions of their childhood at Fort Benning, the name change is about honoring their parents not erasing the name Fort Benning from history.

The Moore kids had never considered a name change for Fort Benning before they learned of the 2021 law, said Dave Moore, who trained at the installation as an infantry officer and now works at Fort Benning as a Defense Department civilian.

"As a young lieutenant reporting to Fort Benning, it was just a name," Dave Moore said. "And none of us ever thought about really who Benning was or whether it was right as a culture at the time — we just accepted it. And here we are all these years later, and I think ... we have the opportunity, hopefully, not to erase the history [with the name change] but to create a culture that makes us better as a nation."

Sometime before Jan. 1, 2024, Fort Benning will officially become Fort Moore, said Col. Colin Mahle, Fort Benning's garrison commander.

Some installations have announced expected timetables for their name changes. Fort Picket in Virginia will become Fort Barfoot on March 24, the Army said. Fort Bragg in North Carolina is expected to become Fort Liberty in June, officials there have said. But Mahle and other leaders at Fort Benning did not hint when they would formalize the change.

Mahle said base officials have finished conducting surveys to identify all items — including streets, buildings and websites — bearing the Benning name. He said Friday that he couldn't say precisely how many items the officials had tallied.

"It's large," Mahle said of the number of items, stressing some things that will need to change are out of the Defense Department's control. Officials at Fort Benning are working with local and state government, for example, to update references to the installation outside the base gates, he said.

It also remains unclear what it will cost the Army to change from Fort Benning to Fort Moore. The Naming Commission estimated it would cost some \$5 million to make the change at Fort Benning, but post officials are working now to establish their own estimate, Mahle said.

Once decisions are made, Maj. Gen. Curtis Buzzard, Fort Benning's top commander and the leader of the Army's Maneuver Center of Excellence, said he



COREY DICKSTEIN/Stars and Stripes

Steve Moore and his sister Cecile Moore Rainey look on near movie posters for "We Were Soldiers" and other memorabilia from their father Lt. Gen. Hal Moore's service at the Moore family home in Auburn, Ala.

looked forward to hosting a ceremony to honor the name Fort Moore. He described the forthcoming name change ceremony as perhaps "the most culturally significant event of my Army career."

Buzzard said he will feel honored to become the first commander of Fort Moore. The general said he met Hal Moore in 1997 while Buzzard was training at Fort Benning, and was honored that Moore signed Buzzard's copy of his book "We Were Soldiers Once ... And Young."

"The Naming Commission selected names that represent honor, heroism, sacrifices, and our Army's values, and Hal and Julia are two of the finest Americans this country has ever produced," Buzzard said. "I'm just personally, incredibly honored that I'm the commander on whose watch this is going to occur. I think it's so great for our Army and our nation."

Julia Moore

Hal Moore might have been an Army legend, but Julia Moore was every bit as much a hero to her family, their children said Friday. Through Hal's deployments first to Korea and Vietnam and later as he worked long hours in commands or at the Pentagon, she ensured the children made it to sports practices and scout meetings.

Julia Moore was the daughter of an Army officer and born at Fort Sill, Okla. She met Hal Moore 20 years later at Fort Bragg, N.C., where their first child, Greg, was born.

When Hal became a fixture on national news during and after the Battle of Ia Drang, the Vietnam War's first major battle, she

largely shielded her children from the coverage, especially as Moore's battalion lost dozens of troops.

Only once did she falter in shielding her kids from the realities of the war, recalled Steve Moore. Hal had been injured after stepping on a booby trap — a slight injury for which Hal Moore was awarded the Purple Heart, an award he never wore and attempted to return to the Army.

When Julia got word of Hal's injury, she had her kids kneel and pray for their father.

"I think she realized she had crossed the line [and] brought the abnormal into the normal and never again did [we hear] anything about what Dad was doing in Vietnam other than what we'd see for ourselves on TV," Steve Moore said.

Julia Moore was also busy volunteering, hosting regular social gatherings for other Army wives, and ensuring other Army families received care.

When Army wives were being notified of their husbands' deaths in Vietnam by a mere telegram delivered by local taxi drivers, she began working with Western Union to receive those notifications and followed the taxis to their homes to ensure someone was there to comfort the wives. She helped improve the casualty notification process, going all the way to the Pentagon, to ensure an Army chaplain and officer were present at those notifications.

Later she worked to build up Army community services on installations to improve family quality of life, her children said.

"Mom was really very, very involved in our family life, obviously, but it was also so impor-

tant to her to do things outside the home, and especially to support the family unit in the military," said Cecile Moore-Rainey, 64. "She was so adaptable. She was so full of enthusiasm, and as much as she was doing and as difficult at times as it was as kids, moving constantly [and] meeting new people, we never really saw her as not being available."

Lt. Gen. Hal Moore

Hal Moore was a troops-first leader, his children said. As he rose through the ranks, he never stopped caring for the soldiers under his watch. It could be hard on the Moore children, with their father spending so much time working to ensure his soldiers received care.

But when he was home, he was an attentive and loving father, they said.

"He was a very disciplined Dad," Cecile Moore-Rainey said. "He didn't discipline us in a way that was mean, he was always fair but disciplined. He understood we were kids, doing kids things."

Hal Moore was most noted for his heroics at LZ X-Ray in November 1965 at the opening of the Battle of Ia Drang, when he commanded the 1st Battalion, 7th Cavalry and the unit came under attack in the war's first major battle.

Despite losing dozens of troops, Moore's leadership and battlefield actions were credited with saving dozens more, according to the Army. He was awarded the Distinguished Service Cross, the Army's second-highest honor for battlefield valor, for his actions during the three-day battle.

As he continued to rise through the ranks to lieutenant general,

Hal Moore served in various positions, including commanding the 7th Infantry Division and working to restore the Army's noncommissioned officer corps, which was left decimated after the Vietnam War, officials said.

Throughout his storied career, Hal Moore worked to improve equity for his troops, according to his children and the Army. Buzzard said Moore had issued an equal opportunity directive when he led the 7th Infantry Division. Hal Moore issued a similar directive later when he commanded at Fort Ord in California, Steve Moore said.

"That was new in the 1970s," Steve Moore said. "Nobody had really done that before."

In Hal's directive, he wrote he "would not tolerate any explicit or implied discrimination of any sort," and he backed it up, Steve Moore said, when he relieved several commanders and non-commissioned officers who had displayed prejudice.

"They weren't allowing people to rise to their natural level of excellence," Steve Moore said.

"Dad was all about everybody's green, no one's another color."

Hal and Julia Moore are buried on Fort Benning, where they share a headstone, surrounded by the graves of many of the men whom Hal Moore lost during the Battle of Ia Drang.

"That's significant," said Greg Moore, their oldest child. "Dad never wanted to be buried at Arlington [National Cemetery in Virginia]. Dad only wanted to be buried [at Fort Benning] with his troops."

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MILITARY

Balloon, growing fleet show China threat

Navy secretary: Chinese military aims for significant advantage

By DOUG G. WARE
Stars and Stripes

WASHINGTON — Navy Secretary Carlos Del Toro said that the spy balloon shot down over U.S. waters and China's rapid expansion of its fleet are signs that the country's determined to extend its influence around the world.

Del Toro, who ascended to his post 18 months ago, said the Chinese military is aiming for a significant advantage by building warships at a pace quicker than the United States can match them.

"It's a real challenge, but capacity does matter," he said during a keynote address at the National Press Club in Washington. "We do need a larger Navy, we do need more ships in the future, more modern ships in the future that can meet that threat."

Del Toro said China can build ships quicker because its government doesn't need to go through lawmakers for money as in the United States. He also said Beijing uses slave labor to build its military vehicles.

"Unfortunately, China does have a significant advantage," he said. "They have 13 shipyards. One shipyard has more capacity than all our shipyards combined. That presents a real threat."

But the U.S. Navy can counter China's ship advantage by making certain that American sailors are thoroughly educated and well-trained, Del Toro said.

"The advantage that we have

... is our people," he said. "Our shipbuilders are better shipbuilders. That's why we have a more modern, more capable, more lethal Navy than they do."

"They script their people to fight. We actually train our people to think," he added. "That gives us an inherent advantage over anything the Chinese can put up."

President Joe Biden and the Pentagon have identified China

as the top "pacing challenge" for the United States. For years, Washington has been concerned about growing influence from Beijing, particularly in the Indo-Pacific region and how it relates to Taiwan, which China claims as a breakaway territory.

Those concerns rose dramatically a few weeks ago when the U.S. military spotted a Chinese surveillance balloon carrying a large payload as it hovered over the western United States. For several days, the self-propelled balloon took a path across the United States at about 60,000 feet above U.S. territory. A U.S. Fighter jet shot it down as soon as it reached the Atlantic Ocean off the South Carolina coast. Officials later said similar Chinese balloons had floated over U.S. soil on at least four other occasions in recent years.

"Only a few weeks ago, it's fair



Department of Defense

An Air Force pilot looks down at the suspected Chinese surveillance balloon as it hovered over the central continental United States on Feb. 3.

to say most Americans were not sufficiently aware of the threat posed by [China]," Del Toro said. "Because of the incursion of a Chinese balloon into our airspace, most Americans' alarm bells have now gone off. It is no secret that that People's Republic of China seeks to upend our dominance on the oceans across the globe."

In January, Del Toro caused some alarm when he suggested the Navy could possibly run out of weapons if the United States kept sending them to Ukraine to defend against Russian forces.

He later clarified the remarks to say he's confident the Pentagon and industry partners would not allow that to happen — that they would ramp up production and ensure the military has what it needs.

Del Toro said virtually the same thing at the Press Club but stressed the importance of facing down authoritarian leaders such as Russian President Vladimir Putin and Chinese President Xi Jinping.

"I don't think we're dangerously depleting [our weapons and equipment]. We are obviously

keeping track on all our supplies," he said. "Investments are now just starting to kick in place, I think. One thing Congress could do, obviously, is pass bills on time ... and I think all those efforts will help collectively get us back to where we need to be."

"We must ensure our forces are ready. We must expand and deepen our partnerships and our alliances across the globe," Del Toro added. "God forbid we should one day have to say, 'If only we had done more.'"

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1st female carrier skipper to become rear admiral

Stars and Stripes

The first woman ever to command a U.S. aircraft carrier is slated to become a one-star admiral, the Navy recently announced.

Capt. Amy Bauernschmidt, commander of USS Abraham Lincoln, has been nominated for the rank of rear admiral, the service said in a statement.

Two other women, Capt. Julie Treanor and Capt. Dianna Wolfson, also are on the promotion list.

Treanor is the chief of staff for the director of supply, ordinance and logistics operations in the office of the chief of naval operations. Wolfson is com-

mander of Norfolk Naval Shipyard in Portsmouth, Va.

They will join about 21 other female sailors, including a four-star admiral, who are among the service's most senior officers, according to data on the Navy's website.

Women make up about 6.8% of active-duty officers in the Navy's highest ranks, according to the Defense Department's 2021 annual demographics report.

About one-fifth of all active-duty sailors are women, according to the report, which was released in December.

Bauernschmidt took command of Abraham Lincoln in August

2021 after previously serving as the ship's chief executive officer. A 1994 graduate of the Naval Academy, she earned a master's degree from the Naval War College and was designated a pilot in 1996.

A Milwaukee native, she has 3,000 flight hours and has served as commanding officer of the amphibious transport dock ship USS San Diego, among other assignments, according to her Navy biography.

Other nominees for promotion to admiral include at least one other aircraft carrier commander, Capt. Paul Lanzilotta of the USS Gerald R. Ford, according to the statement.



JUAN CUBANO/U.S. Navy

Capt. Amy Bauernschmidt speaks aboard the USS Abraham Lincoln in 2017, when she was the aircraft carrier's executive officer. She later became the ship's commanding officer and last month was nominated for elevation to the rank of one-star admiral.

MILITARY

Navy removes failed fitness test scores

By ALISON BATH
Stars and Stripes

The Navy is wiping the slate clean for active-duty and reserve sailors who have failed fitness tests, as the service tries to keep retention numbers up by easing the way for sailors to reenlist or receive a promotion.

Service members who failed a physical fitness assessment on or before Feb. 15 will have their records reset to zero, the Navy said recently in a statement.

Those sailors also will be eligible for other career opportunities, such as a change of duty station, according to the announcement.

The policy cancels all administrative separations for officers due solely to successive failed PFAs. Enlisted sailors must make a request to cancel a separation or retirement resulting from repeated fitness failures, the Navy said.

The reset gives sailors — whose ability to prepare for and take PFAs was limited because of COVID-19 restrictions — an opportunity to meet fitness standards and stay in the service, the statement said.

During the pandemic, the Navy shifted to a single annual fitness testing cycle as outlined in a January 2021 memo. Prior to the pandemic, the service had two annual testing cycles.

Faced with missed recruitment goals, the Navy has renewed efforts to focus on retention, such as offering sizeable reenlistment bonuses and suspending for two years a program that capped how many years an enlisted sailor could serve.

Sailors with certain ratings can receive as much as \$30,000 per year of additional service in bonuses. However, the amount a sailor can receive is capped at

\$100,000, according to the Navy's online personnel portal. The bonuses can be reduced or stopped depending on the Navy's needs.

The policy change does not exclude counting failed PFAs in programs and processes such as officer commissioning, selection or screening boards and special duty screenings, the Navy said.

And it isn't permission for not meeting physical fitness standards, which, among other criteria, measure performance in activities such as running or swimming, and pushups.

"It remains incumbent upon individual sailors to invest in their personal health and wellness in order to maintain war-fighting readiness," the Navy statement said.

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AMY JOHNSON/U.S. Navy

Personnel assigned to the aircraft carrier USS John C. Stennis warm up before a physical readiness test. The Navy has announced that it will remove failed fitness tests from sailor records, though sailors must meet standards moving forward.

Fentanyl involved in more troop overdoses

By ROSE L. THAYER
Stars and Stripes

Fentanyl was involved in 88% of the deaths of service members who overdosed on illicit drugs in 2021, a steep increase in five years, according to Defense Department data provided to Congress.

"Our military is not immune to the opioid epidemic," Sen. Edward Markey, D-Mass., said recently in a statement. "The Department of Defense's latest report underscores the urgency of this moment and our need to ensure access to quality care and treatment without stigma or shame."

Five years ago, the synthetic drug was involved in 36% of troop overdose deaths, according to Pentagon data.

Markey and other senators requested data on overdoses from the Defense Department in September and recently received 12 pages from Pentagon officials that included statistics and prevention efforts.

From 2017 to 2021, 15,293 service members overdosed on drugs and alcohol and 332 died. More than half of those who died had taken fentanyl, a synthetic opioid that is more potent than morphine, the report found.

Fentanyl, an approved pain medication being produced and sold illegally, is killing about



VICTORIA GRANADO/Alaska National Guard

Alaska National Guardsman Sgt. 1st Class Oliver Meza, center, noncommissioned officer in charge of Drug Demand Reduction, trains Guard members and police officers in the use of naloxone kits, which treat overdoses.

70,000 Americans each year, President Joe Biden said last month in his State of the Union speech.

Increasingly, fentanyl is mixed with other illicit drugs or used to replace another drug entirely so that users are expecting something else, and this has led to a rise in deaths from the drug nationwide, according to the national Centers for Disease Control and Prevention.

Military officials determined service members accidentally overdosed in 84% of the deaths. Just 12% of the deaths were thought to be suicides.

"Every drug overdose is a preventable loss of life and we must work to do better," Undersecretary of Defense for Personnel and Readiness Gilbert Cisneros wrote in his letter to senators. "The department continues to evaluate, refine, and improve strategies for overdose

prevention to ensure we are making every effort to prevent these tragic deaths."

About 10% of those who died had previously failed a drug test administered through their service, the Defense Department said.

The Army, which is the largest of the service branches, saw the most overdose deaths during the five-year period, with a slight decrease from 36 deaths in 2017 to 35 in 2021, according to the Defense Department.

However, the Navy and Marine Corps saw the number of deaths in each service double. Eleven sailors died in 2017 and 21 died in 2021. The Marines lost five troops in 2017 and 10 in 2021.

The Air Force saw overdose deaths increase from nine to 11.

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US military to give leave, free travel for abortions

By PHILLIP WALTER
WELLMAN
Stars and Stripes

Service members will soon be entitled to up to three weeks of additional leave to have an abortion and may also be eligible to have their travel costs to and from abortion clinics reimbursed by the government.

It's part of a set of policies announced recently by the Defense Department aimed at helping military members and their dependents who must travel out of state to terminate a pregnancy.

In June 2022, the Supreme Court overturned the landmark 1973 abortion rights ruling Roe v. Wade, and since then, several states have passed laws outlawing abortions in most cases.

Some of the most restrictive states, including Texas and Louisiana, are home to major military installations, and there has been concern over how the new laws would affect troops.

The DOD's decision will "ensure service members are able to access non-covered reproductive health care regardless of where they are stationed," the statement said.

Three policies aimed at improving service members' access to reproductive health care and abortion services will go into effect March 18.

The first policy provides as much as 21 days of leave for troops to receive an abortion or fertility treatments. That time is not subtracted from other leave allowances.

The length of absence will be limited to the number of days required for the person to receive the care and travel to a service provider, according to the policy. Service members accompanying a spouse or dependent for such care also qualify.

The second policy stipulates that those who must leave their duty stations to receive reproductive care can be reimbursed for their travel fees.

And the third gives pregnant service women up to 20 weeks to notify their commands about their situation, which would allow them more privately to get an abortion if they choose.

The new rules follow from Defense Secretary Lloyd Austin's directive in October 2022 ordering the military services to take steps to ensure that troops and their families can access reproductive care not covered by the military health insurance plan Tricare.

Military hospitals can perform abortions only if the mother's life is endangered or in cases of rape or incest. Until now, government-funded travel was available only to those terminating pregnancies for those reasons.

"These policies reinforce the secretary of defense's commitment to taking care of our people," a recent DOD statement said.

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MILITARY

Recruiting troubles may last another year

Army sought 60,000 new recruits in 2022 but enlisted only 45,000

By DOUG G. WARE
Stars and Stripes

WASHINGTON — Army Secretary Christine Wormuth said recently that solving the service's recruiting problem is her top priority, but the struggle to find new troops could last into 2024, or longer.

"The number one priority, in my mind, for this year ... is fixing our recruiting problem," she said during a discussion hosted by the Project for Media and National Security at George Washington University in Washington, D.C. "The Army missed its recruiting target last year by about 15,000 people. That is a very serious situation for us."

The Army sought 60,000 new recruits in 2022 but enlisted only 45,000. For 2023, the service is aiming even higher — for 65,000 new members.

"We really have to get after our recruiting challenge," Wormuth told reporters at the event. "This is, frankly, a challenge not just for the United States Army but for all of the services."

Fewer than 25% of all young Americans between the ages of 17 and 24 qualify academically and physically to serve in the military, according to recent Pentagon data. Many of them can't pass the Armed Services Vocational Aptitude Battery, a test that measures potential recruits' aptitude and fitness to serve.

Officials in all the services have said it's more difficult to attract new members in the modern landscape due to several factors, such as childhood obesity

and an "awareness gap," or a lack of understanding among young people about military life and its benefits.

"I've talked with thousands of young adults across the nation. I've noticed some awareness questions that really caught me off guard, like 'Hey, I was told that until I finish basic training and Advanced Individual Training, I can't get paid,' or '[I can't] own a pet as a soldier,'" said Maj. Gen. Johnny Davis, commanding general of Army Recruiting Command. "And certainly, all of these things are not true. We're really bringing that awareness to this future market."

The Army has begun offering new incentives to boost recruiting, such as offering promotions for referral signups, a new recruiting ribbon, financial bonuses and letting recruits choose their station when they finish basic training.

However, the Army has said it won't lower admissions standards to bring in more recruits, so solving the problem is expected to take time.

"It took us more than a year to get into the situation that we're in, in terms of the recruiting landscape, and I think it's going to take more than a year to turn it around," Wormuth said. "We are in the process of reintroducing the Army to the American public."

The secretary called the Army's goal of 65,000 recruits for 2023 "very ambitious."

"We are pulling out all of the stops," she added.



RACHEL CHRISTENSEN/U.S. Army

Army Secretary Christine Wormuth speaks with soldiers from the 25th Infantry Division before having lunch with them and other U.S. Army Garrison Hawaii soldiers at the Sustainment Bistro on Schofield Barracks, Hawaii, in January.

Gen. James McConville, the Army's chief of staff, said the service is undergoing the "biggest transformation in 40 years" with its new recruiting efforts, new doctrines, new organizations and new ways of training soldiers. Sgt. Maj. of the Army Michael Grinston also stressed the importance of retaining soldiers, not just recruiting them.

"Once people go in the Army, they want to stay," Grinston said, noting new members eventually are retained and promoted. Retention, he said, will help the Army avoid a shortage of non-commissioned officers in a few years.

Last year, the Army was short about 20,000 soldiers from its

desired force size of 485,000 troops, and officials have cautioned repeated failures to meet personnel targets could have a cascading effect on U.S. capabilities and readiness worldwide.

"We have got 100,000 service members in Europe right now working to either support Ukraine, help train the Ukrainians or standing shoulder-to-shoulder with our NATO allies. And about 50,000 of those service members are Army service members," Wormuth said.

On Ukraine, she gave an update on the Army's mission to procure dozens of new M1 Abrams tanks and send them to Ukrainian troops. The Pentagon and President Joe Biden agreed

last month to send Ukraine a version of the Abrams M1A2, but it will take time because they must be built — a process that takes months. The Pentagon has not yet given a firm timeline on when Ukraine might start getting them.

"It's not going to be a matter of weeks, I can tell you that," Wormuth said. "There are longer timelines involved. But I think there are options that are less than two years, less than a year and a half."

She said it is possible Ukraine could begin receiving the first Abrams tanks before the end of 2023.

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Bill aims to offer access to food stamps for service members

By SVETLANA SHKOLNIKOVA
Stars and Stripes

WASHINGTON — Low-income service members receiving basic allowances for housing could be eligible for food stamps under legislation introduced recently in the Senate.

The bill aims to help the 24% of troops who the Defense Department reported lack consistent access to enough food by eliminating an income barrier some of them face when trying to qualify for food stamps, formally known as the Supplemental Nutritional Assistance Program or SNAP.

Service members who apply to the SNAP program while receiving an allowance to cover off-base housing costs are often excluded from eligibility due to a formula that unfairly counts their

housing as a source of income, said bill sponsor Sen. Tammy Duckworth, D-Ill., a former Army helicopter pilot and Iraq War veteran.

However, the housing allowance is not treated as income by the Internal Revenue Service or considered when determining eligibility for other federal assistance programs, she said.

"This bill is a great, elegant solution," Duckworth said. "It isn't creating a new program, it's simply bringing an existing program in line to be consistent with the rest of the federal government."

Lawmakers first introduced legislation to amend SNAP's eligibility criteria last year. The bill builds on Duckworth's previous efforts to address hunger in the military, including creating a



YOSSELIN CAMPOS/U.S. Air Force

Officials at Kadena Air Base, Okinawa, recently opened a new food pantry. It is the first military affiliated food pantry on the Japanese island prefecture.

monthly basic needs allowance for service member households earning below 130% of the federal poverty line. Eligibility for the new payments, which began last month, was expanded in last

year's annual defense policy bill.

The Defense Department estimated in a 2022 report that 286,000 service members struggled with food access in 2020 and 2021, with junior enlisted troops

most at risk.

A January study performed by the Rand Corp. found early- to mid-career enlisted personnel between the pay grades of E-4 and E-6 were the majority of those affected by food insecurity. Service members who are single with children or married without children and identify as ethnic or racial minorities were more likely to go hungry, according to the study. The Army saw the most food insecurity while the Air Force saw the least.

The report, which Congress directed the Pentagon to sponsor, also noted 14% of service members reported using government food assistance programs in the past year. Others said they were reluctant to ask for help, fearing it would negatively affect their career or security clearance.

MILITARY

Wreckage of US sub from WWII found

USS Albacore was credited with sinking nearly a dozen enemy ships

By COREY DICKSTEIN
Stars and Stripes

The long-lost wreckage of a U.S. Navy submarine credited with sinking nearly a dozen enemy ships during World War II before vanishing in late 1944 has been found off the coast of northern Japan, Navy officials announced recently.

The USS Albacore's wreckage was confirmed by the Naval History and Heritage Command's Underwater Archaeology Branch after it was located recently off the coast of Hokkaido, the northernmost of Japan's main islands, the Navy said in a news release. The NHHC used information and imagery provided by Tamaki Ura, a University of Tokyo professor who has specialized in developing autonomous underwater vehicles to confirm the identity of the submarine. The Albacore disappeared while patrolling in the Pacific Ocean and had at least 85 sailors aboard.

"As the final resting place for [U.S.] sailors who gave their life in defense of our nation, we sincerely thank and congratulate Dr. Ura

and his team for their efforts in locating the wreck of Albacore," Samuel Cox, the director of the NHHC, said in a statement. "It is through their hard work and continued collaboration that we could confirm Albacore's identity after being lost at sea for over 70 years."

The Albacore was last heard from by the U.S. military on Oct. 28, 1944, when it stopped at Midway for fuel en route for its 11th combat patrol in the waters off northern Japan, according to naval records. The Gato-class submarine was believed sunk in a Nov. 7, 1944, underwater explosion reported in Japanese military records, likely the result of hitting an underwater mine. The location of the ship's wreckage appeared to confirm those details, according to the Navy.

Before the sub's sinking, the Albacore had proved a capable warship. The vessel was built by the Electric Boat Co. and commissioned into the Navy on June 1, 1942. The Navy credited the submarine with sinking at least 10 enemy ships during its brief tenure — earning the Albacore nine



U.S. Navy History and Heritage Command

The Albacore off Groton, Conn., in May 1942. Note the large conning tower and periscope sheers.

battle stars for meritorious participation in battle and four Presidential Unit Citations for extraordinary heroism in combat. The Navy said the Albacore might have been responsible for sinking three additional ships during the war, but those have not been confirmed.

Among the sub's known sinkings were Japanese destroyers, freighters and the 31,000-ton Japanese aircraft carrier Taiho, then the newest and largest carrier in the Japanese fleet. Taiho sunk hours after being struck by a torpedo fired by the Albacore during the Battle of the Philippine Sea, according to the Navy. The Albacore's crew did not know at the time that they had sunk the flagship after diving deep to escape

incoming aerial attacks.

Months later, the Albacore's top officer at that time, Lt. Cmdr. James Blanchard, was awarded the Navy Cross, the service's second-highest honor for combat heroics, for his role in sinking the Taiho.

The Navy said Ura used unmanned underwater craft to locate the Albacore based on Japanese records documenting the Nov. 7, 1944, explosion off Hokkaido.

"Strong currents, marine growth and poor visibility on site made it challenging to fully document the wreck or obtain comprehensive images," the Navy statement said. "However, several key features of a late 1944 Gato-class submarine were identified in the video."

Those features included the presence of a SJ Radar dish and mast, a row of vent holes along the top of the superstructure and the absence of steel plates along the ship's upper edge consistent with the Albacore's construction at the time that the submarine was last seen, according to the Navy.

The Albacore's wreckage now falls under the NHHC's jurisdiction and is protected from intrusion by U.S. law, the Navy said.

"The wreck represents the final resting place of sailors that gave their life in defense of the nation and should be respected by all parties as a war grave," the Navy statement reads.

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POWs' children share parents' tales of Japanese captivity

By SETH ROBSON
Stars and Stripes

TOKYO — This year, no former U.S. prisoners from World War II made an annual trip to the Japanese capital at the invitation of their former captors.

Instead, a son and six daughters came recently to relay how their parents survived forced marches, slave labor and brutal treatment by guards after being captured in the Philippines.

Yet none mentioned any grudges held by their parents, who all died decades later, toward the Japanese people.

"It is war that is the problem," Lorna Nielsen Murray, 64, of South Jordan, Utah, said during a group discussion at Temple University, Japan Campus. Her fa-

ther, Army Pfc. Eugene Nielsen, fought on Corregidor, Philippines, as a member of the 59th Coast Artillery Regiment.

The group arrived in Tokyo last month for a five-day visit sponsored by the Ministry of Foreign Affairs. The program — a "gesture of reconciliation" to promote mutual understanding between Japanese and Americans — has been bringing former POWs and their families to Japan since 2010.

The trip, which included visits to the sites of old POW camps and a meeting with U.S. Ambassador to Japan Rahm Emanuel, is the first since the COVID-19 pandemic and one of the few that have not included a former prisoner.

At the university, the group



Hoskins

Murray

shared stories about what their parents endured in captivity.

Thomas Hoskins Jr., 75, of San Antonio, said his father, Army Staff Sgt. Thomas Hoskins, was manning a radar in the Philippines when Japan attacked on Dec. 8, 1941.

As a prisoner, his father was forced to build an airfield on Palawan Island. He was taken to Japan to work in various camps in the Kawasaki area near Tokyo.

After the war, his father continued to serve in the military until his retirement in 1959 as a master sergeant in the U.S. Air Force, according to the information provided by the university.

The son, at times close to tears, gave a moving account of his father's participation in a forced march through Manila where stragglers were shot before the men were packed into stifling box cars and sent to a prison camp. Some of the men died on their feet before the train reached its destination, Hoskins said.

Sandra Harding, 70, of Santa Fe, N.M., spoke about her parents, both U.S. Army officers who surrendered in the Philippines: Lt. Earlyn Black Harding and Lt. Col. Harry Harding.

Harding's mother served as a nurse on the island fortress of Corregidor. Her father was with the 63rd Infantry Regiment (Philippine Army) on Panay Island.

The couple met on Corregidor but didn't reunite until after the war, she said.

Her mother was interned at Santo Tomas in Manila while her father was sent to Japan and imprisoned at three camps, Harding said.

"My mother thought my father died in a POW camp," she said. "He found her working in a hos-

pital in Denver and they married in June 1946."

Murray said her father was one of only 11 survivors of the 1944 massacre of 139 American prisoners on Palawan Island.

The airfield they built for the Imperial Japanese Army is now part of the Philippines' Antonio Bautista Air Base, according to information provided by the university.

Murray said her father escaped a trench where Japanese guards were burning and shooting prisoners. He was shot several times swimming for his life and linked up with a Filipino freedom fighter. U.S. forces eventually rescued her father and several other escaped prisoners, she said.

On Nov. 22, 2022, Vice President Kamala Harris laid flowers at the memorial on Palawan to the victims of the Japanese war crime, according to information provided by the university.

The veterans' children shared childhood experiences of parents who hoarded and cherished food after being deprived in captivity.

"World War II should never happen again," Murray said. "We hope we can prevent such things ever happening again."

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