



STARS AND STRIPES® GUAM

Community Publication

VOLUME 15 NO. 16

SEPTEMBER 6 – SEPTEMBER 12, 2019

FREE

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Father Duenas wears down Guam

STARS AND STRIPES
Published: Aug. 30, 2019

MANGILAO – Travon Jacobs put the Guam Panthers ahead by two touchdowns with a pair of well-thrown scoring bombs Aug. 30. And it looked like the first win in seven years over Father Duenas seemed possible.

Then, Kein Artero and the Friars offense happened.

The senior back shredded the outmanned Panthers defense for four touchdown runs as the Friars rallied from a 14-0 deficit, scored 47 straight points and routed Guam 47-14 to take sole possession of first place in the Interscholastic Football League.

It was a matter of numbers, Panthers coach Jacob Dowdell said. The Friars were able to keep fresh troops on offense and defense, while the Panthers had to use the same players on both sides of the ball and simply gassed out.

"I'm happy we proved we could play with them, but it's just a numbers game with them," Dowdell said. "Our offensive line also had to play defensive line, and that was our downfall."

It was the 42nd straight win for Father Duenas. The



Guam High running back Jayson Jackson tries to elude the defense of Father Duenas' Gene Arriola and Kekoa Gamboa.
Photo by Donna Rhodes, Special to Stripes

Panthers were trying for their first win over the Friars since they beat them 14-3 on Sept. 29, 2012 – by coincidence the last time the Friars had a losing season.

Jacobs wasted little time striking through the air for the Panthers, hitting Jalen Thach for touchdowns of 60 and 40 yards. Jacobs finished 5-for-20 for 120 yards, with all

completions to Thach.

Along the way, the Panthers lost senior Ruben Ramirez and junior Matua Whalen to injuries, and with Guam already outmanned, the Friars took advantage and Artero was the prime beneficiary.

Artero rushed 17 times for 244 yards Friday, and has amassed 391 yards on just 27 carries and nine rushing TDs in the Friars' first two games.

"Their offensive line is so

good and they're so deep, and the guys behind them are just as good," Dowdell said.

The Panthers, now 1-1 on the season, will try to right things Sept. 6 when they visit George Washington, while the Friars will try to increase their league lead Sept. 7 when they play John F. Kennedy at George Washington.

"Such is life," Dowdell said. "We'll just go take on GW and play and play hard."

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US NAVY

HYDRACRAB is a multilateral exercise conducted by U.S. Marines and sailors with military service members from Australia, Canada, and New Zealand. The purpose of this exercise is to prepare the participating Explosive Ordnance Disposal forces to operate as an integrated, capable, and effective allied force ready to operate in a changing and complex maritime environment throughout the Indo-Pacific region.

SCENES FROM HYDRACRAB



Photos by Kelly Rodriguez 3rd Marine Division / Petty Officer 1st Class Billy Ho Commander Task Force 75 / Petty Officer 1st Class John Wagner Commander Task Force 75 / Petty Officer 2nd Class Jasen MorenoGarcia Commander Task Force 75



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USS Key West hosts Rams Cheerleaders

BY LT.J.G. MEAGAN MORRISON
COMMANDER, SUBMARINE SQUADRON 15

SANTA RITA – Los Angeles-class fast attack submarine USS Key West hosted members of the Los Angeles Rams Cheerleading team at Naval Base Guam, Aug. 20.

The cheerleaders, who came to Guam as part of a Morale, Welfare, and Recreation tour, jumped at the opportunity to tour the submarine.

Lt. Cmdr. Brad Foster, Key West's executive officer, and Chief of the Boat ECM Nicholas Harr greeted the cheerleaders upon their arrival and spoke to them about the importance of their visit to Key West.

"This was a great chance to showcase the Key West and the forward-deployed submarines in Guam," said Foster. "It



Executive Officer Lt. Cmdr. Brad Foster and Chief of the Boat Master Chief Nicholas Harr and cheerleaders from the Los Angeles Rams aboard USS Key West. Photo by MC2 Kelsey J. Hockenberger, U.S. Navy

allowed our crew an opportunity to talk about their jobs and lifestyle aboard a Los Angeles-class fast attack submarine."

Lt. Ethan Genco, the assistant engineering officer aboard Key West, led the tour and discussed

the capabilities of the submarine as they walked topside before heading into the submarine's control room, living quarters, torpedo room, machinery room and mess decks.

"I had a lot of fun talking to

the cheerleaders about the different capabilities of our submarine," said Genco, a native of River Falls, Wisconsin. "This is something the general public does not usually get to see. I'm a huge National Football League

fan. So, being able to share our boat with professional NFL cheerleaders is something that I will always remember."

The cheerleaders posed for photographs with members of the Key West crew before leaving the pier.

"I really enjoyed my time aboard Key West," said Nikelle, a member of the cheerleading squad. "This tour made me realize how grateful I am for those that serve. I truly am just grateful for this opportunity."

Foster, a native of Memphis, Tennessee, went on to express his gratitude to the cheerleaders and for their visit to Key West.

"This was a major morale boost for the ship" said Foster. "We're very appreciative that the group took time out of their lives to come and visit with our crew."

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Andersen trio cooks it up at competition

BY STAFF SGT. DIVINE COX,
36TH WING

Staff Sgt. Cherise Hood, Staff Sgt. Joshua Parnell and Senior Airman Alyssa Ross, assigned to the 36th Force Support Squadron, represented Joint Region Marianas at the Tenth Annual Commander, Navy Installations Command Culinary Competition July 25, 2019 at Naval Station Great Lakes, Ill.

The culinary competition consisted of twelve teams of three chefs that were declared as the best of their Navy region. The trio ultimately snatched second place for overall performance and took home third place in the culinary competition. Their winnings included three fine-dining cookbooks, a garnishing kit, a knife set and 24 education hours from the American Culinary Federation.

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BEAUTIFULLY MODERN SINGAPORE

STORY AND PHOTOS BY DOUG HANSEN,
THE SAN DIEGO UNION-TRIBUNE (TNS)

A 30-foot-long, red and yellow cloth dragon with daggerlike white teeth blocked our way as my wife, Shirin, and I strolled down Singapore's famed Orchard Road, a tree-lined boulevard known for its upscale stores and hotels. Drums beat rhythmically as a dozen men maneuvered the undulating dragon along the broad sidewalk. This symbol of strength, power and good luck in Chinese culture was part of the lingering festivities following the Chinese New Year 10 days earlier. As we paused to watch the colorful show, I thought to myself, "You have to expect the unexpected in Singapore."

Our five days in Singapore were meant to be a warmup for our six-week Southeast Asia tour, but I discovered belatedly that Singapore should have been the grand finale, since it proved to be one of the highlights of our five-country trip. In fact, Singapore has become my favorite major, modern city in the world.

There is much to like about Singapore, but I'll start by getting out of the way the only two drawbacks I can think of. First, Singapore is consistently ranked among the most expensive cities in the world, along with Paris and Hong Kong. Second, due to its proximity to the equator, Singapore's average temperature hovers around a daily high of 88 degrees and a low of 75 degrees, with 84% average humidity and rain showers possible on most



One of many images of Buddha found inside the Buddha Tooth Temple.

days. The all-time low temperature is 66.9 degrees.

Modern Singapore was founded by Sir Stamford Raffles in 1819 as a trading post for the British East India Company. The island city state (just 279 square miles) blossomed in just six decades from a place of strife and relative poverty to a global powerhouse for entertainment,

education, finance, health care, manufacturing, technology, tourism and transportation.

During our visit to the National Museum, we were struck by the magnitude of the country's accomplishments, displayed in what could be called "the bragging rights room": Singapore is consistently rated as one of the world's safest and cleanest

countries; it has the world's top rated airport and airline; its students year after year rank No. 1 in the world for science, reading and math; it is the world's second busiest container port, third largest global foreign exchange market and third largest oil and refining center; and Singapore ranks as the eighth healthiest country.

As we toured various parts of the city, invariably we found the Singaporeans to be kind and helpful. Fortunately for us, English is their main official language, followed by Malay, Mandarin and Tamil. We never perceived any tension as people from Malaysia, China, Indonesia, Philippines, India and Europe mixed freely everywhere.

"Even though we have a very mixed population," explained a local man, "we all get along well because from the earliest days our country focused on policies that ensured that people from different countries and cultures could live and work together peacefully. That's why every year on July 21 we celebrate Racial Harmony Day, to remind ourselves of how important this is for our success."

My wife and I opted for an unorthodox way to explore the city by staying in hotels in three different areas. Our first hotel, the Six Senses Duxton, placed us near Chinatown, the elaborate Buddha Tooth Relic Temple and across from the Maxwell Hawker Center, one of the city's best places to try tasty yet inexpensive Singaporean dishes. The boutique hotel is located in a row of carefully restored traditional houses, which accounted for



Singapore now carefully preserves its remaining historic buildings such as these scattered throughout the city.

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rooms named the Opium Room and Shophouse Room.

While much of Singapore has been rebuilt with towering modern buildings, the city now rigorously preserves the remaining historic homes and shops as heritage sites. We made a reservation to see a good example of this protection, the NUS Baba House. As a carefully restored Chinese home built in 1895, it gave us a glimpse into the lives and traditions of a wealthy Chinese family in that era.

Our next lodging, the five-star Capitol Kempinski Hotel, had recently opened after a restoration that combined two historic structures. This location placed us within walking distance of several major museums, the famed Raffles Hotel, St. Andrews Cathedral and the spectacular bay-side Merlion Park, all within a 10- to 15-minute walk.

For our initial outing, we headed first thing in the morning to the 160-year-old Singapore Botanic Gardens, only 10 minutes by taxi from our hotel. Being plant lovers, we had looked forward to visiting these gardens, and we weren't disappointed. We delighted in exploring this UNESCO World Heritage site, whose 203 acres of tropical gardens offered miles of hiking and jogging trails, three lakes and a spectacular orchid garden.

The area surrounding our hotel was attractive during the daytime, but after nightfall the city transformed itself into a nocturnal kaleidoscope of color, especially down by the bay. The horse-shoe-shaped bay presented a Las Vegas-like fountain show with sound and lights, while the city's signature Singapore Lion spouted a massive stream of water from its jaws as hidden lights painted the statue in endlessly changing colors and patterns.

Small tour boats festooned with colored lights twinkled in the water while in the background, the three towers of the iconic Marina Bay Sands Hotel loomed large, topped by an enormous lintel shaped like the bow of a ship. When we visited that lofty perch, the 360-degree view of Singapore was

overshadowed by the enormous infinity pool that seemed to float in the air 57 stories above the city. Below, the giant lotus flower-shaped Art & Science Museum added to our sensory overload as constantly changing colors and textures painted the petals of the unique structure.

Behind the Marina Bay, on a 250-acre man-made island, is another of Singapore's must-see attractions, the Gardens by the Bay. We visited the site in the late afternoon in order to appreciate it during the daylight, especially the glass-enclosed Flower Dome and Cloud Forest, with the world's tallest enclosed waterfall. As the night sky darkened, a sound and light show began in the Supertree Grove where a stand of hundred-foot-tall, man-made trees changed colors to the rhythm of the music, glowing majestically in hues of lavender, orange, purple and magenta.

Wherever we walked, we appreciated Singapore's efforts to create a more eco-friendly environment. As a result, large, lovely trees graced most streets, while many buildings had walls and roofs covered with plants. In some areas, pastel-colored, historic shophouse rows stood in stark contrast to the



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surrounding modern buildings with their stunning architectural designs.

One of our taxi drivers boasted, "Dining is our national pastime," and it certainly seemed true, based on the number of international restaurants and the 114 hawker centers that offered every kind of food imaginable.

For our final exploration of the city, we decided to splurge and stay at the five-star Capella Singapore on exclusive Sentosa Island, known for its beaches, golf courses and attractions including Universal Studios Singapore. Inside our hotel's courtyard, we found a brass plaque embedded in the sidewalk, marking the spot where President Donald Trump first shook hands with North Korea's leader, Kim Jong Un. Our room overlooked the cargo ship-filled South China Sea and a nearby Indonesian island bristling with oil refinery structures. A path behind the hotel led us down to a sandy beach and a free shuttle that transported visitors around

the island. Our sense of contentment with our elegant room was enhanced by an exquisite meal in Cassia, the hotel's Cantonese-food restaurant.

As we prepared to leave Singapore and continue our Southeast Asia sojourn, Shirin and I agreed that someday we will return, stay longer and savor even more of the specialness of Singapore — a bold, vibrant, attractive and innovative city-state with pleasant surprises around every corner.



The iconic Singapore Lion fountain at Merlion Park.



International Destinations

Make time for historical Surakarta

STORY AND PHOTOS BY CLAIRE CHUNG,
HAPS KOREA MAGAZINE

People are often drawn to Indonesia for a number of reasons. Tourists flock to the island of Bali, which is famous for its breathtaking beaches, ancient temples, luxury hotels, and exotic landscapes and wildlife. There's also the country's economic and political center in Jakarta, where people can enjoy high-end shopping and a number of diverse, international restaurants.

But during my two years in Indonesia, I most fondly remember my trip to Surakarta, a hidden gem for tourists looking for Java's more cultural beauty. If you have a few days to spare, here are four things to check out on your journey:

Sangiran archaeological excavation site

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if you are lucky enough to get the chance, you can learn a lot about the precise excavation process and give digging a try as well.



Surakarta Hadiningrat Royal Palace

the Sangiran Museum and Early Man Site is 15 km north of Surakarta and accessible by a bus from Tirtonadi Bus Station (Rp. 5,000) or by motorcycle. Since 1995, Sangiran has been recognized by UNESCO as a key site for studying fossil men and human evolution. The display rooms, full of the models and bones of *Meganthropus palaeo* and *Pithecanthropus erectus*, are available for viewing for Rp. 11,500.



While visiting the actual excavation sites isn't an option available for the typical tourist,

For a very different look at regional history, check out the Surakarta Hadiningrat Royal Palace, which is rich in colonial legacy.

Indonesia had faced around 450 years of colonization by Europeans, which you can see in the French chandeliers and Greek statuary adorning the quiet palace grounds or the Dutch and Chinese artifacts inside the palace museum.



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Local life, rituals and food

Checking out the local villages can also be a valuable

cultural experience. A good host might offer you dinner and entertainment, and also explain the different celebrations and rituals of the villagers.

Here's a tip: never completely empty your plate during a meal, because your host will immediately rush to refill it! Chicken, prepared in various ways, is a staple at the dinner table and often accompanied by fragrant vegetables, tofu, soups and more. Tall glasses of cold water and coconut chunks serve as a sweet and refreshing dessert.

The performing arts are a highly respected part of Javanese culture, as evident in the different dances, instruments, costumes, and stories behind each performance. Guests are also often encouraged to join in the dancing, allowing them to share in the culture intimately.

Before you leave a village, be sure to drop by the local keris maker's place. Keris makers enjoy explaining the

symbolism behind the cultural blade and will even demonstrate how to forge the intricate designs by folding different metals dozens or even hundreds of times carefully. If you have several hundreds or even thousands of dollars to spend, be sure to purchase your own!

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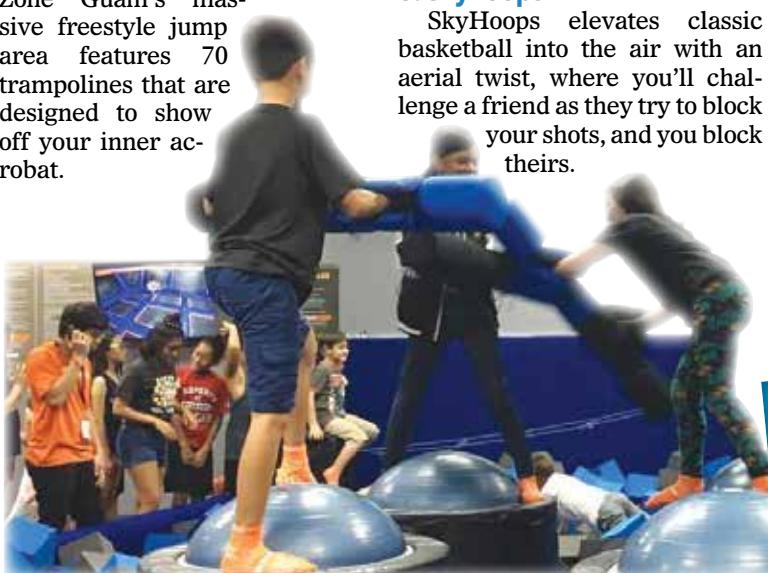
7 epic ways to play at Sky Zone

GUAM VISITORS BUREAU

People of all ages need to play – it's beneficial to the mind and body. Sky Zone is Guam's first trampoline park and it's a place that stirs excitement, revs adrenaline, refreshes the mind, and engages muscles. Sky Zone offers seven attractions and wall-to-wall aerial action including ultimate dodgeball and trampoline dunking. Here's a look at the different ways you can play:

1. Freestyle Jump

Defy gravity and grab some air on Sky Zone's sprawling wall-to-wall trampolines for endless aerial action with friends. Sky Zone Guam's massive freestyle jump area features 70 trampolines that are designed to show off your inner acrobat.



2. Ultimate Dodgeball

Sky Zone created trampoline dodgeball and is the exclusive host of the annual Ultimate Dodgeball Championships broadcasted on ESPN. On Sky Zone's walled courts, players are free to fly in unique ways so bring your family and friends for some next-level dodgeball.

3. Skyslam

Three Skyslam courts enable you to jump higher and dunk harder. Hoops of different heights accommodate jumpers of all sizes, so everyone can rock the rim.

4. Foam Zone

Fly without fear into the Foam Zone - perform huge jumps and flips and land softly into a pool of huge foam squares.

5. SkyHoops

SkyHoops elevates classic basketball into the air with an aerial twist, where you'll challenge a friend as they try to block your shots, and you block theirs.



6. SkyJoust

SkyJoust is gladiator-style combat, taking place on pedestals over a foam pit. It's great if you can keep your balance, but you've still got to knock the other contestants off of theirs. Good luck.

7. Skyladder

Another balance challenge, Skyladder challenges you to climb a wobbly ladder suspended over a foam pit and plant your flag.

From toddlers to seniors, Sky Zone is a place for everyone to play safely. Sky Zone court monitors are positioned at every attraction and are there to ensure that everyone, from toddlers to adults, is safe and having fun. For parents with toddlers, a special Toddler Time is held on Tuesdays and Thursdays from 10am to 12 p.m., when the park is dedicated just to toddlers from walking to 5 years old.

The indoor park also features a concession stand with pizza, hot dogs, chips, and drinks, as well as private rooms and packages for birthday parties and group events.

Sky Zone

LOCATION: Agana Shopping Center
HOURS: Open every day from 10 a.m. to 10 p.m.
WEBSITE: skyzone.com/guam
FACEBOOK: skyzoneguam
ENTRANCE FEE: \$12/30min, \$16/60min, \$20/90min, \$22/120min



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Boonie Stomps Guam

Boonie Stompers GUAM

INFORMATION PROVIDED BY GUAM BOONIE STOMPERS



Guatali Falls

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

For more information:

www.facebook.com/GuamBoonieStompersInc
or call 787-4238.

Sept 7 Mt. Finansanta

Very, Very Difficult
7 hours for 5 miles

Our hardest hike, three difficult hikes strung together. We visit 2 mountains with fantastic views, a pristine jungle river, and a narrow gorge with swimming, jumping, and rock sliding spots.

Bring: 4 quarts water, strong shoes that can get wet, gloves, sun screen, insect repellent, lunch and snacks, and camera.

Special conditions: Sword grass, steep slopes, walking in water, slippery rocks, a very long hike, more sword grass.

Sept 14 Guatali Falls

Difficult
5 hours for 4 miles

We hike from the central mountains of Guam into a pristine valley with 4 large waterfalls, a jumping spot, and two swimming holes.

Bring: 4 quarts water, sturdy hiking shoes that can get wet, swimsuit, gloves, sun screen, sunglasses, insect repellent, lunch, and camera.

Special conditions: Rocky steep downhill trail, walking in water, sword grass, a long hike, and a long steep hike up and out.

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

Stomp Tip:

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

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

Find local restaurant reviews, travel information, community news and events in

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Tackle the Trench Challenge

GUAM VISITORS BUREAU

Guam's biggest obstacle course race and only qualifier to the OCR World Championships in the Asia Pacific region, featuring world famous starting line emcee and motivational speaker Coach Pain, is back Sept. 29.

This 4 to 7-mile run takes place on the Guam International Raceway's 250-acre property that anyone can start and everyone can finish. Whether a top athlete or beginner, participants

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

will have the chance to overcome more than 20 obstacles.

Finishers will be rewarded with a custom finisher medal, a performance dri-fit jersey, an ice cold beer (21 and over only), pizza, free event day photos by professional photographers (downloadable post race), and giveaways from sponsors.

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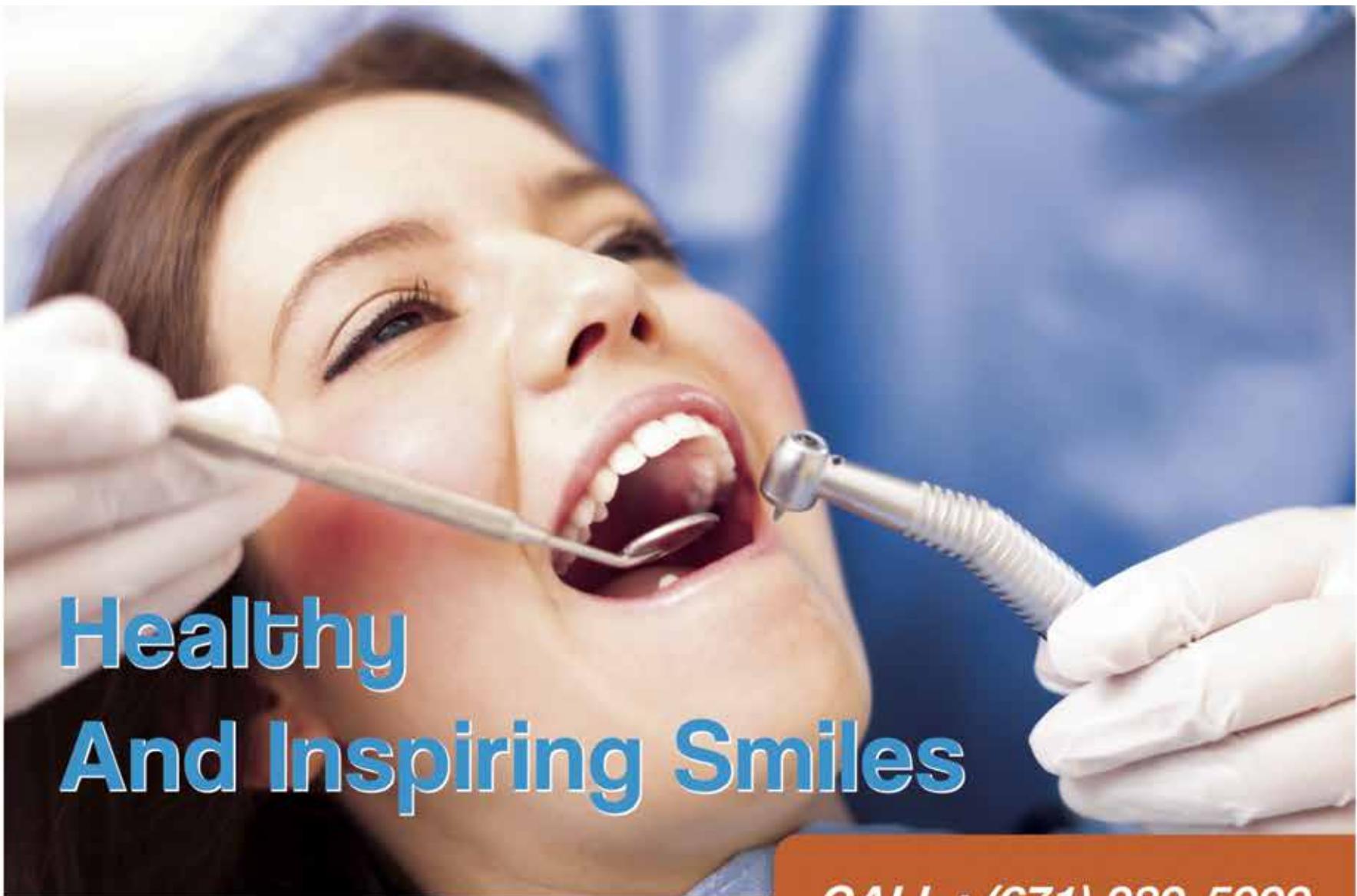
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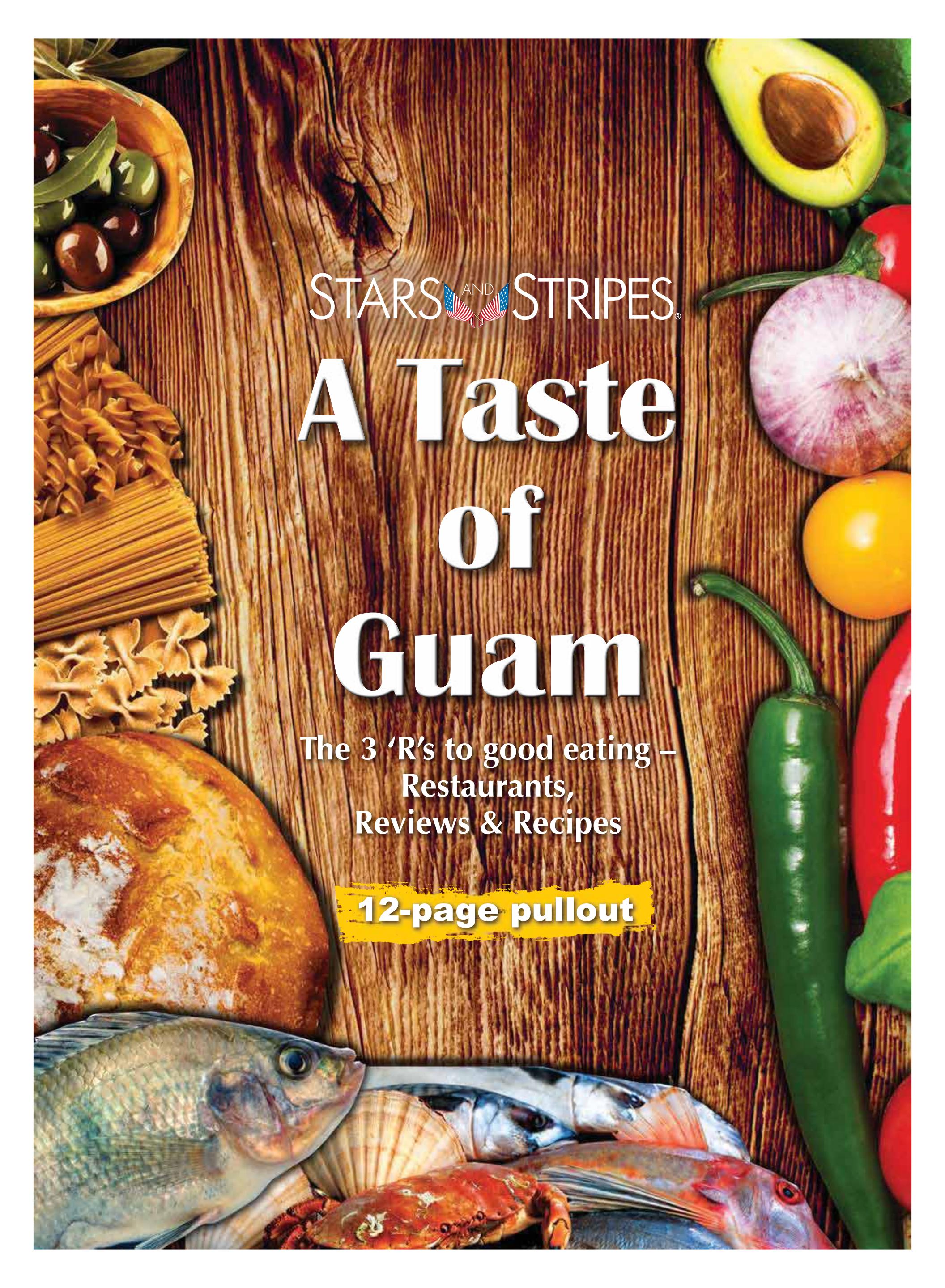
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A SPICE OF LIFE

Village fest pays homage to all things pepper

BY TAKAHIRO TAKIGUCHI,
STRIPES GUAM

If you haven't tasted the local peppers, or "donne" (pronounced doe-nee), then you haven't tasted Guam yet.

The village of Mangilao, the island's pepper center, is once again pulling out all the stops to celebrate all things donne during the annual Mangilao Donne Festival to be held Sept. 13-15 next to Santa Teresita Church on Route 10.

Don't miss the opportunity to enjoy a wide range of local hot peppers and flavorful dishes, as well as tasty international recipes.

"The Mangilao Donne Festival is a festival celebrating all things PIKA (Chamorro for 'hot')!" said Mangilao Mayor Allan Ungacta. "It celebrates the donne, or hot pepper, which is found throughout our village."

During the festival, booths bedecked with peppers and coconut leaves will offer samples and sell pepper plants, homemade "finadenne" – Guam's signature spicy condiment without which no meal is complete – donne dinanche (hot pepper paste), pika (hot-pepper jelly), barbecue, beverages, clothes, crafts and so much more. Remember to save room for some spicy desserts, too!

They will also have their annual food competition for BEST

Donne Festival Events

Sept. 13 6:30 p.m. - 9 p.m. Opening Ceremony (6:30 p.m.) Cultural Performance Fireworks (7 p.m.)	Sept. 14 11 a.m. - 9 p.m. Cultural Performance Food Competition Live Music
Sept. 15 11 a.m. - 9 p.m. Food Competition Live Music Cultural Performance Raffle Drawing Fireworks	

For more information about Mangilao Donne Festival, see its official facebook page (www.facebook.com/mangilaodonnenfest/) or call the Mangilao Mayor's Office at 671-134-2163.

KADON PIKA, BEST DINANCHE and BEST PIKA DESERT. If you want to participate in the event, you can register at the Mangilao Mayor's Office.

The festival program includes various food competitions, donne raffle, cultural dance performances, live music and more for all ages. It's also an opportunity for local farmers – from pros to hobbyist – to show off and sell their best peppers and pepper products.

"During our festival, our highlights are the cooking competitions, the plethora of food vendors and the abundance of plants and vegetables available

for sale to the public," Ungacta said.

The festival has over 80 vendors every year (not including local farmers), and the event is expected to be just as hot this year.

There will be fireworks for the opening and closing of the festival (Sep. 13 and 15, 7 p.m.).

On Guam, every village has a different festival to showcase its local agricultural products. While Talafofo has a banana festival and Agana Heights hosts a coconut festival, most locals in Mangilao grow donne. To promote the village and the donne plant, former Mayor Nito Blas and then Vice Mayor Ungacta, along with the Guam Visitor's Bureau, established the festival in 2011.

The festival actively promotes local produce and products it produces being that



Mangilao is known for agricultural, sports and education, according to Ungacta.

"Since 2011, our village has successfully coordinated the event to promote the local farmers in the village, as well as help small businesses," Ungacta said. "Each year it keeps getting bigger."

Everyone who's ever spent any time on the island knows that the donne is an essential ingredient in most dishes.

"Donne is important to Guam and our people because we love to eat hot and spicy food," Ungacta said. "Food related activities in general tend

Pepper up your health, whether it's green, red or yellow

Peppers provide a variety of flavors to enhance cooking. Great news: they may also be good for your health.

Enhance the flavor of your food by incorporating peppers into your meals. Adding hot peppers to chicken and fish improves the taste and limits the need for added fats or salt. Sweet peppers perk up salads, pasta, rice and meat, fish and poultry.

Peppers are also rich in phytochemicals that appear to provide anti-inflammatory benefits. Preliminary research shows capsaicin may act as a blood thinner.

Hot peppers have the highest amount of capsaicin while sweet, green, red or yellow peppers have less. Whatever color you prefer, choose firm, shiny peppers for the best flavor.

—American Dietetic Association: Your Link to Nutrition & Health

to bring people together ... and it's just fun!"

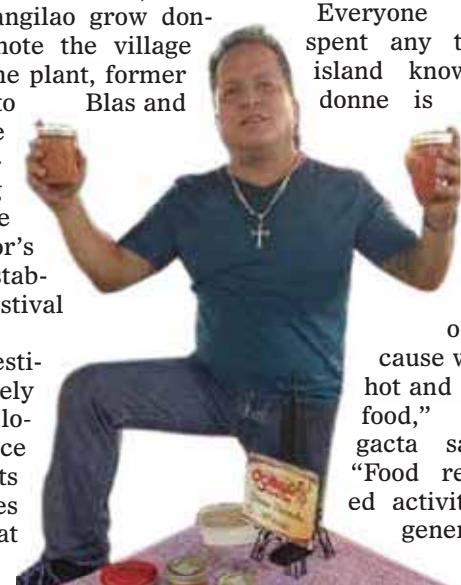
The festival benefits the public because it actively promotes local produce and products, according to Ungacta.

"Unlike other festivals, we like to make the farmers and ornamental planters the highlight of the festival," Ungacta said. "In 2014, a majority of the plant and produce vendors sold out on the first night, which just shows that the general public is looking for fresh fruits and vegetables."

Visit the festival and celebrate the spice of life!
takiguchi.takahiro@stripes.com



Photos courtesy of Mangilao Mayors Office



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RESTAURANT INFO



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RESTAURANT INFO



Demise of true 'donne'

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

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

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

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

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

- Stripes Guam



(Hot Pepper Paste)

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

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

Here is how I make mine....

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

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

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

It is a tedious process. ②

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

Here is what I use. ③

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

Remove when pepper and garlic is blended into a paste.

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

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

HOT

Guam's Finadenne' Denanche



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

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

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

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

- bbqguam.blogspot.com



TIPS



'Pika' power!

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

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

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

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

The real proof, however, lies in the aftertaste test, and the common condiment for Guamanians comes with a kick. You can find hot sauces in every home, on every table,

at every barbecue and in local restaurants, lunch boxes and even a purse or two. The island's signature dipping sauce – "finadene" (pronounced fin-ah-den-ee) – is a spicy homemade staple.

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

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

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

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

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



- Stripes Guam



Tabasco Talk

How Guamanians like their hot sauce

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

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



TABASCO CHICKEN FRIED RICE

Ingredients

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

Measure

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

Directions

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

- Tabasco Foodservice





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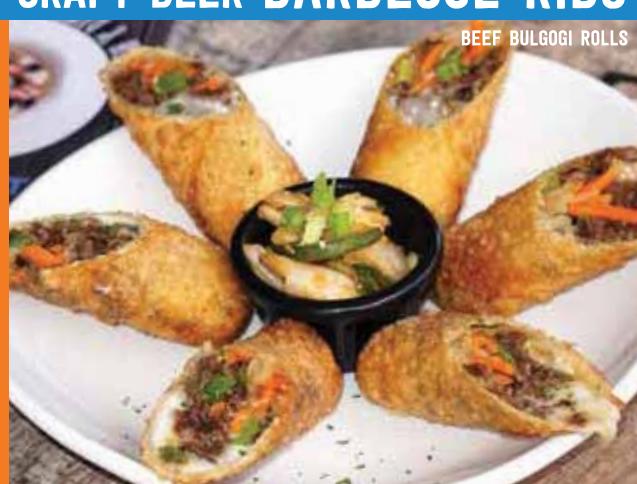
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RESTAURANT INFO

Rueben Olivas
BBQ GUAM
bbqguam.blogspot.com

Pico de Gallo Salsa ... the perfect BBQ compliment

Just about everyone loves to spice up their BBQ. This Pico de Gallo salsa will do just that for you. It has the excellent flavor and heat that will get your mouth watering and keep it there.

Here is the recipe for this utterly delicious salsa...

Ingredient:

- 4-5 Fresh red tomatoes (roma), diced (depends on size)
- 3 Fresh jalapenos, finely diced but not minced (burn the peppers first, brings out the flavor and heat)
- 1/2 bunch Fresh cilantro, coarsely chopped (approx 3 Tbsp)
- 1 small Onion (red) diced, 1/2 Medium onion
- 1-2 Tbsp Lemon juice or lime juice, freshly squeezed (I usually find the juice from 1/2 of a lime is sufficient)
- 3 cloves Garlic, minced
- Salt to taste

Instructions:

- Combine all ingredients and marinate for at least one hour to allow juices and flavors to combine.
- Taste and adjust any ingredient you like.
- Chill before serving.
- Garnish with a sprig or two of cilantro and a wedge of lime.
- Here is how you "burn" the Jalapeno peppers....
- ① Rinsed and ready to burn.

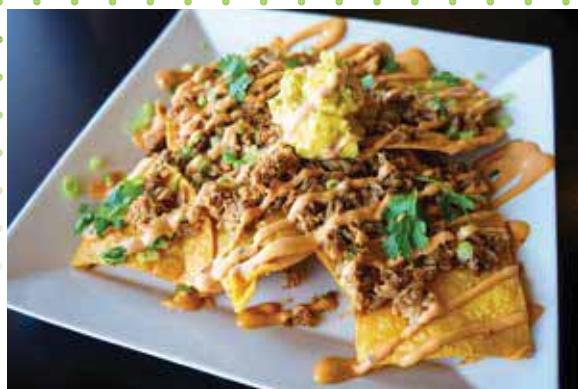
② Keep turning to obtain an even burn.

③ Finished product. At this point you can cut lengthwise and take out the membrane and seeds if you like. I leave the peppers whole.

④ The peppers are finely diced but not quite minced. I find this size a little bit "friendlier" in that no one gets a larger piece of pepper that may be too hot. But again, this is up to you. Your finished salsa should look something like this. All that is left now is something to spread the salsa over. And that, my friends, is your department!!!!



A Taste of Guam



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RESTAURANT INFO



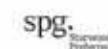
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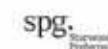
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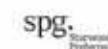
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RESTAURANT INFO

Annie's Chamorro Kitchen

When some like it hot!

"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 Merafen



Spicy Crackers

Ingredients:

- 1 box saltine crackers
- 1/2 cup vegetable oil
- 2 packages ranch dressing mix
- 6 tablespoons hot pepper flakes



Directions:

1. Preheat oven to 250 degrees.
2. In a large shallow baking pan, spread out the saltine crackers.
3. Pour the oil over the crackers; toss gently to ensure each cracker is coated with oil.
4. Sprinkle the ranch dressing and pepper flakes over the oil-coated crackers. Mix gently (I use my hands to do this) to ensure there is seasoning and pepper on each crack.
5. Bake for 15 minutes then remove the pan from the oven. Leave the crackers on the pan to cool then place them in a resealable container to store.



Miso Donne' Dinanche (Miso Pepper Sauce)

Donne' Dinanche, or a hot pepper paste, has many variations. It can be made with just peppers and no other seasoning, or you can add other ingredients such as onions, garlic, coconut milk, vegetables, crab paste and lemon juice.

One variation that is quite popular — tasty too — adds miso paste to the mixture.

The resulting sauce — it's more like a thick paste — is a spicy, salty, savory mixture that goes perfectly with grilled meat (or any meat dish, really) and hot steamed white rice.

Give my easy recipe a try. If you like spicy condiments, you'll like this one. :)

These are some of the ingredients I used — a Japanese long purple eggplant (although any eggplant will do), yellow onions, fresh green beans, garlic (not pictured), lemon powder (not pictured) and ready-made Tinian donne' dinanche.



Ingredients:

- 1 large Japanese purple eggplant (or 2 medium)
- 1 small onion, finely diced
- 4 tablespoons chopped garlic
- 4 tablespoons coconut oil
- 1 cup fresh green beans, thinly sliced
- 1½ cups Japanese miso paste
- 3 tablespoons donne' dinanche (mashed hot chili peppers)
- 1 teaspoon lemon powder, optional

Directions:

1. Dice the eggplant into small pieces; place in a large frying pan. Add the onion, garlic and coconut oil to the pan. Sauté over medium-high heat until the onions are translucent and the eggplant softens, about 5-7 minutes. Stir occasionally to prevent the bottom from sticking to the pan and burning.
2. Add the beans to the pan; stir to combine. Cook another 5 minutes to soften the beans. Add an additional tablespoon of coconut oil if the mixture appears too dry and is sticking to the pan.
3. Add the miso paste; stir to combine. Mash the mixture slightly with the back of your cooking spoon.
4. Add the pepper paste to the pan then turn off the heat (ensure your cooking area is well-ventilated when you add the pepper). Add lemon powder, to taste (optional).



Fina'denne' ~ Chamorro 'Special Sauce'



Chamorro Special Sauce — that's what my non-Chamorro friends call fina'denne', the literal translation of which means made with pepper or donne', the Chamorro word for hot chili pepper.

Fina'denne' is a staple in most Chamorro homes. It's served with most meals. Pour it over your freshly steamed rice or over your meat of choice. It's sure to enhance your dining pleasure. :)

There are many, many ways to prepare fina'denne'. Soy sauce is usually the main ingredient; however, depending on the type of dish being served, you may choose to use salt instead. For instance, I prefer a salt-based fina'denne' over grilled fish, but I love a soy sauce-based fina'denne' over fried fish.

The acidic ingredient is all up to you as well. You can use white vinegar, cider vinegar, coconut vinegar, lemon juice or lime juice... it's all up to you. My brother, for example, likes only lemon or lime juice in his fina'denne'. I, on the other hand, like to vary the acid I use depending on what I'm eating. I mentioned fish above...I like a soy-lemon fina'denne' with fried fish, and either a salt-lemon or salt-white vinegar fina'denne' with grilled fish.

I also like using white vinegar when I add tomatoes to my fina'denne'. Tomatoes and vinegar pair really well, you know, like how a vinaigrette dressing goes great with a tomato salad.

Be sure to taste as you go...you might like your fina'denne' more on the salty side, or you might prefer it a bit more sour (which is how I like it).

I like a 1:1 ratio of soy sauce to vinegar. My husband prefers his fina'denne' on the salty side, so when he makes it, he uses a 2:1 ratio of soy sauce to vinegar. In other words, if I were to make a cup of fina'denne', I'll use 1/2 cup soy sauce and 1/2 cup vinegar. My husband, on the other hand, will make his using 1/2 cup soy sauce and 1/4 cup vinegar.

Try making different varieties of fina'denne' and decide for yourself your personal preference. But by all means, give it a try. I'm sure you too will love it. :)

Ingredients:

- Soy sauce, to taste (you can substitute the soy sauce with salt)
- Vinegar, to taste (you can use any type of vinegar, or you can use lemon or lime juice)
- Optional ingredients:
 - Green onions, as much as you like
 - White onions, diced, as much as you like
 - Hot chili peppers, as much as you can stand
 - Cherry tomatoes, diced or sliced
 - For this batch of fina'denne', I used:
 - 1/2 cup soy sauce
 - 1/2 cup vinegar
 - 1 jalapeño pepper
 - 2 Serrano chili peppers
 - 4 stalks green onions
 - 1/2 cup cherry tomatoes

Directions:

1. In a small bowl, mix together the soy sauce and

vinegar (or lemon juice if you prefer).

2. I like adding hot green chili peppers to my fina'denne', charring them slightly. You don't have to char the peppers, but doing so brings out so much more of the pepper's flavor. I grilled these peppers over the flame of my gas stove. Use a metal skewer to keep the peppers together; it also makes it easier to turn the peppers over to ensure even grilling.

My mom and one of my sisters loves using the red, super-hot Thai peppers in their fina'denne'. Those are great too, but beware! Those suckers are MOUTH-ON-FIRE H-O-T!!!

3. Slice the peppers then add them to the bowl.

4. Add the onions. I used green onions here, but you can use white or yellow onions too.

5. Add the tomatoes.

6. Stir to combine.

7. Pour over your rice and meat and dig in! ENJOY! :)

For fina'denne' at your fingertips and ready when you want it, buy a plastic squeeze bottle and fill it with fina'denne', the liquid mixture only. Squeeze bottles are sold at most grocery stores, but I bought this one at our local Korean store. Add onions, tomatoes and peppers on the side when you're ready to serve up your meal.



Carolyn's Kådun Pika (Spicy Chicken)

Kådun pika is a spicy Chamorro chicken dish that's somewhat similar to chicken adobo. It's an easy dish to make — it takes only a few ingredients and a few simple steps and voila! — you'll have dinner served in no time. Pika means "hot" or "spicy" in Chamorro. You can omit the hot chili peppers in this recipe, but then it won't be called Kådun Pika without the "pika". :) I have one daughter who doesn't like anything spicy. I usually prepare this dish, omitting the peppers. When it's done, I separate a small bowlful for my daughter, then add the peppers to the rest of the pot. The recipe below is my sister, Carolyn's. Give it a try. I think you'll like it. :)



Directions:

1. Rinse the chicken pieces; cut into smaller pieces if desired. Place the chicken in a large soup pot over medium heat. Add the onions and garlic. Cook for 5-10 minutes or until the chicken is slightly browned.

2. Add the rest of the ingredients to the pot. Turn the heat down to medium-low. Simmer for about 30 minutes or until the chicken is cooked through. Taste, then adjust the seasonings (soy sauce, hot peppers) to taste.

Step into Annie's Chamorro Kitchen via Facebook.
Search for:
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After graduating from the National Culinary Academy in Italy, Masaaki Honda worked as a chef in the Italian Pavilion at the Osaka International Exposition in 1970 and in 1978, he opened the first Capricciosa restaurant in Shibuya, Tokyo. The restaurant became popular as a place where large portions of authentic Italian dishes could be enjoyed in a relaxing atmosphere. Today, in paradise Guam, Masaaki's culinary skills have made Capricciosa Guahan the best Italian Restaurant on island by presenting his principle of a fun and casual restaurant with large servings of authentic Italian food at a reasonable price.

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Volume 6, No.30 ©SS 2019

GUAM EDITION

stripes.com

FRIDAY, SEPTEMBER 6, 2019



Straight shooters

Army to revamp small arms training with tougher marksmanship tests

Page 2

CALVIN REIMOLD/U.S. Army Reserve

Spc. Kalon Williams, 2019 Army Reserve Soldier of the Year runner-up, fires his M9 pistol during a qualification table at Fort McCoy, Wis., on Aug. 14. The Army is revamping how soldiers train with pistols and automatic rifles in an effort to better prepare troops to shoot straight while under duress.

MILITARY

Army toughens shooting skills standards

BY JOHN VANDIVER
Stars and Stripes

STUTTGART, Germany — The Army is revamping small arms training with tougher marksmanship tests designed to better prepare troops — whether cook or infantryman — to shoot straight while under duress.

The new standards, which take effect in October, will change how troops train with pistols and automatic rifles, the Army said. The standards must be met by October 2020.

"It's exactly what we would do in a combat environment, and I think it's just going to build a much better shooter," Sgt. Maj. Robert K. Fortenberry, of the Army's infantry school at Fort Benning, Ga., said in a statement.

The aim is to get all soldiers to a "baseline" set of marksmanship skills that go beyond achieving just a passing score during routine weapons qualification testing. Rather than pulling from stacked pre-staged ammunition to hit targets, troops will now need to draw their gear as they would in conflict.

"Marksmanship training should also train soldiers on the other tasks they'd face in using their weapon in combat," the Army statement said.

Soldiers will be tested on whether they can rapidly load and reload as they would in combat, as well as quickly switching firing positions and making snap decisions on what targets to hit. Other new requirements include demonstrating proficiency in night combat conditions and simulated chemical attacks.

"You're employing your weapon system in a more tactical environment or scenario, versus the more traditional way of doing it," said Fortenberry. "And by doing so, it creates additional rigor, using all of the elements of critical thinking, sound judgment, adapting to change, all of those nontangible attributes."

The Army also is eliminating timeouts when weapons malfunction during testing.

"You have to fix the malfunction," Fortenberry said. Timeouts would be authorized by leaders only on a case-by-case basis, he said.

The new standards also require units to use indoor and electronic firing ranges as more affordable aids to instruction rather than just relying on outdoor ranges.

"All units regardless of type will be held to the same new, tougher basic standards," the Army said. "All will have to train the



CALVIN REIMOLD/U.S. Army Reserve Command

U.S. Army Reserve Best Warriors and Drill Sergeants of the Year prepare to fire a qualification table with their M9 pistols at Fort McCoy, Wis., on Aug. 14. The warriors and drill sergeants trained for three weeks to prepare for upcoming competitions.

same skills, and ensure they schedule the same amount, type and frequency of marksmanship training mandated (by the new manual).

In the past, the Army did not use a single approach to teaching marksmanship. The training overhaul pulls together all the individual weapons standards.

The Army said it spent about two years developing the program, drawing upon the expertise of nearly 200 marksmanship experts.

"It's not to say that what we were doing in the past was wrong," Fortenberry said. "We killed a lot of bad guys in Iraq and Afghanistan and all over the world with our current level of marksmanship training."

However, the changes coincide with what the Army has learned over the past two decades about how to develop proficient marksmen, he said.

vandiver.john@stripes.com
Twitter: @john_vandiver



U.S. Army Sgt. 1st Class Thomas Hummel fires from the kneeling position during the 2018 U.S. Army Small Arms Championships at Fort Benning, Ga.

MICHELLE LUNATO/U.S. Army

Texas-based soldier gets perfect score on new Army fitness test

BY JOHN VANDIVER
Stars and Stripes

A Texas-based officer recorded the first perfect score on the Army's new fitness test.

Maj. Timothy Cox, who serves with the 22nd Chemical Battalion at Fort Bliss, scored a 600 on the Army Combat Fitness Test.

"There is going to be a culture change in the Army," Cox said in an Army statement about the implications of the new test. "I think it has been a long time coming and I am excited."

Cox first took the ACFT in December and registered a near-perfect 587. At the time, he set a

goal to hit the 600 mark.

He boosted his score in subsequent tests before finally posting a 600 score in mid-July, the statement said.

His effort bested a previous record set in June by Spc. Ryan Sowder of the Kentucky National Guard, who scored a 597.

The ACFT will replace the Army Physical Fitness Test. It's been in the works for several years, with select units testing exercises intended to better measure for the kind of fitness required in combat.

The new test puts greater emphasis on strength exercises and includes deadlifts, stand-

ing power throws, hand-release pushups, sprint-drag-carry drills, leg tucks and a 2-mile run. The current fitness test only requires pushups, situps and a 2-mile run.

In October, soldiers will begin taking two trial tests six months apart. The results won't count, but by fall 2020 it will become the Army's official test of record.

Cox said the new test demands building up leg and core strength as well as a powerful grip.

"Embrace the change, because like it or not, it's coming," Cox said.

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Maj. Timothy Cox lifts weights during physical training as lead strength coach Mike Edwards supervises him in the fitness training facility at Fort Bliss, Texas. Cox scored 600 on the Army Combat Fitness Test.

SHAWN CASEY/U.S. Army

MILITARY



PHOTOS BY MATTHEW KEELER/Stars and Stripes

Two squadron bump caps are displayed alongside a prototype Air Force bump cap at Osan Air Base, South Korea, on Aug. 28.

Improved Osan bump cap provides comfort and protection for airmen

BY MATTHEW KEELER
Stars and Stripes

OSAN AIR BASE, South Korea — The 51st Fighter Wing's safety office came up with a simple and, it hopes, a popular solution to a problem that plagues aircraft maintainers across the Air Force.

From 2015 to 2017 Air Force maintainers reported 802 on-duty injuries from striking their heads on aircraft or weapons, injuries that cost the service nearly \$2.5 million in medical care and impacts on combat capability, according to data provided by the wing safety chief, Maj. Philip Budenbender.

The Air Force tried a prototype "bump cap" — an adjustable cap embroidered with the Air Force logo and fitted around a hard-shell dome — to protect the user's head. Bump caps, which provide some protection from minor bumps but not as much as a hard hat, are available in the civilian world.

However, the Air Force version proved unpopular.

"Airmen said it was cumbersome, obstructed views," Budenbender said, "but, overall, people were just not too keen on the idea of wearing this type of hat."

The wing's flight safety non-commissioned officer, Master Sgt. Dustin Schwartz, came up with the idea of fitting the dome into something more familiar, a baseball cap.

"We brought up an idea, put this liner in this baseball cap that they already feel comfortable wearing and let's see how it does," Budenbender said. "What we ended up doing is pulling the liner out and putting it into a squadron-style baseball cap that is produced by the guys on the flight line and they enjoy wearing it off duty."

For the month of July, the wing safety team deployed three



Airman 1st Class Chrisdien Scarlett, a crew chief with the 25th Aircraft Maintenance Unit, wears a bump cap as he inspects an A-10 Thunderbolt II at Osan Air Base, South Korea.

models of the protective insert to 26 airmen who performed daily operations on aircraft.

"During the 30-day trial, we had several head strikes that resulted in zero visits to the emergency room," Budenbender said.

The modified caps saved about \$43,000 in medical and other costs from 33 head strikes airmen reported during the trial, he added.

Senior Airman Austin Cline, of Assumption, Ill., an F-16 maintainer for the 51st Maintenance Squadron, was selected out of nearly 1,400 airmen to participate in the trial. He said the cap performed as expected when he bumped his head pretty hard on the door of an F-16 Viper's main landing gear.

"I thought I had clearance and came up and hit it," he said. "I might have split my head open."

Each aircraft presents its own hazards such as low-hanging antennas, sharp edges on weapons and wings, and pylons

capable of holding weapons or additional fuel. Depending on the severity of a head strike, an airman could be out of work for four days and on light duty until fully recovered.

"Any strike to the head, you have to consider the long-term effects as well, so it might not be immediate," Budenbender said.

The 51st Fighter Wing is still searching for a cap that features the best comfort, flexibility and breathability without compromising the airmen's safety and effectiveness. It expects to present its findings at a safety symposium in October to see if Pacific Air Forces would incorporate the bump cap on a larger scale.

"It's an initiative; we try lots of things in the Air Force, and we try to cut back on injuries over the years," said Col. John Gonzales, commander of the 51st Fighter Wing. "I think we have a really good contender and a winner here."

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Citizenship policy change hits some military children

By CAITLIN M. KENNEY
Stars and Stripes

WASHINGTON — Service-members and civilians stationed overseas who have a child who is not an American now face a new process when applying for the child's citizenship under policy changes announced recently.

The new policy, which goes into effect Oct. 29, addresses the definition of "residence" in the Immigration and Nationality Act and affects children of service-members and civilians living abroad who did not acquire citizenship at birth or while they were living in the United States. These children will no longer be considered "residing in the United States," one of the ways for anyone born overseas to obtain citizenship automatically.

The policy update announced by the Department of Homeland Security's U.S. Citizenship and Immigration Services is estimated to affect between 20 and 25 people annually. The estimate is based on data compiled by USCIS during the last five years from overseas applications with Army or Air Force Post Office and Fleet Post Office mailing addresses, according to a USCIS official who spoke Thursday about the policy change on the condition of anonymity.

As of June 30, more than 200,000 servicemembers and Defense Department civilians are permanently assigned overseas, according to Defense Department data. The number does not include U.S. personnel in Afghanistan, Syria, or Iraq.

But the announcement of a citizenship policy change triggered widespread confusion about what it meant and who would be affected.

"This policy update does not affect [children] born a U.S. citizen, period. This only affects children who were born outside the United States and were not U.S. citizens," Ken Cuccinelli, the acting director of USCIS, said Aug. 28 in a statement. "This does not impact birthright citizenship. This policy update does not deny citizenship to the children of U.S. government

employees or members of the military born abroad."

Under Section 320 of the Immigration and Nationality Act, a child who was born outside the United States can automatically become a citizen if they are physically living in the United States with their parent who is a citizen. This section no longer applies for those children living overseas with their parent. The policy update now requires parents who are stationed overseas with their child to file Form N-600K, "Application for Citizenship and Issuance of Certificate Under Section 322," to apply for citizenship on behalf of the child before he or she turns 18 years old. Parents who submit an application for citizenship before the policy change will have it considered under the old policy.

Parents who are U.S. citizens and whose child is born overseas at a military base or at an off-base hospital outside of the United States can submit for a Consular Report of Birth Abroad to the State Department or a Certificate of Citizenship from USCIS for their child to be a citizen at the time of their birth, according to a USCIS document about the policy change.

Military bases outside of the United States are not considered within the United States for birthright citizenship, so children gain citizenship through their parents, according to USCIS.

The change in the policy guidance was made because it conflicted with the definition of "residence" in the Immigration and Nationality Act, according to the USCIS document. Children of servicemembers were considered residing in the United States under INA 320 and also residing outside of the United States under INA 322, Marilu Cabrera, a spokeswoman with USCIS, wrote in an email.

The guidance now clarifies these children are considered living outside of the United States.

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'This policy update does not affect [children] born a U.S. citizen, period. This only affects children who were born outside the United States and were not U.S. citizens.'

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USCIS

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HONDA	RIDGELINE	2013	50170	5FPYK1F28DB017753	BLUE	\$19,995	AUTOMATIC
TOYOTA	4RUNNER	2012	64291	JTEZU5JR3C5040940	BLACK	\$19,995	AUTOMATIC
TOYOTA	TACOMA	2015	90690	5TFJX4CN4FX061690	BLACK	\$17,995	AUTOMATIC
FORD	F150	2013	58520	1FTEX1CM6DFB62997	SILVER	\$15,995	AUTOMATIC
CHEVROLET	SILVERADO	2010	116341	3GCRCEA0AG142311	BLACK	\$14,995	AUTOMATIC
TOYOTA	PRERUNNER	2011	116956	5TFKU4HN5BX001532	GREEN	\$14,995	AUTOMATIC
LEXUS	ES350	2013	62710	JTHBK1GG4D2008459	BLACK	\$13,495	AUTOMATIC
TOYOTA	PRIUS-C	2015	43650	JTDKDTB3XF1086443	RED	\$10,995	AUTOMATIC
CHEVROLET	MALIBU LT	2015	64856	1G11C5SL8FF255848	MAROON	\$10,995	AUTOMATIC
CHEVROLET	CRUZE	2014	87454	1G1PA5SH6E7294314	BLUE	\$7,995	AUTOMATIC
HYUNDAI	GENESIS 3.8	2009	39917	KMHGC46E19U049967	SILVER	\$6,995	AUTOMATIC
CHEVROLET	SILVERADO 1500 REG CAB 4X4	2010	36723	1GCPKPEA1AZ210039	WHITE	\$6,995	AUTOMATIC
HONDA	CIVIC	2010	116300	19XFA1F57AE032016	BROWN	\$5,995	AUTOMATIC
DODGE	DURANGO	2008	91449	1D8HB48218F112262	BEIGE	\$5,995	AUTOMATIC
HYUNDAI	ELANTRA	2011	119514	KMHDH4AE0BU124949	RED	\$5,995	AUTOMATIC
TOYOTA	RAV4	2008	168287	JTMZD35V685093624	WHITE	\$5,995	AUTOMATIC
NISSAN	ALTIMA 2.5 S	2010	82699	1N4AL2AP8AN526065	SILVER	\$4,995	AUTOMATIC
LEXUS	GS 300	2006	119568	JTHBH96S365006786	BEIGE	\$4,995	AUTOMATIC
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MERCEDES-BENZ	E320	2001	165511	WDBJF82J91X058316	BEIGE	\$3,995	AUTOMATIC
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CHEVROLET	TRAIL BLAZER	2005	132114	1GNDS13SX52265655	GRAY	\$3,995	AUTOMATIC
HONDA	ACCORD LX	2005	117392	1HGCM56485A097184	BEIGE	\$2,995	AUTOMATIC
BMW	3 SERIES 323i	2000	159045	WBAAM3349YFP78263	BLUE	\$2,995	AUTOMATIC
NISSAN	FRONTIER KING CAB	1998	157988	1N6DD26S3WC355100	BLUE	\$2,495	AUTOMATIC
TOYOTA	ECHO	2000	121980	JTDBT123XY0011290	GREEN	\$1,995	AUTOMATIC
CADILLAC	DEVILLE	1994	100000+	1G6KD52BXRU215824	WHITE	\$495	AUTOMATIC

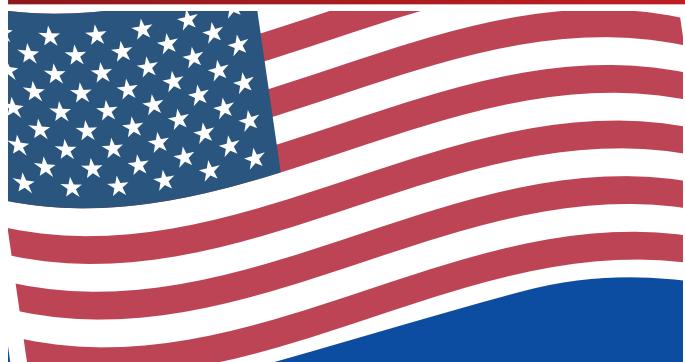
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MILITARY

Marines share ideas on improving fitness programs

BY CARLOS M. VAZQUEZ II
Stars and Stripes

The Marine Corps Force Fitness Division has asked Marines and the civilians who work with them for ideas on how to improve the Corps' physical fitness programs.

The Marine Corps' Fitness Operational Advisory Group released a survey in August looking for input on improving the Physical Fitness Test, Marine Corps Martial Arts Program, the Force Fitness Instructor Program, Civilian Certified Athletic Trainers in the Operating Forces, Marine Corps Water Survival Training Program and military occupational specialty specific physical standards.

The survey, which ended Aug. 31 at www.fitness.marines.mil, had approximately 28 questions, depending on which program the respondent chose to address. Questions were tailored according to demographics, and documentation could be uploaded to support the survey-taker's ideas.

"We believe the unfiltered input directly from individual Marines is of the utmost value," Col. Stephen Armes, director of Marine Corps Force Fitness Division and Training and Education Command, told Stars and Stripes via email Thursday. "We have already received hundreds of responses addressing multiple facets of the [physical fitness program]."

The group's primary role is to approve recommended solutions to increase the overall fitness and readiness of Marines, Armes said.

Through the survey, Marines had an opportunity to give ideas about all areas of the physical fitness programs within the service

and voice their opinions on topics such as enhancing education on performance nutrition, the use of new technology in workouts and how to better recover afterward.

"I think incorporating a dead-lift event like how the Army is doing their test might be something interesting to try because in an actual combat operations scenario, you might have to be carrying something or someone heavy," Cpl. Gaven Tippett, a motor transport operator with Combat Logistics Battalion 4 on Okinawa, told Stars and Stripes.

Those who took this year's survey could submit more than one idea about the various programs. Those submissions will be presented to the Marine Corps Combat Development Command's commanding general for recommended upgrades to the programs.

"We officially solicit ideas for the [Fitness Operational Advisory Group] annually, but the Force Fitness Division takes into account feedback gathered throughout the year by way of site visits, road show briefs, daily phone calls fielded from the Corps ... and inputs set to our organizational inbox," Armes said.

A recent change has been implemented to the service's Physical Fitness Test core exercise event as a result of research and feedback.

"One example is the inclusion of the plank as an alternative to the crunch on the Physical Fitness Test," Armes said. "This was an output from the FOAG last year that led to Force Fitness Division conducting research of the plank. The research gathered led to the Commandant of the Marine Corps decision to include the plank as an alternative to the crunch for the 2020 PFT season."



PHUCHUNG NGUYEN/U.S. Marine Corps

Above: An officer candidate lifts an ammo can during a combat fitness test at Marine Corps Base Quantico, Va., on July 16. **Below:** Marines perform planks during physical training July 26 at Marine Corps Air Station Iwakuni, Japan.

"I don't think that the incorporation of planks is a bad idea," Tippett said. "Because most people naturally roll over to the front of their bodies to lift themselves up from the ground, so it's a good way to test and work out the core, compared to sit-ups."

Once a recommendation has been decided upon for an improvement to the physical fitness programs, a change can take between six to 10 months, Armes said.

"Physical fitness affects every Marine, and as such, each individual Marine's input is viewed equally," he said. "The FOAG is only as good as the recommendations we receive. We greatly appreciate the support and the time taken to provide these inputs."

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LAUREN BRUNE/U.S. Marine Corps

Joint maritime exercises kick off in South China Sea

BY WYATT OLSON
Stars and Stripes

Inaugural joint maritime drills between the United States and a group of Southeast Asian nations were scheduled to kick off Sept. 3 in the contested waters of the South China Sea.

The five-day exercise is intended to "build capacity in maritime domain awareness, information sharing and sea interdiction," according to a statement issued by the U.S. Embassy in Bangkok.

The exercise comes about a year after members of the Association of Southeast Asian Nations, or ASEAN, held their first official maritime exercise with China. ASEAN's 10 member nations are Brunei, Cambodia, Indonesia, Laos, Malaysia,

Myanmar, Philippines, Singapore, Thailand and Vietnam.

The weeklong China-ASEAN exercise featured helicopter cross-deck landings and a search-and-rescue operation, although only Singapore, Brunei, Philippines, Thailand and Vietnam sent ships. Four other nations sent observers.

ASEAN's back-to-back exercises with China and the U.S. are part of a balancing act for the group. Its members are often at loggerheads over how best to respond to China's growing economic clout and naval might.

Some ASEAN members, such as the Philippines, Vietnam and Indonesia, are locked in disputes with China over territorial claims in the South China Sea.

On the other hand, Cambodia is moving

ahead with construction of a deep-water naval base for China's navy, Voice of America reported last week.

The ASEAN-U.S. Maritime Exercise will be co-hosted by Thailand and the U.S., the U.S. embassy said.

A spokesman for the U.S. Navy's 7th Fleet in Japan told Stars and Stripes that information about the exercise was not yet being released.

The Bangkok Post reported Aug. 24 that Thai Patrol Squadron commander Rear Adm. Somphong Nakthong was slated to lead the exercise's combined task force.

The newspaper, citing an unnamed source in the Thai Ministry of Defense, said U.S. Navy Capt. Matthew Jerbi, commodore of the Japan-based Destroyer Squadron 7, would serve as deputy com-

mander of the task force.

The newspaper said the exercise would involve at least eight ships, including aircraft, and that the exercise would begin at Thailand's Sattahip naval base and extend to the southern tip of Vietnam.

Regional media have reported that the Philippine's navy is sending the patrol ship BRP Ramon Alcaraz.

Myanmar will also participate, despite sanctions the U.S. has placed on some of that nation's officials for their role in the deadly crackdown on Rohingya Muslims. Myanmar media reported the country will send a guided-missile frigate to the exercise.

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MILITARY

Bonuses increased to keep soldiers in hard-to-fill jobs

By ROSE L. THAYER

Stars and Stripes

AUSTIN, Texas — The Army is increasing bonuses for soldiers willing to reenlist for longer periods of time in hard-to-fill jobs such as special operations and cyber forces, which could mean up to \$81,000 in a lump sum for some troops under the new payout structure, service officials confirmed.

New increases, which go into effect Sept. 9, increase the top bonus by \$9,000 and offer some of the highest payouts available in more than five years. About 45% of soldiers up for reenlistment are eligible for bigger bonuses.

"It's matching the Army incentives with the commitments from the soldiers. If they give more, they get more," said Sgt. Maj. Mark Thompson, senior Army career counselor at the Pentagon.

Selective retention bonuses are a tool used by the Army to get soldiers into jobs that can be more challenging to fill because they are in demand in the private sector or require a special skill set or additional training. Keeping soldiers with experience also allows the Army to maintain that knowledge as opposed to training new soldiers for the job.

The increased bonuses come as the Army attempts to fill gaps in its force largely caused by its failure in 2018 to reach its recruiting goals when the service came up

some 5,600 recruits short. The Army met its retention goal in 2018 — and has again done so in 2019, officials have said. But the recruiting shortfall meant the service was not able to grow last year to its desired active-duty end strength of 483,500.

The Army is supposed to reach a force size of 487,500 active-duty soldiers by the end of September, and officials have insisted the service is on pace to meet its recruiting requirements for the year. However, the Army has struggled to fill positions in certain fields — including in newly formed cyber units and in traditional infantry billets.

The Army recently offered recruits bound for the infantry bonuses of \$15,000 to \$40,000 as the service seeks to add some 3,000 infantry recruits by the end of the fiscal year, which is Sept. 30. Recruiting Command officials have declined to provide fiscal year 2019 recruiting statistics, saying the service policy is not to release them before the fiscal year is complete.

When establishing bonuses, Thompson said the Army looks 18 months ahead to determine where soldiers will be most needed and will "bump and nudge" reenlistment payouts accordingly. Factors such as training time and recruiting goals also play a role in adjusting bonuses.

The increase in bonuses is not

because soldiers aren't reenlisting, he said. Rather, the increases help the Army get soldiers where they are most needed.

"Bonuses assist in end strength, but it's not our main focus," Thompson said.

This latest update is the sixth one made to bonus charts this year and follows an Army initiative to pay more to soldiers willing to give longer time commitments, he said.

Though there are about 150 military occupational specialties in the Army, there are more than 700 variations of jobs included in the reenlistment bonus chart once rank, location and other factors are considered. About 80 of those jobs saw an increase in bonus amounts, while another 80 saw a decrease.

"It's dynamic on our end because we're able to track all that data down to the individual soldier to figure out, 'What does the Army need and what is critical at this given time?'" Thompson said.

Right now, the Army needs soldiers willing to become Rangers or airborne qualified to fill jobs such as information technology specialists, paralegals or cryptologic linguists within units such as the 75th Ranger Regiment or the 160th Special Operations Aviation Regiment.

For example, an enlisted supply specialist who can graduate Ranger School and join the 75th



STEVE STOVER/U.S. Army

Cyber operations specialists from the 782nd Military Intelligence Battalion (Cyber) train at Fort Irwin, Calif., last year.

Ranger Regiment can earn up to \$65,000 for a five-year reenlistment. Previously, the bonus was about \$58,000. A chaplain's assistant willing to go to airborne school could take home a bonus up to \$41,600, Thompson said.

Thompson anticipates the higher dollar amounts will increase the average reenlistment bonus payout to more than \$14,000.

Soldiers receive the bonus once they complete any courses or training associated with the new job, which varies depending on what type of training or reclassification is required.

The bonus chart includes 10 tiers of payouts that vary based on a soldier's rank and then various jobs and locations are given a designated tier. Nearly every bonus amount on the chart increased.

The biggest payouts are related to or in support of cyber and special forces. Any enlisted soldiers or noncommissioned officers willing to reenlist or reclassify to

go to the 780th Military Intelligence Command [Cyber] at Fort Meade, Md., are eligible for top payouts between \$5,400 for a private first class reenlisting for one to two years and \$81,000 for a staff sergeant reenlisting for at least five years.

Higher bonuses go to noncommissioned officers willing to enlist for five or more years.

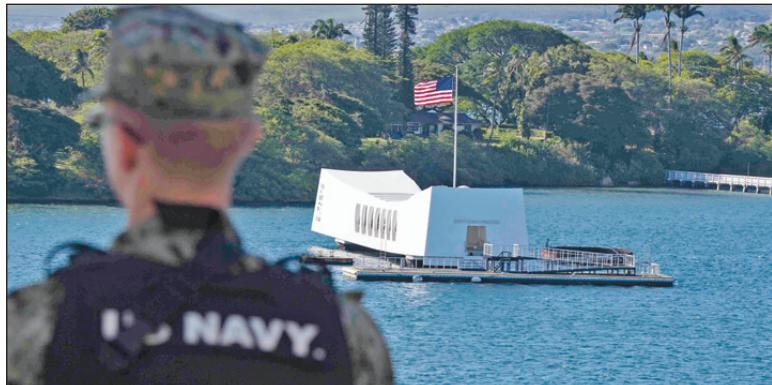
"They have a lot more experience," Thompson said. "If the Army loses a staff sergeant or sergeant first class, it takes 10 plus years to remake them."

Similarly, special forces jobs get higher payouts because of the time and cost to train those soldiers.

"It's cheaper for the Army to keep them and offer an \$80,000 bonus than find a replacement," Thompson said.

Corey Dickstein contributed to this report.
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USS Arizona Memorial reopens after yearlong closure



A sailor stands watch as the USS Boxer passes the USS Arizona Memorial in Pearl Harbor, Hawaii, on May 16.

DALE HOPKINS/U.S. Navy

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Pearl Harbor National Memorial, which focuses on the history of the Japanese surprise attack on Oahu on Dec. 7, 1941. The site is managed by the National Park Service.

During the attack, Japanese planes sank the battleship USS Arizona, killing 1,177 men, some of whom were entombed in the sunken hulk.

In May 2018, park service personnel discovered tiny cracks on the dock, and divers subsequently found that six galvanized chains anchored to concrete pilings in the harbor floor were loose.

The concrete pilings had apparently shifted at some point, said Pearl Harbor National Memorial spokesman Jay Blount.

"We'll never know the full extent to why it happened," he said. "The concrete anchoring blocks are submerged in this really soft, mucky sediment on the bottom of Pearl Harbor, and all the divers could see was the chains."

Engineers have guessed that the concrete shifted during particularly high king tides in early 2017, he said.

The new anchoring system has more flexibility in high tides.

The system anchors using

large screws tightened into the harbor floor, in some cases up to 100 feet into the stone, Blount said. The dock is then connected to those anchors with stretchable synthetic cords.

"These have some stretch so that if there is a tide event they'll allow for the dock to go up higher without moving the anchoring points themselves," he said.

The cost of the repairs came from a variety of National Park Service sources, he said.

During the yearlong closure, the park service offered visitors free, narrated boat tours of the former Battleship Row, which included passing near the Arizona Memorial. The Pearl Harbor National Memorial includes other attractions, including the USS Bowfin Submarine Museum and the Battleship Missouri Memorial.

But the past year has been a disappointment for some making a once-in-a-lifetime trip to the historic site, only to find the Arizona Memorial off limits.

"A lot of people were frustrated," Blount said. "We shared people's frustrations here."

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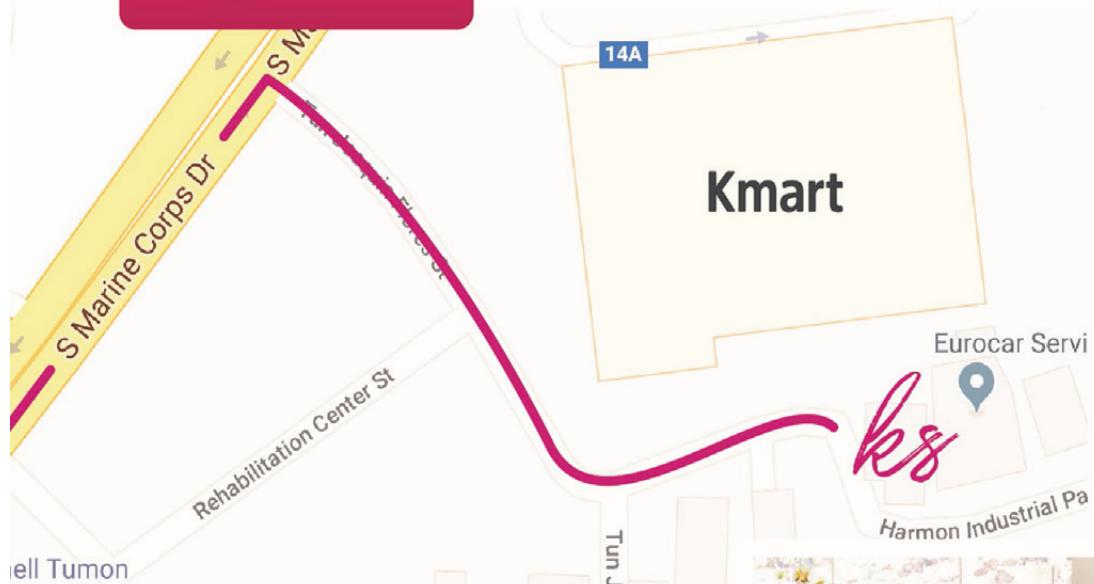
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