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# GUAM

VOLUME 16 NO. 11

JANUARY 8 – JANUARY 21, 2021

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**LET'S TAKE A VIRTUAL VACATION**  
 PAGES 4-6



Joe Severin

Photo by MC2 Kelsey J. Hockenberger, U.S. Navy

COURTESY STORY COMMANDER, SUBMARINE SQUADRON 15

SANTA RITA – Commander, Submarine Squadron 15 announced its Sailors of the Year during an all hands call at Konetzni Hall, Dec 15.

Capt. Bret Grabbe and Command Master Chief Eric Baker announced Electrician's Mate (Nuclear) 1st Class Joe Severin as Senior Sailor of the Year and Mass Communication Specialist 2nd Class Kelsey Hockenberger as the Junior Sailor of the Year.

"We have a lot of high performing Sailors at our command," said Baker. "Each one of them has worked hard

## CSS-15 recognizes Sailors of the Year



Kelsey Hockenberger

Photo by Lt. j.g. Meagan Morrison, U.S. Navy

throughout the year to ensure that our forward-deployed submarine force remains operationally ready. Petty Officers Severin and Hockenberger represent the dedication and professionalism that we see squadron-wide."

Severin, a native of Los Alamitos, California, serves as a member of the First Class Petty Officer Association and is a command Sexual Assault, Prevention, and Response (SAPR) victim advocate.

"Being selected as the Senior Sailor of the Year is a tremendous opportunity," said Severin. "It's a reflection of all of the hard work put in during day-to-day operations. I feel honored

to represent the squadron and to highlight our efforts in supporting submarines in the Pacific."

Hockenberger, a native of Hudson, Wisconsin, is the president of the Morale, Welfare, and Recreation Committee, a submarine birthday ball committee member, and serves as the Command Fitness Leader.

"It's an honor to be recognized within the submarine community," said Hockenberger. "My peers are outstanding Sailors who continually motivate myself and others to make a difference within the command and our local Guam community."

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# Will it be the rack, or the rocking chair?

“My lower back started hurting again,” I told my new primary care doctor at the base clinic, who appeared to be about 12 years old. My last PCM was also female, but a little closer to my age. The one before that was a nurse practitioner, and the three before that were middle-aged men.

Each time the Navy assigns me a new PCM, which happens frequently, I have to explain myself all over again. Once, my PCM changed a week before my pap smear appointment, and I didn’t know it until I was sitting in the examining room in a paper gown. He walked in, told me to put my feet in the stirrups and to “scotch down to the end of the table.”


Military dependents get used to these cringe-worthy moments in our health care. Due to our mobile lifestyles, we become accustomed to changing everything from hairstylists to churches to pizza joints to schools to dentists to mechanics. Why would our experience with medical doctors be any different?

“My back started hurting a few years ago,” I explained to the young PCM I’d been assigned, “and Dr. ... what was her name? She sent me for physical therapy. It worked. Well, until now.”

After giving me a blank stare

## The Meat and Potatoes of Life

Lisa Smith Molinari



which seemed to say, “Cry me a river,” my new PCM sent me for a fresh X-ray.

“Mild to moderate degenerative arthritis,” she told me, but all I heard was, “Go find a rocking chair and some tapioca pudding, because you’re officially ancient.” I was referred for another round of physical therapy sessions.

Although I knew the PT would help to alleviate my back pain, memories of my last round of physical therapy convinced me that it could wait until after the holidays.

“Now, pull your right knee up to your left ear,” my previous physical therapist had told me in all seriousness three years ago. I had to look out the window to see if any pigs were flying by.

I had envisioned myself being gently guided through therapeutic motions intended to heal my stiffened spine, but no one bothered to tell me that I would have

to break a sweat, not to mention turn myself into a human pretzel.

Every PT session followed the same general routine: Before I had the chance to get into a good People Magazine article in the waiting area, I was greeted by one of the therapists and brought into the cheerful PT suite with its colorful workout equipment, entertaining background music, happy houseplants and padded tables.

Although I would have preferred to nod off on a padded table while enjoying the music, I was always asked to warm up on a treadmill, followed by rolling my under-stretched thighs repeatedly over a foam cylinder on the floor. Piece of cake, or so I thought. Who knew that the harmless limbering exercise would elicit visions of being strapped to “the rack” by Medieval King Longshanks?

I was then allowed to lounge on one of the padded tables,

which would have been lovely, if it were not for the dog leash I had use to pull my extremities into positions that made me look like a Cirque du Soleil reject covered in an unladylike sheen of sweat.

While the therapist cleaned the table, I had to endure a final melange of strengthening exercises. Isometric lunges, step ups, wall squats and something affectionately referred to as “monster walks” — pacing back and forth across the room in front of everyone, legs splayed out in a semi-squat with a giant rubber band around my thighs.

When my ordeal was over, I would grab my belongings from the patient cubbies and bid my assigned therapist adieu, promising to do my homework. I never committed the therapists’ names to memory and often wondered if they were all descendants of Emperor Caligula.

Despite the painful memories of my last PT sessions, I am fully confident that my next physical therapist will teach me to touch my knee to my ear again, and that my back will feel better for it.

No need to buy that rocking chair just yet.

Read more of Lisa Smith Molinari’s columns at:  
[themeatandpotatoesoflife.com](http://themeatandpotatoesoflife.com)  
Email: [meatandpotatoesoflife@googlemail.com](mailto:meatandpotatoesoflife@googlemail.com)

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# Happy Holidays

May your Holidays be wrapped in happiness and tied with love.

Let the holiday spirit be with you and your families today and always.





# LET'S TAKE A VIRTUAL VACATION

STRIPES GUAM

For many of us, the coronavirus pandemic meant canceled flights and postponing our travel plans in 2020. How we think about travel and how travel will be impacted in the future remains a mystery. We may be stuck at home, but that doesn't mean we can't dream of where we'll go next.

There is still so much of the world we have left to see, so join us

as we revisit our favorite locations in the Pacific and highlight the must-see spots. Take a plunge in one of Okinawa's pristine beaches, dance the night away in Seoul's Gangnam District, or hunt for some deals in one of Bangkok's famous floating markets — all from the comfort (and safety) of our homes. Join us, take notes, and don't pack your bags, we're going on a Virtual Vacation!



## Hanoi

War and conflict might be what many think of when they think of Vietnam. But the country is a thriving location with history, culture and delicious food you'll love exploring. In this video, we'll take you to beautiful and busy Hanoi where we'll visit the Hanoi Cathedral and Opera House, Hoan Kiem Lake and more. We'll save you a bowl of pho!



CHECK THE VIDEO!

## Guam



CHECK THE VIDEO!

For this virtual journey, we head to "Where America's day begins" – tropical, beautiful Guam! This a snorkelers' paradise and one with easy access from anywhere in the Pacific. We'll head to Chamorro Village for some good eats and local shopping, then to the Latte Stone Park for a trip back to ancient Guam. We'll also try some delicious Chamorro foods like kelaguen and finadene sauce. A stop in Guam also requires a visit to Two Lovers Point for a beautiful view of the crystal turquoise waters and some beautiful photos. Whether you're stationed outside of Guam or will soon PCS to the island, you won't want to miss what we have in store for you in this online tour.



## Osaka

Get ready to head to another hotspot in Japan – Osaka! We'll visit Dotonbori, Osaka Castle and more in this video getaway. Hop on a boat ride to take in a good look at the city lights, try their signature octopus street food, takoyaki, and get a great view from above at the Umeda Sky Building. If you're stationed in Japan and Osaka has been on your list, you won't want to miss this virtual vacation!



CHECK THE VIDEO!

## Bali



CHECK THE VIDEO!

Take a trip to tropical and exotic dream destination Bali! Here we'll make virtual stops at one of the country's oldest temples for an amazing view and a taste of local traditional dance. Then, we'll swing from the palm trees above the Jatiluwih rice terraces for some adventure and great views. Later, we'll pick up some tasty satay chicken and mee goreng fried noodles. Let's go!







# Seoul

There is a ton to see and we only have a short time to do it, so let's head out! We'll take you to Insadong, a busy district with traditional tea houses and art galleries, then to Myeongdong, one of the most famous shopping areas in Seoul. We'll also make a stop in Gangnam and Hongdae for a look at the nightlife and hotspots where young Koreans go to trendy cafes and bars. Seoul is a hop and a skip from most places in the Pacific, so it will be a great spot to consider when travel is open again.



CHECK THE VIDEO!

# Okinawa



CHECK THE VIDEO!

Let's get ready to hit the beach and visit Japan's sub-tropical island, Okinawa. This island will make you feel worlds away from the mainland with its crystal blue waters and sandy white beaches. But, don't worry about packing a bathing suit or sunscreen because this journey is virtual! We'll skip the lines and the crowds and head straight into Okinawa Churaumi Aquarium, then dive in at the Maeda Point's beautiful blue grotto and more!



SEE MORE VIRTUAL VACATIONS ON PAGE 6!

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



**Jessie**  
A cute feline looking for some cuddles.

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



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# Manila



CHECK THE VIDEO!

Hop on as we head to the capital city of the Philippines. Here, old meets new with the Spanish-influenced architecture and towering skyscrapers. We'll take a look at Old Manila, the city-center, where Fort Santiago and Manila Cathedral offer you a close-up look at the city's history and future. In this feature, we'll also stop in and look at former U.S. military installation, Clark Air Base, which is now having a second life of its own, as a public park and airport.



# Bangkok



CHECK THE VIDEO!

Let's take a virtual journey to the busy streets and colorful markets of Bangkok. We'll try delicious Tom Yum Kung, mango sticky rice and Thai milk tea as we stroll through Wat Pho for a look at the reclining golden Buddha and for an adventure in the labyrinth-like Khao San Road area. We'll also take a detour to Thailand's ancient capital, Ayutthaya, for a peek at the Wat Mahathat in the banyan tree roots.

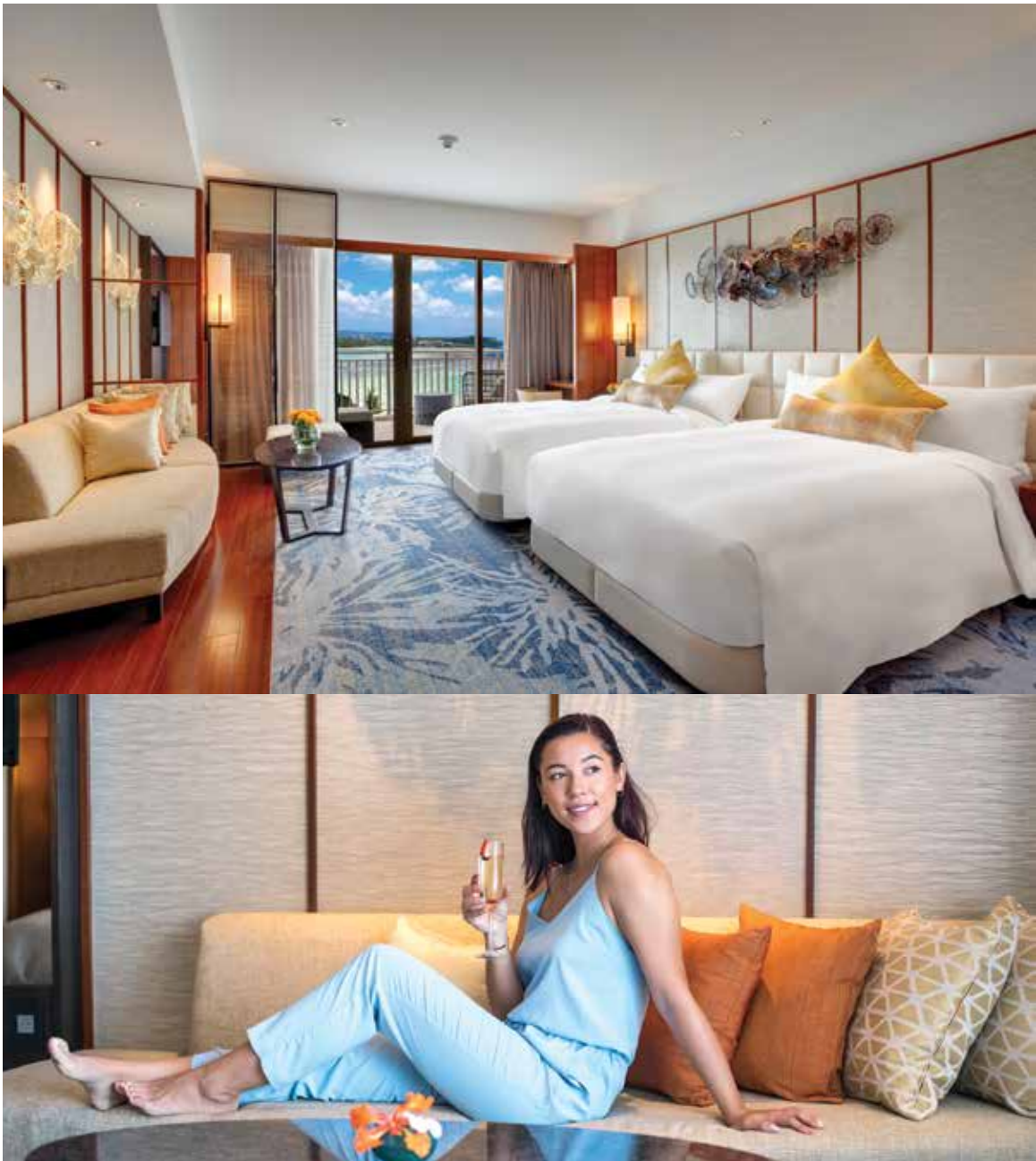


# Tokyo



CHECK THE VIDEO!

Is a visit to one of the busiest and brightest cities in the world your dream? Tour Tokyo with us as we hit some of the must-see spots this unbelievable Pacific destination has to offer. Maneuver through crowded Shibuya Crossing, visit old Tokyo in Asakusa District and get lost in the neon lights and manga of Akihabara— all without leaving your home!



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# Boonie Stomps Guam

INFORMATION PROVIDED BY  
GUAM BOONIE STOMPERS



**Santa Rosa Cave**

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

**Jan. 9**  
**Santa Rosa Cave**

*Very Difficult*  
*3 hours for 1 mile*

We explore a long narrow cave along the limestone/volcanic junction. We'll visit the big room, the rabbit hole, our only underground waterfall, three different formation rooms, and the start of the asteroids.  
**Bring:** 1 quart water, get wet shoes, gloves, insect repellent, snacks, waterproof bag, and camera.  
**Special conditions:** Climbing in very rough, sharp coral, mud, climbing in a cave, short steep climbs, crawling in water, crawling over rocky surfaces.

**Jan. 16**  
**La Sa Fua River**

*Very Medium*  
*4 hours for 3 miles*

We explore the waterfalls, jumping spot, rock slide, cascades, swim holes, and the final eerie tunnel of a remote, deep river valley in southeastern Guam.  
**Bring:** 2 quarts water, swim suit, get wet shoes, gloves, insect repellent, sun screen, lunch and snacks, and camera.  
**Special conditions:** Steeps slope down, slippery rocks, extensive walking in water, short rope climbs, limited sword grass, and a fairly long hike.

**Stomp Tips:**

- 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) When hiking, lots of little snacks are better than one big meal.
- 5) Always carry a well stocked personal first aid kit.
- 6) Carry a couple of extra shoelaces in your first aid kit. They have many uses.
- 7) Always bring a small flashlight in case you get lost, or delayed. Save your phone battery for calls.
- 8) Do not hike alone and let someone know where you are going and your return time.

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

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**Crossword** by Margie E. Burke

**ACROSS**

- 1 Workout woe
- 5 Lavish party
- 9 Can't stomach
- 14 Advance
- 15 Eve's man
- 16 Vineyard fruit
- 17 Small pie
- 18 Farrier's tool
- 19 In the boondocks
- 20 ETA and DIY, e.g.
- 22 One way to break bad news
- 23 Nursery follower
- 24 Evening wing-ding
- 26 \_\_\_ carotene
- 28 Retirement fund
- 32 Workout site
- 35 Strip bare
- 37 Mermaid feature
- 38 Ill-gotten gains
- 40 Come clean
- 41 Thus
- 42 Fairytale villain
- 43 Toils (away)
- 45 "\_\_\_ what?"
- 46 Dash
- 48 Pupil's locale
- 50 Summer wear
- 52 Andean animal
- 56 Catch in a lie
- 59 747, e.g.
- 61 Hammerin' Hank
- 62 Exile isle
- 63 Campus quarters
- 64 Thieving sort
- 65 Comrade in arms
- 66 Ford SUV
- 67 Off-killed "South Park" kid
- 68 Dark loaves
- 69 Stalk in a swamp

**DOWN**

- 1 Hitching post
- 2 Whistle wearer
- 3 Sixth in line for the British throne
- 4 Bury
- 5 Cooper with two Oscars
- 6 "Uncut Gems" star
- 7 Rodeo rope
- 8 Sound booster
- 9 Goes along
- 10 Clairal choice
- 11 "B.C." cartoonist
- 12 Milky stone
- 13 Trust, with "on"
- 21 Urgent want
- 22 Walmart worker
- 25 Pledge of Allegiance word
- 27 London cafe
- 29 Make, as a salary
- 30 "Junk begets junk" acronym
- 31 Be radiant
- 32 Mushy food
- 33 Meditative exercise
- 34 Daybreak, poetically
- 36 John's "Pulp Fiction" co-star
- 39 Chef's measure
- 44 Window feature
- 47 Like some soups
- 49 Mini burger
- 51 Add up
- 53 Battery cell
- 54 Use the on-ramp
- 55 Packing heat
- 56 Stable gear
- 57 Hard to come by
- 58 Flatten, in a way
- 60 Tanners catch them
- 62 Bud holder?

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**Answers to Previous Crossword:**

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



## Memories with STARS AND STRIPES Pacific

Share your Memories with Stars and Stripes Pacific!

Your photos/stories will appear on the Stars and Stripes Pacific 75th Anniversary Website, [75.stripes.com](http://75.stripes.com).



## Stripes Sports Trivia

**SAY MY NAME!** On the links, I'm known for my long drives and unique personality. I became a PGA pro in 1987, and currently am doing my thing on the Champions Tour. I've won a couple of PGA Major Tournaments in my life, although many would say I'm not exactly "country-club material". Who am I?

**Answer** John Daly

## SUDOKU

Difficulty: Easy

Edited by Margie E. Burke

**HOW TO SOLVE:**

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

**Answers to Previous Sudoku:**

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



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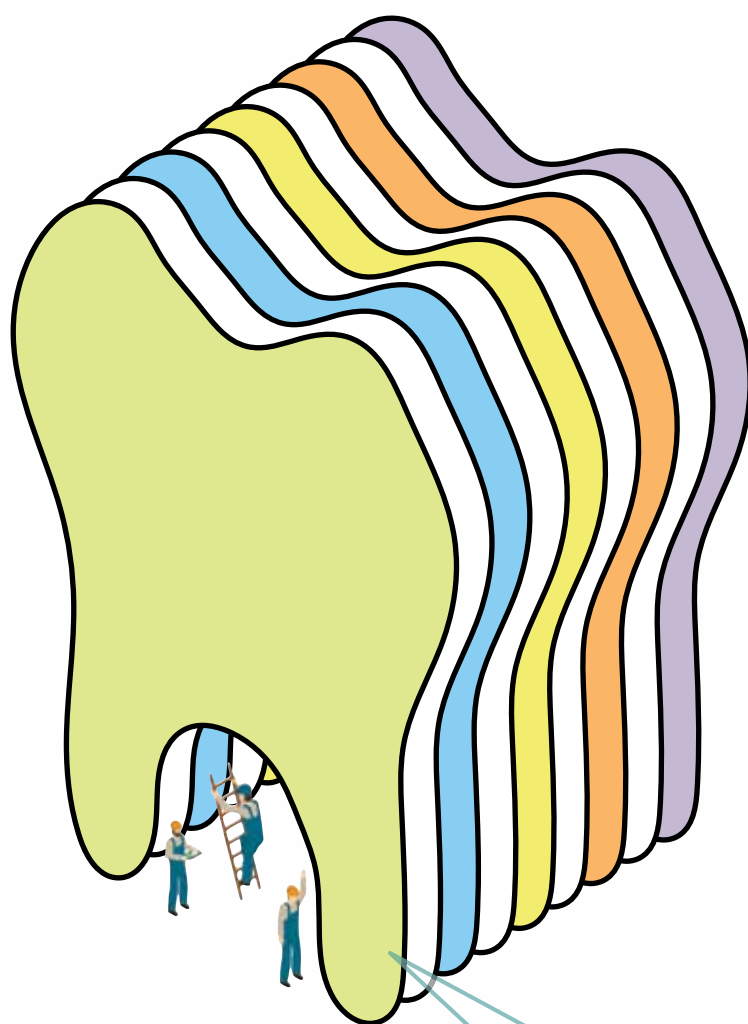
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# A Taste of Guam

The 3 'R's to good eating –  
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**8-page pullout**





*"it's finger  
lickin' good"*

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KFC is making family meals a little simpler by offering a \$30 Fill Up deal that will feed a family of four for dinner tonight and lunch or dinner the next day. The new \$30 Fill Up includes KFC's 8-piece Original Recipe or Extra Crispy, and 12-piece Extra Crispy Chicken Strips. Each meal also comes complete with two large red rice. The idea is that you'll have not only one family meal, but two, with just one trip through the drive thru or delivery order from KFC. It's Finger Lickin' Good!

RESTAURANT INFO

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RESTAURANT INFO



# Healthy menu for the new year

STORY AND PHOTOS BY ARMY LT. COL. (RET.) ANNETTE MERFALEN,  
WWW.ANNIESCHAMORROKITCHEN.COM



I was never a huge fan of brown rice, but in my quest to create healthier meals for my family, we've switched from our favorite white rice to the healthier brown.

I wanted to create a tasty version, and not the tough, seemingly undercooked variety you get at most restaurants that kind of tastes like cardboard.

Equipped with only a rice cooker and four ingredients, you'll have a delicious and healthy side dish for your next meal.

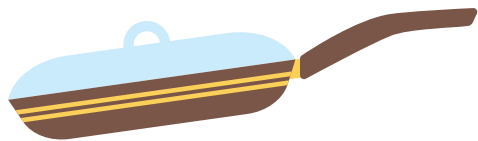
Give my recipe a try. I think you'll like it. :)

#### ● Ingredients:

- 3 cups brown rice
  - 6 1/2 cups water
  - 2 tablespoons Dashida beef seasoning
  - 2 tablespoons garlic-flavored olive oil
- (Thanks to my friend, Yvonne M., for the delicious olive oil!)

#### ● Directions:

1. Rinse the rice then place in your rice cooker pot. Add the water to the pot — it may seem like way too much water, but brown rice needs a LOT of water to cook properly.
2. Add the Dashida and olive oil; stir until the Dashida is dissolved.
3. Set your rice cooker to the “cook” mode then let it do its magic.
4. When the rice cooker switch turns from “cook” to “warm” (or the equivalent for your rice cooker model), gently fluff the rice with a fork, then let it sit (covered) for another 10 minutes or so. Serve with your favorite meat dish and ENJOY!



## Raw Honey — The Miracle Nectar

I've read many different articles about the health benefits of honey over white, granulated sugar. Honey is high in calories, as is sugar (a teaspoon of honey contains 22 calories; there are 16 calories in a teaspoon of sugar).

So, the question is, IS honey better for you than sugar?

In reading up on the differences between honey and sugar, I learned that both contain fructose and glucose. The difference is that the fructose and glucose in sugar are “hooked” together, whereas the fructose and glucose in honey are “unhooked” or independent units. Why is that important, you ask? Well, I found through

my readings is that this is important if you have digestion issues. During digestion, the “unhooked” independent fructose and glucose units in honey get absorbed in our intestinal tracts, while the “hooked” fructose-glucose units in sugar have to first be broken down (into separate units like in honey) before it gets absorbed. The enzymes in our bodies do a good job of breaking down sugar (sucrose) molecules, but not all of them are absorbed. This is where it could cause an issue for some people. (If you have a sensitive stomach, stop reading. I'm going to talk about bacteria in



our intestines now.) The sugar molecules that don't get digested or absorbed in our intestinal tracts feeds the bad bacteria in our intestines. Where this is not so good is when there is an over-population of bad bacteria that feeds off the undigested sugar, which in turn causes some by-products, one of which is the production of different gasses, methane gas among them. Again, putting it simply, you end up farting a lot.☺

It stands to reason that if you substitute honey for sugar in most of your foods, you will be less gassy (your significant other will thank you for this).☺

Another interesting bit of information I found through my readings is fructose is sweeter than glucose, which is one of the reasons fructose is used in so many food products today. However, fructose does not convert to energy as efficiently as glucose. As a result, processed foods containing granulated sugar high in fructose

convert to fat more easily than honey. Hmmmm...less fat production by using honey in foods? I'm sold!

Actually, I like using honey because it is plain and simply DELICIOUS. Not to mention that I buy my honey from local Colorado bee farmers, and anything I can do to help our local economy, I'm all over it.

Oh, as an added bonus, honey doesn't spoil! I don't worry about honey going to waste in my house...we use it up pretty quickly. Luckily for us the Busy Bee Farm in Larkspur, CO is not too far from where we live that we can get a resupply when we need it.

So, whether you add honey to your diet instead of sugar for it's pure deliciousness or supposed health benefits is up to you. I recommend buying raw honey (honey that is unheated, unpasteurized and unprocessed) if you can find it.



My absolute favorite green vegetable to add to smoothies are fresh baby spinach leaves. Add about two handfuls to your smoothie. You can't really taste it, in my opinion.

To kick up the nutrition content of your smoothie, try adding protein powder, some fruit — not too much fruit, though, because of all the natural sugar it contains — and unsweetened almond milk.

#### ● Here are some general guidelines for making nutritious and delicious green smoothies.

Blend together:

- 2 handfuls of leafy greens
- 1 frozen fruit
- 1 cup liquid (see tips below)
- 1 scoop protein powder
- Optional: 1/2 cup ice cubes

#### ● Here are a few great tips:

FREEZE your fruits to make thick, cold, slushy smoothies. You don't have to add ice (which will eventually dilute your smoothie).

Make smoothie packets ahead of time. Place all of your ingredients (minus the liquid) into a freezer-safe zip-lock bag and freeze. Take out the bag and mix it up when you're ready.

Use any number of liquids — almond milk, soy milk, low/non-fat milk, and one of my favorites — coconut water. Unsweetened black coffee is also good with a combo of cocoa nibs and frozen bananas.

To avoid bloating, try not to eat anything 30 minutes before and after you drink your green smoothie.

Make a green smoothie a meal by adding protein powder and a “good fat” such as avocado or coconut oil.

Give it a try. I think you'll be surprised at how good a green smoothie tastes. :)

It seems like drinking Green Smoothies or Shakes are all the rage these days.

I must admit, I've hopped on that bandwagon, and I don't regret it one bit.

There are some green vegetables that I just don't like adding to my smoothies, however. Among them are romaine lettuce (or any kind of lettuce) or bitter greens. I have to get used to the taste of raw kale, but I found that if I remove the stems from the kale leaves, it's more palatable.



I'm happy to feature my friend, Arlene Sablan Aguon's healthy recipes. This particular recipe is a healthy alternative to regular pancakes. It's gluten-free, delicious, and packed with nutrients that not only taste good but are good for you too!

Give Arlene's recipe a try. I think you'll like it! :)

#### ● Yield: 4 pancakes

#### ● Ingredients:

- 2 cups gluten-free flour
- 2 teaspoons baking powder (or 1 teaspoon of Xanthan Gum powder)
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 2 tablespoons sugar
- 2 tablespoons wheat germ or steel cut oats
- 1 1/2 cups flax or soy milk
- 1 cup small curd cottage cheese.
- 1 large egg, lightly beaten (see notes below)
- 1/4 cup coconut oil
- 1 cup fresh or frozen blueberries

#### ● Directions:

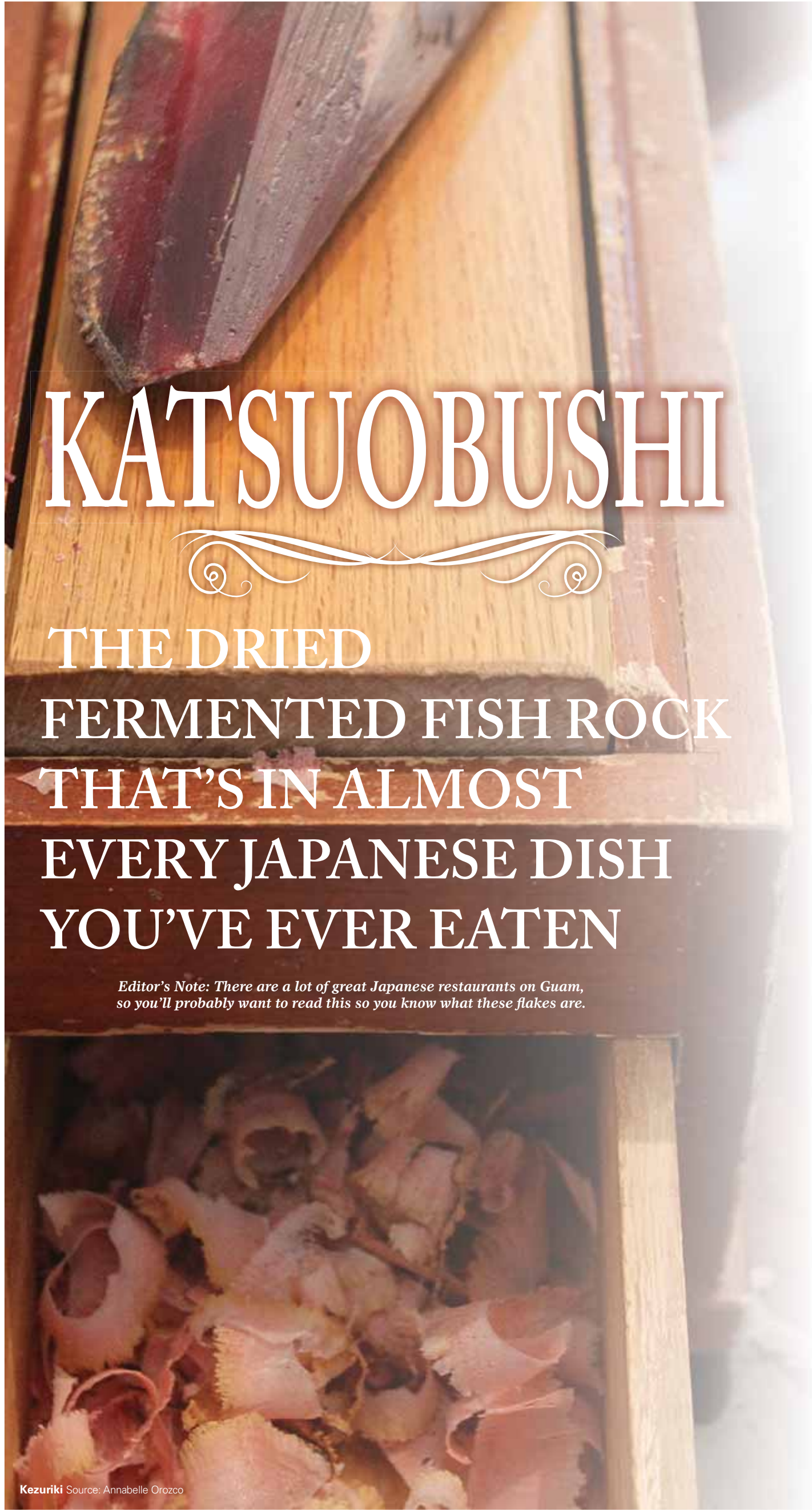
1. Sift together the flour, baking powder, baking soda and salt. Stir in sugar and wheat germ/oats; set aside.
2. Combine the milk, cottage cheese, and coconut oil.
3. Pour the flax or soy milk mixture all at once into the flour mixture; stir until moist. Add additional milk, a little at a time, if the batter is too thick (the batter should pour easily). Gently stir in the berries.
4. Pre-heat a skillet/grill over medium heat; lightly grease the skillet. Pour the mixture onto the skillet to the size you prefer. Cook until the tops are bubbly and appear dry; flip over to finish cooking.

Serve and enjoy!

*NOTE from Arlene: I didn't use the egg. The small curd cottage cheese acts as your binder with the coconut oil. Yummy too.*

*NOTE from Annie: You can use a “chia egg” in place of the regular egg. Mix 1 tablespoon ground chia seeds with 3 tablespoons water. Let the mixture sit until it forms a gel. Use the chia gel/egg in the recipe instead of the egg.*





# KATSUOBUSHI

THE DRIED  
FERMENTED FISH ROCK  
THAT'S IN ALMOST  
EVERY JAPANESE DISH  
YOU'VE EVER EATEN

*Editor's Note: There are a lot of great Japanese restaurants on Guam, so you'll probably want to read this so you know what these flakes are.*

Kezuriki Source: Annabelle Orozco

## It's not pretty, it's not what makes Japanese food

BY LINDA LOMBARD,  
TOFUGU.COM

With the photo to the right in mind, try not to freak out when I have to tell you, if you love Japanese food, you've eaten that thing many, many times. It's a dried fermented fish product called katsuobushi, and its flavor is the backbone of traditional Japanese cooking.

TOFUGU.COM

## Start with a fish

Katsuobushi is made from a fish called skipjack tuna or bonito in English. It's katsuo in Japanese, reflected in its Latin name, Katsuwonus pelamis. As with any food with a long history, there are different types and many regional variations in how it's produced, but for the most traditional and elaborate kind, here's basically how it goes:

The fish is cut into four fillets and simmered for a couple hours, then deboned. Each fillet is then smeared with fish paste to fill in all the cracks and lines left where the bones were, giving it a smooth surface. Then it's smoked for about a month.

After that, the hardened hunk of fish is shaved to make sure the shape is perfect, and then sprayed with mold. No, really, it's okay – after all, many Japanese foods involve our little one-celled friends. In fact, the mold used is related to koji,

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Source: Sophie



# Not fresh, it's hard as a rock, and it's Japanese food taste like Japanese food

Katsuobushi is probably familiar to you in a different form: those papery-looking flakes sprinkled on top of cold tofu or tonkatsu. But it has a less visible, very important role as a main ingredient in dashi, the broth used in traditional Japanese cuisine. Unlike the soup stock used in most Western countries, dashi takes only minutes to make – but that's only after the weeks or months it takes to produce katsuobushi.

Like many traditional foods and crafts, old-fashioned ways of using katsuobushi have been replaced by modern shortcuts in many homes, but the real thing is still hanging on and even spreading across the world.



Source: Andy King50

microorganism make sake, and soy sauce wouldn't have the food with the moldy filaments. It takes about months cycling resting in a fermentation being dried in. The result is below. A very small katsuobushi, the entire product, called simply



Source: Toshiyuki Imai

sharp blade on top and drawers to catch the shavings, is called a kezuriki, pictured on the far left. The flakes are eaten in many

## Now what?

You can't just bite into a hunk of katsuobushi. Although I can't confirm this, I heard on an NHK TV show that katsuobushi holds the Guinness record for world's hardest food. If that's not true, it ought to be. This is why the form we're most familiar with is those flakes, because you've got to shave the hardened fish into paper-thin pieces to use it. The traditional device for producing the flakes by hand, a wooden box with a sharp blade on top and drawers to catch the shavings, is called a kezuriki, pictured on the far left. The flakes are eaten in many

ways – on top of okonomiyaki (where they dance around from the heat), on top of takoyaki, on top of cold tofu, and inside of rice balls. But their most fundamental use is for dashi stock, which is used to make miso soup and is an ingredient in many traditional dishes. You may not know what dashi tastes like plain, but Japanese food wouldn't taste like Japanese food without it.

The most basic dashi is made of kombu seaweed and katsuobushi flakes. There are variations on how to do this, but basically, you soak a piece of kombu for a while, then simmer it for ten minutes or so. Then turn off the heat and add the katsuobushi. The dashi is done once the flakes sink to the bottom of the pan (from half a minute to a few minutes, depending on who you read).

I always thought it was interesting and surprising that making dashi goes so quickly. Western soup stocks take hours of simmering to develop flavor, which made me wonder how the Japanese figured out how to make it so easily? But now I know the truth that dashi takes MUCH longer to make – it's just that the majority of the time is taken up in the production of the main ingredient long before it gets to your kitchen.

## Why so good?

Something like katsuobushi has been around since maybe the eighth century, with the first evidence of smoke-drying in the late 1600s and the fermentation process entering the picture about a century later. Various legends tell of some brave soul who found some dried, smoked katsuobushi that had gotten moldy, decided to eat it anyway, and discovered that it had become even more delicious.

But why? In my fridge, mold makes stuff worse, not better. What's going on? Here are some of the effects of mold in the process of making katsuobushi, according to the Tokyo Foundation:

1. Mold consumes the moisture in the meat to sustain itself, thus accelerating desiccation.
2. Mold has the ability to decompose fat, ridding the meat of both its fat and smell and converting the fat into soluble fatty acids. The process also takes the edge off the taste, enhancing the savor and aroma.
3. Mold breaks down proteins into amino acids and other nitrogenous compounds, which also increase savor (umami).
4. The coating of mold keeps off other microorganisms.
5. Mold breaks down the neutral fat and increases free fatty acids, resulting in a clear soup when katsuobushi shavings are boiled.

The result of all this is crazy full of umami. Umami is a trendy foodie concept now, but it's actually pretty old – and it originally came from Japan. In fact, dashi itself is where the concept comes from.

You may have heard that there are four primary tastes: sweet, salty, bitter, and sour. But it's generally recognized now that there's a fifth: umami, which is the flavor of savory, meaty things. One reason dashi has become central to Japanese cuisine is that it helps impart that kind of rich flavor to meatless dishes based on soy, vegetables, and fish.

In fact umami was first identified in 1908 by a Japanese scientist named Kikunae Ikeda who was thinking about why dashi had that meaty

flavor. His analysis identified a component of kombu seaweed that he decided to call umami from the Japanese word umai, "delicious." (Ikeda built an empire on that work: basically, he had discovered MSG, which he sold under the name Ajinomoto, now a giant food and chemical corporation.)

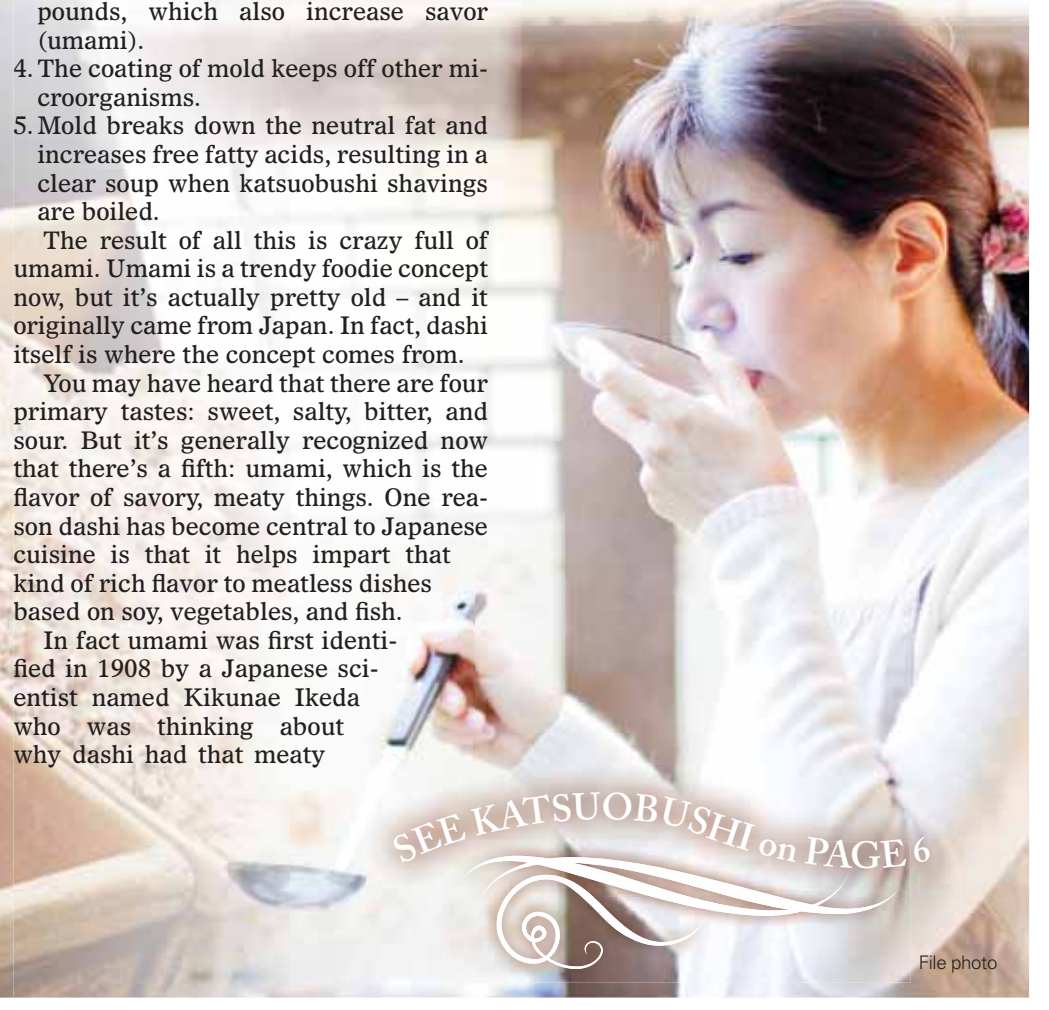
The combination of ingredients in dashi, because of the inosinic acid in katsuobushi and glutamic acid in kombu, have a synergistic effect that more than doubles that umami effect.

"One plus one becomes three or more on the umami scale," as one chef puts it.

Still, the very highest quality katsuobushi is about more than just a couple of molecules. There are subtle variations in flavor, with resulting differences in price and individual and regional preferences. Supposedly many cooks in fancy Kyoto restaurants prefer what's called Satsuma type made in Makurazaki in Kagoshima Prefecture. And individuals have individual preferences as well – dashi that tastes like mom made it can be a big deal. On my first trip to Japan, a friend took me to an udon place where she waxed ecstatic about the flavor of the dashi, a subtlety that was completely lost on me. And she's clearly not alone – it's even a trope you can find in fiction, like in a drama that I've written about elsewhere, where the proprietor of an old restaurant says she'll have to shut down if their traditional katsuobushi maker goes out of business, because their food would never be the same without it.



Okonomiyaki Source: Jackie Hoffart



SEE KATSUOBUSHI on PAGE 6

File photo



# KATSUOBUSHI: Production is up, mainly for use in more processed foods

## Modern Mcheats

It's no surprise that such a complicated food would be the target of modernizers. If you've ever bought katsuobushi yourself, you probably bought it already shaved. That's a modern development, if you count the early 20th century as modern – which is fair to say given how long katsuobushi has been around. Before that, everyone had to have one of those shaver thingies to make the flakes themselves. The shop that's said to have first started selling katsuobushi in flake form in the early Showa

era is still in business at Tsuskiji Market: Akiyama Shouten, which was founded in 1916.

It's also worth noting that nearly all of that pre-shaved katsuobushi in packets is the kind that's produced the fast way, by just smoking, not the kind that's fermented for six months. You're not going to find the best quality product in packet form, same as how you won't find the finest aged Parmigiano cheese pre-grated in a cardboard box with a shaker top.

It still counts as making dashi from scratch if you start with a packet of shavings, though, and you should try it because it's really easy. But, of course nowadays there are even shorter shortcuts. Given how fast it is to make dashi I'm a little ashamed to say that sometimes I use these little tea-bag things that

have the seaweed and fish and other ingredients in them, which you just pop into a pot of boiling water and steep for a while. They're really not bad though, compared to the fact that you can also buy dried instant granules and liquid concentrate. Can we all agree that there's no excuse for that? At least use the tea bag thingies, okay?



Pre-shaved katsuobushi in packets

## Not Dead yet

A famous American chef is even extending the technique to non-fish. David Chang of Momofuku in Los Angeles, who's known

for being into fermenting anything he can get his hands on, has invented butabushi, processing pork in a similar way. Chang seems to be another brave man in the history of fermented foods, judging from tales of the initial attempts:

Pork loin is steamed, smoked and "left to rot." The first time he made it, it was "a technicolor weird thing" covered with mold. "I wondered, am I dying as I'm breathing this in?" But when cut into, it was the same amber as katsuobushi, and just as delicious, according to Chang.

He had a hard time replicating it at first but eventually even got a scientific journal article out of documenting the process, which included having the DNA sequence of the mold analyzed.

At the end of the day, katsuobushi seems to be doing all right. People are preserving the old ways as well as changing with the times. And I'll raise a cup of miso soup to that. But not one made with granules.

Although there are worries about the preservation of Japanese traditional food culture and few people shave their own bonito flakes at home anymore, production of katsuobushi has actually been rising. And despite my own sad feelings about instant dashi granules, the reason for this increase is precisely the demand for its use in processed foods – not just convenient forms of dashi but entirely pre-made dishes like instant miso soup.

And while the majority of production is the simpler arabushi, there are producers committed to preserving the handmade product. One city, Yaezu, Shizuoka, where katsuobushi production is a major industry, has designated the art of making it the traditional way as a living cultural treasure.



File photo



Dashi in a tea bag File photo



Instant miso soup Photo by Wikimedia Commons



Katsuobushi and other fish for Dashi File photo



# PORK BALLS AND FIREHOUSE CHILI BEANS



STORY AND PHOTOS BY RUEBEN OLIVAS,  
BBQGUAM

**P**ork Balls and Firehouse Chili Beans. What else would you expect a bunch of hungry firefighters to eat? Well we cooked, we ate, we moaned. But it was good!!!

The pork balls are actually marinated pork butt cubes, cut to about one inch, marinated in Worcestershire and soy sauces and a little Cholula Hot Sauce added to round it all out. On top of this I rubbed it down with Bob-BQN's Brisket Dust Rub.

I then lightly greased up a cooking pan, added the pork and placed this in the oven at 300 F. After about 2.5 hours it is ready to serve. Here are a couple photos of the Pork Balls....

The Firehouse Chili is typical firehouse. Quick to make with a lot of flavor.

Here is the recipe....

## FIREHOUSE CHILI BEANS

### INGREDIENTS:

- One can Hormel Chili with Beans, 15 oz can
- One can Kidney Beans, 15 oz can
- One Can Stewed Tomatoes, 15 oz can
- One Can Chopped Green Chiles, 4-5 oz can
- 2 Tbsp of Bob-BQN's Brisket Dust (rub)
- 1 Tsp of Puerto Rican Pig Powder
- Kosher Salt to Taste
- One Package of Bacon, fried

### DIRECTIONS:

- Add the can of Chopped Green Chiles and sauté them in their own liquid.
- Add the can of Chili beans.
- Add the can of Kidney beans with the water.
- Add the can of Stew Tomatoes with the water.
- Add the fried bacon.
- Heat all this at medium heat stirring constantly.
- Once it starts to boil, lower heat to simmer.
- Add the Brisket Dust, Puerto Rican Pig Powder and stir.
- Taste test then add the Kosher Salt to taste.
- Continue to cook and stir until the liquid is reduced to a thick sauce.
- Serve hot.

These dishes are easy to prepare, very tasty and pack tons of flavor. This definitely fits the bill with firefighters.

To round out our meal we served corned in butter sauce, white rice and finadene.

What else could any hungry firefighter ask for in a meal?

Try it....you might like it.

All the ingredients are simmering.

Steaming hot!!!

The sauce has thickened just right and it is ready to serve.

# CHILE VERDE BURRITO

STORY AND PHOTOS BY RUEBEN OLIVAS,  
BBQGUAM

**I**wanted to eat something different but I just couldn't put my finger on it until I spoke to my sister Cynthia Vogel-sanger of San Jose, California. She told me that she was serving up Chile Verde Burritos for dinner. The big "light" went on in my head and I said to myself, "That's what I want!!" I asked her for her recipe and I set out to cook me some Chile Verde.

Here is Cynthia's recipe...

## CHILE VERDE BURRITOS

By Cynthia Vogelsanger

- Chop up cooked pork meat and 1 whole white onion
- Heat a 2 Tbs. of butter in a skillet
- Sauté onions
- Add pork or any other meat you may have.
- Add your favorite salsa
- Add 1 small can chopped green chilies ( She likes Ortega)
- Salt to taste
- Lower heat and simmer for 20 mins.

### ASSEMBLY:

- Heat a flour tortilla
- Put chile verde mixture on the tortilla
- Sprinkle some shredded cheese (Mexican 4-cheese)
- Sour cream
- Roll tortilla
- Serve with retried beans, rice, or whatever sounds good.

You can pretty much add your own Mexican spices like cumin, dried oregano, fresh tomatoes, etc. or whatever you think would spice it up. I like easy, and I pretty much make this recipe by throwing everything together and taste.

That's her recipe and a very tasty one at that.

Now I did use fresh Anaheim green peppers and I did add a little water while the chile verde was simmering. Avocado slices or guacamole would go great with this burrito also.

And of course I just happen to have a jar of my Mother's fantastic salsa that I made. Here is her recipe....

## MOM'S SALSA RECIPE

By Connie Centeno Quigley of Santa Maria, California

### INGREDIENTS:

- 14 serrano chilies
- 10 jalapeno chilies
- 10 yellow chilies
- 4 cloves minced garlic
- 1 medium red onion, cubed
- ½ tsp ground cumin
- ¼ tsp ground cloves
- 1 cup loose, chopped fresh cilantro or more to your taste
- 3 cubed fresh tomatoes
- 1 15 oz. can of tomato puree
- Salt to taste

### DIRECTIONS:

- Cook all chilies on a comal (flat pan) until they are soft;
- Take all the seeds and stems off;
- Put everything in a blender and liquefy.
- Taste test and adjust the salt and/or cilantro if desired. This will make about 2 quarts.

This is a very simple way to use up any leftover meat you may have on hand.

Enjoy and don't forget to put plenty of hot stuff on the burrito. You know you enjoy the suffering!! But it's a "good" suffering.

Here, the chile verde is simmering as I reduce the liquids.

I am heating up a flour tortilla in a pan.

Next step is to place the filling onto the tortilla and fold it.





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## A Taste of Guam



## Try our new, quirky pineapple treats

Jollibee is the flagship brand of Jollibee Foods Corporation, the world's largest and fastest growing Asian restaurant company. Known for its famous Chickenjoy, its Guam store recently launched 2 new blockbuster products that are a refreshing fit for island life: Tropical Chicken Burger and Coco Pineapple Sundae. They both contain – you guessed it! — pineapples! So, whether you think pineapples complement savory items or believe they are sacredly just for sweets, or maybe you just want to try some quirky pine treats – there is something for you at Jollibee Guam. Try them now at Micronesia Mall or via Good To-Go Delivery!



### RESTAURANT INFO



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Volume 7 Edition 24 ©SS 2021

GUAM EDITION

JANUARY 8, 2021



## Bounties from Beijing?

Report: Administration says it has intel that China offered to pay militants to kill US troops **Page 2**

A U.S. Marine with Task Force Southwest moves through a village during a patrol near Bost Kalay, Afghanistan, in June 2018.

SEAN BERRY/U.S. Marine Corps



## COVER STORY

# Officials look to verify intel about China

By PHILLIP WALTER  
WELLMAN

*Stars and Stripes*

KABUL, Afghanistan — The Trump administration is working to verify intelligence that shows China offered to pay militants in Afghanistan to kill American troops, a U.S. news website reported, citing anonymous high-level sources.

“Administration officials across multiple agencies are currently working to corroborate the initial intelligence reports,” which is in the process of being declassified, the Axios news website, which broke the story, reported.

National security advisor Robert O’Brien briefed President Donald Trump on the reports last month, Axios reported.

But the intelligence the administration claims to have was “thinner even than reports that Russia offered payments to the Taliban to target U.S. and coalition troops, which were never corroborated,” another news website said, citing an unnamed government official.

A report in The New York Times in June claimed a Russian military spy unit offered bounties to Taliban-linked militants to attack coalition forces in Afghanistan, including U.S. and British troops.

Days after that report was released, Trump dismissed it as “possibly another fabricated Russia Hoax” and said the in-



Jasmine L. Flowers/U.S. Army

**Soldiers from Task Force Stalwart, which is comprised of Soldiers from 1st Battalion, 41st Infantry Regiment, 2nd Brigade Combat Team, 4th Infantry Division, pose for a group photo on March 28, 2018, in a post in the outskirts of Afghanistan.**

formation wasn’t credible. In July, Defense Secretary Mark Esper told House lawmakers that Pentagon intelligence agencies had not corroborated the reports.

But now that Beijing faces the same accusations as Moscow did six months ago, the outgoing administration is handling the allegations “very differently,” wrote Politico reporter Lara Seligman.

In addition to briefing the president, O’Brien convened a National

Security Council Policy Coordination Committee to discuss it on Dec. 22, Seligman wrote, citing an unnamed administration official.

“The U.S. ‘treats this intelligence with caution, but any intelligence or reports relating to the safety of U.S. forces is something we take very seriously,’” the official was quoted as saying.

The allegations, which were made shortly before Trump will leave office, were out-of-charac-

ter for China, which “has long played a quiet diplomatic role in Afghanistan,” Axios reporters Jonathan Swan and Bethany Allen-Ebrahimian said.

“If this intelligence were to be confirmed, it would represent a dramatic strategic shift for China, and sharply escalate tensions between China and the U.S.,” they wrote. “If the intelligence does not prove accurate, it raises questions about the motivations of the sources behind it as well as the

decision to declassify it.”

Beijing made the alleged offer to pay bounties for attacks on U.S. troops “some time after late February when the U.S. struck its deal with the Taliban,” Axios cited a senior U.S. official as saying.

There have been no U.S. combat deaths in Afghanistan since the Feb. 29 deal was signed.

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## Army to update hairstyle, grooming standards this month

By CAITLIN M. KENNEY  
*Stars and Stripes*

WASHINGTON — Soldiers will find out this month what hairstyle and grooming changes the Army has approved from a review panel’s recommendations, according to the service.

“The Army routinely examines our policies to ensure they meet the needs of the force. This is another way we are working to improve the lives of our force by putting people first. We expect to announce the approved changes in January,” Lt. Col. Junel Jeffrey, an Army spokeswoman, said in a statement.

The changes follow a Pentagon directive in July for the military services to review their grooming and hairstyle policies “to ensure a standard of equity,” Jeffrey said.

The directive came after widespread protests across the United States calling for an end to police brutality and systemic racism. The panel that met and reviewed the policies was comprised of people of various ranks, units, ages, cultural backgrounds, races and genders, according to the Army statement.

“In addition to reviewing grooming policies to identify and resolve issues of racial inequality, the panel conducted a wider assessment to consider input submitted from soldiers across the force,” Jeffrey said.

Their recommendations have now been sent to the Army’s senior leadership and are awaiting approval.

Sgt. Major of the Army Michael Grinston tweeted that “hair is absolutely something the Project Inclusion team is actively working. We’ll have an update in the next month.”

Project Inclusion is a new Army initiative “to improve diversity, equity and inclusion across the force and build cohesive teams,” according to a service news release.

The recommendations that the panel submitted on hairstyles would allow women to have more versatility when they are in uniform and also address concerns about their hair that are now being unmet such as hair loss due to alopecia or traction alopecia caused by tight hairstyles such as buns, according to presentation slides about the recom-

mendations published by the online publication Task & Purpose.

Women can now wear ponytails when they are doing physical training, but otherwise their hair needs to be in a bun. The panel has recommended women can wear a ponytail in any uniform as long as it does not fall past the top of the shoulder blades, according to the slides.

The panel also recommended Army regulations no longer specify a minimum hair length for women. Now, women cannot have hair shorter than a quarter of an inch from the scalp. A slide states women who have to shave their hair for Ranger School or Special Forces selection are actually out of regulation.

“Additionally, it should be a woman’s choice if she wants to have hair or not. This will also help to alleviate the stress and embarrassment of female soldiers who suffer from alopecia or other medical conditions that causes hair loss or prevents growth. This will help to increase health and wellness,” according to one of the slides.

Women also might soon be permitted to wear their locs or twists in a braid if

Army leadership accepts the panel’s recommendation. Women can only wear one hairstyle at a time, according to current regulations. The panel also recommended women be able to wear a side twist or braid as long as it doesn’t interfere with headgear and protective equipment such as a helmet, according to the slide.

Earrings were another appearance item that the panel considered for a regulation change. It recommended allowing women to wear earrings while they are in their Army combat uniform, but only while they are in garrison, not on deployment or in the field, according to a slide. Women can only wear earrings now when they are in their dress uniforms.

The earrings depicted in the presentation slide are small studs, not loops or earrings that hang from the earlobe. Commanders will still have the authority to determine whether wearing the earrings “increases the risk of a safety hazard,” according to a slide.

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## MILITARY

# Remembering troops who died in Afghanistan in 2020

BY PHILLIP WALTER WELLMAN  
*Stars and Stripes*

KABUL, Afghanistan — Ten American service members died in Afghanistan in 2020, including four who were killed in action, making for the lowest number of U.S. combat deaths in the country in any year since the war began in October 2001.

All four combat deaths occurred before Feb. 29, when the Taliban agreed under a deal signed with the U.S. not to attack international troops and the Americans pledged to fully withdraw from the country by May, provided certain conditions were met.

U.S. troop levels in Afghanistan are expected to fall to around 2,500 by mid-January, the lowest they've been since the war started more than 19 years ago.

The steep reduction in troop numbers is seen as an attempt by President Donald Trump to fulfill a 2016 campaign promise to extract the U.S. from "endless wars."

More than 2,300 American service members have been killed in Afghanistan and over 20,000 have been wounded since the conflict began.

## Ian P. McLaughlin

Army Staff Sgt. Ian P. McLaughlin, 29, died on Jan. 11, when his vehicle hit a roadside bomb in southern Kandahar province.



McLaughlin

He was on his first combat deployment and was killed alongside Army Pfc. Miguel Angel Villalon.

McLaughlin, of Newport News, Va., was assigned to the 307th Brigade Engineer Battalion, 3rd Brigade Combat Team, 82nd Airborne Division, out of Fort Bragg, N.C.

He joined the Army in 2012 as a horizontal construction engineer, before being reassigned four years later to the 82nd Airborne Division, where he ultimately became a squad leader.

"He wanted to serve," said his cousin, Rachel Mathes. "He died doing what he wanted to do."

McLaughlin's awards and decorations include the Purple Heart and Bronze Star Medal.

He is survived by his wife and four children.

## Miguel A. Villalon

Army Pfc. Miguel A. Villalon, 21, was killed on Jan. 11, when his vehicle struck a roadside bomb that also took the life of Army Staff Sgt. Ian P. McLaughlin and injured two other soldiers. The Taliban claimed responsibility for the blast.



Villalon

Villalon was assigned to the 307th Brigade Engineer Battalion, 3rd Brigade Combat Team, 82nd Airborne Division, out of Fort Bragg, N.C.

An Illinois native, Villalon joined the Army in 2018 to become a combat engineer. He was on his first combat mission when he was killed.

"Miguel was a young soldier with dreams for the future and a desire to make a difference in the world today," said Richard C. Irvin, the mayor of Aurora, Ill., where Villalon went to high school.

Villalon's awards and decorations include the Purple Heart and Bronze Star Medal.

He is survived by his mother, who lives in Chicago, and his father, who lives in Brownsville, Texas.



Left: Voss. Right: Phaneuf with his wife, Megan Murat

## Paul K. Voss

Air Force Lt. Col. Paul K. Voss, 46, died on Jan. 27, when a Bombardier E-11A aircraft he was piloting crashed in central Ghazni province. Air Force Capt. Ryan S. Phaneuf was also killed.

The crash was a noncombat incident that was not caused by enemy fire, the military said.

Voss, who grew up in Guam, was assigned to Air Combat Command headquarters at Joint Base Langley-Eustis in Virginia.

Voss served 25 years in active duty with the Air Force and was on a voluntary deployment supporting the 455th Air Expeditionary Wing at the time of his death.

Voss's decorations include the Meritorious Service Medal and the Aerial Achievement Medal.

He is survived by his wife, Shannon, and their three daughters.

## Ryan S. Phaneuf

Air Force Capt. Ryan S. Phaneuf, 30, was killed in a plane crash in central Ghazni province on Jan. 27, alongside Air Force Lt. Col. Paul K. Voss.

The crash was a noncombat incident that was not caused by enemy fire, the military said.

Phaneuf was assigned to the 37th Bomb Squadron at Ellsworth Air Force Base, S.D., and was flying in support of Operation Freedom's Sentinel at the time of his death.

The Hudson, N.H., native entered active duty in June 2012 after being commissioned through ROTC.

Phaneuf's awards and decorations include the Air Force Commendation Medal.

He is survived by his wife, Megan Murat Phaneuf.

## Javier J. Gutierrez

Army Sgt. 1st Class Javier J. Gutierrez, 28, died on Feb. 8, in an insider attack in eastern Nangarhar province. Army Sgt. 1st Class Antonio R. Rodriguez was also killed



Left: Gutierrez'. Right: Rodriguez

in the attack.

Gutierrez was assigned to 3rd Battalion, 7th Special Forces Group, out of Eglin Air Force Base, Fla.

Gutierrez enlisted in the Army in 2009 and, in 2015, graduated as a Special Forces communications sergeant and reported to 7th Group.

He was on his first deployment to Afghanistan and had deployed once to Iraq as a paratrooper.

"Sgt. 1st Class Gutierrez was a warrior that exemplified selfless service and a commitment to the mission, both values that we embody here in the 7th Special Forces Group," Col. John W. Sannes, 7th Group commander, said in a statement.

Gutierrez was posthumously promoted to sergeant 1st class and awarded the Purple Heart and Bronze Star medal.

He is survived by his parents; his wife, Gabriela Elena, and their four children.

## Antonio R. Rodriguez

Army Sgt. 1st Class Antonio R. Rodriguez, 28, was killed in an insider attack in eastern Nangarhar province on Feb. 8 alongside Army Sgt. 1st Class Javier J. Gutierrez.

Rodriguez was assigned to 3rd Battalion, 7th Special Forces Group, out of Eglin Air Force Base, Fla.

Rodriguez graduated high school in the spring of 2009 and enlisted in the Army the following October.

He was first assigned to 3rd Battalion, 75th Ranger Regiment, out of Fort Benning, Ga., and deployed eight times as a Ranger. In 2018, he reclassified as a cryptologic linguist with Spanish as his chosen language. He deployed twice with 7th Group.

Rodriguez is survived by his parents and his wife, Ronaleen.

## Branden T. Kimball

Army Spc. Branden T. Kimball, 21, died in a noncombat incident at Bagram Airfield on Feb. 12.

Kimball was assigned to 3rd Battalion, 10th Aviation Regiment, 10th Combat Aviation Brigade, out of Fort Drum, N.Y.



Kimball

A native of Central Point, Ore., Kimball joined the Army in 2016 and served as an aircraft structural repairer. He was on his second deployment at the time of his death.

His awards and decorations include the Afghanistan Campaign Medal with Campaign Star.

Kimball is survived by his mother and three brothers.

## Trevarius R. Bowman

Army 1st Lt. Trevarius R. Bowman, 25, died on May 19, in a noncombat incident at Bagram Airfield.

Originally from Spartanburg, S.C., Bowman was assigned to Company B, 198th Signal Battalion, 261st Signal Brigade, out of Newberry, S.C. The unit is attached to the 228th Theater Tactical Signal Brigade with the South Carolina National Guard.



Bowman

He earned a bachelor's degree in information management systems from the University of South Carolina Upstate and joined the university's Palmetto College campus as an IT specialist in 2018, according to the USC website.

Bowman's awards and decorations include the Army Reserve Component Achievement Medal, the Army Commendation Medal and the Afghan Campaign Medal.

He is survived by family, including Kierra Bowman, his sister, who said on Facebook that his death had taken them by surprise.

## Vincent S. Ibarria

Army Spc. Vincent S. Ibarria, 21, died on July 3 in a vehicle rollover accident in western Farah province.



Ibarria

Ibarria was assigned to 2nd Battalion, 22nd Infantry Regiment, 1st Infantry Brigade Combat Team, 10th Mountain Division, out of Fort Drum, N.Y.

He was originally from San Antonio, Texas, and was deployed to Afghanistan to support Operation Freedom's Sentinel.

In online tributes, friends remembered Ibarria as loyal, kind and positive.

## Joseph T. Allbaugh

Army 1st Lt. Joseph T. Allbaugh, 24, died in a noncombat incident in southern Kandahar province on July 12.

Allbaugh was assigned to 2nd Battalion, 44th Air Defense Artillery regiment, 108th ADA Brigade, out of Fort Campbell, Ky.



Allbaugh

He was raised in Folsom, Calif., and graduated from Vanguard University in 2018. He was commissioned through the ROTC as an Army air defense artillery officer.

Allbaugh was serving as an engagement operations cell battle captain in Kandahar at the time of his death.

Allbaugh's awards include the Afghanistan Campaign Medal, National Defense Service Medal, Global War on Terrorism Service Medal and the Army Service Ribbon.

He is survived by his wife, Ashley.



## MILITARY

# Remembering US troops who died in Iraq, Syria

BY CHAD GARLAND  
*Stars and Stripes*

Four U.S. service members were killed during hostilities and four others died in noncombat incidents in Iraq and Syria in 2020 as America wound down its role in the fight against Islamic State.

The eight deaths last year bring to 99 the number of American troops who have died while taking part in the U.S.-led coalition battling ISIS since it began a little over six years ago. Twenty-one were killed in combat and more than 235 have been wounded in action.

All four combat deaths happened in March, two during an operation against ISIS in northern Iraq and two in a rocket attack on Camp Taji, near Baghdad. A British soldier was also killed and 14 troops were wounded in the rocket attack, which the Pentagon has blamed on pro-Iran Shiite militias.

The U.S. is expected to reduce troop numbers in Iraq to around 2,500 by mid-January. Hundreds of troops are expected to remain in eastern Syria.

## Spc. Antonio I. Moore

Spc. Antonio I. Moore, 22, of Wilmington, N.C., died in Deir al-Zour province, Syria, on Jan. 24, when his vehicle rolled over during route clearance operations, the Pentagon said. Moore was assigned to the Army's 363rd Engineer Battalion, 411th Engineer Brigade, out of Knightdale, N.C.

"Antonio was one of the best in our formation," Lt. Col. Ian Doiron, the battalion's commander, said in a statement at the time.

Moore, who was on his first deployment since enlisting in the Army as a combat engineer in May 2017, was survived by his mother, stepfather, three brothers and one sister, the Vicksburg, Miss.-based 412th Theater Engineer Command said in a statement.

His awards and decorations include National Defense Service medal and the Army Service Ribbon.

## Gunnery Sgt. Diego D. Pongo

Gunnery Sgt. Diego D. Pongo, 34, of Simi Valley, Calif., was killed on March 8 alongside another special operations Marine during a joint U.S.-Iraq raid to destroy an ISIS hideout in a mountainous area of northern Iraq.



Pongo

Pongo, a member of 2nd Marine Raider Battalion out of Camp Lejeune, N.C., joined the service in 2004 and had served eight years with the elite Raiders. He was an advanced sniper, a foreign weapons instructor and a combat marksmanship leader.

## Capt. Moises A. Navas

Capt. Moises A. Navas, 34, of Germantown, Md., was killed along with Pongo on March 8.

Like Pongo, he joined the Marines in 2004 and was with the 2nd Marine Raider Battalion. He earned his commission through an enlisted-to-officer program in 2010 and served as an infantry officer before becoming a Raider in 2016.

"They were dedicated leaders, true professionals in their craft, and willing to go above and beyond for the mission and their team," said Lynch, their regimental commander.

He and Pongo were killed while accompanying Iraqi forces on a mission during which they discovered a well-defended cave complex in the mountains. About two dozen ISIS fighters were reportedly killed in the firefight.

## Staff Sgt. Marshal D. Roberts

Air Force Staff Sgt. Marshal D. Roberts, 28, of Owasso, Okla., died March 11 as the result of a rocket attack on Camp Taji, Iraq, that also killed Army Spc. Juan Miquel Mendez Covarrubias and 26-year-old British combat medic Lance Cpl. Brodie Gillon.

Roberts joined the service in May 2014 and was the senior personnel noncommissioned officer on the deployment with the 219th Engineering Installation Squadron of the Oklahoma Air National Guard's 138th Fighter Wing, which is headquartered in Tulsa.



Roberts

"They were intelligent, courageous and loyal," said Col. John Lynch, head of Marine Raider Regiment, to which both men were assigned. "They were also family men."

Roberts was a "dedicated Airman, mentor and leader," said Col. Michael Meason, commander of the wing, where Roberts' wife also served. The couple had an 8-year-old daughter.

"We are devastated by the loss of Staff Sgt. Roberts who served selflessly and with honor," said Maj. Gen. Michael Thompson, Oklahoma's adjutant general.

## Spc. Juan Miquel Mendez Covarrubias

Spc. Juan Miquel Mendez Covarrubias, 27, of Hanford, Calif., a member of the 1st Cavalry Division's 1st Air Cavalry Brigade out of Fort Hood, Texas, was promoted to specialist following his death on March 11 in the rocket attack on Camp Taji.

The signal support systems specialist joined the Army in 2018 and served with the brigade's 1st Battalion, 227th Aviation Regiment since March 2019. He deployed in support of Operation Inherent Resolve in October 2019.

"The regiment and his fellow Soldiers are grieving the loss of a true warrior," his battalion commander Lt. Col. Adam S. Camarano said in a statement expressing condolences to his friends.

## Sgt. 1st Class John David Hilty

Sgt. 1st Class John David Hilty, a 44-year-old soldier from Bowie, Md., died in a noncombat incident on March 30 in northern Iraq, a few months before he was expected to retire.

The petroleum supply specialist was serving with the Fort Hood, Texas-based 1st Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, 1st Cavalry Division.

"He was an exceptional leader who will be sorely missed throughout the entire formation," said 1-227th commander Lt. Col. Adam Camarano.

The father of a son who was born around the time of his third deployment to Afghanistan in late 2008, Hilty joined the Army as a combat engineer in April 1999 and deployed to Iraq in October 2019.



Hilty

## Sgt. Christopher Wesley Curry

Sgt. Christopher Wesley Curry, 23, of Terre Haute, Ind., died May 4 in a noncombat incident in Irbil, in northern Iraq.

He was serving with the 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, out of Fort Wainwright, Alaska.

"His honesty, light heartedness, and wit will always be remembered by his brothers in arms," said Lt. Col. Jimmy Howell, the battalion commander.

His father, Michael Curry, served 22 years in the Army, and his two brothers are in the service.

"Being in the military, I have lost friends who I consider family," Michael Curry told Terre Haute's Fox 10 television news, days after his son's death.

"I never thought it would hit home like it has. I have two other sons that are still in the military. I thought they would all come back home to me safe and sound."

## Sgt. Bryan "Cooper" Mount

Sgt. Bryan "Cooper" Mount was killed when his all-terrain vehicle rolled over during a patrol in eastern Syria on July 21.

The 25-year-old cavalry scout from St. George, Utah, was serving with the 82nd Airborne Division's 2nd Brigade Combat Team.

He had previously deployed with the brigade to Iraq in 2017 during the nine-month campaign to oust ISIS from Mosul, the country's second-largest city.

Mount joined the Army in January 2016 and had earned many awards and decorations, including an Army Commendation Medal with Combat device, Army Good Conduct Medal, Combat Action Badge and Army Parachutist Badge.

Lt. Col. Val Moro, his commander in 1st Squadron, 73rd Cavalry Regiment, said his "care-free and easygoing personality" made him approachable and well-loved among his fellow soldiers.

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# Army's new cannon hits target 43.5 miles away in test

BY JOHN VANDIVER  
*Stars and Stripes*

A U.S. Army cannon has hit a target 43.5 miles away, marking a milestone in the push to develop longer range artillery, the service said.

Three M982A1 Excalibur weapons were launched from its Extended Range Cannon Artil-

lery, during a test at the Army's training area in Yuma, Ariz., Army Futures Command said in a statement this week. The weapon hit its target on the third attempt.

For the Army, extending the reach of its cannons is a priority as it seeks to counter advanced potential adversaries like Russia

and China. The service is looking to develop systems that put Army units out of the range of enemy ground forces.

"I don't think our adversaries have the ability to hit a target on the nose at 43 miles," Brig. Gen. John Rafferty, director of the Army's Long-Range Precision Fires Cross Functional Team,

told Defense News following the Saturday test.

The ERCA cannon relies on a M109A7 Paladin howitzer chassis and uses a 58-caliber gun tube, as opposed to the 39-caliber gun tube found on other howitzers.

Design work on a final version of the cannon could be finished in 2021, with hopes of fielding the

weapon by 2023, the Army said. Service leaders have said long-range precision fires from ground forces are an important part of a modernization effort to give forces "a decisive advantage" in future fights.

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## MILITARY

# Detailing disparities

Report: Black members of Air Force, Space Force not treated the same as white troops

By COREY DICKSTEIN  
*Stars and Stripes*

WASHINGTON — Black troops in the Air Force and Space Force are investigated and punished far more often than their white counterparts and they receive fewer career advancement opportunities, according to a review by the Air Force inspector general published Dec. 21.

The four-month data analysis by the inspector general found disparities exist in the treatment of Black and white troops within the Air Force Department, Lt. Gen. Sami Said, the service IG chief, said. However, the investigation did not attempt to determine the actual causes of those discrepancies, meaning Said could not definitively say they were the result of racism or other biases within the force.

“That requires more detailed assessment and analysis,” Said told reporters in a phone call before the report’s release. “If you don’t know where there’s potential smoke, and if you don’t know if it’s smoke or dust, you’ll wander all over the place. So, this review tells us where to focus ... and where additional analysis is absolutely required.”

## Addressing disparities

The Air Force has already begun probes aimed at identifying and addressing the root causes of the disparities, which will be largely driven by institutions within the Air Force with the inspector general’s help, the general said. He committed to making public further Air Force findings on discrepancies in the way that Black and white troops are treated.

The initial inspector general review was launched at the request of the Air Force Department’s top civilian and military leaders during the summer amid a racial reckoning nationwide following the killing of George Floyd by Minneapolis police. Said was charged with determining in about 120 days whether the military had disparities that could be documented about how it treated its Black personnel. IG investigators looked at more than five years of data and surveyed some 123,000 troops in an effort to quickly make a determination.

The data is clear that disparities exist, Said said.

Among the statistics noted in the IG report:

- Enlisted Black airmen and guardians were 72% more likely than whites to be punished through the Uniform Code of Military Justice or through non-



ISMAEL ORTEGA/U.S. Air Force

**U.S. Air Force Honor Guard members execute drill movements at the Alamo in San Antonio, Texas. A report found disparities in the treatment of Black and white troops in the Air Force.**

judicial punishment measures.

- Enlisted Black airmen and guardians were 57% more likely than whites to face a court-martial.

- Black junior enlisted Air Force and Space Force troops are twice as likely to be involuntarily discharged for misconduct than white troops.

- Black Air Force and Space Force service members are 1.64 times more likely to be named suspects in Air Force Office of Special Investigations criminal cases than white service members.

- Black airmen and guardians are twice as likely to be apprehended by Air Force security forces than white airmen and guardians.

- Black officers are less likely than white officers to be designated to attend professional military education courses.

- Black Air Force and Space Force members are less likely to be promoted to the ranks of E-5 through E-7 and O-4 through O-6.

## ‘Drowned with feedback’

Many of the results were unsurprising, Said said, but he had not anticipated the “unprecedented” number of responses from service members who wanted to share their own experiences in

the surveys, follow-up reports, and 138 small-group interviews with IG staff at bases across the country.

“The pent-up angst on the topic [and] the volume was surprising,” Said said. “When we asked for feedback, I expected to get feedback, but we were just drowned with feedback. The airmen were very eager to tell the story. They wanted their voices heard.”

Said told reporters that the responses to survey questions revealed that information provided by Air Force and Space Force troops largely matched the data that IG investigators observed.

In many of those cases, Said said, racism was probably a factor. About 50% of Black service members polled during the review reported they had experienced racism firsthand by another member of the Air Force Department. Less than 14% of white respondents to the survey reported experiencing racism.

But the IG had no way during its short review to determine the veracity of specific accusations of bias levied by troops participating in the surveys and listening sessions.

“We have enough feedback ... that it is likely that some of these elements [of racism and bias] are

contributing factors based on what we’re hearing from the voice of the airmen,” Said said. “I can’t validate what Airman X, Y or Z said, but if 1,000 airmen are saying the same thing, then I have got something that is almost validating itself. So, we have indications that there is a there, there.”

The review revealed 40% of Black service members did not trust their commanders to address racism or biases, while only 10% of white service members reported such distrust in their chains of command.

Black service members also reported they felt they were less likely to receive opportunities to advance in their careers than their white counterparts, and they were more likely to be punished. Those survey findings largely matched the data that the IG found.

The survey found another troubling aspect in that several service members in supervisory positions believed they were under pressure from leaders to punish Black service members for minor infractions for which white troops would likely not be disciplined.

“Several first-line supervisors stated when Black service members came into work late, lead-

ership would not give them the benefit of the doubt and [instead] ‘go hard’ on them,” the report reads. “In contrast, if white service members came in late, they would ask if the person is OK and give them the benefit of the doubt.”

## Non-racial problems

While those issues are likely rooted in racism, Said said, other problems cannot so easily be traced to biases.

For example, the general said, Blacks are severely underrepresented within the pilot force. Only about 2% of the Air Force’s entire pilot population is Black, a figure that includes Gen. Charles “CQ” Brown, who in August became the first Black military service chief.

Said, who is a fighter pilot, said there is evidence that Black service members end up more often in support specialties with jobs similar to civilian roles than operational specialties — such as flying, combat control, or search and rescue — because they are less likely to be exposed to veterans of the operational Air Force in majority-Black communities.

He said he knew Air Force pilots growing up, which attracted him to the service and flying.

“But if you just know about the Air Force generally, and you’ve not ever been exposed to what it’s about to be a pilot in the Air Force before you join the Air Force, you’re likely to go to do something else,” Said said. “That’s not bad at all, right? All specialties are equally important, but the exposure early on to the pilot career field is lacking [and] could be further enhanced and their specific initiatives ... on how to address that.”

Air Education and Training Command has already begun working to assess ways to attract more Black service members into its pilot corps, Said said.

The Air Force IG chief said it would take years to fully investigate and reverse issues that have led to the obvious racial disparities in the Air Force. He said the IG was committed to revisiting the issue every year until it was satisfied that Air Force and Space Force had adopted solutions to the problems.

He committed the IG will continue investigating until the institutions have determined the causes of racial disparities and instituted changes that have begun producing results.



## MILITARY

# Bill would create path to repatriate Medals of Honor

By ROSE L. THAYER  
*Stars and Stripes*

AUSTIN, Texas — Sen. Ted Cruz, R-Texas, has introduced legislation that allows Americans to purchase Medals of Honor found overseas and return them to the United States for educational purposes, repairing an unintended consequence of the Stolen Valor Act that banned importing the military medal.

The Limiting and Enabling Gathering Awards Commemorating Yesteryear Act, or LEGACY Act, creates a way for the medals to be purchased by Americans or American institutions only for educational use. The defense secretary must approve those purchases and the subsequent importation of the medal.

The bill, which is headed to the Senate's Finance Committee, also threatens sanctions for those who engage in financial transactions of a Medal of Honor, unless it is to return the medal to the United States. Potential sanctions could include freezing assets in American territories, revoking or denying visa applications or arrest upon entering the United States.

"Foreign sales of Medals of Honor harm the dignity and honor of all recipients," Cruz said in a statement. "By creating a process for these medals to be donated to the military, museums, or educational institutions, future generations of Americans will be able to learn more about Medal of Honor recipients' heroic service and countless contributions to our country."

The question of what should happen to a medal when the veteran who received it has died draws impassioned responses and was part of the Stolen Valor Act in 2006. The bill, which was last modified in 2012, cracked down on people falsifying military service and awards and also banned the sale of a Medal of Honor, the highest valor award bestowed upon American service members.

Subsequently, it also banned returning from overseas with a Medal of Honor, regardless of whether the transaction was legal in the country where it occurred.

In total, 3,526 Americans have earned the Medal of Honor since it was first authorized by Congress in December 1861. More than 1,500 were issued in the Civil War, which predates the current standards for consideration.

In some cases, a family line dies out and there is no one to inherit a medal. In other instances, recipients or their families just don't want the medal anymore, said Robert Wilson, who owns a store called Tar-bridge Military Collectibles in Fayetteville, N.C., that specializes in buying and selling military items.

"These medals were the most hated thing in my house," Wilson recounted a woman told him in his shop as she sold her brother's medals decades after he was killed in Vietnam. "She said, 'They took my brother and put those in place of him.'"

However, there are plenty of collectors out there "who volunteer their own time and money to pay for the privilege of curating this stuff," said Jeff Schrader, a military antique dealer in Burfordville, Mo. "In reality, the work that they are doing, is really why a great many things will exist 100 years from now that would not otherwise."

Last year, a Medal of Honor presented to Army Pvt. Thomas Kelly in 1899 for his efforts in the Spanish-American War turned up for sale in a German auction house. It sold for more than \$15,000. Neither the buyer nor seller were made public, so how Kelly's medal made its way to Germany is not known.

At the time, Cruz made an unsuccessful attempt to intervene and halt the sale, as did the National Medal of Honor Museum Foundation, which is raising \$185 million to build a museum for the Medal of Honor in Arlington, Texas.

Hermann Historica, the German auction house selling the medal, offered to sell the medal directly to the museum. However, the museum did not accept the offer because returning it stateside would have been illegal.

The LEGACY Act states the defense secretary will have the authority to approve organizations to purchase and/or import Medals of Honor back to America, but the medal must go to a museum, educational institution, or back to the service branch that originally awarded it.

This path to repatriation is the most important part of the bill, said James Connors, CEO of the museum foundation.

"It intends to stretch our law to international law, but it's going to require cooperation with our allies," he said.

The museum is still about four years away from opening its doors, though it has

**"We're still in the process of raising the profile and awareness of what [we are] doing here in Arlington. I couldn't think of better way to do that than to be the agent that repatriates a medal or more than one medal."**

**James Connors**

CEO of National Medal of Honor Museum Foundation



Courtesy of Rob Shenk

**The family of Army Spc. Robert Law donated the soldier's Medal of Honor to the National Medal of Honor Museum Foundation.**

already begun to acquire Medals of Honor, mainly through family donations. They accepted two medals donated by the families of Army Spc. Robert Law and Army Maj. Charles Davis last year.

Davis's son presented the foundation with the medal that his father received in 1943 for action in World War II. The donation also included letters that Davis wrote to his wife about receiving the medal. Law received the medal for actions in the Vietnam War.

These and any other medals housed in the museum will be the "crown jewels" of the collection, Connors said. Should Cruz's bill pass into law, Connors said they would immediately file to get approval to begin acquiring medals overseas and begin returning them to America. They are already purchasing items off the market that will aid in the museum's storytelling and artifact collection.

"Our mission is a patriotic mission and the LEGACY Act is, of course, a patriot piece of legislation," Connors said. "We're constantly on the lookout across the world for opportunities. We're still in the process of raising the profile and awareness of what [we are] doing here in Arlington. I couldn't think of better way to do that than to be the agent that repatriates a medal or more than one medal."

While Cruz's law paves the way for medals to come home for educational purposes, it does not allow for collectors to apply for the waiver to bring the medal home to keep for themselves.

Wilson said he believes a repository such as the museum in Texas could be beneficial for the Medal of Honor. However, when it comes to a medal such as the Purple Heart, which has been issued 1.8 million times, it is far more difficult to say that a repository for all of them is the best choice.

In his shop, an infantryman's Purple Heart can sell for about \$350 to \$400. However, if the service member was part of an elite unit or battle, its price can jump into the thousands.

As controversial as it is, Wilson said assigning monetary value to medals is what preserves them.

"I sell medals and to some people that's horrible," he said. "I sell medals because I don't want them to wind up in the landfill."

However, Medals of Honor might continue to end up overseas because of the money, even at the risk of breaking the law, said Schrader, who owns Advance Guard Militaria.

If Cruz wanted these medals back in America, "the solution to that is to lift the prohibition on sales of them here in the United States," he said. "That would be a very controversial thing, and I understand that a lot of people would be very unhappy to hear that. But the people who own them who are not in a position to take the financial hit of giving them to a museum when they want to sell them, where do they go? They go illegally to Europe and sell them."

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## MILITARY

# ‘Peanuts’ maker Schulz inspired by WWII service

By J.P. LAWRENCE  
*Stars and Stripes*

The cartoonist who created the Peanuts gang and television specials like “A Charlie Brown Christmas” drew from some of his experiences as an Army staff sergeant during World War II to fashion the enduringly popular comic series.

Charles Schulz, the cartoonist behind “Peanuts,” took part in the liberation of the Dachau concentration camp and the occupation of Munich shortly before the end of the war.

Biographies about Schulz, as well as his own essays, talk about the impact military service had on him and the characters he created.

“The three years I spent in the army taught me all I needed to know about loneliness,” Schulz wrote in “My Life with Charlie Brown,” published in 2010. “My sympathy for the loneliness that all of us experience is dropped heavily upon poor Charlie Brown.”

Much like Charlie Brown, Schulz was a small, shy and geeky boy who dwelled on his bad luck, and there was a real Little Red-Haired Girl who turned down his affections, according to the 2007 book “Schulz and Peanuts: A Biography,” by David Michaelis.

In November 1942, Schulz received his draft notice. The Army’s call meant that he would have to leave his mother who was suffering from cervical cancer. Schulz dutifully reported to Fort Snelling in Minnesota for induction into the service, visiting his mother whenever he could on weekend passes and holiday furloughs.



U.S. Army

**Staff Sgt. Charles M. Schulz in his U.S. Army uniform in 1943.**

On one of these trips, his mother from her sickbed told him it would be nice if the family had a dog named Snoopy, a name much like a common Norwegian form of endearment, Michaelis wrote. But this was never to be. She died in February of 1943 and Schulz left for basic training a few days later.

He arrived at the newly built Camp Campbell in Kentucky and was assigned to the 20<sup>th</sup> Armored Division. Other soldiers remembered Schulz as being homesick and visibly lonely. Schulz recalled crying himself to sleep in his bunk as he grieved his mother amid the stresses of training for combat.

But during his stint in basic training, Schulz’s confidence grew, and his intelligence and



ROGER HIGGINS / Library of Congress

**Charles M. Schulz sits at drafting table with a drawing of Charlie Brown in 1956.**

**“The three years I spent in the army taught me all I needed to know about loneliness. My sympathy for the loneliness that all of us experience is dropped heavily upon poor Charlie Brown.”**

**Charles Schulz**

Written in his 2010 book “My Life with Charlie Brown”

proficiency in weapons set him apart.

He became a staff sergeant and a squad leader, and was selected to train the new batch of incoming recruits.

On Feb. 25, 1945, Schulz’s unit landed in France. They trained at a chateau near Rouen in Normandy.

Schulz would often think about the gray stone walls of this chateau, he wrote in a 1991 essay about how he found ideas

for his comics. Charlie Brown and pals would one day spend a night at the chateau in the movie “Bon Voyage, Charlie Brown (and Don’t Come Back!!).”

His unit trekked 1,400 miles through Europe, entering Germany and playing a part in liberating Dachau, according to the Charles M. Schulz Museum and Research Center.

He survived some close calls, including a sniper attack in a village near Rosbach, Germany, and a moment where he was seconds from killing two German soldiers, only for them to surrender at the last moment, Michaelis wrote.

Schulz came home from the war newly confident, but he would always remember how his return didn’t have the fanfare he expected. His father didn’t stop cutting a customer’s hair to welcome him back, he said.

Schulz pursued cartooning, which he had trained for prior to getting drafted. By 1950, his comic strip “Peanuts” reached

national syndication, leading to a career in which Charlie Brown and his pals would wind up in newspapers, TV shows and merchandise the world over.

He made a point of paying tribute to other WWII veterans through his cartoons. On Veterans Day, Snoopy would quaff root beers with Stars and Stripes cartoonist Bill Mauldin, whose comic strip, “Willie and Joe,” Schulz had read while deployed.

Schulz led efforts to honor the D-Day invasion and donated \$1 million to fund what would become the National D-Day Memorial in Bedford, Va.

Schulz died in 2000, age 77, of colon cancer, just hours before his last cartoon published.

His Combat Infantryman Badge would remain one of his proudest possessions throughout his life, and he would proudly recall how he was, in his words, “a foot soldier.”

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