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Taiwan

Stunning island paradise a trip to remember

Pages 8-10

Dragon and Tiger pagodas Photo by Sarah Hodge

Servicemembers, arm yourself with basic car-buying skills

Pages 6-7

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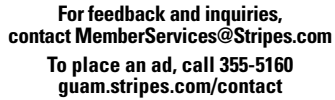
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PHOTOS BY AIRMAN 1ST CLASS MICHAEL S. MURPHY,
U.S. AIR FORCE

A memorial for agent Adrianna Vorderbruggen is shown during a ruck march in her honor on Andersen Air Force Base on Dec. 20. Vorderbruggen was honored along with five airmen, two security forces and three other special agents assigned to the Air Force Office of Special of Investigation who were killed in action Dec. 21, 2015.



Airmen link arms while a prayer is given around a memorial on Tarague Beach.

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Lt. Nathan Fouratt, assigned to the Los Angeles-class fast attack submarine USS Topeka, is welcomed by Annania Nauta, Miss Guam 2020, upon departing the submarine following a deployment.



Lt. Cmdr. Bill Parks greets his family.

PHOTOS BY PO2
KELSEY HOCKENBERGER

Welcome home, Topeka!



Cmdr. Richard Salazar, commanding officer of the USS Topeka, congratulates his sailors while departing the submarine.

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VOLKSWAGEN	KARMAN GHIA	1965	73494	145422999	YELLOW	\$19,995	STANDARD
TOYOTA	TACOMA	2015	90690	5TFJX4CN4FX061690	BLACK	\$17,995	AUTOMATIC
HONDA	RIDGELINE	2013	50170	5FPYK1F28DB017753	BLUE	\$17,995	AUTOMATIC
TOYOTA	SIENNA	2015	47516	5TDKK3DC2FS681552	BLUE	\$15,995	AUTOMATIC
FORD	EXPLORER SPORT TRAC	2010	39445	1FMEU2DE2AUA21739	BLACK	\$14,995	AUTOMATIC
LEXUS	LS 460 L	2010	49696	JTHGL1EF8A5039561	RED	\$14,995	AUTOMATIC
LINCOLN	NAVIGATOR	2008	64592	5LMFL28578LJ12164	BLACK	\$14,995	AUTOMATIC
TOYOTA	RAV4	2015	41569	JTMZFREV2FJ035057	BLACK	\$13,495	AUTOMATIC
NISSAN	XTERRA	2014	33217	5N1AN0NU7EN804531	SILVER	\$13,495	AUTOMATIC
NISSAN	FRONTIER KING CAB	2014	55949	1N6BD0CT3EN706826	BLACK	\$12,995	AUTOMATIC
INFINITI	FX35	2009	61789	JNRAS18W59M151306	COPPER	\$12,995	AUTOMATIC
DODGE	RAM 1500 QUAD CAB	2010	53014	1D7RB1GK4AS196440	SILVER	\$11,995	AUTOMATIC
TOYOTA	FJ CRUISER	2007	103880	JTEBU11F570079838	SILVER	\$11,995	AUTOMATIC
TOYOTA SCION	XB	2013	49210	JTLZE4FE7DJ047033	BLACK	\$10,995	AUTOMATIC
FORD	F150	2010	19868	1FTMF1CW1AFC41716	WHITE	\$10,995	AUTOMATIC
TOYOTA	FJ CRUISER	2007	110930	JTEZU11F070013311	BLACK	\$10,995	AUTOMATIC
BMW	X5	2007	55000	5UXFE43587LY82391	BLACK	\$10,995	AUTOMATIC
HYUNDAI	ELANTRA	2015	53615	KMHDH4AE4FU371784	BLUE	\$9,995	AUTOMATIC
HYUNDAI	ELANTRA	2014	72269	KMHD35LH5EU164198	RED	\$9,995	AUTOMATIC
HONDA	ACCORD	2012	64000	1HGCP2F3XCA071597	GRAY	\$9,995	AUTOMATIC
HONDA	ODYSSEY EX-L	2012	103453	5FNRL5H65CB046997	GRAY	\$9,995	AUTOMATIC
LAND ROVER	LR2	2008	68042	SALFP24N38H013791	BLACK	\$9,995	AUTOMATIC
CADILLAC	SRX	2010	121971	3GYFNAEY9AS511209	SILVER	\$9,495	AUTOMATIC
HYUNDAI	ACCENT	2014	50690	KMHCT5AE6EU142859	BROWN	\$8,995	AUTOMATIC
SUBARU	OUTBACK	2011	87835	4S4BRBCC0B3440362	BLUE	\$8,995	AUTOMATIC
HYUNDAI	TUCSON	2010	27074	KM8JT3AC3AU066165	RED	\$8,995	AUTOMATIC
NISSAN	MURANO	2010	66233	JN8AZ1MU2AW005569	BROWN	\$8,995	AUTOMATIC
DODGE	DAKOTA CREW CAB	2008	70363	1D7HE28K58S580546	SILVER	\$8,995	AUTOMATIC
TOYOTA	RAV4	2007	83544	JTMZD33V876025319	LT BLUE	\$8,995	AUTOMATIC
HYUNDAI	VELOSTER COUPE	2012	57016	KMHTC6AD9CU074776	ORANGE	\$8,495	AUTOMATIC
HYUNDAI	VELOSTER COUPE	2012	43751	KMHTC6AD8CU052462	WHITE	\$8,495	AUTOMATIC
NISSAN	SENTRA	2013	129400	3N1AB7APXDL614388	SILVER	\$7,995	AUTOMATIC
HONDA	PILOT LX	2011	113663	5FNYF3H2XAB004925	BLUE	\$7,995	AUTOMATIC
KIA	FORTE	2014	95826	KNAFK4A67E5078216	GRAY	\$7,995	AUTOMATIC
ACURA	MDX	2007	47969	2HNYD28277H525534	WHITE	\$7,995	AUTOMATIC
HYUNDAI	ACCENT	2015	70560	KMHCT4AE2FU805730	RED	\$6,995	AUTOMATIC
CHEVROLET	EQUINOX	2012	85260	2GNALBEK6C6181819	BEIGE	\$6,995	AUTOMATIC
CHEVROLET	SILVERADO 1500 REG CAB 4X4	2010	36723	1GCPKPEA1AZ210039	WHITE	\$6,995	AUTOMATIC
NISSAN	MURANO	2010	76186	JN8AZ1MU2AW016605	WHITE	\$6,995	AUTOMATIC
DODGE	DURANGO	2008	138903	1D8HD38K38F109559	RED	\$6,495	AUTOMATIC
HONDA	ACCORD COUPE	2008	90261	1HGCS22818A011361	GRAY	\$6,495	AUTOMATIC
LINCOLN	MKZ	2008	112546	3LNHM28T88R602041	WHITE	\$4,995	AUTOMATIC
FORD	EXPEDITION	2004	103683	1FMPU17L94LA10843	BLUE	\$3,995	AUTOMATIC
MERCEDES-BENZ	E320	2001	165511	WDBJF82J91X058316	BEIGE	\$3,995	AUTOMATIC
HONDA	CIVIC	2003	119552	1HGES16333L028774	GREEN/SILVER	\$2,495	AUTOMATIC
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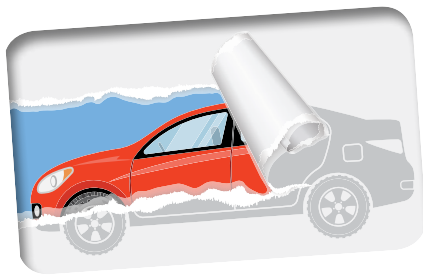
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477-CARS (2277) 140 Hernan Cortez Ave Hagatna, GU 96932 across Agana boat basin next to Main Street bakery.

How to trade in your car

Servicemembers, arm yourself with basic car-buying skills

BY PATRICK CAMPBELL
AND DAMION ENGLISH,
CONSUMER FINANCIAL
PROTECTION BUREAU



If you live on or near a military base, you've probably heard radio and television ads for car dealerships that go something like: "We'll give you the best deal for your old car. Behind on your payments? No problem, we'll pay off your loan no matter how much you owe."

Be careful to evaluate car trade-in offers. If the ad claims you have no further responsibility for any amount of your prior financing, the ad may be untrue. Since more than 40 percent of car purchases in 2017 included a

vehicle "trade-in," it's important to understand the trade-in process so you can maximize your trade-in's value and get a better overall deal. Here are some tips from the FTC.



Know how much your car is worth

Showing up to a

dealership without knowing how much your car is worth is like going fishing without any bait. You might make do with what you find, but you're more likely to get what you want with the right tools.

Before you talk to an auto dealer, take a couple of minutes to consult a few online pricing guides to find out how much your car might be worth. You can also visit more than one dealership and request estimates to get a better sense of the value of your car. Save those quotes and use them along with the online pricing guides as a starting point for negotiations.



What if I own my trade-in car?

When you own your car outright, trading it in to a dealer is more straightforward. You still need to make sure the value of your car offered by the dealer is consistent with online pricing guides (or other sources you consulted), and then negotiate the best amount you can get for the car. The agreed-upon trade-in value is deducted from the new or used car price. You pay the remaining amount for the new car with cash or with auto financing.

Be aware that you can

bargain for your trade-in amount. Also know that if you insist on getting a very high trade-in figure, the dealer may be less willing to negotiate on the car price and charge you more for the new car. Or vice versa: If you insist on a low price for the new car, the dealer might knock down your trade-in price. Be prepared to walk away if you don't think the offered deal is right for you.



What if I still owe money on my trade-in car?

Things get more complicated when you still



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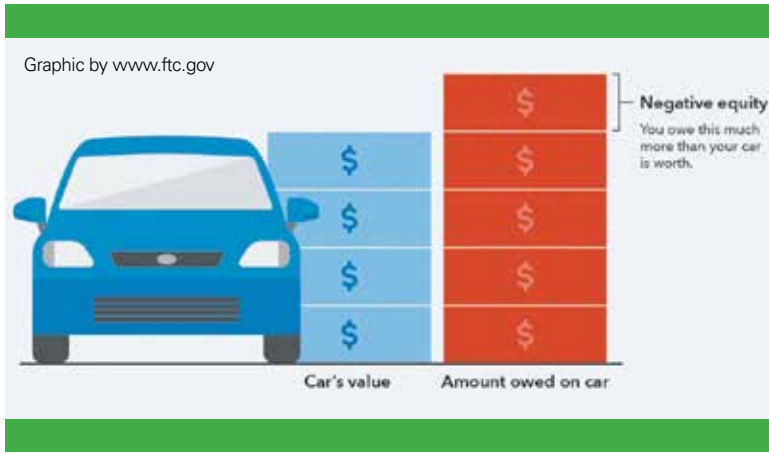
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→ owe money on your trade-in. Some dealers advertise that when you trade in one vehicle to buy another, they will pay off the balance of your loan—no matter how much you owe. But some people owe more on their car than the car is worth. This is called “negative equity,” and the dealer’s promise to pay off the entire prior amount owed may not tell you the whole story, because that amount might be added to your new financing.

Negative equity has been on the rise in recent years. In 2017, nearly 1 in 3 trade-in vehicles had negative equity, with an average amount of \$5,195. We have heard from some servicemembers and veterans that negative equity is increasingly common for the military population as well.

If you have negative equity, you should pay special attention to vehicle trade-in offers. Dealers may include the negative equity in your new car financing. That would increase your monthly payments by adding principal and interest.

Here’s how that might play out: Say you want to trade in your car for a newer model. Your financing payoff is \$18,000, but your car is worth \$15,000. You have negative equity of \$3,000, which must be paid off if you want to trade-in your vehicle. If the dealer promises to pay off this \$3,000, it should not be included in your new financing. Nevertheless, some dealers may add the \$3,000 to the financing for your new car, or deduct the amount from your down payment. In either case, this would increase your total cost and your monthly payments: not only would the \$3,000 be added to the principal, but you would be

financing it too, paying interest on that increased amount.

If you have negative equity, either on your current car financing or a rollover you already experienced from your previous financing:

- Think about postponing your purchase until you’re in a positive equity position. For example, consider paying down your financing faster by making additional, principal-only payments.
- Think about selling your car yourself to try getting more for it than its wholesale value. However, if you financed the purchase of the car and still owe a balance, you likely will need to notify the company holding the lien before selling the car. Check your finance contract for what’s required.
- If you decide to go ahead with a trade-in, ask how the negative equity is being treated in the trade-in and the financing. Read the contract carefully, making sure that any promises made orally are included. Don’t sign the contract until you understand all the terms, including how the negative equity is being treated, the total amount you’re borrowing, and the amount you will be paying every month.
- Keep the length of your new financing term as short as you can manage. The longer your new term, the longer you will take to reach positive equity in the vehicle.

As with all aspects of the car buying process, it’s important to educate yourself on how to trade-in a car in order to help you get the most value for your vehicle.

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Since more than 40 percent of car purchases in 2017 included a vehicle “trade-in,” it’s important to understand the trade-in process so you can maximize your trade-in’s value and get a better overall deal.



Jiufen

Jiufen

Su

Taiwan trip a time to remember

STORY AND PHOTOS BY SARAH HODGE,
STRIPES GUAM

Taiwan is a stunning island paradise not to be missed during your Pacific assignment. Taoyuan International Airport is a little over 2.5 hours from Seoul, 3 hours from Tokyo and 4 hours from Guam, making it an attractive weekend destination. Taiwan High Speed Rail (THSR), based on the 700-series Japanese shinkansen, runs along the west coast of Taiwan and connects the capital Taipei to the southern city of Kaohsiung (217 miles)

in as little as 1.5 hours. A colony of Japan from 1895 to 1945, Taiwan’s infrastructure was largely built by the Japanese, and you’ll find a plethora of preserved colonial buildings scattered around Taiwan, including Taichung Railway Station from 1917, the fascinating hot springs museum at Beitou, Hinoki Village in Chiayi, and Pine Garden in Hualien (a former administrative office of the Imperial Japanese Navy). Taiwan’s official languages include Mandarin Chinese (Taiwan writes with traditional Chinese, which looks similar to Japanese kanji) and Taiwanese Hokkien, although you will also find a large number of English speakers (and many

young Taiwanese are learning Japanese for tourism and hospitality, making it an attractive destination for Japanese tourists as well). If you are short on time, Taipei makes a fantastic home base for exploring some of the island’s most diverse attractions, from powerful waterfalls to old-time railway towns like Pingxi (famous for its lantern festival in conjunction with Chinese New Year) and mining towns like Jiufen, whose otherworldly lantern-lit ambiance inspired a great deal of the aesthetics in director Hayao Miyazaki’s award-winning “Spirited Away.” Other nearby attractions include Wulai, with its hot springs, waterfalls and indigenous Atayal crafts and restaurants, and the impressive



Fo Guang Shan



Sun Moon Lake

ANNUAL EVENTS

Yanshui Beehive Fireworks Festival
Taiwan's most unique (and dangerous!) festival that coincides with Chinese New Year features thousands of high-powered bottle rockets fired directly at participants...who should come prepared with safety gear including motorcycle helmets, flame-retardant clothing, gloves, and hearing protection. Go at your own risk!!

Pingxi Sky Lantern Festival
Held in the small mining village of Shifen in February, thousands of paper lanterns float up into the night sky emblazoned with dreams and wishes for the new year. (IACE offers affordable package tours.)

Kaohsiung dragon boat races
Kaohsiung's Love River is host to the Kaohsiung Dragon Boat Festival and International Dragon Boat Races every June.

waterfall at Shifen. Many of these cities are quite small, so you may be better off renting a car (Taiwan drives on the right) and exploring these as day trips. Be sure to bring motion sickness medicine as driving between them involves numerous hairpin curves and switchbacks.

Central Taiwan offers the breathtaking vistas of Sun Moon Lake and expansive tea plantations, while nearby Formosan Aboriginal Culture Village demonstrates traditional houses, costumes, dances and crafts from some of Taiwan's 16 recognized indigenous tribes, including the Amis, Bunun, Paiwan, Tao and Tsou. Qingjing Farm (nicknamed "Foggy Eden") looks more like an idyllic Swiss setting and features livestock demonstrations and shows.

Eastern Taiwan offers some of the island's most stunning scenery, including Taroko National Park. The park's steep canyons, gorges, and waterfalls are a hiker's paradise. One of the best ways to discover it is to rent a car and drive down the Eastern coast. Notable points of interest include Qingshui Cliffs, Taroko Gorge, Qixingtang, and Mugua River Gorge.

Southern Taiwan offers travelers sunny, unspoiled beaches, island paradises, dragon boat races, and the massive Buddhist monastery Fo Guang Shan. Tainan, Taiwan's capital from 1683 to 1885, is home to Anping Old Fort (1634) and Chihkan Tower, built in 1653 during the Dutch colonization of Taiwan. Taijiang National Park is well worth visiting for the scenic river cruise

through a tunnel of mangroves (Sicao Green Tunnel).

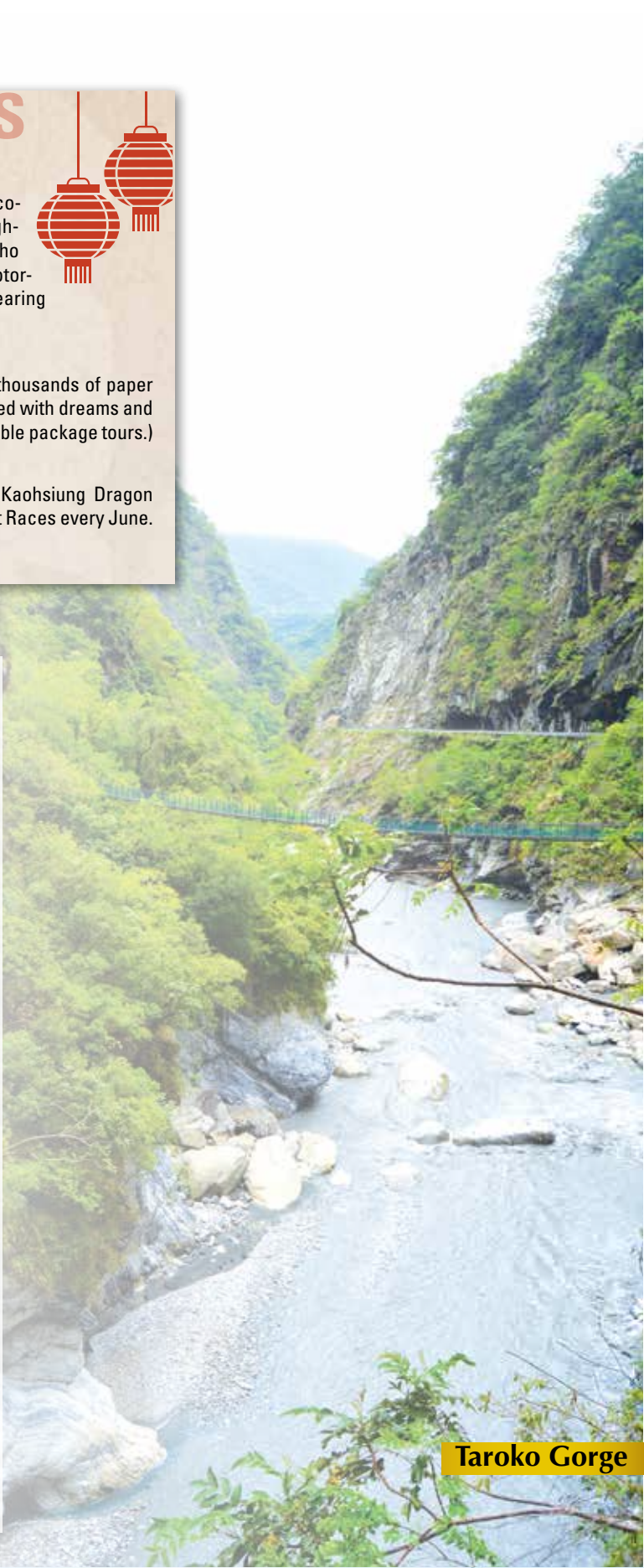
Alishan in Chiayi County is one of Taiwan's top attractions: you can ride the narrow-gauge Alishan Forest Railway (originally built by the Japanese for logging in 1912), see the sun rise over a sea of clouds (this involves a super-early wake-up call), hike through sacred forests, and visit tea plantations (due to the high altitude, some of Taiwan's most prized teas are grown here).

For the adventurous, remote Lanyu/Orchid Island (40 miles off the southeast corner of Taiwan near Kenting) can be reached by plane or boat. A scuba diving paradise, Orchid Island is home to the Tao tribe and their incredible carved wooden canoes and unique semi-underground homes (the Tao community values their privacy; please be respectful about photographing them). Green Island (20.5 miles east of Taitung) offers some of Taiwan's best reef snorkeling, Lyudao Lighthouse, and breathtaking coastal scenery.

Terrific temples

Taiwan's Taoist and Mazu temples are riots of color and imagery. Standouts include Taipei's Longshan Temple, Dajia Mazu temple, Lake of Temples in Kaohsiung and the impressive Chan Buddhist monasteries at Fo Guang Shan near Kaohsiung and Chung Tai Chan, Puli.

SEETAIWAN ON PAGE 10



Taroko Gorge



Hinoki Village



Longshan Temple



Fengjia night Market



Night Market

TAIWAN: Plenty of delicious food

CONTINUED FROM PAGE 9

Come for the food

Taiwanese cuisine is finally stepping into the international spotlight – highlights include beef noodle soup, gua bao (“Taiwanese hamburger”), Taiwanese sausage, hotpot, three cup chicken, xiao long bao (soup dumplings), peanut mochi and pineapple cakes. Another Taiwanese favorite is shaved ice, which comes in a variety of flavors topped with a mountain of fresh tropical fruit, sweetened condensed milk, optional ice cream, and/or tapioca pearls. Because a sizeable percentage of Taiwanese are Buddhists, vegetarian restaurants abound and can be found nearly everywhere

(buffet-style is common). Look for the kanji 素食 on signs or menus.

Don't miss night markets

Found in most large cities, boisterous night markets are a fun way to sample Taiwanese street cuisine like aiyu jelly, oyster omelettes, stinky tofu, scallion pancakes, barbecue skewers, and steamed buns.

Taiwan is also home to some great hands-on cooking schools and food tours; I took multiple classes and market tours with [Jodie's Kitchen](http://kitchen.j321.com/) (<http://kitchen.j321.com/>) and [Ivy's Kitchen](http://kitchenivy.com/) (<http://kitchenivy.com/>) and highly recommend both.

You may be familiar with Japan's highly refined tea ceremony, but did you know that Taiwan has an equally refined tea culture? Dating

back to the 18th century, the Gongfu tea ceremony likely originated in Fujian and Chaoshan in China's Guangdong province. You can experience Taiwan's famed tea plantations and a series of atmospheric teahouses perched high over the hills surrounding Taipei in Maokong; a short cable car ride up the mountain will transport you to a different world. Try a tea flight sampler paired with traditional Taiwanese tea cuisine (for best ambiance, visit shortly before sunset and continue sipping as the lights of Taipei illuminate the valley below). Bubble tea was invented in Taichung in the 1980s at Chun Sui Tang (there are also branches in Japan) and has taken the world by storm. Another refreshing choice is watermelon juice, the perfect antidote to Taiwan's oppressively hot, humid summers.



Food is served family-style at Taiwanese restaurants



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Guam's rainbow of flora

GUAM VISITORS BUREAU

Known as a paradise for the senses, Guam is a melting pot of all kinds of beauty. Its warm climate and rich soil makes it ideal for an array of wonderful species. Hidden beneath a colorful backdrop of swaying trees and foliage are a wide variety of flora introduced and indigenous to Guam.

Keep an eye out for the rainbow of flora.

The Puti tai nobio, also known as the Bougainvillea, is the territorial flower of Guam. It grows in an array of colors including pink, white, red and orange and thrives in the island's sunny climate. It is commonly found interwoven between fences, growing in various parks and residences, or decorating the streets of Tumon.

Just as captivating is the Torchwood (Guasãli), which is indigenous to Guam. Its white leaves and trumpet-like shape makes it distinctive among the flora seen on the island. Also inhabiting this paradise are varieties of hibiscus, orchid, and plumeria that grow year-round.

When venturing through the jungle or strolling through Tumon, visitors can expect to see towering flame trees, bamboo shoots, breadfruit (lemai) trees, and

a diversity of other species that offer several benefits. An acacia tree is known for its fire-resistant quality and its long taproots allow it to withstand periods of drought, making it an ideal plant during Guam's dry season. The leaves of a coconut tree can be woven into usable items like a bag or a hat. Breadfruit can be prepared by chopping the fruit and boiling it in coconut milk or frying it.

The ifit tree is not only significant to the Chamorro culture, but is the territorial tree of Guam. Its sturdy wood can be used to build furniture, flooring and pillars, and to create magnificent carvings.

Another tree with significant cultural ties is the great banyan tree with its aerial roots that develop into thick trunks. Also known as the taotaomo'na tree, it is especially revered for its deep connection to the Chamorro culture and should be treated with the utmost respect. Many legends and traditions depict this powerful tree as a home for the

ancestral spirits of the Chamorro people who live alongside the living.

Abundant with life, Guam is a natural playground waiting to be explored. With flowers and trees decorating the verdant foliage, these plants truly characterize the natural beauty found on Guam.



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Synaptid Sea Cucumber Balati

Spiked Balate

Balate (Sea Cucumber)

Sea stars, urchins and other echinoderms of Guam

BY ALEXANDER M. KERR,
GUAMPEDIA

Rich reef life

Echinoderms are members of a phylum (i.e., a major group) of common, often large and colorful shallow-water invertebrates seen on the reefs

around Guam. The phylum is comprised of five classes: sea stars, sea urchins, sea cucumbers, brittle stars and sea lilies. The first three classes need little introduction and have been recognized since ancient times.

Brittle stars resemble starfish, but their arms are thin

and can writhe independently. Deepwater sea lilies resemble their namesake, stalked with their petal-like arms spread into the current. The shallow-water cousins of the sea lilies are stalkless, and often go by the name of feather stars and may be seen by divers at

night perched atop coral heads. These five classes are united under the phylum Echinodermata (from the Greek for "spiny-skinned ones") by the presence of hydraulically powered tube-feet, an internal skeleton of crystalline chalk, and the unique ability to change

their skin from leather hard to gelatinous ooze at will.

Cultural history

Throughout Micronesia, sea urchins are collected and their gonads eaten. Their skeletons, called tests, are known from the refuse middens



"WE HAVE DONE THOUSANDS OF DIVES ALL AROUND THE WORLD IN SOME OF THE MOST PRISTINE AREAS, BUT IN FEW PLACES WE HAVE SEEN WHAT WE HAVE SEEN HERE"

-Dr. Enric Sala, Explorer-in-Residence, National Geographic

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Palau Escape

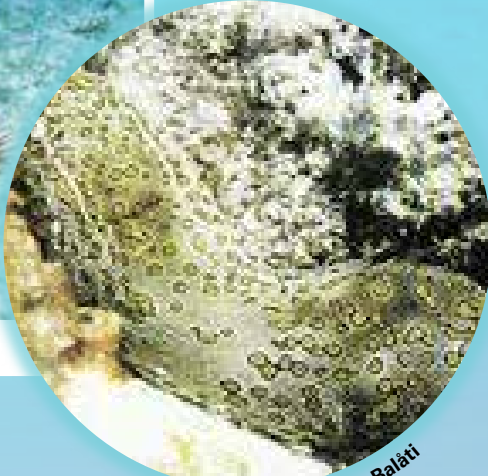
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Crown of Thorns



Spotted Sea Cucumber Balati



Shortspine Urchin, Lá'on

of pre-historic Chamorros, suggesting that the animals were also eaten in the Marianas. Sea cucumbers are also eaten on other Micronesian islands today, but there is no evidence of these animals from archaeological deposits, though it is doubtful that anyone has thought to look.

The other three classes of echinoderms have too little flesh to be eaten. Chamorro call the sea stars and brittle stars puti'on tãsi, which means "star of the sea." Sea urchins go by lá'on, while sea cucumbers are called balati. Neither of these terms are translatable. No Chamorro names for sea lilies or feather stars has been identified, perhaps because in Guam waters, the animals are uncommon, nocturnal and restricted to deeper reef slopes.

Economically, sea cucumbers are the most important echinoderms. They are a gourmet food item in northern Asia and several commercially valuable species were exported from Guam by the Chinese during the Spanish and American administrations of the island in the 19th and early 20th centuries. A red secretion from the skin of a common black species *Holothuria atra* is still used on Guam to evict octopus from their holes. Another species, *Bohadschia argus*, releases sticky, white collagen tubules ("bubblegum balati") when disturbed that are placed over coral cuts to stem bleeding.

Diversity and systematics

There are more than 200 species of echinoderms known to inhabit the shallow waters around Guam. There are about thirty-six species of sea stars, fifty-three sea urchins, forty-seven sea cucumbers, forty-seven brittle stars and twenty-one sea lilies. While

echinoderms are relatively well known for invertebrates, new species, even large, plentiful ones, are constantly being discovered on coral reefs, including those around Guam.

Currently, there are at least a dozen species that have been found recently around Guam that cannot be identified to species and may be new to science.

While new species of echinoderms have been discovered around Guam, very few, if any, are likely to be restricted to the island or the Mariana Archipelago, as nearly all species have potentially widely dispersed eggs and larvae. The most

common family of tropical sea stars, the Ophiasteridae, have fifteen representatives on Guam, including the distinctive large, blue *Linckia laevigata*, often seen while wading.

Reproduction and development

Most animals inhabiting tropical oceanic islands are broadcast spawners. These species, including most echinoderms on Guam, spawn annually or biannually en masse at night. Eggs and sperm are released into the water, where the eggs are fertilized. The

larvae will stay in the water column, drifting amongst the other plankton, feeding and growing, until metamorphosis into a miniature adult form and settlement onto the reef. Each class of echinoderm has a distinctive larval form. Developmental times may be longer than a month among broadcast spawning species or as short as a few days for those, like the sea lilies, that have forsaken a feeding Odyssean larvae.

Ecology

Guam echinoderms have distinctive distributions around the island. Some species are restricted to the shallow reef flats, where they may be particularly abundant. These species must be able to tolerate the harsh conditions there, where water temperatures may reach over 40 C (120 F) during spring low tides or where salinity may drop to only twenty-five percent of that of ambient seawater because of rain runoff.

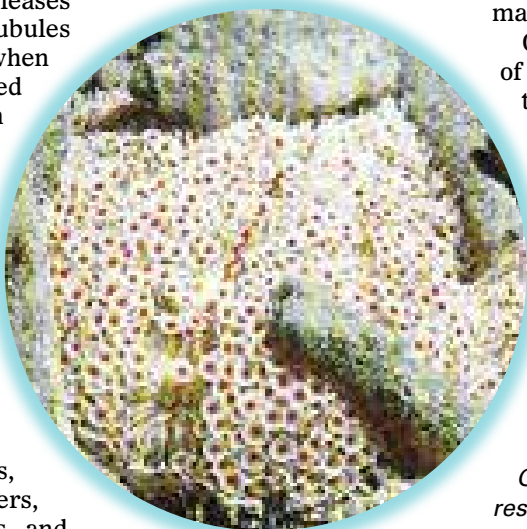
Common reef-flat species include the large blue sea star *Linckia laevigata*, the black, long-spined sea urchin, *Diadema setosum*, and the black, sand-covered sea cucumber *Holothuria atra*. This latter species sometimes reaches densities of 20/m² on some protected, west-facing reef flats. Some species like the white-mottled chestnut sea cucumber *Actinopyga mauritiana* or the plated sea urchin *Colobocentrotus mertensi* prefer the wave-battered outer reef margin.

Other species, such as many of the sea lilies, are restricted to the deeper forereef slope and may only be seen at night with the aid of SCUBA. Occasional large waves from severe storms and typhoons may also account for the fewer large echinoderms seen on shallow, east-facing windward shores.

This is a reprint from *Guampedia.com*, an online resource about Guam history and the CHamoru people, used here with permission.



www.guampedia.com



Flowery Urchin, Lá'on



Boonie Stomps Guam

INFORMATION PROVIDED BY
GUAM BOONIE STOMPERS



Anao

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 a.m. 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.

Jan. 11
Anao

Very Difficult
5 hours for 4 miles

We descend the northeastern cliff to the isolated, beautiful coastline of northeast Guam. We visit the push/suck cave to swim, the wave cave, Shangri-la, the wind tunnel, and land's end with its blowhole.

Bring: 4 quarts water, hiking boots, sun screen, sunglasses, lunch and snacks, and camera.

Special conditions:

Hiking over rough sharp rocks, climbing steep slopes and boulders, little shade, and a long ascent at the end.

Jan. 18
La Sa Fua River

Hard 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, walking in water a short rope climb, and a fairly long hike.

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.



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My 5 travel must-haves

STORY AND PHOTO BY
JOELY SANTIAGO,
JOELYTRAVELS.COM



cold stuff) and sneakers go without saying, so I'm skipping those. But these five things I absolutely need!

1 Journal

I never travel anywhere without it. Ever. I typically don't have time while I'm traveling to make full entries. But I use it to jot down

MILITARY




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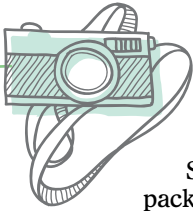
Happy NEW YEAR

→ notes, the names of places, lessons learned, itineraries, etc. I also tape ticket stubs, receipts and sometimes even napkins on the pages (yes, I'm sentimental like that). It helps me remember my adventures better. And it's always fun to go back and read it after time has passed.

2 Headphones (and iPhone)

I never leave home without them; it doesn't matter how far I'm going. Listening to music helps drown out noise during flights, but also I like to create soundtracks for my trips. I know. It's a little weird. But songs and smells trigger my memory more than anything else, and I really love hearing a song and having it transport me to the places I've been and remind me of my adventures.

3 Camera(s)



Duh! The camera I take depends on where I am going, how I'm getting there, and how long my trip is going to be. Sometimes I take my Go-Pro. Others I take my Nikon. Or sometimes even my Pentax. I always have my phone, though (unless I lose it mid-trip—yes, it's happened), and the camera on it is pretty decent. Having a way to capture my travels is crucial.

4 Skincare (Gotta have it!)

First, sunscreen. I very rarely burn. But I never want to. So I always pack my sunscreen—especially the stuff for my face. I use Kiehl's Super Fluid Daily UV Defense. It's lightweight and has SPF 50. And my face stays burn

free. Second, moisturizers. I find my skin gets really dry when I travel, especially when I go on long trips. So I always make sure I pack moisturizer for my face and body and eye cream (Keihl's Rosa Artica face and eye cream and coconut oil for my body). I also pack a few moisture-mask sheets. This stuff keeps down skin irritation for me, and there's nothing worse than going on vacations and feeling itchy, irritated or uncomfortable.

5 Rosebud Salve

Lastly, I can't live without my Rosebud. It's not just a must-have for travel; for me, it's an everyday essential. It helps with dry skin, soothes burns, and even treats diaper rash. I mostly just use it as a lip balm, but I never leave home without it.

COMICS CORNER

PRESS ON!

by Randy Denman

Do you have an idea for comics? Email it to Guam@stripes.com

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Stripes Sports Trivia

The stories and highlights of Bo Jackson are hard to top. Baseball, football, track – he did it all. And did it all at a high level. The once-in-a-generation athlete seemed super-human at times. Unfortunately, though, Bo was human, and injuries cut his NFL career short. He played in only 38 games to be exact. He played 45 at what university?

Answer

Auburn University

SUDOKU

Difficulty: Easy

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

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Edited by Margie E. Burke

HOW TO SOLVE:

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

Answers to Last Week's Sudoku:

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

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The Weekly Crossword

by Margie E. Burke

ACROSS

- 1 Targeted, with "in on"
- 6 Tub toy
- 10 Gold medalist Lipinski
- 14 Immature egg
- 15 Heavy drinker
- 16 Desktop feature
- 17 Merchandise movers
- 19 Reunion attendee
- 20 Mournful
- 21 Actresses Ralston and Rolle
- 23 Guggenheim display
- 24 Not moving
- 25 Like Steve Austin of WCW
- 29 Lookout point
- 33 Sword handle
- 34 Hole-making tool
- 35 Mall attraction
- 36 Well-worn
- 37 Kristen or Patrick
- 39 Something to check
- 40 Loathsome
- 42 Indignation
- 43 Massive
- 44 H.S. students
- 45 Harvard or Columbia, for Obama
- 47 Move like a top
- 49 Cookie container
- 50 Salad ingredient
- 53 Street surface
- 57 Wrapped up
- 58 Emphasize
- 60 Gardener's spring purchase
- 61 Deck feature
- 62 Skin disease
- 63 Aardvark fare
- 64 Spot
- 65 Intense feeling

1	2	3	4	5	6	7	8	9	10	11	12	13
14					15					16		
17					18					19		
20							21		22			
23							24					
25	26	27				28			29	30	31	32
33					34			35				
36					37			38		39		
40				41			42			43		
44						45			46			
47					48			49				
50	51	52						53			54	55
56						58		59				
60						61			62			
63						64				65		

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- 3 Eastwood played one in 2018
- 4 Polished and posh
- 5 Covet
- 6 Coalition
- 7 1956 film, "Miss Brooks"
- 8 Move up the ladder
- 9 This one and this one
- 10 Use a torque wrench
- 11 One to grow on?
- 12 Engine sound
- 13 "No ifs, ___"
- 18 Tycoons, slangily
- 22 Blue eyes or baldness, e.g.
- 24 Bitter feeling
- 25 Photo session
- 26 Diacritical mark
- 27 Any Platters platter
- 28 "I ___ you one"

- 31 Likeness
- 32 Raring to go
- 35 Brahma, in Hinduism
- 37 Raw fish dish
- 38 Hand holder?
- 41 Moving ahead
- 43 Trackman's transit
- 45 Combat zones
- 46 Bad atmosphere
- 48 Condition
- 50 Civil Rights figure Parks
- 51 Chef's need
- 52 Get together
- 53 Trust, with "on"
- 54 007
- 55 Hence
- 56 Bucks and does
- 59 Party bowlful

Answers to Last Week's Crossword:

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

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FRIDAY, JANUARY 10, 2020

CAMERON A. MEDDOCK ▪ JOSHUA Z. BEALE ▪ WILL D. LINDSAY
JOSEPH P. COLLETTE ▪ ROBERT A. HENDRIKS ▪ BENJAMIN S. HINES
CHRISTOPHER K.A. SLUTMAN ▪ MIGUEL L. HOLMES ▪ JAMES G. JOHNSTON
MICHAEL B. RILEY ▪ ELLIOTT J. ROBBINS ▪ JAMES G. SARTOR
MICHAEL ISAIAH NANCE ▪ BRANDON JAY KREISCHER ▪ LUIS F. DELEON-FIGUEROA
JOSE J. GONZALEZ ▪ DUSTIN B. ARD ▪ ELIS A. BARRETO ORTIZ ▪ JEREMY W. GRIFFIN
KIRK T. FUCHIGAMI JR. ▪ DAVID C. KNADLE ▪ MICHAEL J. GOBLE



ALEX BRANDON/AP

An Army carry team moves a transfer case containing the remains of U.S. Army Sgt. 1st Class Michael Goble, at Dover Air Force Base, Del., on Dec. 25. Goble was the last of 22 U.S. service members killed in Afghanistan in 2019.

REMEMBERING THE FALLEN

Profiles of the 22 US service members killed in Afghanistan in 2019

Pages 2-4

MILITARY

AFGHANISTAN: REMEMBERING THE FALLEN IN 2019

By PHILLIP WALTER WELLMAN
Stars and Stripes

Twenty-two American service members were killed in Afghanistan in 2019, the highest number since NATO combat operations in the country ended at the end of 2014. Since then, the United States has continued a separate counterterrorism mission. All but four of the military fatalities in Afghanistan in 2019 were combat-related. The deaths came as Washington held direct peace talks with the Taliban aimed at the ending the war, the U.S.'s longest, throughout most of the year. The talks are ongoing. Roughly 13,000 American troops were deployed to Afghanistan at the start of 2020. Since the war began in 2001, some 2,400 U.S. service members have been killed in the country, while more than 20,000 have been wounded.



Cameron A. Meddock

Army Sgt. Cameron A. Meddock, 26, died Jan. 17 at Landstuhl Regional Medical Center in Germany from small-arms fire wounds he received in Badghis province in northwest Afghanistan.

The Texas native was assigned to Company A of 2nd Battalion, 75th Ranger Regiment, and served as a fire team leader.

Meddock is survived by his wife, Stevie, who was pregnant with their first child at the time of his death.

His awards and decorations include the Purple Heart, Joint Service Commendation for Combat and Army Achievement Medal with two oak leaf clusters.

"Sgt. Cameron Meddock is one of America's most precious sons," said Col. Brandon Tegtmeier, commander of the 75th Ranger Regiment. "The entire nation should strive to emulate the warrior, patriot and husband that Cameron was."



Joshua Z. Beale

Army Sgt. 1st Class Joshua "Zach" Beale, 32, was killed by small-arms fire in southern Uruzgan province on Jan. 22.

Beale, from Carrollton, Va., was assigned to 1st Battalion, 3rd Special Forces Group, at Fort Bragg, N.C.

He enlisted in the Army in 2011, after graduating from Old Dominion University in 2008 with a bachelor's degree in criminal justice.

He is survived by his wife, Lindsey Christine Beale, and two daughters, Leah and Grace.

Beale was posthumously promoted to sergeant first class and posthumously awarded the Bronze Star — his third — as well as the Purple Heart and a Meritorious Service Medal. "Joshua was a smart, talented and dedicated member of 3rd [Special Forces Group] and the special operations community," said Col. Nathan Prussian, commander of 3rd SFG. "He will be greatly missed by everyone who had the fortunate opportunity to know him."



Will D. Lindsay

Army Sgt. 1st Class Will D. Lindsay, 33, of Cortez, Colo., died March 22 after being wounded during combat in northern Kunduz province.

He was assigned to 2nd Battalion, 10th Special Forces Group (Airborne), Fort Carson, Colo., and died alongside Spc. Joseph P. Collette.

Lindsay is survived by his wife, Sarah Unger Lindsay, and four daughters.

His awards and decorations include the Bronze Star with four oak leaf clusters, the Purple Heart and the Meritorious Service Medal with one oak leaf cluster.

"Will was one of the best in our formation, with more than a decade of service in the Regiment at all levels of noncommissioned officer leadership," Col. Lawrence Ferguson, the 10th SFG (A) commander, said in a statement.



Joseph P. Collette

Army Sgt. Joseph P. Collette, 29, of Lancaster, Ohio, died March 22 of wounds sustained in combat operations in northern Kunduz province.

He was assigned to the 242nd Ordnance Battalion, 71st Explosive Ordnance Disposal Group, out of Fort Carson, Colo., and posthumously promoted to sergeant.

Collette had married his wife, Caela Marie Collette, in December 2018 before his first overseas deployment to Afghanistan.

He was "the most genuine person you'll ever meet," she said.

Joseph Collette's awards and decorations include the Purple Heart, the Combat Action Badge and the Senior Explosive Ordnance Disposal Badge.



Robert A. Hendriks

Marine Sgt. Robert A. Hendriks, 25, was one of three Marines killed April 8 by a car bomb outside Bagram Airfield.

Originally from Locust Valley, N.Y., Hendriks was assigned to the 25th Marine Regiment, 4th Marine Division, and served as an infantry machine gunner.

Hendriks joined the Marines in October 2012. His awards include the Selected Marine Corps Reserve Medal and the National Defense Service Medal. He was posthumously promoted to sergeant.

He was "the perfect son," Erik Hendriks, his father, told the New York Post. "I am the proudest dad on Earth."



Benjamin S. Hines

Marine Staff Sgt. Benjamin S. Hines, 31, of York, Pa., died April 8 in a car bomb explosion outside Bagram Airfield.

He was assigned to the 25th Marine Regiment, 4th Marine Division and was on his second overseas deployment. He was posthumously promoted to staff sergeant.

He was one of three Marines killed by the blast just days before they were to return to the United States.

Hines' awards and decorations include a Navy and Marine Corps Achievement Medal, two Iraq Campaign Medals and a Meritorious Mast.

Hines' sister Meghan told the York Daily Record that her brother was "always the first person to step up when he knew something was wrong," and that he was her hero, regardless of whether he wore a uniform.

CONTINUED ON PAGE 3

MILITARY

FROM PAGE 2



Christopher K.A. Slutman

Marine Staff Sgt. Christopher K.A. Slutman, 43, was killed April 8 by a car bomb outside Bagram Airfield.

The infantry rifleman was assigned to the 25th Marine Regiment, 4th Marine Division, and was a fireman in his civilian career.

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

Slutman's awards and decorations include two Iraq Campaign Medals, a Military Outstanding Volunteer Service Medal and four certificates of commendation.

Slutman was "truly one of New York City's bravest" and was decorated for bravery in 2014 after rescuing an unconscious woman from a burning building in the South Bronx, Mayor Bill de Blasio said in a statement.



Miguel L. Holmes

Army Spc. Miguel L. Holmes, 22, died in eastern Nangarhar province from wounds sustained in a noncombat incident May 6.

Holmes, from Hinesville, Ga., was assigned to 1st Battalion, 118th Field Artillery Regiment, 48th Infantry Brigade Combat Team, Savannah, Ga.

The 118th is a unit of the Georgia Army National Guard.

Holmes is survived by three sisters, two brothers, two grandparents and a large extended family.



James G. Johnston

Army Sgt. James G. Johnston, 24, was killed June 25 by small-arms fire in southern Uruzgan province.

From Trumansburg, N.Y., Johnston was assigned to the 79th Ordnance Battalion, 71st Ordnance Group, at Fort Hood, Texas. He entered active-duty military service in July 2013 as an explosive ordnance disposal specialist.

His awards and decorations include a Bronze Star, a Purple Heart, an Army Commendation Medal and the Combat Action Badge.

Johnston and his wife, Krista Johnston, were expecting a baby girl at the time of his death.

"I love you husband, forever and always; you better watch over me and our baby girl," his wife wrote on Facebook.



Micheal B. Riley

Army Master Sgt. Micheal B. Riley, 32, was killed by small-arms fire in southern Uruzgan province on June 25.

Riley, born in Heilbronn, Germany, while his father served there, was assigned to 2nd Battalion, 10th Special Forces Group, at Fort Carson, Colo.

He was on his sixth overseas deployment and died alongside Sgt. James Johnston.

His awards and decorations include the Bronze Star, five Army Commendation Medals, the Special Forces tab, the Ranger tab and the Combat Infantryman Badge.

"He was doing what he loved to do. He died for our country," Riley's cousin, Janeal Murchison, told Fox 2 St. Louis.



Elliott J. Robbins

Army Sgt. 1st Class Elliott J. Robbins, 31, a Green Beret medical sergeant from Utah, died June 30 from noncombat injuries in southern Helmand province.

Robbins was born in San Diego and enlisted as an infantryman out of high school. He was assigned to the 10th Special Forces Group, Fort Carson, Colo.

Robbins is survived by his wife, Vickie, and son, Elliott.

His awards and decorations include the Army Commendation Medal with combat device and one oak leaf cluster.

"A skilled soldier with three combat deployments, Robbins will always be remembered," said Col. Lawrence G. Ferguson, 10th Group commander at the time.



James G. Sartor

Army Sgt. Maj. James "Ryan" Sartor, 40, died July 13 from injuries sustained by enemy fire in northern Faryab province.

The Texas native was assigned to 2nd Battalion, 10th Special Forces Group (Airborne), out of Fort Carson, Colo.

He is survived by his wife, Deanna, and children Stryder, Grace and Garrett.

Sartor's awards and decorations include the Bronze Star with three oak leaf clusters, the Defense Meritorious Service Medal and the Joint Service Commendation Medal.

"Ryan was a beloved warrior who epitomized the quiet professional," said Col. Brian R. Rau, 10th Group commander. "He led his soldiers from the front and his presence will be terribly missed."



Jose J. Gonzalez

Army Master Sgt. Jose J. Gonzalez, 35, of La Puente, Calif., was killed during a raid alongside Afghan special forces in southern Faryab province on Aug. 21.

He was assigned to the 7th Special Forces Group (Airborne) at Eglin Air Force Base, Fla., and died with fellow Green Beret Master Sgt. Luis F. DeLeon-Figueroa.

Gonzalez spent 17 years in the U.S. military. He was a Marine before joining the Army and eventually serving as a Special Forces engineer.

He had been previously wounded in combat.

Gonzalez was posthumously promoted to master sergeant and awarded a Bronze Star and Purple Heart. His other awards include two Bronze Stars with "V" device for valor and three Army Commendation Medals.

He is survived by his wife, Brenda, and two children.



Michael Isaiah Nance

Army Spc. Michael Isaiah Nance, 24, of Chicago, died July 29 after being shot by an Afghan soldier at a military camp in southern Uruzgan province.

He was assigned to the 505th Parachute Infantry Regiment, 3rd Brigade Combat Team, 82nd Airborne Division, at Fort Bragg, N.C. Nance was killed alongside Pfc. Brandon Jay Kreischer.

Nance had only been in Afghanistan two weeks before he died.

"He died protecting our freedoms. He died a hero," Nance's cousin Trevor Harris said at his funeral.



Luis F. DeLeon-Figueroa

Army Master Sgt. Luis F. DeLeon-Figueroa, 31, was one of two Green Berets killed Aug. 21 in northern Faryab province by small-arms fire.

DeLeon-Figueroa was assigned to the 7th Special Forces Group and posthumously promoted to master sergeant.

His awards and decorations include the Bronze Star, Army Commendation Medal with "V" device for valor and Army Commendation Medal with two oak leaf clusters. He was posthumously awarded the Bronze Star and Purple Heart.

Luis is survived by three daughters, according to a GoFundMe page set up after his death.

"Luis was a father, son, grandson, brother and best friend to many," the page said.



Dustin B. Ard

Army Sgt. 1st Class Dustin Ard, 31, died of wounds received in combat in southern Zabul province on Aug. 29.

The Idaho native was assigned to 2nd Battalion, 1st Special Forces (Airborne), at Washington's Joint Base Lewis-McChord, and was a communications sergeant.

Ard left behind a pregnant wife, Mary, and a 3-year-old daughter, Reagan.

"My heart has a hole so big, I can hardly stand it," Bruce Ard, Dustin's father, said. "He was the finest young man I have ever known. Not because he was my son, but because of the person he is."



Brandon Jay Kreischer

Army Pfc. Brandon Jay Kreischer, 20, died July 29 after an Afghan soldier opened fire at a base in southern Uruzgan province.

The Ohio native was assigned to the 505th Parachute Infantry Regiment, 3rd Brigade Combat Team, 82nd Airborne Division, at Fort Bragg, N.C.

Kreischer is survived by his wife, Grace, whom he married in January 2019, and was pregnant with his son at the time of his death.

"If I die in the combat zone for America, I do not call it a tragedy, I call it glory," Kreischer wrote two years before his death.



Elis A. Barreto Ortiz

Army Sgt. 1st Class Elis A. Barreto Ortiz, 34, from Morovis, Puerto Rico, died in a Sept. 5 suicide blast in Kabul.

He was assigned to the 82nd Brigade Support Battalion, 3rd Brigade Combat Team, 82nd Airborne Division, out of Fort Bragg, N.C.

President Donald Trump cited Ortiz's death when he halted peace negotiations with the Taliban that had spanned much of 2019.

Ortiz is survived by his wife, Legana Aponte, two sons and a daughter.

"He was always happy, a tremendous friend; he never said no," said Miguel Otero, who had been friends with Ortiz for over 30 years.

CONTINUED ON PAGE 4

MILITARY

FROM PAGE 3



Jeremy W. Griffin

Army Sgt. 1st Class Jeremy W. Griffin, 40, was killed Sept. 16 by small-arms fire in central Wardak province.

The Special Forces communications sergeant was assigned to 3rd Battalion, 1st Special Forces Group (Airborne), at Joint Base Lewis-McChord, Wash., and was on his fourth combat deployment.

Griffin was born in Panama and enlisted in the Army in 2004, when he was 25.

He was posthumously awarded the Bronze Star and Purple Heart, adding to a previous Bronze Star and Army Commendation Medal.

"He was a father, he was a husband, he was a son, he was a Green Beret and he was an American hero," Army Chief of Staff Gen. James McConville said of Griffin.



David C. Knadle

Army Chief Warrant Officer 2 David C. Knadle, 33, was killed in a helicopter crash Nov. 20, while providing security to ground troops in eastern Logar province.

The Texas native was assigned to 1st Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade at Fort Hood, Texas, and was posthumously awarded the Bronze Star.

Knadle is survived by his wife, Silkey Knadle, his 5-year-old daughter Starling and his 15-year-old stepson Eason Bertone.



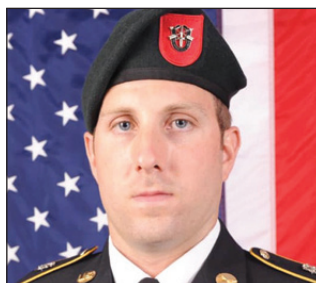
Kirk T. Fuchigami Jr.

Army Chief Warrant Officer 2 Kirk Fuchigami Jr., 25, was killed in a helicopter crash Nov. 20. The incident happened in eastern Logar province.

Fuchigami was assigned to 1st Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade at Fort Hood, Texas. He was posthumously awarded the Bronze Star.

He and Chief Warrant Officer 2 David C. Knadle were providing security to ground troops when the incident occurred. Knadle also died.

Fuchigami, who was born in Hawaii, is survived by his wife, McKenzie Norman, who he married shortly before his deployment.



Michael J. Goble

Sgt. 1st Class Michael J. Goble, 33, was killed in a roadside bombing in northern Kunduz province on Dec. 23.

The New Jersey native was assigned to 1st Battalion, 7th Special Forces Group (Airborne) at Eglin Air Force Base, Fla.

Goble is survived by his daughter, Zoey, and partner, Jennifer Albuquerque.

His awards and decorations include the Bronze Star.

"Sgt. 1st Class Michael Goble represented the best values of our Armed Forces and of New Jersey — dedication, fearlessness and excellence," New Jersey Gov. Phil Murphy and Lt. Gov. Sheila Oliver said in a joint statement.

Navy vet takes run at preventing suicide for those who served

By JOHN VANDIVER
Stars and Stripes

STUTTGART, Germany — Navy veteran Dustin Johnson was in despair.

He was already struggling with his transition into civilian life, and a fire burned his Missouri home to the ground in January 2019. It was the final straw for Johnson, who said he attempted suicide in the aftermath of the blaze.

"I lost everything that I owned, and that was like my rock bottom," Johnson said.

A year later on New Year's morning, the 25-year-old began an attempt at setting a record for the longest nonstop journey on foot — a 420-mile sleepless trek from Stuttgart to Berlin that will take about six days to finish. The endurance test is just one part of a broader effort by Johnson to raise awareness about preventing veteran suicides by running extraordinary distances.

Since April, Johnson also has been on a quest to become the first American to circumnavigate the globe on foot. So far, he's run more than 6,000 miles. When he is finished, the trip will add up to 16,400 miles across four continents. He estimates that his run, which will end in his home state of Missouri, will be completed by late November.

He averages about 30 miles of running per day and has already completed a stretch across part of the U.S. and South America and is now crossing Europe. After that, he will run across New Zealand and Australia before finishing in the western part of the U.S.

In Germany, Johnson, a former Navy plane captain responsible for making sure aircraft were fit for flight, has been joined for parts of his run by members of the military community. In Kaiserslautern and Stuttgart, he's also met with troops to talk about suicide awareness.

The suicide rate among veterans is about 1.5 times the rate of those who never served in the military, according to Department of Veterans Affairs data.

"It was pretty inspirational in terms of someone who hit his low and found a way to turn his life around in a year. And then to put all that toward bringing awareness to suicide, particularly veteran suicide, it is pretty incredible," said Stuttgart garrison commander Col. Jason W. Con-drey, who was part of a group of Americans gathered at Stuttgart's Killesberg Park to see Johnson off to Berlin.

Many military members have connected with Johnson during his journey — the Facebook page Dustin Johnson's World Record Run posts regular updates on his journey. Johnson said he often hears directly from veterans who share stories about their struggles.

Johnson said that during his own physical struggles on the



PHOTOS BY JOHN VANDIVER/Stars and Stripes

Navy veteran Dustin Johnson warms up at Killesberg Park in Stuttgart, Germany, where he began a 420-mile run to Berlin. He wants to complete the journey without sleep or stopping for rest.



Johnson is in the middle of a more-than-16,000-mile quest to circumnavigate the globe, in an effort to raise awareness about veteran suicide.

road, what keeps him going is the idea of other veterans who are having a hard time.

"I put a lot pressure on myself. People can see me doing this. If I was looking at somebody when I was going through my hard time, and saw them give up, it would make me feel even worse," Johnson said. "If I quit, then they may quit."

While the runs so far have been a battle against the elements and endurance, the trip from Stuttgart to Berlin will be a different kind of test. It's staying awake that has him worried.

"The sleep deprivation is no joke," he said.

The record for the longest nonstop journey on foot recorded in Guinness World Records belongs to Georges Holtyzer, of Belgium, who walked 418 miles in six days in 1986. Guinness no longer monitors this particular record, but Johnson is gunning for it nonetheless and will submit his attempt to the World Runners Association.

Other than a two-minute bathroom break every four hours, the rules of the test require that a person's feet can never stop moving, Johnson said. An assortment of data-collecting GPS devices will monitor Johnson's steps.

The plan is to start off with a

12-hour run and then transition to a walk. If he has the energy, he'll alternate as he heads toward Berlin. Along the way, he hopes to connect with a childhood friend based at the U.S. Army's garrison at Grafenwoehr who can keep him company on foot for a short leg of the trip.

"I'll be on my feet. I can't stop moving," Johnson said.

The drive to run around the world traces back to a childhood dream when Johnson first heard stories about a small group of runners who completed the world run. After his suicide attempt last year, a doctor suggested he put his talent for running to use, Johnson said. That's when the idea of attempting the world run came together in his mind.

In the beginning, the world run wasn't just about raising awareness. It also was to be a means for finding himself, something Johnson said finally happened after pushing to the top of a 16,000-foot mountain in the Andes.

"That was the moment where I say I found myself," he said. "So now I am 100% focused on helping others."

There have been challenges along the way. He was sidelined briefly after getting hit by a truck in Chile. He was awakened in the night by three jaguars in Argentina and was lunged at by a 7-foot snake along a trail.

The hardest part physically was pushing his supply cart through the Andes in subzero temperatures. It took seven days of up-and-down climbing to get through a section of the mountain range, Johnson said.

"Pushing a cart full of water and food that long in that environment was miserable," he said.

The toughest on the mind was probably the lonesome runs through Peru, where there was no human contact for days on end. At one point, Johnson said, he went 11 days without seeing a person.

"That's the hardest part. Going those stretches without talking to people," he said.

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MILITARY

Former Marine pitches Aussie-US amphibious force

By SETH ROBSON
Stars and Stripes

The U.S. and Australia should establish a combined amphibious force including 2,000 Marines and a similar number of sailors based in Darwin, Australia, to build regional support for countering China's ambitions in the western Pacific, according to a former Marine colonel.

Grant Newsham, now a senior researcher with the Japan Forum for Strategic Studies, Tokyo, said that the Marine Corps, which rotated 2,500 Marines through Darwin during the summer, needs to see Australia as more than just a great place to train.

"I look at it as more of an opportunity to influence not just in Australia but right out to the heart of Southeast Asia," Newsham said.

Darwin is a lot farther from Chinese shore-based missile batteries than places where the Marines already have a permanent presence in the region, such as Okinawa.

Gen. David H. Berger, commandant of the Marine Corps, wrote in a commentary published Dec. 5 by War on the Rocks, a website on national security, about the challenges posed by the rise of Chinese military power in the Pacific.

Berger wrote that U.S. "forward bases and legacy infrastructure within the adversary's weapons engagement zone are now extremely vulnerable."

Newsham said an "Australian-American Amphibious Force" supported by amphibious ships from both nations could solve that problem. Such a force could be home-ported in Darwin along with facilities such as American schools and shops, he said.

The facility could serve as a schoolhouse for amphibious forces from other



SETH ROBSON/Stars and Stripes

U.S. Marines secure Kings Beach near the Australian town of Bowen during an amphibious exercise July 22. A former Marine colonel says an Australian-American amphibious force in the western Pacific should be considered.

nations in the region such as New Zealand, Singapore, Japan and South Korea. And Darwin could host an amphibious version of the Rim of the Pacific exercise that is held in Hawaii every other year, he said.

Darwin-based Marines could travel to nearby Southeast Asia to train with locals and establish a presence, Newsham said.

Darwin is the perfect spot to work on guidance from Berger to send small contingents of Marines throughout the region, Newsham said.

"The Marines haven't done the work to

get the access to put that policy into effect, but Darwin is a great place to build influence," he said.

The port already has plenty of room for amphibious ships but creating a purpose-built base would make it even better, he said.

The new amphibious force wouldn't require stationing an aircraft carrier Down Under, Newsham said. Air support for the Marines could be provided by aircraft operating from bases in the Northern Territory or new F-35B stealth jets flying off the decks of amphibious ships, he said.

James Holmes, a strategist at the Naval War College, wrote on Dec. 9 in National Interest magazine that concerns about China could boost Australian support for a permanent U.S. military presence Down Under.

"Stationing military forces overseas inspires trust. In turn, an unbreakable bond between America and Australia could give China pause the next time it contemplates making mischief," he wrote.

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Former SEAL rebrands after being acquitted of war crimes

By CAITLIN DOORNBOS
Stars and Stripes

Eddie Gallagher, the former Navy SEAL acquitted this summer of murdering an Iraqi captive, is cashing in on his newfound notoriety with an apparel line.

Gallagher in September 2018 faced 10 charges including premeditated and attempted murder based on accusations that he shot at Iraqi civilians and stabbed a captured teenaged Islamic State fighter to death a year earlier.

He was ultimately convicted of one charge, posing with the teenager's corpse in a photo he sent to friends. Gallagher was reduced in rank after his conviction, a decision President Donald Trump reversed.

Now, the square-jawed, tattooed former chief petty officer poses in photos of a different kind: advertisements for his new clothing line through the veteran-owned Nine Line Apparel online store.

Gallagher briefly met Nine Line's CEO Tyler Merritt during a deployment. When the news of Gallagher's prosecution broke, Nine Line reached out to support him and later "came up with the idea of a brand and to create



Nine Line Apparel

Ex-Navy SEAL Eddie Gallagher models shirts from his new apparel line, Salty Frog Gear, in a screenshot from the brand's website.

a partnership," Gallagher said in a statement on the Nine Line website.

The collaboration created Gallagher's Salty Frog Gear brand under Nine Line.

The company describes the ap-

parel as "a coastal lifestyle brand with an edge."

"SFG provides functional, versatile, and affordable apparel solutions for your next outdoor adventure with specialty garments flexible enough for a

fishing trip at sea or a weekend afternoon on the range," the company wrote on its website.

On the website, Gallagher is seen flexing in T-shirts reading "Unleash the Tempest" and "Stay Salty."

In another photo, he models a hoodie with a logo featuring a trident, a design similar to the trident pin that SEALs wear, juxtaposed with a star and five stripes. On its right sleeve is a reversed American flag, how service members wear their flag patches in uniform. Its front pocket features a special compartment to hold a beer bottle.

Also available is a \$34.99 whiskey glass and \$54.99 decanter emblazoned with "SFG" and the trident symbol.

In a promotional video, Gallagher wears Nine Line apparel in a shooting range firing rifles and pistols in slow motion.

The apparel company is not the only product to which Gallagher is lending his endorsement. His social media pages are also dotted with sponsorships from other veteran-owned businesses, such as Black Rifle Coffee Co.

In a Dec. 15 post, he posed with an assortment of Redcon1 workout vitamins and supplements with military jargon-inspired names such as Total War and MRE Lite protein powder.

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MILITARY

Yokota unveils new \$50K golf simulator

BY SETH ROBSON
Stars and Stripes

YOKOTA AIR BASE, Japan — Golfers at the home of U.S. Forces Japan in western Tokyo can hit balls on simulations of some of the world's finest courses without going outside the gate.

Workers at Yokota's Par 3 course finished installing a \$50,000 Trackman 4 golf simulator Dec. 27.

The system includes sensors and projected images of fairways that allow golfers, hitting real balls against a screen, to imagine they're playing on any of 50 courses, to include the likes of PGA National in Florida, Albany Golf Course in the Bahamas and St. Andrews' famous links in Scotland.

Navy Capt. Jose Cisneros, 56, of San Diego, was one of the first to use the Yokota system, which can track things like clubhead speed and ball flight, direction and spin.

"I like that you can see what your numbers and stats are," the 8 handicapper and member of the Air Force's Tama Hills Golf Club in Tokyo said during a session Dec. 13 before the last pieces of artificial turf had been laid in front of the simulator's screen.

"You can see the flight of the ball," he added "It's very realistic."

Cisneros, who works at U.S. Forces Japan, said the feedback



Navy Captain Jose Cisneros practices his golf swing with Yokota Air Bases' newest tool at the par three course Dec. 13.

he gets from the machine makes it better practice than hitting balls at the range.

"You can spend a lot of time on the range but you're not getting feedback so it's hard to improve,"

he said.

So far Cisneros has used the Trackman 4 to play simulated rounds at Saint Andrews as well as the Taiheiyo Club's Gotemba Course at the foot of Mount Fuji,

he said.

Tama's head golf professional, Patrick Bowman, said the system is installed in space that used to be filled with golf equipment on sale. Competition from online

"I like that you can see what your numbers and stats are. You can see the flight of the ball. It's very realistic."

Navy Capt. Jose Cisneros

and off-base golf retailers meant sales hadn't been great in recent years, he said.

Staff settled on the Trackman 4 after checking out a half-dozen golf simulators in Japan and deciding on one that offered more American courses, he said.

The device is used by the likes of Tiger Woods to practice ahead of professional matches, Bowman said.

Virtual golf might appeal to players who don't have time for the 45-minute drive to Tama.

"There are guys at Yokota who are strapped for time or have kids," Bowman said. "They don't have time to spend a whole day playing golf."

Players can rent the simulator for \$20 for the first half-hour between 7:30 a.m. and 6:30 p.m. on days when the golf course is open and \$15 for every half-hour after that, he said.

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PHOTOS BY THERON GODBOLD/Stars and Stripes

Tricare OKs laser therapy for some GIs' razor bumps

BY JENNIFER H. SVAN
Stars and Stripes

The military's health care system will now pay for some service members with severe razor bumps to receive laser therapy treatment at civilian facilities.

Tricare says it will foot the laser bill for active-duty personnel suffering from pseudofolliculitis barbae, or PFB, once skin creams and other conservative treatments have failed.

Laser therapy can be expensive but it's considered the most effective treatment for severe PFB, a persistent irritation most common on the face and neck caused by shaving.

The new Tricare policy was announced in December and first reported by Military.com. It follows the Navy's decision in October to end permanent shaving waivers for sailors after concluding that facial hair can hinder the effectiveness of breathing mask and respirator seals.

Such problems have led the Army to study alternative systems and others, such as Canadian Defense Minister Harjit Sajjan, a Sikh former soldier who deployed to Afghanistan three times, to develop beard-friendly, hooded gas masks.

To qualify for laser therapy coverage outside the military

medical network, service members must work in an environment where breathing protection may be required and laser therapy isn't available on base, according to the policy change, which is backdated to July 17, 2019.

Razor bumps are caused when curly hair curves back into the skin after being shaved, causing inflammation. The condition, which can be painful, affects many African Americans, according to past studies.

Some sailors with the condition previously received a shaving waiver, or "no-shave chit." Under the new Navy policy, sailors are able to obtain only a tem-



COLVILLE McFEE/U.S. Air Force

An airman has his neck and face inspected during a shaving waiver course in 2018. Tricare says service members will no longer need a waiver to get laser treatments for razor bumps at a civilian facility.

porary shaving waiver and must see a doctor every six months if the condition continues.

The Navy says treatment options include the use of medicated creams to make hair easier to shave; shaving with gentle equipment; and shaving techniques to minimize the risk of irritation and hair reentry into the skin.

Laser therapy may take up

to three to seven sessions to be effective, said a study published in April by the U.S. National Library of Medicine, National Institutes of Health.

The average cost of a laser hair removal session in 2016 was \$306, according to the American Society of Plastic Surgeons.

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\$23,995 | **\$176**
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2012 HYUNDAI TUCSON GLS

SALE PRICE **\$8,995**
KBB: \$10,478



STK: 18K271A

2017 KIA RIO LX

SALE PRICE **\$10,995**



STK: 19RN25

2016 KIA FORTE LX

SALE PRICE **\$11,995**
KBB: \$12,071



STK: 19P114

2016 FORD FUSION S

SALE PRICE **\$13,995**



STK: 19P117

2015 FORD TAURUS SE

SALE PRICE **\$15,995**



STK: 19P224

2016 MAZDA CX-5 SPORT

SALE PRICE **\$16,995**
KBB: \$17,705



STK: 19P178

2016 FORD ESCAPE SE

SALE PRICE **\$16,995**



STK: 19P191

2017 MAZDA MAZDA6 TOURING

SALE PRICE **\$17,995**
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