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Community Publication

# GUAM

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## SHARE YOUR PIECE OF PARADISE WITH US

**T**his year has not been the best for those of us who to love to go on adventures and travel. As we finally start to get a taste of normalcy, we want to know how you fed your wanderlust. Did you get to explore your local city or curb some of that cabin fever with a family day trip closeby? Or, in an attempt to escape while staying socially distant, did you discover an affinity for hiking?

We know our readers love to travel and explore new places in the Pacific, but also that this past year has changed the way we do just about everything. So, we want to hear about how you traveled. Whether you had a staycation or brought out the photo albums and talked with your kids of the places you went and will go again someday — let us know!

Stars and Stripes wants you to write about your own piece of paradise. Our annual Destination Paradise magazine highlights must-see travel spots across the Pacific — and your bit of paradise could be included in our 2021-2022 edition.

It doesn't have to be an exotic island with pristine beaches. Tell us about the dream vacation you had. Write about how you traveled and where you traveled.

Your story will not only appear in the Stripes Destination Paradise magazine that will hit the streets on Pacific bases in September, it will also appear in our community newspapers and websites, including Stripes Guam and [guam.stripes.com](http://guam.stripes.com).

We may not be able to travel as much as we want right now, but let your thoughts take you on a journey and put pen to paper (or hands to keyboard) and start writing! Have fun with it, write long or short and don't forget to send your photos, too!

Submit your story and photos to [paradise@stripes.com](mailto:paradise@stripes.com) by July 20, and we'll make you famous!

— The Stripes Guam staff

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## Like father, Like son

**Sailor continues  
family submarine  
tradition**

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Midshipman Matthew Evans and his father, Senior Chief Fire Control Technician Matthew Evans, in 2007. Today, Lt. Cmdr. Mathew Evans (inset) is assigned to Commander, Submarine Squadron 15, located in Santa Rita. Courtesy photo by Lt. Cmdr. Matthew Evans



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# Sailor continues family submarine tradition

STORY AND PHOTO BY MC2 KELSEY HOCKENBERGER  
COMMANDER, SUBMARINE SQUADRON 15

SANTA RITA – Like many other teenagers his age, now Lt. Cmdr. Matthew Evans assigned to Commander, Submarine Squadron 15, argued with his parents about his future. With an enlisted submariner for a father, Evans explained to his parents that college was not for him and that his goal was to enlist in the U.S. Navy. He was immediately met with resistance from his parents who wished for their son to attend college. Due to this, Evans set his sights on the service academies. “I saw the academies as the perfect solution,” said Evans. “It was a way for me to be like my father, but also attend college in a way that was paid for like my parents wished.”

Evans, native of Yona, Guam, took this realization as an opportunity to focus on improving his grades in an effort to get accepted into the U.S. Naval Academy. After years of hard work, he was accepted and on his way to serving in the Navy just like his father, a retired Senior Chief Fire Control Technician.

While at the academy, Evans and his fellow Midshipmen, were offered a variety of leadership positions and opportunities to be pilots, submariners, surface officers and more. Evans frequently contemplated the path that he should take. He continually weighed his options, but his instincts always brought him to the submarine force and the shiny pair of dolphins from his father’s uniform. The same dolphins that serve as an exclusive symbol of the submarine force. It was an area of the Navy that Evans knew all too well from his father’s service.

“My father told me that he didn’t think I would enjoy submarines,” said Evans. “I took that as a challenge. Over the next couple of years at the academy, my mind weighed the



Lt. Cmdr. Matthew Evans, assigned to the Los Angeles-class fast-attack submarine USS Asheville, hugs his wife, Krystle, after completing a deployment.

options of other jobs, but I ended up always coming back to my first choice of submarines.”

Evans decided to prove his father wrong and joined the ranks of the silent service as a naval officer. During his commissioning ceremony, his father was there to be his first salute. Evans persevered, followed his dreams, and was officially in the Navy.

“I was set on joining the submarine force when I went into the academy,” said Evans. “So, to have that moment finally be a reality was something I will always remember.”

As his time in the Navy progressed, Evans realized there were many moments in which his career matched his father’s. Similarly, Evans would marry and have a family. They continued a tradition from his childhood where they make a paper link chain for each deployment. Each link represents a day away at sea. His kids make one each deployment,

like he did for his father. father never showed how difficult it was to leave family behind each time,” said Evans. “Now that I am on the other end, I realize how hard it is.”

Once the time came for Evans to earn his dolphins, he was originally pinned by his commanding officer. However, upon return from his deployment, his wife pinned him with a pair of weathered gold dolphins that his father had held onto for years.

“The submarine dolphins were something of mystique when I grew up,” said Evans. “I would marvel at my dad’s uniform when he came home. He would wear khakis on shore duty, with all his chest candy and dolphins, which I knew were a big deal. I saw earning my dolphins as synonymous with becoming a man. It felt like I had really made it.”

However, that isn’t where the similarities end. In 2003, Evans’ father served at CSS-15 in Guam. Over 18 years later, Evans is now serving at the same command as the operations officer.

“It’s a huge honor to be selected to go to a squadron for my department head tour,” said Evans. “The fact that it is CSS-15 holds an extra special meaning to me since my father also worked here, and I consider Guam as my home.”

Evans’ father was present throughout his entire career. He supported, motivated and helped guide him into the leader he is today. As he continues his career in the submarine force, he hopes to advance further in rank and retire like his father.

“My father passed along wisdom to me that I will never forget,” he said. “Family comes first, listen to the chief, don’t take yourself too seriously, and if I was ever lucky enough to lead, always make sure to take care of the guys. Hopefully I live up to his words.”



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Photo by PO1 Jason J Behnke, USS Emory S. Land



Photo by PO1 Jordyn Diomedes, USS Emory S. Land

# USS Emory S. Land returns to Guam

BY PO3 ZACHARY GROOMAN,  
USS EMORY S. LAND

**SANTA RITA** – The submarine tender USS Emory S. Land (AS 39) arrived home to U.S. Naval Base Guam, May 20.

Land returned to Guam after completing an eight-month regular overhaul and dry-dock period at Mare Island Dry Dock in Vallejo, California. Throughout the maintenance period, numerous projects were completed aboard the ship to include an upgrade to its communication system to improve network capabilities and a fixed ballast install of 485 long tons of lead to improve buoyancy and stability of the ship.

“This maintenance period was a huge success,” said Capt. Michael Lockett, Land’s commanding officer. “With the completion of this yard period, I feel confident in our ability to return to the fleet stronger than we were before and ready to carry out our

mission in the years ahead.”

After departing Vallejo in early April, Land transited to Naval Base Point Loma in San Diego for the completion of various inspections and a visit from Commander, Submarine Force, U.S. Pacific Fleet.

In addition, Land’s health services department administered the second dose of the Moderna COVID-19 vaccine to their Sailors and civilian mariners.

After a total of 10 months away from Land’s homeport, many Sailors are excited to be reunited with their families in Guam.

“I have always said one of the toughest jobs in the Navy is that of a Navy spouse,” said Chief Yeoman Matthew Herndon. “The current condition of the world has made things more stressful, which makes being away from family even harder. The support of my wife and son throughout my time away has been key in keeping my sanity, stability and reason. At the end of the day, I look

forward to returning home and being in the arms of my family and celebrating all the holidays missed.”

Land is scheduled to assume duties as the lead maintenance activity (LMA) this summer. As LMA, it will continue its mission of servicing submarines and surface ships throughout the U.S. 7th Fleet area of operations.

“I have no doubt about our ability to switch gears and take on our role as LMA to further contribute to the overall mission of the Navy,” said Lockett. “No challenge is too big for my exceptional crew, who do not waver in the face of adversity. The challenges we have faced and overcome together over the course of the last year are a true testament to the resiliency of Land Sailors and civilian mariners – a resiliency that will be the driving force aboard the ship for many years to come.”



Photo by PO2 Victoria Kinney, USS Emory S. Land



Photo by PO1 Jordyn Diomedes, USS Emory S. Land



MC1 Jordyn Diomedes, embraces her daughter after the ship moored at U.S. Naval Base Guam. Photo by PO1 Jordyn Diomedes, USS Emory S. Land



Photo by Staff Sgt. Divine Cox, 36th Wing



Photo by Airman Breanna Gossett, 36th Wing

## Andersen, Palau ignite partnerships

STORY AND PHOTOS BY  
AIRMAN BREANNA GOSSETT, 36TH WING

**U**.S. Air Force, Guam International Airport and Palau firefighters participated in a joint aircraft fire training event at Andersen Air Force Base, Guam May 11.

The purpose of the exercise was to train and certify Palauan and GIA firefighters to maintain their aircraft rescue firefighting certification to meet stringent Federal Aviation Administration and National Fire Protection Association standards.

“We had the opportunity to train eight Palauan and two GIA firefighters this go around,” said Crispin Pacificar, 36th Civil Engineer Squadron, assistant fire chief. “We trained them on

aircraft rescue firefighting and provided them with Department of Defense aircraft familiarization.”

During this training, the 36th CES instructors covered items such as KC-135 Stratotanker aircraft familiarization, MQ-4C Triton aircraft familiarization, munitions safety and aircraft firefighting operations.

“The Andersen Fire & Emergency Services has the only working aircraft trainer in the Marianas region,” said Stanley Torres, 36th CES, fire chief. “This training was an opportunity for us to utilize what we have here and was an awesome way for both departments to improve their regional relationships as first responders.”

Part of the mission here at 36th Wing is to strengthen regional and local partnerships, and the 36th CES instructors continue to make that happen on a monthly basis.

“This training is important because it prepares neighboring first responders to prepare them for future DoD aircraft emergencies,” said Pacificar. “Should a DoD aircraft divert and land at Palau, the Palauan firefighters will be ready.”



Photo by Airman Breanna Gossett, 36th Wing





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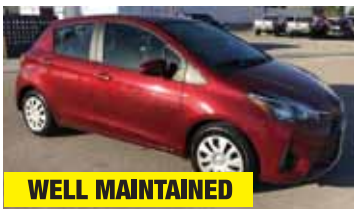
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## DIVERS' DELIGHT

BY JOYCE MCCLURE

In the far western reaches of the Pacific Ocean, the small, remote island of Yap sits amid a rich coral habitat that is home to some of the largest sea creatures in the world.

Divers come to Yap from all over to swim with the resident population of manta rays that have a wingspan of up to 13 feet and weigh upwards of 1,500 pounds.

But giant clams with their scalloped, colorful lips, or mantles, turned upward from their permanent anchorage amid the coral, are also found in the warm waters of this far-off island.

Listed as “vulnerable” by marine conservation organizations, the clams are often among the sightings most treasured by visitors to Yap’s shores who plunge into the rich environment.

One of four island states in the Federated States of Micronesia, Yap is known to have one of the most well-preserved cultures in the entire region, and ocean conservation is an important part of the life of the Yapese who rely on sustainable aquaculture practices for their food supply and the economy.

In 2015, a community-managed network of Marine Protected Areas was formed by government agencies, non-government conservation and resource management groups, and community members.

Among the sanctuaries in the MPAs is the Waloy community’s giant clam farm

situated within a 151-acre marine area where these mammoth shells are protected from poachers to live longer lives, reproducing and repopulating their home.

The community of Tamil also has a giant clam farm under the auspices of the Tamil Resources Conservation Trust. Winner of the 2019 UN Equator Prize, TRCT was created in 2014 by the Tamil Council of Chiefs to “promote ridge-to-reef conservation for community and ecosystem reliance.”

Among the species found in the farms are the Bear Paw clam, also known as the Horse Hoof clam (*Hippopus Hippopus*), the Noah’s giant clam (*Tridacna noae*), and the Smooth giant clam (*Tridacna derasa*).

Depending on the species, they can live up to 100 years, grow up to four feet across, and weigh up to 500 pounds or more. Spending their entire lives adhered to one place in flat coral sand or broken coral, the clams serve as nurseries and refuges for fish and other marine life.

The exposed mantle, or soft tissue, of a giant clam exhibits a combination of bright colors and patterns caused by the algae in its system and may include yellow, green, iridescent blue or purple. Using a siphon to filter the water and consume the plankton that passes by, their diet also consists of the sugars and proteins produced by the algae. The algae, in turn, is rewarded with a safe home and access to sunlight for photosynthesis.

# GIANT clams

Giant Clam Farm. Photo courtesy of Giant Clam Farm

## GIANT TALE

Among the rich oral history of Yap is the myth told by a local storyteller about how a giant lizard and a clam formed the island:

*“In the very old days there was a giant lizard staying out in the sea. This lizard started eating people when they went out in the sea. People had a hard time traveling out in the sea. There was this boy, I forgot his name, who planned to kill this giant lizard. So, he made a canoe and took it out to the sea for testing. He went out and caught a fish, took it back home and put it on the fire, then sailed around the island and came back and the fish was overcooked and the fire was gone. He made another canoe and did the same thing, but this time the canoe was much faster than the first one. On the next day he went out to the sea and looked for the biggest clam. When he found one, he took it and put it on the canoe, then started looking for the giant lizard. Finally,*

*he found the giant lizard. The lizard hit his head on the clam and the clam closed his mouth. The lizard hit its head out but could not get out. The lizard would not let loose of the clam. The lizard hit the north part of the island with the second swing. The lizard hit the south and cut and the island was formed because it did not have a hole. After the third time. After the third time, everyone got happy. The man made traveling easier to other islands nearby. The map you can see what*

It is said that giant clams can kill people, but this is a myth. The siphon muscles are used to pull in food and, according to scientists, they are not shut in defense of the clam. The diver who accidentally pulled a clam out of the water had enough time to pull away.

Diving in Yap working in the Giant Clam Farm.  
Photo by Tamil Resources Conservation Trust





Moving juvenile clams from farm to Marine Protected Area.  
Photo by Yapil Resources Conservation Trust



Juvenile *Tridacna derasa* (Smooth Giant Clam).  
Photo courtesy of Giant Clam Farm



Giant Clam Farm nursery (*Tridacna derasa*).  
Photo courtesy of Giant Clam Farm

## TAKE A TOUR

Visitors to Yap are invited to take a tour of Waloy's Giant Clam Farm and snorkel among these gentle, colorful giants. It is prohibited to visit the area without a local guide so to arrange a tour, contact Manta Ray Bay Resort & Yap Divers at [yapdivers@mantaray.com](mailto:yapdivers@mantaray.com) or call them at (691) 350-2300 or US toll free 800-348-3927 (800-DIVE-YAP). This article was first published at [www.goworldtravel.com](http://www.goworldtravel.com).

About the author: Joyce McClure is a freelance writer and photographer who moved to the remote island of Yap in the western Pacific Ocean in August 2016 as a Peace Corps Response Volunteer after a long career in public relations. At the end of her service, she decided to remain in Yap to continue writing and working with community organizations.

Smooth Giant Clam (*Tridacna Dersa*).  
Photo courtesy of Giant Clam Farm



# Find treasure with geocaching

BY RACHEL KERSEY,  
STRIPES GUAM

## What is geocaching?

Childhood is often filled with dreams of adventures in faraway places and quests for hidden treasure. Unfortunately, as we age, we learn to put away juvenile dreams and bury innocent imaginations in favor of reality. But geocaching is bringing fantasy to life for kids and adults alike, and new technology is making it easier than ever!

Geocaching is a real-life treasure hunt using a GPS or a GPS-enabled device, such as a smartphone or smartwatch. Simply enter in the coordinates and follow the device to a location where some sort of box or capsule is strategically hidden. Inside is a present, token or message. The finder is welcome to either leave the item in the



Photos courtesy of guamgeocachers.com

box for the next person, or take it and replace it with another small token or present for whoever comes behind him. It's an adventurous gift exchange! To get started, you will need to know where geocaching trails are. There are several great sites to find geocaching trails. For a great review of several

sites, visit Top Ten Reviews. Geocaching is enjoyed by families of small kids and even skilled climbers or hikers, as the hikes are rated by skill and accessibility. Therefore they can be super easy or extremely challenging.

## Apps

Several apps can also connect your smartphone's GPS with geocaching coordinates. Here are some of the highest rated: Geocaching by Groundspeak: Rated four stars, the app is great for beginners and offers 18 different types of geocaches. You can also share your adventure with others by logging a "Found it!"

### ■ CACHESENSE:

One of the best parts of this app is its ability to sync with your Geocaching.com account. This simplifies the entire process and gives geocachers options on which app's interface they prefer. It comes with a map, list of locations, compass, databases, list of recent finds and a personal profile. CacheSense is great for the weekend cacher as well as the hardcore geocacher.

### ■ C:GEO:

This free app doesn't use the Geocaching.com interface, so if you don't have a Geocaching.com premium membership, you won't be limited by the restrictions placed on standard members. In addition, there is a service called Go 4 Cache which allows users to see the locations of other c:geo users. However, this app does have fewer features than the more expensive apps, but it's fine for those who are new to the activity.

### ■ LOOKING4CACHE PRO:

Looking4Cache Pro is capable of operating multiple accounts, which allows geocaching teams to log their finds simultaneously. If you recently converted from Android to iPhone, you will find that this app eases the transition as it is very similar to Android apps in terms of flexibility and functionality.

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#### ■ GEOCACHING BUDDY

: Geocaching Buddy is a handy little app that remembers every clue found, calculates new routes, and can even remember where you parked so you can return to your car after finding the cache. You can post a log and a photo, create a photo album, and even back-up your information via email. If you'd like to see how it works, you can watch the demo on YouTube or on the Geocaching Buddy support website.

#### ■ GEOCACHING PLUS:

This app is very popular among Windows Phone users and works well with Geocaching.com as well as Garmin. With a 4.5 star rating, Geocaching Plus improves your geocaching experience by allowing you to view caches on a live map, see details of the cache like its description, logbook, and photos, and pin caches to your desktop. The icons are also more modern, which makes for a more aesthetically pleasing experience. This app is well liked for its accuracy, simplicity and expediency.

### Treasures on Guam

There are a few hundred on Guam, according to [guamgeocachers.com](http://guamgeocachers.com), and there are about 30 such caches located on Saipan and some on Rota and Tinian, too.



#### ■ MAALOO GEOCACHING:

This app is great for newbies and pros alike. It has features to help users make notes and chart their progress. And, both online and offline access to several maps plus a transparent compass can make navigation much simpler. Geocaches can also be filtered by difficulty, terrain, type, owner and name.

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Brandy Untalan

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

Scan this QR code to view GSA's 2021 Guam catalog.



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# Boonie Stomps Guam

INFORMATION PROVIDED BY  
GUAM BOONIE STOMPERS

**June 12**  
**Hila'an**

*Medium*  
*4 hours for 3 miles*

We hike north along the beaches and headlands of the northwest coast to visit the mushroom rocks, the ancient village of Hila'an with its latte stones, shark's hole where the snorkeling is excellent if the water is clam, and the cool freshwater pool of Lost Pond.  
**Bring:** 2 quarts water, hiking shoes, swim suit, snorkel gear, sun screen, insect repellent, lunch, and camera.  
**Special conditions:** Hiking over some rough rocks and in the water.

**June 19**  
**Canuon River**

*Difficult*  
*4 hours for 3 miles*

We explore a tributary of the Tarzan River, hiking up a deep gorge with large boulders and rock formations to climb up, over, and around. Then we visit several waterfalls and small swimming pools.  
**Bring:** 3 quarts water, get wet shoes, gloves, insect repellent, sunscreen, lunch and snacks, and camera.  
**Special conditions:** Lots of walking in water, steep hills, climbing over boulders, and a little sword grass.

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

**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 Applies lightly
- 5 "Dancing Queen" quartet
- 9 60's sitcom, "Green \_\_\_\_"
- 14 Cambodia's continent
- 15 Squander, slangily
- 16 \_\_\_\_ change
- 17 Bruce of "The Hateful Eight"
- 18 Home of the NBA's Spurs
- 20 Dude ranch woe
- 22 Word in a Golding title
- 23 Captain Queeg's ship
- 24 Budget item
- 26 Swiss dwelling
- 28 Prefix with "state" or "act"
- 29 Car nut?
- 30 "Cheers" role
- 32 A bit lit
- 36 One of the Baldwins
- 38 Unsettled feeling
- 40 Kind of salmon
- 41 Twangy-sounding
- 43 Like a busybody
- 45 Removable locks
- 46 Sci-fi droid
- 48 Nine-day prayer
- 50 Circus performer
- 53 Closet wood
- 54 Not relevant
- 55 Lizard's relative
- 59 Trucker's turf
- 61 FDR's coin
- 62 Bakery treat
- 63 Type of keel
- 64 Impassioned
- 65 Bit of evidence
- 66 Bull's-eye hitter
- 67 Oscar-winning Jared

**DOWN**

- 1 A&W competition
- 2 Between ports
- 3 Pet shop items
- 4 Open shoe
- 5 In \_\_\_\_ (not present)
- 6 Far from enthused
- 7 Pro \_\_\_\_ (gratis)
- 8 Cognizance
- 9 Be in a cast
- 10 Ill-tempered
- 11 Talk a blue streak
- 12 Mideast leaders
- 13 Fine china name
- 19 Counter call
- 21 Fudged the facts
- 25 Teacher's fave
- 26 "The \_\_\_\_ of the Cave Bear"
- 27 Waikiki wiggle
- 28 Fort Knox bar
- 31 Like many bibliographies
- 33 War-plane maneuver
- 34 Runner's sore spot
- 35 Lotus-position discipline
- 37 Vitamin A source
- 39 Slumlord's building
- 42 High ball
- 44 Skywalker's mentor
- 47 Stereo knob
- 49 Property defacer
- 50 Off the mark
- 51 Spiral shell
- 52 Revolving part
- 53 Supply party food
- 56 Hot stuff
- 57 Radiate
- 58 Give a facelift to
- 60 Johnny Bench was one

**Answers to Previous Crossword:**

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

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## Stripes Sports Trivia

Ben Roethlisberger and Antonio Brown led the potent Steelers offense together for nine years. The two superstars are both near the top of their positions. When it comes to their college days, the duo both played in the same non-power conference. Where did they go to school?

**Answer** *Miami of Ohio (Roethlisberger), Central Michigan (Brown)*

## 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:**

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

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# A Taste of Guam

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**4-page pullout**



# Let's cook like a Chamorro

GUAM VISITORS BUREAU



People say it's called tinaktak because of the "taktak" sound of the knife on your cutting board as you chop the meat super thin! If you've ever wanted to know how to make it, here's a recipe along with a side dish of gollai åppan lemmmai from local chef and restaurant owner Lenny Fejeran.

## Tinaktak Antigu

**Ingredients:**

- 1/2 onion
- 1 clove chopped Garlic
- Teaspoon of oil or oxtail fat
- 1/2 pound of beef shank
- 1/2 pound of oxtail
- 2 cups coconut milk
- 2 ounces pickled bittermelon
- 2 local cherry tomatoes
- 1 small eggplant
- 1 teaspoon salt and 1/2 teaspoon black pepper
- 1/4 cup long beans
- 1/2 squeeze of lemon

**Directions:**

1. Cook meat for 3 hours until tender and falling off the bone. Chop the meat thinly
2. Sauté oil or oxtail fat, onion, and garlic on high heat
3. Add meat
4. Add coconut milk
5. Add pickled bitter melon (See below for recipe)
6. Add local cherry tomatoes
7. Add eggplant
8. Simmer on medium heat
9. Add salt and black pepper
10. Simmer down for 30 minutes on medium low heat
11. Add long beans
12. Cook for 5 minutes then turn heat off

13. Add lemon

**How to make salted and/or pickled bittermelon:**

The trick is to salt it twice!

1. Salt it for 30 minutes
2. Strain and rinse
3. Salt it again for another hour
4. You can pickle it but you can add it into the tinaktak after you salt it as well!

*Directions*



**Ingredients:**

- 1 medium sized lemmmai
- 2 quarts coconut milk

**Directions:**

1. Skin lemmmai, cut the middle part out, and chop
2. Add coconut milk on medium high heat
3. When it comes to a boil, put it down to medium low
4. Simmer down for 15 minutes or until soft and milk is reduced

## Gollai Åppan Lemmai



## Beef Tinaktak

Of all the elements that make Guam a unique destination, the delicious local cuisine is one of the pillars. Chamorro cuisine is a melting pot of bold flavors that infuses native tradition with Pacific Island, Spanish, and Asian influences.

Food has always been at the heart of Chamorro culture and the people of Guam are known for their love of getting together and sharing good food. Red rice, chicken kelaguen and barbecue are some of the superstars of Chamorro cuisine, but there are many other dishes that locals grew up with and remind them of home.

**Ingredients:**

- 1 onion
- 4 to 5 cloves of garlic
- 10 to 12 cherry tomatoes (cut in half)
- 2 lbs ground beef
- 1 lb long beans or green beans (trimmed and cut to 2")
- 1 can of coconut milk
- 1 lemon
- Green onion (for garnish)
- Salt and pepper

*Directions*



**Directions:**

1. Slice onion and garlic and sauté in 2 tbsp of oil over medium heat.
2. Add the cherry tomatoes to the pan. Sauté until onions are translucent.
3. Remove the onions and tomatoes from the pan and set aside.
4. Brown the ground beef in the same pan. Season with salt and pepper.
5. Drain fat from the ground beef. Mix the onions and tomatoes in the pan with the ground beef.
6. Add the green beans.
7. Add the coconut milk and mix well. Season with salt and pepper if needed. Let simmer for 1-2 minutes. You want the tomatoes to be soft, but the beans to still have a bit of a crunch.
8. Turn off heat and add the juice of 1 lemon. Serve with rice, and garnish with green onions.

**Options:**

Ground beef can be substituted by ground turkey, chicken, salmon, white fish, and tofu. Try them all and find out which one is your favorite!

**Pika's Café**

In this step-by-step video, local chef and restaurant owner Lenny Fejeran shows us how simple it is to Cook Like a Chamorro and prepare beef tinaktak.

Lenny Fejeran and his wife Pika are the owners Pika's Café, a popular restaurant known for using fresh local ingredients in dishes that reflect the savory goodness of Chamorro cuisine. The restaurant is always buzzing with locals and visitors who are there to enjoy the food and service that has earned consistent all-star ratings on TripAdvisor, Facebook and Yelp. The award-winning restaurant is open 7 days a week for breakfast and lunch.

**HOURS:** Open daily 8 a.m. – 3 p.m., 5 - 9 p.m.

**LOCATION:** 888 N. Marine Corps Drive, Star Building, Tamuning





## Chicken Chalakiles

We're excited to bring you a new Cook Like a Chamorro recipe! In this step-by-step video, Chef Peter Duenas from Meskla Chamoru Fusion Bistro shows us how to Cook Like a Chamorro and prepare a pot of chicken chalakiles, a popular Chamorro comfort soup that is easy to make from a simple list of ingredients.

### Ingredients:

1 onion, diced  
4 to 5 garlic cloves, chopped  
2 lbs boneless skinless chicken, cut into small pieces  
4 cups achote water (soak seeds overnight or use achote powder)  
6 cups water  
Red chili peppers, finely chopped and to your heat preference  
2 tbsp vinegar  
2 cups ground toasted rice (first toast the rice in a pan, then grind the toasted rice in a blender or food processor)  
Salt and pepper, to taste

### Directions:

1. In a large soup pot, sauté the onion and garlic in cooking oil.
2. Add the chicken and sauté. Season with salt and pepper.
3. Add the achote water and regular water and bring to a boil.
4. When it begins to boil, add the red pepper and vinegar.
5. Add the toasted rice and let simmer for 10-15 minutes. The soup will thicken.
6. Serve in a bowl and top with green onion.

### Options:

You can use chicken broth instead of water, and you can also stir in a cup of coconut milk as the last step. Some versions of chalakiles add crabmeat and vegetables. Have fun experimenting!

### Meskla Chamoru Fusion Bistro

Meskla Chamoru Fusion Bistro is located in Hagåtña, the Capitol of Guam. Corporate Executive Chef and Owner Peter Duenas, a classically trained chef who worked in renown restaurants, hotels, and resort chains for over 25 years, opened Meskla in March 2009 - the first 'Chamoru fusion bistro' of its kind. In the Chamorro language, the word "meskla" means "to mix" or "mixture". At Meskla, you can expect to enjoy island hospitality at its finest and a true taste of modern Chamoru Cuisine...a taste of local home traditions but with a fusion of flavors and style. Visit Meskla's Facebook page at facebook.com/MesklaGuam and follow @Meskla on Instagram.

### Meskla Chamoru Fusion Bistro - Hagatna (Open for take-out and dine-in services)

**HOURS:** 11 a.m. - 2 p.m. (Mon.-Sat.), 5 - 9 p.m. (Mon.-Sat.) Closed on Sunday

**LOCATION:** 130 E Marine Corps Dr., Ste 103, Hagatna

**TEL:** 671-479-2652

**WEBSITE:** mesklaguam.com

### Directions



## Tiao Kelaguen

Cooked without heat, kelaguen is a signature dish of Chamorro cuisine that uses a combination of lemon juice, salt, and hot peppers to "cook" chopped fish, seafood, or meat.

Chicken kelaguen is the most common variety of kelaguen and is a staple at fiestas, in restaurants, and is even sold as a snack in convenience stores.

In this video, Proa Restaurant Chef de Cuisine Ryan Chiguina shows us how to Cook Like a Chamorro and prepare tiao (juvenile goatfish) kelaguen using simple, fresh ingredients.

### Ingredients:

1/2 yellow onion, diced  
1/2 cup grated fresh coconut  
2 stalks green onion, chopped  
1/2 cup fresh lemon juice  
1/2 teaspoon lemon power  
3 lbs tiao (juvenile goatfish) Tiao can be substituted with ahi tuna, mackerel, salmon, or shrimp  
2 hot peppers, chopped  
salt to taste

### Directions:

1. Debone the tiao by first pulling the head from the body. Next, starting from the belly, pull the bone away from the body.
2. Rinse the fish in water to clean.
3. Chop the tiao and combine with all other ingredients.
4. Keep chilled and serve with flour or corn tityas.

### Proa Restaurant

With locations in Tumon and Hagåtña, Proa Restaurant and Patisserie welcomes guests to enjoy a memorable 'Hafa Adai' dining experience through its hand crafted Pacific-rim styled menu and fresh made-to-order daily specials served with local hospitality and flair.

**HOURS:** Open daily 11 a.m. - 2 p.m., 5 - 9 p.m.

**LOCATION:** 429 Pale San Vitores Road, Tumon

**TEL:** 671-646-7762

**WEBSITE:** www.proaguam.com/

**FACEBOOK:** @ProaGuam

Please note: Due to covid-19 restrictions masks are required, social distancing protocols are in place, and seating is limited.

### Directions



## Gollai Áppan

In this edition of Cook Like a Chamorro, Chef Gary Cruz of Matua's Bar & Grill shows viewers how to make Gollai Áppan sweet potato and banana. Later in the video Chef Gary gets creative and transforms traditional gollai áppan into a modern dessert.

Gollai áppan is a method of boiling starchy foods such as taro or breadfruit in coconut milk. "Gollai" is the Chamorro for word "vegetable" and "áppan" means "to dry up; to evaporate."

### Ingredients (gollai áppan sweet potato or banana):

1-1/2 cups of sweet potato or cooking banana, peeled and chopped into bite-sized pieces (You can also use regular sweet banana)  
1 cup fresh or canned coconut milk  
1 tbsp sugar  
1/4 tsp salt

### Directions:

Simply combine all ingredients in a medium saucepan and heat over medium-high. Simmer 3 to 5 minutes or until the sweet potato/cooking banana is soft.

Watch our Cook Like a Chamorro video to see how Chef Gary uses traditional gollai áppan to create sweet potato pie and banana turnover.

**Matua's Bar & Grill** offers a daily Chamorro lunch buffet and is located in the ITC Building in Tamuning.

**LOCATION:** Suite 137, 590 S. Marine Corps Drive, Tamuning

**FACEBOOK:** https://www.facebook.com/matuas.guahan.9

**INSTAGRAM:** @matua.bar.grill

### Directions







*"it's finger  
lickin' good"*

# Hot & Spicy Chicken finger lickin' good!

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GUAM EDITION

JUNE 11, 2021



## Dangerously deprived

GAO report finds Navy still has not addressed lack of sleep, fatigue among deployed sailors **Page 2**

Petty Officer 2nd Class Edmond Nazareno checks a gyro repeater compass while standing watch aboard the amphibious assault ship USS Kearsarge in the Atlantic Ocean in 2018. A recent U.S. Government Accountability Office report says despite a 2017 Navy policy aimed at managing fatigue, the Navy has inconsistently implemented the policy and sailors still are not getting adequate sleep.

MIKE DiMESTICO / U.S. Navy



## COVER STORY

# Report: Sailors still not getting enough sleep

By JENNIFER H. SVAN  
*Stars and Stripes*

Sailors still are not getting enough sleep more than three years after the Navy issued a policy to address fatigue in the wake of two deadly collisions blamed in part on sleep deprivation, a government watchdog said.

Only about 14% of officers received the recommended seven hours or more of sleep during their most recent deployment, and 67% received five hours or less, the Government Accountability Office found. About 84% said fatigue-related conditions among the crew often or sometimes affect ship operations.

One officer “had observed other officers degrade to near senselessness while attempting to safely navigate a ship — because of leadership’s disregard of sleep requirements,” the

officer told the GAO.

“The Navy is not ensuring that its sailors are sufficiently rested for optimal performance and safety,” the GAO concluded in a report released May 27.

While the service has taken steps to collect more information on fatigue in the surface fleet, it is not “measuring and managing fatigue in a timely manner,” the report said.

The Navy committed to a comprehensive review of the ill effects of sleep deprivation following two separate deadly collisions in 2017 involving the guided-missile destroyers USS Fitzgerald and USS John S. McCain, in which a combined 17 sailors died.

In both cases, bridge watchstanders had little to no sleep the night before the collisions, which impaired their situational awareness and ability to react to an emergency.

Overwork and training deficiencies were other root causes in the incidents, the Navy review found.

Sleep deprivation can impair job performance, yet active-duty service members are twice as likely as civilians to go without enough shut-eye, said a Pentagon report to Congress earlier this year.

The GAO’s review from 2019 to 2021 was aimed at determining to what extent the Navy has acted to address sailor fatigue, resize surface ship crews to handle workload and improve training in the surface fleet.

Much of the report addressed fatigue. After the 2017 collisions, the Navy directed commanding officers to establish a seven-hour sleep minimum, limit continuous work shifts to no more than eight hours and limit workdays to no more than 12 hours.

But those practices have been

implemented inconsistently, the GAO found after surveying surface warfare officers who had been to sea in the last 12 months and who were responsible for managing the sailors who stand watch over critical ship functions.

Among its findings: Only 40% of Navy surface ships had implemented a seven-hour sleep minimum and less than 20% had limited workdays to a maximum of 12 hours.

“We estimate that 86% of officers received less than the target seven hours of uninterrupted sleep a day, and that most of these respondents were not able to supplement their lack of sleep with a two-hour continuous nap, per policy,” the report said.

Workload, required meetings and drills were preventing adequate sleep, the Navy found in a separate survey. Both the Navy

and GAO found that sailors spent the majority of their day working, which allowed for limited personal time, including sleep.

The GAO also found that the Navy routinely assigns fewer crewmembers to ships than its workload studies have determined are needed to safely operate them.

The Navy should revise its guidance and practices to better measure sailor fatigue and address the factors causing sailor fatigue and inadequate sleep, the GAO recommended.

It also suggested the Navy use required positions when reporting crew sizes and projecting personnel needs, and factor training into sailor workload. The Pentagon concurred with the recommendations.

svan.jennifer@stripes.com  
Twitter: @stripesktown

## Onboard counselors help sailors cope with stress

By WYATT OLSON  
*Stars and Stripes*

The Navy is assessing how best to employ specially trained teams placed aboard large ships as they head to sea to help sailors with shore-to-sea transition, a program tested earlier this year.

The “proof of concept” for the Departure and Separation Program kicked off in December on six cruisers and destroyers from Norfolk, Va., and ended in mid-February. Their crews were dealing with the usual stressors of heading to sea for many months but also with family issues and restrictions related to COVID-19.

“I would say some of [the program’s launch] was directly attributed to COVID,” Edward Cannon, director of Fleet and Family Readiness Programs for Navy Installations Command, told Stars and Stripes during a recent phone interview.

“So, I don’t see it as something that we would be rolling out enterprise-wide on every ship, every time that they deploy,” he said. “But we absolutely know there are going to be times when there are additional stressors or changes to pace or schedule that would lend itself well to this model, and we are prepared to support that as it comes up.

“Basically, we’ve done the proof of concept, and we know that other ship commanders need this type of support. Our team will be ready to do that no matter what type of ships they are.”

Beginning Dec. 28, the program sent two-person teams — a licensed counselor and specially trained educator, in most cases — to ships during their initial two to six weeks of restricted movement and then at sea. Restriction of movement is the term the Navy gives to a two-week quarantine required of a crew before they

ship out.

The teams hosted “non-medical counseling, group workshops, walk-around engagement, one-on-one consultations, [and] psycho-education,” the Navy said in an April news release. The teams also arranged long-term assistance for anyone requesting it.

Aside from offering formal presentations, the teams spent much of their time just mixing with the crews during walk-arounds.

The program’s rollout had been planned for January but was stepped up after Fleet and Family Support “received an urgent request for emotional aid” from leaders aboard the guided-missile cruisers USS Monterey and USS Vella Gulf and the destroyers USS Mitscher, USS Mahan, USS Jason Dunham and USS Laboon, the Navy said.

The command triads — commanders, executive officers and command chiefs — aboard the ships had observed sailors grappling with “elevated stress due to the pandemic, loss of shipmates, pressures of pre-deployment work-ups, operational tempo and restriction of movement” requirements, the Navy said.

Cannon oversees quality-of-life programs for sailors and their families, and it is routine for personnel to gather pier side when ships return from long deployments — both to welcome sailors back and help families transition.

The Departure and Separation Program essentially took that reunion effort and “turned it on its head,” Cannon said. “What about before they return? How can we take care of them?”

“So, when we got this call to support Naval Surface Force Atlantic, it was really a matter of asking our teams throughout the Mid-Atlantic if they were interest-



CHELSEA PALMER/U.S. Navy

**A sailor aboard the guided-missile cruiser USS Monterey looks out at the Mediterranean Sea in March. The Navy in December kicked off the Departure and Separation Program, which helps sailors with shore-to-sea transition.**

ed in taking that skill set and quickly forming part of a team that would then go out and embark with the ships,” he said.

It meant cutting short holiday time normally spent with friends and family because team members had to join the required two-week restriction of movement that began only a few days after Christmas.

Laboon Cmdr. Charles Spivey described the program as “invaluable” in the Navy news release, saying “the curriculum gave our crew new skills and appropriate resources to be successful while we are gone.”

Cannon said the data is not yet available to see how effective the teams were in easing problems due to separation. But he said he was convinced that the roughly 1,800 sailors on the six ships benefited

from the teams’ presence.

Direct feedback from the command triads and sailors on each ship was encouraging, Cannon said.

“What we heard was that there were demonstrated positive outcomes to operational readiness,” he said.

Navy leaders cited decreases in the numbers of command-directed mental health evaluations and fewer requests for fitness-for-duty assessments, Cannon said.

“So, a healthier ship overall and one that was — by definition of the commanding officers — better able to do their jobs,” he said. “From the triads we heard a definite interest in repeating this. We’ll be looking at providing it again.”

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## MILITARY

# Marines train on Okinawa for jungle warfare

By **SETH ROBSON**  
*Stars and Stripes*

Snakes, spiders and thick jungle added realism to training on Okinawa where Marines spent a week honing skills they'd need to fight and win against a well-equipped enemy force on Pacific islands.

About 800 Marines participated in the Jungle Warfare Exercise in Okinawa's Northern Training Area late last month. The scenario pitted members of the 2nd Battalion, 2nd Marine Regiment, out of Camp Lejeune, N.C., against an opposing force from 3rd Battalion, 3rd Marine Regiment out of Marine Corps Base Hawaii.

The training simulated the sort of engagements Marines might face going up against a peer-level adversary contesting key maritime terrain in the first island chain, which runs through Okinawa, Taiwan, the Philippines and Borneo.

The area is the focus of great power competition between the U.S. and China, which claims sovereignty over Taiwan and numerous other islands in the region, some of which are administered by neighboring countries.

China has been rapidly modernizing its military and building up amphibious forces that could be used to seize contested territory.

The event was the largest such event in the Northern Training Area in decades, said Maj. Kurt Stahl, a 3rd Marine Division spokesman, during a conference call.

At the start of the exercise, 3rd Battalion Marines air assaulted into the jungle while others arrived in small boats to secure key maritime terrain,

said Maj. Matthew Chomiak, 33, assistant operations officer for 4th Marine Regiment, which oversaw the exercise, during the same call.

Meanwhile Marines from 2nd Battalion arrived in helicopters to seize an objective, he said.

The Marines battled it out with blank ammunition in engagements refereed by observer controllers before the larger 2nd Battalion force was victorious, Chomiak said.

The training tested the Marines' ability to insert, persist and establish command and control and situational awareness in a tough environment that replicates the conditions they would face fighting in the first island chain, he said.

The Marines trained to tap into joint force support such as aircraft and artillery, Chomiak said.

The Marines traveled light, carrying items they could pack into a helicopter or move on golf-cart sized Utility Task Vehicles, which can also be carried by MV-22 Osprey and CH-53 Super Stallion aircraft, Maj. William McCabe, 35, of York, Pa., operations officer for 3rd Battalion, said during the call.

"I would rather be out in the jungle than in an office," said Staff Sgt. Drew Toboy, 32, of Detroit, another member of 3rd Battalion on the conference call.

The Marines have done plenty of force-on-force training but, in recent years, it has usually been done in a desert or urban setting, he said.

"It's not easy operating in the jungle," he said, noting that visibility there is only 65 to 100 feet.

Another 3rd Battalion Marine, Cpl. Justin Rohn, 24, of San

Bernardino, Calif., said he expected to go to either the desert or the jungle when he enlisted. "The toughest thing was negotiating the terrain and trying to make movements through it," he

said of the training area. "It is always changing, and no map will be able to accurately depict it."

The Marines traversed about 25 miles of jungle during the

event and "expected to be drenched in sweat after every movement," he said.

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PHOTOS BY UJIAN GOSUN / U.S. Marine Corps

**Cpl. Ray Pineda, a rifleman with 3rd Battalion, 3rd Marine Regiment, engages the enemy during a jungle warfare exercise at Okinawa's Northern Training Area on May 26.**



**U.S. Marines with 3d Battalion, 3d Marines, and 2d Battalion, 2d Marines, participate in force-on-force training May 24 on Okinawa.**

## Navy resumes urinalysis testing as coronavirus threat eases

By **ERICA EARL**  
*Stars and Stripes*

The U.S. Navy is resuming its regular drug-testing regime, reduced a year ago because of the coronavirus pandemic, according to a recent naval administrative order.

The May 21 order cancels one from March 2020 that allowed commanders to gather urine samples less frequently and from smaller groups because of ongoing coronavirus concerns.

"This cancellation aligns with the Cen-

ters for Disease Control and Prevention (CDC) announcement supporting the safe return to many activities halted during the pandemic," the order states. "Additionally, maintaining a robust and drug free workplace is Navy's best deterrence to misuse of illicit and prescription drugs."

All sailors, including those who telework, will be subject to testing, except those in quarantine or whose movements are restricted, except for probable cause or if a commander has consulted with the

judge advocate general office, according to the order. Commands that feel they are unable to conduct drug testing because of coronavirus concerns will need to provide reasons to their leadership.

Each month, the Navy is required to test 15% of its assigned personnel, chosen at random.

"Random urinalysis sampling of small numbers of personnel on a frequent basis provides best results," the regulation says. "It reduces predictability of com-

mand testing and raises the perceived risk of detection."

All participants are expected to maintain the most recent CDC mandates, which may include wearing a mask and maintaining social distance, as well as other hygiene practices, such as hand washing and wiping down surfaces, expected when conducting a urinalysis, according to the order.

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## MILITARY

# Postage stamp honors WWII Japanese-American soldiers

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

FORT SHAFTER, Hawaii — The U.S. Postal Service on June 3 issued a postage stamp honoring Japanese-American soldiers from World War II that bears the image of a Hawaiian veteran who served in the legendary 442nd Regimental Combat Team.

The stamp features an illustrated version of a photo taken of Shiroku “Whitey” Yamamoto as he stood at a railroad station in France in 1944, the Postal Service said in a news release.

The text on the stamp — Go for Broke, Japanese American Soldiers of WWII, Forever USA — is printed in vertical columns that evoke the style of traditional Japanese writing. It can be purchased online at [usps.com/shop-stamps](https://usps.com/shop-stamps).

Roughly 33,000 nisei — Americans whose Japanese parents had immigrated to the United States — served in the U.S. Army during World War II.

In one of America’s dark chap-

ters, thousands of Japanese-Americans were sent to internment camps after the U.S. declared war on Japan and Germany in the wake of the Dec. 7, 1941, surprise attack on Pearl Harbor.

Nisei were eventually allowed to serve in the Army, first fighting in Italy in the 100th Infantry Battalion, which then morphed into the 442nd Regimental Combat Team as the soldiers headed to France.

Adopting the motto “Go for Broke,” the nisei soldiers were highly decorated but suffered a staggering level of casualties. Some served as translators, interpreters and interrogators in the Pacific for the Military Intelligence Service.

About 1,000 nisei served in the 1399th Engineering Construction Battalion, which worked on crucial defense projects on Oahu.

“As a military veteran, I have the greatest appreciation for the more than 33,000 nisei, or second-generation Japanese Amer-

icans, that served our nation during World War II,” Donald Moak, a member of the U.S. Postal Service Board of Governors, said during a virtual ceremony dedicating the stamp.

Also joining the dedication were three World War II veterans: Shinye Gima, Don Miyada and Yoshio Nakamura.

Yamamoto, who died in 2018 at age 95, was born in a small town on the Big Island of Hawaii. Following the attack on Pearl Harbor, he volunteered with the Civilian Conservation Corps.

In 1943, he joined the 442nd Regimental Combat Team and was assigned to an anti-tank company as a jeep driver.

The company was later attached to the 517th Parachute Infantry Regiment, 1st Airborne Task Force, which landed in France’s southern Mediterranean by gliders as part of Operation Dragoon.

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U.S. Postal Service

**A postage stamp issued June 3 honors Japanese-American soldiers from World War II and bears the image of Shiroku “Whitey” Yamamoto, a Hawaiian ‘nisei’ who served with the 442nd Regimental Combat Team.**

## Hair care vending machines may be coming to overseas bases

By **ERICA EARL**  
*Stars and Stripes*

YOKOTA AIR BASE, Japan — Following their rollout at five stateside military bases, vending machines that sell wigs, eyelashes and ethnic hair products may be coming to Army and Air Force exchanges overseas.

Beauty product vending machines by Sugar Intoxicated, a company based out of Williamsburg, Va., were installed this year at Lackland Air Force Base and Fort Sam Houston in Texas; Forts Lee and Belvoir in Virginia; and Fort Jackson, S.C.

Sugar Intoxicated and the Army and Air Force Exchange Service are eying more locations, including several overseas, based on the machines’ success stateside, AAFES spokesperson Chris Ward told Stars and Stripes via email.

Air National Guardsman Latoya Duhart founded Sugar Intoxicated in 2019 after realizing military exchanges did not offer everything she needed to care for her hair, especially in a training environment where on-base stores were the only options. “I had also been told countless hair damage horror stories,” Duhart told Stars and Stripes via email. “After struggling for 6 weeks with my hair, I made a promise that if I could help it, no other woman who served would go without the beauty products they so desperately needed.”

She also stocks machines with lip glosses made by her 10-year-old daughter, Olivia Miller.

Sugar Intoxicated started as a kiosk at Fort Lee, where Duhart sold everything that she felt was missing at the exchange. Because of monthly drill obligations, she



AAFES

**Beauty product vending machines by Sugar Intoxicated, a company based out of Williamsburg, Va., were installed this year at five U.S. military bases.**

had to regularly close the shop. This is how the vending machine idea was created.

“I needed to find a way to provide my products without being present,” she said.

So far, Sugar Intoxicated machines are only on military installations, Duhart said.

“I will continue to do everything I can to make sure all ladies who serve are

provided the products they need to enhance their beauty,” she wrote. “I know firsthand wearing these boots isn’t easy, but you don’t have to look how you feel.”

Antoinette “Tonie” Jimmerson, a licensed cosmetologist on Yokota Air Base specializing in natural hair care, said the product selection at the base exchange is often disappointing and lacks a broad selection of products for Black women

and others with textured hair.

“While we have some quality hair products, the pattern I have noticed is that they provide 3-4 products from a line, which include shampoo, conditioner, and leave-in conditioner, or deep conditioner, leaving out styling products,” she told Stars and Stripes via email May 26.

“It communicates that buyers are not educated in trends, or they simply do not care. When quality products are stocked, they often go missing from the shelves for several months at a time leaving consumers to buy online.”

Ward said exchanges worldwide, including those in the Pacific region, carry more than 6,500 multicultural products to include cosmetics, hair and skin care for all backgrounds, but they are open to feedback.

“If there’s a product a shopper would like to see carried at their local Exchange, they may contact their Exchange manager to inquire about that item being added to the stock assortment,” he said.

The Navy Exchange has no plans to acquire the vending machines for now but are developing a new department called Hair Zone that will feature multicultural hair care products, spokeswoman Kristine Sturkie said in an email to Stars and Stripes on May 28.

“Over the last two years, NEXCOM has made an investment both in multicultural hair care products and assortment as well as their availability,” especially outside the continental United States, based on patrons’ feedback, she said.

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## MILITARY

# USAF weather squadron adds 'combat' to name

By DAVID CHOI

Stars and Stripes

CAMP HUMPHREYS, South Korea — One of the Air Force squadrons responsible for measuring the weather on the Korean Peninsula added a new “combat” designation to its title, signifying its unique role in supporting Army units.

The 607th Combat Weather Squadron at Camp Humphreys joins a short list of Air Force units whose primary duty is to provide Army assets with data on weather fluctuations.

“This signifies and differentiates what we do, versus what the traditional Air Force weather squadrons do,” the commander of the 607th, Lt. Col. Kevin Bourne, told Stars and Stripes. “That name change basically puts us into a bracket of our own and really gives us the identity of working with, living with, and supporting Army operations.”

“It sets us apart and really gives us our own identity,” he said.

The 607th, unlike traditional weather squadrons in the Air Force, is expected to seamlessly embed with and support Army units. This requires the airmen to receive

additional training on land navigation, hand-to-hand combat and weapons, Bourne said. The Army does not have a dedicated weather forecaster career field and requires the support of units like the 607th.

The squadron’s roughly 60 service members use portable meteorological systems to measure the weather throughout South Korea, which then makes its way into both Army ground and aviation assets’ risk assessments.

“Everything requires planning and weather is a part of that,” said Master Sgt. Sean Reynolds, a weather forecaster. “Before pilots can take off, they need to get a valid weather brief. Winds, visibility and thunderstorms make risk assessments.

Accurately measuring the peninsula’s weather remains an important task, particularly for aviation units, Reynolds added.

The mountainous terrain isolates inclement weather, such as tropical storms, which aviators use in their flight planning.

The 607th also tracks and issues warnings on South Korea’s yellow dust, which



U.S. Air Force

**Airmen with the 607th Combat Weather Squadron show off their TMQ-53, a portable weather station, recently at Camp Humphreys, South Korea.**

are fine particles that may cause respiratory problems.

“It’s a great feeling to be on this side of change,” Bourne said, referring to the rarity of name changes in the military.

“When people hear the name of our

squadron, they’ll automatically be able to identify where we are and what we’re doing.”

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## YouTuber on quest to preserve quirky, nostalgic AFN ads

By CHAD GARLAND

Stars and Stripes

Killer vending machines, security-conscious hamsters and a roommate who devolves into a caveman.

These are some of the memorable features of Garry Terrell’s vast collection of military-grade videos from the American Forces Network and its predecessor, the Armed Forces Radio and Television Service.

The son of a former U.S. soldier, Terrell is trying to preserve “all things AFN/AFRTS,” and boasts over 3,600 videos on the YouTube channel AFRTSfan.

He began his collection nearly three decades ago, after learning that little had been done to save the many AFN spots that serve as a touchstone for troops and military families who’ve lived overseas. The military-made productions fill what would normally be ad time in broadcasts back home.

As a DOD function, AFN can’t run traditional ads or mention commercial products or profit-making activities in its productions, said Jo Bordeau, a spokeswoman for the Defense Media Activity. Instead, it lets commanders put out messages about force protection, weather, current events and base services.

Whether witty, off-kilter or deadly serious, the promos are often the butt of jokes. Several years ago, a pair of folk-singing



AFRTSFAN/YouTube

**A screengrab from AFN Gasthaus — Killer Vending Machines from 1988.**

Air Force pilots known as Dos Gringos paid homage to the “daily dose of life skills that you just cannot avoid,” lampooning AFN warnings about shaken babies, operational security, roommate courtesy and the dangers of general power of attorney.

Because they’re broadcast across various theaters, the ads served as “kind of like this bonding thing” for kids’ friend groups

frequently reshaped by duty station changes, said Sabine Brown, an airman’s daughter who grew up in Germany in the ’80s and ’90s.

For Terrell, whose mother is German, “it was just my local TV and radio provider” growing up on the bases where his father served as a career U.S. soldier in the ’70s and ’80s. He took it for granted until the early ’90s Base Realignment and Closure proc-

ess threatened to shutter bases he’d grown up on.

“Fearing that AFN might also go away, I decided to try and collect some AFN radio and TV items to add to my ever-growing memory book of Germany,” he said in an email. “I felt like I was in a race against time.”

He began contacting and befriending AFN staff and alumni, growing his collection through contributions from his expanding

network of AFN insiders and “superfans.”

He started sharing this burgeoning library on YouTube over a decade ago, creating something of a time capsule, with spots that run the gamut from cringe-inducing, silly or lame to fun, brilliant and truly memorable.

Terrell’s hardly the only one sharing AFN ads on YouTube, but few collections seem as extensive. Each clip brings back a memory, he said, and he hears often from veterans, military brats and others who feel the same way.

“It’s not unusual to have someone recite verbatim a spot that they have not seen or heard in 40-plus years but remember it like it was yesterday,” he said.

Brown still recites lines to friends she grew up with, like a hip hop-style spot about “proper wrapping technique” for mailing packages, or a healthy eating ad that urges, “come on buddy, buy some broccoli.”

They’re inside jokes that evoke nostalgia, said Brown, who now lives in Tulsa, Okla., with a family of her own. When she shared a few AFN clips with her husband and children, they “thought it was funny, but definitely didn’t laugh as hard as I did.”

Stars and Stripes reporter Ann Pinson contributed to this report.  
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## MILITARY

# Army mechanic hopes to ‘break’ into Olympics

BY CHAD GARLAND  
*Stars and Stripes*

An Army National Guard helicopter mechanic deployed to Iraq is training to qualify for the Olympics in breaking, a sport newly added to the 2024 games.

A recent Instagram video shows Staff Sgt. Brianna Pritchard practicing at a small gym at al Asad Air Base, where she drops to a handstand and windmills her legs, alternating hands before spinning onto her back and popping to her feet.

The sport first popularized as hip-hop breakdancing, with its gymnastic flips, stands, freezes and spins, has been Pritchard's passion for 14 years, she said in an Army statement last week.

In December, the International Olympic Committee announced the event would be part of the Paris summer games.

That could give the Alaska native a shot at Olympic dreams that were born while she and her hockey player dad watched the movie “Miracle” about the U.S. hockey team's 1980 victory over the Soviet Union.

“I have always eyed the Olympics because I thought it was such a high honor,” Pritchard said. “I already loved being an athlete.”

She grew up playing softball and hockey, but gave those up when she started breakdancing at 17. She won competitions in Arizona, Texas, Nevada, Hawaii and Florida and placed 17th in a competition in Europe, the Army said.

During the coronavirus pandemic, she began waking up at 3 a.m. to take online dance classes taught by mentors in Texas and Finland. These were followed by one hour of weightlifting or



DANIEL SOTO/U.S. Army National Guard

**Staff Sgt. Brianna Pritchard, an Army National Guard UH-60 Black Hawk helicopter mechanic from Anchorage, Alaska, demonstrates her breaking moves at al Asad Air Base, Iraq.**

sprint training before work.

Competing under the moniker Snap1, she was the only U.S. woman out of about 800 competitors to make it to the top 16 in the 2020 Red Bull BC One breakdancing battle, the Anchorage Daily News reported last fall. She made it to the top eight the year before and the top 16 in 2018.

The Olympic breaking competition will feature two medal

events in which 16 “B-boys” and 16 “B-girls” will face off in one-on-one battles before judges, Team USA said in December.

The Washington-based non-profit USA Breakin' has committed to fielding America's national team through point-based regional qualifiers and a national championship event, its website said.

Pritchard competed in the Texas Breakin' Open 2021 Olympic qualifier in April, while in

predeployment training with her unit at Fort Hood. She didn't place well because of new rules she wasn't aware of that deducted for going out of bounds, she said.

“Thankfully, prior to that, I already won two Olympic qualifiers online, due to COVID,” she said. “I still hold enough points to be a high-ranking competitor in the national qualifier.”

Though she could have opted

to stay in the U.S. instead of going to the Middle East through early 2022, she chose to go because serving on a deployment had been another longtime goal, she said.

The timing has complicated her Olympic aspirations, but “no matter what, I will not stop training,” Pritchard said.

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## Air Force adopts new fitness test scoring starting in July

BY SARAH CAMMARATA  
*Stars and Stripes*

WASHINGTON — The Air Force will require only pushups, situps and a 1.5-mile run when physical fitness testing resumes July 1 using a new scoring breakdown, the service announced.

Pushups and situps will now be worth 20 points each, up 10 points, and the 1.5-mile run will remain worth 60 points. The boost in points is to make up for those points that were lost when the service did away with waist circumference measurements in

December.

An overall score of at least 75 is required to pass and anyone taking the test must also achieve the minimum score in each component. Minimum scores for each component vary based on age and gender.

The service announced in early March that it would further delay testing until July due to concerns about the coronavirus pandemic. Testing had been previously pushed back until April.

The age brackets used for assessment and grading from 10-year age categories are now changed to five-year age groups. For example, the grading category for ages 30-39 has been replaced with age groups of 30-34 and 35-39, according to an Air Force news release.

In the coming weeks, the service also plans to announce alternative strength and cardiovascular testing exercise options. At that point, members will have about six months to practice the exercises, and there will be available options by the start of next year, according to the service.

“We are moving away from a one-size-fits-all model,” Gen. Charles “CQ” Brown, the Air Force chief of staff, said in a prepared statement. “More testing options will put flexibility in the hands of our airmen — where it belongs.”

While the waist measurement is no longer required as part of the test, a separate assessment of body composition will continue starting in October, according to the service. Body composition assessments will not be a part of the physical fitness test. More details could be announced later, but the service did not say when.

The Space Force will follow the Air Force policies until its leadership develops a service-specific plan.

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