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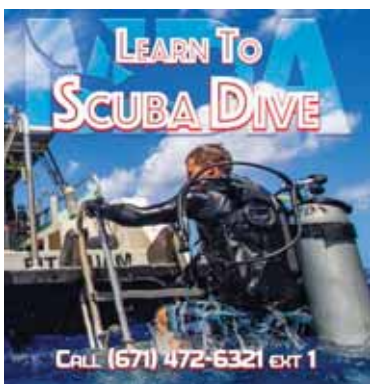
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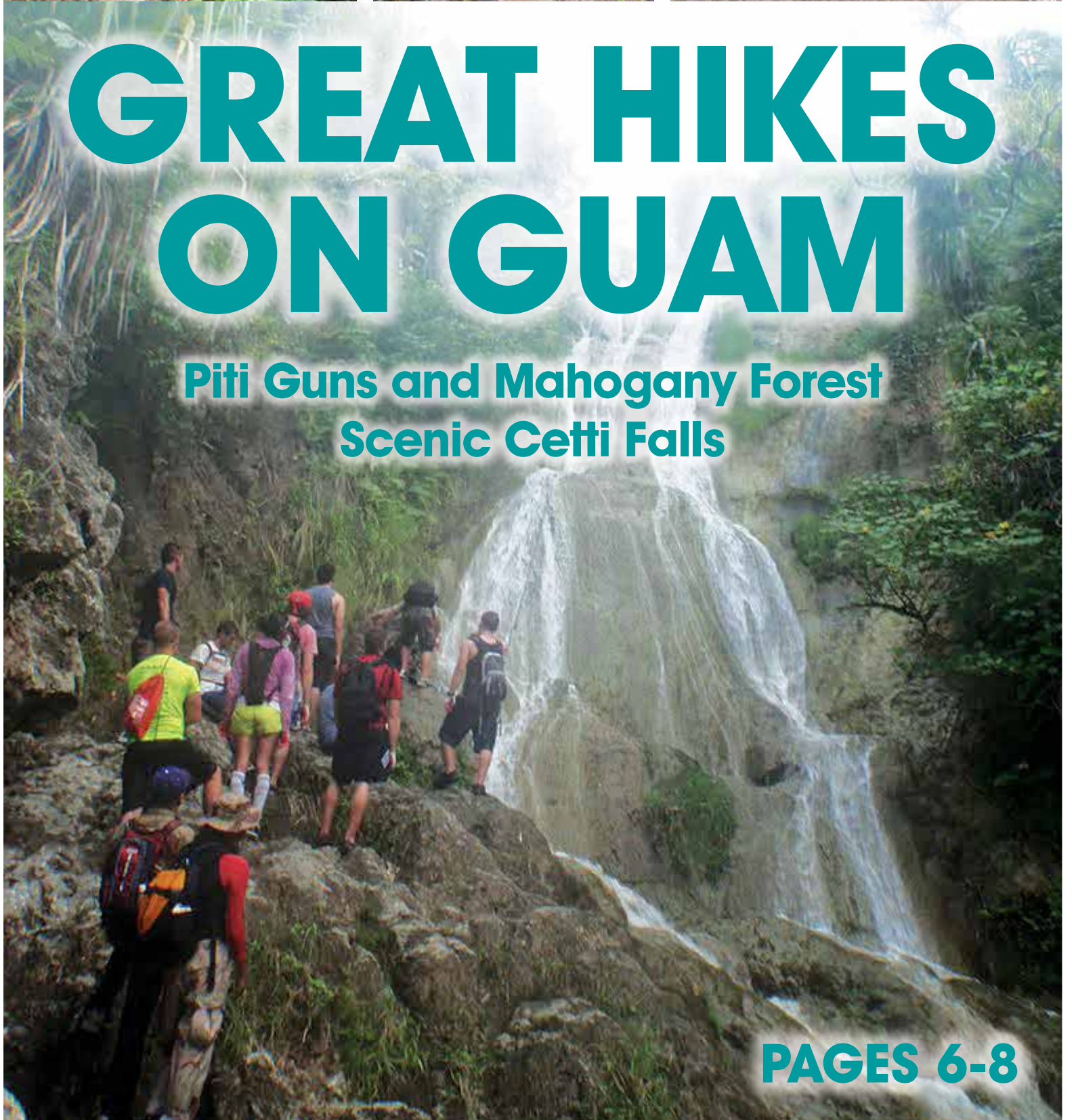


**Special 4-page
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GREAT HIKES ON GUAM

**Piti Guns and Mahogany Forest
Scenic Cetti Falls**



PAGES 6-8



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CAT Palau fosters partnerships

BY SENIOR AIRMAN HELENA OWENS,
36TH WING

the New Year.

Some community events include cultural fairs, House of pain, beach clean-ups, reading to students and more. House of pain is a daily workout the CAT does with the locals to promote unity in the community while supporting the islands “Fit Palau” initiative.

Over the weekend the island of Palau celebrated Olehotel Belau Fair and United Nations Day. OBF is a showcase of Palauan culture. The event included food, souvenirs, dances, singing and more.

Over 20 countries participated in the event with flags, national anthems and cultural dances. The CAT Palau had the privilege of marching behind the Palauans, and giving a speech about their appreciation for Palau’s continued support and involvement with the 36th Wing and the United States.

Ultimately, the CAT Palau is continuing the 36th Wing’s mission of fostering partnerships within the Indo-Pacific. This partnership is essential in our nation’s defense so, way to go CAT Palau for aiding the growth and strength of it!

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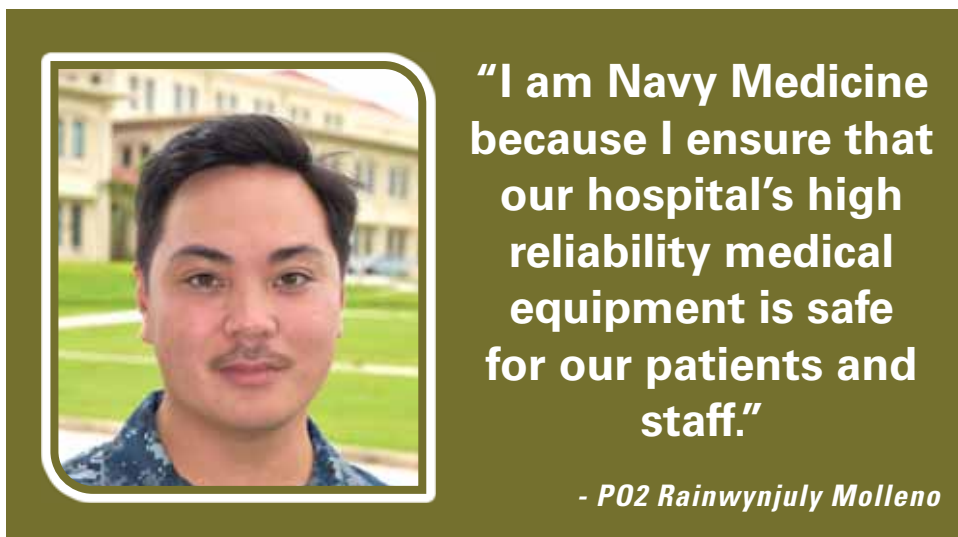
I AM NAVY MEDICINE: P02 Rainwynjuly Molleno

BY JACIYN MATANANE,
NAVAL HOSPITAL GUAM

AGANA HEIGHTS – Petty Officer 2nd Class, Rainwynjuly Molleno, native of Manila, Philippines, joined the United States Navy in January 2012. Molleno arrived at U.S. Naval Hospital (USNH) Guam in February 2019 and currently serves as an Advanced Biomedical Equipment Technician in the Materiel Management Department, Biomedical Engineering Division.

Molleno is a 2008 high school graduate of Christ Baptist Academy, PI. and received his undergraduate degree from University of Santo Thomas, PI. Molleno expressed his interest in healthcare and technology and his desire to pursue a career in these fields. In 2010, he relocated to California, where he met his brother, an Information Technician in the Navy. Molleno stated that his brother encouraged him to join the service. “I was able to land a Corpsman rate, medical field, and branched to biomed, which is technology,” said Molleno. “I was able to get what I wanted, medical and technology merged together.”

As a Corpsman in the Biomedical Repair Division, Molleno is responsible for reviewing work order requests, and maintaining, calibrating, and inspecting medical equipment. These tasks involve communication with local and overseas vendors and manufacturers to ensure guidelines and specifications are met for proper use and maintenance of equipment.



“I am Navy Medicine because I ensure that our hospital’s high reliability medical equipment is safe for our patients and staff.”

- P02 Rainwynjuly Molleno

Molleno shared that he performs inspections on the hospital’s Magnetic Resonance Imaging machines (MRI), sterilizers, defibrillators, vital sign machines, dental chairs, operating beds, lights, pumps, treadmills and more. “My department provides maintenance on about 400 pieces of equipment every month,” said Molleno. “We are experiencing staff shortages due to PCS season, but we ensure the job always gets done.” Molleno shared that inspecting and maintaining equipment could be a tedious process. To help his team better understand these processes, he created and compiled a simplified step-by-step guide, with visuals. The simple guides provide confidence that the technician has performed the equipment inspection process effectively and accurately.

Molleno performed inspections on vital and temperature testing machines and vaccination refrigeration equipment used during the recovery of Sailors aboard the USS Theodore Roosevelt, exposed to COVID-19. “I am Navy Medicine because I ensure that our hospital’s high reliability medical equipment is safe for our patients and staff,” said Molleno.

Molleno serves in many roles outside his primary duties. He provides videography, photography and administrative support to USNH Guam’s Public Affairs Office. He was lead videographer and editor for multiple command videos, such as the “welcome aboard” video, COVID-19 informational videos, and a video highlighting USNH Guam’s Meritoriously Advanced Sailors. “It

makes me happy to be able to use my camera to capture milestone events and achievements of fellow Sailors,” said Molleno. “It’s nice to share photos on social media for our Sailors’ families to see.”

Molleno is also a member of the command’s Sponsorship Program, Urinalysis Program and First Receiver Operations Team. He provided support to the hospital’s Information Management Department at the start of the COVID-19 pandemic. In June 2021, Molleno was recognized with an “on the spot” coin presentation during a hospital visit by Rear Adm. Matthew Sibley, Commander, Fourteenth Coast Guard District.

Molleno was coined for his professional and proactive role as a photographer. Additionally, Molleno volunteered to support photography for the Expeditionary Medical Facility, Camp Pendleton by conducting a photo shoot of over 200 active duty service members at South Finegayan, Naval and Computer Telecommunications Station, Guam. Molleno thanks his wife for her motivation and appreciates his Biomedical Repair team for their support. “I have a good team, we’re close and have good communication,” said Molleno. Outside of work, Molleno enjoys cleaning, photography, videography, playing his guitar and travelling to different countries to experience different cultures and cuisines. He hopes to inspire people with his work and continue a career in the medical and technology fields.

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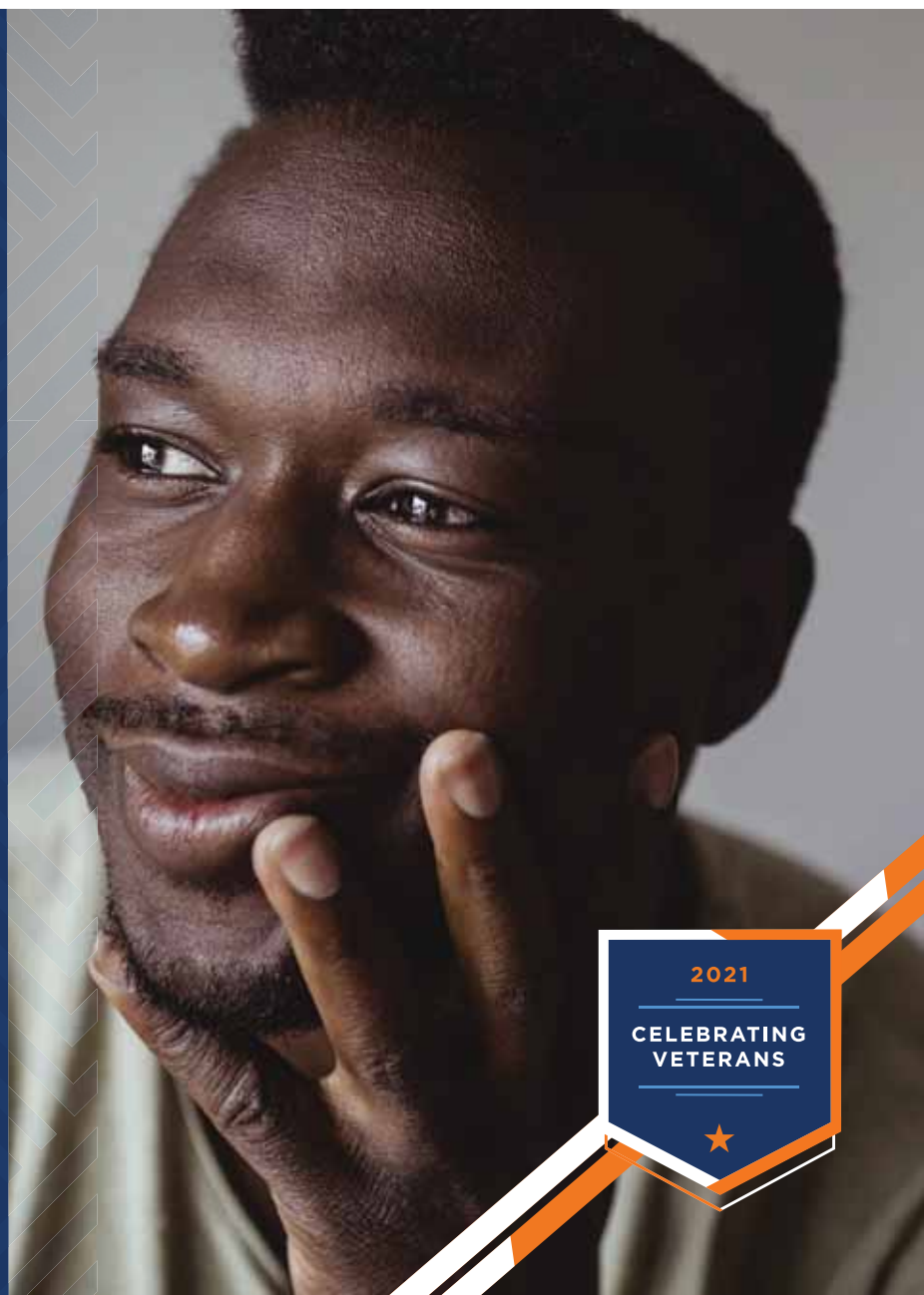
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LOCATION: Umatac
REGION: Southwest
DIFFICULTY: Difficult [Medium when using the Sella Bay trail (SBT)]
TIME: Allow 3 – 4 hours [5 – 6 hours via SBT]
LENGTH: 1.2 miles [4.5 miles via SBT]
ELEVATION GAIN: 500 feet up & down [440 feet via SBT]
SIGHT: Waterfalls, Freshwater, Beaches + 1hr (optional)
COOL STUFF: Rock climbing (rope climbing), natural pools, uninhabited beach

At the bottom of the 40-foot drop of dirt trail you will find more slippery, hard to traverse incline. It will take you straight down and eventually to the left. At each new section of hiking, look around for the easiest traverse possible. You should never be rock climbing down cliffs, only traversing steep rock-hills. Find the smooth, flowing rock formations or riverbeds to walk down. Stay together with your hiking partner(s) in case someone needs help. During this section there are some beautiful views of the falls to your left.

TO CETTI BAY: You can either follow the river (skipping across a few times where the river makes a curve so that it's parallel with itself) or find the trail markers and take the trail. The trail is easier and faster than the river walk. It takes about 35 to 40 minutes to reach the bay from the rope climb area. Cetti Bay (at the time this was written) is completely vacant and untouched except for the small, abandoned area of makeshift

→ tents with a common area created by Cetti Bay Tours. It is now a village for bonnie dogs who, although bark a lot, are not aggressive and mostly stay by their shelters. A nice pup might decide she wants to hang out with you for the rest of your journey. The bay has great views of large powerful waves, with beaches switching from rock and shell to sandy.

To take the difficult yet shorter exit route, return back the way you came and follow the trail markers or river back to the rope/hill climb. (See “The Difficult Route” above). For the easier route, keep going onward to Sella Bay.

Alternate Route Out:
Sella Bay Trail



THE MEDIUM ROUTE + SELLA BAY & SPANISH BRIDGE: From Cetti Bay (looking out into the ocean) turn right and walk to the end of the Bay. Keep walking, passing a few interesting stretches of beach. You will traverse tree roots with trees stretching into the ocean, pebble beaches, large rock beaches, sandy beaches, and stretches of coral, dirt grass, and trees.

Finally, after passing a large rock formation jutting out of the shallow ocean, you will reach the last large bay. You will see that cliffs permit you from passing



beyond this bay, looking across the water to the far right. Walk along the beach of Sella Bay until you spot the two-arched Spanish Bridge. (For more historical information about this culturally significant place, and to find out what there is to do and see here, click here for the Sella Bay hike page.)

After you have taken some pictures and taken in the beauty of the ruins, start your hike out behind and to the left of the bridge. You should find a trail marker to know you are going the right way (the spaces between the trees in the forest can be a little confusing and look like a trail at first). The trail should become very clear fairly soon. It’s nice and wide and meanders up the hills at a mild incline. You will leave the palm forest and walk up to smooth dirt and rock trails through hilly meadows, offering beautiful views of this

valley and the surrounding green hills. You will descend the hills and cross the river a couple times, and get to ascend the hill all over again.

After about 30 minutes of hiking, you will begin the slightly more grueling last leg of the hike. The incline becomes more of a workout through a forest of woodland trees. At this point you are extremely close to your finish point (about 10 minutes) and you may begin to hear cars drive by. You will reach the summit at the parking roundabout, shaded by trees. You may want to take a water break here.

From the Sella Bay Trail park (if you have parked at the Cetti Bay Overlook), you will walk 1 mile South (to your right) back to your car. This section of the road has 4 – 5 twists and turns and has a medium incline. The highway walk should take about 25-30 minutes.



Piti Guns and Mahogany Forest

Quick Stats

LOCATION: Piti
REGION: West-Central
DIFFICULTY: Easy
LENGTH: 10 -15 minutes
HEIGHT: 50 feet up and down
SIGHT: WWII ruins
COOL STUFF: Mahogany forest
TIPS: Bring loads of insect repellent and apply it very liberally to every inch of exposed skin. Wear tennis shoes as wet leaves and steps can be slippery.

Directions

From the Navy Base, Drive North up Marine Corps Drive. You will pass the turn for Polaris Point, the Port Authority, and the Guam Power Authority Piti power plant on your left. Soon after the stop light for the power plant, keep a lookout to your right for J.M. Tuncap Street. **1**



Right across the street from Santos Park. **2**

Take a right at J.M. Tuncap. At the end of the street turn right at Assumption Steet.

Then take a left at Father Mel Street before the blue and white church. **3**

Park under the large Saman tree on the left side of the church. **4**



Here you will find information about the trail and a map. **5**

This very short trail begins up the cement stairs. **6**

After 5 – 10 minutes of walking you will discover the first of the three 14-centimeter Japanese guns. **7**

SEE PITI ON PAGE 8





PITI: A look back in time

CONTINUED FROM PAGE 7

Take the trail to the left to find the other two guns. You may also take the trail to the right (not pictured here, but shown on the map) to begin the mahogany forest walk, which has two entrances. **8**

Next you will see the second gun, in ruins from a tree collapsing on it during a typhoon. **9**

Keep going forward on the trail. **10**

Here you will find the last of the guns, still green in color. **11**



As you turn back the way you came, you may notice a trail going up the hill to your left, before you reach the second gun again. **12**

If you're feeling adventurous you can walk straight up the hill through the trees (there may still be trail markers posted) until you reach the top, walk through some ferns, and see an electric mast for power lines. **13**

Immediately turn right and see a trail through the brush. **14**

This takes you through the mahogany forest and eventually links up to the first gun area.

You can identify the mahogany trees by their leaves.

Finish the hike back down the stairs the way you came.



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A play by play of game day

Football-shaped bowl of nuts is on the coffee table. Starter log is sputtering in the fireplace. Dog has been walked. Wings are in the oven.

Official play begins.

My husband, Francis, ensconced in his tattered college sweatshirt, workout pants he bought himself at TJ Maxx and ratty old sheepskin slippers, surveys the family room field, attempting to locate the best seating formation for maximum game-viewing comfort. Beer in hand, he glances around to be sure I am not in the room, then positions himself in front of my favorite spot on the couch.

Francis doesn't utilize his quadriceps to gradually lower his weight into a seat like most human beings. Rather, the instant his knees break their upright locked position, he disengages all muscles, allowing his entire torso to plummet toward his desired location. Interestingly, Francis, all three of his brothers and their father are infamous chair wreckers, leaving snapped legs, warped springs and crooked recliners in their wakes.

As if seized with temporary paralysis of his lower extremities, Francis' knees buckle, sending his girth rocketing toward our aging couch with violent impact. GUH-GLUNK!

Unnecessary roughness.

Entering the room, I see our son, Hayden, on the floor munching a bag of tortilla chips, and Francis in my seat. Hoping a bit of nagging will roust him, I harp, "Hey Hon, if you insist on watching the game from my favorite spot, could you at least sit down gently? That spring under you clunked like it's broken or something."

"God help me," he grumbles under his breath.

I settle temporarily for the other end of our couch, and realize that Francis' offensive move requires a smarter defense. "Would you poke the fire, Honey? You know how unpredictable those starter logs can be."

Francis glares suspiciously, but I feign ignorance. "Have the Seahawks colors changed?" Just as Francis steps toward the fireplace, I employ a slide-lift-blitz maneuver to regain my territory. But when I reach the center

cushion, our dog appears, licking my face.

Pass interference.

GUH-GLUNK! "C'mon, let's get some points on the board!" Francis yells after swiftly retaking my rightful seat. To add insult to injury, he lobs his ratty sheepskin-slipped foot into my lap and slurps the last of his beer.

Unsportsmanlike conduct.

"Hey, Mom."

"Yes," I mutter, trying to hide my gritting teeth.

"Are those wings done yet?"

"Not yet, but ..." I look over just as Hayden tips the bag of chips over his open mouth, triggering a mini-avalanche of corner crumbs, which cascades into his mouth, eyes, shirt and the freshly-vacuumed family room carpet, "... I'm fairly certain you'll survive."

Just then, the cells of my brain call a huddle, and a new play is formed.

Timeout.

While Francis and Hayden laugh at silly beer commercials like simpletons, I disappear to the kitchen, returning a few minutes later with a heaping tray of

The Meat and Potatoes of Life

Lisa Smith Molinari



hot wings. Like a modern-day June Cleaver, I smilingly dole out platefuls to my unsuspecting husband and son. And then I wait, nibbling patiently on a stalk of celery.

As expected, they dig right in, Hayden meticulously dissecting each tiny radius, ulna and humerus, then sucking each finger from base to tip. Francis, on the other hand, plops whole wings into his open mouth, and after manipulation with teeth and tongue, pulls the bones out from his pursed lips, stripped clean of meat, as well as fat, skin and cartilage.

"Whew!" Francis exclaims, wiping his brow with a saucy napkin, "Spicy, huh?!"

Hayden is the first casualty, running to the kitchen for a

soda. Francis tenaciously sweats through another wing or two before abandoning his position in search of cold beer to sooth his burning lips. Thanks to a few extra shakes of hot sauce, my play worked. With the coast finally clear, I muster what's left of my middle-aged agility.

Hail Mary.

Reentering the room, Francis sees me, firmly seated in my favorite spot on our couch. I pump my upturned hands in the air while wiggling my knees back and forth in a pompous victory dance.

Score.

Read more of Lisa Smith Molinari's columns at:

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Boonie Stomps Guam

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Cetti Falls

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

For more information:
www.facebook.com/
GuamBoonieStompersInc
or call 787-4238.



**Nov 13
Bens Falls**

Difficult
3 hours for 1.5 miles

This is a nice little hike that offers a great set of waterfalls in a little know, cool green valley.

Bring: 2 quarts water, sturdy hiking shoes that can get wet, gloves, sun screen, sunglasses, insect repellent, lunch, and camera.

Special conditions: Walking in water through rocky river, steep slopes through sword grass, and climbing waterfalls with a rope.

**Nov 20
Cetti Falls**

Very Difficult
3 hours for 1.5 miles

We descend into the Cetti Valley and then climb up all 7 waterfalls. This is a great hike that is rated very difficult and requires good upper body strength to complete because of the long rope climbs up (one of about 80 feet), which also adds an extra element of risk that can't be ignored. However, the reward of great views all through the hike, and the feeling of accomplishment of making it to the top make the effort worthwhile.

Bring: 3 quarts water, sturdy hiking shoes that can get wet, swimsuit, gloves, sun screen, sunglasses, insect repellent, lunch, and camera.

Special conditions: Steep slopes, sword grass, walking in water, and rope climbing

**Nov 27
San Carlos Falls**

Very Medium
4 hours for 4 mile

We visit two beautiful waterfalls in central Guam with swimming and jumping.

Bring: 3 quarts water, sturdy hiking shoes that can get wet, swimsuit, gloves, sun screen, sunglasses, insect repellent, lunch, and camera

Special conditions: Steep slopes, walking in water, mud, rocky river, and climbing with a rope.

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Stripes Sports Trivia

The "Grand Slam." In life, there usually isn't anything that tops a Grand Slam. In tennis, each of the season's top four events are Grand Slams. In baseball, you score the maximum number of runs in one at bat (4) when you hit a Grand Slam. And there's the late-night Denny's Grand Slam. In Major League Baseball, only one player has ever hit two slams in a single inning – can you name him?

Answer

Fernando Tatís

SUDOKU

Difficulty: Medium

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3	6				1			

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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.

Answer to Previous Sudoku:

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

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ANNOUNCING THE BEST OF 2021



STARS AND STRIPES

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Crossword

by Margie E. Burke

ACROSS

- 1 Like the Sahara
- 5 In the rear, at sea
- 10 Lecher's look
- 14 Model's stance
- 15 Bishop's assistant
- 16 Rapper Flavor
- 17 Stitcher's specialty
- 19 Lincoln's bill
- 20 "Raging Bull" actor
- 21 Curved sword
- 23 Mike's "Wayne's World" co-star
- 25 Put into effect
- 26 Something brought to the table
- 30 Salad-bar stuff
- 33 Part of MPH
- 34 Brilliant success
- 36 Archer's ammo
- 37 Word before rock or rain
- 39 Really enjoy
- 41 "___ here"
- 42 Caravan beast
- 44 Waste channel
- 46 Smidgen
- 47 Beguile
- 49 Save for later
- 51 Hold off
- 53 Fair attraction
- 54 Jagger and Daltrey, et. al.
- 57 Gentle touch
- 61 Pocket particles
- 62 Like some tumors
- 64 Unpopular spots?
- 65 Begin, as winter
- 66 Poker hand
- 67 Bit of sweat
- 68 Like Diamond's Caroline
- 69 Promo overkill

1	2	3	4	5	6	7	8	9	10	11	12	13
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54	55					56		57			58	59
60												
61					62			63				
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67					68					69		

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DOWN

- 1 Mimicked
- 2 "Gladiator" setting
- 3 Bar code on a book
- 4 Make fun of
- 5 Space shuttle field
- 6 Auction action
- 7 Reno highs
- 8 Foolish show
- 9 Like ordeals
- 10 Badge holders
- 11 Fashionable set
- 12 Hot stuff
- 13 At any time
- 18 Speak at length
- 22 Rooney of "Carol"
- 24 Rand's shrugger
- 26 On the double
- 27 Popular pie
- 28 Temperamental diva
- 29 Roof overhang

- 31 Wandering one
- 32 Stockholm native
- 35 Pisa landmark
- 38 Insane
- 40 Not talkative
- 43 Artist's quarters
- 45 Clerk of the 4077th
- 48 Derelict
- 50 Angel with six wings
- 52 Extend, as a lease
- 54 Exercise target
- 55 Paella ingredient
- 56 Musical sound
- 58 Auction giant
- 59 Docking spot
- 60 Bone-dry
- 63 Bakery item

Answers to Previous Crossword:

C	A	V	E		A	R	T	S		C	A	B	B	Y
A	L	E	X		W	O	R	E		I	N	J	U	R
T	A	R	T		A	L	E	X	A	N	D	R	I	A
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A	B	L	A	T	E		S	T	A	R	L	I	N	G
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A	D	D	E	R		E	W	E	R		K	N	O	W

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4-page pullout



Roasted Turkey... the Guam Firehouse Cook Way!!

BY RUEBEN OLIVAS,
BBQGUAM

We love roasted turkey. And we don't wait for the holidays in order to enjoy it either. Sometimes we will BBQ the turkey low and slow, especially on a Kettle grill which seems to work out perfect for this. So we wanted to share with everyone our recipe for cooking a delicious, moist and crispy turkey.

First things first...

It is very important to defrost the turkey in refrigerator until completely thawed. This may take 2 days or more.

Soak turkey in brine overnight in the refrigerator. Use a container large enough for the turkey and brine.

Recipe for Brine:

Ingredients:

- 1 gallon water
- 1-1/2 cups of kosher salt
- 2 cups of brown sugar
- Stir until seasoning is dissolved

Directions:

1. Adjust the brine to your individual taste. More salt, more brown sugar??
2. The brine ensures a very moist turkey as well as getting the seasoning to soak thoroughly into the meat, thus enhancing the flavor.
3. Next day take turkey out of the brine and allow to drain for about 1/2 hour in the refrigerator. The refrigerator will dry out the skin and will give the roasted turkey a crispier skin.
4. Rub bird down, inside and out, with olive oil or canola oil.
5. Apply a medium amount of Santa Maria rub. Make sure that you rub under the skin of the turkey in the breast area.

Recipe for Rub:

Ingredients:

- 1 tablespoon sea salt
- 1 tablespoons granulated garlic powder



- 1 tablespoon of Kosher Salt
- 1 tablespoon of granulated onion power
- 1/2 teaspoon dried parsley, fine grind
- 1/4 teaspoon black pepper, medium grind
- 1/4 teaspoon Accent (MSG) - optional

Directions:

1. Chop the parsley or crush it between your fingers to make it small enough to mix well with the other ingredients. Combine all ingredients and mix thoroughly. If you need larger amounts, just double or triple the ingredient amounts.
2. Set turkey on a roasting rack inside the roasting pan (must have cover).
3. Use two packages of Lipton's Onion Soup/ Dip mix. Sprinkle one over the turkey. The other mix into 4 cups of water, minimum, and pour into the bottom of the roasting pan. You may need to add more water during cooking. Do not allow the water to completely evaporate while roasting.
4. Place one stick of butter into the cavity of the turkey.
5. Place one stick of butter, 1/2 stick to each side, into the water of the roasting pan.
6. Preheat oven to 325 F.
7. Follow the cooking times for the turkey on the package.
8. Cook covered for half the recommended time and uncovered for the rest of the time. This will ensure a thoroughly cooked turkey that is also well browned.
9. Baste the turkey from time to time, while roasting, to get that shiny glaze on the skin. The butter in the water also helps crisp the skin.
10. Use a meat thermometer.
11. For a turkey with stuffing, insert meat thermometer into the center of the stuffing in the turkey cavity. The reading should be no less than 165 F.
12. For a turkey without stuffing, insert meat thermometer into the thickest part of the thigh, not on the bone. The reading should be no less than 185 F.
13. Once you reach these temperatures, take the turkey out of the oven and let it rest for about 1/2 hour.
14. If the wing tips and drumstick tips or any other part of the turkey start to get too dark while roasting, cover those parts with tin foil to avoid burning.
15. Use the turkey drippings in the roasting pan for your gravy.

I hope you enjoy my roast turkey recipe.

– bbqguam.blogspot.jp



Cranberry -Orange Relish

Ingredients:

- 2 medium oranges
- 4 cups fresh cranberries (1 pound)
- 2 cups sugar
- 1/4 cup finely chopped walnuts

Directions:

1. With a vegetable peeler, remove the orange portion only, of the peel of one orange; set aside.
2. Using a sharp knife, completely peel and section both oranges. Be careful to remove all the bitter white pith on the underside of the peel and the membrane between each orange section.
3. Using a food processor or blender with a coarse blade, grind reserved orange peel, orange sections, and cranberries.
4. Stir in sugar and nuts.
5. Chill for several hours or overnight before serving.

– Defense Commissary Agency



Walnut, Apple Stuffing

Ingredients:

- 1 cup shredded carrot
- 1 cup chopped celery
- 1/2 cup chopped onion
- 1/2 cup butter or margarine
- 1 teaspoon ground sage or poultry seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 8 cups dry bread cubes
- 2 cups finely chopped, peeled apple
- 1/2 cup chopped walnuts
- 1/4 cup wheat germ
- 1/2 to 3/4 cup chicken broth

Directions:

1. In a skillet, cook carrot, celery and onion in butter or margarine until tender but not brown.
2. Stir in sage or poultry seasoning, salt, cinnamon and 1/8 teaspoon pepper.
3. In a large mixing bowl, combine bread cubes, chopped apple, walnuts and wheat germ. Add cooked vegetable mixture.
4. Drizzle with enough chicken broth to moisten, tossing lightly.
5. Use to stuff one 10-pound turkey. May also be baked as dressing – bake at 350 degrees for 30 to 40 minutes.

Yields: 10 servings

– Defense Commissary Agency





Smoked & Grilled Turkey

BY ANNETTE “ANNIE” MERFALEN,
ANNIE’S CHAMORRO KITCHEN

Turkey doesn’t have to be served only during Thanksgiving or other holiday meal. Chamorros love to BBQ, but occasionally, we like to smoke and grill a turkey instead of the traditional BBQ fare of ribs and chicken.

Whether baking, frying, grilling or smoking a turkey, I recommend brining the turkey at least 24 hours prior to cooking. Brining not only adds flavor to the turkey, but it seals in the juices during the cooking process, yielding an incredibly moist, juicy, tasty turkey.

Ingredients:

- 1 turkey, about 12-15 pounds
- For the Brine:**
 - 2 gallons water
 - 1 cup sea salt
 - 2 tablespoons rosemary-garlic mix (or 1 tablespoon rosemary, 1 tablespoon garlic powder)
 - 1 tablespoon dried sage
 - 1 tablespoon whole black peppercorns
 - 1 tablespoon dried thyme leaves
 - 1 tablespoon dried parsley flakes
 - 2 bay leaves
 - 4 tablespoons good quality honey
 - 2 tablespoons dark brown sugar
 - 1 tablespoon powdered chicken bouillon
 - 1 orange, sliced
 - 2 limes, sliced
 - 1 medium onion, sliced
 - 1 gallon ice cubes
- Stuffing:**
 - 1 medium onion, sliced
 - 2 apples, cut into wedges
 - 1 whole head of garlic

Directions:

1. Make the brine.

- Place one gallon of water into a large pot.
- Add the sea salt to the pot of water.
- Add the herbs/spices and bay leaves to the pot.
- Add the honey.
- Add the brown sugar.
- Add the chicken seasoning.
- Give it a stir then bring the mixture to a boil.
- Pour the brine into a clean bucket (we bought a PBA-free bucket at Lowe’s).
- Add the sliced limes, orange and onion to the bucket. My daughter was being funny and called this “turkey punch” ;)
- Let the brine cool completely before adding the turkey.
- Remove the giblets and neck from the cavity of the turkey. Rinse well then add the turkey to the cooled brine. I



don’t think there’s a “wrong way” to place the turkey into the bucket, but I like to place it with the legs pointing up so that most of the turkey meat is submerged in the brine. Of course, you could just add more water to the bucket until the bird is completely drowned. ;)

- Pour in the two gallons of ice cubes — about 2 pitcherfuls.
- Place the lid on the bucket (if yours doesn’t come with a lid, use aluminum foil to cover it) then place the bucket in the refrigerator. Let the turkey soak in the brine for at least 24 hours.



2. Smoke/Grill the turkey.

- After 24 hours, remove the turkey from the brine. Chop up 2 apples and 1 onion, and peel the skin/paper off each clove in an entire head of garlic.
- Stuff the apple, onion and garlic mixture into the cavity of the turkey.
- Place the turkey in the smoker/grill. Follow the smoking/grilling directions for your smoker. I have a Traeger smoker/grill that has automatic temperature settings. Here are the procedures for using a grill (like a Traeger) that has automatic temperature settings.
- After turning on the grill, set it to 450 degrees; let the heat build up for about 15 minutes. Turn the heat back down to the Smoke setting then place the turkey on the grill, smoking it for approximately 9 hours.



NOTE: If you want to cut down the cooking time, do NOT stuff the turkey until about one hour from being done. An unstuffed turkey cooks faster than a cooked one. If you decide NOT to stuff the turkey, smoke it for 6 hours instead of 9. This is what the turkey looked like after 3 hours of smoking. After 8 hours of smoking, turn the heat up to 275 degrees and grill the turkey for one more hour or until the skin turns a nice dark brown color. If you don’t own a smoker/grill, bake the turkey at 325 degrees using the chart below as a basic guide.

Serve with your favorite side dishes. I recommend Chamorro Red Rice, Chamorro Stuffing and Fina’denne’. Enjoy!

– www.annieschamorrokitchen.com

Bird Basics 101

How much turkey to buy

Plan on 1 pound per person for a regular bone-in turkey; about 1/3 pound per person for a boneless breast or turkey roast. Allow more, if you want plenty of leftovers, or to accommodate guests who favor only white or only dark meat. As with all raw meat, turkey can spoil quickly if not handled properly, so make the commissary the last stop on your holiday shopping trip. And make the turkey the last item placed in your grocery cart. At home, place the turkey in the refrigerator or freezer immediately.

How to thaw turkey safely

In the refrigerator: Turkeys can be thawed using one of three methods, but the safest, most foolproof, and most recommended is to thaw them in the refrigerator. In addition to being the safest method, this will also result in the best finished product. Plan ahead and allow about 24 hours for every 4 to 5 pounds of bird weight. Place the turkey, in the original wrapper, on a shallow-rimmed baking sheet or platter in the refrigerator.

• Refrigerator Turkey Thawing Time (40 degrees F)

Turkey Weight	Days to Allow for Thawing Turkey
8 to 12 pounds	2 to 2.5 days
12 to 16 pounds	2.5 to 4 days
16 to 20 pounds	4 to 5 days
20 to 24 pounds	5 to 6 days

The Cold Water Method: If you need to thaw the turkey more quickly, use this method. Cover the turkey, still sealed in the original wrapper, with cold water. Change the cold water every 30 minutes. Allow about 30 minutes per pound for complete thawing.

• COLD Water Turkey Thawing Time

Turkey Weight	Hours to Allow for Thawing Turkey
8 to 12 pounds	4 to 6 hours
12 to 16 pounds	6 to 8 hours
16 to 20 pounds	8 to 10 hours
20 to 24 pounds	10 to 12 hours

The Microwave Method: Even though thawing can be safely done in the microwave, it is the least desired method for producing a good-quality finished product, and the turkey must be roasted immediately after thawing. Follow your microwave manufacturer’s directions for thawing. Roast the turkey immediately, once thawing is complete.

How long to cook oven roasted turkey

Cook until temperature reaches 170 degrees Fahrenheit in the breast and 180 F in the thigh. Cooking times are for planning purposes only - always use a meat thermometer to determine doneness. (Approximate Timetable for Roasting a Turkey at 325 degrees F)

Unstuffed Turkey	Time to Cook	Stuffed Turkey	Time to Cook
8 to 12 pounds	2¾ to 3 hours	8 to 12 pounds	3 to 3½ hours
12 to 14 pounds	3 to 3¾ hours	12 to 14 pounds	3½ to 4 hours
14 to 18 pounds	3¾ to 4¼ hours	14 to 18 pounds	4 to 4¼ hours
18 to 20 pounds	4¼ to 4½ hours	18 to 20 pounds	4¼ to 4¾ hours
20 to 24 pounds	4½ to 5 hours	20 to 24 pounds	4¾ to 5¼ hours
24 to 30 pounds	5 to 5½ hours	24 to 30 pounds	5¼ to 6¼ hours

– Defense Commissary Agency

Tips for choosing and preparing a holiday turkey

Set yourself up for success with two simple rules: stick to the basics and start with great quality meat. If possible uses a turkey with no antibiotics or animal by-product in feed. Choose turkeys from farms that have achieved Global Animal Partnership 5-Step Animal Welfare Rating so you know your holiday bird was raised with care. For the juiciest, most flavorful meat, start with a fresh organic turkey and layer in flavor with a simple brine or herb rub. Try a brine kit, such as one from 365 Everyday Value, and then stuff chopped herbs under the skin before roasting. If you like bronzed, crispy skin, blast your turkey with heat at the beginning or end of cooking, breast side up. Roast until your meat thermometer reads 165 degrees Fahrenheit. Once done, let your turkey rest for 30 minutes before carving so juices redistribute. This locks in moisture and makes for smoother carving. It’s all about knowing where your turkey came from and the best way to lock in its juices and flavor.

– StatePoint



*"it's finger
lickin' good"*

The KFC Chicken Sandwich is Back!

Howdy folks! KFC's Colonel Sanders here! When making our famous Kentucky Fried Chicken Sandwich, people asked how I felt about burger places selling fried chicken. I'd say that's none of my business! Just like making fried chicken is none of theirs. So, if you are looking for tasty chicken, we have you covered. Get the Kentucky Fried Chicken Sandwich at your favorite KFC location. Follow KFC Guam on Facebook and Instagram and let us cater your next family meal and have it delivered to you directly from one of our restaurants! KFC, It's Finger Lickin' Good!



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GUAM EDITION

NOVEMBER 12, 2021



U.S. Air Force

Tech. Sgt. Matthew Rice corrects a trainee during the filming of the docuseries “Basic,” which is streaming on the Air Force Recruiting YouTube channel. The eight-episode series follows five trainees who attended basic training at Joint Base San Antonio-Lackland, Texas, between October 2019 and January 2020.

Back to ‘Basic’

Air Force docuseries offers a ‘raw’ look at military training **Page 2**

COVER STORY

USAF docuseries looks at basic training

By ROSE L. THAYER
Stars and Stripes

As Emma Lollar prepared for Air Force basic training in 2019, she spent hours scouring the internet for what to expect once she arrived at Joint Base San Antonio-Lackland in Texas.

Lollar said she found plenty of people offering advice in video blogs and many personal stories, but outside of marketing videos, there was no actual footage of what would happen during the nearly eight-week program meant to turn her from civilian to airman.

“I was just trying to be as prepared as possible and, honestly, just to get myself excited to go. The day that I left, I was ecstatic,” said Lollar, now 21 years old and an airman first class.

Meanwhile, Ken Raimondi, an Air Force veteran who now works as a producer and director for the 3rd Audiovisual Squadron at Lackland Air Force Base, also saw this void in content about basic military training and decided to pitch an idea. He proposed a documentary that followed the experience of trainees from beginning to end, capturing the typical physical training shown in marketing videos but also the mundane and human experience. He wanted to show the hours spent folding socks, life inside open bay housing with dozens of other people and what it’s truly like being yelled at by instructors.

During the years, the Air Force hasn’t released much about nuances of basic training, so Raimondi said he was surprised when he got the green light on the project. The result is an eight-episode docuseries titled “Basic.” It premiered Oct. 28 on YouTube on the official Air Force recruiting channel and it will roll out one episode a week for a combined 5.5 hours.

“I’m excited to provide this unique look into the journey America’s sons and daughters take as they become airmen in the world’s greatest Air Force,” Chief Master Sgt. of the Air Force JoAnne S. Bass said in a statement about the series. “Their service to our Air Force and nation has never been more important, and seeing our military training instructors in action as they develop these airmen to fulfill those roles is motivating to say the least.”

Lollar is one of five trainees who offered to be followed by cameras six days a week for 12 to 18 hours a day during an experience where success wasn’t guaranteed.

“A very interesting thing you’ll see in this documentary is how people’s opinions of what takes place changes as it goes on,” Raimondi said. “[It’s] important to watch somebody go through it and express exactly how they feel about it at the time.”

‘It’s so honest’

Every week, about 600 people arrive at San Antonio on a Tuesday to begin their Air Force or Space Force journey the following day. In total, that’s about 35,000 trainees each year, with about 96.4% making it to graduation, according to the 737th Training Group, which oversees basic training.

“They go from a group of individuals to a functioning team. That really is amazing,” Raimondi said. “They get there because they are forced to live together in a



U.S. Air Force photos

Trainee Emma Lollar prepares to sing the Air Force song before morning physical training during filming. “Basic” follows Lollar and four other trainees who attended basic training between October 2019 and January 2020.



Tech. Sgt. Matthew Rice, an instructor at Air Force basic training at Joint Base San Antonio-Lackland, Texas, encourages trainees to exit the dormitory.

dormitory and accomplish group tasks. If they don’t all work together to accomplish those tasks, there are consequences to that. Basic training is set up to be an environment where they can fail safely, so that when they get out into the real world, into the real Air Force, they don’t fail when lives are on the line.”

To find the five enlistees he would follow, Raimondi put a call out to recruiters to find people scheduled to arrive for basic within a certain time frame who were willing to have cameras embedded with them for the entire training process. He narrowed his responses through interviews and an effort to capture a variety of backgrounds, geographic locations and Air Force job aspirations.

Lollar said she was intrigued from the moment that she heard about the project. “I honestly, really truly hope that people looking to join the Air Force will watch it because I feel like there’s so much that you can take from it,” she said. “It’s so honest. We were never prompted to say anything or be biased towards anything or sound good. It was completely raw emotion.”

Raimondi and his crew of three airmen spent six days a week following the trainees. They began filming in October 2019 in each trainee’s hometown and wrapped

with their completion of basic training in January 2020. They took hundreds of hours of video, said Raimondi, who edited the footage down into the final series.

Lollar agreed to participate in the docuseries to give others enlisting something to see before they show up at basic training. While she arrived with full knowledge that the crews would be following her every day, the other women in her training unit, known as a flight, had to adjust to the constant presence of cameras.

“Sometimes, it was a challenge for some of the girls to have a crew around listening to our conversations,” she said. “Overall, everybody is pretty excited. ... it’s a once-in-a-lifetime opportunity for every single one of us, not just the few of us who got the camera time.”

The human aspect

The instructors working with the trainees also inadvertently became stars of the series.

Tech. Sgt. Matthew Rice and Master Sgt. Phillip Lowery, basic training instructors who are featured in the series, said they were happy to be involved, even if it meant that their own mistakes could make it into the final version and face scrutiny on social media.

“[People] don’t want to see heavy ed-

iting. They don’t want to see only the cool highlights. They want to see the ups and the downs and the highs and the lows of something. That’s what makes life great and what it is,” Lowery said. “I think it’s something that needs to be required.”

The instructors said they always ask trainees how they prepared for basic training, but they said no one can really be completely prepared for the human aspect of it. When that many people live in an open bay together, “you’re going to have to learn how to deal with people,” Lowery said.

“Not only are we getting a solid piece of work to reference or to be entertained, but you’re actually seeing real people going through real things for an extended period of time through basic military training,” Rice said. “What [the trainees of the series] are doing, I think is honorable. I believe that it is something that shows leadership characteristics.”

As for instructors, Lowery said the series shows a true portrayal of them, as well — something the public might have only seen in movies, which creates stereotypes.

Though Raimondi’s project had to be cleared through various levels of command, he said there was only one instance where someone recommended he cut anything. One scene included a jody, or a cadence sung in formation, that instructors had stopped using in the two years since filming. Raimondi trimmed it out.

The final product, he said, is a “time capsule of five individuals and their journey through basic training.”

As Lollar’s experience became public, she said she isn’t nervous. She can already see how much she has grown in the two years since filming began.

“Whenever I’m a master sergeant or wherever I get to, I can show my younger airmen, or if my children decide to do it,” she said. “I think it would be the coolest thing to be able to show when I’m like 20 years older.”

MILITARY



Auxiliary Personnel Lighter 67, a berthing barge that arrived recently at Yokosuka Naval Base, Japan, is meant to provide housing for sailors whose ships are dry-docked or otherwise unavailable.

US Navy base in Japan adds third floating barracks

BY ALEX WILSON
Stars and Stripes

YOKOSUKA NAVAL BASE, Japan — The Navy’s newest berthing barge arrived recently at the home of the U.S. 7th Fleet to ease a shortage of living space for sailors whose ships are undergoing long-term maintenance.

Officially called an Auxiliary Personnel Lighter, but more commonly referred to as a “barracks ship” or “berthing barge,” APL 67 is meant to provide housing for sailors whose ships are dry-docked or otherwise unavailable.

The 269-foot-long vessel can accommodate 609 sailors: 537 enlisted sailors, 44 chief petty officers and 28 officers.

By mooring the barge near the vessel it supports, the ship’s crew has a place to live close enough to respond to emergencies, said April Bairdain, a supervisor with U.S. Naval Ship Repair Facility and Japan Regional Maintenance Center.

“The ready response teams and duty sections live onboard here,” she told Stars and Stripes earlier this month. “Also, if we have geo-bachelors who don’t have housing on the base and habitability has been affected by [ship maintenance], then they have to live onboard the barge also.”

No one lives aboard the new barge just yet. It’s moored in a dry dock while undergoing final preparations but should be in service by the end of December, Bairdain

said.

But the barge offers more than just a place to sleep. It also provides a variety of amenities, including classrooms, mess halls, a convenience store, a barbershop, a clinic and a small gym.

Built for approximately \$40 million by VT Halter Marine in Pascagoula, Miss., the barge arrived in Yokosuka on Oct. 19. With no means of propulsion, it was hauled by tugboats first to San Diego in July, then for 36 days across the Pacific Ocean.

The barge provides more space and amenities than the average warship, but its living spaces are still cramped and crowded. For example, compartments for enlisted sailors hold between 15 and 24 beds, with one or two bathrooms for each compartment depending on its size.

Sailors can expect to live aboard the barge four to nine months at a time, depending on their ship’s maintenance schedule, Bairdain said.

APL 67 joins two other berthing barges in Yokosuka, YRB 30 and APL 40, both of which were built in 1945. Despite their age, they are expected to be in service another 10 years, Bairdain said.

So many ships are undergoing maintenance at one time at Yokosuka that the two available live-aboard barges were overcrowded, she said. At one point, four ships’ crews were berthed aboard APL 40.

“It was tough,” until Pacific Fleet approved another barge, Bairdain said.

Even with a new barge, Bairdain said, sailors still have a limited amount of living space available while their ship is dry-docked. She said the new barge could house two or three crews at a time, depending on the circumstances.

Naval Base Sasebo, in southern Japan, will also receive a new berthing barge, although its expected delivery is still three years out, Bairdain said.

Correction

An Oct. 29 story incorrectly stated that a settlement offer for a medical malpractice claim came from the legal office at Yokota Air Base, Japan. The offer came from the medical law branch of the judge advocate general’s office at Joint Base Andrews, Md.

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Revised USMC policy allows ‘sleeve tattoos’

BY WYATT OLSON
Stars and Stripes

Marines are once again allowed to cover most of their arms and legs with so-called “sleeve tattoos” under a revised policy announced by the Marine Corps.

At the same time, the updated policy expands the definition of tattoos forbidden as “extremist.”

The Marines banned sleeve tattoos in 2007, just as they had reached peak popularity in the United States.

“The tattoo policy over the years has attempted to balance the individual desires of Marines with the need to maintain the disciplined appearance expected of our profession,” said the bulletin issued by Commandant Gen. David Berger. “This Bulletin ensures that the Marine Corps maintains its ties to the society it represents and removes all barriers to entry for those members of society wishing to join its ranks.”

Tattoos on the head and neck remain banned, according to the announcement, which warns Marines that body art choices could still affect future career options in the Corps.

“Officer and Enlisted Marines may continue to be assigned or allowed to serve on Special Duty Assignment (SDA), although assignment to ceremonial and other high visibility units may be Restricted,” the announcement said.

The Defense Department has been taking a harder look at extremism within the ranks in the wake of the Jan. 6 mob assault on the U.S. Capitol, which included active-duty service members and veterans. The ban on extremist tattoos includes any that symbolize philosophies or organizations that advocate racial, gender or

ethnic hatred.

Also banned are tattoos that “advocate violence or other unlawful means of depriving individual rights under the U.S. Constitution and federal or state law” or that “advocate, engage in, or support the forceful, violent, unconstitutional, or otherwise unlawful overthrow of the government of the United States, any state, commonwealth, district, or territory of the United States.”

It also bans ink that encourages military personnel to disobey lawful orders “for the purpose of disrupting military activities.”

The Marine Corps last updated its tattoo policy in 2016, which left some Marines disappointed that the sleeve restriction was left in place. The Navy had moved earlier that year to allow sailors to sport sleeve tattoos, following an Army decision the year before to allow them for soldiers.

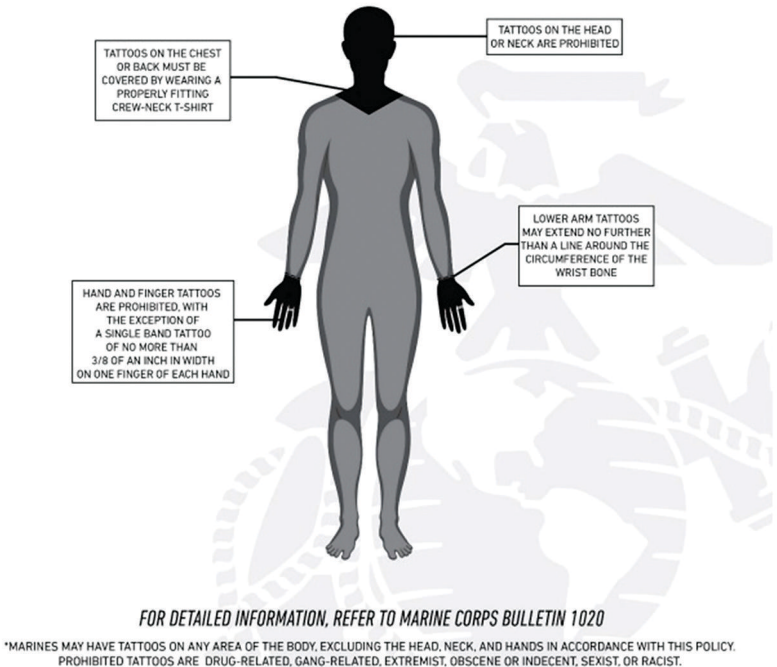
Cpl. Jasper Pila launched an online petition last year calling on the Marines to allow tattoo sleeves, and as of Oct. 29, the petition had garnered more than 78,000 signatures.

“The current tattoo regulations are discriminating against Marines with a desire for ‘sleeve’ tattoos,” Pila wrote on Change.org, adding that the rules have a negative impact on morale, retention and equal opportunity.

“Competent and decorated Marines in the past and present who have proven to be an asset for the Marine Corps have been denied reenlistment and advancement in their field due to increasingly restrictive tattoo regulations,” he wrote.

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UPDATED TATTOO POLICY



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PACIFIC

Fast and furious

Army sergeant helps keep drifting alive on Okinawa

BY MATTHEW M. BURKE
AND MARI HIGA

Stars and Stripes

TORII STATION, Okinawa — Michael Dumpson punches into second gear as he spots a sharp, left-hand curve ahead on an Okinawa speedway and pushes his R33 Skyline as fast as it can go.

He quickly flicks the steering wheel to the left in a move known as a feint. The tires momentarily lose traction.

Then he pushes the clutch and rips the emergency brake, keeping the RPMs high, as the steering wheel spins the other way, hands-free. The car begins to slide.

Sgt. Dumpson, 25, an Army human resources specialist with 10th Support Group at Torii Station, is an especially skilled driver known as a drifter. He's one of the U.S. service members helping the sport make a comeback on the car-crazy island of Okinawa.

He qualified in December 2019 for the American-only drift competition Gaijin Power Grand Prix at Yanbaru Circuit in Kunigami village, a first-of-its-kind event on the island.

Though he was knocked out in the first round, Dumpson believes he made a significant achievement by qualifying in a car equipped with stock parts.

"The art of drifting is to be in control of something that is out of control," Dumpson said during a series of recent interviews with Stars and Stripes. "You're intentionally sliding the car around corners sideways for fun, for glory, for sport, for competition. The point is to go as fast as possible with as much angle as possible, which collectively is known as style."

His father's son

An Army brat and the middle of nine children who spent his formative years in Anchorage, Alaska, Dumpson gets his love of cars from his father, Gary Dumpson, who was always racing or working on engines. His father has owned five versions of the same car, the Nissan 300ZX.

"My main thing pretty much has always been cars," Dumpson said. "I'm always trying to be faster than my dad; I'm trying to be cooler than my dad. He's always been a big supporter."

Dumpson said he played racing video games before he could drive, got his learner's permit at 14 and his own 1985 300ZX at 16. He joined the Army in 2015, a year after graduating from high school in North Carolina. At Joint Base Lewis-McChord, Wash., he spent his off-hours at two nearby



U.S. Army

Army Sgt. Michael Dumpson, a 10th Support Group human resources specialist, is seen atop his R33 Skyline at Torii Station, Okinawa, in September.



Michael Dumpson

Army Sgt. Michael Dumpson, top, drifts through a turn in tandem with another vehicle at Okinawa's Yanbaru Circuit, in this undated photo.

tracks.

Before drifting, he raced. But as drifting became popular in the U.S., he modified his car by installing a more powerful motor and a wide-body kit.

On a good run, a drifter will slide sideways through an entire bend in the track, then use various tricks and techniques to "link" the entire course, Dumpson said. Drifters participate in exhibitions, mainly, but also in competitions where they're judged on speed, placement or

style.

Dumpson typically drifts on the first Saturday of each month with a Facebook group called Oki Track Days that reserves the Yanbaru Circuit. The events are supported by local auto shops like B&M Okinawa and Trinity Works.

"I try to stand out," he said. "My goal is to not fit in. If you've ever seen my car, it's pretty wild."

Dumpson drives a silver 1996 Nissan Skyline GTS-T, also

known as an R33 Skyline, with rear-wheel drive, a wide body and an oversized, rear-mounted wing that features a heart-and-star end plate.

That theme extends to hearts-and-stars taillights and a heart-shaped steering wheel.

Okinawa dreaming

Japan has always been at the forefront of drifting, Ryusuke Kawasaki, editor-in-chief of Drift Tengoku, or Drift Heaven, magazine, told Stars and Stripes by phone on Oct. 14. What started as racing on mountain roads in the 1980s quickly developed into a motorsport thanks to events organized by car enthusiast magazines.

A scoring system was developed at events like Drift Contest and Ikaten, or Cool Driver's Heaven, Kawasaki said. The D1 Grand Prix made drifting a professional sport in Japan in 2001. Today, about 20,000-30,000 drifters are active on about 40 tracks.

Despite its popularity, the sport lost some of its allure when it moved from the mountainside to the track, Kawasaki said. But the move was necessary.

"You don't have to drive illegally anymore," Kawasaki said. "You can go to a circuit to practice and there are so many competitions you can sign up to."

He said Okinawa is one of the best places to drift thanks to Yanbaru Circuit and the island's warmer temperatures.

"You can drive anytime year-

round because you don't have snow," he said.

Drift off, drift on

Drifting on Okinawa declined for several years, and the last drift track on the island closed in 2014, said Tsukasa Miyagi, 43, a lifelong drifter. Two years later, hoping to spark a renaissance, he founded Yanbaru Circuit on the island's northeastern coast, he told Stars and Stripes by phone.

"It was much more vibrant when I was younger," he said. "Okinawa is a car society. Many people love driving."

After Yanbaru opened, drifting has made a comeback, Miyagi said, with the children of his generation discovering the sport as adults. Television programs like "Formula Drift Japan" and films like "Fast & Furious," called "Wild Speed" in Japan, have also captured imaginations.

During the coronavirus pandemic, Miyagi stayed open but his business took a major hit. Where 20-30 cars turned up on weekends, now he sees half that many.

"People cancel when new restrictions are placed, but I wanted to keep it open so that people can come and release stress," he said.

Key to drifting's revival on Okinawa are Americans like Dumpson, Miyagi said. He said Dumpson's driving skills put him in the middle of the pack.

"There are many foreigners. Most of them are Americans," he said. "Some are really good."

Dumpson said the culture extends far beyond the track.

"Drifting is very popular in the military here in Japan," he said. "There's probably 1,000 people who modify and drift their cars. There's a sense of tradition, being that drifting originated in Japan."

Okinawa Tuners Underground is another active Facebook group for enthusiasts, Dumpson said. There are also local teams and clubs, both amateur and professional.

Through his YouTube channel, "Streeties," Dumpson has racked up about 60,000 views documenting Okinawa drift life for an online audience.

Dumpson, still recovering from a motorcycle crash in August, expects to continue drifting while he serves his final year on Okinawa.

"I like extreme stuff," he said with a smile. "I like speed."

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PACIFIC

US joins Japanese troops for disaster drill

BY MATTHEW M. BURKE
AND MARI HIGA
Stars and Stripes

KADENA AIR BASE, Okinawa — U.S. forces on Okinawa for the first time joined their Japanese military counterparts to rehearse their unified response to a natural disaster — a simulated earthquake on a small, nearby island.

This year's Remote Island Disaster Exercise, or RIDEX, involved about 200 Marines and airmen from the III Marine Expeditionary Force and Kadena Air Base, along with 400 troops from the Japan Self-Defense Force, Air Force Capt. Matthew Wilson, the 353rd Special Operations Wing's director of medical operations, told Stars and Stripes.

A Japan Ground Self-Defense Force spokesman for the Western Army's 15th Brigade summed up the purpose of this year's exercise.

"We aim to improve the JSDF's ability to respond to disaster situations in remote islands and to strengthen cooperation with related organizations such as the U.S. military," he said on the customary condition of anonymity.

Japan's Self-Defense Forces have held the island disaster exercise every year since 2014, except last year, because of the pandemic, the spokesman said.

The exercise scenario involved an earthquake off Okinawa's southeast coast. A second day of drills involving the Self-Defense Forces and Okinawa prefecture was inexplicably canceled, the spokesman said.

During last week's exercise, medical personnel from the two nations confronted language barriers under trying conditions.

"We pretty frequently will train in scenarios in our small teams to most effectively treat and move a patient, so that's less important to us today," said Lt. Col. Shana Hirschert, 39, the senior flight physician for the 353rd Special Operations Wing. "This is pretty unique that we can kind of integrate our teams."

The exercise began at Ukibaru Island, less than five miles off



PHOTOS BY MATTHEW M. BURKE/Stars and Stripes

A Japan Ground Self-Defense Force medic checks the vital signs of a U.S. airman acting as an earthquake victim during the Remote Island Disaster Exercise on Okinawa, on Nov. 2.

Okinawa's east coast, Wilson said. A mix of 20 Japanese and American troops simulating injuries ranging from severe burns to broken bones were airlifted to the amphibious transport dock JS Kunisaki.

There they were triaged and then flown to either Camp Naha, a Ground Self-Defense Force base, or Kadena.

From the Kadena flight line, a converted bus carried the simulated casualties to a medical tent some distance away. Doctors and paramedics of the special operations wing and the III MEF surgeon's office jumped into rendering care, suturing wounds

and splintering breaks. Heart monitors beeped and ventilators whirled as fluids were hung and sterile packages ripped open.

Leaders of the 15th Brigade observed while their medical personnel worked through translators to process patients with less severe injuries. One Japanese soldier took an airman's blood pressure and recorded the results. The airman had a simulated piece of metal sticking through his already bandaged hand.

A patient was declared dead and placed outside the tent, under a blue tarp. The remaining patients were driven aboard the

ambulance bus to U.S. Naval Hospital Okinawa at the Marine Corps' Camp Foster.

Air Force Staff Sgt. Christopher Andersen, 25, a medic with the special operations wing, said the training provided good insight into Japanese military operations. He said he was blown away by their professionalism and organizational skills.

"We understand that we're stronger together," Wilson said. "The more that we're able to have meaningful discussions and plan for different engagements and share that information, the better off we are together."

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A heart monitor beeps at Kadena Air Base, Okinawa, during the annual Remote Island Disaster Exercise.

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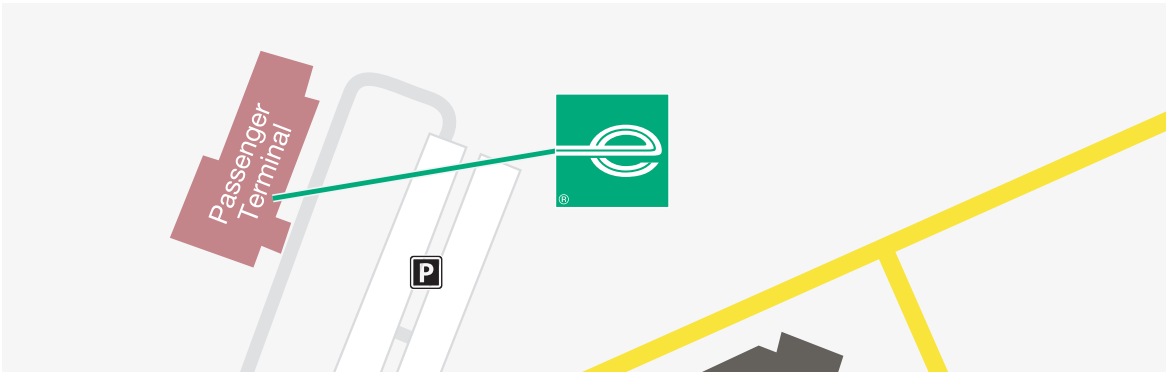


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