

Merry Christmas Guam

JAMAICAN GRILL

Ya Mon, Serious Food®
 VETERAN OWNED-BUSINESS®
 JAMAICANGRILL.COM

STARS AND STRIPES
Welcome to the Pacific

Your guide to being stationed in
GUAM

SUBMIT A PHOTO FOR THE COVER OF Welcome to the Pacific

Got a great shot of mainland Japan, Okinawa, Korea or Guam? If so, submit it and maybe it'll end up on the front page of Welcome to the Pacific.
Photo deadline: Jan. 20



[Facebook.com/StripesPacific](https://www.facebook.com/StripesPacific)
guam.stripes.com



Recipes from military families worldwide

PAGES 10-15

STARS AND STRIPES
A Taste of Guam

Special 4-page pullout inside!

Operation Christmas Drop delivers again!

PACIFIC AIR FORCES

JOINT BASE PEARL HARBOR-HICKAM, Hawaii – The 71st iteration of the Department of Defense's longest-running humanitarian assistance mission kicked off Dec. 4, at Andersen Air Force Base, Guam, with participating airmen from the U.S. and five partner nations.

Operation Christmas Drop is an annual U.S. Air Force tradition of packaging and delivering donated supplies such as food, fishing equipment, schoolbooks, and clothing to more than 20 thousand islanders across 56 remote islands throughout the Federated States of Micronesia and the Republic of Palau.

The aerial delivery enables aircrews to develop and maintain combat readiness through aircraft generation and recovery across a remote region

SEE DROP ON PAGE 6



WHERE AMERICA'S DIVING BEGINS



NDA
 WWW.NDAAGUAM.COM

COLONEL'S 12 PIECE Holiday Feast

PLUS 2 Glass Food Containers!

KFC it's finger lickin' good

ANIGUA • BARRIGADA • DEDEDO • MANGILAO
 TAMUNING • YIGO • MICRONESIA MALL • GPO

[KFC Guam](https://www.facebook.com/KFCGuam) [KFCGuamig](https://www.instagram.com/KFCGuamig)

STARS AND STRIPES

www.stripes.com

Max D. Lederer Jr.
Publisher

Lt. Col. Michael Kerschbaum
Commander

Michael Ryan
Chief of Staff

Chris Verigan
Engagement Director

Marie Woods
Publishing and Media Design Director

Chris Carlson
Publishing and Media Design Manager

Eric Lee
Advertising and Circulation Manager

Monte Dauphin
Guam Area Manager

Kentaro Shimura
Production Manager

Rie Miyoshi
Engagement Manager

Denisse Rauda
Publishing and Media Design Editor

Publishing and Media Design Writers

Shoji Kudaka

Hyemin Lee

Takahiro Takiguchi

Layout Designers

Kazumi Hasegawa Mamoru Inoue

Yuko Okazaki Kayoko Shimoda

Multimedia Consultants

Max Genao Doug Johnson

Hans Simpson Chae Pang Yi

Benjamin Yoo Gianni Youn

Robert Zuckerman

Graphic Designers

Yukiyo Oda Kenichi Ogasawara

Yosuke Tsuji

Sales Support

Yu Mi Choe Hiromi Isa

Ok Ki Kim Yoko Noro

Yusuke Sato Kanna Suzuki

Saori Tamanaha Toshie Yoshimizu

Distributors

Joe Guzman John Wesley

For feedback and inquiries,

contact MemberServices@Stripes.com

To place an ad, call 355-5160

guam.stripes.com/contact

Halloween photo contest winners

We loved all of your spooky and fun costumes for this year's Halloween photo contest! Many Stripes readers sent their submissions and many more voted for their favorites. This year, Misty Gonzales from Yokosuka NB won the \$40 prize for Best Costume; James Simons from NAF Atsugi is taking home \$20 for the Best Pet Costume and Peter Matel from Misawa AB won the \$40 Special Prize. Check out their submissions as well as some other honorable mentions below. And, don't forget to follow us at [Facebook.com/StripesPacific](https://www.facebook.com/StripesPacific) for more great contests like this!

Winners



Peter Matel - Misawa

SPECIAL PRIZE



Misty Gonzales - Yokosuka

BEST COSTUME



James Simons - Atsugi



Lindsay Kern - Courtney



Tiffany Davis-shaw - Yokosuka



Hallie Shields - Osan



Kayla Lassiter - Misawa

Oooh! TV on stick!



dTV+

YOUR CABLE TV ON WiFi

Subscribe today for as low as **\$35/month** with your LINK subscription.

671-688-CARE
docomopacific.com

Additional conditions may apply.





Give WOW.

This holiday season, find the perfect gift to knock their stockings off.



iPhone 14

iPhone 14
From \$25.22/mo. on HPO

iPhone 14 Pro
From \$31.88/mo. on HPO




Limited time offer!
\$200 Visa Gift Card with any Unlimited Wireless Plan.




iPhone 13 Pro
From \$27.56/mo. on HPO

iPhone 13 From \$20.88/mo. on HPO



iPhone 13 mini From \$17.56/mo. on HPO




APPLE WATCH ULTRA \$899



APPLE WATCH SERIES 8 From \$459



Airpods Pro 2nd Gen
Reg. \$299 Now \$249



Airpods 3rd Gen
Reg. \$249 Now \$199

DON'T FORGET THE STOCKING STUFFERS

Save 25-50% off select Apple phone cases

Featuring: Casemate, Kate Spade, Otterbox, UAG




Call us at 671-644-4482



Visit us at www.gta.net



*Some conditions apply. Offer valid till 12/31/2022. Visit www.gta.net or see stores for details.

Another day of leftovers becomes a tipping point

I never buy a Thanksgiving turkey that feeds my family. I buy one so big, it could feed the entire neighborhood. When a 10-pounder will do, I buy 20. When 20 pounds is enough for Thanksgiving dinner, sandwiches and a casserole or two, I select a gargantuan bird that barely fits in the oven.

My motivation is not gluttony, but rather, a need to be resourceful. As a military spouse, I've always enjoyed the challenge of making my family happy within our limited military budget. Other than one awful mud-splattered camping trip, a few bizarre pre-PCS meals, and the time my daughter broke her arm on a questionable playset I procured for free from our neighbors, my efforts to creatively satisfy my family inside the bounds of our modest resources have generally been a smashing success.

However, there was one Thanksgiving several years ago when leftover turkey became hazardous to my health.

It was Monday morning after Thanksgiving, and I'd just dropped my husband, Francis, at the airport for TDY to Bahrain. I wondered what to make the kids for dinner. In the four days since Thanksgiving, I'd already cooked leftover turkey tetrazzini, turkey pot pie and turkey enchiladas. They'd begun to complain, but I still had turkey bones and meat in our fridge.

Waste not, want not.

However, it was a busy Monday. I had to walk the dog, get a mammogram, swing by the commissary, do laundry, iron dress shirts, start my column, return emails, balance the checkbook, take a shower and try to look human — all before my 3 p.m. school pick-up. I decided I had less than five minutes to throw a pot of turkey soup together before heading out to my 9:30 a.m. mammogram appointment.

I chopped onions and carrots in flash, sautéing them in a pan alongside the pot of simmering turkey bones. Next, I plopped four celery ribs down and began slicing. I was coming to the end of the bunch when, shshshwing!

The very tip of my thumb lay neatly on the cutting board.

Slow-motion, controlled panic ensued. My uncut hand grabbed the severed cap of flesh and placed it back on the tip of my thumb, albeit crooked, and unraveled paper

The Meat and Potatoes of Life

Lisa Smith Molinari



towels to wrap my bleeding appendage. I flicked the stove off, grabbed my purse and jumped into my minivan, mumbling, "it's gonna be fine, it's gonna be fine, it's gonna be fine."

"Hi, I'm here for a mammogram [nervous laughter] ... you're never going to believe this [nervous laughter] ... I just cut the tip of my thumb clean off," I jabbered to the lady behind the clinic check-in desk. Despite her look of utter apathy, the woman said a doctor would check out my thumb after my mammogram.

As the adage goes, you learn something new every day. On this particular day, I learned that it's nearly impossible to unhook your own bra strap with one hand. Like an awkward boy on prom night, I managed the task just before the technician came in to squash my bits and pieces between two glass plates. After several painfully humiliating images were procured, I was free to dress and attend to my bleeding thumb.

With only one of the three hooks of my bra strap precariously fastened, I thanked the doctor for seeing me on the fly, then waited at immunizations for a tetanus shot. Four hours after entering the clinic doors, I left with an injection Band-Aid, wilted mammaries, a cartoonishly-bandaged thumb and a completely neglected to-do list.

Despite the chaos, I finished preparing the soup back at home, needing it more than ever. At dinnertime, I ladled the hot elixir into bowls, careful not to slosh broth onto my bandages, and placed them on our table with oyster crackers. The kids and I inhaled the salty steam in silence, blowing gently on spoonfuls.

"I can't believe you made soup from the rest of the turkey with all that craziness going on today, Mom," my compassionate child said with a slurp. "Mmmm," she murmured, "not bad, Mom."

In the grand scheme of things, she was right; it was not bad at all.

Read more of Lisa Smith Molinari's columns at: themeatandpotatoesoflife.com and in Lisa's book, *The Meat and Potatoes of Life: My True Lit Com*
Email: meatandpotatoesoflife@gmail.com

Happy Holidays

LOTTE HOTEL REWARDS

More Stays, Better Rewards.
Join the Free Membership Program
Earn LH Points
Enjoy Rewards Benefits

L GUAM LOYALTY

An expanded program for the US Government and Military to GET MORE BENEFITS after joining Lotte Hotels Rewards!

- 1 Join LH Rewards Program
- 2 Download StampMe Application
- 3 Register your Information
- 4 Collect Stamps & Redeem More Rewards

BENEFITS

- ▶ Starbucks Coffee for New Members
- ▶ Length of Stay Benefits
- ▶ 20% F&B Discount
- ▶ Welcome Back Benefits

*Terms and Conditions apply.

SCAN TO KNOW MORE!

CONTACT US:
T: +1 (671) 646-6811 F: +1 (671) 646-6813
lotteguamreservation@lotte.net



SCAN FOR MORE INFO

SHOP AND WIN

YOU MUST BE PRESENT TO WIN.



PAST GIVEAWAY



NOV 12, 2022
NEW TOYOTA COROLLA LE

COMING SOON!



MAY 6, 2023
NEW TOYOTA TACOMA 4X4
SR5 OFF-ROAD PACKAGE W/ LIFT KIT

GRAND PRIZE DRAWING #2 **FEBRUARY 4, 2023** **NEW LEXUS UX250 HYBRID**

This holiday season, shop and redeem receipts totaling \$10 or more for a chance to win a brand new **Lexus UX250 Hybrid** at Micronesia Mall's Shop & Win grand prize drawing on **February 4, 2023**.

We're giving away (3) brand new Atkins Kroll vehicles, (30) \$250 gift certificates from Goodwind Travel & Tour for tickets to Philippine Airlines and thousands of instant prizes from Burger King® and Foot Locker® over the promotional period. Terms and conditions apply. See the Shop & Win game booth for details.



GOODWIND TRAVEL & TOUR CORP. INC.
General Sales Agent



Foot Locker®

DROP: Everyone wins

CONTINUED FROM PAGE 1

of the Pacific Ocean where these islands are spread out in an area almost the size of the continental United States.

“Operation Christmas Drop continues to be an important annual tradition meant to deliver valuable humanitarian assistance to those in need, and we are excited to launch and execute OCD 22 as part of a joint effort with our allies and partners in the region,” said Col. Andrew Roddan, 374th Airlift Wing commander.

“OCD 2022 represents a significant opportunity to exercise and support aircraft generation and for our C-130J aircrews to work closely with our international partners to deliver aid to the most remote locations across the Indo-Pacific.

This operation helps to hone critical skills necessary to



ensure successful response to disaster and humanitarian crises in the region, and we look forward to continuing our successful joint efforts in support of humanitarian aid delivery.”

Operation Christmas Drop is the Department of Defense’s longest-running humanitarian airlift operation. The tradition began during the Christmas season in 1952 when a B-29 Superfortress aircrew saw islanders waving at them from the island of Kapingamarangi, 3,500 miles southwest of Hawaii. In the spirit of Christmas the aircrew dropped a bundle of supplies attached to a parachute to the islanders below, giving the operation its name.

Operation Christmas Drop is a PACAF event which includes a partnership between the 374th Airlift Wing, Yokota Air Base, Japan; the 36th Wing, Andersen Air Force Base, Guam; 734th Air Mobility Squadron, Andersen AFB of the 515th Air Mobility Operations Wing, Joint Base Pearl Harbor-Hickam, Hawaii; the University of Guam; and the ‘Operation Christmas Drop’ private organization which leads the fundraising and donations for the operation. Andersen is used as a “base camp” to airlift the donated goods to islanders throughout Micronesia.

Utilizing the Denton Program, which allows private U.S. citizens and organizations to use space available on U.S. military cargo planes to transport humanitarian goods to countries in need, the C-130J Super Hercules crews airdrop food, supplies, educational materials, and toys to islanders throughout the Federated States of Micronesia, and Republic of Palau. These islands are some of the most remote locations on the globe spanning a distance nearly as broad as the continental US.

Months leading up the drop dates volunteers create donation drop-off boxes and raise money from local businesses and citizens. A week before the drop, volunteer airmen, soldiers, sailors, Marines, civilians, contractors and families assist in picking up and sorting the donations. After the goods are sorted, riggers from Yokota and Andersen volunteers



Leadership from the 374th Airlift Wing and airmen from the 36th Airlift Squadron receive a donation of humanitarian supplies from Japan Air Self-Defense Force members at Yokota Air Base, Japan. Photo by Machiko Arita, 374th Airlift Wing

build dozens of boxes to hold the materials, most containing school supplies, clothing, rice, fishing equipment and toys.

Each year, the Christmas drops serve as a proving ground for the techniques used and shared with regional partners in preparation for response to natural disasters all too common across this region.

Air crews are linked to the village via ham radio as they fly overhead and drop supplies. The event provides readiness training to participating aircrew, allowing them to gain experience in conducting airdrops while providing critical supplies to 56 Micronesian islands impacting about 20,000 people. Ultimately it’s a profound win for everyone involved.



An airman with the 36th Expeditionary Airlift Squadron directs a forklift at Andersen Air Force Base during Operation Christmas Drop 2022. Photo by Yasuo Osakabe, U.S. Air Force

We’re Spreading Cheer With \$200 Bonus Cash Back¹ When You Spend \$2,000

PLUS, EARN UP TO 1.75% CASH BACK ON EVERY PURCHASE²

You’ll enjoy:

No annual fee³

Immediately redeemable rewards

Rewards that won’t expire while your account is open



Apply today!
Visit navyfederal.org/cashrewards.

CHEER to last ALL YEAR

NAVY FEDERAL
Credit Union

Our Members Are the Mission

Insured by NCUA. ¹Offer valid for cardholders issued new cashRewards credit card accounts. To be eligible for the \$200 cash back, you must make \$2,000 or more in net purchases within 90 days of account opening. Rewards are earned on eligible net purchases. “Net purchases” means the sum of your eligible purchase transactions minus returns and refunds. Eligible purchase transactions do not include, and rewards are not earned for, the following transactions: cash advances, convenience checks, balance transfers, gambling, or fees of any kind, including finance charges, late fees, returned check fees, ATM cash advance fees, and annual fees, if any. Cash equivalent transactions, such as the purchase, loading, or reloading of gift and prepaid cards (e.g., money orders, GO Prepaid Cards, and other cash equivalent gift cards), may not be eligible purchase transactions and may not earn rewards. Please allow up to eight weeks after the 90-day period for the bonus cash back to post to your rewards balance. Account must be open and not in default at the time the bonus cash back posts to your rewards balance. Limit of one promotional offer at account opening. Offer valid for accounts applied for from 11/1/22 to 1/2/23. ²cashRewards credit cards earn 1.75% cash back on net purchases for cardholders with direct deposit at Navy Federal, or 1.5% cash back for cardholders without direct deposit. Rewards are earned on eligible net purchases. “Net purchases” means the sum of your eligible purchase transactions minus returns and refunds. Eligible purchase transactions do not include, and rewards are not earned for, the following transactions: cash advances, convenience checks, balance transfers, gambling, or fees of any kind, including finance charges, late fees, returned check fees and ATM cash advance fees. Cash equivalent transactions, such as the purchase, loading, or reloading of gift and prepaid cards (e.g., money orders, GO Prepaid Cards, and other cash equivalent gift cards), may not be eligible purchase transactions and may not earn rewards. To be eligible to receive 1.75% cash back on net purchases with your cashRewards card, you must either currently have direct deposit at Navy Federal or must set up and maintain direct deposit at Navy Federal. Direct deposit is defined as a recurring ACH from your employer, military pay, or certain government agency pay or benefits deposited into your Navy Federal deposit account. You will start earning 1.75% cash back once we confirm you have direct deposit at Navy Federal. ³As of 11/1/2022, rates range from 12.65% APR to 18% APR, are based on creditworthiness, and will vary with the market based on the U.S. Prime Rate. ATM cash advance fees: None, if performed at a Navy Federal branch or ATM. Otherwise, \$0.50 per domestic transaction or \$1.00 per foreign transaction. © 2022 Navy Federal NCUA 14184 (9-22)



THE X3

WELCOME TO THE SEASON OF THRILL



BMW X3 incentive for December starting at **\$49,999.00***

Traverse any terrain in the versatile BMW X3. Performance, power, and efficiency all packed in an all-terrain and rugged utility vehicle. When adventure calls, the X3 will take you there.

Features include: 19in. LT/Alloy Runflat Tires, Perforated Interior with Ambient Lighting, BMW Individual Exterior Line, Driving Assistant and Parking Assistant, BMW Live Cockpit Professional, and premium HiFi Audio System.

Trade-ins are welcome. Shop online at [AKGuam.com/ak-bmw](https://www.akguam.com/ak-bmw).



Atkins Kroll Inc.

443 South Marine Corps Drive,
Tamuning, Guam 96913

Call 671-649-6410

Showroom Hours: Monday ~ Friday 8am to 6pm
Saturday 8am to 5pm | Sunday 10am to 4 pm

Jacob Torres
BMW Sales Consultant
(671) 489-2055

Kevin Chu
BMW Sales Consultant
(671) 727-6708

Selina Lian
BMW Sales Consultant
(671) 688-2168

*On approved credit. Terms and conditions apply. See dealer for details. Price shown with incentives applied. Vehicle not exactly as shown.

What to get your loved ones this tropical Christmas

GUAM VISITORS BUREAU

Christmas is on its way and the secret to a smooth holiday experience is to beat the lines and get a head start on your shopping. But then comes the dreaded question: What are good presents to gift our loved ones during one of the happiest times of the year?

Have no fear! One of the greatest things about living on Guam is that there is no shortage of gifts that are local, sustainable, and cost efficient and that will satisfy a wide range of tastes. Check out some of these ideas!

the island and DIY a scrapbook of your favorite memories together.

You also can't go wrong with gorgeous craft jewelry from Sirena Soul. Find necklaces made of spondylus and puka shells and earrings and bracelets that range from vibrant and electric reds, greens, and oranges to more subdued and elegant pearl whites and pale blues. Made and inspired by the



natural beauty surrounding us, these pieces of art are great for the jewelry lover in your life. Check out their IG page at @sirenasoulguam for more on their collection!

And everyone knows that one gift that you can never go wrong with is sweets! Spread the Hafa Adai spirit and treat your loved ones to the scrumptious and undeniable taste of gourmet coconut candy from The Coconut Tree Company made from fresh, local ingredients. Find them on IG at @thecoconuttreecompany for more information on their location and specials.



Local and Sustainable Gifts

Guam's natural beauty, swaying trees, crisp blue oceans, and verdant foliage have served as an inspiration for much of the sustainable goods produced on the island.

Gift your loved ones with recyclable and sustainable wallets fashioned out of banana paper, made from fiber leftover from a banana fruit harvest. Or if your loved one is a writer, find notebooks made from the same material at various gift shops around



Make a cookbook of delicious CHamoru comfort foods for the chef in your life. Or create a spa kit out of the natural resources surrounding you that all hard working moms deserve! Grab some coconut oil, lye, olive oil, your favorite scents from natural ingredients such as coffee or lavender, and use materials around your house for a homemade soap. Pair it with some lotion and homemade candles for a simple yet heartfelt gift.

Weave a bag, basket, or fan made from pandanus or coconut leaves that reflect your love and Guam's culture. If you're not feeling too great about your weaving skills, stop by Chamorro Village on Wednesday nights and choose amongst an array of woven apparel from a variety of talented local vendors.

Don't forget! Whatever you choose to do this Christmas season, you can never go wrong with quality time. Check out Guam Visitors Bureau's Shop Guam app free on the app store for great deals and packages on family activities, restaurants, and more!

Do-It-Yourself Projects

For those looking for more cost-efficient presents, there's nothing quite as special as putting good ol' time and effort into your gift. Try out some of these DIY projects!

VINCE
JEWELERS
GUAM'S FOREVER JEWELER

MEGA HOLIDAY

SAVE UP TO **60** % off + **ADDITIONAL 15** % off *Sale*

Exclusions apply. See stores for details.

VOTED PIKA'S BEST OF GUAM JEWELRY STORE FOR 6 YEARS IN A ROW (2017-2022)

AGANA SHOPPING CENTER
671.472.1888

EAST AGANA (MAIN BRANCH)
671.646.1688

GUAM PREMIER OUTLETS
671.649.9888

MICRONESIA MALL
671.633.8888

facebook/vincejewelers

store.vincejewelers.com

@vincejewelers



A TRUE TASTE OF MODERN CHAMORU FUSION CUISINE!

SUNDAY **Brunch**

WITH FREE FLOWING MIMOSAS & DRAFT BEER!



HAGÁTÑA, GUAM
130 E. MARINE CORPS. DR. STE 103B

SUNDAY 10:00AM - 12:00PM
12:30PM - 2:30PM (2 SEATINGS)

FOR RESERVATIONS VISIT OUR WEBSITE AT WWW.MESKLAGUAM.COM OR CALL US AT (HAGATNA) 671-479-2652/3



FOLLOW US!



@meskla
@meskla
@meskla
@meskla
@meskla

Merry Christmas & happy holidays!

*Peace on Earth, good will toward all.
To all our military service members & families,
may the holiday spirit find a home
in your hearts.*



www.ordotdental.com

Home cookin'

Recipes from families



Greek tiropitakia: Feta cheese triangles recipe

By Karen Laedlein

Ingredients:

- 8-12 oz. Feta cheese, crumbled
- 8-12 oz. Cottage cheese, small curd
- 2-3 eggs, beaten
- Fresh parsley, minced
- 1 stick butter, melted
- 1 stick margarine, melted
- Filo sheets (thawed but protected from drying out) (1 section)

Instructions:

- 1) In a bowl, crumble the cheeses, add eggs, and parsley until the consistency of creamed eggs.
- 2) Melt the butter and margarine.

3) Cut the filo in 3" wide long strips.

4) Brush the melted butter onto one long strip of the filo, fold in half lengthwise. Butter again.

5) Add 1 1/2 tsp* of cheese mix to a corner of the long strip and fold up (flag style) to form a triangle. Repeat.

6) Freeze on waxed sheet then store in a Ziplock bag. (Freeze up to 4 weeks)

7) Cook at 400° until golden.

*Don't skimp or there will be leftovers.

Stars and Stripes recently asked folks from the Here's a sample of the many that were sent in eat isn't necessarily on the plate, maybe cooked to serve up some family fun.

Squash pull-apart dinner rolls

By Karen Laedlein

Ingredients:

- (Makes 2 dozen)
- 1 1/2 cups warm milk
 - 2 1/4 teaspoons dry yeast
 - 2 tablespoons sugar
 - 2 tsp salt
 - 1 egg, lightly beaten
 - 3/4 cup puréed squash or canned pumpkin
 - 1/4 cup vegetable shortening or butter
 - 4 to 5 cups all-purpose flour
 - 2 tablespoons butter, melted, plus more for pan
 - 2 teaspoons poppy or sesame seeds

Instructions:

- 1) In a large bowl, combine warm milk with yeast, sugar, and salt. Let stand 5 minutes, then add egg and beat well to combine.
- 2) Add squash and shortening; mash with a fork until shortening is in small pieces. Add 1 1/2 cups (3C) flour and mix well with a wooden spoon. Gradually mix in more flour by the cupful until dough collects around spoon and pulls away from sides of bowl (you may not need all the flour).
- 3) Transfer to a lightly floured surface and knead 2 minutes. Put dough in a greased bowl; flip over to grease all side of dough then cover with a tea towel. Let rise in a warm place until doubled in size, 1 to 1 1/2 hours.



- 4) Grease a large baking sheet, turn out onto a lightly floured surface, and knead until dough is smooth and supple, about 7 minutes. Cover with plastic wrap and let rise 30 minutes (8); cut each ball into 6 pieces.
- 5) Roll each piece into a small ball and place on a greased baking sheet so they barely touch.
- 6) Brush balls with melted butter and poppy seeds or sesame seeds. Cover with plastic wrap and let rise 30 minutes. Bake in a preheated oven to 375°.
- 7) Bake until golden brown. Let cool, then pull apart to serve.

Thai chicken coconut soup (Tom Kha Gai)

By Karen Laedlein

This classic Thai chicken soup gets its rich flavor from quintessential Thai ingredients: coconut milk, lemongrass, ginger, turmeric, lime juice, chili, and cilantro. (30 minutes)

Ingredients:

- 1 can (14 oz.) coconut milk (low fat works well)
- 2-3 cups water
- 1/4 cup fresh lime juice
- 4-5 Tbsp. oyster sauce
- 1 tsp. ground turmeric
- 1 tsp. chili powder
- 2-3 tsp. ground ginger or 6 quarter-size slices fresh ginger
- 4 stalks fresh lemongrass, halved lengthwise

and bruised or zest of one lemon

SAUTÉ:

- 1 cup sliced mushrooms or 2 cans sliced mushrooms
- 1 pound boned, skinned chicken breast or thighs, cut into 1-in. chunks or use precooked rotisserie chicken
- 2 cans or packages baby corn sliced or frozen corn

GARNISH OPTIONS:

- 1/4 cup fresh basil leaves
- 1/4 cup fresh cilantro
- Diced avocado

Instructions:

- 1) In a medium saucepan, combine coconut milk, water, turmeric, chili powder, ginger, and lemongrass and bring to boil over high heat.
- 2) Add chicken, mushrooms, lime juice, oyster/fish sauce. Reduce heat and simmer until chicken is firm and opaque, 5 to 10 minutes.
- 3) Discard lemongrass. Garnish servings with basil, cilantro, and/or avocado.



Chicken Caesar Salad

By Darlene Coffman

A crispy fresh salad is awesome at any time of the year!

Ingredients:

- 4 boneless/skinless chicken breasts
 - 1 cup Dale's Liquid Steak Seasoning
 - 1 small sweet onion (½ cup finely diced)
 - 3 tablespoons minced garlic
 - 1/2 cup EVOO
 - 1/4 cup water
 - 1 head romaine lettuce
 - 2 cups freshly shredded parmesan cheese
 - 1 cup Caesar croutons
 - Your favorite Caesar dressing
- YOU WILL NEED:** 1 Gallon Ziploc Bag, a large mixing bowl and individual serving bowls.



Instructions:

- 1) If possible prepare the chicken to when you want to serve the dish. Season the chicken breasts with a meat tenderizer to facilitate better absorption of the dressing. Place them in a Ziploc bag with the Da

From military worldwide



Salsa, pico de gallo, and guacamole

By Rosie Ortiz-Torres

Ready to make an easy 3-in-1 Mexican dip? This recipe is great for snacks, BBQ, tortilla chips & dip, tacos, nachos, quesadillas, and so much more!

Ingredients:

- 2 avocados ■ 2 limes (juice the limes)
- 4 medium tomatoes ■ 1 Cilantro bunch
- 5-6 Garlic cloves or 2 tbsp garlic powder
- 4 Jalapenos ■ 1 tbsp salt

Instructions:

Begin with Pico de Gallo (set aside avocados)

- 1) Dice the onion, tomatoes, garlic, jalapenos, and cilantro (use some of the stems for added flavor bust). Combine in a container with salt and lime juice. Cover and set aside as flavors marry and create more juices.
- 2) Mash up the 2 avocados in a separate container. Add 1/2 cup of the pico de gallo into the avocado and juices for a smooth texture. Add more salt and garlic powder to taste.
- 3) For the salsa, a blender or puree can be used. Take 2 cups of the pico de gallo, place in blender and pulse until you get a desired consistency for salsa dip.
- 4) Place everything in its own section on a serving platter and enjoy!

the military community to submit their favorite recipes. from around the world. In a time when going out to picking up some of these delicious dishes is the best way

– Stripes Guam



Cheesy Chicken & Potato Casserole

By Marla Bautista

As a mom of three, Army wife, and entrepreneur, I am always on the go. From cheerleading practice to speech therapy and military ceremonies, my family doesn't have much downtime. Preparing a delicious meal that my picky eaters will enjoy is no easy feat. Baking a Cheesy Chicken and Potato Casserole is always a win, win. It's easy to make, and everyone loves it.

Ingredients:

- (Serves 4 people)
- 1lb. Boneless Chicken Breast
 - 4 Potatoes
 - 1 Tsp. Black Pepper
 - 1 Tsp. Salt
 - 1Tbsp. Garlic Powder
 - 1/2 Tbsp. Paprika

- 3 Tbsp. Olive Oil
- *Green Onions and Shredded Cheese (Optional Garnish)

Instructions:

Preheat oven to 400 degrees. Oil baking pan. Clean or peel potatoes. Cut potatoes and chicken into cubed sized pieces, place in baking dish. In a separate bowl, mix all seasonings and olive oil. Pour mixture over chicken and potatoes. Mix well. Bake uncovered for 55 minutes. Remove from the oven. Cover top of casserole with shredded cheese and green onions. Return to oven for 5 additional minutes. Remove, serve, and enjoy!

lls



sheet. Punch dough lightly floured work dough is smooth and cut dough into 4 balls

where and arrange on y touch.

butter and sprinkle ne seeds; cover with 0 minutes. Preheat

n, about 20 minutes. serve.

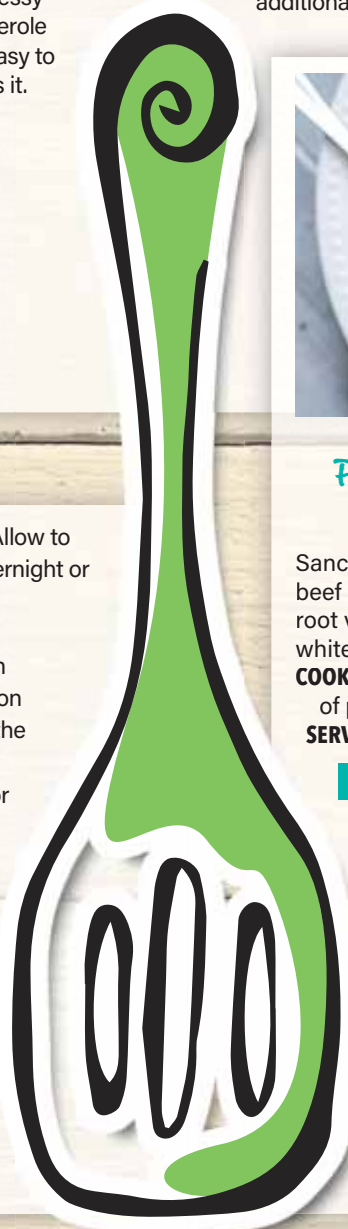


onion, garlic, EVOO & Water. Allow to marinate in the refrigerator overnight or a minimum of 2 hours.

2) Cook the chicken breasts on the grill or stovetop. If cooking on stovetop, add the marinade in the skillet with the chicken. Once cooked, slice into nice cubes for topping the Caesar salad.

3) Tear the romaine lettuce into bite-size pieces into the large mixing bowl. Add the shredded parmesan

cheese and croutons. Now it's ready to serve into individual bowls and top with warm chicken. Add favorite Caesar dressing to taste. Enjoy!!



Puerto Rican Sancocho

By Kristy Maldonado

Sancocho is a one-pot stew with chunks of tender beef (meat of your choice or no meat at all) and root vegetables. It is typically served with a side of white rice and a piece of ripe avocado.

COOK TIME: 1 hour 40 minutes (includes 20 minutes of prep time)

SERVINGS: approximately 8 servings

Ingredients:

SEASONINGS

- 1 teaspoon of salt
- 1 teaspoon of black pepper
- 1/4 cup of chopped cilantro
- 4 ounces of tomato sauce
- 1/2 teaspoon of ground orégano
- 1/2 teaspoon of ground cumin
- 1-2 packets of sazón seasoning for coloring
- 1/3 cup of sofrito (you can buy it or make it at home with a blend of peppers, herbs, onions, garlic, and seasonings)

- 2 tablespoons of olive oil

VEGETABLES

- 1 large cassava (yuca)
- 1 cup of pumpkin (calabaza)
- 2 yams (ñames)
- 2 husks of corn (maiz)
- 2 Taros (yautías)
- 4 medium potatoes (papas)
- 3 large carrots (zanahorias)

MEAT

- You can choose between cubed beef, pork, chicken breasts, sausages, chorizo or any kind of meat that can be cut in small pieces. Use proximately 2-3 pounds of meat.

Instructions:

- 1) Peel all the vegetables and cut them into 1-2 inches chunks.
- 2) Add the seasonings to a large bottom soup pot over medium-high heat. Cook for 2 minutes and stir it.
- 3) Add in vegetables and meat.
- 4) Add water to cover everything in the pot.
- 5) Cover the pot and wait until soup reaches a boil, then lower heat to medium-low and allow to cook for 1 hour, or until vegetables are fork-tender.
- 6) Serve with your favorite side dish. ¡Buen provecho!

For more recipes on page 13



Federal Employees and Annuitants

Last Day to

ENROLL with TakeCare!



2022 OPEN SEASON

NOV 14-DEC 12, 2022

CHOOSE:

- **3 Options** (High, Standard, HDHP)
- **FHP Health Center Full Access**
- **Guam Network includes GRMC, GMC, SDA, Dr. Shieh, & GRC**
- **Expanded US & Hawaii Network Access**
- **Up to \$600 in Wellness & Fitness Incentives***

*Non-FEHB Supplemental Wellness Program



Learn more. Scan QR Code or
 Online: www.takecareasia.com/openseason22
 Call: (671) 647-3526
 Email: customerservice@takecareasia.com



Benefit Changes for 2023 include:

- Laparoscopic Sleeve Gastrectomy Procedure (now covered for qualifying members)
- Chiropractic, Acupuncture, & Massage Therapy, now 20 visits covered
- Speech Therapy benefit increased, High and Standard Options
- Vision Refraction benefit increased, High Option



A TanHoldings Company
takecareasia.com



Our Island, Your Health PlanSM

Home cookin'
Continued from Page 11



Homemade Cinnamon Rolls

By Najwa Fieger

Ingredients:

DOUGH

- 2 ½ tsp active yeast
- 1 cup warm milk
- 1 tsp cup sugar
- 1/3 cup of unsalted butter
- 1 tsp salt
- 2 eggs
- 4 cups flour

CENTER ROLL

- 1 cup brown sugar
- 3 tbsp cinnamon powder
- 1/3 cup melted butter

ICING

- 1 cup powdered sugar
- 3 tablespoons heavy cream
- 1 tsp vanilla extract
- 3 oz of cream cheese
- Pinch of salt

Instructions:

- 1) Preheat oven to 350 degrees.
- 2) Mix yeast and sugar into the warm milk. Allow to froth for at least 5 minutes.
- 3) In another bowl, mix together 4 cups of flour, eggs, salt, and butter.
- 4) Slowly stir in the milk mixture until well blended.
- 5) Place the dough in an oiled bowl. Allow an hour to rise.
- 6) For the center, mix the cinnamon powder and brown sugar together.
- 7) Roll out the dough. A good measurement is to stretch it out thin to about 16" long and 12" wide.
- 8) Brush the melted butter on the dough.
- 9) Evenly distribute sugar/cinnamon mixture over the buttered dough.
- 10) Slice into 1 ½ inch pieces onto a pan. Let them rise on the pan for 30 minutes.
- 11) Bake in the oven for 20 minutes.
- 12) To make the icing, combine powdered sugar, heavy cream, vanilla, cream cheese and a pinch of salt.
- 13) Drizzle the icing on the cinnamon rolls once they are done.

Check out the video



Ms. DD's Sweet Southern Cornbread

By Darlene Coffman



YOU WILL NEED: 1 - 9 inch cast iron skillet and a large mixing bowl.

Instructions:

- 1) Preheat oven to 400 degrees. Put bacon grease in cast iron skillet and place in oven to heat. In a large mixing bowl, mix together the Corn Muffin Mix, sugar, eggs, and milk. Blend well. Batter will appear slightly watery and lumpy. Add any desired extras here.
- 2) Remove skillet from oven when bacon grease is completely melted and slightly smoking. Place skillet on stovetop. Pour batter mix into skillet. It should sizzle. Place back in oven and bake till knife inserted into the middle comes out clean (approx 20 minutes). It should appear like a cake with golden brown top and caramel brown edges.
- 3) Use the stick of butter to outline the inside edge of the skillet and place a few pats on top. Enjoy!!

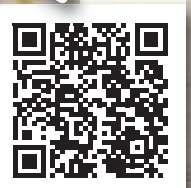
This recipe is one of my family favorites. It goes great with chili and any kind of soup. It's excellent alongside collard greens, beans and rice or by itself with a little milk.

Ingredients:

- 2 boxes Jiffy Corn Muffin Mix
 - 1 cup sugar
 - 2 eggs
 - 1 cup milk
 - 3 tablespoons bacon grease
 - 1 stick butter
- EXTRAS YOU MIGHT LIKE:** Canned creamed corn, jalapenos, sweet kernel corn.



Check out the video



Mama LuLu's famous garlic bread

By Laurie Kuhl



My children seem to forget every dish that I have made for them except for this recipe. It's one they ask for and it's fun to get them involved in making the garlic bread. It's a recipe that you can adjust to your taste — maybe sprinkle some red pepper for more zing or add some chives. It's easy to prep while you're cooking the rest of dinner and then pop it in the oven after everything else is ready! Enjoy!

Ingredients:

- Loaf of bread - French or Italian is good
- Melted butter - 4 tbsp
- Lawry's Seasoned Salt - 1 1/2 tsp
- Mozzarella or Kraft Italian blend shredded cheese - 1 cup
- Shredded Parmesan (Kraft or do your own; don't use the granulated kind) - 1/2 cup or so
- Minced Onion - 1 tbsp
- Oregano - 1 tsp
- Garlic Salt - 1 tsp

Instructions:

- 1) Cut bread into slices and arrange on a foil-lined pan.
- 2) Slices can touch, about an inch thick works well.
- 3) Spread melted butter over tops and let soak in.
- 4) Sprinkle lightly with Lawry's Seasoned Salt.
- 5) Top each piece using shredded mozzarella and/or Kraft Italian blend shredded cheese.
- 6) Sprinkle with minced onion.
- 7) Top with shredded parmesan.
- 8) Sprinkle lightly with oregano and garlic salt.
- 9) Bake under broiler, about 2-3 inches away until cheese starts to barely brown on the edges.
- 10) Keep a close eye, it cooks fast!



Oreo Blueberry Cheesecake Cupcakes

By Najwa Fieger

Looking for a fantastic dessert? Try out this recipe for Oreo Blueberry Cheesecake Cupcakes! These sweet treats will be a favorite amongst friends and family.

Ingredients:

- BLUEBERRY SYRUP**
- 1 cup frozen blueberries
 - 1/4 cup sugar
 - 1/3 cup water
 - 1 tsp lemon juice

CUPCAKE INGREDIENTS

- Yellowcake mix
- Vanilla instant pudding
- 3 eggs
- 1 cup water
- 1/4 cup vegetable oil
- Halves of Golden Oreos (one side of cookie per cupcake)
- Crushed Oreos (half of one sleeve with cream removed)
- Cheesecake Icing ingredients
- 1 cup butter softened
- 1 1/2 cup cream cheese
- 1 1/2 cup powdered sugar
- Color from blueberry syrup

Instructions:

- 1) To make the blueberry syrup: heat sugar, water, and lemon juice on stove until the sugar dissolves.
- 2) Add in frozen blueberries until they soften (about a minute).
- 3) Strain the blueberries, then bring back to a boil for 3 minutes.
- 4) Allow the blueberry syrup to cool.
- 5) Preheat oven to 365.
- 6) Remove the cream from the Oreos.
- 7) Line cupcake pan.
- 8) Place one side/half of Oreo on the bottom of each cupcake tin.
- 9) For cupcake batter: blend yellowcake mix, instant pudding pack, 3 eggs, cup of water, and vegetable oil on low speed, then high speed for about two minutes.
- 10) Fold in most of the blueberry syrup, saving some for the icing. Makes for pretty lavender icing.
- 11) Bake 20-25 minutes.
- 12) To make the icing, whisk 1 cup of butter + 1 1/2 cups of cream cheese until smooth.
- 13) Sift in powdered sugar.
- 14) Add about a tablespoon of blueberry mixture for desired purple color.
- 15) Pipe icing on the cupcakes.
- 16) Remove cream from about half the sleeve of golden Oreos. Crush the Oreos and use for garnish.
- 17) Top with fresh blueberries.

For more recipes on page 15

COMING SOON

ZOH

WHERE LIFE BEGINS

@CLUBZOH
formerly Globe

Home cookin'
Continued from Page 13

Tom and Anna's Breakfast Hash

By Anna and Tom Bagiackas

One of our go-to meals on the weekend is a breakfast hash, using whatever veggies are in our fridge or in season. While hashes are great for brunch, this is also a very easy weeknight dinner and a great way to use up any odds and ends! This is more of a guideline than a recipe so you can mix up what vegetables or meat you include. I highly recommend roasting the potatoes though, the seasoning adds great flavor to the final hash and roasting them in the oven ensures the potatoes are cooked all the way through and crispy. You can chop your vegetables once the potatoes are in the oven, as the remaining steps of the hash won't take as long as the potatoes.

START TO FINISH: 1 hour

SERVINGS: 2-4

Ingredients:

- 1 recipe for Roasted Breakfast Potatoes
- 8 ounces breakfast sausage, optional
- Salt
- 1 large onion, cut into ½-inch pieces
- 1/2 red, orange or yellow bell pepper, cut into 1-inch pieces
- 1 cup chopped vegetables, such as zucchini, summer squash, corn or beets
- 3 handfuls of spinach, kale or other leafy green
- 4 eggs, fried or poached
- 1 avocado, diced

Instructions:

- 1) Prepare Roasted Breakfast Potatoes (they will take the longest to cook).
- 2) Heat 12-inch cast iron skillet and add sausage, breaking up with a wooden spoon and cook until no pink remains. Remove sausage from pan onto a paper towel-lined plate, using a slotted spoon. Wipe out skillet of excess oil.
- 3) Heat 1 tablespoon olive oil in now-empty cast iron skillet. Add onion and a pinch of salt, and cook until beginning to soften. Add bell pepper and any other vegetables you are using (not the greens yet). Cook until mostly soft, stirring frequently.
- 4) Prepare your eggs. Add spinach or other greens to the skillet and stir to wilt.
- 5) Once potatoes are finished, add them to skillet with the sausage and mix everything so hash is evenly combined.
- 6) To serve, spoon hash mixture into bowls, top with prepared egg and avocado pieces, and season with salt and pepper.

- 7) Roasted Breakfast Potatoes
- 8) 1-2 pounds Yukon gold or sweet potatoes, cut into 1/2-inch cubes
- 9) 2 tablespoons olive oil
- 10) 1 1/4 teaspoons paprika
- 11) 1/2 teaspoon garlic powder
- 12) 1/2 teaspoon kosher salt
- 13) 1/2 teaspoon freshly cracked black pepper
- 14) Preheat the oven to 425°F (220°C). Line baking sheet with parchment paper or silicone mat, if desired.
- 15) Place the potatoes onto the baking sheet. Toss with oil, paprika, garlic powder, kosher salt and pepper until evenly combined.



- 16) Transfer the baking sheet to the oven and bake for 20 minutes. Remove from the oven and toss the potatoes. Put the baking sheet back in the oven and bake for an additional 20 minutes. Remove the baking sheet, give the potatoes a final toss and place them back in the oven until crispy, about 10 minutes.
- 17) Remove from the oven, adjust the salt if needed, and serve.

Help Your Child Catch Up, Keep Up, or Get Ahead

Kid Approved

Learning Feels Good

Grades PreK-12th+

Reading, Math, Writing, SAT/ACT Prep, Homework Support, ASVAB, Proctoring, Homeschool Assistance, ESL, SPED, & More!

Learn More About Our Programs!



(671) 477-0700 sylvanguam@yahoo.com

(671) 486-0700 sylvanlearning.com/guam

GUAM, USA Since 1989

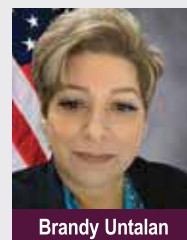


GSA in Guam



GSA Global Supply® is partnering with M80 Systems, a local small business, to serve civilian and military customers in Guam. M80 is now storing and delivering approximately 350 high-demand National Stock Number (NSN) items formerly stored in and shipped from the continental United States. The change reduces delivery time to a few days from weeks or months.

Customers can order using GSA websites (GSA Global Supply or GSA Advantage!®) or via existing customer logistics platforms (e.g., GCSS-Army). GSA's systems recognize the items stocked in Guam and fulfill orders locally. Other items will ship from the mainland. An electronic catalog is available.



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.

Check Out GSA's Guam Catalog!



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

Global Supply®

Your Reliable Government Source

AFFORDABLE — AND — FUNCTIONAL

Home Furnishings All \$999 and Under



\$898
EXECUTIVE DESK



\$598
ENTERTAINMENT CREDENZA



\$598
CREDENZA



\$498
STORAGE AND FILE CABINET

★ **MILITARY DISCOUNT** ★
ON ALL REGULAR PRICED ITEMS

Kathy's **Outlet** 
AFFORDABLE HOME FURNISHINGS

671-588-2088 | Open Everyday 10am - 6pm | furniturekathystyle.com | @kathys_outlet
Kathy's Outlet: 114 Unit C Taitano Rd, Harmon, GU | Main Showroom: 118 Martyr St, Hagåtña, GU

WE PROUDLY CARRY THESE BRANDS AND MANY MORE!







hotel nikko guam

24-HOUR STAY

»»» New Year's Eve

GUARANTEED FIREWORKS VIEW

Oceanfront Rooms

☎ (671) 649-8815 🌐 www.nikkog Guam.com

PROMO CODE

NYE



UNRIVALED

They've been waiting all year for this — an unmatched display of competitiveness and brotherhood known as America's Game. Today, cadets and midshipmen are primed to unleash their passion to sing second in the most storied football rivalry of all time.

USAA salutes them in their battle for victory at the 2022 Army-Navy Game.




PROUD PRESENTER OF THE ARMY-NAVY GAME

Tune in for the 123rd Army-Navy Game | Saturday, 10DEC, 1500 ET on CBS

USAA means United Services Automobile Association and its affiliates. No Department of Defense or government agency endorsement. The trademarks, logos and names of other companies, products and services are the property of their respective owners. USAA is not endorsed with or affiliated with the academy. This Academy receives financial support for this sponsorship. © 2022 USAA. 289988-1222

Tis the Season

Peppermint White Mocha *

Candy Cane Cold Brew with Peppermint Cold Foam make it SUGAR FREE!

Holiday Cocoa
Enjoy hot or iced

Scan for menu & to apply for a job online, or go to www.infusionguam.com. Follow us on IG & FB at @infusionguam!

INFUSION
COFFEE & TEA • GUAM



Frommer's 15 best places to travel in 2023

BY JACKIE BURRELL,
THE MERCURY NEWS

Fue the wanderlust! Frommer's travel editors have gone big with their annual Best Places to Go list, which includes destinations around the world. After two years of domestic travel recommendations — while grappling with understaffed airports, flight delays and high gas prices — they're declaring themselves (cautiously) optimistic about this far-flung roster of cities, countries and regions on six continents.

The 15 destinations run the full gamut from white sand beaches to historic splendors. Some offer an alternative to over-touristed regions — head for Italy's coastal Maratea, they say, which lies 110 miles south of the famous and very crowded Amalfi Coast. Some offer major celebrations — Lithuania's Vilnius is

turning 700, for example. And some — including Mexico's Yucatan Peninsula — will offer new, streamlined ways to travel next year. The first phase of a \$10 billion rail project, a "train through the jungle" route that will ultimately link Cancun, Tulum, Playa del Carmen and Chichén Itzá, is set to open in late 2023.

- The Virgin Islands
- Tokyo, Japan
- San Sebastián and Bilbao, Spain
- Camp Hale-Continental Divide National Monument, Colorado
- Yucatán Peninsula, Mexico
- Karnataka, India
- Athens, Greece
- Oahu, Hawaii
- Maratea, Italy
- Uruguay
- Macon, Georgia
- Exmouth, Western Australia
- Dawson City, Canada
- West Africa by Expedition Ship
- Vilnius, Lithuania

HOLIDAY EVENTS

AT DRAGON HILL LODGE IN USAG YONGSAN

<p>CHRISTMAS ACTIVITIES</p> <p>Come see our lovingly decorated hotel lobby, and enjoy making gingerbread houses and storytelling with Santa on the weekend!</p>	<p>CHRISTMAS BUFFET</p> <p>Join us for our annual Christmas Buffet on the Mezzanine, featuring a carving station, holiday favorites, and delectable desserts.</p>
--	--

YOUR U.S. MILITARY RESORT IN SEOUL

Our American style guestrooms and suites make a welcoming home base for all your Seoul searching. Whether it's a short staycation or a long stay, you will find the best deal for U.S. Military Service Members, Families, and DoD Civilians on our website.

NEW YEAR'S EVE PARTY

It's the Greatest Party of the YEAR! We'll have multiple DJ's and dancefloors and our famous Countdown Balloon Drop. Reserve your room and be in the heart of the party.

MORE INFO AND ROOM RESERVATIONS AT WWW.DRAGONHILLLODGE.COM

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

Bunny

Hi! I'm Bunny. I am a female puppy estimated to be about 9 weeks old. I'm a very curious pup who loves greeting all the people coming into the shelter. I think I'm a pretty friendly pup. I love being around my other siblings because I always have a pal to play with. I still need some training but I'm a fast learner so training me should come easy.

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

Stripes Guam is A Stars and Stripes Community Publication. This newspaper is authorized for publication by the Department of Defense for members of the military services overseas. However, the contents of Stripes Guam are unofficial, and are not to be considered as the official views of, or endorsed by, the U.S. government, including the Department of Defense or the U.S. Pacific Command. As a DOD newspaper, Stripes Guam may be distributed through official channels and use appropriated funds for distribution to remote and isolated locations where overseas DOD personnel are located. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement of those products by the Department of Defense or Stars and Stripes. Products or services advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user, or patron.

Tiki Bar

Boonie Stomps Guam

INFORMATION PROVIDED BY
GUAM BOONIE STOMPERS




Fouha

REMINDER! We no longer meet at Chamorro Village. We meet at the trailhead.

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 the trailhead on Saturdays at 9 AM. Directions to the trailhead will be posted on the Guam Boonie Stompers Inc Facebook page. 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



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

One of the most adventurous and memorable outdoor activities you can experience on Guam is "boonie stomping," which is what locals call hiking through the jungle. Guam's landscape is dotted with stunning off-the-beaten-path sites including secluded rivers and coastlines, cascading waterfalls, majestic mountain peaks, natural caves, remnants of ancient Chamorro civilization and historical World War II battlegrounds.

Boonie stomping trails range from easy walks across beaches to very difficult treks over rough rocky terrain. Many trails are unmarked and conditions can widely vary depending on weather, so it is recommended to go boonie stomping with an experienced guide or with a group such as the Guam Boonie Stompers.

Founded in 1970, Guam Boonie Stompers is a non-profit organization committed to helping island residents and visitors explore and preserve the natural beauty of Guam. Every Saturday, Guam Boonie Stompers leads groups to remote beaches, snorkeling sites, waterfalls, mountains, caves and cultural and historical sites.

To participate, the group meets at 9 a.m. at the center court of Chamorro Village in Hagåtña. After a short briefing, participants take their own transportation and meet at the trailhead. Children under the age of 12 must be accompanied by a parent or guardian. There is a nominal \$5 fee and no reservations are required.

Guam's tropical climate can sometimes mean intense rain and sweltering heat, so it is best to be very prepared when going on a boonie stomp. Bring plenty of water, wear appropriate clothing and shoes, and always inform someone of where you're going and when you expect to return.

Guam's beautiful landscape and fresh air offers many opportunities to enjoy the outdoors. When it comes to unique activities on Guam, add an element of adventure to your trip with an on-Guam boonie stomping experience.

Complete 10 Boonie Stomp hikes to earn a free Boonie Stomp T-Shirt.

We are military veterans and have base access



Why PCS Used Car Lot?

- ✓ Veteran-owned & operated
- ✓ Quality vehicles most with low mileage
- ✓ "No pressure" sales approach
- ✓ High customer service ratings

Visit our website at www.pcsusedcarlotguam.com for the latest inventory



PCS USED CAR LOT

Find us on

We are a quality used car dealer giving you private party prices!

Crossword

by Margie E. Burke

1	2	3	4	5	6	7	8	9	10	11	12
13											
16				17				18			
19				20				21			
22			23				24				
	25				26	27			28	29	30
31	32			33			34		35		
36				37			38		39		
40				41			42		43		
44				45	46			47			
				48			49	50		51	52
53	54	55					56			57	
58							59			60	
61							62			63	
64							65			66	

ACROSS

1 Crown of the head

5 Charitable gift

9 Determination

13 Plow pullers

14 Potting need

15 Pet store purchase

16 Quarry rock

18 Bird of prey

19 Kennel sound

20 Gum flavor

22 Fully attended

24 Potpie ingredients

25 Stool pigeon

26 Assail

28 Roman 700

31 Box-office winner

34 Forgivable

36 Louise of "Gilligan's Island"

37 Condition

39 Not had by

40 Like skinny-dippers

42 Preordained

44 Swarm member

45 Vague feelings

47 "It's no ___!"

48 Remote button

49 Time of change

53 Garden path piece

57 Pursue, in a way

58 Getting on in years

59 Acrobatic feat

61 Soft leather

62 "So what ___ is new?"

63 Implore

64 Stitches

65 Palm reader, e.g.

66 Bluish-green

3 Abstinence from alcohol

4 U-turn from WSW

5 Out of bed

6 Nutty place

7 Toothpaste flavor

8 Word in a Vrbo listing

9 Machine parts

10 Road ___

11 Cruise stopover

12 At that time

15 Papal diplomat

17 Lawn mower's path

21 "John Wick" star

23 Kind of cavity

27 Musical exercise

28 Plates and bowls, e.g.

29 She played Elizabeth in "Elizabeth"

30 Clumsy one

31 Ticket tear-off

32 Outfielder's cry

33 Holed up

35 Serenity spoiler

38 Answer

41 Get even for

43 Old TV parts feature

46 Shrubbery

48 Watches over

50 Anesthetized

51 Neighbor of Fiji

52 Alpine song

53 Mountain route

54 Malarial fever

55 Hotel room

56 Whopper

60 Boy king

Copyright 2022 by The Puzzle Syndicate

Answers to Previous Crossword:

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



Free STARS AND STRIPES.

2023 Calendar is now available!

Get your copy at Stars and Stripes Office

Sponsored by **docomo pacific**
Better Together

Stripes Sports Trivia

Many will argue that Steph Curry is the greatest shooter in NBA history. The sharp-shooting Warriors guard holds many Association records, including being the only player to make 400 threes in a season - No one has even made 300. One record Curry doesn't hold just yet is the career three-pointers mark. Who does?

Answer

Ray Allen

SUDOKU

Difficulty: Easy

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

Copyright 2022 by The Puzzle Syndicate

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:

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

Free shuttle service

Military discounts

The automotive matchmakers



GUAM CARMONY

(671)979-2277

- Only dealership with used cars under 10k!
- Financing Available!
- Over 150 Cars in stock!
- Free Shuttle Service!
- Serving the community for over 10 years!
- Military Discounts!

www.guamcarmony.com

131 W Soledad Ave Hagåtña, 96910, Guam
(Across from Hagatna Boat Basin, next to Mosa's Joint restaurant)



Patriot CAR RENTAL

477-CARS

PATRIOTCARRENTAL.COM

Military Special

\$25 / day rentals

\$500 / month rentals



477-CARS (2277) 140 Hernan Cortez Ave Hagatna, GU 96932 across Agana boat basin next to Main Street bakery.



Our Services

- Dentistry for Kids and Adults
- Tooth Colored Fillings
- Non-metal Crowns and Bridges
- Oral Surgery
- Professional Cleaning
- Urgent Dental Care

WE WELCOME TRICARE!

Open on weekends!
 Open evenings on weekdays!



ISLAND DENTAL

CALL (671) 989-5999



 Island Dental
 island.dental

Located in Dededo
 Next to American
 Grocery





STARS  AND  STRIPES[®]

A Taste of Guam

The 3 'R's to good eating –
Restaurants,
Reviews & Recipes

4-page pullout



'Tis the season to fe

BY TAKAHIRO TAKIGUCHI,
STRIPES GUAM

White sands and swimsuits may replace snow and fur coats during the holiday season on Guam, but holiday foods are no less festive here than anywhere else.

Home to a unique blend of culinary cultures, Guamanians ring in Christmas and New Year's with feasts ranging from seaside barbecues to high-end hotel restaurant banquets. But like all great fiestas on island, it all starts at home.

"Guam's holiday food is special because it brings family together," says Geoffrey Perez, executive chef at the popular Chamorro eatery, PROA Restaurant. "The heart of the house here on the island is the kitchen. There will always be someone in this area of the home. Families come together during each holiday or celebration and create the food and drink that they love."

During the holidays, freshly caught fish may be seasoned with different aromatic herbs and spices to infuse them with flavor. They'll be accompanied by salads with local vegetables such as bitter melon, sweet potato leaves, cucumbers, cherry tomatoes or beans - all harvested fresh that very morning by uncles island-wide, Perez says.

"And aunties will be working in tandem," he adds, "to



"Lechon," or roast pig, is a traditional holiday feast dish on Guam.

get all the 'manha' (coconut) pies, 'roskette' (cornstarch) cookies, 'ahu' (sweet coconut soup) or their famous 'bunelos dago' (yam donuts) ready and prepped for their feasts."

And what holiday season would be complete without those traditional sweets?

"Bunelos dago is a special treat during the holiday season," says Josh Tyquiengco, a Guam Visitors Bureau spokesman. "The yams used to make these fried donuts are usually harvested during the Christmas season."

Just like on the Continental U.S., he adds, expect to see anything pumpkin related featured in eateries ranging from coffee shops to hotel restaurants during the holidays. This includes pumpkin shakes, pumpkin-spice coffee drinks and plenty of pumpkin pie varieties to choose from.

To be sure, there will be a lot of festive sweets adorning holiday tables. But first and foremost, according to barbecuing and fishing aficionado Rueben Olivias, are the meat dishes.

"The standard on all tables is white rice, red rice and homemade flour tortillas made with coconut milk," says Olivias, author of the BBQGuam blog. "Assorted barbecue meats such as chicken, beef and pork as well as fish are always served, along with the island delicacies like 'kadon fanihi' (fruit bat soup) and turtle soup."

Nothing says special holiday feast on Guam, however, like the "lechon," or whole roast pig, which when prepared is the centerpiece of the holiday fiesta table. Once roasted over an open fire on a handmade spit with select local woods, this time-honored tradition can still be seen

"The heart of the house here on the island is the kitchen. Families come together during each holiday or celebration and create the food and drink that they love."

Recipes to ring in Guam's holiday

Rueben Olivias, a barbecue and fishing fanatic who authors the blogs BBQGuam, Guam FirehouseCook and FishingGuam, shared these traditional holiday recipes with Stripes Guam. To get that authentic taste of Chamorro tradition, he asked his sister-in-law and others for family recipes handed down over the generations.

"The food (back in the 1950s) was just as great then as it is now, if not better," Olivias said, adding that there are many different recipes for these popular holiday foods. "But one thing is evident, the island residents back then were very resilient and resourceful. Nothing was going to slow them down from celebrating their holidays."

Why not give one or two a try for the holidays.

bbqguam.blogspot.com

Kadon Mannok (chicken soup)

Kadon Mannok was a traditional table fare back in the day. Most homes has chickens running around in their yards so chicken was often on the table in one form or another.

- 1 whole chicken cut into small pieces
- ½ large white or yellow onion, diced
- 4-6 cloves of garlic, minced
- 1 tsp of freshly ground black pepper
- 3 tbsp of oil (in the old days coconut oil)
- 12 cups of water or just enough to cover chicken by 2 inches
- 2 lbs. of fresh white taro cut, peeled and cut into 1 inch chunks
- 1 lb. of pumpkin tips
- 1 lb. of green beans
- 2-3 cups of freshly grated coconut milk or two 15 oz. cans

1. In a soup pot sauté the yellow onion, garlic and black pepper over medium heat.

2. Once the onions are translucent, add in the chicken. Sauté the chicken until slightly brown but no longer than about 5 minutes.
3. Add the water, change heat to high and bring to a boil
4. Once the boiling has commenced, return heat to medium, add the taro and green beans and cook for about 20-30 minutes, covered, until the taro is cooked. Test with fork (doneness similar to potatoes though taro is denser)
5. Add the pumpkin tips and coconut milk, stir and cook covered for another 2 minutes and turn heat off.

- bbqguam.blogspot.com



Kadon Mannok

Gollai Hagon Suni

Boñuelos Dago aka (yam do

Boñuelos Dago is a holiday staple. Everyone loves to eat these delicious popular type of dago (yam) used for boñuelos (donuts) is the red dago. They were usually dipped in syrup, made in the old days by melting sugar, almost unstopable bite size treat.

- 8 cups of grated local yam
- ½ -1 cup of sugar
- 1 ½-2 cups of flour
- 2-3 tbsp of baking powder
- Oil, enough to deep fry the donuts. It depends on the pan you use for frying. Any of these amounts can be adjusted to the personal taste of the preparer.

1. Grate the dago very fine. It will turn into a goeey and slightly sticky type of paste.
2. Mix in the flour until you get the consistency you like. If you have never made boñuelos, take advice from one who has or just use the 2 cups of flour.
3. Mix in the baking powder and sugar.
4. Heat your oil to about 350 F.
5. Wet your hand with water (helps the dough slip off the hand easier), take a handful of dough and squeeze a few donuts into the oil.
6. Fry until golden brown, let cool and taste.
7. If they are too goeey inside, you may need to add more flour. If they are not sweet enough, you add more sugar. But remember you may be dipping them into syrup so the sweetness may be adequate. It's all up to the individual's taste. Once you are satisfied with the taste of the donuts, fry the rest.
8. Allow to cool.

- bbqguam.blogspot.com



Boñuelos Dago





Feast a la Guam

– and tasted – thanks to more modern methods. “Back in the 1950s, the roast pig was pretty straight forward for the most part on Guam,” says Olivas. “Nowadays, they are roasted in large ovens and stainless steel outdoor spits turned by electric motors. Some roasting is also still done in the traditional way on occasion.”

rt of the
re on the
e kitchen.
ne together
holiday or
and create
I drink that
ove.”

– Geoffrey Perez,
PROA Restaurant

our locale.”

Like TUNU (the Chamorro word for barbecue), many of the island’s hotels and restaurants will also be offering barbecue takeout packages for family holiday fiesta tables.

“I usually order barbecue for around \$70 from In & Out BBQ near Guam’s airport two days before Christmas,” says Toshio Akigami, a Guam resident for more than 40 years. “I also recommend the elegant wood-roasted herb ‘porchetta’ (pork roast) at TUNU for \$120.”

Many restaurants, especially those at major high-end hotels, are already nearly – or fully – booked for the holidays – especial on Christmas and New Year’s and their respective eves. So anyone planning to splurge on a nice holiday meal out had better make reservations soon if they haven’t already.

Many of these restaurants had not yet published their holiday menus by press time, but they range from New Year’s Eve soba (Japanese buckwheat) noodles with tempura at Caffé Cino (\$17), to a five-course Christmas seafood buffet dinner at Roy’s Lounge (\$70) to a “night in Paris” five-course bash at Westine Resort Guam’s Prego on New Year’s Eve (\$150). PROA offers four-course Christmas and New Year’s meals (\$55.00) that feature its Proa Patisserie Holiday Pastries. Many of these holiday feasts include free-flowing adult beverages.

So whether you are planning family-style fiesta or dining out in style for the holidays, there’s plenty on island to help you do it with a taste of Guam.

takiguchi.takahiro@stripes.com



A woman fries “Bunelos dagu,” a Chamorro Christmas treat.

ays

onuts)

donuts. The most
go. These donuts
and made for an

ste.
this before, seek

ndful of the

weet enough for
he



www.annieschamorrokitchen.com

“My name is Annie. Food and I get along so well! Cooking and baking are more than a hobby for me – they’re a passion. I come from the beautiful island of Guam, U.S.A. The recipes you’ll find here are my creations, or those of my children, who are also budding foodies. I hope you like them.”

Chicken Kaleguen

Kaleguen and Titiyas ~ both staples on a Chamorro fiesta table. But you don’t have to be invited to a fiesta in order to enjoy these tasty dishes — they are so easy to make that you can have it anytime you get the craving!



Chicken Kaleguen

My two daughters (ages 11 and 15) prepared the dishes pictured in the photos below; if THEY can do it, so can you! Give my super easy recipes a try. I think you’ll like them! :)

- 1 small rotisserie chicken
- 6 stalks green onions
- 1 1/2 tablespoons lemon powder plus 3 tablespoons water (or use the juice of 1 large lemon)
- 2 teaspoons salt (more or less, to taste)
- Hot pepper, optional
- Freshly grated coconut (unsweetened), optional

1. Debone the chicken; shred or cut into small pieces (I used a food processor to roughly chop the chicken).
2. Thinly slice the green onions then add it to the chicken.
3. Add the lemon powder, water, salt and pepper to the bowl of chicken; mix to combine. Taste; adjust seasoning if required.
4. Stir in the grated coconut (optional).
5. Serve with my super easy sweet flour titiyas and enjoy!

– www.annieschamorrokitchen.com



See recipe of
sweet flour
titiyas

Red Brown Rice

My family is making a concerted effort to develop healthier eating habits. We’re making small changes in the foods we eat as well as how we prepare them. One change we definitely like is that we’ve made the switch from white to brown rice. I admit, it took some getting used to, but we actually like it. Of course, I have to season the brown rice whenever I cook it.

I wanted to see if the classic Chamorro Red Rice would taste good using brown rice instead of the usual white medium or long grain rice we know and love.

The result? Delicious! Granted, you can definitely tell you’re eating brown rice (it’s firmer and a bit nuttier than white), but delicious nonetheless.

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

- 3 cups brown rice (use your rice cooker cup)
- 6 1/3 cups water (use your rice cooker cup) (*See note below)
- 1 packet achote powder (*See note below)
- 1 tablespoon olive oil
- 1 bunch green onions, sliced
- 1 tablespoon Dashida seasoning (or salt, to taste)

You can use achote water made with achote seeds instead of achote powder. Scrub the seeds in the water; strain out the seeds before using.

1. Rinse the rice then place into your rice cooker pot.
2. Add the water.
3. Add the achote powder.
4. Add the olive oil.
5. Add the green onions.
6. Add the Dashida seasoning.
7. Cover the pot then turn it on or place it on “cook.” After about 5 minutes, open up the lid and stir the rice, ensuring the achote powder and Dashida seasoning are dissolved and evenly distributed. Place the cover back on the pot and let it finish cooking. After your rice cooker turns from “cook” to “warm” (or the equivalent for your rice cooker model), be sure to keep the lid closed, letting the rice continue steaming for 10-15 minutes before serving.
8. We love red rice with fried chicken and cucumber salad. Serve with your favorite main dish(es) and enjoy!



Red Brown Rice

– www.annieschamorrokitchen.com





"it's finger lickin' good"

OH KFC, OH KFC original and criiiispy!

Happy Holidays, folks! Colonel Sanders here! KFC is here to help feed your holiday hunger with our six-OR twelve-piece family meals! Enjoy your favorite juicy fried chicken with friends and family this season paired with your choice of KFC's zesty coleslaw, savory mashed potatoes, other delicious sides, and famous buttery biscuits. And, don't forget, a commemorative glass food container as a special holiday gift straight from the Colonel. KFC Guam is here to help you with your holiday meals and we hope you have a safe, happy and tasty holiday season! It's Finger Lick'n Good!



RESTAURANT INFO



ANIGUA · BARRIGADA · DEDEDO · MANGILAO
TAMUNING · YIGO · MICRONESIA MALL · GPO
f KFC Guam KFCGuamig

Get yours today order via:
FB MESSENGER: KFCGUAM WEBSITE: kfcguam.com



A Taste of Guam



SBARRO
NEW YORK PIZZA

Chicago All Meat Deep Dish official Pie of the Holidays

Chicken, bacon and ranch dressing ... on a pizza! Yep, that is the kind of harmony only Sbarro can produce. Our new Chicken, Bacon and Ranch Pizza has seven premium ingredients including grilled chicken, smoky bacon and butter-milk ranch dressing topped on a Sbarro pizza. It is absolutely delicious! Get our new Chicken, Bacon and Ranch Pizza and other tasty pies by the slice or order a whole pizza. Sbarro pizza is available for delivery via uno go and grab and grow. And is located inside the Micronesia Mall and GPO food courts. Hey, what are you waiting for? Head to Sbarro now!

RESTAURANT INFO

Micronesia Mall & GPO

f SbarroGuam

STARS AND STRIPES®

stripes.com

Volume 9 Edition 22 ©SS 2022

GUAM EDITION

DECEMBER 12, 2022



JONATHAN SNYDER/Stars and Stripes

Trinity Downing, 17, is captain of the varsity esports team at Matthew C. Perry High School on Marine Corps Air Station Iwakuni, Japan.

Getting in the game

Varsity esports begin inaugural season at Defense Department high schools in Asia

Page 2

COVER STORY

Ready to play

DODEA high schools in Asia compete in first varsity esports season

BY JONATHAN SNYDER
AND FRANK ANDREWS
Stars and Stripes

MARINE CORPS AIR STATION IWA-KUNI, Japan — Students at Defense Department schools in Japan, South Korea and Guam are logged on to compete in their first season as varsity esports athletes.

Trinity Downing, 17, a senior at MCAS Iwakuni's Matthew C. Perry High School, said she is excited to be a part of an esports team. A cheerleader and drama club member, Downing is also the Samurai esports team captain.

"Ever since I was young, I loved video games and it's been a big part of my family," she told Stars and Stripes on Nov. 23. "We would all get together in the living room and just play, whether it's Call of Duty or Dead by Daylight; so, the esports club, I thought, would be a great way to be connected to the school and also doing something I love."

High schools in the Department of Defense Education Activity's Pacific region started their first esports season in November. A pilot season in 2020 involving esports clubs at four high schools showed the sport's viability, according to Todd Schlitz, DODEA Pacific's chief of staff, in an Oct. 26 news release. The district subsequently funded team expansion.

"This is a huge accomplishment for our schools to finally get online esports the equipment required and the IT infrastructure that is needed to make this happen," esports coach Malik Saleem at Kubasaki High School at Camp Foster, Okinawa, said by phone Nov. 17.

DODEA Pacific invested in 96 computers, 96 gaming mice, 96 controllers, 66 headsets, software and network configurations, and team jerseys, which were distributed across the region's 12 high schools for the start of the winter season on Nov. 5, according to the release.

"Currently, DODEA Pacific is the only region offering esports as an athletic program," DODEA spokeswoman Miranda Ferguson told Stars and Stripes by email. "It is possible Americas and Europe may offer esports in the future."

For the inaugural season, teams are playing one another in Rocket League, a "vehicular soccer video game," according to its official website. Teams will play a round-robin schedule; the winner of the best-of-seven matches wins each competition.

For the season championship on Feb. 1, teams will be seeded based on their season record and play a best-of-seven, single-elimination bracket, according to



PHOTOS BY JONATHAN SNYDER / Stars and Stripes

High schools in the Department of Defense Education Activity's Pacific region started their inaugural esports season in November.

"Currently, DODEA Pacific is the only region offering esports as an athletic program."

Miranda Ferguson
DODEA spokeswoman

DODEA Pacific.

Rocket League is played by two teams of three players in five-minute rounds. The object is to score goals as in soccer, but in souped-up cars rather than virtual two-legged players.

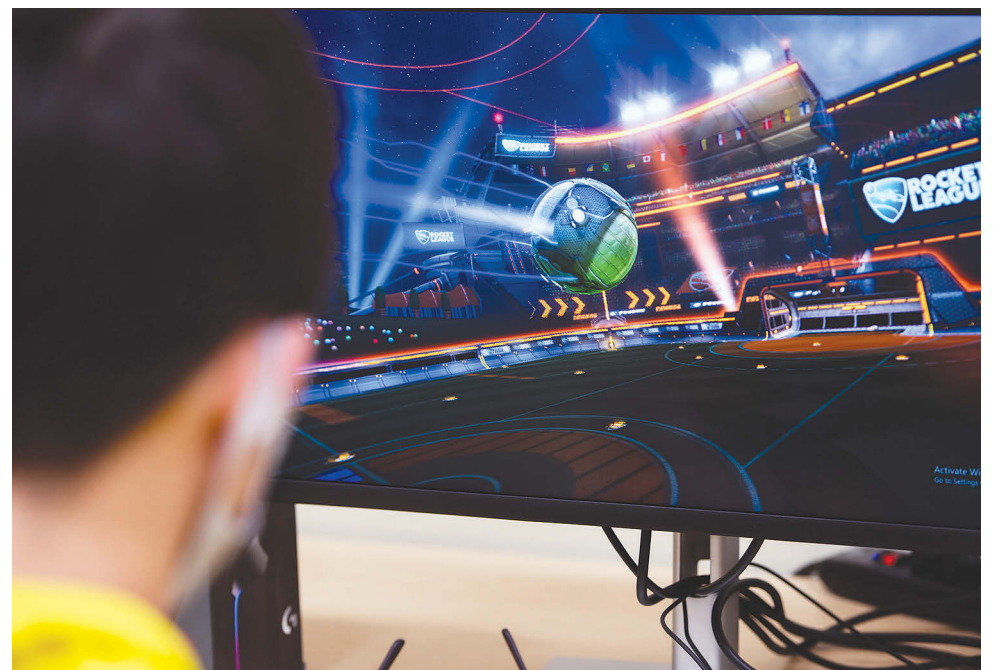
The game has the dynamics of offense and defense like soccer, which requires on-field communication, plays and situational awareness, Saleem said.

"There's a lot of communication that goes on," he said. "The practices are getting a little bit more intense. There's a lot of ranking that our athletes are now trying to improve upon."

At M.C. Perry, the season was off to a slow start as the team waited on a final hardware component that arrived in time for their first match.

The school's esports coach, Kelly Winder, said recruiting enough students to fill the Samurai varsity ranks was difficult at first. However, five students signed on to play Super Smash Bros., another video game option the Samurai esports club is offering, he said.

"My only goal for the kids is for them to have a positive experience from playing video games, whether that be casual or competitive," Winder said. "And if they are interested in competitive gam-



Erin Eliason, 15, practices Rocket League for the varsity esports team at Matthew C. Perry High School on Marine Corps Air Station Iwakuni, Japan.

ing, I hope that they will take what they learned here and continue pushing themselves to improve with the game."

Esports teams require at least three athletes to play Rocket League, Winder said. Saleem said his Kubasaki Dragons squad has six players.

Esports reaches a diverse group of students that would not otherwise play in more traditional, varsity-level sports such as football, baseball or soccer, Saleem said.

"It's all about being inclusive," he said. "Inclusivity is a huge part of education today and for students in the school environment and so we're able to give them something that they haven't had access to or haven't been exposed to, and it's a new opportunity for students

that haven't had this in the educational setting or at the school setting."

Esports is the fastest growing sport in U.S. high schools, according to the National Federation of State High Schools in October. That is opening a way into higher education for a new cadre of athletes that students in traditional sports have always enjoyed.

"I've always wanted to get the students into esports and try to find colleges that might match their interests and see if there was an opportunity for a scholarship," Saleem said. "Because that's really what we're trying to offer the kids."

MILITARY

Ramping up the routine

Turning trash to ash, and other innovations found on the USS Ford

By ALISON BATH

Stars and Stripes

NAPLES, Italy — Watching the fighter planes launching from zero to 150 mph in two seconds is the roaring main event for visitors to an aircraft carrier during an exercise.

But at some point during the day, a sailor below decks aboard the USS Gerald R. Ford will turn 500 pounds of trash into nearly nothing, saving shipmates the unpleasant job of sorting and storing that continues on other aircraft carriers.

It's the host of new and unheralded technologies aboard the Navy's newest carrier that officials say make the ship more efficient, while reducing its manpower needs. "The differences (between the Ford-class and Nimitz-class) are significant behind the outer view of the ship," Capt. Paul Lanzilotta, the Ford's commanding officer, told reporters last month while in international waters off the coast of France.

Among the innovations making life more comfortable for the roughly 4,500 people on the Ford are elevators that expedite storage of food and supplies, a vaporizing waste disposal system and powerful, self-cleaning food ovens that operate at the touch of a button.

Lanzilotta said some of the enhancements, such as design changes to the ship's flight deck operations command center, or island, bolster the ship's ability to meet mission requirements. The \$13.3 billion Ford returned Nov. 26 to its Virginia homeport at Naval Station Norfolk, capping a long-delayed maiden deployment that included the U.S. 6th Fleet area of responsibility in Europe.

The Ford was commissioned in 2017. The two-month deployment was delayed more than five years by a series of cost overruns, technology issues and other problems.

The test run, a prelude to a longer deployment planned in 2023, helped officials evaluate how the ship and its high-end technology, such as an electromagnetic aircraft launch system, or EMALS, would work alongside NATO allies and partners.

Lanzilotta and other officials also were eager to showcase the ship's improved capabilities over Nimitz-class carriers.

Here are five lesser-known new technologies or design changes on the Ford worth a closer look:

Plasma arc waste destruction system

This garbage disposal mechanism vaporizes most of the Ford's trash, including plastic, allowing it to be legally discharged at sea.

This eliminates the need to store trash, including plastic that used to be melted down into pucks and then discarded in port, according to a March 2021 Navy Supply Corps newsletter.

The system uses a plasma torch powered by an electric arc to burn garbage, resulting in a gas mostly made up of hydrogen and carbon monoxide, a process called plasma arc gasification, the newsletter states.

On a normal day, it burns about 2,500 to 3,000 pounds of trash at 9,032 degrees



GRANT GORZOCOSKI/U.S. Navy

Petty Officer 3rd Class Matthew Johnston, assigned to the first-in-class aircraft carrier USS Gerald R. Ford's engineering department, operates a plasma arc waste destruction system.



NOLAN PENNINGTON/U.S. Navy

Aviation Electronics Technician Airman Lauren Morrisonbell, left, and Aviation Electrician's Mate 3rd Class Logan Gordon clean a Compress Melt Unit in the Plasma Arc Waste Destruction System.

Fahrenheit. With the system, 100 pounds of trash can be reduced to 1 pound of ash, according to a fact sheet from the Ford.

Rational combination ovens

Part of Ford's food service design includes high-tech ovens that function like Instant Pot pressure cookers but significantly more powerful. They include product display menus that allow for push-button cooking, according to a Navy statement.

The ovens are linked to Wi-Fi and can be monitored. They're also self-cleaning, becoming a sort of self-contained dishwasher complete with soapy water and rinse cycles that eliminate the need for

chemicals and scrubbing, the Navy said.

Ford-class carriers have just two galleys, as opposed to the five on Nimitz-class ships. That allows for simultaneous, centralized service from the same source and cooks.

Food storage is located directly below the galleys, which are in the ship's centerline, allowing more direct access that decreases the staffing levels needed to break down and store supplies, the Navy said.

Accordingly, the Ford's food service division has about 90 fewer sailors than a Nimitz-class carrier's does, according to the Navy statement.

Dual-band radar

This feature combines separate multi-function and volume search radars operating on different frequencies. It is managed by a single software program, minimizing human intervention and maximizing reaction time.

The system, which provides a 360-degree air picture around the ship, is the primary radar for contacting aircraft, according to the Ford fact sheet.

It features a three-panel, or array, radar without moving parts, which allows for a smaller island.

The Ford is the only carrier of its class with DBR, which a January report noted was performing below reliability requirements.

To reduce costs, the Navy jettisoned the system in favor of enterprise air surveillance radar for the USS John F. Kennedy and subsequent Ford-class carriers.

In September, the Defense Department announced that a \$160 million contract (with options to \$441 million) had been awarded to Raytheon Co. for DBR engineering and support. Zumwalt-class de-

stroyers also have a different version of DBR.

Stores elevators

There are 10 programmable stores elevators for supplies aboard the Ford situated over centralized storerooms on various levels.

The design allows for transfer of food and supplies directly into the appropriate storerooms, shrinking the working crew from the typical 50 to 100 sailors on other ships and also minimizing time spent on the flight deck and in the hangar bay during replenishment, according to a 2020 Navy newsletter.

For example, during a May 2020 replenishment-at-sea, a crew of 18 on the flight deck unloaded 143 food pallets in about two hours. It wasn't clear how the supply elevators operated during the Ford's recent deployment.

In-deck fueling stations

The Ford flight deck includes six in-deck fueling stations, four along the fighter line and two farther forward. The stations accelerate fueling speed and eliminate the need for crew members to drag fuel lines across the deck.

For example, an E-2D Hawkeye that Lanzilotta recently flew landed, cleared the runway, positioned for the next event, turned off one of the engines and refueled in four minutes.

The arrangement is part of a NASCAR-style approach to fueling, maintaining and arming planes on the Ford. That concept also is aided by the ship's smaller island, which sits farther aft to create more room to move aircraft around, Lanzilotta said.

MILITARY

Drone on: Navy tests unmanned boats, aircraft

By J.P. LAWRENCE
Stars and Stripes

MANAMA, Bahrain — Unmanned boats with onboard aerial drones ready to launch sailed through the waters off Bahrain on Dec. 1, carrying with them the Navy's vision of a 100-vessel unmanned surface fleet in the Middle East by the end of next summer.

A three-week training event dubbed Digital Horizon features 15 types of unmanned systems, 10 of which are new to the Navy in the region, service officials said.

"This is a notable influx of new systems that 5th Fleet hasn't worked with before, especially at one time," Cmdr. Timothy Hawkins, Naval Forces Central Command and 5th Fleet spokesman, said. "This event, we haven't done something like this yet, but we've been building up to it."

The Navy aims to rely more on unmanned vessels aided by artificial intelligence to help patrol Middle East waterways through which much of the world's trade transits.

A naval unit known as Task Force 59 was created last year to focus on integrating drones and AI into 5th Fleet operations. Unmanned systems can operate for long stretches on their own as they gather information.

As boats with observers approached the drones out at sea, the vessels' artificial intelligence alerted contractors and sailors at Task Force 59's robotics operations center at NSA Bahrain.

Some of the drone boats can identify objects in the water and spot suspicious behavior. This capability allows humans to focus on priority threats, Navy Capt. Michael Brasseur, commodore of Task Force 59, said.

"What we want to do ultimately is expand further how far we can see," Brasseur said. "And we want to leverage machine learning and AI to reduce the cognitive load on the watch-standers."

Over the past year, Task Force 59 operated unmanned surface ships in the Middle East for more than 25,000 hours, a recent Naval Forces Central Command state-



PHOTOS BY J.P. LAWRENCE/Stars and Stripes

The doors of a green box containing an aerial drone open aboard an unmanned ship at Naval Support Activity Bahrain on Dec. 1. The ship, the Elbit Systems Seagull, uses a human pilot while navigating busy harbors. The aerial drone, the Easy Aerial SAMS-T, can fly above the ship while drawing power via a 300-foot cable.

ment said.

Some of the vessels known as Saildrone Explorers have operated at sea for as long as 220 consecutive days, the NAVCENT statement said.

Iran seized those drones on separate occasions in August and September.

In both instances, Iranian sailors released them as U.S. warships neared, the Navy said.

Iran has gained prominence for its own unmanned technology, specifically the aerial drones it is supplying to Russia for use in the war in Ukraine.

The Digital Horizon exercise includes three aerial drones that will be tested in the Middle East for the first time.

Aerovel's Flexrotor and Shield AI's V-BAT each have vertical takeoff and landing systems. The other is tethered on a cable and

can operate in harsh environments, a Navy statement said.

One aquatic drone being tested, the Ocean Aero Triton, can operate for eight days at a time as a submarine and three months as a surface vessel.

The Triton's sail rotated up and down as the company representative demonstrated how the drone can go underwater within minutes if it detects a threat.

The 10 new drone systems in the exercise were selected from 100 companies that applied, Navy officials said.

Of the 100 unmanned surface vessels the task force wants sailing around the Middle East by next summer, the U.S. will contribute 20, while regional allies will contribute the rest, Navy officials said.

lawrence.jp@stripes.com
Twitter: @jplawrence3



A Saildrone Explorer passes in front of the crewed Coast Guard cutter Emlen Tunnell in the waters of the Persian Gulf.

Air Force halts use of myEval performance reporting system

By JONATHAN SNYDER
Stars and Stripes

The Air Force admitted recently that its new system for collecting airmen and guardians' performance reports is broken and directed a return to the old system a week before reports for 44,857 technical sergeants were due.

Chief Master Sgt. of the Air Force JoAnne Bass announced Nov. 21 on her official Facebook page that use of the myEval system is temporarily paused, nearly 10 months after it was unveiled

by the Air Force.

"We get it, folks. We have seen the memes and the jokes ... more importantly, we have seen the legitimate concerns and feedback about myEval," she said. "As it stands now, the system is not able to seamlessly process reports into a member's official records. Effective immediately, we'll begin using PDFs from e-Pubs to complete enlisted and officer evaluations."

The myEval issues included various evaluation errors, evaluations routed to

the incorrect rating officials and training challenges, Air Force spokeswoman Deana Heitzman told Stars and Stripes by email.

The Air Force rolled out the myEval system in February, replacing the Virtual Personnel Center the service used to process performance reports.

"The most important consideration is that we ensure there are no negative impacts to any of our Airmen, while we review the way forward with myEval," Bass said.

The Air Force halted use of myEval for enlisted and officer performance evaluations based on feedback from the field, Heitzman said.

"myEval conducted a beta test, which was completed in December 2021, prior to the initial myEval launch in February 2022," Heitzman said. "The future myEval will launch when additional testing is complete."

snyder.jonathan@stripes.com
Twitter: @Jon_E_Snyder

MILITARY

Gearing up for a gamble

Analysts say Navy strategy that pares fleet in near term is rife with risk

BY ALISON BATH
Stars and Stripes

The Navy's strategy to dispose of older vessels and make way for a larger, more lethal fleet is unrealistic and could even hamper its response capability in a protracted confrontation with China, naval analysts say.

The 2023 shipbuilding plan underestimates the cost of replacing destroyers and submarines targeted for decommissioning over the next few years, according to a recent Congressional Budget Office report.

Overall, the Navy would retire "more cruisers, destroyers, and submarines than it would commission over the next 10 years," the report said.

As a result, the lethality of the fleet, measured in part by total missile cells, would decline by 13% cumulatively until 2032, the report estimates.

The Navy estimates it would spend an average of \$23 billion to \$25 billion annually on shipbuilding over the next 30 years. The CBO said the costs are closer to the range of between \$30 billion and \$33 billion each year.

The service's plan requires annual shipbuilding appropriations that would be 23% to 35% more on average than amounts over the past five years, according to the report.

That difference, with submarines getting the lion's share of funding followed by surface combatants, is where the difficulties arise, said Bryan Clark, director of the Hudson Institute's Center for Defense Concepts and Technology.

"The problem is these new ships are so expensive you can't buy nearly as many of them as the Navy wants, which means that

"The problem is these new ships are so expensive, you can't buy nearly as many of them as the Navy wants."

Bryan Clark
director, Hudson Institute's Center for Defense Concepts and Technology

increasing the lethality may never materialize," Clark said.

For example, instead of purchasing about two next-generation destroyers a year, as the Navy estimates, it may have to settle for one, meaning the fleet would rebuild slower than anticipated, he said.

In a protracted scenario, a smaller number of ships could result in a reduced Navy presence and perhaps a greater willingness by Taiwan to come to terms with China, he said.

"The whole idea of shrinking the force down to its most capable elements assumes you're going to get warning and that the event is going to be an invasion where you can intervene quickly," Clark said. "It doesn't assume the Navy has its role either in a longer-term conflict or even a role in just day-to-day deterrence."

Clark believes China could act against Taiwan well before 2032.

Over the next five years, the service wants to decommission 77 warships, including all 17 Ticonderoga-class cruisers, 10 attack submarines and three guided-missile submarines, according to



JACOB MA/U.S. Navy

The USS Normandy — seen steaming in formation Oct. 13 — is one of 17 Ticonderoga-class cruisers on the chopping block as the Navy looks to eliminate older ships as it builds newer vessels.



HAYDN N. SMITH/U.S. Navy

The Ticonderoga-class guided-missile cruiser USS Lake Champlain transits the Pacific Ocean on Feb. 9.

a plan released in April.

Although new ships would be delivered to the fleet, the number of large surface combatants would fall from 88 to 80 in 2032, according to the CBO report, which was issued Nov. 10.

Similarly, the number of attack submarines would decline from 50 in 2022 to 46 in 2028.

By 2052, though, the fleet could be as large as 367 ships, depend-

ing on which of three alternatives in the plan was followed.

However, the Navy's plan appears to rely on a presumption that budgets, timelines and shipyard capability projections will fall into place, said Sebastian Bruns, a Fulbright scholar in residence at the U.S. Naval Academy and maritime expert at the Center for Strategic and International Studies.

"There's a lot of gambling going on," Bruns said.

The Navy doesn't seem to be accounting for potential systemic shocks, such as a lengthy war with China or flaws in ship development programs, which could entail significant problems and delays, Bruns added.

bath.alison@stripes.com
Twitter: @alisonbath_

Sailors to get 3 extra months to complete fitness tests next year

BY JUAN KING
Stars and Stripes

The Navy is giving sailors three more months to complete mandatory physical fitness tests in 2023.

The window for the formerly twice-a-year test, now just once annually, opens Navy-wide on Feb. 1 and closes Nov. 30, 2023.

"The Navy extended the time period to provide commands greater flexibility to schedule and complete the physical fitness assessment," Lt. Sarah Niles, a spokeswo-

man for the personnel command, told Stars and Stripes by email.

This is the third year sailors are participating in the once-per-year physical fitness assessment, which the Navy required to cut down on the risk of spreading COVID-19. This year's testing period began April 1 and concluded Sept. 30.

The Navy in a message last month summarized the guidelines for participating sailors, including command fitness leaders and post-partum sailors.

Last year was also the first cycle to

score the newly introduced forearm plank that did away with curl-ups. A 2,000-meter row was also added as part of optional cardio.

Sailors with a pregnancy status expiring during the official physical fitness assessment cycle are exempt from participation, according to the message.

Command fitness leaders are not required to do anything differently versus the previous year. They have until Nov. 30 to enter physical fitness data into PRIMS-2, the official database for rec-

ording and tracking physical readiness information.

No exemptions will be given to sailors who earned an excellent or above on tests in the preceding two years. Navy commanders are encouraged to use incentive programs for the physical readiness program such as special liberty, award certificates and other motivation, the message said.

king.juan@stripes.com
Twitter: @juanking_17

MILITARY

Submariner now first female executive officer

By ALEX WILSON
Stars and Stripes

One of the Navy's first women to qualify for submarine service became the first female executive officer aboard a U.S. submarine this month.

Lt. Cmdr. Amber Cowan, of Colorado Springs, Colo., stepped into her new role Nov. 11 as second-in-command of the Gold Crew aboard the Ohio-class ballistic missile submarine USS Kentucky, according to a Nov. 23 news release from Submarine Force Pacific Fleet.

Cowan's appointment comes more than a decade after then-Secretary of Defense Robert Gates in 2010 lifted the Navy's ban on women serving aboard submarines.

Cowan belongs to the first generation of U.S. naval officers to serve aboard submarines starting in 2011. The following year, she and two other women became the first to earn their "dolphins," the submarine warfare insignia, according to the U.S. Naval Undersea Museum.

Cowan, then a junior-grade lieutenant aboard the Ohio-class USS Maine, shared the honor with Lt. j.g. Jennifer Noonan, also of the Maine, and Lt. j.g. Marquette Leveque, of the USS Wyoming.

Cowan's submariner career began in 2010, when she gradu-

ated from the University of Washington and reported to the Navy's nuclear power school in Goose Creek, S.C. She then served in a variety of roles aboard the Maine, including main propulsion assistant and tactical systems officer, according to the Nov. 23 release.

"I started in the engine room, which is where we build our foundation," Cowan said in the release. "It teaches officers to trust their enlisted counterparts and also have ownership of and in a watch team."

She later served as the engineering officer aboard the Virginia-class fast-attack submarine USS Texas. Cowan then went to Submarine Forces Pacific Fleet as the force radiological controls officer before being selected as executive officer for the Kentucky.

Just three months before Cowan's promotion, Master Chief Angela Koogler was selected as the first female chief of the boat aboard a submarine, according to an Aug. 31 Fleet Forces Command news release.

Koogler, of Kettering, Ohio, reported to her new position aboard the USS Louisiana on Aug. 22, according to the news release. The chief of the boat is the senior enlisted adviser to the vessel's commander and executive officer.

The Navy plans to have 33



BRIAN REYNOLDS/U.S. Navy

Lt. Cmdr. Amber Cowan is executive officer of the gold crew on the Ohio-class ballistic-missile submarine USS Kentucky.

submarine crews with female officers and 14 crews with female enlisted sailors by 2030, according to an October 2021 news release from the chief of naval personnel.

As of November, the Navy

has assigned women to 28 operational submarine crews, Submarine Force Pacific Fleet said in its Nov. 23 release.

wilson.alex@stripes.com
Twitter: @AlexMNWilson

Marines relax hair regulations for women

By JONATHAN SNYDER
AND FRANK ANDREWS
Stars and Stripes

Female Marines may let their ponytails fly, according to new, relaxed rules on women's hair issued recently.

The Corps joined its sister services to permit its female members to wear something other than short hair or an austere bun while in uniform, according to uniform board updates that took effect Nov. 23.

"These changes are indicative of our disciplined approach to uniformity without sacrificing the health and safety of our female Marines," Marine Corps spokesperson Maj. Jim Stenger said in a news release. "We are grateful for the continued feedback from our Marines in addressing uniform updates and modifications. It's because of conversations like those that our leadership can make positive change."

Female Marines may sport one unsecured half ponytail or up to two unsecured half braids, according to the new regulations. Women with short hair may wear it in twists. Medium-length or long hair may not exceed 2 inches below the collar or cover the collar rank insignia, according to the new regulations.

All hairstyles must present a "neat and professional" military appearance. The Marines have no requirement for women to wear their hair tightly pulled back or slicked back at any length.

Chief Warrant Officer 2 Jessica Brooks, 36, of Bradenton Beach, Fla., said she welcomes the change, especially on the rifle range.

Brooks, of Combat Logistics Regiment 3 at Camp Foster, Okinawa, said a tight hair bun for female Marines is a safety concern and interferes with their marksmanship in the kneeling and prone position. The bun will push a Marine's helmet forward, obstructing her ability to align the target with the rifle sights.

The Navy in 2018 was first to permit women to wear ponytails in uniform. The Air Force followed suit in 2021 by allowing female airmen to wear their ponytails below their uniform collars. The Army allowed ponytails in May that year, leaving the Marines lagging behind.

snyder.jonathan@stripes.com
Twitter: @Jon_E_Snyder
andrews.lynn@stripes.com
Twitter: @FrankAndrws

Firefighting foam spill seen as setback to facility closure

By WYATT OLSON
Stars and Stripes

JOINT BASE PEARL HARBOR-HICKAM, Hawaii — The hundreds of gallons of toxic firefighting foam spilled in the Red Hill fuel storage facility in Hawaii on Nov. 29 is a "setback" in draining its tanks, the rear admiral in charge of that job said.

About 1,100 gallons of Aqueous Film Forming Foam, or AFFF, was released from a tank near the top level of the vast underground facility.

Workers toiled through the night digging up soil contaminated with the foam, which contains PFAS, or perfluoroalkyl and polyfluoroalkyl, a class of hazardous chemicals commonly used in manufacturing and fire suppressants.

The Navy is in the midst of a two-year project to drain roughly 104 million gallons of fuel from the tanks before the facility is permanently closed. One year ago, a fuel leak from the facility contaminated drinking water for thousands of

residents on and near Joint Base Pearl Harbor-Hickam.

"This is a setback, but the bigger picture here is that we've got to remove this fuel from the tanks above our aquifer," Rear Adm. John Wade told reporters during a news conference at the joint base.

Up to 50 workers at a time labored through the night to remove soil soaked with AFFF, as well as tearing up asphalt and concrete that may have absorbed the foam, Rear Adm. Stephen Barnett, commander of Navy Region Hawaii, said at the news conference.

The Hawaii Department of Health said in a news release that it had notified the Navy it would require the service to test for PFAS in the soil and groundwater. It is also requiring the Navy to contact the manufacturer of the foam to identify specific PFAS components in the AFFF.

"There continues to be no evidence of impact to surface water or drinking water," the Health Department said.

Ernest Lau, manager and chief engineer

at Oahu's Board of Water Supply, expressed exasperation with the Navy during a news conference, at one point struggling to hold back tears.

"I'm not asking anymore; I'm demanding," Lau said. "We have a right to know what's stored there and being used there in addition to the 104 million gallons of petroleum. We want to know what kind of chemicals are being stored there and being used on that facility that could be a risk to the environment."

The cause of the spill is still under investigation. The facility had only one holding tank for the AFFF, which is now empty, Wade said.

Left with diminished capacity to suppress a fire, the facility has stationed a firetruck onsite round-the-clock, he added.

All maintenance in the facility is now on hold as a result, he said.

olson.wyatt@stripes.com
Twitter: @WyattWolson

MILITARY

Goodbye to the BEAST

Air Force changing the way it readies recruits for combat

BY ALEXANDER RIEDEL
Stars and Stripes

The U.S. Air Force has finally slain the BEAST.

After 16 years, Basic Expeditionary Airman Skills Training will be retired, as the service changes the way it prepares recruits for combat. The once weeklong field training has been shortened to 36 hours, Air Force officials said in a statement.

As before, the revised field training will happen during the eight weeks of basic training at Joint Base San Antonio-Lackland in Texas.

Although the training itself has been reduced, the Air Force's new name for it is decidedly longer: Primary Agile Combat Employment Range, Forward Operations Readiness Generation Exercise, or PACER FORGE.

In the Nov. 16 statement, service officials called the revised field training a "two-day scenario-based deployment."

PACER FORGE is not just a renaming or rebranding of BEAST but the result of a year-long review process, said Col. Jeff Pixley, commander of the 737th Training Group, as quoted in the statement.

The first PACER FORGE graduates completed the curriculum in early October. Images posted to the Air Force's official websites show that much of the compressed training schedule maintains a similar approach to BEAST.

Details of the curriculum are withheld to prevent recruits from knowing the nitty-gritty in advance, according to the Nov. 16 statement.

"We want it to be something trainees consider so important and formative that they don't spoil it for those that follow," Pixley said.

However, Air Force efforts to keep the details under wraps for long may be moot, given that graduates are quick to review their training experience on YouTube or offer tips on social



PHOTOS BY THOMAS CONEY/U.S. Air Force

Air Force trainees take cover from a simulated attack at Joint Base San Antonio-Chapman Training Annex, Texas, in October. The airmen participated in PACER FORGE, a new 36-hour, scenario-based exercise that tests trainees' teamwork, discipline and problem-solving skills.

"If we get it right, it will be the highlight of their (basic military training) experience despite only being 36 hours in length."

Col. Jeff Pixley
commander of the 737th Training Group

media.

"PACER FORGE is pretty cool," one recent graduate wrote on Reddit last month, describing the training as "a shortened version of the old beast program."

The training still will give airmen a sense of what it's like to be on a real deployment, the service says.

"This free-flowing structure empowers trainees to make decisions and respond to challenges in innovative ways," Pixley told Stars and Stripes.

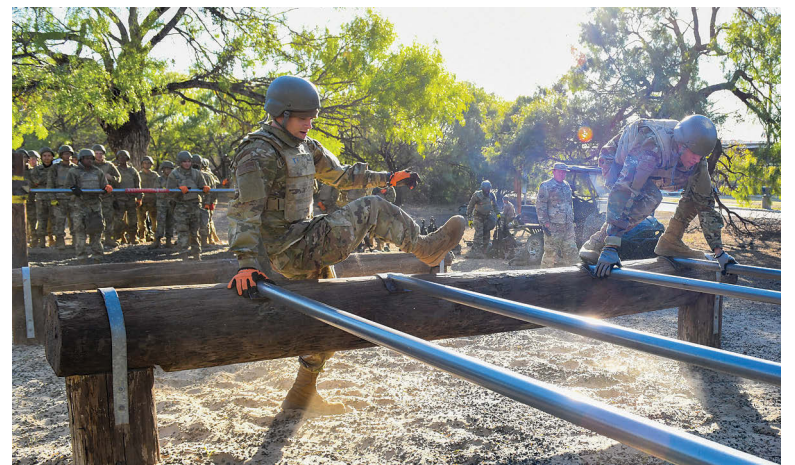
Since 1999, the Air Force's

basic training included a combat-oriented, capstone field training event.

In 2006, the former "Warrior Week" underwent a major redesign into the four-day BEAST program to include lessons learned from the new wars and deployments in the Middle East.

During BEAST, airmen slogged through nearly a week in full "battle rattle," wearing helmets and body armor and carrying canteens, gas masks and their M-16 rifle at all times.

For some two decades, this



Air Force trainees climb over an obstacle as part of the new field training portion of Air Force basic training.

training experience was shared nearly unchanged by thousands of airmen now serving on active duty or in the reserves.

All but the most senior of current enlisted Air Force personnel completed BEAST before earning the airmen's coin at the end of basic training.

Many activities held at the beginning of BEAST have shifted to earlier weeks of basic training. Airmen now are taught weapons handling, chemical warfare and tactical combat casualty care before stepping on the bus to the training range.

The new approach also changes the roles of Military Training Instructors. Once focused on keeping up intentional stress and pressure on trainees with high volume commands, instructors

now are tasked with being mentors and facilitators, guiding airmen through the scenarios.

"(MTIs) have the flexibility to adjust and adapt the curriculum in real-time based on trainee actions, skill level and capability," Pixley told Stars and Stripes.

Pixley said in the Air Force statement that the new approach is better aligned with current needs of the force.

"If we get it right, it will be the highlight of their (basic military training) experience despite only being 36 hours in length," he said. "Early feedback suggests we are absolutely on the right track."

riedel.alexander@stripes.com
Twitter: @lexRiedel

Max D. Lederer Jr., Publisher

Terry Leonard, Editor

Robert H. Reid, Senior Managing Editor

Doreen Wright, Guam Edition Editor

Scott Foley, Revenue Director

CONTACT US

633 3rd Street NW, Suite 500, Washington, D.C. 20001

Editorial: (202) 886-0005

Advertising: (202) 886-0014

Additional contact information: stripes.com

This publication is a compilation of stories from Stars and Stripes, the editorially independent newspaper authorized by the Department of Defense for members of the military community.

The contents of Stars and Stripes are unofficial, and are not to be considered as the official views of, or endorsed by, the U.S. government, including the Defense Department or the military services. The Guam Edition of Stars and Stripes is published jointly by Stars and Stripes and this newspaper.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or Stars and Stripes of the products or services advertised.

Products or services advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user, or patron.

© Stars and Stripes, 2022



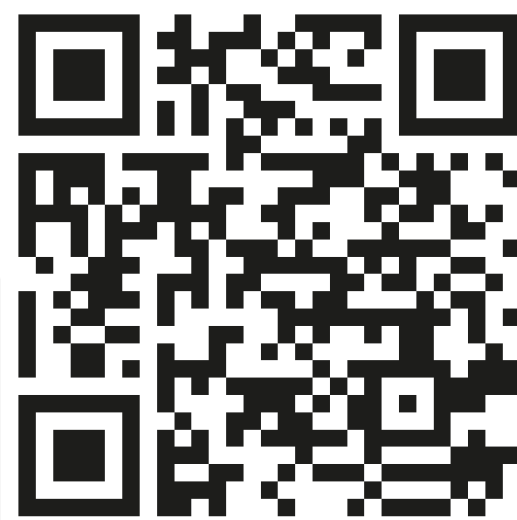
**EMERALD
PACIFIC
GROUP**



Car Rental Survey For Service Members & Families

Your opinion can help you win a FREE 2-day car rental with Enterprise in Guam!

Scan the QR code and answer 5 short questions, which ask about your car rental preferences.



The questionnaire does also require your Name, Phone Number, and Email Address—this helps to ensure the validity of each entry.

*No purchase necessary to Enter, Win or Claim the prize.
A purchase does not increase your chance of winning.*