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Airman makes his mark in Air Force, Civil Air Patrol

STORY AND PHOTOS BY TECH. SGT. ESTEBAN ESQUIVEL, 36TH WING

ANDERSEN AIR FORCE BASE - If you ask Senior Airman Cody Chenowith to describe himself before the military, he would tell you about a rebel that wanted nothing to do with taking orders and certainly not interested in joining the military.

"My brother was always pretty gung-ho about joining the military, and then one day at a state fair he was talking to an Army recruiter and the recruiter told him about Civil Air Patrol," said Chenowith. "After checking it out he joined and because my parents had to take him and I couldn't be left alone

at home, they made me join as well." As a Total Force partner and aux-

iliary of the U.S. Air Force, Civil Air Patrol is there to assist in search and rescue, disaster relief and homeland defense.

Reluctant at first, young Chenowith showed no interest in CAP. Little did he know at the time, a search and rescue exercise, mixed with a healthy combination of sibling rivalry, would put him on a path that would change his life and take him half way across the world.

"One portion of CAP's mission

SEE AIRMAN ON PAGE 2







IT'S BACK!

Kentucky Fried Chicken SANDWICH





ANIGUA - BARRIGADA its finger DEDEDD • MANGILAD Lickin good COD MANGILAD CODE MANGILAD CODE MICROSTELLA MICRO









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AIRMAN: Making a difference in kids' lives

CONTINUED FROM PAGE 2

is emergency services, one night while I was there, we did a lost hiker exercise," Chenowith said. "They took one of the older cadets, put him out in the woods and they taught us how to search for clues and ultimately find him. I thought it was pretty cool and just like that I came back and started caring more about my uniform and making sure my boots were shinier than my brother's. It was always a competition between us, and eventually I worked my way up to Cadet NCO and then a Cadet Chief Master Sgt.," Chenowith said.

Eventually, Chenowith would reach the rank of 2nd Lt. in CAP and at this point he had a new thirst for the military's way of life. It was at this point he decided to take what he learned from the CAP and join his high school's Marine Corps JROTC program.

"Within the JROTC, I was a part of the drill team and color guard," said Chenowith. "Getting involved with the drill team was like being part of a family; we had our own little group within the school and we would spend hours training, traveling and competing. Having that kind of environment gave me a sense of purpose and what kept pushing me toward where I am today."

Fast forward 12 years, Chenowith has a busy plate balancing his day-to-day job as a pavements and equipment journeyman assigned to the 36th Civil Engineer Squadron and head trainer and flight sergeant for the base Honor Guard. During his off duty time, he is also working to re-launch the Guam CAP chapter, where he leads his team as the Andersen Flight Commander.

"One day, I saw a post on Facebook from the CAP commander in Korea wanting to build a unit in Guam," said Chenowith. "He

was looking for anyone with experience or interest and I e-mailed him right away and said I've been in CAP for so many years and here are my experiences. After a few meetings I got a call one night from the commander in Korea asking me to run it."

With the help of a few volunteers, Chenowith has grown the program from an initial six cadets to having an official meeting space, 24 cadets, and 15 senior members.

Who was once a rebel with little interest in the



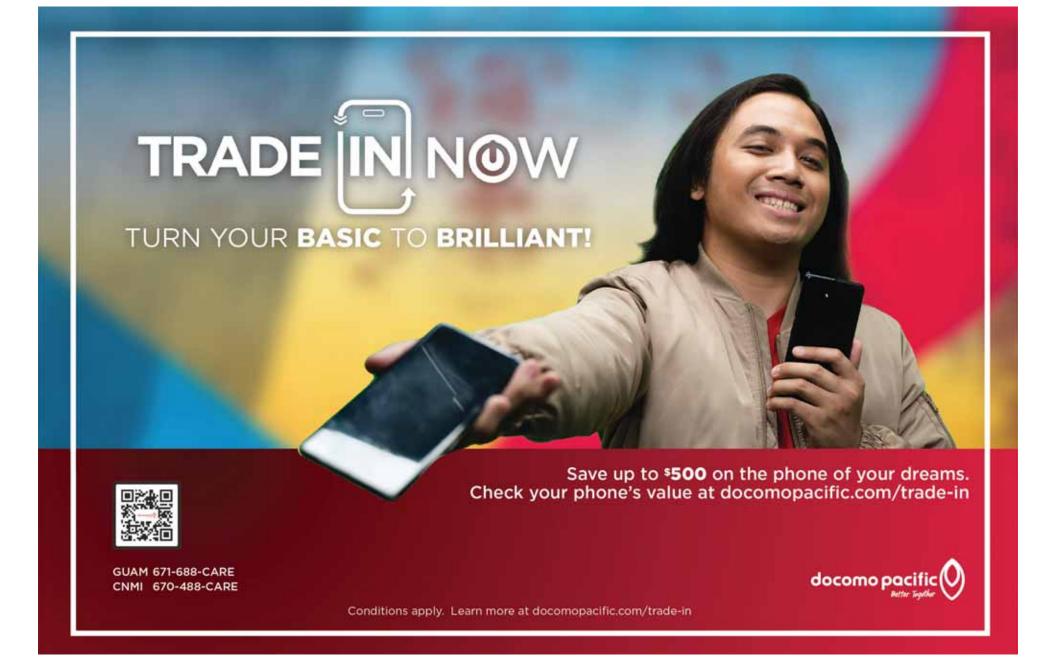
Cody Chenowith inspects honor guard members for proper form and technique during training at Andersen Air Force Base on Aug. 25

military, he has grown into a leader in Guam by influencing those that see him working with the youth of Guam.

"For CAP I really like taking who they are right now and building them into leaders and teaching them how I became who I am today" Chenowith shared. "I want to give them something to do and something to be a part of. As Honor Guard, we are out there as the face of the Air Force, we are out and about at ceremonies, retirements, and funerals. The professionalism we display at these events can be the lasting memories someone has of the Air Force and Andersen Air Force Base."



Members of the Andersen Civil Air Patrol Chapter, Boy Scouts and volunteers from the 36th Contingency Response Group.



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671 area code required

Guam Behavioral Health and Wellness Center

eginning October 24, 2021, callers on Guam will need to include the 671 area code when making local

This change comes after the Federal Communications Commission designated 988 as the service number for the National Suicide Prevention Lifeline effective July 16, 2022.

Before, in order to reach the lifeline, it would require dialing 1-800- 273-8255 -- a number too long to remember in times of crisis. Beginning July 2022, when you have an urgent mental health need, you will call just 3 digits - "988"; similar to "911" for police, fire, or rescue emergencies.

To make this possible, all area codes within the United States that have phone numbers beginning with "988" will now require the area code be dialed first, followed by the local telephone number (for example: 671-988-XXXX). This

prevents calls to the National Suicide Lifeline from being automatically triggered and placed.

Some helpful tips to navigate through this change:

- Go through your contact list and add "671" in the beginning of all local phone numbers.
- Reprogram all numbers on life safety systems or medical monitoring devices, PBXs, fax machines, internet dial-up numbers, fire or burglar alarms and security systems or
- For business customers: Be sure to check websites, personal and business stationery, advertising materials, personal and business checks for contact information and other such items to ensure the area code is included.

For more information on the 988 project, call the Guam Behavioral Health and Wellness Center at 671-482-7679.

SSU Guam port engineer at hub of maintenance wheel

"The most

challenging

part is probably

coordinating

with multiple

entities and

contractors to

make sure the

job is completed

as efficiently as

possible."

- Chris Boschert

BY LESLIE HULL-RYDE. MILITARY SEALIFT COMMAND FAR EAST

hip Support Unit Guam recently named Chris Boschert as its Civilian of the Quarter.

"It feels good to be formally acknowledged for the hard work that I do," the Grand Prairie, Texas, native said.

"I have always felt appreciated at my job, but being acknowledged at the command-wide level is different."

As the port engineer for SSU Guam, Boschert, is the hub of the wheel - the maintenance wheel - for Military Sealift Command ships operating in the Indo-Pacific Region.

As soon as a ship's maintenance needs are identified, Boschert goes to work. He requests funding, submits maintenance requirements and specifications to contracting officials, and then once contractors start the work, Boschert oversees contractors, ensuring the work performed is in accordance with the re-

quirements. Finally, he verifies the results.

"The most challenging part is probably coordinating with multiple entities and contractors to make sure the job is completed as efficiently as possible," Boschert

"Overcoming it requires me to be flexible and able to change the plan quickly when things don't go according to plan."

He adds that flexibility and prioritizing are two traits he learned as a former nuclear machinist mate in the Navy. He says he continues to

port engineer responsibilities with those



Ship Support Unit Guam recently named Chris Boschert as its Civilian of the Quarter.

Photo by Reynaldo Rebara, U.S. Navy

of his degree program. Boschert is currently taking classes as part of his nuclear energy engineering

> technology degree program with Thomas Edison State University. While he's only been

> with Military Sealift Command, specifically SSU Guam, for 1.5 years, Boschert says the assistant port engineer role is just the right fit for him.

> "I enjoy problem solving and making sure the ships can get underway to do their missions," he

> "This job is very rewarding. I have always enjoyed ship repair, and this is a great environment. I enjoy work-

draw on those skills as he juggles his ing with both the ashore and the afloat

Civilian crosses time zones to take care of people

BY LESLIE HULL-RYDE MILITARY SEALIFT COMMAND FAR EAST

ilitary Sealift Command Far East selected Jacqueline Kinloch, supervisory financial management analyst at Ship Support Unit Guam, as its Civilian of the Quarter.

"This award was unexpected, but it feels great to know that your efforts are being recognized," she said.

While she's thankful for the accolade and recognition, she humbly says it's all in a day's work.

But whose day?

In Guam, Kinloch works in one time zone but coordinates the financial requirements of personnel stationed in at least five others. For the last two years that she's been employed with MSC, her days sometimes encompass yesterday, today, and tomorrow, depending on which locality she's communicating with while in Guam.

"The most challenging part of my job

is the difference in time zones and having to communicate with our headquarters in Virginia, especially when you consider that we are working in a fast paced environment here in this dynamic region, where there is a lot of change.

"In order to get quick responses for critical issues, I have to ensure that I am available to reach out to them during their working hours.'

For her, that's either very early in the morning or late at night, but she says it's necessary

to provide the level of support Military Sealift Command personnel and crews



Jacqueline Kinloch was named Military Sealift Command Far East Civilian of the Quarter. Photo by Reynaldo Rebara, U.S. Navy

Kinloch's team of seven finance personnel. dispersed throughout the region in Guam, Korea, Japan, and Singapore, takes care of all finance transactions for MSC Far East. That includes payroll, processing funding documents for various units as required, travel reimbursements, maintaining budgets and accounts payable.

"MSC is a great place to work. There is a lot to learn, and it can be very challenging," the Chesapeake, Virginia, native

"Ending the week having accomplished duties successfully despite any

challenges that we may have encountered gives me a lot of satisfaction."

deserve.

quick responses for critical issues, I have to ensure that I am available to reach out to them during their working hours."

"In order to get

Jacqueline Kinloch

Airman lauded for saving snorkeler's life on Guam

STORY AND PHOTO BY SENIOR AIRMAN JOVANTE JOHNSON, 2ND BOMB WING

BARKSDALE AIR FORCE BASE, Louisiana - The world is filled with people who are concerned with human welfare or concerned with seeking out things to make human welfare better, that is the definition of a humanitarian; But it can be rare that a situation falls upon someone and that humanitarian act turns into a matter of life and death.

The Patriot Award is an award that mirrors a humanitarian award in the sense that it celebrates people who have done great things because it is the right thing to do. Not only are first responders such as policemen, emergency medical services, and firefighters put up for the award, but also others who have made a similar impact in their community and went above and beyond the call of duty.

Senior Airman Mikhayla Waugaman, 2d Communications Squadron executive communications technician, was put up for the Patriot Award for her life-saving efforts on a Bomber Task Force deployment at the beginning of 2021 where she saved the life of a drowning snorkeler.

"While on a BTF in Guam this past Spring, myself, as well as about seven others, witnessed an unconscious snorkeler while we were swimming in the Ocean," said Waugaman. "I immediately swam to help the guy and with the help of his friend who was snorkeling with him, we swam him about 60 yards to shore."

Because of her heroic act, Waugaman was nominated for the award. However, Waugaman's lifesaving efforts were only a single deed amidst many that earned her the nomination.

"Since Waugaman entered the Air Force she has been an outstanding Airman, she stands out without trying and puts forth her best effort in everything she does," said Tech. Sgt. Darcy Mixon, 2d CS Noncommissioned officer in-charge of mission defense team. "From her leading many volunteer opportunities off base to help clean up the lakes and communities surrounding her, to her making Senior Airman Below The Zone, Waugaman was nominated for this award because she deserves it."

Mixon was the NCO to nominate Waugaman for the Patriot Award but according to Mixon, the suggestion came from a higher source.

"Chief Master Sgt. Brent Chadick, 2nd Bomb Wing command chief, informed me of his interest in putting in a package for Waugaman to be a Patriot Award nominee," said Mixon. "A request like that coming from that high up let me know Waugaman isn't just making a great impression on those around her on a daily basis, but even those not surrounding her every day.'

The Patriot Award ceremony has been held annually since 2019 at different venues each year.

The ceremony was held at the Margaritaville Casino and Resort on Sept. 9, 2021. It consisted of military members and civilian first responders gathering together to hear stories presented to the audience by WBRZ-TV Channel 2 News. The stories highlighted the nominees and explained the reasons they were selected for the award. There were three categories in total, split up into law enforcement, fire protection, and Reserve/Guard/Active Duty military categories. One award was received per category.

Going up against four other people in her category, Waugaman expressed her disbelief when she found out she won.

"Sitting in the crowd and hearing all those stories of people risking their lives to save someone else had me thinking what I had done wasn't that big of a deal," said Waugaman. "I don't look at myself as a hero so when

Senior Airman Mikhayla Waugaman

I heard my name called I thought it was a joke. I felt honored to be around those heroes and I will continue to do what I can to make an impact in the world."

Through all the praise and awards, Waugaman makes sure to give praise and thanks to others that helped her get to this position in her journey.

"I give praise to my leadership for taking care of me and preparing me as best as they can," said Waugaman. "If I can give advice to anyone who reads this I would encourage them that if they are shy, quiet, and don't enjoy the spotlight, much like myself, to recognize when it is needed for them to step up and take charge because it can potentially mean the difference between life or death."



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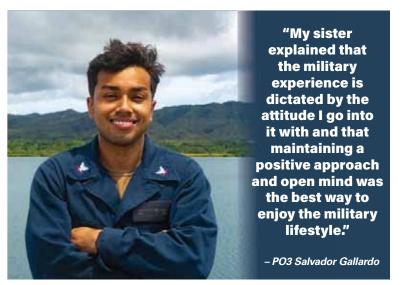
USS Tulsa sailor takes sister's advice to heart

STORY AND PHOTO BY PETTY OFFICER 3RD CLASS RICHARD CHO, COMMAND DESTROYER SQUADRON 7

APRA HARBOR - An Ingleside, Texas, native and 2019 Ingleside High School graduate is serving in the U.S. Navy aboard the deployed Independence-variant littoral combat ship USS Tulsa (LCS 16).

Petty Officer 3rd Class Salvador Gallardo joined the Navy as a Mineman shortly after graduating high school and is now a member of the Blue Crew aboard the Tulsa.

"My older sister, was in the Navy, and I definitely knew I wanted to continue on with the family tradition," said Gallardo. "She also told me about the benefits of being in the military, the



opportunity to travel the world, gain experience, while also providing a chance to pursue higher education, which is certainly something that peaked my interest."

With guidance from his sister and sheer determination, Gallardo was able to come into the service better prepared.

"My sister explained that the military experience is dictated by the attitude I go into it with and that maintaining a positive approach and open mind was the best way to enjoy the military lifestyle," said Gallardo. "Taking this to heart has allowed me to open myself up to a diverse group of people and make the best of my time thus far in the Navy."

Now, Gallardo performs his duties of maintaining the weapons aboard the ship including the small arms, cruise served weapons, and magazines. All of this done while obtaining his Enlisted Surface Warfare Specialist (ESWS) and winning Junior Sailor of the Quarter (JSOO). Talk about an over-

Gallardo has goals to continue to excel, both in the Navy and beyond. He is working toward obtaining his air warfare qualification and building his experience for promotion to the next rank. His dream duty stations have him serving as a recruit division commander at Great Lakes, training new Navy Sailors at boot camp, or serving overseas in Bahrain. Gallardo wants to continue his higher education, aiming to get a bachelor's degree from a school in his home state, such as Texas A&M or University of Texas.

Army Reserve nurses lend hand at Guam Memorial Hospital

BY CATHERINE CRUZ-NORTON. JOINT REGION MARIANAS

ASAN - U.S. Army Reserve nurses arrived on Guam from Sept. 27-29 to augment the available nursing staff at Guam Memorial Hospital (GMH).

Multidisciplinary nurses will work alongside GMH nurses and medical staff to support critical patient care in areas such as the Emergency Room (ER) and Intensive Care Unit (ICU).

"The supplemental nursing team is the result of the Government of Guam requesting assistance from the Federal **Emergency Management Agen**cy (FEMA), who then turned

to the Department of Defense for support," said JRM Commander Rear Adm. Benjamin Nicholson. "In the spirit of One Guam, we have been working closely with our GovGuam and Federal partners since the beginning of this pandemic, and we're pleased to be able to continue providing support during a critical time in patient care at GMH," said Nicholson.

While some of the nurses will assist with the increasing numbers of COVID-19 patients, others will be assigned to care for non-COVID related patients as required.

"GMH nurses and staff have been working tirelessly, around-the-clock during this

COVID-19 surge. We're committed to showing up every day for the good of our island and we're so thankful to have such strong, supportive and resilient relationships with our federal partners to help us during these trying times. Along with our incredible GMH team, we'll now have additional committed DoD nurses, who will boost our forces in the battle against CO-VID-19. We are one team, one fight!" said Lillian Perez-Posadas, GMHA CEO.

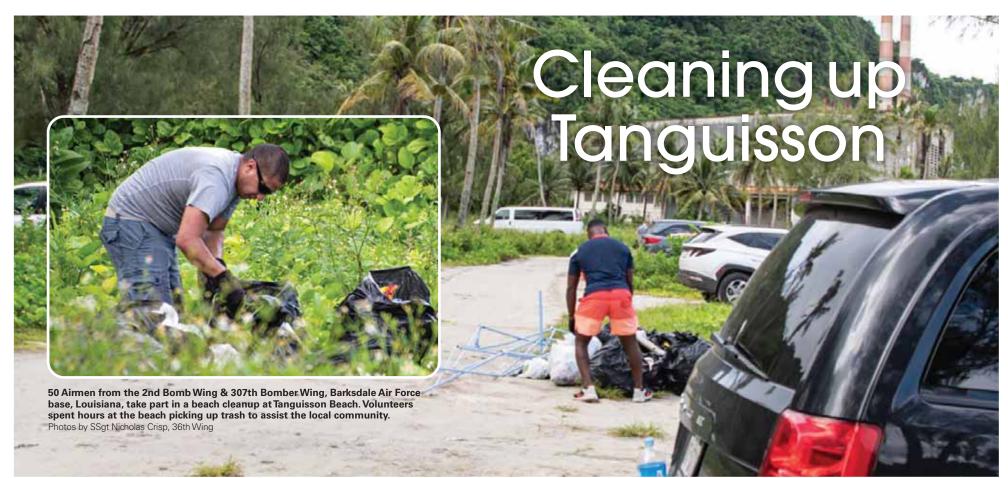
U.S. Army Pacific (USAR-PAC) in close coordination with JRM assembled the nursing team from areas to include Fort Sam Houston in Texas, Joint Base Lewis-McChord in



More than a dozen U.S. Army reserve nurses began orientation at the Guam Memorial Hospital Authority on Sept. 30. Photo courtesy of GMHA Public Information Office

Washington, and Fort Shafter be complete. in Hawaii. They are scheduled to continue providing medical support until the end of October when the duration of the FEMA mission assignment for the team's medical support will

Members of the team traveling to Guam are fully vaccinated and were tested for COV-ID-19 upon arrival. The nurses are residing in off-base lodging for the duration of their stay.





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or "mystery tours" during the Halloween season. But there is at least one exception.

It is said that the store at Naval Base Guam is located where a hospital and morgue once stood during and after World War II. Workers have claimed to hear footsteps and children's voices, and one heard noises from a toilet stall, but no one ever left the restroom. Off base, there are more sites subject to such spine-tingling tales.

One of these is the Old Spanish Bridge in Agat, which is said to be haunted by the daughter of a Spanish official who wanted to marry a local Chamorro boy. The pair often met at the bridge.

Her father could not accept her marrying a "native" so when he heard they had made wedding plans, he arranged to have the boy killed. In despair, the girl drowned herself, and is said to be seen by the bridge crying, while trying to find her lover.

In another story, a Spanish officer and his

Chamorro wife lived in Maina in the late 1600s.

After their love had faded, the husband sent his wife to get him fresh mountain stream water during a storm, and she slipped into the river and drowned.

Today, it is said the if you drive over the Maina bridge during a new moon and look out into the night, you may see a ghostly figure wearing a long white flowing dress like a bridal gown. She has silver hair and sad red eyes. There are more "sightings" when a big storm is approaching.

Chamorros call her the "White Lady," and she warns of impending danger. She can be seen at Two Lover's Point, Harmon Heights and the Fonte River.

Government House in Agana Heights is another such place. There are reports of the heavy double doors of a building connected to Government House opening noisily and the footsteps of someone walking along the

shut.

Two soldiers from World War II apparently walk near the Leo Palace Hotel in Talofofo during the hours of midnight to 4 a.m.

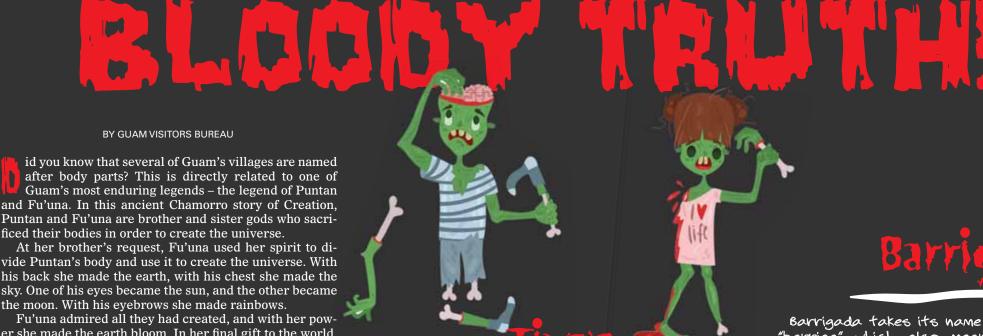
It is said that you can see them, in uniform, walking side by side, if you look in the rearview mirror, though, one soldier has no head. But if you turn around to glance back, they disappear.

The Hotel Nikko Guam in Tumon is said by some to be built on top of an old Chamorro cemetery, and it's believed the spirits of those buried there can be seen and heard throughout the hotel.

And at the old Agana Hospital in Agana Heights, photos have apparently been taken of figures said to be ghosts.

Sources: www.shadowlands.net/places/ guam.html and ns.gov.gu/legends/ whiteland.html

Latte stones, like these in Haga Chamorros. They are also thou the ancient people of Guam, li



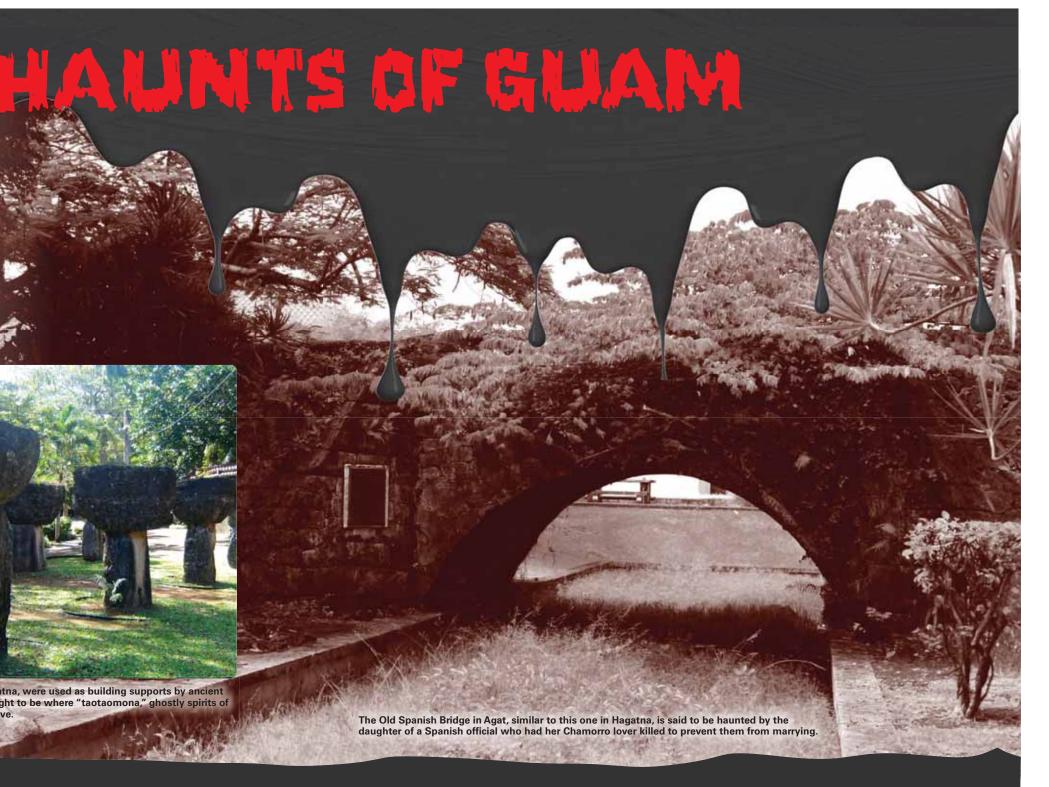
er she made the earth bloom. In her final gift to the world, Fu'una threw her body into the earth and transformed into a towering limestone pillar, from which the first humans emerged. Because the stone marked the final resting place of the

goddess Fu'una, the ancient Chamorro people believed the stone held mystical healing powers. Today, the pillar is known as Fouha Rock (also called Creation Point) and it sits on a secluded bay in the southern village of Umatac.

In addition to Fouha Rock, the legend of Puntan and Fu'una also lives on in these villages that are named after parts of Puntan's body.

Tiyan is the first and last place almost every visitor to Guam sees, for it's the area where the Guam International Airport is located. Tiyan takes its name from "tuyan," the Chamorro word for "stomach." Dozens of aircraft take off and land on Puntan's flat stomach every day.

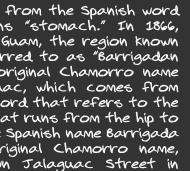
"barriga" which also mean during the Spanish era of for deer hunting was refe Tiyan." Interestingly, the a for Barrigada was Jalagu "kalaguak," the Chamorro w side portion of the body the the armpit. Even though the eventually replaced the o today you can drive dow Barrigada and pay homage.



SOME GUAM VILLAGES NAMED AFTER BODY PARTS



to history.



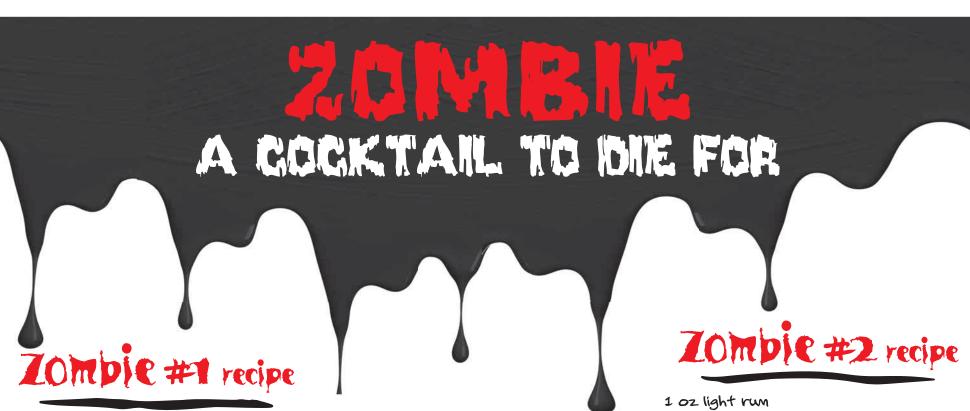


Hagatha is derived from the word "haga," the Chamorro word for "blood." It is widely accepted that this village was named for the bloodlines of the families that established the village, but some historians believe that the village name could be connected to the legendary puntan, and that the "haga" in Hagatha refers to puntan's blood.



Nearby Barrigada, the three villages of Mongmong, Toto and Maite comprise one municipality. In Chamorro, to'to means "to lie down or to recline on your back," so the village of Toto is thought to be Puntan's back. And while Puntan's back is in Toto, his heart is in Mongmong because "mongmong" is the Chamorro word that describes the sound of a beating heart.

Special thanks to Michael Lujan Bevacqua, Assistant Professor of Chamorro Studies at University of Guam



1/2 oz Bacardi® 151 rum

- 1 oz pineapple juice
- 1 oz orange juice
- 1/2 oz apricot brandy
- 1 top sugar
- z oz light rum
- 1 oz dark rum
- 1 oz lime juice

Blend all ingredients with ice except Bacardi 151 proof rum. Pour into a collins glass. Float Bacardi 151 proof rum on top. Garnish with a fruit slice, sprig of mint and a cherry.

24% (48 proof)

ZOMDIE #3 recipe

1 1/4 oz lemon juice

2 dashes grenadine syrup

3/4 oz orange juice

3/4 oz Heering® cherry liqueur

3/4 oz white rum

2 oz dark rum 3/4 oz 151 proof rum

Shake over ice in a shaker, and strain into a large highball glass over crushed



here is no cocktail with a name that symbolizes a holiday as much as the Zombie does for Halloween, particularly because it has the ability to turn you into one if you drink too many of them.

The story behind the drink is an apt one as well. It was invented by Donn Beach, a bartender at Hollywood's Don the Beachcomber restaurant, in the late 1930's.

The story goes that Beach devised the cocktail to help a hung-over customer who had to attend a business meeting. The customer apparently returned a few days later to complain he had been turned into a zombie after drinking a few of them, thereupon creating the name. He may have been confused by the cocktail's smooth, fruity taste, which masks its high alcohol content.

Beach was apparently very secretive about his recipe for the Zombie, which may explain why there are so many different concoctions bearing its name. However, it is generally made of fruit juices, liqueurs and a variety of rums, including one that is 151 proof. The last usually tops the rest of the ingredients, and can be set on fire if so desired.

Please find a few different recipes that will likely make this Halloween the best you've ever



1/2 oz creme de almond 1 1/2 oz sweet and sour mix 1/2 oz triple sec 1 1/2 oz orange juice 1/2 oz 151 proof rum

Shake all ingredients (except 151 proof rum) with ice and strain into a collins glass over ice cubes. Float the 151 proof rum on top, add a cherry (if desired), and serve.

19% (38 proof)

Zompie #4 recipe

1 1/2 oz gold rum

3 top line juice

1 toop Jamaican dark rum

1 toop white rum

1 toop pineapple suice

1 toop papaya juice

1 1/2 top sugar syrup 1 top 151 proof rum

1 pineapple stick

1 pinch powdered sugar

Shake all ingredients (except the highproof rum) over ice, the pineapple stick and the sugar. Strain and add ice. Garnish with pineapple and a cherry. Float the high-proof rum on top and sprinkle a little sugar over it.

25% (50 proof)

Zompie #5 recipe

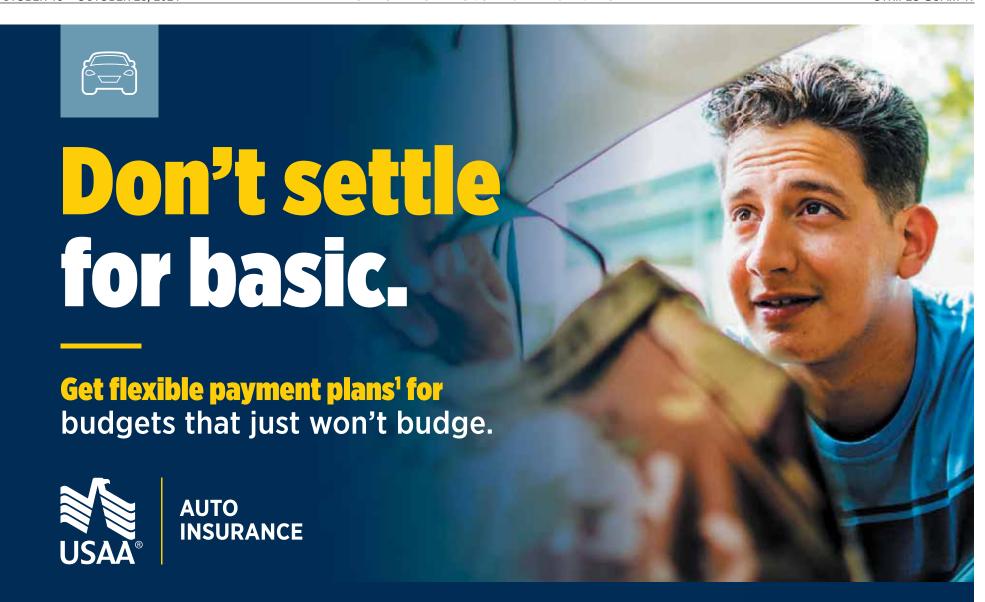
1 oz light rum 1/2 oz creme de noyaux 1/2 oz triple sec 1 1/2 oz sweet and sour mix 1 1/2 oz orange juice 1/2 oz 151 proof rum

Strain ingredients into collins glass filled with ice. Top with 151 Proof Rum.

19% (38 proof)



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Fall for autumn with vegan pumpkin bread

STORY AND PHOTOS BY ALLIE WHALEN, STRIPES GUAM

on't let the title fool vou! Just because this pumpkin bread has the "vegan" label doesn't mean that it's not the tastiest, most incredible pumpkin bread you can make! I personally like making this version over a traditional pumpkin bread recipe because I feel better about serving it to my friends and family. This is the perfect Fall and Autumn recipe to have in your baking arsenal. It can be whipped up in no time if you need a treat to share. If you already have a favorite pumpkin bread recipe, I hope you'll give this one a try!

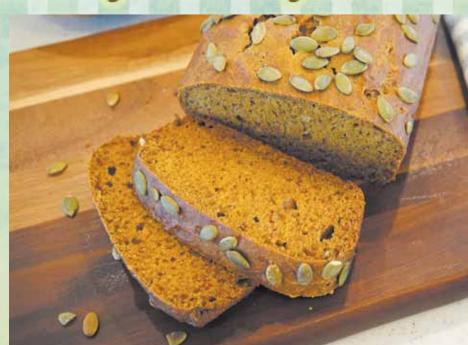
This vegan pumpkin bread is:

- One Bowl!
- Low Sugar!
- Low Oil!
- Better than Starbucks!

I love that this recipe comes together quickly in just one bowl. When you're making a quick bread it doesn't get any better than that! Follow along with the pictures and instructions below and remember to save the picture at the end so you can buy any ingredients you need!



tablespoon of flaxseed meal with 3 tablespoons of water and let it sit for about 5 minutes until it thickens. (I usually do this first and then let it sit while I continue to gather the rest of the ingredients.)



Remember to preheat the oven to 350 degrees, too.



Add all the wet ingredients to the flaxseed egg. Combine 1 cup canned pumpkin puree, 3/4 cup sugar, 1/4 cup coconut oil, 1/4 cup applesauce, and 1/4 cup plant based milk (my favorite for baking is coconut milk.) Whisk it all together until it's smooth!



Add all the dry ingredients to the bowl on top

of the wet ingredients.
Sprinkle on 2 cups flour, 1
teaspoon baking soda, 1/2
teaspoon baking powder, 1/2
teaspoon salt, and 1 tablespoon
pumpkin pie spice. Stir gently
until just combined, don't over
mix. (Now is the perfect time
to try my homemade pumpkin
pie spice! It is much more
cost-efficient and tastes so
much better!)



Pour the pumpkin bread batter into a loaf pan or muffin papers. Bake the pumpkin bread loaf for 1 hour, 15 minutes and bake the muffins for about 40 minutes (this will depend on the size of your muffins.) Optional, but totally delicious - sprinkle pumpkin seeds on the loaf or muffins before baking!



Take pictures of your beautiful creation and share them with me! Kidding, but you know I love seeing what you make!

Don't forget to save the handy printable down below to Pinterest or your camera roll so you can easily access all the ingredients and instructions. Happy Baking!!

Allie Whalen is a culinary artist and amateur photographer with a love for the outdoors. She has recently begun sharing her experiences online where she talks about natural and healthy ways to take care of your body and the world around you. She is a military spouse based in Okinawa near Camp Hansen. Allie and her family are excited make beautiful Okinawa their best move yet. There they enjoy the rugged, tranquil life on the northern parts of the island. You can find Allie's blog at alliemwhalen. com, where she details her travels, basic conservation techniques, home education, and leading a healthy lifestyle.

Ingredients list:

- 1 tbsp ground flaxseeds
- 3 tbsp water
- 1 cup canned pumpkin puree
- 3/4 cup sugar
- 1/4 cup coconut oil
- 1/4 cup applesauce1/4 cup plant-based milk
- 2 cups of flour
- 1/2 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1 tsp pumpkin pie spice



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STARS STRIPES.

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Gambas al Ajillo

- Peeled and deveined shrimp (80g)***
- Mushroom (8 to 10 pieces)
- Garlic (1 clove)
- Red chili pepper (1 piece)**
- Broccoli (30g)
- Olive oil (150 ml)
- Salt (a little)



Recipe

- 1. Prep ingredients. Peel and devein shrimps, slice mushrooms if they are too big. Boil or steam broccoli and slice it.
- 2. Add olive oil, slices of garlic, and red pepper in a pan or pot and heat over low flame.
- 3. Once the garlic become fragrant, add in mushrooms and shrimp. Cook over low heat for 10 to 15 minutes.
- Add in broccoli and salt and stir.
- 5. Serve and enjoy! Couple this dish with baguette slices for a great tapa
- When I tried this recipe, I did not find the food spicy enough to my taste. If you love spicy food like I do, I recommend adding more red chili or slicing them so
- ***Use larger shrimp since these will shrink during cooking. For this recipe, I used frozen shrimp which were too small for my taste after cooking.

Spanish recipe:

Spanish recommend at the olive oil.

Spanish recipies will permedte the olive oil.

Spanish recipies will shrink during used frozen shrimp which were too small for my used frozen shrimp which were too shripe to the first factor of the factor of

STRIPES GUAM

panish cuisine didn't make its way to Japan until recently, yet it's quickly grown to be a favorite amongst many Japanese. According to travel site LIVE JAPAN, Spanish dishes like paella, pincho, and ajillo became popular menu items at bars and izakayas here starting around the year 2000. These small dishes, known as tapas, are a favorite of those looking for a quick culinary getaway. And ajillo, or Gambas al Ajillo, is one of the most popular tapas to try.

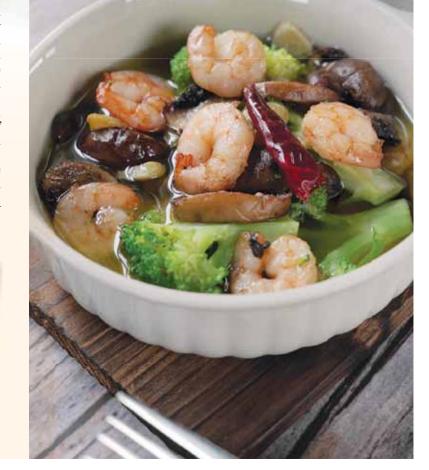
Gambas al Ajillo consists of shrimp marinated in garlic. You'll find instant noodles, potato chips and even an association dedicated to this delicious Spanish dish in Japan.

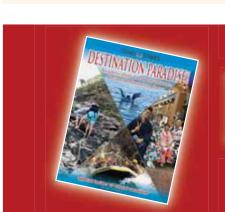
relatively inexpensive, so it is also becoming one many people now cook at home.

Ajillo pairs well with wine and beer and most recipes use items you might already have in the kitchen. To master this dish, you need olive oil, shrimp, some vegetables, and condiments. In about 20 minutes, you'll have tapas to kick start an "Ouchi bal," or "Spanish bar at home."

As you sample different world cuisines, you may notice others have some version of ajillo. Hawaiian, Mexican and Portuguese all have their own garlic shrimp recipes to try. So, what better way than to start with the Spanish version here, then try others for a culinary vacation at home? Bon appetite! kudaka.shoji@stripes.com







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Jamaican Gr opens new location in Mangilao

JAMAICAN GRILL

n a Grill Lighting Ceremony in true Jamaican Grill style, the restaurant officially opened its newest location in Mangilao, conveniently located at the intersection of Route 10 and the entrance to the Guam Community College. The new 4,000 square-foot restaurant aims to serve the residents, students, and workers in Mångge' Town (Mangilao) and the southern region of the island.

Jamaican Grill has been serving the island's best barbecue for more than 25 years. Owners Frank Kenney and Tim Murphy opened their first Jamaican Grill location in Hagatna in 1994 as the restaurant's only employees. With the addition of the Mangilao location, Jamaican Grill now boasts four locations, which include Hagåtña in the Chamorro Village; Tumon across Pacific Islands Club; and Dededo in the Dededo Mall. All locations are open from 10 a.m. to 9 p.m. daily for dine-in or takeout and from 9:00 -10:00 p.m. for takeout only.

Murphy said, "We continue to grow each year thanks to the support and loyalty from our community. Adding the new Mangilao location will make it easier for residents to enjoy their favorite Jamaican Grill dishes. Overall, we're thrilled that we can better serve our customers

Jamaican Grill is best known for its Jerk barbecue, a traditional Jamaican way of cooking meat and seafood over an open fire. Its culinary team makes the food from scratch daily and uses the freshest fruits and vegetables sourced from local farms and authentic jerk seasoning imported from Jamaica. The result is a unique fusion of mouth-watering local and Jamaican

Kenney added, "Opening our Mangilao restaurant has been a labor of love for two years. The pandemic struck after we began construction, but we pushed through because we believe that this location will be able to meet the needs of those who live, work or go to school in Mangilao and further south. Ya Mon, together we can!"

Kenney and Murphy designed the restaurant to resemble the unique and vibrant shacks of Jamaica -- fun, playful, and inviting. They worked with respected local artist Ariel Dimalanta to paint a dynamic mural that bridges the cultures of Jamaican and Guam. Much like the flavors in their food, the owners wanted the art and vibe to bring people together.

throughout the island."



Jamaican Grill Mangilao was designed with a special feature - a private event space that can accommodate up to 30 people. The JG Student Shack comes equipped with free Wi-Fi, a 70-inch screen for presentations, and the same friendly service customers rely on.

The new JG Student Shack is a great space for families, businesses, or schools to host small events like classes, meetings, or parties. Anyone interested in reserving the room can call the restaurant, and we will take good care of you," Kenney said.

- Jamaican Grill Mangilao is now open and welcomes customers to dine in or order take-out
- food online at here or through the Jamaican Grill app. Engage with Jamaican Grill on Facebook

and Instagram.

Website



Instagram



Pet of the Week



Emmie

This sweet loving girl is Emmie. She is estimated to be about a year old. Emmie has been here at the shelter for 153+ days. She is potty trained, she loves being an indoor dog. She's great with other dogs. She is great on walks and does well on a leash. And she usually just loves laying around with her favorite bone to chew on.

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.



**





Boonie Stomps Guam

INFORMATION PROVIDED BY **GUAM BOONIE STOMPERS**



Guatali Falls

Tarzan Swim Hole

Every Saturday, Guam Boonie

Stompers offers public hikes to

waterfalls, mountains, caves, latte

sites, and World War II sites. We

meet at 9:00 AM in the Center

Court of Chamorro Village in

Hagatna. The cost is \$5.00 for

accompanied by a responsible

adult. Hikers should provide

conditions can make the hikes

reservations required.

www.facebook.com/

or call 787-4238.

For more information:

GuamBoonieStompersInc

hikers over 17. Children must be

their own transportation. Guam's

trails are not developed. Weather

more difficult than described. No

a variety of destinations such

as beaches, snorkeling sites,

Oct 16 **Bubulao Falls** Difficult 5 hours for 4 miles

We hike down the Ugum River to a side stream to Bubulao Falls, then continue on to the top of Talofofo Falls, passing many falls, rapids, cascades, and swim holes on the way.

Bring: 2 quarts water, get wet shoes, gloves, sun screen, lunch and snacks, and camera.

Special conditions: Steep slopes, extensive walking in water, sometimes deep water, slippery rocks, sword grass, and a long hike.

Oct 23 Guatali Falls

Very Difficult 5 hours for 4 mile

We hike from the central mountains of Guam into a pristine valley with 4 large waterfalls, two jumping spots, and two swimming

Bring: 4 quarts water, sturdy hiking shoes that can get wet, swimsuit, gloves, sun screen, sunglasses, insect repellent, lunch, and camera.

Special conditions: Rocky steep downhill trail, walking in water, slippery rocks, short steep climbs down, sword grass, a long hike, and a long steep hike up and out.

Oct 30 **Tarzan Swim Hole** Medium 3 hours for 2 miles

We make a nice loop trail to cool off at one of the best freshwater swimming pools on the island. We'll enjoy jumping from the ledges, corking the jacuzzi pool, or just relaxing on the sunny ledges and watching the kids play. We'll then head a short ways upriver to follow jeep trails back to our cars for lemonade.

Bring: 2 quarts water, wet shoes, swimsuit, sun screen, lunch, and camera.

Special conditions: Slippery slopes

and rocks, mud, and no shade.







Market your business to the U.S. military community in Guam

Contact Us

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Stripes Sports Trivia

One of the most memorable moments in college football history, the "Hail Flutie" gave Doug Flutie and Boston College a last-second win over the defending National Champion Miami Hurricanes. What was the coach and quarterback duo that led Miami in the loss?

Answer

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Jimmy Johnson and Bernie Kosar







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51 Part of G.M.T.

53 Nostalgic

number

55 River critter 56 Celestial body

58 Santa

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61 Capone

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60 What FAQ's

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- 1 Cheshire Cat trademark
- 2 Cash biopic "Walk the
- 39 Iron Man or Thor,
- 43 Extra inning keeper's task 44 2014 Affleck
- Girl" flick. "

31 Caps Lock

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34 Tibetan monk

35 Ground beef

37 Mournful song

41 Kind of market

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- 46 Scrabble draw
- 47 Draw to a close
- 48 Foul smell
- 50 Breakfast order
- 52 Grimace
- 54 Doomed one
- **56** Be suspicious
- 59 Select group 63 Keep an eye on
- 64 Self-restraint
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- away
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- 3 Stomach woe
- 4 Toiletry product
- 5 Grounds-
- 6 Scene with
- stuntmen
- 7 Tree with white
- flower clusters
- 8 Lucy's "Kill Bill"
- character
- 9 Logging
- equipment
- 10 Critical
- 11 Streak in an
- aircraft's wake
- 12 Heavy metal
- 13 Copenhagen
- native
- 18 Beginner
- 22 Greta Garbo, for one
- 24 Wight, for one 26 Word with hot or

- 27 Any port in a storm
- 28 Constitutional add-ons 30 Briefly
- unknown?
- 32 Light-footed
- 33 Military cap
- 36 Proof word
- 38 Protective sheet
- 40 Halloween
- spook
- 42 Lowly laborer
- 45 Type of farming
- 49 Church officer
- 65 Indignation

SUDOKU Edited by Margie E. Burke **HOW TO SOLVE:** 3 4 Each row must contain the numbers 1 to 9; each column must

8

1 | 8 | 4 6 2 3 5 8 6 6 3 2 6 1

Answers to Previous Sudoku:

contain the numbers 1 to 9; and each set of 3 by 3 boxes must

Your votes. Your favorites. Your Best of the Pacific.





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GUAM EDITION-

OCTOBER 15, 2021



U.S. Army photo

Current U.S. Army Rangers look at photos of 3rd Battalion, 75th Ranger Regiment Rangers in action in Somalia in 1993 before 18 former members of the unit were awarded Silver Stars for their actions in the infamous Battle of Mogadishu that year.

comparable heroism

'Black Hawk Down' Rangers receive Silver Stars 28 years after infamous Mogadishu battle Page 2

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 • STARS AND STRIPES •
 Friday, October 15, 2021

COVER STORY

'Black Hawk Down' Rangers awarded Silver Star medals

By Corey Dickstein Stars and Stripes

FORT BENNING, Ga. — During 23 years in the Army — much of it in the elite ranks of the 75th Ranger Regiment — Jeff Struecker saw combat in Panama, Iraq and Afghanistan, but nothing compared to the infamous October 1993 gunfight through the streets of Mogadishu.

"I'd been to combat a couple of times before Somalia and a lot of times after, but I've never seen heroism, I've never seen fighting, like we saw among these guys on the streets of Mogadishu, Somalia," said Struecker, one of 18 veterans who fought in the battle officially known as Operation Gothic Serpent and awarded the Silver Star for valor Oct. 1. "Nothing came close to Somalia. I mean not even close."

The Silver Stars presented in a ceremony at Fort Benning, Ga., for those who were serving 28 years ago in the 3rd Battalion, 75th Ranger Regiment, were upgrades of Bronze Star medals with "V" device for valor that the Rangers were presented months after returning from Somalia. The Battle of Mogadishu, in which 18 American soldiers were killed, was later made famous by the best-selling book "Black Hawk Down" and the movie of the same name.

For Struecker, the honor was "bitter-sweet" and unexpected. He said others who fought in that battle were more deserving of the Silver Star, the nation's third highest honor for battlefield heroics. He said he was particularly proud to see some of the other troops from that fight honored.

"It's truly an honor," said Sean Watson, a sergeant first class at the time who would go on to retire as a command sergeant major in 2015. "I believe that being an awardee is actually a representation of everybody in the position I was in. They earned it — they're the ones who really earned this."

The Army announced in July that 60 veterans of the battle — mostly Army special operators, many of whom have not been named publicly — would receive award upgrades for their actions in the fight. That includes 58 Silver Stars and two Distinguished Flying Crosses. Award ceremonies are planned for other units in the future, Army officials said.

The fight

The battle broke out as American special operators — primarily Rangers, and other elite soldiers from the 160th Special Operations Aviation Regiment and 1st Special Forces Operational Detachment-Delta, or Delta Force — set out to capture two top lieutenants of warlord Mohamed Farrah Aidid, who was responsible for attacks on U.N. peacekeeping troops working to end civil war in Somalia.

The assault force was inserted into the city by helicopter, and another element was to follow that group into the city in Humvees, according to the Army, which

Medals awarded

The Army presented 18 Silver Star medals to former members of the Fort Benning, Ga.-based 3rd Battalion, 75th Ranger Regiment, for their actions in Mogadishu, Somalia, on Oct. 3 and Oct. 4, 1993.

Those receiving the Silver Star on Oct. 1 were (ranks at the time of the battle):

Sgt. Alan Barton

Sgt. John C. Belman

Staff Sgt. Kenneth P. Boorn

Spc. James M. Cavaco^{*} Spc. John M. Collett

Spc. John W. Conett

Staff Sgt. Michael Collins Sgt. James C. Joyce*

Pfc. Brad M. Paulsen

2nd Lt. Larry D. Perino

Spc. Robert R. Phipps II

Sgt. Dominick M. Pilla* Sgt. Randall J. Ramaglia Jr.

Pfc. John D. Stanfield

Cpt. Michael Steele

Spc. Richard Strous

Staff Sgt. Jeffrey D. Struecker

Spc. Joseph F. Thomas

Sgt. 1st Class Sean T. Watson

*Denotes posthumous award to Rangers who died of wounds suffered in Somalia

said many elements of the battle remain classified despite the enormous attention it has received publicly.

Struecker, then a staff sergeant with the Rangers' 3rd Battalion, was leading a squad assigned as the ground reaction force to support the helicopter-borne troops entering Aidid's stronghold in the Bakara Market. The helicopter assault force went in first to search for the warlord's henchmen and the ground force came into the market later, according to the Army's description of the battle.

It was the Rangers' seventh mission in Somalia, but this one, Struecker said, was in broad daylight in a well-defended part of Mogadishu with an unknown number of enemy fighters.

"This is the middle of bad-guy territory, and we're kicking down the door and walking into the heart of it," he said. "You know as soon as you get in it's going to be a fight, and it's going to be a fight the whole time that you're in there, and it's going to be a fight until you get out. All of us knew that. What I don't think anyone anticipated was the sheer numbers."

That U.S. force of less than 200 operators would find itself in a fight with some 10,000 to 12,000 well-armed Somali fighters. After the assault force nabbed Aidid's aides, militants attacked the troops and shot down two MH-60 Black Hawk helicopters with rocket-propelled grenades — something the Army had never seen before, officials said.

It set off a frantic mission to secure the locations of the downed Black Hawks and recover wounded and fallen Americans. U.S. special operators would spend 18



U.S. Army photo

John M. Collett is presented the Silver Star on Oct. 1 at Fort Benning, Ga., by Army Gen. Richard Clarke for actions in the October 1993 Battle of Mogadishu.

"I'd been to combat a couple of times before Somalia and a lot of times after, but I've never seen heroism, I've never seen fighting, like we saw among these guys on the streets of Mogadishu, Somalia."

Jeff Struecker

Army veteran, Silver Star recipient

hours running and fighting their way through the city's streets, according to the Army.

Struecker, 52, led his ground unit through the city three times as the battle raged. Their Humvees were "like bullet magnets," he recalled. His Silver Star citation credits him with repeatedly sacrificing "his own personal safety" to help other soldiers.

"We go back and forth, in and out of the city all night long," Struecker said. "The Humvees are the biggest, easiest target to hit out there, and so we're losing guys right around me."

Dominick Pilla, a sergeant and machine gunner, was just behind Struecker when he was shot and killed — the first American death in the battle. His Silver Star citation credits Pilla with "suppressing numerous enemy positions while under fire himself." His heroics, it added, saved "the lives of all the other Rangers" with him at the time. He was 21.

Meanwhile, Watson — a platoon sergeant at the time who had entered the fight by helicopter — moved his force toward one of the downed Black Hawks, fighting their way through the city. His Silver Star citation credited him with securing the crash site from enemy forces "until reinforcements came the next morning."

The fallout

Three of the four pilots in the downed Black Hawks would die, and the fourth was captured and later released.

Two Delta Force operators — Master Sgt. Gary Gordon and Sgt. 1st Class Randy Shughart — were posthumously awarded Medals of Honor for their actions to secure the site of one of the Black Hawk crashes to recover survivors. Both of those operators were among the U.S. dead in the fight.

In all, 73 U.S. troops were injured in the battle, according to the Army. The botched

mission left a long-lasting mark on American foreign policy after television news broadcast images of a U.S. soldier's body dragged through Mogadishu's streets as locals cheered.

The defense secretary at the time, Les Aspin, would resign his post in wake of the battle. Ultimately, then-President Bill Clinton elected to end the mission to capture Aidid and he removed all U.S. forces from Somalia by March 1994. U.S. troops would not return to the country until 2007.

The book "Black Hawk Down" was published in 1999, receiving high praise for its detailed retelling of the battle. In 2002, the movie brought the Battle of Mogadishu onto American screens in the months after the first U.S. troops invaded Afghanistan in response to the 9/11 terrorist attacks.

Struecker, who would commission as an officer after 10 years of enlisted service and serve as a chaplain until retiring as a major in 2011, described the book as an "extraordinarily accurate" accounting of the battle.

"What you see in the movie 'Black Hawk Down' basically happened," Struecker said. "The difference, for those of us who were there, right, is the violence. It isn't even close to the real thing — the level of violence, of course."

Watson said he rarely talks about his time in Mogadishu, and he does not think about it very often, either. Later, he deployed to Afghanistan three times and saw combat there. But, like Struecker, he said the fighting there was incomparable to Mogadishu.

"I felt very fortunate that I never was in the extreme position that I was in Somalia ever again," he said. "Was I prepared for it? Yes, I was. I was very prepared. And it was a lot. And, thankfully, [fighting] never, ever occurred at that level again for me."

dickstein.corey@stripes.com Twitter: @CDicksteinDC

MILITARY

Navy awards contract for Guam gun range

By ALEX WILSON Stars and Stripes

The U.S. Navy awarded a \$122 million contract to a Guam-based construction company to build a machine-gun range at Andersen Air Force Base that will support the new Marine Corps Base Camp

The new facility will include a multilane, multipurpose gun range, a range control tower, an ammunition distribution point and covered bleachers. The project is expected to be completed in October 2024.

The Navy gave the firm-fixed price contract to Black Construction Corp., based at Harmon, Guam, on Oct. 5, according to a news release from Naval Facilities Engineering Systems Command Pacific.

Blaz's commander, Col. Christopher Bopp, called the range a "significant step" toward completing the installation.

"This range will provide critical training capabilities to our forces while ensuring our continued operational readiness to respond to any crisis or contingency in the region," he said in the release.

It will be part a larger complex known as the Mason Live-Fire Training Range at Andersen's Northwest Field.

The Navy previously awarded Black Construction a \$78 million contract in August 2017 to build four other ranges and supporting facilities for the complex.

The other ranges are for rifles, pistols, non-standard small arms and a modified record fire, a spokeswoman for Naval Facilities Engineering Systems Command Pacific, Krista Cummins, told Stars and Stripes in an email.

The announcement follows a slew of other projects on Guam recently announced by the Navy as part of the camp's ongoing construction.

Blaz, activated in October 2020, is the



Amy Phan/U.S. Marine Corps

A Marine fires an M249 light machine gun during training at Andersen Air Force Base, Guam, in 2017. The Navy has awarded a contract to build a machine-gun range at the base.

first newly commissioned Marine Corps base since 1952.

The Navy has awarded more than \$1 billion in contracts to build medical and logistics facilities, barracks and officer quarters.

Blaz and the associated projects are part of the Defense Policy Review Initiative, a deal between the United States and Japan that includes the relocation of 5,000 members of the III Marine Expeditionary Force from Okinawa to Guam.

Under the deal, Japan is paying \$3 billion to build portions of Blaz, while the U.S. is spending another \$5.7 billion.

wilson.alex@stripes.com Twitter: @AlexMNWilson

Special ops troops 'hunkered down' after ninja attack

By Chap Garland Stars and Stripes

Nonlethal rounds failed to stop a sword-wielding man dressed as a ninja who authorities say injured two special operations soldiers, then brandished his blade at sheriff's deputies last

month at a California airport,

according to authorities.

Deputies from a Kern County Sheriff's Office substation in Ridgecrest, Calif., responded to a call of an assault with a deadly weapon Sept. 18 at Inyokern Airport, the office said in a statement posted Oct. 1 on Twitter. The airport is located in the Mojave Desert, near Naval Air

Weapons Station China Lake.

When deputies arrived on the scene, they found special operations soldiers training at the airport "hunkered down" in the hangar after an attack by a man dressed as a ninja, Ridgecrest Police Department records show. Stars and Stripes first reported details of the incident, which was revealed in a military report



Kern County Sheriff's Office

This sword was used to attack U.S. Army Special Forces troops at Inyokern Airport, which is near Naval Air Weapons Station China Lake, Calif., on Sept. 18.

leaked on social media, last week

The suspect, identified as Gino Rivera, 35, was booked for attempted homicide, assault with a deadly weapon, brandishing a weapon with the intent to resist or prevent an arrest, vandalism, and obstruct/delay of a peace officer in the discharge of their duties, according to the Kern County Sheriff's Office.

The victims were identified as

a staff sergeant and captain with F Company, 2nd Battalion, 160th Special Operations Aviation Regiment, according to the report posted on social media. A spokesman for the Army's Special Operations Aviation Command confirmed the incident occurred, but declined to provide further details.

The staff sergeant was outside the hangar smoking when the ninja-clad Rivera approached and asked the soldier if he knew who he was. The soldier did not. Rivera then asked if the soldier knew where his family was — the soldier did not — prompting Rivera to slash the soldier's phone, knee and leg with a sword.

The soldier then ran through the parking lot and jumped a fence before entering the hangar's admin building, where the staff sergeant and an unnamed captain began locking doors and calling 911, the leaked report said.

Rivera gave chase, kicking and punching the building's doors and windows before leaving to grab a large piece of asphalt that he tossed through the window, the report said.

When Ridgecrest Police responded to the scene, Rivera refused to follow commands and brandished the sword at deputies, authorities said.

Rivera dropped the sword after a taser was deployed, authorities said.

Officials said the wounded soldiers were taken to a local hospital for treatment. The military report on social media said the two soldiers both required multiple stitches for their wounds before returning to duty.

Rivera was being held on a \$125,000 bond with a court hearing scheduled for Oct. 25, said inmate information on the sheriff's department website.

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MILITARY

Austin: Climate change a threat to US security

By Corey Dickstein Stars and Stripes

Troops, equipment and installations across the Defense Department must become more resilient to extreme weather conditions that will grow harsher in the coming years amid a changing climate likely to stoke global security and stability problems, a top Pentagon official said.

The Defense Department has been mandated to include climate change adaptation into its planning for small units to top-line strategic efforts to ensure the United States retains its military prowess even under the most difficult conditions, said Richard Kidd, the deputy assistant secretary of defense for environment and energy resilience. He spoke with the Washington-based Defense Writers Group, a day after the Pentagon released its new 32-page strategy to adapt to changing climate.

"We're going to adapt our training, we're going to adapt our plans, policies and procedures. We're going to pivot the entire department towards living ... and operating in a reality altered by climate change," Kidd said, noting the world was growing not only hotter but more volatile as harsher climate leads to problems including food and water scarcity in some parts of the world. "What climate change does is it makes that insecurity, instability more pronounced... I think that insecurity and instability, while they have been in the world for a long time to this point, it's going to become more pronounced in the years ahead."

The Pentagon cannot ignore the problem, Kidd said. Officials have fingered climate change as a major problem facing the military in recent years and they have blamed it, in part, for a huge uptick in homeland military operations, especially for the National Guard. In recent years, more troops have spent more time fighting larger and longer-burning wildfires in the western United States and others have been called to respond to increasingly potent hurricanes and flooding in the east. Some of those storms accounted for billions of dollars of damage suffered at coastal military installations in recent years, including major devastation in a pair of 2018 hurricanes at key posts such as Tyndall Air Force Base, Fla., and the Marines' Camp Lejeune, N.C.

Defense Secretary Lloyd Austin labeled climate change an "existential threat" to the nation's national security in a statement accompanying the release of DOD's Climate Adaptation Plan.

"The Department of Defense must act swiftly and boldly to take on this challenge and prepare for damage that cannot be avoided," Austin said in the statement. "Every day, our forces contend with the grave and growing consequences of climate change, from hurricanes and wild-fires that inflict costly harm on U.S. installations and constrain our ability to train and operate, to dangerous heat, drought, and floods that can trigger crises and instability around the world."

The Pentagon plan was one of 23 climate change-focused plans released by federal agencies last week. About one week after President Joe Biden took office, he directed the government's largest agencies to design new plans to adapt



TIFFANY PRICE / U.S. Air Force

A house at Tyndall Air Force Base, Fla., that was severely damaged by Hurricane Michael in October 2018 is demolished in April 2021. The Defense Department has been mandated to include climate change adaptation into its planning.

"Every day, our forces contend with the grave and growing consequences of climate change, from hurricanes and wildfires ... to dangerous heat, drought, and floods that can trigger crises and instability around the world."

Defense Secretary Lloyd Austin

their operations to changing climate and find ways to mitigate the impacts the U.S. federal government has on the changing climate.

While the plan focuses on how the department can continue functioning despite the near-term, unavoidable consequences of climate change, the Pentagon's crucial plans to reduce its own longer-term impact on climate change are forthcoming, Kidd said. The Defense Department expects to release a report later this year detailing its plans to reduce its greenhouse gas emissions, he said.

Greenhouse gases include a number of gases that trap heat in the atmosphere and contribute to climate change, according to the U.S. Environmental Protection Agency. Carbon dioxide, which is emitted from burning fossil fuels among other human activities, accounts for about 80% of human-caused greenhouse gas emissions, according to the EPA.

The Defense Department is the single largest institutional consumer of fossil fuels in the world and emits more greenhouse gas than two-thirds of all the nations on Earth, according to the Pentagon. Kidd said the Pentagon has worked for 10 years to reduce its reliance on carbonemitting fuels, but it has a lot of improvement still to achieve.

"I think the science is very clear right now — we have to reduce our greenhouse gas emissions to zero, and we have to do it before 2050 if we want to avoid the most pronounced effects of climate change," Kidd said. "All agencies in the federal government are expected to contribute to that objective ... so, we're going to be a part of that effort."

The strategy instructs the Defense Department to build resiliency into its intelligence and decision-making processes, troop-training efforts, equipment including vehicles and weapons, infrastructure, and supply chain.

For service members, it means taking steps to prepare to fight in the most extreme weather conditions — brutally cold and extremely hot and dry, according to the strategy. It prescribes adding training in areas prone to extreme weather and prioritizing medical skills and first aid meant to mitigate the impacts of extreme heat

It could also mean new climate-focused education for troops, Kidd said, as the Pentagon works to ensure decision-makers at every level are making "climate-informed decisions."

"For example, an Army transportation convoy leader should understand that not letting the trucks idle makes both good operational sense as well as good climate sense," he said.

All of the military's gear — from rifles and pistols to nuclear-power ships — must also be stress tested to operate in harsh environments, according to the strategy. The Pentagon must pursue technological updates to ensure military gear works in

sweltering and frigid conditions, according to the plan.

Installations across the world will have to assess the climate-related impacts that they could face. At Marine Corps Recruit Depot Parris Island, S.C., a climate assessment has already led planners to change the locations of some planned infrastructure projects away from areas impacted by sea level rise, according to the report. Those changes include adjusting the elevation of battalion training facilities. But Parris Island will also take other mitigation steps, the report said, including stormwater and roads upgrades, constructing a tidal exclusion barrier, and planting new forest.

The Defense Department has begun looking at 1,400 of its installations and other properties for expected impacts of climate change, including sea level rise, heat and drought and increased flood levels, Kidd said. It will closely study how to mitigate problems brought by climate change at its existing locations, but it has not reached the point where it is considering any major basing changes solely because of climate impacts, he said.

Ultimately, the Pentagon might have to make such changes — moving certain units or operations to new locations, taking new steps to harden installations against climate impacts, or abandoning some of its installations, Kidd said.

"We know that the past is no longer an indicator of the future," he said. "If you look to the future, we might get to the point some place where we have to ask those hard questions about what mission sets are located at a particular installation.

"Those are the really hard choices that could be out there in the future for some of our installations, but we're not there yet"

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MILITARY

Pilot's Al program improves aviators' safety

By Rose L. Thayer Stars and Stripes

A medevac pilot stationed at Schofield Barracks, Hawaii, created an "optical black box" to improve Army pilot training and won the latest round of a Fort Bragg, N.C.-based program to encourage soldier-driven innovation within the service.

First Lt. Mahdi Al-Husseini, who flies HH-60 Black Hawk helicopters with the 25th Infantry Division, used artificial intelligence to invent Aura, a computer program that provides pilots feedback on their flights to evaluate performance and develop customized training plans. He pitched his prototype last month at Fort Bragg for the fifth iteration of Dragon's Lair, an innovation program designed based on the TV show "Shark Tank."

"This is incredibly well-deserved recognition," said Maj. Gen. Joe Ryan, commander of the 25th Infantry Division. "The system he designed and built, with its implications to improve safety for pilots and soldiers, is revolutionary."

Seven soldiers presented ideas to an 11-member panel of leaders from the 18th Airborne Corps, the highest headquarters at the base. The panel also included past winners and experts from the civilian technology industry. Al-Husseini, 25, was the first soldier outside of the 18th Airborne Corps to participate, bringing the entire Army into a corps program that began in October and has led to at least four other innovations, including one to modernize training range scheduling and another to address how the Army responds to sexual assault and harassment.

"I do love this notion of the soldier inventor," Al-Husseini said. "I think there's something really valuable and powerful about having soldiers being able to kind of improve their own mission sets that they know



MARYGIAN BARNES/U.S. Army

Army 1st Lt. Mahdi Al-Husseini, who is assigned to the 25th Combat Aviation Brigade, makes his presentation on artificial intelligence pilot performance feedback. Al-Husseini was one of seven soldiers who took part in Dragon's Lair 5.

better than anybody else and providing them with the tools and the resources to do that."

Instead of trying to integrate a system into the aircraft itself, Al-Husseini built a computer and camera system that can be added to any aircraft with glass screens. It scans the instrumentation data off the screens of the cockpit, analyzes it and determines what maneuvers the pilot performed. The data is then compared to the standards outlined in flight manuals to inform the pilot if he or she met the standards.

Aura can tell pilots how far off

they are on windspeed, altitude and heading, among other metrics. It can also show them by using the data to create a visual of the maneuver available to view through a tablet application, Al-Husseini said.

"The benefit of that is now you can actually see exactly what you're doing, and you can review and store that data for later use," he said. "If you're practicing or you're training, all of a sudden you now have very clear, objective, dynamic in-flight updates that allow you to see how well you're doing and then adjust your performance, again in

flight."

This is especially valuable when flying without an instructor pilot, Al-Husseini said. He has taken the system with him while flying a Cessna 172 fixedwing airplane to see how it works. He learned where he is struggling to perform steep turns, and he said it has helped him to begin improving.

"I've never particularly been good at a steep turn," he said, describing the maneuver that resembles a figure-eight to someone on the ground. "There's very little time in the maneuver for reflection."

From Aura, Al-Husseini said he could see where he lost altitude and pinpoint a pattern in his flying that he needed to correct.

The 18th Airborne Corps has begun to implement the pilot's program throughout the unit, as part of winning the Dragon's Lair competition, said Col. Joe Buccino, the innovation officer for the corps. From there, they'll submit the program to the Army for broader implementation.

"Mahdi's program has the potential to revolutionize the way our Army manages aviation practices and pilot and crew performance," he said. "This was among the most well-developed, visionary concepts we've seen come into Dragon's Lair thus far."

The innovations presented are becoming more competitive, Buccino said, with Al-Husseini's program narrowly beating out the second-place winner, Lt. Col. Jason Harlan, assigned to the 3rd Infantry Division. He created a self-recovery system for M1 Abrams tanks, which he developed in his garage using his own resources.

Other ideas included a virtual reality program to train mechanics, an update to the weaponsissue system, and a "go-bag" for sexual assault response coordinators. Some elements of each of the seven ideas presented will be implemented in the corps, Buccino said.

As Aura moves through implementation, Al-Husseini said he's not done looking for new ideas. He said he's working with three soldiers in Hawaii on different projects related to their jobs on a medevac flight crew.

"You don't have to have a fancy master's degree or be an engineer to come up with something that makes difference in what you do every day," he said.

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Legendary MMA fighter's son seeks to become an Army Ranger

By J.P. LAWRENCE

Stars and Stripes

Combatives training in the 75th Ranger Regiment may soon become a bit more intense, as the son of a hall-of-fame martial artist enlisted recently with hopes of donning the unit's tan beret.

Kheydon Gracie joined the Army at a Sept. 22 ceremony in front of his family, including his father, Royce Gracie, the first person inducted into the Ultimate Fighting Championship's Hall of Fame.

Royce Gracie shared footage of his 19-year-old son's enlistment in Huntington Park, Calif., on his Instagram account Oct. 2.

Kheydon Gracie will leave for basic training later this month after enlisting

on an 11X contract with a Ranger option, Walt Quinn, a spokesman for U.S. Army Recruiting Command, said in an email.

An 11X contract with a Ranger option means the enlistee will get a shot at being selected for the 75th Ranger Regiment as long as he or she passes multiple training courses. These include basic infantry training, airborne school and the eight-week Ranger assessment and selection program.

The 75th Ranger Regiment is the Army's largest joint special operations force and its soldiers were frequently deployed over the last two decades to Iraq, Afghanistan and other global hot spots.

The Gracie family is famous for cre-

ating a system of martial arts known as Brazilian jiujitsu.

Royce Gracie learned to fight from his father while growing up in Rio de Janeiro before moving to the United States at age 18. He won the first ever Ultimate Fighting Championship tournament, as well as two other tournaments in the UFC's early years.

He has trained Army Rangers, Navy SEALs and other U.S. troops, a 2011 Army statement said.

The system of fighting now taught to U.S. soldiers draws from Brazilian jiujitsu for techniques in ground grappling.



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Kheydon Gracie poses with his father, Royce Gracie, after Kheydon enlisted in the Army at a recruiting office at Huntington Park, Calif.

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MILITARY

Fort Hood soldiers reflect on saving friend

By Rose L. Thayer Stars and Stripes

Only an hour had passed between Staff Sgt. Corey Clark leaving a barbecue at a fellow soldier's house near Fort Hood, Texas, and the frantic rush to talk his friend down from the edge of a bridge over Stillhouse Hollow Lake.

"You never know what someone's going through. I had no clue because we were at the barbecue and everything was fine," Clark said, after realizing his friend, who was not named by Fort Hood officials, was masking a great deal of pain and attempted suicide.

After Clark had left the backyard gathering June 19, the other soldier drove to an area known as Chalk Ridge Falls Park. He entered a fenced off section along a dam and was standing on a narrow six-inch ledge of a foot bridge about 100 feet above water, according to the incident report from the Bell County Sheriff's Department, which also responded to the incident.

The soldier's spouse, who was out-of-state, was worried her husband was thinking about suicide, so she called her husband's platoon sergeant in the 2nd Battalion, 12th Cavalry Regiment, Sgt. 1st Class Nicholas Ketch. He quickly began coordinating with Clark and another platoon member, Staff Sgt. Stephen Gulczynski, to locate the soldier. They also reached out to local law enforcement.

Once they found the soldier on the ledge, the three noncommissioned officers and an officer with the sheriff's department began slowly to approach the soldier and coax him back to

Clark said he reminded his friend of the fun that they'd had that day, and the positive aspects of his life — he avoided negative



Rose L. Thayer / Stars and Stripe

Sgt. 1st Class Nicholas Ketch, from left, Staff Sgt. Stephen Gulczynski and Staff Sgt. Corey Clark, all assigned to the 2nd Battalion, 12th Cavalry Regiment, at Fort Hood, Texas, were honored for intervening when a fellow soldier attempted suicide.

topics. Eventually, Clark was able to grab his friend's arm. Gulczynski then grabbed him in a bear hug and the four men pulled the soldier over the railing and back to safety.

During a ceremony Oct. 7 to honor the three NCOs, each one credited their suicide prevention training from the Army and the increased focus on building relationships among troops for preparing them to deal with the situation. Once a month, Gulczynski said he and his squad spend time together. Most often, they go to breakfast and just talk—not about work, but about other topics.

"It allows the soldiers to see a different side of us, that we are human as well," said Ketch, who has spent 19 years in the Army. "That's where they begin to open up and talk and they accept that connection with us."

The Army calls this trustbuilding effort "People First," and it encourages tough conversations that break down barriers. It builds on already required training on equal opportunity, which targets racism and sexism, sexual assault and harassment prevention training and suicide prevention training.

On the same day that the 1st Cavalry Division recognized the three soldiers, two of the Army's top generals toured Fort Hood's new People First Center, a facility that pulls all this training into one location. Lt. Gen. Gary Brito, the Army's deputy chief of staff for personnel, or G-1, and Lt. Gen. Jason Evans, deputy chief of staff for installation programming, or G-9, observed a roleplayer training scenario designed to challenge what soldiers know about suicide prevention, sexual assault reporting and domestic violence.

"If you look at the soldier and their families as the pacing guide that makes everything that we do strong, all our energy, all the efforts, all the policies, all the training will be focused on them," Brito said.

Brito also serves as one of three chairpersons for the Army's People First Task Force, which was created in the wake of the Fort Hood Independent Review Committee's report that identified a number of problems at the base that equated to a lack of trust between soldiers and leaders that had been brewing for years. Former Army Secretary Ryan McCarthy appointed the committee after Spc. Vanessa Guillen was killed at Fort Hood by a fellow soldier.

It took more than two months for law enforcement to find her body, and during that time Guillen's family, veterans and advocates began to raise concerns about conditions on the base. Many of the report's recommendation will be implemented Army-wide under the People First Task Force.

Fort Hood invited Brito and Evans to tour their new facility in hopes in could become a flagship for the Army, said Col. William Zielinski, the facility's director.

"The center is less about a building and more about an opportunity to build a team," he said in a statement. "Having been a nation at war with several hundred thousand suffering from [post-traumatic stress disorder] from the wounds of war, the focus on deployments and redeployments. What we want to do is bring back the units and focus on what matters the most, which is people."

While the People First Task Force is still finalizing additional policies and changes related to the Fort Hood report, Brito said leaders are not waiting. At bases across the Army, leaders have taken initiatives similar to Fort Hood that have begun to make an impact.

For the three soldiers honored

at Fort Hood, the success of their training was measured by the life of their friend who is still standing in formation with them.

"It's part of our job," Ketch said. "It's no different than me standing in front of the enemy for him. But at the same time, it's not just the enemy that shoots bullets, it's the enemy within or some other issues that might occur."

The men were keenly aware that the gathering could have been a memorial service for their friend. Instead, they were honored by their unit for saving a life — for answering a phone call and taking action when a soldier needed help.

The battalion and Bell County, presented Clark, Ketch and Gulczynski with two awards for their actions June 19. Each received the civilian police department's Life Saving Award and an Army Achievement Medal.

Ketch said despite all the time they've all taken to get to know each other, no one knew the soldier was at risk of dying by suicide. Ketch said he continues to analyze the experience to try and learn how to intervene earlier.

"Even in a situation like this that [doesn't involve] my soldiers, I think about it, I read the reports if I can, and I check my soldiers every day," he said. "A lot of times when situations like this occur, most of that's hidden away. You'll never see it. It never comes out. And when it does, it's too late at that point. So all you can try to do is just have that personal connection, and in this situation that personal connection did save his life."

To reach the veterans crisis hotline, call 800-273-8255 and select option 1.

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Report: Military suicide rates rise again in 2020

By Caitlin Doornbos

Stars and Stripes

WASHINGTON — The suicide rate for active-duty troops rose again in 2020, according to the Pentagon's annual suicide report, and defense officials said they do not know why.

About 29 per 100,000 active-duty troops died by suicide in 2020, up from about 26 in 2019 and about 25 in 2018. Defense Secretary Lloyd Austin in a statement Sept. 30 described the upward trend as "troubling" and called for a greater effort to tackle issues of mental health in the military.

"We cannot bring back those we have lost, but we hope that we can in some way honor their memory by doing more — right now — to prevent future tragedies from suicide among our wider DOD family," he

said

In total, 580 active-duty, National Guard and Reserve troops died by suicide in 2020 — up from 504 in 2019 and 543 in 2018, according to the report. Of those, about 103 were Army National Guard members, representing a jump of about 35% from 2019 numbers. Active-duty soldiers also saw a nearly 20% rise.

The report also concluded enlisted and young male service members are at a higher risk of suicide than their elder peers and commissioned officers, said Dr. Karin Orvis, director of the Defense Suicide Prevention Office. Though enlisted men made up about 42% of the military population in 2020, they accounted for about 63% of all military suicides that year, according to the report.

"In short, we see continued heightened risk for our young and enlisted service members," Orvis said, noting young men are at a higher risk of suicide nationwide.

The report also tracked military family suicide rates, which found about 53% of all military spouses who end their lives are male despite there being significantly more female military spouses than male.

To help tackle the issue, the Pentagon is "implementing a new policy to screen for depression and suicide risk during primary care visits" at military hospitals and clinics for all patients who are 11 years old and older, Orvis said.

"We're also exploring measures on how to better understand help-seeking behaviors, perceived barriers to care and suicidal thoughts and behaviors among our military spouses," she said.

The report comes after three soldiers in the 10th Mountain Division in Fort Drum, N.Y., died of apparent suicides in a two-day period in September. One of the three had recently returned from helping with the evacuation mission in Afghanistan, though officials did not suspect the deployment was "the primary reason" behind the suicide.

Troops and veterans who want to contact the Veterans/Military Crisis Line can dial 1-800-273-8255 then press 1, or text the crisis line at 838255.

An option to chat online is available at veteranscrisisline.net.

doornbos.caitlin@stripes.com Twitter: @CaitlinDoornbos Friday, October 15, 2021 • STARS AND STRIPES • 第3種郵便物認可 PAGE 7

MILITARY

27K suggestions given for renaming bases

By Corey Dickstein Stars and Stripes

Among more than 27,000 public submissions of new names for Army bases now honoring Confederate generals were a number of "quite intense" proposals that disparaged the Congress-mandated renaming process, the leader of the commission undertaking the effort said.

"There are some folks who are distinctly opposed [to renaming bases named for Confederates] and the verbiage they used is quite deliberate," said Michelle Howard, the retired Navy admiral and chairwoman of the Naming Commission. "They make it clear that they do not support the commission."

Howard said the majority of suggestions would be taken into consideration, including 5,000 names proposed multiple times by members of the public. The eight-member commission, which began work in the spring, is charged with providing recommendations to Congress by October 2022. Lawmakers will then instruct the defense secretary to change the names of bases, ships, buildings and other military assets that commemorate the Confederacy.

In addition to at least nine Army bases, Howard estimated there were thousands of items across the military that likely qualified to be changed.

Commissioners spent the summer months visiting several of the Army bases named for Confederate generals and other military institutions with Confederate-linked items, Howard said. They met with military and civilian leaders — including elected officials, business leaders and local nongovernmental organizations — in those communities in an effort to hear directly from those who would be most impacted by the name changes.

Most of the meetings went smoothly, she said, though people often expressed their displeasure with the decision to change the names

"There are those who took the opportunity to vent a little to the commission and made it clear ... they feel it's part of the history of the area, and they're very tied to



There are 10 U.S. Army posts named after men who were Confederate generals during the Civil War. Top row, from left: Braxton Bragg, George Edward Pickett, Henry Benning, A.P. Hill and Leonidas Polk. Bottom row, from left: John Brown Gordon, John Bell Hood, Robert E. Lee, Edmund Rucker and Pierre Gustave Toutant Beauregard.

the history of the area," Howard said. "But, in the end, they understand that the law has already been written — that it's not a decision for the commission, that that decision has already been made by Congress."

Congress mandated the commission in the 2021 National Defense Authorization Act, which sets annual spending and policy priorities for the Defense Department, as Army and Pentagon leaders began looking at stripping bases of Confederatelinked names last year amid a nationwide racial reckoning after the Memorial Day killing of George Floyd by Minneapolis police. Then-President Donald Trump vetoed the law, objecting to the renaming commission, but Congress overrode his veto.

The Army installations in question, all in former Confederate states, were named during the 1910s and 1940s during the south's Jim Crow era. They are Fort Polk in Louisiana, Fort Benning and Fort Gordon in Georgia, Fort Bragg in North Carolina, Fort A.P. Hill, Fort Lee and Fort Pickett in Virginia, Fort Rucker in Alabama, and Fort Hood in Texas. Camp Beauregard in Louisiana was also named for a Confederate general, but it is owned by that state's National Guard and it is not within the commission's authority to rename, officials said in May.

The commission is also considering whether it should suggest renaming Fort Belvoir in Virginia, Howard said. That Army installation just outside of Wash-

ington was initially named for Gen. Andrew A. Humphreys who served in the Union army during the Civil War. It was renamed in 1935 after the family who owned the plantation on which the installation now sits.

Howard said the commission will determine whether that previous renaming was tied to honoring the Confederacy in any way. She said the panel has tasked historians with looking for clear evidence on the decision to rename the post.

Howard appeared dismissive of some suggestions to rename certain installations for different individuals with the same surnames as the Confederate generals for whom the bases' names now honor.

For example, Wisconsin state Sen. Dale Kooyenga, R-Brookfield, in May suggested renaming Fort Bragg for a cousin of its current namesake Confederate Gen. Braxton Bragg. The lawmaker suggested the post could simply honor Braxton's cousin Union Gen. Edward Bragg, who was from Wisconsin.

"Any name that's provided to us we're going to take that into consideration and work our way ... down the names and then get to a final list that we can consider," Howard said. "I will tell you, though, there were members of communities we met with who stood up and said, 'If you do that — if you use the same name, even with a different human in a different context, then you almost undo' what they thought the intention of the law was.

"So, I took that to heart — hearing members of the community say that."

Howard said the public submissions include names that would honor women and people of color and others. She said Sherman and Benavidez were among the most common names submitted. Sherman would honor Union Gen, William Tecumseh Sherman, who was perhaps most famous for his 1864 scorchedearth march through Georgia. Benavidez would honor Green Beret Staff Sgt. Roy Benavidez, who was awarded the Medal of Honor for valor in Cambodia during the Vietnam War.

The commission will accept public suggestions for military installations through Dec. 1. It is seeking names that commemorate individuals, high-profile military operations, geographic locations or core military values.

Suggestions can be submitted at www.thenamingcommission.gov.

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