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2018-19

Welcome to the Pacific

**Your guide
to being stationed on**

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Stripes 2018-19
Welcome
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Pacific

STARS AND STRIPES

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We're here for you!

If you're reading this magazine, you've likely already arrived on Guam and have been welcomed to your new duty station by any number of people. Well, on behalf of the Stars and Stripes family, we'd also like to welcome you as you begin your stay in the Asia-Pacific region. No handshakes or hugs here though – just some good ol' useful information you're going to want to know.

In this Welcome to the Pacific 2018-19 magazine, we really try to help you as you begin your journey overseas. Curious about the local food here? We've got that covered. Need to find a new car? Flip a few more pages and find some of the top dealerships on the island.

And all this useful information Stars and Stripes offers doesn't end with this magazine. Please use this as a guide to help you get settled on Guam. It's a big change, and hopefully this can provide some help as you learn the lay of your new land. But, to go along with the Welcome to the Pacific magazine, Stripes also has its community newspapers that hit the blue boxes on your base each and every week.

Stripes Guam is there to give you the 411 on all the off-base events going on, the hot new water activity, or that new Chamorro café with a view that you need to see to believe. So, make sure to grab a copy and check us out the next time you pass a blue box.

We even cater to the clothing deficient. Need something to do this weekend and you just can't get out to grab the latest paper? No worries. Guam.Stripes.com allows you to research that next outing as you sit half naked at your computer screen. We don't mind.

At Stripes, we like to emphasize that we are community newspapers and community websites. So, as any good community does, we love to hear from you, the reader! Have a story idea? Visit one of our websites and let us know. Better yet, do you have a great story to tell? Maybe it's about a colleague who's out there making the community better. Submit your story and we just might publish it in the paper!

Finally, make sure you take the time to like us on Facebook. Search @StripesPacific and give us a thumbs-up and a follow to stay up to date on all the latest news relating to the U.S. military community stationed in the Pacific. And make sure to keep an eye out for our photo contests and giveaway promotions, because who doesn't love free stuff!

Ian Waddick,
 Publishing and Media Design Editor
 Stars and Stripes
 Fall 2018



Cover photo: Two Lovers Point in Dededo

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Guam's vibrant culture, people

Guam, the largest and southernmost of the Mariana Islands chain, has a unique and complex cultural history. Located in the Western Pacific in the geographic region known as Micronesia, Guam is well known for its strategic military and economic position between Asia and the North American continent, but is less known for its remarkable history and resilient people.

Inhabited for thousands of years, archaeological evidence indicates that the Marianas Islands were one of the first places to be settled by seafaring peoples, possibly from Island Southeast Asia, over 4,000 years ago. The Mariana Islands appear to have been continuously occupied by people who shared the same culture and language that eventually became known as Chamorro.

Guam's history is also one of multi-colonialism, with the last 400 years of Guam's history marked by administrations of three different colonial powers: Spain, the United States and Japan.

The ceding of Guam to the United States as an unincorporated territory after the Spanish-American War in 1898 introduced Chamorros to democratic principles of government and the modern American lifestyle, while keeping them subjects of a sometimes-oppressive U.S. Naval administration.

Guam also had a unique position in World War II, when Japan invaded the island shortly after the attack on Pearl Harbor in December 1941. For the next three years, Guam was the only U.S. territory occupied by Japanese forces until the Americans returned in 1944 to reclaim the island.

The political maneuverings after World War II and the post war buildup led to even more expansion of U.S. military interests in Guam and the rest of Micronesia, with Guam becoming a hub for economic and commercial development. The easing of military restrictions for entering Guam and the establishment of a local, civilian government, have made the island an ideal place for people from all over the world to visit, go to school, find jobs or pursue a variety of economic interests.

Today, in addition to its inviting beaches, elegant hotels and great bargains, Guam has another vital attraction – its unique culture.



Photo by Airman 1st Class Gerald Willis
Pacific Air Forces Public Affairs

The traditions and customs of Guam's proud island heritage thrive, despite invading conquerors, wars and epidemics, and changing governments. Forged from a neolithic foundation and molded by historical events, Guam's living culture has expanded into a vibrant, modern way of life.

Since the 17th century, Catholic churches have been the center of village activities. Even today, every village has its patron saint whose feast day is celebrated with an elaborate fiesta, which the entire island is invited to attend. Family groups still hold christening parties, weddings, novenas, funerals, and death- anniversary rosaries. All are flavored by the rich Spanish heritage.

Spanish influence may also be seen in the mestiza, a style of women's clothing, or in the architecture of Guam's southern villages.

Countless Americans, Europeans, Asians, Micronesians and other visitors have left their imprints on the island's pastimes and tastes, but nowhere is the island's multi-cultural influence more evident than in its food.

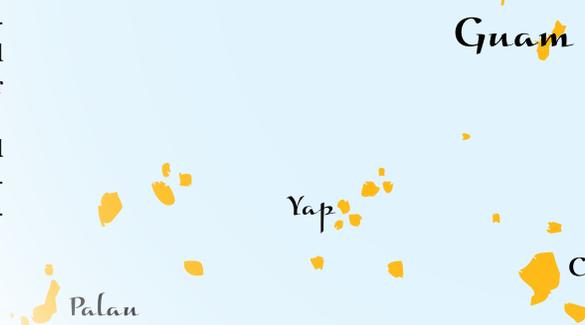
At a fiesta or other island party, families prepare heavily laden tables of local delicacies, such as red rice, shrimp patties, a Filipino-style noodle dish called pancit, barbecued ribs and chicken, and taro leaves cooked in coconut milk. Another mouth-watering treat is kelaguen, usually prepared from chopped broiled chicken, lemon juice, grated coconut and hot peppers. Fiery finadene sauce, made with soy sauce, lemon juice or vinegar, hot peppers, and onions, is sprinkled over the food for a truly memorable dish. After a hearty meal, Chamorros often enjoy chewing pugua (betel nut) mixed with powdered lime and wrapped in pepper leaf.

Music is an integral aspect of an island lifestyle, and performances using traditional instruments, such as the belembaotuyan, are highlights of cultural presentations. The belembaotuyan, made from



a hollow gourd and strung with a taut wire and pressed against ones bare stomach, creates a melodic sound enjoyed by all. The nose flute, once a long forgotten instrument, is now making a hearty return.

The Kantan Chamorro style of singing has been a favorite form of entertainment for generations. Additionally, it has been used to lighten long hours of group work activity,



Culture

Community

Online

Transportation

Education

Food

Leisure

Guam's Seven Historical Eras

2,000 BC – 1668: Ancient Guam

People first arrived on Guam and the rest of the Mariana Islands probably from South-east Asia, possibly in many waves over many years. These people evolved into the Chamorro people with their own distinct language and way of life.

1668 – 1898: Spanish Era

Starting with the arrival of Father San Vi- tores, Guam was colonized by Spain until the Spanish-American War.

1898 – 1941: U.S. Naval Era

The U.S. Navy ruled Guam from the end of the Spanish-American War up until the Japa- nese invasion of Guam on Dec. 8, 1941. The Chamorros petitioned for U.S. citizenship for the first time in 1901.

1941 – 1944: World War II/Japanese Era

Japanese forces occupied Guam from Dec. 8, 1941 to July 21, 1944.

1944-1950: Post-War Era

A period of rebuilding after the destruction of World War II. Naval Governors were once again in charge of the island. This is the pe- riod when the military took land and built several large bases. The people of Guam pushed hard for self rule and U.S. citizen- ship.

1950 – 1970: Guamanian Era

With the signing of the Organic Act on Aug. 1, 1950, Chamorros became U.S. citizens, though they had limited self government. The governor, a civilian, was appointed by the U.S. president. The Organic Act set up the government of Guam as well, with the ad- ministration, the legislature and the courts. The term "Guamanian" was coined, which includes Chamorros, Filipinos and everyone else who makes Guam their home.

1970 – Present: Contemporary Guam

Guam's first elected governor took office and Guam started getting more tourism business on a regular basis, which gave the island a second industry besides the military.

- Guampedia



Photos courtesy of Guam Visitors Bureau

element of social gatherings, ranging from fiestas and fandangos to casual backyard parties. Musicians usually sing Chamorro, American, Filipino, or a variety of Asian songs.

Legends and folklore about village taotaomo'na (ancient spirits), doomed lovers leaping to their death off Two Lovers' Point (Puntan Dos Amantes), and Sirena, a beautiful young girl who became a mermaid, are portrayed in many of Guam's enriching cultural dances.

Guam's traditional arts are very much alive. During cultural fairs and exhibitions, visitors often have the opportunity to watch master weavers, carvers and even a blacksmith at work.

Weavers, using the traditional pandanus or coconut fibers, fashion baskets of various sizes, purses, hats, floor mats and wall hangings. Carvers hew tables, plaques, figurines of people or animals, and household implements using ifil wood or pago woods.

The traditional ways are being passed along to the younger generations through apprenticeship programs in order to preserve the island's art heritage. A master blacksmith, for example, recently graduated three pupils who have learned how to make useful steel farming and fishing implements, such as coconut graters, hoes, machetes and fishing spearheads. Other hand-forged items include betel nut scissors, tools for weaving and knives.

A trip to Guam is like visiting the four exotic corners of the globe. Guam is considered the hub of the western Pacific and undeniably Micronesia's most cosmopolitan destination - a true example of the great American melting pot. In addition to the indigenous Chamorros and 'stateside' Americans, Guam boasts large populations of Filipinos, Chinese, Japanese, Koreans and Micronesian Islanders, as well as a few Vietnamese, Indians and Europeans.

- Guam Visitors Bureau



Guam

such as weaving, corn husking and net fishing. One singer would begin the familiar four-line chant, referring romantically or teasingly in the verse to another person in the group. The challenged person would then take up the tune and the song might continue in this fashion with different singers for hours.

Contemporary music is an important

aiipan
nian
Rota

Marshall Islands

Micronesia

huk

Pohnpei

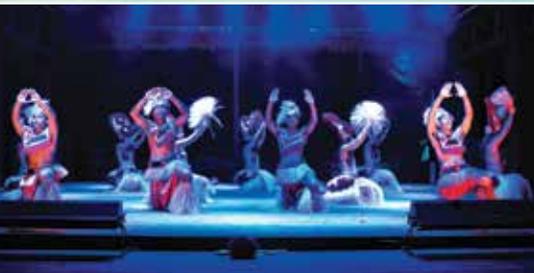
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Chamorro language guidelines

Most of the younger Chamorros you meet on Guam, or “Guåhan,” are not likely to speak much more of the Chamorro language than the ubiquitous greeting, “Håfa adai!” But while the number of Chamorro speakers has decreased over the decades, a recent surge in interest in preserving local history, traditions and culture indicate the language may be around for centuries to come. English may be the lingua franca on the island today, but you might be surprised at how many speak some of the Chamorro language – and would appreciate your attempt to speak it, too. Here are some basics to get you started.

Letter Pronunciation

A (æ)	E (e)	I (i)	Ñ (ɲ)	~ (ɻ)
Å (a)	F (f)	K (k)	Ng (ŋ)	S (s)
B (b)	G (g)	L (l)	O (o)	T (t)
Ch (ts)	Gu (g ^w)	M (m)	P (p)	U (u)
D (d)	H (h)	N (n)	R (r)	Y (dz)

Note: The letter Y is pronounced more like DZ (an approximation of the regional Spanish pronunciation). The letters N and Ñ, and A and Å, are not always distinguished in print. Thus, the Guamanian place name spelled “Yona” is pronounced “Dzɔna,” not “Jona” as might be expected. “Ch” is usually pronounced like “Ts,” rather than as it is in English. The Chamorro R is a flat (ɾ), like a Spanish R between vowels, and a retroflex approximant (ɻ), a type of consonantal sound, like the English R at the beginning of words.

BASIC CHAMORRO PHRASES

Håfa Adai! – Hello

(informal)

lit: What/How, Friend.

Also spelled Hafa dai, Hafadai, Hafa dei or Hafadei.

Memorias – Greetings (From Spanish)

Kao mamaolek ha' hao? – How are you?

(informal)

lit: Are you doing well?

Håfa tatatmånu hao? – How are you?

(formal)

Håyi nå'ån-mu? – What is your name?

Nå'ån-hu si John – My name is John

Ñålang yu' – I'm hungry

Må'o yu' – I'm thirsty

Ådios – Goodbye (From Spanish)

Put Fabot – Please (From Spanish)

Fanatåtte – Leave later

(informal)

Buenas dias – Good morning

(From Spanish)

Buenas tåtdes – Good afternoon

(From Spanish)

Buenas noches – Good night

(From Spanish)



Esta ågupa' – Until tomorrow

Si Yu'us ma'åse' – Thank you

(lit: God have mercy)

Buen probechu – You're welcome

(From Spanish)

For more information on the Chamorro language, see chamorrolanguage.blogspot.com

Find local restaurant reviews, travel information, community news and events in

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Whether you are stationed on Guam or even if you are on island for a short deployment, USO Guam is a place where you will find your “home away from home.” It is the ideal place for newcomers to get their bearings, for local military families and guests to gather, for those on deployments to connect with loved ones, and for those in transit to relax and unwind. To deliver USO’s mission of connecting service members and their families to family, home and country throughout their service to our nation, USO Guam offers a wide variety of free programs and services to keep our military and their families connected with things they often miss while rendering service to our country.

Our two centers located in Guam’s Tumon Bay tourism district and at Andersen Air Force Base now welcome more than 80,000 visitors a year. In addition, our area outreach provides special events and programs for an additional 20,000 service members and families annually to Army, Marine Corps, Navy, Air Force, Coast Guard and Guam National Guard locations where we do not have a center.



USO Tumon Bay

USO Guam’s award-winning center located in the heart of Guam’s Tumon Bay tourism district at the Royal Orchid Hotel welcomes approximately 50,000 visitors every year from service members, families, and their guests. The USO is here to ensure the best in hospitality. This unique, 5,000 square foot center offers a comfortable and relaxed “island style” environment with an array of gratis services including homemade hot food and refreshments, local and long-distance calls, high speed internet and Wi-Fi, and more.

Regular Hours of Center Operation:

Sun. – Thurs.: 8 a.m. – 10 p.m.

Fri. and Sat.: 8 a.m. – midnight

Center Services:

- Freshly Brewed Coffee and Cold Drinks
- Hot Food, Refreshments Served Daily
- Local and Long-Distance Calling
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- Sesame Street Playroom
- Karaoke Room
- Meeting Space for Group Functions

USO Andersen

USO Tumon Bay



USO Andersen

As America's "tip of the spear" military location in the Pacific, Guam's military population is on the rise. To ensure USO is close at hand whenever needed, an additional center opened at Andersen Air Force Base in September 2017. With an average of about 3,500 visits per month, this new center serves the Air Force population of the 36th Wing and its tenant commands, units from the U.S. and surrounding Pacific locales who regularly deploy to Guam, the now permanently stationed Army units on Guam, and the expected influx of more than 5,000 Marines and families within the next five years.

Regular Hours of Center Operation:

Sun. – Thurs.: 10 a.m. – 8 p.m.

Fri. and Sat.: 10 a.m. – 10 p.m.

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- Special programming to support "no dough" dinners at barracks
- Mobile programming to isolated areas of Northwest Field for special events (barbecues, flapjack Fridays, etc.)



Area Outreach Programming

In addition to its center operations, USO Guam serves more than 20,000 service members and families through its area outreach programming each year. At the southern end of the island, this includes robust pier-side support for Naval Base Guam.

Sailors, Marines and coastguardsmen enjoy USO support for homecomings, deployments, holiday celebrations and other special happenings. With a base population of approximately 4,500 and an additional 100,000 sailors in port each year, service members and their families remain connected through USO Guam programs and services specifically targeted to the naval and Coast Guard operations on the island.

USO Guam also partners with the Andersen Air Force Base Guam Chapel to serve hundreds of airmen and soldiers monthly at the isolated Northwest Field training and defense area at the northern end of the island. This remote, rough terrain area offers limited meal options (even drinking water has to be transported to the locale each day), and our military personnel there

work in rough conditions.

To help keep the morale of these awesome individuals uplifted, the AAFB Chapel and USO serve flapjack breakfasts or lunch with grilled hamburgers, hot dogs, and veggie burgers to members of the 554 Red Horse Squadron (USAF) on odd numbered months and Task Force Talon (THAAD) on even numbered months.

Guam is also home to its beloved Guam National Guard whose members protect and defend the island while also deploying to locations around the globe in support of our nation. USO Guam takes special pride in serving these 1,500+ local heroes through special events at the GNG installation, deployments, homecomings, and command and family gatherings at the USO.

USO Guam welcomes all military and their guests to please visit one of our island's centers or special programming initiatives. Visit us on Facebook at [Facebook.com/USOGuam](https://www.facebook.com/USOGuam), or get up to the minute information on our website at guam.uso.org. Thank you for your service to our country!



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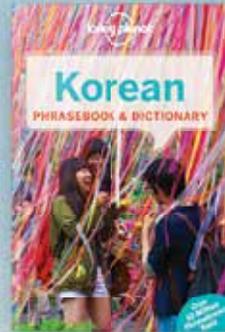
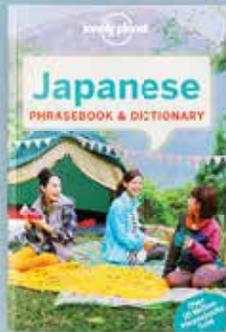
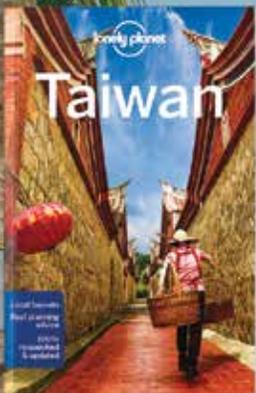
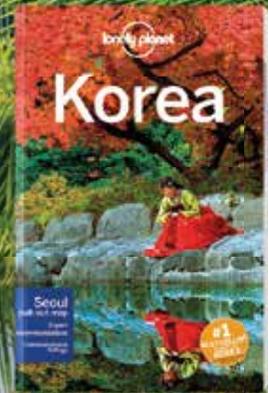
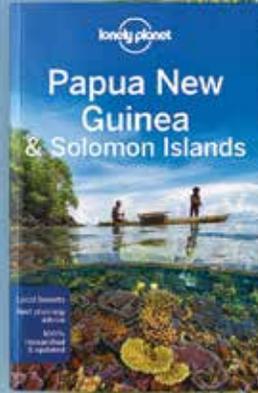
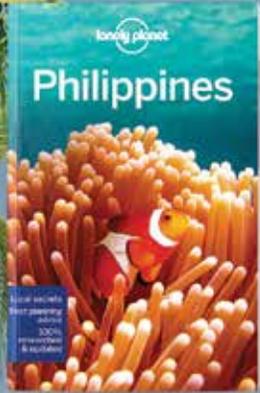
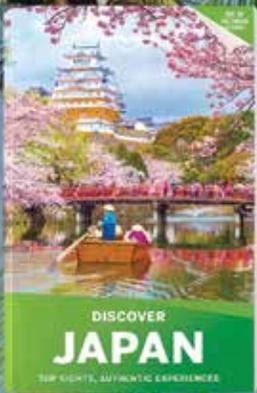


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Finding a job on Guam

So, you followed your spouse to Guam. They have a job. You don't. There are jobs available on Guam, but you just need to know where to look. Here's some helpful resources to get you started on your job search:

Guam Department of Labor's One-Stop Career Center

Great place to visit early on so your name can be placed on a list of jobseekers and your resume can be available to a potential employer match.

Office Location: Bell Tower Plaza, 3rd Floor
710 West Marine Corps Drive
Hagatna, GU 96910

Mailing Address: 710 West Marine Corps Drive

Suite 301, Bell Tower Plaza
Hagatna, GU 96910

Phone: (671) 475-7000/1

Fax: (671) 475-7045

Office Hours: Mon.-Fri. 8 a.m. to 5 p.m. (except Government of Guam holidays)

Pacific Daily News

The PDN's online job finder service www.guampdn.com/guampublishing/jobfinder/index.html is a great resource.

Hireguam.com

This is the official job bank for the island of Guam. It is the American Job Center's free online service for job seekers, students and businesses. This means you can partake in a

multitude of services from anywhere on the island using a computer.

www.jobsonguam.com

This lists current job vacancies in a variety of fields.

guamjobsonline.com

A list of job openings for on and off island.

guam.us.jobs

This is the Guam Department of Labor job finder service.

www.usajobs.gov

Looking for a job with the U.S. government? Here's the site to check out.

Getting connected with a cell phone

You have probably had your own cell phone since you were in high school, and gradually learned the ins and outs of calling plans as you grew older. But now you are on Guam, and the familiar U.S. cell phone carriers are not available. Moreover, the distance between Guam and home in the U.S. means you have different service requirements than before.

Buying a cell phone is more than just getting a handset; you also have to select a service provider. And with a smorgasbord of carriers offering different technologies and service plans, choosing a provider should be the first step – before signing a contract that will tie you to a carrier for most of your time on the island.

On Guam, there are four main providers: Docomo Pacific, GTA, iConnect and IT&E. If you want to weigh your options and see all of

what Guam cell providers have to offer, here is a quick breakdown.

Docomo Pacific

Docomo Pacific is one of Guam



and the CNMI's leading providers of telecommunications and entertainment services dedicated to bringing you closer to the things that matter most. Docomo Pacific offers the latest mobile services, cable TV, high-speed internet, and telephone services. For more information, visit www.docomopacific.com for the latest on products and services.

GTA

GTA provides complete communication services on Guam. These include local and long distance telephone service, wireless, high-speed internet, advanced digital television, and carrier-class data circuits. Based in Tamuning, Guam, GTA is privately owned and locally managed. For more information, visit www.gta.net.



iConnect

iConnect is a premier provider of world class communications and high-speed mobile data services and products on Guam and the Marianas. They offer a wide variety of phones, smartphones and devices. Unlimited U.S. calling and texting on postpaid and prepaid, budget friendly long distance rates and other affordable calling and data plans are the hallmarks of iConnect. Visit www.icconnectguam.com for more information.

IT&E

IT & E offers a full range of cellular, wireless data, long distance, roaming and corporate data services on Guam. The company pioneered many of the advances in domestic/international calling, internet, data and wireless services. Visit www.ite.net for more information on IT&E's selection of the latest smartphones, tablets and mobile devices.





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Guam online

Choice sites to help you enjoy your stay

Guam

This is, hands down, the most comprehensive site for local military community news and events as well as travel, restaurant reviews and off-base activities on island. guam.stripes.com

Detailed site offers a wealth of information, from dining and shopping to entertainment and maps. www.guam-online.com

Fun website is a great source for local activities, attractions, travel and more. theguamguide.com

This is a portal to nine active sites with contact details and related video on anything from popular eateries and who sells the best fruit smoothies to hot shopping spots and volunteer groups. hotguam.com

This is Guam's major daily newspaper. www.guampdn.com

Guam factoids

This is an online encyclopedia of almost all things Guam, including its history, culture and indigenous language as well as contemporary arts, issues and more. www.guampedia.com

Government

The official website of the Guam government is loaded with useful info on the island territory, including a handy "how to" section with info ranging from registering a vehicle to starting a business. www.guam.gov

Culture

This gateway to rare snippets of Guam history, culture and archeology offers entry into a realm of Chamorro legends, vintage photos, archeological discoveries and local arts. guam.org.gu

Food

A must for the foodie on island, this site combines a restaurant directory, food genre-related links, recipes and insightful restaurant reviews, nutrition, wine and more. www.guamdiner.com

Guam native and former Air Force officer can help you create some tasty Chamorro

dishes. www.annieschamorrokitchen.com

All things about BBQing, cooking and eating on Guam.bbqguam.blogspot.jp/

Military

The Command Joint Region Marianas website offers official military information for service members and the general public, as well as links to the installation websites for Andersen Air Force Base and Naval Base Guam. www.cnic.navy.mil

No matter where you are stationed, this is the most relevant source of news for America's military, other Defense Department personnel and their families. stripes.com

Tourism

The official website of Guam Visitors Bureau offers all the essentials needed for a first time visit or extended stay – including a pretty handy island-wide events calendar. www.visitguam.org

Nearby islands

Information – including a handy events calendar – about the neighboring Northern Mariana Islands (Saipan, Tinian and Rota) is at: mymarianas.com

Diving

Hosted by MDA (Micronesian Divers Association), this site is a great place to start when it comes to getting the basics on diving in Guam. www.mdaguam.com

Running

With its list of annual foot races, courses, race results and contacts, the homepage of the host of the annual Guam Marathon is a good starting point for getting into any race. sites.google.com/a/guamrunningclub.com/guamrunningclub/home



Ride out the storm with Dave

Dave Ornauer has been with Stars and Stripes since 1981, and one of his first assignments as a beat reporter in the old Japan News Bureau was "typhoon chaser." Pacific Storm Tracker is designed to take the technical weather lingo and simplify it for the average Stripes reader.

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Getting behind the wheel

Purchasing a vehicle

‘Where America’s Day Begins’

In addition to the usual considerations for purchasing a vehicle, service personnel must choose whether to buy from another service member or the equivalent, a local resident or a car dealer. A fourth option is Military AutoSource (formerly Exchange New Car Sales).

Military AutoSource is ideal for those who can afford it. Vehicles come with import licenses, bill of sale and a warranty. Just because someone can afford such a purchase, however, does not mean they can afford to ship the vehicle back home or to their next duty station.

So whether one’s “follow-on” orders are likely to include vehicle shipment is one thing to stop and consider with this option. Chances of selling the vehicle for its true value before PCSing out are not likely to be high.

Many people opt for buying used vehicles from military or civilian personnel PCSing out. The ritual usually begins with a visit to the base’s so-called (sometimes figuratively, sometimes not) lemon lot for a few rounds of tire kicking and/or haggling. It is possible to find one’s ideal vehicle in near-perfect shape. The only guarantee, however, is that there are no guarantees.

People with short tours tend to do minimal maintenance and a vehicle may have had more than one short-term owner. Analyze any defects and consider the repair costs. Without any warranty the risk is significant.

Also, bear in mind that regulations vary between military installations, requiring different steps for vehicle transfers between bases, import vehicles and motorcycles. Check with the

appropriate offices before making any plans or purchases.

An off-base dealer is probably the safest bet for getting a quality pre-owned vehicle. There are likely to be hundreds of cars to choose from. The registration process isn’t difficult and many dealers offer direct finance plans.

If the dealer has a garage for maintenance, that’s a bonus. Minor repairs can be taken care of before and after you select your car. If you have access to a base auto hobby shop and you like working on cars you can save lots of money.

Always insist on a warranty when buying a car from a dealer.

For your added protection, the Auto Hobby Shop on Andersen Air Force Base and the at Navy Exchange Car Care Center offer inexpensive inspections of used cars that servicemen and women are considering purchasing. These cover the same points the local motor vehicle department checks.

The car dealers on Guam are just as sophisticated and high tech as those in the States, with the best of them operating websites that enable you to shop online before you visit the showroom. You can input the year, make and model of the vehicle you are interested in, and then see photos of the cars the dealers have in stock, the general specifications and the sticker price.

This goes for both new and pre-owned cars. You still have to go to the dealership to negotiate the price and put up with the sales tactics that are universally used by car dealers, but you will at least have an idea of what you want and information in your hand before you go.

Some major dealerships catering to the military community on Guam are:

Military AutoSource offers Chrysler, Dodge, Jeep, Ram, Ford, Lincoln and Harley-Davidson vehicles to military personnel stationed, or on TDY assignment, abroad for at least 30 days. It has independent sales representatives on or near U.S. bases throughout Japan. www.militaryautosource.com. There are two offices on Andersen Air Force Base – one in the BX (653-3155) and one by the Shoppette (653-7741). On Naval Base Guam, you can contact the office near the Main Exchange (564-3259).

Atkins Kroll is the automotive distributor for Toyota, Lexus, BMW, and Chevrolet. They have the largest inventory of Used Cars on the island, largest parts warehouse, and is the only automotive dealer with its own body & paint shop. You can reach them at 443 South Marine Corps Drive, telephone 649-6410, and AKguam.com.

Guam AutoSpot (www.guamautospot.com) carries the full line of new Mitsubishi cars and a huge selection of quality used cars and trucks from all major brands; serving you from two locations on Marine Corps Drive (Route 1) in East Agaña and Adelup. For military discount pricing, just click military appreciation on their website and shop “mouse to house.”

Cars Plus is located in Maite, right across Tiyan, at 647 Route 8. It handles Jeep, Chrysler, Dodge, and Hyundai vehicles, both new and used, as well as Honda, Kawasaki and Suzuki motorcycles and SYM scooter

lines through its Cycles Plus division. For more information, visit their website at www.carsplus-guam.com or call 300-8155.

Nissan Guam lives up to its name, offering a wide selection of Nissan automobiles as well as a large number pre-owned vehicles. See what they have to offer on their website at www.nissanguam.com, or drop in to their showroom in Tamuning at 1012 North Marine Corps Drive. Call ahead for an appointment at 647-7261.

Prestige Automobiles operates two locations on Guam, with its sales office for Land Rover and Subaru at 491 East Marine Corps Drive in Dededo, and one specializing in Pre-Owned cars and Subaru at 1339 North Marine Corps Drive in Upper Tumon. Visit their website at prestigeautoguam.com or contact them at 633-2698 (Dededo)/647-2698 (Upper Tumon).

Triple J Motors has the widest selection of vehicle brands on Guam, including Ford, Honda, Acura, Mazda, Kia, Lincoln and Volvo, as well as top commercial brands like Ford, Isuzu and Blue Bird. They also offer all qualified military personnel a \$500 purchase incentive that can be used towards the purchase of a new or pre-owned vehicle at any of their Guam locations. It has three locations: on the corner of Airport Rd. and Marine Corps. Dr. in front of Kmart, next to McDonald’s in Tumuning and in front of Kmart in upper Tumon. You can also get a real time 360-degree view of their entire inventory and get pre-approved instantly at triplejguam.com. To speak to a sales associate, visit one of their showrooms or call 648-(CARS) 2277.



Motor vehicle rules

Safety inspections

All private motor vehicles must pass an annual Government of Guam Vehicle Safety Inspection. Before you buy a car, ensure that it has a current inspection. The safety inspection and the vehicle's license plates are transferable to the new owner.

Guam requires all vehicle operators to carry a minimum insurance coverage of \$25,000 personal liability for each injured person, \$50,000 personal liability for each accident, and \$20,000 personal liability for property damage.

Driver's license

For active duty military members, a valid driver's license from the member's state of legal residence or an expired license from a state of residence that honors Military Waiver; as long as the Military ID is current, is valid on Guam. For further information please refer to the base legal office. However, spouses are required to get a Guam driver's license 30 days after arriving on island.

No need for speed

The highest speed limit on Guam roadways is 35 mph. Many areas are hazardous and therefore posted at reduced speeds.

Route #1, or Marine Corps Drive, is the most heavily traveled roadway on Guam. Traffic itself presents a hazard on this roadway most of the time. Additionally, wild and domestic animals may suddenly cross this roadway without warning. Numerous fatalities have occurred on this roadway, so use caution and drive defensively at all times.

Quick tips

- Guam's traffic laws require that your car's headlights be turned on during periods of reduced visibility (rainstorms, darkness, etc.).
- As a result of the coral roads, road conditions on Guam are extremely harsh on both car and bicycles causing the tires to wear fast. Pay attention to the level of air and constantly check for leaks.
- Most roadway shoulders are

unimproved, so use caution when pulling off onto the shoulder. Numerous roadways on Guam have uneven or jagged edges, with a drop off of one inch to six inches, or more. If you drive off the edge of the roadway, grip the steering wheel firmly, and gradually slow down without braking. When speed and conditions permit, steer back onto the roadway.

- Due to the numerous potholes along the roadways, motorists tend to swerve to avoid any possible tire damage, be aware and drive defensively. Many of the roadway entrances are blocked by overgrown vegetation, so never assume the person turning on or off of the highway can see you.
- Drivers on Guam tend to use both lanes for travel, i.e., the left lane on 4-lane or greater roads is not necessarily perceived as the "fast" or "passing" lane (remember the max posted speed limit is 35 MPH!!).

Motorcycles

All two-wheeled motor vehicles (including mopeds and scooters over 50cc) are required to be licensed by

Guam. According to Guam law, you are required to obtain a Government of Guam license for motorcycle operation.

Motorcycles are required to carry the same minimum liability insurance coverage as automobiles.

Motorcycle operators and passengers, and moped/scooter operators must wear a DOT approved helmet, impact resistant goggles or face shield, long sleeved shirt, long pants, sturdy shoes that cover the ankle (no sandals or loafers), and full fingered motorcycle gloves. Passengers are prohibited on mopeds. Operators must have their headlight on at all times.

In addition, active duty riders (motorcycles, mopeds/motorized scooters over 49cc) MUST attend your base's motorcycle safety course. Please call your Safety office for further details.

Did You Know?
Guam has one of six non-voting members in the U.S. House of Representatives. Currently, the position is held by Democrat Madeleine Bordallo.

Public transportation

Buses

Mass transit service is provided by the Guam Mass Transit Authority, which currently operates buses on nine routes, connecting nearly all of the villages of the island.

Service frequencies vary from 30 minutes to two hours. Service on all routes is provided, Monday through Saturday and is available to people with disabilities.

No service is provided on Sundays or on



holidays. Hours of service generally run from 6:30 a.m. to 7:30 p.m., although three of the routes begin service at 5:30 a.m.

The standard fare is \$3.00/day, \$1.00/ride with discounts available for senior citizens, students, and physically challenged passengers.

For ages 6 to 18 and 55+ year-olds, the fare is 35¢/ride, \$1.00/day.

Prices and routes are subject to change without notice.

Taxis

Taxis are readily available at all hotels and major shopping centers. All taxis have regulated meters, and the standard flag rate is \$2.40, \$4 for the first mile, and \$0.80 every 1/4 mile thereafter.

Typical one-way fares are about \$5 to \$6 from the airport to Tumon Bay hotels, and \$8 to \$10 from Tumon to Hagåtña.

A round-trip fare from Tumon to Merizo, in southern Guam, is approximately \$80 to \$100.





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Space-A travel

A way to see the world

A privilege to Uniformed Forces personnel, their dependents, retirees, and others who support the mission, the Space-Available travel program may be a great option for seeing the world on a budget ... if the timing is right. The program is nicknamed Space-A, and although that A is short for “available,” it could also mean “attitude.” Learning how to navigate the program with a positive attitude, plenty of leave and a back-up plan is key for a successful “hop.”

What is Space-A?

The Space-A program allows authorized passengers to occupy surplus DoD aircraft seats after all space-required duty passengers and cargo have been accommodated. Most Space-A flights are offered through the Air Force’s Air Mobility Command (AMC) or the Navy and are usually free of charge, except for a small tax (usually under \$30) charged per seat and per leg, when seats are on commercial, Patriot Express flights. Common destinations include the Continental U.S. states, Hawaii, Alaska, Germany, England, Spain, Italy, Japan and South Korea. Flights may even go to South and Central America,

Africa and Australia. The best time to obtain seats is when DODEA schools are in session.

Have a back-up plan

Because this program is a privilege and not an entitlement, it is imperative to understand the circumstances may change due to mission mobility. Flying exactly where you want to go at the time or day you want to fly is not always possible. The first obligation of the AMC is to fill seats for military missions, therefore available seating fluctuates and could change at any time on any part of your destination. So, if you have a specific itinerary, event or obligation waiting for you at your destination or on your return, you may want to reconsider using Space-A for those travel plans. This program is designed for those who have enough available leave, time and flexibility to wait or change their schedule.

For example, it may be a breeze to sign up and get seats on the first flight, but when you try to return, you could wait several days for available space. Or, you could even be dropped off in another country to wait for a flight. Remaining calm, positive and being flexible will help. Sometimes

travelers attempt to catch a hop at neighboring base terminals. For example, it is not uncommon to travel between Ramstein and Spangdahlem Air Bases to attempt to get a seat. Or, travelers drive between terminals in Dover and Baltimore on a regular basis seeking seats. When flying Space-A, be ready for anything. Create a back-up plan and have available funds in case you need to make other travel arrangements and accommodations when space just isn’t available.

Who can fly Space-A?

The program was created as a way to enhance the lives of Uniformed Services duty personnel by creating an avenue of respite; recognize the careers of Veterans who have served; and extend a privilege to other categories of passengers such as dependents of Uniformed Services personnel, Red Cross and USO personnel who also support the mission. Passengers may not use the flights for personal gain, in relationship to employment, to find a house or for other prohibited activities.

Qualified travelers of Space-A travel need to be sure they have completed the proper procedures to ready for travel and also have

the required documentation. For instance, active duty must be on leave before they can register for travel. Dependents of active duty flying unaccompanied need an Unaccompanied Command Sponsorship from his or her spouse’s commander. The letter is valid for one round trip travel via military aircraft, describes the reason for travel and the category of passenger travel. The following are also mandatory for travel: military ID cards, passports, social security numbers and emergency contact information at the final destination.

How do you register?

You may register in person at each Space-A passenger terminal at either the helpdesk, or through self-help kiosks. You may also register through email, fax or online, for up to five departure airports and five countries of destination. The website www.takeahop.org offers a free service to help you register for five departure airports as well as five countries at the same time. Recently, the site rolled out both a Take-A-Hop iPhone and Android app for smartphone users. For a few dollars, you have instant access to all Space-A terminal contacts, flight information and the ability

to quickly sign up for up to five flights through your phone. You can also monitor available activity at the terminals through the app to save you time and keep you mobile.

Once registered, your information remains active for either 60 days, or for the duration of your leave orders or authorization of flight, whichever occurs first. Print a copy of your registration to keep on hand at the terminal. The time and date stamp of your registration determines your position and priority within your Space-A category.

Each passenger is assigned a passenger category for travel. These categories designate the order by which you may be boarded on Space-A flights. The following list is generalized. For a detailed list, please see the Space-A handbook link mentioned above:

Category I – Emergency travel on a round-trip basis in connection with serious illness, death, or impending death of a member of the immediate family.

Category II – Environmental Morale Leave (EML) and dependents

Category III – Active duty ordinary Leave and dependents; convalescent leave; permissive TDYs; Unaccompanied dependent of deployed Servicemember for more than a year.

Category IV – Unaccompanied dependent of deployed Servicemember on EML status

Category V – Unaccompanied military dependent of non-deployed Servicemember

Category VI – Retirees, Reservists

PACIFIC LOCATIONS

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Phone: 671-366-5165

Baggage requirements

Passengers may check two pieces of checked baggage, 70 pounds each, up to 62 linear inches in size. You and your family can pool your baggage allowances as well. Carry-ons must fit in overhead bins if they're available on the type of flight) or under your seat. Hand-carried baggage must fit under the seat or in the overhead compartment, if available. As always, it is best to travel light because due to aircraft or other restrictions, baggage weight could be restricted for your flight.

Getting a flight

Decide which terminal you think would be the best chance for Space-A departure and head out. It helps to phone the terminals that you requested for departure and monitor their recent departure schedules. For OPSEC reasons, Space-A flight schedules were removed from many online resources. However, terminals usually record a short-term flight schedule, and information is slowly being released by electronic means again.

Check with Facebook for your favorite Space-A terminals. Some terminals are creating fan pages to improve accessibility and help travelers plan their travel.

Available seats are now identified as early as five hours and as late as two hours prior to departure. Being at the terminal early for a flight will help you vie for seats. As soon as you physically arrive at the terminal, visit the passenger desk to be sure you are indeed registered with the correct date, time of registration and number of seats. Use your previous printed email or documentation to help correct any discrepancies. Then, let the desk personnel know you are interested in available flights. Be "travel-ready" with the proper luggage, any dependents and paperwork, your car parked or rental returned, etc.

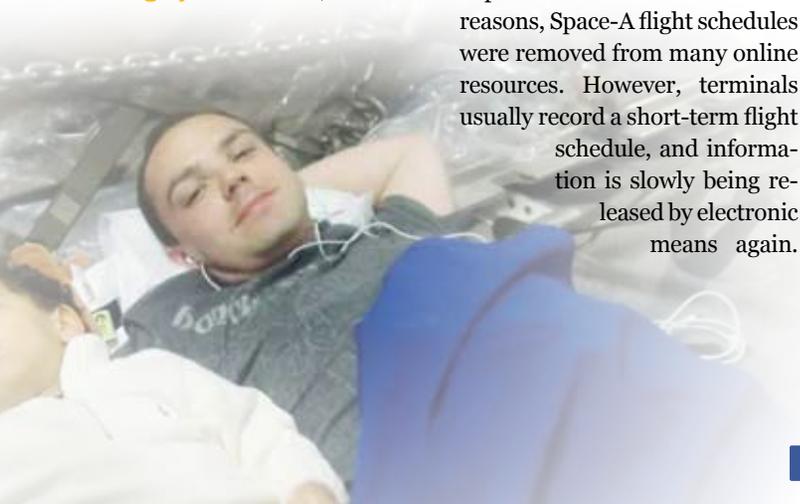
It's show-time for the roll call

You now wait for the "show-time" of the particular flight you'd like to be selected (manifested) for, as well as the upcoming flight's "roll call" of names of those who are designated for the flight's Space-A seating. Based on the priority of your assigned category, the day and time that you signed up to travel and number of available seats, hopefully your name makes the

roll call. Remember, be travel-ready. If your name is called and you are not physically present to hear the roll call and manifested (readied for flight and allowed to travel), your name will be put at the bottom of your category list, and may not make that flight.

Parting tips

A hop flight could be either on a military plane or commercial airline. If you travel on a military plane, be aware that accommodations and services are different, from fold-down jump seats along the wall, cargo in front of you and a plane that is either pretty warm or cool, depending on the time of year of travel and location. Open-toed or open-heeled shoes should not be worn on military planes. So, wear appropriate footwear, bring jackets, blankets, snacks, bottled water and things to keep you busy, like books, games or electronic devices. Available plugs for charging are along the walls. Remember to stay flexible. Travel during off-peak seasons (stay away from summer break and major holidays) and keep a positive attitude about this great privilege. If you look at the program as an opportunity to a new adventure, plan accordingly and have a back-up plan, you are sure to have a great time, wherever you land.



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Being an LUJ student changed my perspective significantly. It certainly has shown me a diverse environment as the campus is located in the city of Tokyo and many opportunities are filled within this college. For example, there are temples and shrines to visit not too far from school. Also, the size of each class is quite small, which makes it easier to get individual help from the professors. There is nothing comparable with studying in a delightful locale in a beautiful country."

– Tyeis Kemp, Kinnick High School Alumna and a LUJ Graduate

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The Department of Defense Education Activity is a K-12 American school system for U.S. military, DoD civilian dependents and other eligible families. DoDEA Pacific manages schools in the districts of Guam, mainland Japan, Okinawa and South Korea.

Registration

Beginning school year 2018-19, families will have the opportunity to register online using the new DoDEA Online Registration System (DORS). This system will allow perspective sponsors to complete required documentation and include uploads of pertinent forms prior to arriving at the new duty location. A visit to the assigned school is necessary to verify eligibility and enrollment documents, and to finalize registration. Families may also complete their registration in-county upon arrival to the new PCS location. Contact the school website for office hours.

Currently, enrolled students who are advancing to the next grade level will need to revalidate enrollment eligibility by

providing a copy of orders or Letter of Employment verification along with any required and updated immunization records for each child.

Students preparing to enter kindergarten must be five years old by Sept. 1 of the enrolling school year. Proof of your child's age must be provided through documentation such as birth certificate or passport.

Some DoDEA Pacific schools offer a pre-kindergarten program called Sure Start. The program offers a comprehensive approach to early childhood education in the areas of education, health, social services and family involvement. Contact the school directly to learn more about eligibility requirements and how to apply for Sure Start.

Records

Parents should hand-carry all academic, immunization and special education records if possible. Some schools may require records to be mailed. If so, send records via U.S. Postal Service Priority Mail to the military address of the receiving school. Sending priority mail to the Pacific usually takes

about seven to 10 days while other methods could take several months. The sending school can also ship records to the commercial address of the DODEA Pacific school. It is recommended that you confirm the current mailing address with the school.

Student meal / free and reduced lunch program

All families with students enrolled in DoDEA Pacific schools are eligible to apply for the Free and Reduced Meal Program. Completing this application is an annual requirement for families, if eligible, to continue to receive either a free or reduced lunch. To find the correct Free and Reduced Meal Program point of contact for your family's school please visit the DoDEA Pacific website.

To pay for school lunches, parents and sponsors will need to set up and fund a prepaid account with the agency that operates your school's lunch program. Contact your school for additional information.

School liaison officers

School liaison officers can help your family with transition issues. SLOs operate independently of DoD schools and have expertise in transition support and advocacy for incoming families. Consider making contact with the SLO early in your PCS process.

Special needs children

If your child has special needs, be sure to research the available support options for your desired location. To the greatest extent possible, we follow an inclusion model and work to provide individualized support as needed.

However, overseas locations may not have the specialized medical or other support services necessary to fully meet your child's unique needs. Parents

should consider how limited services may impact the growth and development of their special needs child. DoDEA Pacific staff members are available to help parents with special needs children make informed choices throughout the school year.

You can reach out to the District Special Education Instructional Systems Specialist (ISS) by contacting the DoDEA District Superintendent's Office in the location where you are considering your next assignment.

A very helpful source for information to families can also be accessed through the Exceptional Family Member Program. You can easily access this information at: www.militaryonesource.mil/efmp

Home school support

DoDEA-Pacific schools offer auxiliary services to eligible military families who choose to home school their children. Auxiliary services include use of academic resources, access to the library of the school, after hours use of school facilities, and participation in music, sports, and other extracurricular and interscholastic activities.

Eligibility is limited to students who are designated as space-required (mainland Japan, Okinawa and South Korea Districts) or DoD dependent students eligible to enroll in Domestic Dependent Elementary and Secondary Schools (Guam District) on a tuition-free basis. Home schoolers using or receiving auxiliary services must also meet the same eligibility requirements as dependents enrolled in DODEA schools who use or receive the same auxiliary services. Eligible home schoolers are not required to attend a specific number of courses to receive auxiliary services, ↗

You can also visit:

DoDEA-Pacific:
www.dodea.edu/Pacific

Exchange Student Meal Program
www.aafes.com/about-exchange/school-lunch-program/

Exceptional Family Member Program
www.militaryonesource.mil/efmp

Let's Move's (nutrition and exercise tips)
www.letsmove.gov

Tutor.com (Free online tutoring for military families)
www.tutor.com/military

Take advantage of on-base colleges

The majority of colleges and universities offering on-base courses will have an office in your base's education center with a counselor available. The counselors can also provide information on scholarships and other financial assistance specific to their program or school.

Together, such colleges offer a variety of training, undergraduate and graduate programs – including many online distance-learning programs for those stationed on bases where they do not have offices.

Many also have long-standing relationships with the military and cater to the specific needs of service members and their families. This includes the application of military benefits, academic credit for military training and experience, and military educational programs.

The Defense Department has contracted colleges and

universities to provide in-resident college and graduate programs on military installations in mainland Japan, Okinawa, South Korea and Guam for seven years.

The current contracted institutions are:

Embry-Riddle Aeronautical University

For aviation programs (undergraduate and graduate)

University of Maryland University College

For high school completion (GED), academic skills, undergraduate degree programs, Master of Business Administration/Management (graduate) programs and National Testing Center services.

Troy University

For international relations (graduate program).

Undergraduate and Vo-Tech



programs are offered at 32 locations throughout the Asia-Pacific region. Graduate programs are only available at a few locations.

International relations graduate programs are available at: Osan Air Base, Yongsan Garrison and Camp Humphreys, South Korea; and Kadena Air Base and Misawa Air Base, Japan.

MBA/graduate management program are offered at: Osan Air Base, Yongsan Garrison and Camp Humphreys, South Korea; Kadena Air Base, Yokota

Air Base, Camp Zama, and Yokosuka Naval Station, Japan; and Andersen Air Force Base, Guam.

In-resident undergraduate and graduate aviation programs are now available at: Camp Humphreys and Kadena Air Base.

Undergraduate and graduate teacher education programs are no longer offered in the region.

Contact your education center to learn what in-residence and distance-learning programs are available on your base.

University of Maryland University College:
www.umuc.edu/military

Troy University:
www.troy.edu/military

Embry-Riddle Aeronautical University:
www.erau.edu

Education Centers

Naval Base Guam
Barracks 1 DSN: 339-8291

Andersen Air Force Base
Bldg. 21000 DSN: 366-1110

including participating in extracurricular and interscholastic activities.

DoDEA encourages DoD sponsors who wish to homeschool their dependents to communicate

the desire to their commanders in order to determine if there are any command policies or other rules ensuring that home schooling practices meet host nation, state, commonwealth, or territory requirements. Sponsors are responsible for complying with applicable local requirements. Contact your local School Liaison Officer or command representative to learn more.

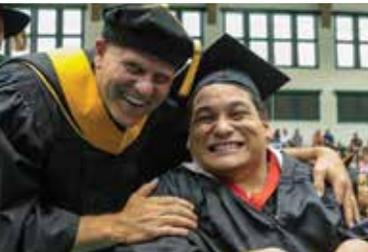
– DoDEA-Pacific



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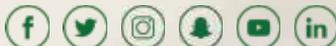
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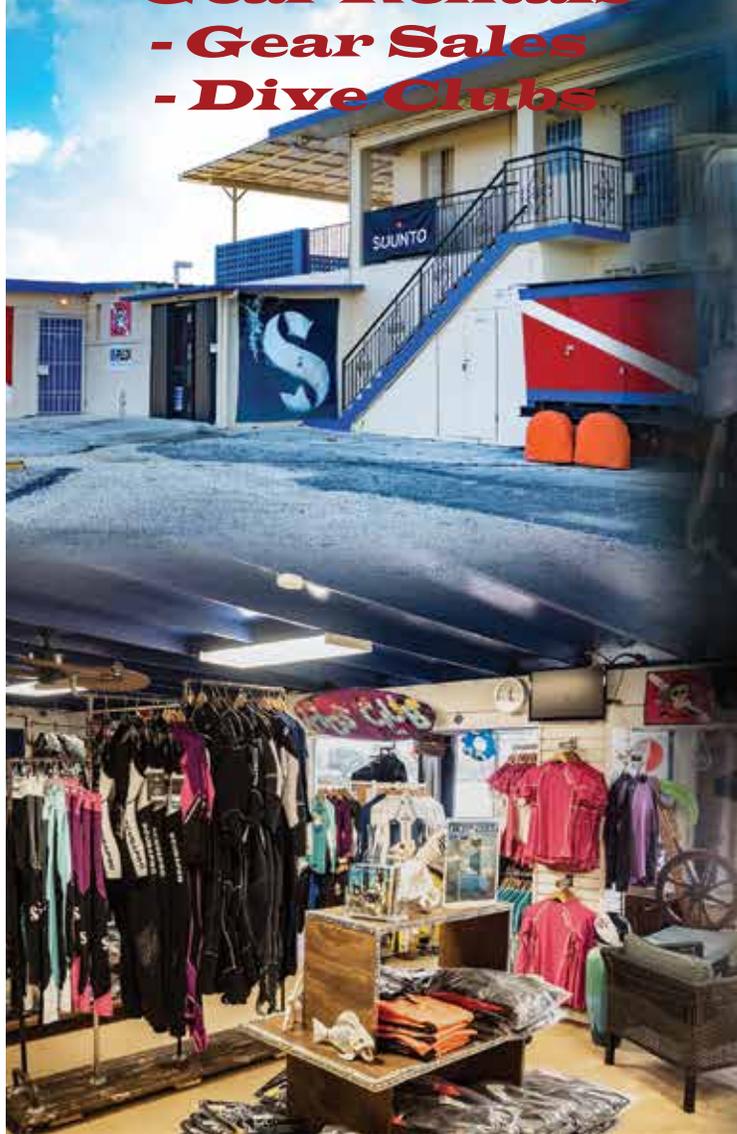


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Eat like a Chamorro

Fiesta cuisine offers plethora of local fare

As in many places around the world, food is the center of celebration on Guam. A virtual cornucopia of fiesta foods are laid out – usually in a specific order – for every festive occasion. And “where America’s day begins,” there are ample opportunities to celebrate.

For starters, the island’s predominantly Roman Catholic population affords each village a patron saint and accompanying feast day. Each village parish honors this with an annual fiesta, and many families hold their own celebrations at home after the Festal Mass to make merry with relatives and friends.

There are also weddings, christenings, birthdays and graduations – not to mention holiday celebrations like Thanksgiving, Christmas and Easter.

Traditional Chamorro dishes such as red rice, citrus-marinated meat or seafood “kelaguen,” and barbecue may be the staple of any Guam fiesta. However, some local delicacies are the darlings of the fiesta table during certain celebrations or special times of the year.

Village fiestas and weddings are the biggest celebrations with the most elaborate menus, according to Lou Cruz of Santa Rita. As such, they are likely to serve up Chamorro classics ranging from red-and-white tamales “gisu” and “bunelos uhang” shrimp patties to smoke dried beef and “panglao” (stuffed crab). These celebrations are also the most likely to showcase the mother of all fiesta table features – “hot-non babui” – a roast pig.

“For magnificent celebrations we prepare and roast a whole pig,” says lifelong Guamanian Toshio Akigami. “Basting the pig while slowly roasting it over an open fire makes the skin crispy and the meat tender and juicy. The ears are the best parts; we like the crispy texture with the fat around the ears.”

Roasting pig for a wedding or fiesta – a practice believed to date back to the 17th century when the Spanish introduced pigs to the island – symbolizes a very special occasion, indeed. It’s a practice that grill aficionado behind BBQGuam.blogspot.jp, Rueben Olivas, knows a little something about.

“Back in the 1950s, the roast pig was pretty straight forward for the most part on Guam,” he said of traditionally hand-turning the pig over a handmade spit. “Nowadays, they are roasted in large ovens and stainless steel outdoor spits, turned by electric motors. (But) some roasting is still done in the traditional way on occasion.”

Whether or not a wedding fiesta features roast pig, one thing is certain: The duty of providing adult beverages and soft drinks typically falls on the groom’s godfather. But it’s the bride’s godmother, Cruz says, that provides the wedding cake and other desserts. It’s an

“For magnificent celebrations we prepare and roast a whole pig.”





opportunity for many to show off family recipes for “latiya” custard sponge cake, “kek chokolati” (chocolate cake) and sweet “apigigi” tamales.

As with any fiesta, sweets like these have their own special place or table. And it’s the dessert table that gets special attention during Christmastime when seasonal donuts, cakes and other desserts rule.

“Bunelos dagu’ is a special treat during the holiday season,” says Guam Visitors Bureau’s Josh Tyquiengco. “The yams used to make these fried donuts are usually harvested during the Christmas season.”

Annette Merfalen, Chamorro food expert and author behind AniesChamorroKitchen.com, agrees that these deep-fried treats are “synonymous with Christmas” on Guam.

“There are several varieties of yams that you can use to make these donuts,” she writes in her online treasure trove of recipes. “If you live on Guam or the other Mariana Islands, you can use ‘d’agu,’ ‘nika,’ or ‘gadu.’ There are also both white and red varieties of dagu (called dagun a’paka’ or dagun agaga’, respectively).”

Similarly, “bonelos dagu,” or taro donuts, are also a traditional Christmas treat on Guam.

As with crispy fried “lumpia” spring rolls, pansit noodles with meat and vegetables is another popular dish Guam has adopted from the Philippines and made its own.

A mainstay of many fiesta tables on island, pansit is particularly favored at birthday and New Year’s Eve celebrations, perhaps as a nod to the Asian custom of eating them on such occasions to ensure long life. If so, it wouldn’t be Guam’s only imported culinary custom.



Bonelos dough

This U.S. territory also shares a very American traditional feast – Thanksgiving. As much a celebrated holiday for feasting with friends and family as in the States, the local love for barbecue on Guam means that a smoked or grilled turkey may take the place of an oven-roasted bird at the fiesta table. And what would a Thanksgiving turkey be without the stuffing?

“Chamorro stuffing, or ‘riyenu,’ is a delicious side dish usually served during special holiday meals, alongside baked turkey, ham, or roast pig,” writes Merfalen. “My mom taught me how to make this a very long time ago, when I was a very young girl. In fact, this recipe is one of the few I added to a recipe book that I made when I was perhaps 8 or 9 years old.”

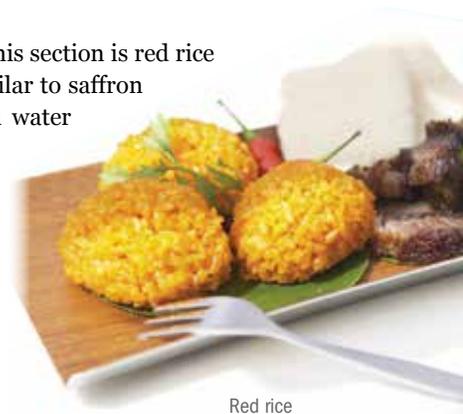
So what makes Chamorro stuffing so Chamorro?

“Well, I guess it’s the addition of potatoes, pimento and olives, kind of like our Chamorro potato salad,” she says. “A few optional ingredients that my mom sometimes puts in her riyenu are finely diced celery and a small jar of sweet pickle relish. I prefer my stuffing without those two ingredients, so I leave them out.”

Like so many other delicacies – whether with a Chamorro twist or 100 percent native – that bear the indelible stamp of one of the island’s special occasions, church fiestas or state holidays, it’s just one more way to get a true taste of Guam.

Aggon (starch)

The most important dish in this section is red rice (“hineksa agaga”), which is similar to saffron rice in that it is prepared with water colored from soaking achote seeds, which gives it a deep orange color. This section of the fiesta table is also where you’ll find starchy fruit and vegetable dishes made from such produce as bananas, sweet potatoes and taro. Traditionally, these kinds of dishes are typically reduced in a coconut-milk



Red rice

sauce to make such dishes as “gollai appan suni” (from taro) and “gollai appan dagu” (from yams) according to Jay Blas, manager of

Island Cuisine restaurant. Dinner

rolls and “tiyas” (tortillas) are

also found in this section of

the table.



Gollai Hagon Suni

Eggplant in coconut milk

Continued on page 40

The SandCastle Guam is a dinner theater and Guam's only optional tour to present a professional, family dinner show, all in the heart of Pleasure Island, Tumon. Enjoy a night out at this highly recommended show designed especially for Las Vegas style production shows. Our show "Zubrick" is performed on a stage larger than any Broadway theater. SandCastle features a world-class show, with award-winning illusionists Chris & Ryan Zubrick, beautiful showgirls, incredible acrobats, large-scale magic illusions and rare white tigers. Millions of adults and children have enjoyed the magic and grandeur of the shows in our beautiful theater: The Sandcastle. We present two shows nightly including a dinner show and a cocktail show. With a wide variety of packages available to fit your budget, you are sure to enjoy a night out.



Tao Tao Tasi Guam is a Beach BBQ dinner show that opened in 2015. This incredible show is set directly on the beach in Tumon next to the Nikko hotel and adjacent to the Beach Bar & Grill. The Beach Bar is Guam's most popular and most highly recommended beach restaurant and nightspot. Experience a journey of a lifetime beginning with Guam's ancient Chamorro warriors, beautiful Tahitian dancing and the exciting fire dancing of Samoa. The show was created with the talents of the world's leading show developers in cooperation with Guam's cultural experts. Delicious freshly cooked BBQ meals, with a variety of meats, local dishes, seafood and more make this an incredible and highly recommended beach experience made all the more amazing by the incredible world class show presented in a one of a kind purpose built theater set directly on the beach with an incredible ocean front view.



Enjoy a night aboard the **BIG Sunset Dinner Cruise**, Guam's only optional tour that presents an ocean-cruising dinner cruise. Experience Guam's amazing sunset, beautiful crystal clear waters, dolphins and more. This stable, multi-level 53-foot catamaran offers Guam Ocean cruising at its best. The safe 60-passenger dinner cruise has upper and lower decks and a delicious all you can eat BBQ buffet plus all you can drink beer and wine. A fun and relaxing party atmosphere where adults and children of all ages can enjoy a night of a thousand stars and couples can share a romantic dinner! Feel the wind rush through your hair while you take in the endless seas. Watch the dolphins that frequently play in the wake, enjoy a little fishing with the kids. Adults seem to enjoy the peaceful cool ocean breezes as they sip unlimited beer and wine beneath the tranquil beautiful skies and experience our gorgeous and colorful sunsets right on the water. But the most highly rated part of the BIG Sunset Dinner Cruise is actually the staff. The crew is one of the reasons that the BIG Sunset Dinner Cruise has one of the highest repeat rates of any optional tour. As our customer reviews state "The staff on the dinner is THE BEST!!" The very best family trip suggestion on Guam.



Ride the Ducks is Guam's newest and most family fun sightseeing adventure on land or sea! The "ducks" from Ride the Ducks are open air amphibious sightseeing vehicles built using modern technology and safety equipment, supervised and recommended by the United States Coast Guard. Hop aboard the crazy, zany Ride the Duck sightseeing tour for the best optional tour your family has ever had! These incredible sightseeing vehicles drive around Guam's historic sights on land and then they splash down into the beautiful water and keep right on going, children even have the chance to drive the boat! Multi-language audio guides ensure that you and your family will have a fun and educational time learning about Guam's culture and history.



The Beach Bar and Restaurant at Gun Beach, Tumon, Guam is every beach lover's idea of a perfect spot. Soak in the rays on the chaise lounges as you gaze across the beautiful sandy beach at the flawless horizon of Tumon Bay. Dig into delicious Tinian Burgers, fresh Guam BBQ and Chamorro food at this beach front bar and restaurant. During the day, the Beach Bar is a perfect restaurant for the entire family. Enjoy beach volleyball or just chill by the sea with Guam's best drinks. As the sun sets, The Beach Bar & Restaurant turns into a romantic location with the most spectacular sunsets you've ever seen! Tables are often sold out due to travelers' feedback from FIT travelers and others. Table reservations are highly recommended. There is also a sofa reservation available for larger groups or a romantic couple. Chill out in style on our warm tropical beach as you sip on delicious original cocktails and indulge in a sumptuous dinner or appetizers. After the sun goes down, enjoy the best nightlife on island at The Beach Bar with live performers or DJ's. Enjoy concerts, volleyball tournaments and more. The Beach Bar was voted as the best place on Guam for guys to meet girls and for girls to meet guys. At night, The Beach becomes Guam's most happening and recommended bar and nightspot. The Beach: Why go anywhere else? One tip for the dress code: Less is more! Bikinis optional.

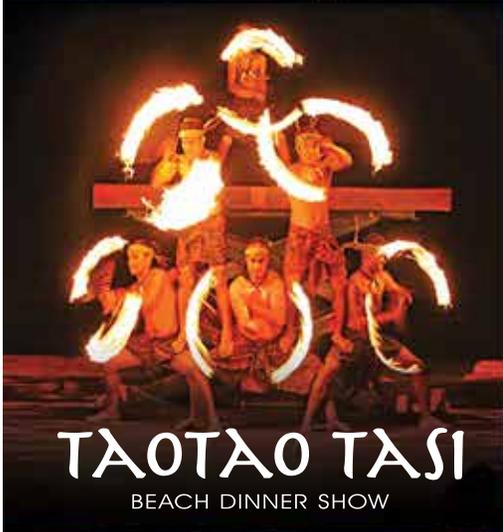


The Globe is Guam's premiere nightclub and only mega-club. Featuring multiple seating levels, private elevators, and the only New York style nightclub in the Pacific, this incredible and popular dance club and nightspot has been the king of the nightclub and party scene on Guam for 25 years which makes it older than most of its patrons! Famous DJ's, sexy go-go dancers and the hottest crowds are on feature at this famous dance club with the largest dance floor on island. Loose yourself in a wave of dancing, partying, drinking and dance music, and styles from House to R&B and Hip Hop, Dubstep and EDM. By far the most popular and hottest nightspot on island, Globe is the place to be and to be seen. No other island nightspot comes close. VIP packages are available and are highly recommended. Various VIP rooms can also be rented exclusively for groups. This is by far the most exclusive and best bar and dance club on Guam. Experience the best. Experience the Globe.



Sand Castle

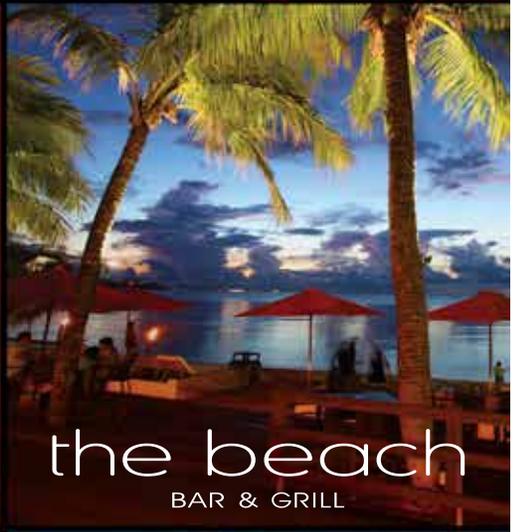
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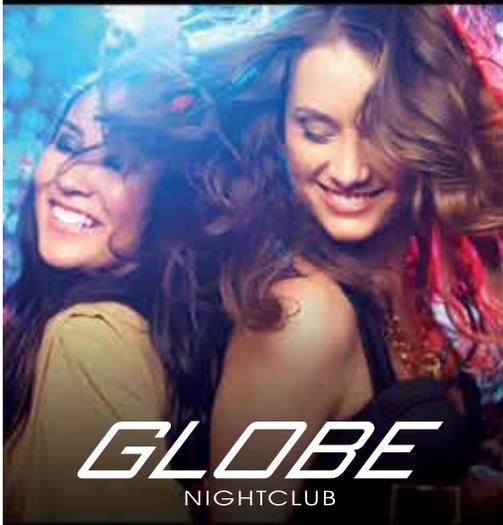
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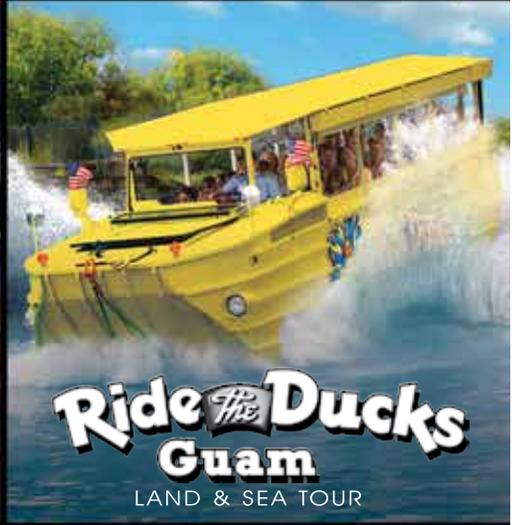
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Roast pig

Continued from page 37

Totche (meat)

Barbecue is a staple of many fiestas on Guam and this is where you'll find totche. Pork spareribs, marinated chicken flavored with spicy "finadenne sauce", fried chicken and roasted ham are regular staples, according to Toshio Akigami. "In hunting season, deer meat is also served," Akigami says. "Locals usually cook dried beef by hanging the meat above a barbecue pit to smoke and dry the meat." Finadenne sauce made from soy sauce or salt, lemon juice and/or calamansi citrus juice, water, peppers and onions is always placed at the end of this section as a condiment.



Finadenne Sauce



BBQ Chicken



Eskabeche



Sashimi

Guhan (seafood)

As the name suggest, this section is where such delicacies as fish, prawns and crab are placed. "Eskabeche," sweet-and-sour fish or seafood cooked with vegetables and ginger, is a must-have for this section of the fiesta table. Stuffed crab may also be found here. Though usually not locally caught, yellowfin tuna is often found here in the form of raw "sashimi" along with such grilled and barbecued local catch as parrot fish and other reef and open-sea fish. "Salt-flavored finadenne sauce is often applied to them," says Akigami, adding that deep-fried mahi mahi is a seasonal fiesta treat found on this part of the table during spring and summer.



Barbecued Fish



BBQ Fresh Reef Fish

Kelaguen

No fiesta, indeed, no meal, on Guam is complete without "kelaguen." At this section you'll usually find a variety of meat and seafood dishes prepared cerviche style, in which the meat is usually cooked overnight by the acidity of lemon or calamasi juice along with salt (sometimes soy sauce), hot peppers and onions. In the case of chicken kalaguen, the meat is usually lightly grilled first and freshly grated coconut is also added. The dish is served chilled as is, or as a side with tortillas or rice. Dishes such as lumpia spring rolls, pancit noodles and shrimp patties are also placed on this section of the fiesta table.

Chicken Kelaguen



Shrimp Kelaguen

Kadu (soups)



Soup with Lemon Finadenne

This section of the fiesta table is not only where soups and stews are placed, you'll also find a variety of vegetable dishes. Here you'll find potato and garden salads of every ilk, coleslaw and cucumber dishes such as "diago" cucumber kimchee. In addition to dishes like cucum-

ber salad and spinach

with coconut milk, you also find such classic Chamorro soups as spicy chicken "kadun pika," "chicken chalakiles"

made with toasted

rice and simple

"kadun manuk"

chicken soup as

well as corn soup.



Daigo Salad



Cucumber Salad

Fina' mames (dessert)

The desert section of the fiesta arrangement is so special that even at small events it often gets a table all to itself. Favorites to be found here include "latiya" custard cake as well as chocolate and red velvet cakes. Other staple sweets include warm "ahu" soup, sweet "apigigi" tamales, "bunelos aga" (banana donuts), "bunelos dagu" (yam donuts) and "bunelos manglo," or typhoon donuts. "At most fiestas," says Sayumi Ishioka. "People usually bring their homemade sweets, such as latiya or fruits, or sweets made from local fruits, such as mango, watermelon, papaya, banana, banana donut."



Coconut Cake

- Takahiro Takiguchi

Photos courtesy of Fishermen's Co-op / Guam Visitors Bureau



Latiya / photo by Annie's Chamorro Kitchen

Culture
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Jungle safety

Guam's jungles, from the outside looking in, offer views of beautiful flowers, World War II relics, colorful foliage, secret caves, boonie peppers (which some people love to eat), hidden rivers, etc. This tropical paradise sometimes becomes so irresistible that we feel compelled to enter the exciting and seemingly harmless jungle.

The Wing Safety Division recommends that you do not enter nontraveled jungle areas. If you do, take the following mentioned precautions and notify someone when and where you are going and the time you will return. This is for your own safety. Andersen AFB Outdoor Recreation, Naval Base Guam and Guam's Department of Parks and Recreation often have organized boonie stomps conducted by trained guides. And you can always hook up with Guam Boonie Stompers (see story to the right).

It is recommended that you stay out of the caves on Guam unless you are prepared and aware of the hazards. There are many caves on Guam that are frequented and relatively safe to explore. If it's your first time, go with a guide who has been in the cave and can brief you on the dangers. Keep in mind that caves are not well lit, so bring a flashlight(s) and/or lantern. Also, the ground inside the cave will most likely be very slick and the rocks may be very sharp. Ensure you are wearing proper footwear for this event and take your

time walking inside the cave.

Once you enter the jungle, you may encounter deer, wild pigs, frogs, brown tree snakes, mice, bats (dawn, dusk, and night), and coconut crabs (that can amputate fingers if given the chance).

Some of the insects you will see while enjoying your exploratory walk are ants, termites, several varieties of spiders, flies, gnats, and, worst of all, swarms of boonie bees (paper wasps) and other stinging insects. Something to be aware of is the fact that you might experience getting lost or walking in circles, due mainly to the limited visibility in the dense jungle. If you do get lost in the jungle stay calm, the heat and high humidity can dehydrate you and increase your need for food and water.

Other jungle hazards you should know about include slippery undergrowth and vines, razor sharp coral protruding from the ground, cliff lines and large holes hundreds of feet deep that are covered with leaves, fallen tree limbs, and undergrowth. There is razor sharp and poisonous vegetation throughout the jungle. World War II relics such as hand grenades, land mines, bombs, bullets, antipersonnel mines, rockets, and almost any other type of explosives known are still out there ready to explode.

If you find any of these old relics, do not touch them, they may be very unstable. Alert authorities immediately.

– 36th Wing
Safety Office



Enjoy guided hikes

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 \$2 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 only-on-Guam boonie stomping experience.

WWW.FACEBOOK.COM/GUAMBOONIESTOMPERSINC





GUAM REEF & OLIVE SPA RESORT

Guam Reef & Olive SPA Resort, offers hospitality and high quality entertainment space. Located in the center of the shopping and entertainment district and within walking distance of all the exciting Tumon attractions.



DINING

Guam Reef & Olive SPA Resort offers a wide selection of restaurants and bars for your convenience. Coming soon, guests can experience the culinary bliss of Sango, Western Food / Japanese Style and Rica & Rico, Pacific Rim Cuisine. Enjoy Breakfast, Lunch and Happy Hour at the Top of the Reef, where you can take in a great ocean view during the day and a fantastic sunset in the evening.

ROOMS

Guam Reef & Olive SPA Resort has 427 well-appointed stylish rooms and is located in the heart of Tumon Guam. Our Beach Tower and Infinity Tower offer you a range of rooms from modern minimalist to rooms with panoramic views of Tumon Bay. All rooms include a flat-screen TV, hot/cold water dispenser and free Wi-Fi for your convenience.



SPA

Enjoy the finest quality healing and rejuvenation experience at the unique Japanese Olive Spa, located on the 2nd floor of the Beach Tower. You will experience an elegant and luxurious massage session in our private rooms where you can immerse in the aromas of fragrant oils and enjoy tea time in a relaxing space that overlooks the ocean.

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A fitness room (678 sq ft) is available to help you unwind and further enhance your stay with us. We also have a coin laundry facility, available 24 hours for your convenience.



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Safety first

Know the risks that lurk off Guam's shores

The best thing about being on Guam is all the opportunities there are for fun in the sun on the beach and beyond. There is an endless array of water sports from swimming, scuba and snorkeling to waterskiing, windsurfing sailing, fishing and more.

While young and old alike should take full advantage of all this, annual water-related deaths and injuries should be a sober reminder that you can never be too cautious when it comes to safety.

There are various dangers to be aware of off Guam's shores where aquatic activities take place. Some of the main ones include powerful rip currents, waves, wind, rain, strong sun and sharp coral reef.

For swimmers and snorkelers, the safest areas are beaches protected from the ocean

by a barrier reef. Inside this reef, the water is calm, shallow and has only a slight to non-existent current. However, swimming near the reef can be extremely dangerous because of waves and currents.

Whether using a beach that is off or on base, you should always check the beach warning flags before deciding whether to get into the water. A red flag means it's too dangerous to swim, a yellow flag warns to swim with caution, green indicates all is good, while a blue flag warns that dangerous marine life is present. Also, keep an eye out for signage with specific precautions for beaches.

Active duty military personnel are prohibited from reef walking anywhere on Guam. For these purposes, the reef is defined as the elevated ridge of coral or rock between the

shore and the open sea. This ridge may be above or slightly below water level, depending on the tide. Keep well clear of the outer portion of the reef when the tide is going out. Rip tides are common on Guam and extremely dangerous.

Dangers of reef, current

The first danger to swimming near a reef is caused by the waves breaking on the reef. Even in the calmest conditions, it is difficult and dangerous to cross the reef in surf. The coral itself is extremely sharp and can cause deep and painful cuts. Gloves and foot protection are essential.

The second danger is the current caused by the waves. In almost all cases where the waves are consistently larger than one foot, a strong current runs along the reef. This current, known as a "long shore" current, is created when the water forced inside the reef by the waves is higher than the sea level outside the reef. When this happens, the water tries to flow back out to sea but the waves bringing more water into the reef prevent it. The water will flow along the reef or shoreline until it finds a place to flow back into the sea. This current can be very strong.

A person swimming too close to the reef's edge can become caught in the current and be swept onto or over the reef. When they attempt to climb back over the reef, not only do they have to fight the current pushing them



Photos courtesy of Guam Visitors Bureau

Boating

Even fishing boats in the presumed safety of Apra Harbor are routinely carried out of the harbor by the outgoing tide. Experience has shown that boats drifting in this area travel in a generally westerly direction at a minimum of one nautical mile per hour. Few people can paddle against a one-knot current for any length of time. Winds in the area of 15 to 20 knots can increase the drift to two knots. That means a rate of drift anywhere from 24 to 48 miles per day. What starts out a simple frustration (i.e. dead battery within sight of land), can quickly lead to a large search covering hundreds of square miles of ocean.

Always observe a measure of caution and good judgment when boating around Guam.

One of the most important measures is to stop and take a good look at the situation. Ask yourself all the "what if" questions you can think of and make sure you have planned for the unexpected. Take plenty of extra water and food. Take as much fuel as possible. Make sure that the proper safety equipment is onboard. Have extra flares, a mirror, a flashlight, and extra flashlight batteries. Let someone know where you're going, when you'll return, and what equipment you have onboard.

No one should ever go out in the ocean without a marine VHF radio.

Snorkeling

Guam offers some of the best snorkeling in the world. However, people venture out into

unfamiliar waters and find themselves in serious trouble. The waters around Guam need to be respected.

Always snorkel with another person and use proper equipment: a snorkel, mask, and brightly colored fins. If you are not an experienced Guam swimmer, wear a snorkel vest (this will enable you to stay afloat if you become tired or carried out to sea). If a current carries you away from shore, wave one of your brightly colored fins in the air to signal someone on the shore to seek help.

Before you venture out, contact a local dive shop for information on areas you intend to snorkel. The National Weather Service (dial 211 off base and 99-211 on base) has a recorded message on surf, winds, and tide conditions.



sideways, but they must also fight the waves smashing against the reef. After struggling to cross the reef, many people become exhausted and are washed out to sea or banged along the reef until they die.

Wrestling a rip current

Tips on what people should do when they are caught in a rip current. Stay calm. Don't fight the current; you will lose all your strength.

- Escape the current by swimming in a direction that follows the coastline. When over the shallow reef flat, walk or swim to shore.
- If unable to escape by swimming, float or tread water. When the current weakens, swim toward the reef flat where the water is shallow.
- If at any time you feel you will be unable to reach shore, draw attention to yourself: face the shore, call or wave for help.

Hazardous marine life

Treat all seashells as poisonous. Do not handle shells with your bare hands as some contain live animals with a deadly venom. The beaches on Andersen AFB are designated as a marine preserve; as a result, shell collecting on base beaches is prohibited.

Another danger to keep in mind is hazardous marine life such as scorpion fish, sea urchins, moray eels, cone snails, crown of

thorns starfish, stingrays, sea snakes, stone fish, turkey lion fish and sharks.

"There are several organisms living in Guam's waters that can be dangerous," says Brent Tibbatts, a fisheries biologist for the Division of Aquatic and Wildlife Resources. "Injuries from these organisms are almost always caused by human actions. If you don't bother them, they won't bother you."

Tibbatts points out that there are two common organisms that people should watch out for on Guam.



"Indo-Pacific man-o-war are jellyfish-like creatures," he explains. "These are most abundant during times of strong onshore winds from the north and east, therefore are most often seen on north and east facing beaches. Man-o-wars are most commonly seen during the months of December through February. They look like little blue bubbles, usually about 1-2 inches across, with dark blue tentacles underneath.

"Man-o-wars should not be touched, even if on the beach," Tibbatts says. "They can sting even after they are dead. If stung, remove any clinging tentacles with a branch or other solid object, then flush the affected area with large amounts of salt water. Medical care may be recommended."

Another sea creature to steer clear of is the box jellyfish.

"Guam has at least two species of box jellyfish," says Tibbatts. "They are not the deadly species known from Australia, but they can deliver a painful sting. If stung by a box jellyfish, any clinging tentacles should be removed with a stick or other hard object. The affected area should be flushed with large amounts of salt water. Vinegar may help ease the pain and markings caused by the sting. If conditions appear severe, seek immediate medical attention."

— Courtesy of Andersen Air Force Base, Division of Aquatic and Wildlife Resources

Safest Snorkeling Areas:

- Tarague Beach (swim within buoyed area)
- Any beach in the Tumon Bay hotel row area (Hilton to the Guam Reef Hotel)
- Gab Gab Beach (Big Navy, no lifeguard)
- San Luis Beach (Big Navy, no lifeguard)
- Spanish Steps (Big Navy, no lifeguard)
- Outhouse Beach (No lifeguard)
- Piti Bomb Holes
- Dog Leg Reef (Family Beach)

Hazardous Snorkeling Areas:

- Ritidian Beach
- Tanguisson Beach
- Asan Cut
- Gun Beach
- Haputo Beach

Surfing

Guam's location in the middle of the Pacific Ocean subjects it to many different ocean swells. Unfortunately, these swells hit on dangerously shallow and sharp reefs. Currents in these areas range from friendly to deadly causing surfing to be very deceptive and dangerous.

The best place to learn to surf or boogie board is Talafofo Bay. In addition, pay attention to surfing etiquette and perhaps talk to experienced local surfers before attempting to surf on Guam.

There have been a number of incidents where non-locals were harassed or even threatened by the "regulars" at the limited number of surfing sites.

Scuba Diving

Guam features many excellent dive sites and a robust scuba-training infrastructure with several large dive centers, boat operators, and guides. Do not scuba dive deeper than your certification level. Always use the buddy system and use a dive flag at the surface. Newly assigned military personnel (PCS and TDY) should plan their first few dives through Outdoor Recreation or at one of the local dive shops until you are familiar with the area. Many local dive shops offer free shore dives led by a dive master on weekends. This is a great opportunity to learn the local area and meet new dive buddies.

— 36th Wing Safety Officer



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Nothing beats a night out on the town with your buddies. If you’re looking for a classy spot to prime up, wind down or just hang out and listen to Guam’s finest musicians – the Lobby Lounge’s nightly Golden Hour is where you need to be. Enjoy unlimited beer and wine for just \$29 or add \$6 and indulge in unlimited signature cocktails nightly from 6:30 pm to 8:30 pm.

Spa Lovers

Because the demands of military life can be rigorous, a quick getaway with one of our award-winning spa treatments could do a world of wonders for the mind, body and soul. At Devarana Spa, we specialize in authentic Thai healing therapies and western disciplines to offer a host of “east meets west” treatments.



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Beachin' good fun on base

Naval Base Guam's Gab Gab Beach

Gab Gab Beach, or Fab Gab as we like to call it, is truly a hidden gem and easily our family's regular go-to place for no-frills low-cost weekend fun.

Great for picnics, birthday parties, unit gatherings, hail & farewells, snorkeling, swimming, diving, sand volleyball, SUP'ing and all sorts of water play. The beach umbrellas and grill grates can be rented for a meager amount, and camping is allowed by reservation with the Outdoor Recreation Center. There is something for everyone.

Gab Gab is located on Naval Base Guam, so you'll need base access to get to it, its also one of the most popular shore dives on Guam, and any given day of the week you're likely to find divers exiting or readying to enter the water via the easy stairs next to the "3-sided pool."

If you get there early enough, make a leisure surface swim due North out to the Atlantis Submarine Tender buoy, and drop down on the plateau reef at about 50', known as Gab Gab II, where baited buckets attract the fish for the viewing pleasure of the underwater tourists. You're almost guaranteed to get an up close view of the docile Nurse Sharks, large schooling fish, and possibly a moray eel in the artificial reef ball. Also look out for anemones teeming with clown fish at various locations on the reef.

Steer clear of the submarine while diving, but be sure and give a wave to all the tourists peering out the portholes.

It's also a beginner snorkeler's paradise. Enter the water via the stairs and your only yards from colorful coral, sloping reefs, an abundance of fish and there is always a greater than average chance of seeing a turtle along the reef edge. Note, no forms of fishing or collection of marine life (live or dead) is permitted at Gab Gab.

Bathrooms are provided, and outdoor showers are just steps away from the water stairs

- convenient for divers and snorkelers exiting the water to rinse their gear and themselves. During your surface interval enjoy some beach volleyball, relaxing under the umbrellas, barbecuing in the poolside grills.

Enjoy Fabulous Gab Gab, but be sure and clean up after yourselves when you leave.

Things to know

- Open 24 hours a day unless noted.
- Gab Gab Beach offers Lifeguards ONLY on weekends, holidays, and DoDEA School Breaks from 10 a.m. to 6 p.m.
- Planning on heading out to the beaches this weekend but don't have the proper outdoor equipment? Don't let it ruin your plans! Drop into Rec-N-Crew and inquire about all your outdoor needs. Call 564-1826.
- There is a \$10 rental fee for Cabanas on the right-hand side of Gab Gab Beach. This is required to guarantee that a spot will be reserved for your function. Patrons can still use unreserved Cabanas for free. For more info, call 564-1826. (Fee is waived for Command Functions. Contact Eric Nikkel at 564-1851 for more info).

— Mike Thornton

Andersen's Tarague Beach

Whether you're with a group of friends or looking for some personal time, Tarague Beach on Andersen Air Force Base is your answer to camping on Guam.

Make the most of the day at the beach enjoying activities such as swimming, snorkeling, beach volleyball or barbeque. The beach also provides a playground for kids, a nature trail for hiking and exploring the different historical highlights and agriculture in the area.

Tarague Beach offers 30 campsites along the sandy beach. Most of the campsites are shaded by beautiful pine trees and the ocean breeze keeps you cool. Each campsite includes a picnic table and grill. Bathrooms



and showers are centrally located so all patrons can use them conveniently.

You also have the option to enjoy dinner or cold refreshments at Bamboo Willies beachfront restaurant.

As the evening approaches, catch a breathtaking sunset, roast marshmallows or make

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Heather Colson, 36th Force Support Squadron aquatic director, changes water-condition warning flags at Tarague Beach. Photo by Airman 1st Class Alexaann Henderson, 36th Wing Public Affairs



Gab Gab Beach / Images by Petty Officer 2nd Class Claire Farin Defense Media Activity



smores.

Camping at Tarague is open all year round. However, December through February usually offers the best weather conditions: slightly cooler with a little less rain and humidity. This makes for perfect camping.

- If you don't own any camping equipment, Outdoor Recreation has all your supplies such as tents and other camping equipment for rent. Reservations for campsites as well as supplies can be made online at www.36thservices.com under Outdoor Recreation or by calling (671) 366-5204 or 5197.

– *Tennille Bueno*

Outdoor pools

The Navy operates three swimming pools

on the island. At Naval Base Guam, the swimming pool is located near South Tupalao Housing and the barracks area. Call the pool at (671) 564-1822.

At the Naval Communications Station, the pool is located on the main drive of the base, next to the laundromat. For more information, call (671) 355-5091.

At the Naval Hospital, the pool is located near the housing area. To reach the Naval Hospital pool please call (671) 564-1822/355-5091.

On Andersen, cool off on a hot, sunny day at Capehart Pool.

The pool features a kiddie pool, designated times for lap swimming, a diving board and a children's slide. Capehart Pool offers a wide variety of swim lessons for all ability levels. And Capehart's best feature is that admission is FREE! Andersen's Capehart Pool is next

door to the youth center.

Capehart Pool is also a fun place to throw your next squadron or birthday party. Whether you'd like a private after hours event or your own reserved area during pool hours the Capehart Pool has a plan for you. Two party areas are for rent and each includes a 20x20 canopy, 4 picnic tables and a BBQ grill.

Marina/boating

Situated on scenic Apra Harbor on Naval Base Guam, Sumay Cove Marina offers a variety of activities for water sports enthusiasts. Enjoy a day of sightseeing, fishing or diving on one of its powerboats, or rent the "party barge" pontoon boat for larger groups. The Marina also offers Fishing and Dolphin Watching Trips on our 23' Pro-Line charter boat.

For boat owners, two boat-launch ramps are provided as well as outdoor dry storage pads and wet slips at the Marina pier. And the Marina makes it easy for you to get your small boat license – all you have to do is pick up a study packet, take a multiple choice test, and schedule a Harbor Familiarization Class for just \$10 per person. For more information, call (671) 564-1846.

Rec-N-Crew

Rec-N-Crew at Naval Base Guam has camping equipment, canopies, kayaks, bicycles and sports equipment for rent. Tickets can be purchased through the Rec-N-Crew for local recreational and entertainment events. Rec-N-Crew also offers Sailors a chance to take advantage of the L.I.B.E.R.T.Y. (Life Is Better Everywhere Recreation Takes You) Program.

The program offers "boonie stomps" and kayaking to historical and scenic areas on Guam for single Sailors and geographical bachelors. For information, call Rec-N-Crew at (671) 687-4725.

Culture

Community

Online

Transportation

Education

Food

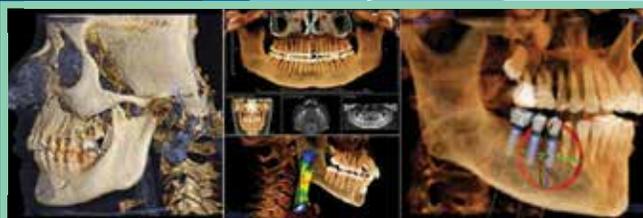
Leisure



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Top 10 things to do on Guam

If you're new to Guam, there's a good chance you don't know of many things to do. The island is known for its beaches, but there's much more to the island. Here are 10 things you must do during your stay where America's day begins.

Understand Guam's role in the WWII Pacific Theatre

After the Japanese Occupation in 1941, Guam became a prized military possession of the United States. The island played an instrumental war in the Pacific Theatre of World War II. To commemorate local servicemen and ensure wartime stories are not forgotten, visit the War in the Pacific Museum! Walking up the steps to the T. Stell Newman Visitor Center, smiling volunteers greet you with a "Hafa Adai" before directing you to a compelling 10-minute movie, *The Battle for Guam*, presented in four languages. After short museum introductions, you should visit colorful exhibits and interactive artifacts. The museum operates on the latest technology, featuring recordings of gripping personal stories and music from pre- and post-WWII.

nps.gov/wapa/t-stell-newman-visitor-center.htm

Visit an underground historical monument

Imagine living in an underground bamboo hut for more than a quarter of a century. In 1944, Sergeant Shoichi Yokoi hid in the depths of Talofofu to escape capture by American soldiers. In accordance with Japanese nationalism ideals, Yokoi perceived the Americans as enemies and feared to be a prisoner of war. When Talofofu farmers discovered Yokoi in 1972, the sergeant begged to be killed on the spot,

only to return to his hometown with a hero's welcome. Seven feet underground lies Yokoi's cave: A small underground room that's three feet high and nine feet long, supported by large bamboo cranes. To see how a man could survive hiding in a cave — only leaving at night to hunt for fish or rats — visit the Talofofu Falls Resort Park.

Climb the world's tallest mountain

Without oxygen masks or certified training, hikers can easily reach the world's tallest mountain. Mt. Lam Lam, though only 1332 feet above sea level, measures an additional 36,070 from the bottom of the Marianas Trench. If Mt. Everest were measured from the bottom of the Marianas Trench, the world's tallest mountain (above land) will still lie submerged 6000 ft. Across from Guam's Cetti Bay Overlook, one can reach the summit in about 30 minutes. You can also reach Guam's second highest peak — Mt. Jumullong Manglo — on the same trail.

Taste a local favorite: Kelaguen

When visiting a fiesta or a local Chamorro restaurant, one cannot miss out on the prized "kelaguen." Featuring chopped chicken or shrimp combined with salt, pepper, and lemon juice, the acclaimed dish serves as either a main

dish or, typically, an appetizer. Homemade Chamorro recipes are the tastiest, but the evolution of kelaguen has long since moved from a household favorite to a restaurant top seller. Today kelaguen is served on its own, with red rice, or with cooked corn tortillas.

Learn to cha-cha at Chamorro Village

In the heart of Guam's capital, Hagatna, Chamorro Village bustles with energy. Every Wednesday, the "village" opens up shops and vendors to sell locally sourced jewelry, barbecue and crafts. Under breezy conditions in the main dining hall, Chamorro pluck their guitars and ukuleles while couples twirl and step to the beat of cha-cha music. The cordial greetings of waitresses and vendors will easily put a smile on your face, and if lucky, some of the Polynesian dancers may even select you to perform with them. Learn to cha-cha and see a laid back Guam at Chamorro Village.

Bike up to the popular Two Lovers Point

When two lovers were forcefully separated from their families, they chose to die together rather than risk capture. Few people on the island have never heard of the famous two lovers legend, and even fewer have not visited the iconic cliff line. Featuring tasty smoothies and a romantic canopy atop the cliff,



Talofofu Falls / Photos courtesy of Guam Visitors Bureau



Cocos Island



Gef Pa'go Cultural Village

Two Lovers invites families and couples to enjoy sunset dinners and relaxing afternoons. The long routes leading up to the attraction is well-suited for bikers, and the attraction itself is not a disappointment. For couples visiting Guam for a short period of time, make sure to purchase a heart-shaped chain and attach it to one of the rocks adorned with thousands of other love chains.

puntandosamantes.com/

Watch an exquisite performance at Sand Castle

Spend a night in plump, lavishly designed seats in Sand Castle. As performers move to the rhythms of soft classical music and intense hip-hop, viewers are taken to a nighttime show you might see in Las Vegas. Acrobats perform daring tricks — right above your heads — before magicians play with large, fearsome tigers. Sit in a \$40 million theatre voted the best tourist attraction by the Guam Visitors Bureau and squeal in delight as you enjoy an elegant dinner!

en.guam-bgtours.com/activity/sandcastle-guam/

Snap a selfie in Latte Stone Park

In ancient times, Chamorros built their huts on latte stone pillars. The stable stone structures represent formed an integral construction in Guam and the Northern Mariana Islands. When eight, natural megalithic monuments were restored in the Latte Stone Park, the location became a must-see attraction for tourists and locals. Today students visit the park on Chamorro studies or as the third stop on the Hagatna Heritage Walking Trail. While you're at the latte stone park, don't forget to snap a selfie in the center of the eight latte stones!

Ride a boat to Cocos Island

Since you've already arrived on Guam, you might as well travel to a nearby island. Cocos Island features a day resort, meaning guests cannot stay overnight. Customers arrive at the resort via a scheduled boat ride and spend a day sunbathing or participating in beachside activities varying from parasailing to snorkeling. Tickets to Cocos

include a basic meal (nothing fancy), and though the resort is not luxurious in any sense, the island's water is fresh and clear. Cocos is also famous for its wide variety of bird species, and its beaches are very clean.

Learn to weave a coconut basket at Gef Pa'go

In elementary school, Gef Pa'go was a must-see field trip site. The culture village reflects Guam during the 1940s and 1950s. Elder Chamorros demonstrate Chamorro arts and crafts, and storytellers teach Chamorro legends. It's not very common to see people speak standard Chamorro language, but at Gef Pa'go, Chamorro language is heard often. Elders also teach you how to make coconut candy, and since coconut trees adorn Guam's beaches, making fresh candy and coconut juice is very easy. You also learn to make hand woven rope and bowls out of tree bark. Travel to the times of Guam in the mid-1900s in the village of Inarajan.

- Anne Jing Ping Wen

Chamorro Village / File photo



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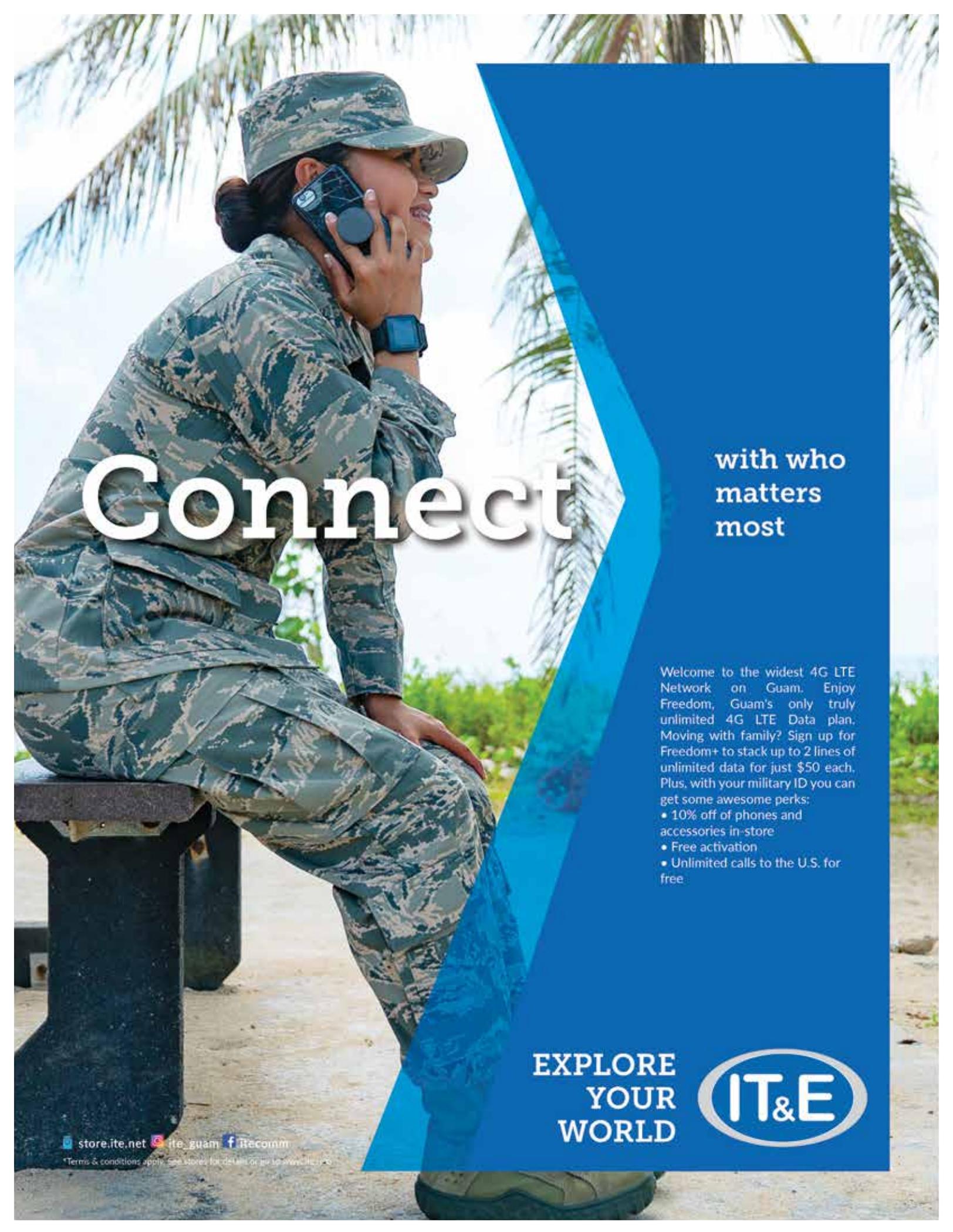
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