

WELCOME TO the PACIFIC 2017-18

YOUR GUIDE TO BEING STATIONED IN

GUAM

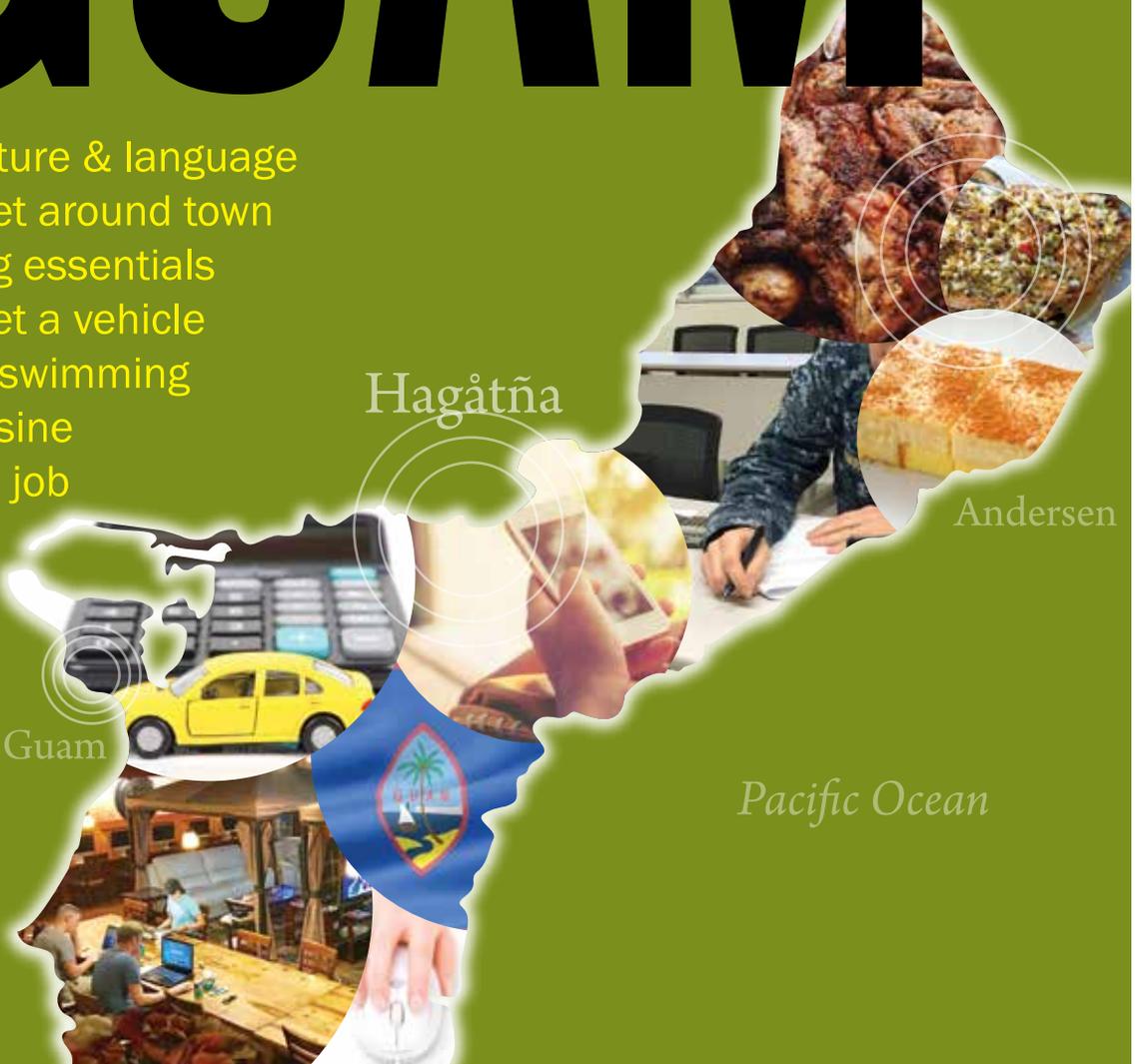
- ✓ Local culture & language
- ✓ How to get around town
- ✓ Schooling essentials
- ✓ How to get a vehicle
- ✓ Hiking & swimming
- ✓ Local cuisine
- ✓ Finding a job

Hagåtña

Andersen

Naval Base Guam

Pacific Ocean



DESTINATION TOKYO

@THE NEW SANNO



THANK YOU
FOR VOTING
THE NEW SANNO AS
BEST SUNDAY BRUNCH
BEST OFF BASE LODGING



BEST
SUNDAY BRUNCH
2007 2013 2014
2015 2016

BEST
OFF BASE
LODGING
2014 2015 2016

229-8111 03-3440-7871

from Outside Japan 81-3-3440-7871

Restaurant and Event Reservations 229-7151

events@thenewsanna.com

Room Reservations 229-7121

room_rsv@thenewsanna.com

www.thenewsanna.com



THE NEW SANNO
TOKYO, JAPAN



ENJOY LIFE IN A NEW RIDE

It's a great time to apply for an auto loan from Navy Federal. With low, competitive rates, you'll be hitting the road in style.

- > Easy application and fast approval process
- > Low monthly payments
- > Flexible payment options

Plus, if you didn't finance your current auto loan at Navy Federal, now is your chance to save. Refinance your current auto loan from another lender with us and get **\$200.***



ARMY
MARINE CORPS
NAVY
AIR FORCE
COAST GUARD
VETERANS

APPLY TODAY!

Find a complete list of worldwide locations along with international calling information at navyfederal.org.

Federally insured by NCUA. *Existing Navy Federal loans are not eligible for this offer. You must make your first scheduled payment in order to receive the offer. \$200 will be credited to the primary applicant's savings account between 61 and 65 days of the loan origination date. If the auto refinance loan is canceled or paid off in the first 60 days, the \$200 offer will become invalid. Offer may end at any time. Account must be in good standing for credit to be processed. Recipient is solely responsible for any personal tax liability arising out of the acceptance of this incentive.
© 2017 Navy Federal NFCU 10096 (5-17)



Welcome to the Pacific Staff

Ian Waddick
Editor

Ayako Kamio
Layout Designer

Writers

Tyler Hlavac Shoji Kudaka
Takahiro Takiguchi

Max D. Lederer Jr.
Publisher

Lt. Col. Richard E. McClintic
Commander

Terry Wegner
Business Operations Manager

Michael Davidson
Revenue Director

Marie Woods
Publishing and Media Design Director

Chris Carlson
Publishing and Media Design Manager

Ed Kelin
Advertising and Circulation Manager

John Parker
Interactive Media Manager

Kentaro Shimura
Production Manager

Rie Miyoshi
Member Services Manager

Area Managers
Monte Dauphin, Japan/Guam
Scott Wheeler, Okinawa
Rick Villanueva, Korea

Multimedia Consultants
Max Genao Doug Johnson
Scott Jung Jason Lee
Megumi Savoy Hans Simpson
Chae Pang Yi Gianni Youn
Robert Zuckerman

Graphic Designers
Yukiyo Oda Kenichi Ogasawara
Yuko Okazaki Kayoko Shimoda

Sales Support
Hiromi Isa Yoko Noro
Yoichi Okazaki Yuko Saito
Yusuke Sato Chae Yon Son
Saori Tamanaha

If you're reading this magazine, you've likely already arrived 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 2017-18 magazine, we really try to help you as you begin your journey overseas. Curious about the 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 in your area.

And all of this useful information Stars and Stripes offers doesn't end with this magazine. Please use this as a guide to help you get settled in your new country. 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 four community newspapers that hit the blue boxes on your base each and every week. Stripes Japan, Stripes Okinawa, Stripes Guam and Stripes Korea (bi-weekly) are there to give you the 411 on that new zip line course, hot restaurant or road trip you just have to take. 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. StripesJapan.com, StripesOkinawa.com, Stripes.Korea.com and Guam.Stripes.com allow 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 that person on base 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. Go www.facebook.com/StripesPacific/ to stay up to date on all of the latest news relating to the U.S. military community stationed in the Pacific. And make sure to keep an eye out for our giveaway promotions, because who doesn't love free stuff!

Ian Waddick,
Publishing and Media Design Editor
Stars and Stripes
Summer 2017

Stripes **WELCOME TO the PACIFIC 2017-18 GUAM**



Culture & language - 06

- 06 Guam then and now
- 10 Modern-day culture
- 12 Language guidelines

Community - 14

- 14 USO
- 18 Cell phones
- 19 Finding a job
- 20 Online



Education - 19

- 19 DODEA homework
- 22 College 101 for servicemembers
- 26 On-base college opportunities

Transportation - 32

- 32 Wheeling & dealing
- 33 Motor vehicle rules
- 33 Public transportation



Food - 38

- 38 Eat like a Chamorro



Leisure - 43

- 43 Jungle safety
- 48 Water safety
- 49 Fun in the sun
- 52 Explore Guam

Stripes Welcome to the Pacific 2017-18 is an exclusive Stars and Stripes advertising supplement for members of the U.S. military community serving overseas. The content herein is unofficial and is not to be considered as the official views of, or endorsed by, Stars and Stripes, the U.S. government, or the Department of Defense. The advertising in this publication does not constitute endorsement by Stars and Stripes of the products or services advertised. All rights reserved. Cover and contents may not be reproduced in whole or in part without prior written permission.

Email: carlson.chris@stripes.com with questions or comments. To subscribe to Stars and Stripes, email: SSPcirculation@stripes.com. Mailing address: Unit 45002, APO AP 96338-5002

Welcome to the Pacific 2017-18
4
GUAM

1-877-NAVY-BED or <http://ngis.dodlodging.net/>



Navy Gateway Inns & Suites (NGIS) is the official Navy lodging for all TAD/TDY travelers, military & civilian (NAF/GS).

With over 24,000 guest rooms at 74 locations worldwide, our mission is to provide a professionally managed business based Lodging Program that contributes to and supports mission readiness.

Open to active duty, retirees, NAF & GS employees and sponsored guests. Be sure to check us out for your leisure travel as well!

All NGIS locations offer comfortable accommodations, affordable rates, and these great amenities:

- internet access ■ premium cable TV ■ microwave ■ refrigerator
- coffee ■ newspapers ■ housekeeping ■ guest laundry ■ "The Bed"



Find NGIS locations and make reservations by visiting:

<http://ngis.dodlodging.net/>

To make reservations call:

1-877-NAVY-BED*



The Primary Mission for Navy Gateway Inns & Suites is to serve the Official Traveler. "Space-A" Reservations can be made 30 days in advance and are based on availability and mission requirements.

Creating comfortable guest services for those we serve: Today and 'Tomorrow'...

* 1-877 number is not toll-free in all calling areas

Guam then and now

Small island plays role on world stage

Ancient history

The people of Guam and the Marianas archipelago are called Chamorros, and archeologists date the Chamorro presence here back between 1,500 and 3,000 years. Linguistic and cultural similarities indicate the ancient Chamorros were people of Indo-Malayan descent (Malaysia, Indonesia and the Philippines), who flourished as an advanced fishing, horticultural and hunting society.

Early explorers left documentation of the people's intricate weaving and delicate pottery making skills, expert seamanship in unique canoes (proas) and of their skilled craftsmanship of unique thatched houses atop solid coral foundations known as lattes. Theirs was and remains a matriarchal society, and it is through the women that much of the Chamorro culture, language and traditions survive.

The Spanish era

The island's first known contact with the Western world was on Mar. 6, 1521, by Portuguese explorer Ferdinand Magellan, sailing for the Spanish Crown in an attempt to circumnavigate the globe. Magellan stayed three days to replenish much-needed water and food for the crews of his three ships, and in exchange offered highly prized iron. Sadly, cultural differences caused a conflict, which led to the unnecessary death of some of the natives and the burning of villages. Nonetheless, Guam became a lifesaving and most important watering stop in the Pacific.

In 1565, Miguel Lopez de Legazpi officially claimed Guam for the Spanish Crown, and in 1668 a small band of Jesuit missionaries led by Padre Diego Luis de San Vitores arrived.

Catholicism was introduced as well as the cultivation of corn, animal husbandry, hide tanning, and the Chamorros were required to adopt Western-style clothing. They rebelled against Spanish ways, but were cruelly subdued, losing the majority of the population. A Spanish governor ruled the islands and Guam became a regular port of call for the Spanish galleons for the next 250 years. Scientists, voyagers and whalers from the U.S., Russia, France and England also visited Guam.

Dawn of the American era

The island was ceded to the United States following the Spanish-American War of 1898. A year later, the U.S. formally purchased Guam and other Spanish-held territories for \$20 million. The Department of the Navy administered Guam per an executive order by President William McKinley. Under the U.S. naval government, many changes and improvements occurred in agriculture, public health and sanitation, education, land management, taxes and public works.

The U.S. Navy continued to use Guam as a coaling and communication station until 1941, when the island fell to invading Japanese forces in a strike launched simultaneously with the attack on Pearl Harbor, Hawaii.

Japanese occupation

On Dec. 10, 1941, Guam Naval Gov. George McMillan surrendered to the Japanese after a valiant defensive struggle by the island's Insular Force Guard. For 31 months, the people of Guam were forcibly subjected to Japanese rule. Guam was renamed Omiya Jima, or Great Shrine Island, and transferred

to the Japanese Navy in 1942. Some measure of religious practice and business activities were permitted, but Chamorro loyalty to the U.S. flag prevailed in spite of the danger.

Birth of Naval Base Guam

On July 21, 1944, now known as Liberation Day, American forces landed on Guam. After almost three weeks of bitter fighting that claimed the lives of 1,600 American servicemen and almost the entire 18,000-man Japanese garrison stationed there, the island was declared secure. The American flag was raised again amid the rubble of the former U.S. Marine Corps barracks in Sumay, Apra Harbor. Approximately 800 Chamorro lives were lost throughout the occupation.

The area was officially named Naval Operating Base in Oct. 1944, and was the largest single element of World War II fleet support in the Pacific. Navy Seabees molded jungle and mangrove swamp into a self-contained Navy supply base housing 50,000 personnel with an expanded harbor, expanded airfield, new docks, ship repair facility, submarine base, 3,000 Quonset huts and more than 1,000 major structures.

Return of naval government

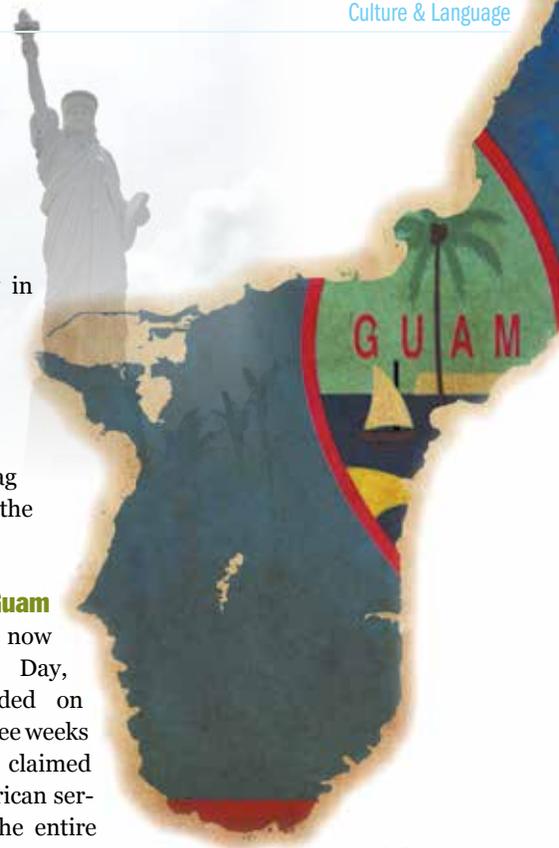
From the war's official end in Sept. 1945 until 1949, the island was under naval government rule, with a Navy captain serving as U.S. Naval Forces Marianas (COMNAV Marianas) commander. He was headquartered at Fonte Plateau, dubbed Nimitz Hill after Adm. Chester W. Nimitz, commander-in-chief of the U. S. Pacific Fleet in 1945,

and home to today's Commander Joint Region Marianas.

In 1950, President Harry Truman signed the Guam Organic Act, transferring oversight of Guam to the Department of the Interior and making it an unincorporated territory with limited self-governing authority. Residents also gained American citizenship. In July 1975, U.S. Naval Station, Guam was placed under the overall control of Commander, Naval Logistics Command, U.S. Pacific Fleet.

Naval Base Guam today

Over the years the Navy base evolved, expanding and contracting with various conflicts, such as the Korean and Vietnam wars. Naval Base Guam today is home to numerous U.S. Navy commands supporting the fleet in this part of the world. Many significant historic sites spanning numerous eras are located on the base, making Naval Base Guam unique among Navy bases. Approximately 6,300 active duty Navy personnel and 6,900 family members live on Guam as well as a significant population of military retirees.



Air Force on Guam

On Feb. 3, 1945, North Field's first runway became operational for World War II B-29 operations. The first combat mission from North Field took place Feb. 25. After the war, the Army Air Forces in the Pacific made the 19th Bomb Group at North Field the only bombardment unit of the Far East Air Forces.

In the fall of 1946, construction began on permanent structures. When the Air Force became a separate service in 1947, North Field became North Guam Air Force Base. The installation was renamed Andersen Air Force Base on Oct. 7, 1949, in honor of Brig. Gen. James R. Andersen, who was presumed lost at sea in the crash of his B-24 Liberator on Feb. 26, 1945.

During the Korean War, Andersen served in an administrative and logistical capacity, operating ammunition dumps and providing maintenance to transient aircraft. Andersen's role in Vietnam is legendary, starting June 18, 1965, when Operation Arc Light launched missions against Viet Cong base operations and Operation Linebacker II launched 87 B-52s from Andersen in one hour and 43 minutes.

Two years after the Vietnam War, Andersen participated in Operation New Life, becoming home to thousands of Vietnamese refugees until

officials could process them into the United States. In support of the Gulf War in 1991, Andersen aided in transporting and deploying 200 aircraft, 2,200 troops, 2,212 tons of cargo and more than 75 million pounds to the Gulf.

Today, with its huge fuel and munitions storage facilities and dual runways, Andersen is an important forward-based logistics support center for contingency forces deploying throughout the southwest Pacific and Indian oceans. Andersen's ideal flying conditions, relatively unlimited airspace and nearby air-to-ground range make this an ideal training area for the U.S. military and militaries of nearby countries.

Postwar island growth

In 1962, President John F. Kennedy lifted the World War II security clearance requirement for travel to and from Guam, enabling its economy to flourish. Today, magnificent luxury hotels, a wealth of fine restaurants and fabulous duty-free shopping have established Guam as the premier tourist destination in the Western Pacific.

— U.S. Navy and Air Force sources



Did You Know?

While July 4th is commonly known as Independence Day in the United States, July 4th is also the anniversary of the day Guam got its own flag. 2017 marks the 100th anniversary of the Guam flag!



Welcome to the Pacific 2017-18
GUAM



You keep us safe. We keep you connected.



At GTA, we know the importance of staying connected to your family and friends while serving far from home. For over 40 years, we've provided superior service and products to help keep you close to those that matter most.

HIGH SPEED INTERNET

Stream faster with download speeds up to 75 Mbps in select areas.



100% DIGITAL TV

HD programming, exclusive access to CW Network, premium movie packages, and whole-home DVR.



TV EVERYWHERE

Stream your favorite TV shows and movies on your tablet, smartphone, or computer. Free with Digital TV service.

WIRELESS

Fast and reliable LTE. Low roaming rates in some neighboring nations, affordable voice and data plans.



TOP NAME BRAND CELL PHONES

Choose from the best selection of smartphones at the lowest prices.



24/7 TECH SUPPORT

Andersen Air Force Base BX
Army Air Force Exchange Service
Bldg. 24016, AAFB
Open daily: 10am – 7pm

Navy Exchange (NEX)
NEX Road, Bldg. 258
Monday-Saturday: 9am-8pm
Sunday: 9am-6pm





When quality time demands quality service.

Members of the U.S. Armed Forces deserve the best and that's what GTA provides. We are dedicated to providing you the best value, service and telecommunication products for you to stay connected. With GTA store locations on all Guam military bases, the choice is easy.

Andersen Air Force Base BX
Army Air Force Exchange Service
Bldg. 24016, AAFB
Open daily: 10am – 7pm

Navy Exchange (NEX)
NEX Road, Bldg. 258
Monday-Saturday: 9am-8pm
Sunday: 9am-6pm



644-4482 | gta.net

Terms and conditions apply. See stores for details.



The vibrant culture of modern-day Guam

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

prints 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 belembautuyan, are highlights of cultural presentations. The belembautuyan, made from a hollow gourd and strung with a taut wire and pressed against ones bare stomach, creates a me-

lodious 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, 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 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 pagu 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.

The people

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



SHARE ONE LOVE

INTRODUCING **ONE** - BUNDLE PLANS FROM DOCOMO PACIFIC



ONE ME



1 Mobile Line
12GB Data
Up to 50Mbps Home Internet
Home Phone +
200 US LD mins



ONE WE



2 Mobile Lines
24GB Shareable Data
Up to 50Mbps Home Internet
Home Phone +
200 US LD mins



ONE FAMILY



3 Mobile Lines
36GB Shareable Data
Up to 75Mbps Home Internet
Home Phone +
200 US LD mins



ONE FAMILY+



4 Mobile Lines
48GB Shareable Data
Up to 100Mbps Home Internet
Home Phone +
UNLIMITED US LD mins

688-CARE
docomopacific.com

24-month agreement required. Some conditions apply. While supplies last.

docomo pacific 
Better Together

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)	~ (ɿ)
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 “Dzopa,” 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 (r), like a Spanish R between vowels, and a retroflex approximant (ɿ), 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 nà'ån-mu? – What is your name?

Nà'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



CHECK OUT WHAT'S HAPPENING ON GUAM AT:

GUAM.STRIPES.COM



EXPERIENCE TIVO

Record up to 6 television shows at once

Watch in any room with an eBox

Never miss your favorites with OnePass™

Search live TV, recorded shows, and streaming media

Record up to 150 hours of HD video

Stream recorded content to your devices

Integrated apps like Netflix, Hulu and Pandora

Zip through a game 30% faster with QuickMode™



Community

USO

Home away from home



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 on USO’s mission of connecting service members with 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 connected with things they often miss while rendering service to our country.



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 visits every year from service members, families, and their guests. On any given day more than 2,000 military lodge in Tumon Bay’s hotel row, and 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 hot food and refreshments, local and long distance calls, high speed internet and Wi-Fi, and more.

Regular Hours of Center Operation:

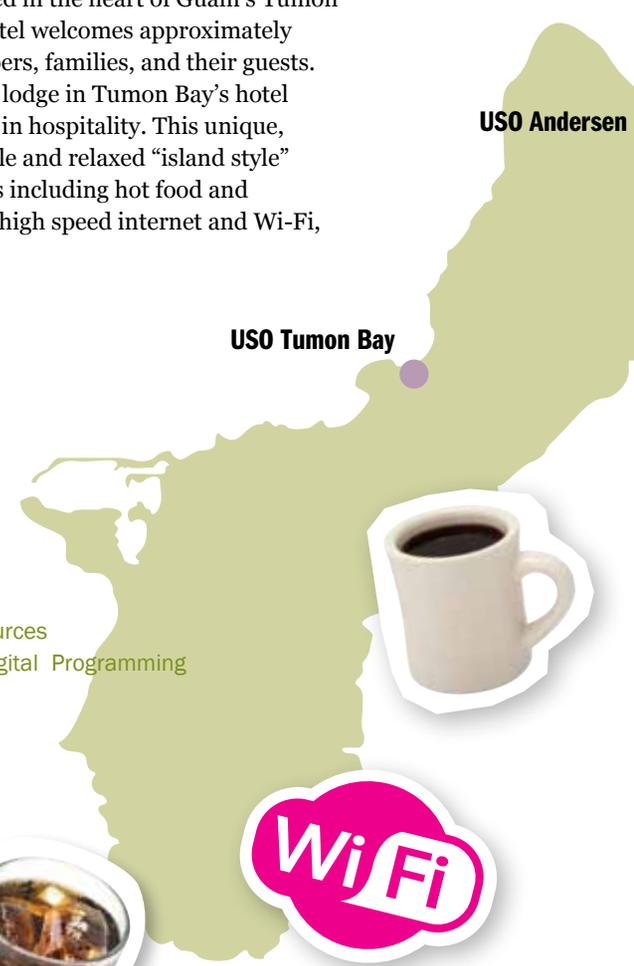
Sunday through Thursday: 8 a.m.-10 p.m.
Friday and Saturday: 8 a.m.-midnight

Center Services:

- Freshly Brewed Coffee and Cold Drinks
- Hot Food and Refreshments Served Daily
- Local and Long Distance Calling
- High-speed Internet and Wi-Fi
- Cardless Cash ATM
- Local Community and “Things To Do” Resources
- Large Flat Screen TVs with Premium Digital Programming and Online Gaming
- Computers with CAC Readers
- Morale Calls
- Massage Chairs
- Video Game Systems
- Billiards
- 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. This 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.

As part of Joint Region Marianas, Andersen AFB's 36th Wing supports strategic operations in the region and serves as a staging base for expeditionary activities in Asia and the South Pacific. In recent years, the base supports a deployed continuous bomber presence (with rotations of 400-500 personnel every six months), Terminal High Altitude Area Defense (THAAD) – the US Army's anti-ballistic missile system, and the Pacific's Global Hawk drone program. The installation's population is 8,100+ permanent and rotational personnel and family members, and will grow by more than 60% with the incoming Marines.

Centrally located at Andersen Air Force Base's "Top of the Rock" building near the Exchange, barracks, and medical center, this new USO will feature:

- Freshly Brewed Coffee and Cold Drinks
- Morning, Afternoon and Evening Refreshments Served Daily
- Local and Long Distance Calling
- High-speed Internet and Wi-Fi
- Local Community and "Things To Do" Resources
- Large Flat Screen TVs with Premium Digital Programming and Online Gaming
- Relaxation Areas and Reading Materials
- Computers with CAC Readers
- Outdoor Gazebos with BBQ Grills and comfortable seating
- Special programming to support "no dough" dinners at the barracks
- Mobile programming to isolated areas of Northwest Field for special events (barbecues, flapjack Fridays, etc.)

Mobile programming

In addition to its center operations, USO Guam serves more than 20,000 service members and families through its mobile 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 200 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 <https://www.facebook.com/USOGuam>, or get up to the minute information on our website at <https://guam.uso.org>. Thank you for your service to our country!



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

STARS & STRIPES
Stripes GUAM



Submit your own reviews, articles and organization's information at
guam.stripes.com

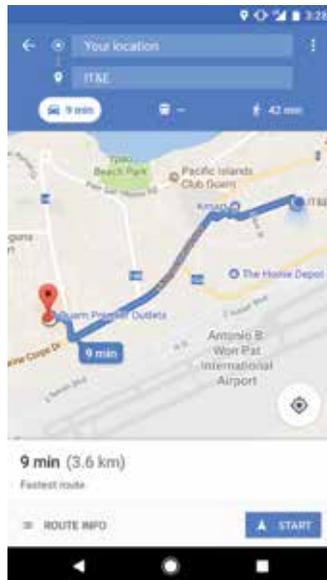


Stay Connected When You Travel To Guam

Guam, Where America's day begins and the data speeds are fast and reliable. Even if you're not a part of the #hashtag generation with an insatiable desire to post a selfie every day for every occasion, you can still take advantage of the robust 4G/LTE cellular and data networks in Guam and stay connected while you're on island.

How so? Here are two cool things you can do with your phone while you're connected.

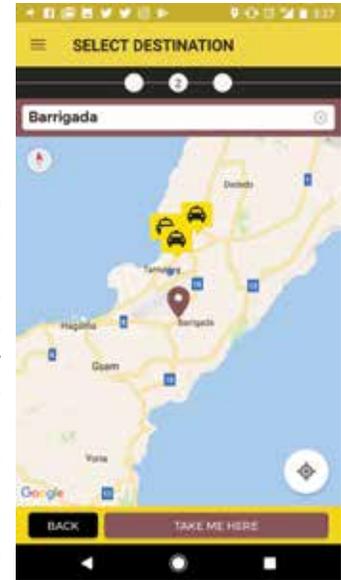
Finding it hard to navigate? Use Google Maps or Street View to find your way around?



Back in September of 2014, Google, in partnership with the Guam Visitors Bureau launched their first street view images. It's a convenient way to get around or virtually explore before embarking. Just open Google Maps, type in the place you want to go to, and hit the directions button. Or you can track your progress in real time as you make your way to your destination.

Need a ride? Book a Stroll.

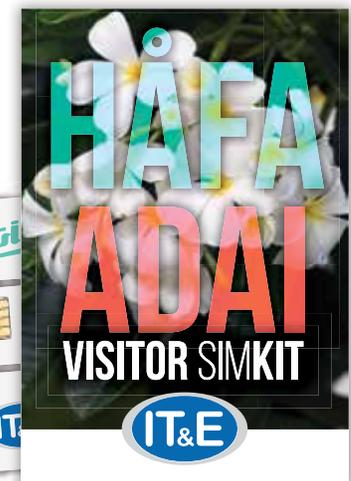
Guam doesn't have Uber, but we do have Stroll. As they explain on their website (<http://strollguam.com>), "Stroll is a transportation network, providing ride services for anyone living or traveling in Guam." All it takes is 4 simple steps:



1. Download the app and Register on it.
2. Select your pick-up and drop-off destinations
3. Get your ride
4. Stroll

What's the best way to stay connected?

The Hafa Adai Visitor Sim Kit from IT&E is an amazing deal. It's just \$20 and gives you unlimited talk, text and data and \$10 of long distance to anywhere in the world. You can purchase one at any of IT&E's 5 retail locations or at any Shell Foody's Station. IT&E also has great prepaid rates that can be found at ite.net.



GET MORE WITH EVERY MOTION PLAN

Motion! POSTPAID
PLANS

5GB	10GB	20GB
\$50	\$70	\$80



**FREE
CALLS TO
THE U.S.**

Includes Unlimited Talk & Text

Enjoy the freedom of more streaming, more sharing, and more living with our motion postpaid plans on the network that gives you more.



*Terms & conditions apply. See stores for details.

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.



Did You Know?

Guam is located about 7,000 miles from the Continental United States.

Stripes
PRINTSHOP

Unbeatably low prices on **graduation announcements, retirement & promotion ceremony programs, business cards, banners & posters**, and much more!

<http://printshop.stripes.com>



Still reporting to you.

STARS AND STRIPES

mail subscription to stateside address and APO/FPO address is available at \$19.00/month.

For more information, please email MemberServices@stripes.com



Finding a job on Guam

So, you followed your spouse to Guam. They have 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

Lists job openings for on and off the 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.

WANTED

PROGRAM MARKETING ASSISTANT



- * Promote a Unique Quality of Life Program/Benefit Only Available to Service Members Overseas
- * Flexible Hours
- * Connect With Your Military Community
- * Grow Your Nest Egg While Overseas

*must be **ENERGETIC, ENTHUSIASTIC**
and have an **OUTGOING PERSONALITY***

Contact : Jeff Klose
jklose@militarycars.com

MCS[®]
MILITARY AUTOSOURCE

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](http://www.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.guamopedia.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

An absolute 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: my Marianas.com

Diving

Hosted by MDA (Micronesians 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. www.stripes.com/blogs/pacific-storm-tracker



Like

us on Facebook!

Facebook.com/StripesPacific

Get up to date news about the Pacific Theater, information about local events, and exclusive chances to win great prizes from

STARS  STRIPES®



Our global network is all about you

Korean Air network of 129 cities in over 46 countries

Oceania	Sydney, Brisbane, Auckland, Nadi
Asia	Bangkok, Phuket, ChiangMai, Singapore, Jakarta, Kuala Lumpur, Mumbai, Delhi, Ho Chi Minh City, Hanoi, Da Nang, Nha Trang, Kathmandu, Phnom Penh, Yangon, Colombo, Male
Europe	Paris, Frankfurt, London, Zurich, Amsterdam, Rome, Milano, Vienna, Madrid, Barcelona, Prague, Istanbul, Tel Aviv, Moscow, Vladivostok, St. Petersburg, Irkutsk, Tashkent, Dubai
China	Beijing, Tianjin, Qingdao, Shanghai, Guangzhou, Xiamen, Shenyang, Wuhan, Kunming, Jinan, Weihai, Mudanjiang, Yanji, Shenzhen, Dalian, Changsha, Zhengzhou, Xian, Huangshan, Hangzhou, Nanjing, Hefei, Nanning, Guiyang

Office hours: Monday - Friday 9am to 12pm and 1pm to 6pm
Telephone : 642-1124/25



www.koreanair.com



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. Since local law and custom dissuade locals from owning older vehicles, reasonably priced cars with low mileage are not hard to find.

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 an authorized dealer for Toyota, Lexus, Scion and Chevrolet, and also sells pre-owned vehicles. In business on Guam since 1914, the dealership is located at 443 South Marine Corps Drive in Tamuning. You can give them a call at 649-6410 or check out their website at www.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 Agana 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.carsplusguam.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 BMW, MINI and Land Rover at 491 East Marine Corps Drive, Dededo, and one specializing in Subaru and pre-owned cars at 891 South Marine Corps Drive in Tamuning. On the front page of its website, it has a special section designated as military sales. See it at www.prestigeautoguam.com or call 633-2698.

Triple J Motors seems to have the widest selection of vehicle brands on Guam, including Ford, Honda, Acura, Mazda, Mitsubishi, Kia, Isuzu and Volvo (offering deals through the Volvo Military Sales Program). It has three convenient locations: on the corner of Airport Rd. and Marine Corps Dr., beside McDonald's in Tamuning, and at 470 North Marine Corps Dr. in front of Kmart. Their website, at www.carsguam.com, also offers videos of some of the cars. To speak to a salesperson, visit one of their showrooms or call 648-2277.

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

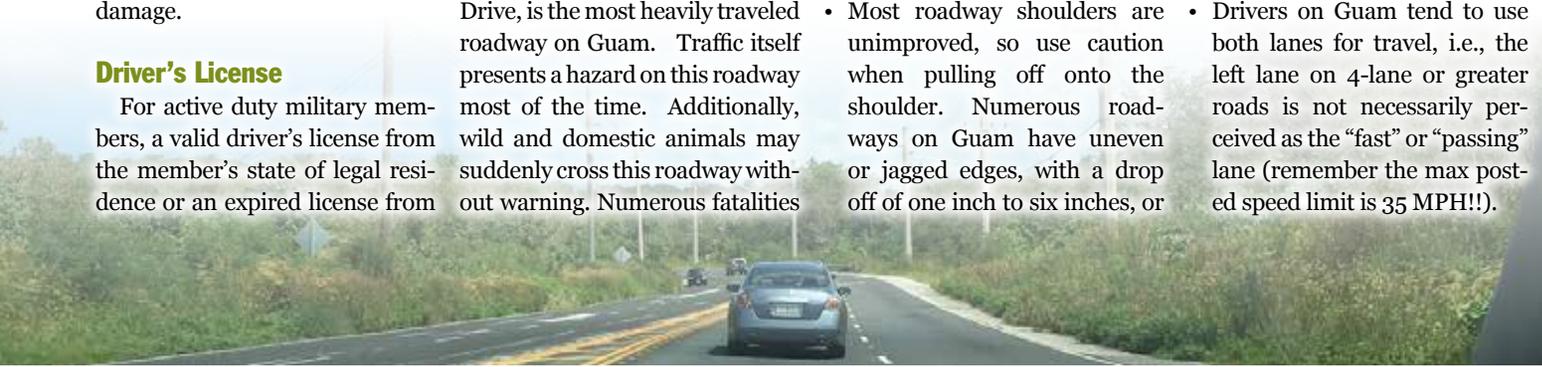
The highest speed limit on Guam roadways is 35 mph. Many areas are hazardous and therefore posted at reduced speeds.

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!!).



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 six days per week, Monday through Saturday, and is available to peoples with disabilities.

No service is provided on Sundays or on



holidays. Hours of service generally extend 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. 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.



Stars and Stripes:
your one source for all the
military news that matters.



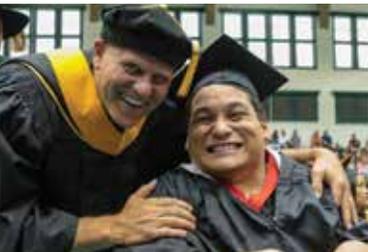
Updated 24/7 for the military community at home and abroad.
Check out Stripes.com today!





UNIVERSITY OF GUAM

UNIBETSEDĀT GUAHAN



Located in the village of Mangilao in central Guam, the University of Guam sits on a 110-acre campus which boasts a breathtaking ocean view, cool breezes and modern, island-inspired architecture. Home to nearly 4,000 students per year, UOG offers 34 undergraduate degrees and 15 graduate degrees in Business, Nursing, the Sciences, Liberal Arts and Education.

UOG is a public U.S. land-grant institution accredited by the Senior Commission of the Western Association of Schools and Colleges (WASC). UOG has also obtained program specific accreditation from nationally recognized professional accrediting organizations such as: Accreditation Commission for Education in Nursing, Inc. (ACEN); Council on Social Work Education; Council for the Accreditation of Educator Preparation (CAEP) and International Assembly for Collegiate Business Education.

For higher education that prepares and empowers you for your future, become a University of Guam Triton!

For more information, visit online at www.uog.edu or contact UOG Admissions at +1 (671) 735-2214 or send an email to admitme@triton.uog.edu.

Helpful Links:

Admissions

www.uog.edu/admissions

Financial Aid:

www.uog.edu/financial-aid

Degree Programs:

www.uog.edu/degrees

Course Catalogs:

www.uog.edu/course-catalog

Campus Map:

www.uog.edu/campus-map

Apply Online:

www.uog.edu/apply





WE ARE DEDICATED TO YOUR SUCCESS.

The University of Guam offers 34 undergraduate and 15 graduate degrees in Business, Nursing, the Sciences, Liberal Arts and Education. Each program is designed to help you meet your personal and professional goals.

At UOG, you'll learn from an international faculty; participate in research and projects that impact both our local community and our region; develop relationships that will last a lifetime; and you'll join a legacy with over 16,000 alumni all over the world.

There's **NO PLACE LIKE HOME** for an education that prepares and empowers you for your future.

BECOME A UOG TRITON! For more information, contact Admissions at 735-2214 or email admitme@triton.uog.edu.



Admissions:
www.uog.edu/admissions

Financial Aid Office:
www.uog.edu/financial-aid

Degree Programs:
www.uog.edu/degrees

Apply Online:
www.uog.edu/apply

Connect: www.uog.edu |      

College 101 for servicemembers

Editor's note: Tyler Hlavac is an active-duty Marine and full-time dad assigned to Stars and Stripes' Yokosuka Bureau. He attends classes regularly at University of Maryland University College's Yokosuka Campus and is currently pursuing a bachelor's degree in communications.

There are a lot of benefits to being a servicemember, but it's possible you're not taking advantage of one of the best: tuition assistance. I'm talking about free money.

Tuition assistance (TA) is provided to servicemembers through the Department of Defense to help cover the cost of school. It's not a loan and it comes with very few stipulations, yet it often seems like many servicemembers don't use it.

There are a multitude of reasons for not pursuing an education, some good and some bad. Some servicemembers have intense jobs that don't leave many hours for school and others have large families and simply cannot devote the time. However, I've heard a few pretty weak excuses for not going to school. Visit any base general recreation center and you will see plenty of servicemembers aimlessly surfing Facebook or binge-watching reruns of television shows.

While some leaders do a good job of encouraging their juniors to pursue educational opportunities, others don't mention school at all. Even worse, I've unfortunately encountered a few leaders who actively discouraged attending school for various reasons.

Going to class can be intimidating, whether you are a 19-year-old junior servicemember or a senior leader in your 30s or older. Educating yourself about your options beforehand can make starting school a less intimidating endeavor. It's hard work and you may not always get the best encouragement, but

keep in mind it's your future you are working for. For me, the thought of my own future and my family's future keeps me motivated. Going to school allows me to be a better provider for my family down the road and allows me to leave my GI Bill untouched and pass it on to my son to secure his eventual college education. No one else can create a better future for you. The best way to get started is simply to start.

Getting started

For servicemembers, the topic of attending college while on active duty is somewhat common. College is brought up even before attending basic training, as recruiters often use the TA program as a selling point for potential applicants. A lot of information about the GI Bill is presented during basic training and, generally, every substantial military base has an education center and even satellite college offices.

However, this information can often be very broad or vague and sometimes doesn't cover the most basic questions in the simplest way. How much does school cost? What can I go to school for? What does TA cover? Do I have time to go to school while serving in the military? These are some of the important questions that servicemembers should consider before beginning their journey as an active-duty college student.

Picking the right school

After you decide what degree you want to pursue, the next thing you should do is decide what school to attend. The first

factor to consider is whether or not the school has a memorandum of understanding with the Department of Defense. A school has to have this memorandum, otherwise a servicemember cannot use TA.

You also need to find a school that offers the degree you want while fitting within the amount of TA you are offered. Each service has a cap on how much you can spend per credit hour and how much you can spend per year. This is generally \$250 per credit hour and \$4,500 per year. If the school you are looking at charges more than \$250 per credit hour, TA won't pay for it.

Next, do you want to take online classes or attend face-to-face classes? Personally, I think the best option for a servicemember just starting college is to attend a college located on base and take a few face-to-face classes. Some servicemembers prefer online classes because of their availability and the flexibility to take them without having to go to a classroom. The downside of online classes is that you miss out on a lot of instruction from the teacher and networking with fellow students who can help you with your work.

Colleges located on base work with servicemembers regularly and have a good grasp on your paperwork requirements and work schedules. Their classes are tailored to servicemembers

and the costs all fit within the DOD's TA requirements. These on-base schools are ideal for beginners and are a good place to at least get a start on your general education requirements.

Using tuition assistance

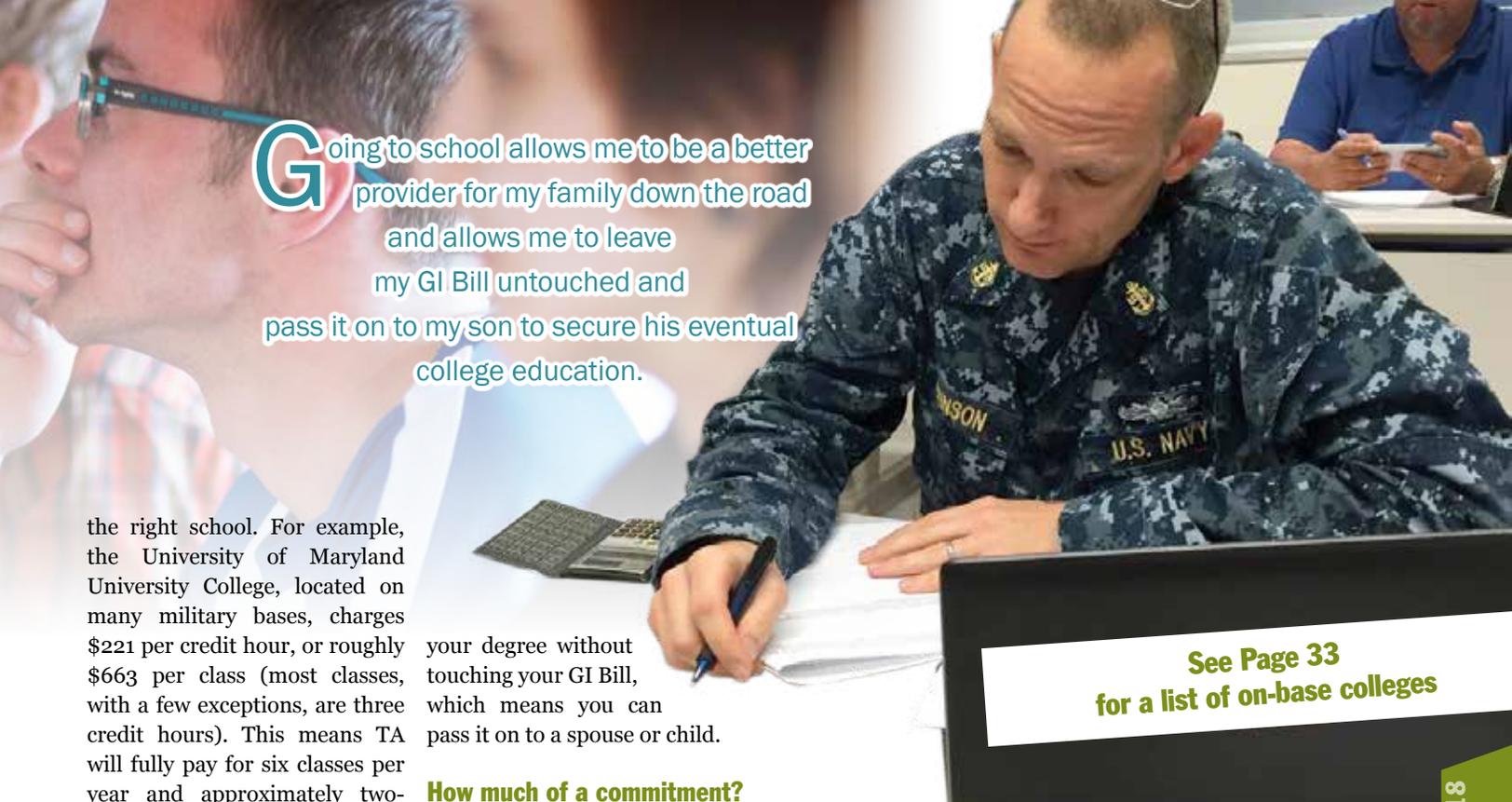
TA is a benefit provided by the DOD to help pay for college. Generally, every active-duty servicemember is eligible for it. The DOD has some guidelines for TA, namely that schools have a memorandum of understanding with the DOD, but each service has its own unique requirements.

For example, the Marine Corps requires, among other things, a minimum time in service of 24 months per active duty base date and the completion of the Marine Corps Institute Personal Financial Management course. The Navy requires that sailors have not received a non-judicial punishment in the last six months and have served at least one year in their first duty station.

All of the services have some sort of general grade requirement as well. If you end a class below a certain grade, such as a "C," you have to pay back the money you received for that class.

The amount of TA offered each fiscal year may not seem like much, but \$4,500 can actually go a long way if you pick





Going to school allows me to be a better provider for my family down the road and allows me to leave my GI Bill untouched and pass it on to my son to secure his eventual college education.

the right school. For example, the University of Maryland University College, located on many military bases, charges \$221 per credit hour, or roughly \$663 per class (most classes, with a few exceptions, are three credit hours). This means TA will fully pay for six classes per year and approximately two-thirds of a seventh class.

Assuming you don't want to go out of pocket and want to use as much of your benefits as possible, this means TA will pay for a UMUC student to take at least one class per semester, and one semester you can take two classes (UMUC has five semesters in a year). This is a fairly substantial course load for a working servicemember; two classes at one time is considered "full-time student" status by UMUC.

Most servicemembers I talk to have their hands full balancing their job and just one class at a time. TA also allows you to obtain

your degree without touching your GI Bill, which means you can pass it on to a spouse or child.

How much of a commitment?

College can be a serious time commitment for active-duty servicemembers. This depends on both the courses you choose and how many you are taking per semester. As mentioned, a two-class commitment is considered "full time" by many schools, so balancing two classes at once and a full-time job is tricky.

Individual courses tend to become more difficult the higher level they are. A level 400 class is generally harder than a level 100 class, for example, but even classes of the same level can vary. I took a Psychology 100 class that only required one to two hours of work outside the classroom each week. On the flipside, I took a Math 103 class that required five to seven hours of homework each week.

A common syllabus guideline I've seen in many of my classes is that students should expect to spend two to three hours of reading, studying or doing homework for every one hour they spend in class. Although I can't say I've spent that much time doing schoolwork, it is a useful guideline to keep in mind.

I would recommend only taking one class at a time for your first two or three semesters and

then trying two classes if you feel you can handle it. Even with one class, don't expect to have your entire weekend free. A lot of your time will be spent doing schoolwork. Fortunately, most schools have semester breaks, so you will get time off periodically throughout the year.

Benefits of going

There are a lot of benefits to going to college, beyond just obtaining a degree. Having off-duty education looks great on servicemembers' evaluations.

I've personally found that just going to school and taking classes has kept my brain engaged and has stimulated my desire to learn, which has had positive effects on my job performance.

Balancing work, school and family life has also greatly improved my time-management

See Page 33
for a list of on-base colleges

skills and I feel I waste less time each day. Staying busy with school has also had a positive effect on my bank account. As I've had less free time, I've spent less time aimlessly shopping or sitting in bars or restaurants.

School has also been a great opportunity for me to network and to meet new people each semester. Everywhere I go on base I constantly run into former classmates. The overall best benefit of going to college is investing in one's future.

Whether you spend four or 30 years in the military, everyone must eventually leave and seek outside employment. Separating from the military with a bachelor's or even a master's degree will help you secure a solid post-military career.

– Tyler Hlavac



Education Centers

Naval Base Guam
Barracks 1
DSN: 339-8291

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

Japan Navy Lodges Offer Great Value, Great Price, Great Location

Whether you are traveling on business, vacation or relocating with family to another duty station, Navy Lodges offer comfort, convenience and affordability for the military family and DOD traveler.



Navy Lodges in Atsugi, Sasebo and Yokosuka are located close to some of the most unique, historical and exciting places in Japan. Two of Japans largest cities, Tokyo and Yokohama are minutes away from Atsugi and Yokosuka. Also close by is Kamakura where you will find historical shrines, temples and the Great Buddha. Outside of Sasebo you will find some of the most beautiful countryside in all of southern Japan. There are hot springs, parks and gardens and the famous Noritake Chinaware factory.

All Navy Lodges in Japan feature air conditioned rooms, queen-size beds, flat screen TVs, DVD players, free internet, direct dial telephone service, hair dryers, irons and ironing boards, and radio frequency ID locks. Coin operated guest laundry and vending machines are conveniently located on the property. Fax and copying services, DVD rentals and free coffee are available in the lobby. Connecting rooms and fully equipped kitchenettes are also available.

Renovation projects are planned to begin soon and will include the addition of family suites and large capacity refrigerators which will help PCSing families be more comfortable during a longer stay.



Atsugi



Yokosuka



Yokosuka



Sasebo

The mission of the Navy Lodge Program is to provide every guest with affordable, clean, comfortable and well appointed accommodations. Navy Lodges are an important non-pay benefit to the Navy Family and contribute to their overall quality of life by offering a value up to 40% less than comparable civilian hotels. The money you spend at a Navy Lodge allows for continued renovations and service upgrades.

In addition to great value you will find our associates dedicated to providing quality service to every guest. So, whether you are traveling within Japan or to another part of the world, try us on your next trip and let us know how we did.

"The Spirit of Hospitality"



1-800-NAVY-INN

www.navy-lodge.com

Travel your way To the best value in lodging.

As part of our U.S. Military Family, you enjoy exclusive access to Navy Lodges worldwide at savings that average 40 percent less than civilian hotels! *Everything you would expect...*

- Clean and comfortable rooms
- Lots of amenities
- Friendly and professional staff
- Convenient and historical locations

There's a Navy Lodge where you want to be, including three locations in Japan.

ATSUGI 0467-70-3304 DSN: 264-6880
navylodge.atsugi@nexweb.org

SASEBO 0956-24-0223 DSN: 252-3601
navylodge.sasebo@nexweb.org

YOKOSUKA 0468-16-6708 DSN: 243-6708
navylodge.yokosuka@nexweb.org



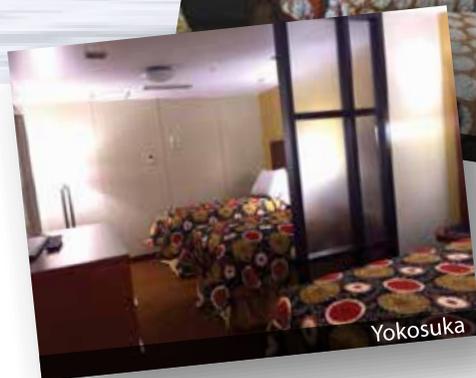
Atsugi



Sasebo



Sasebo



Yokosuka



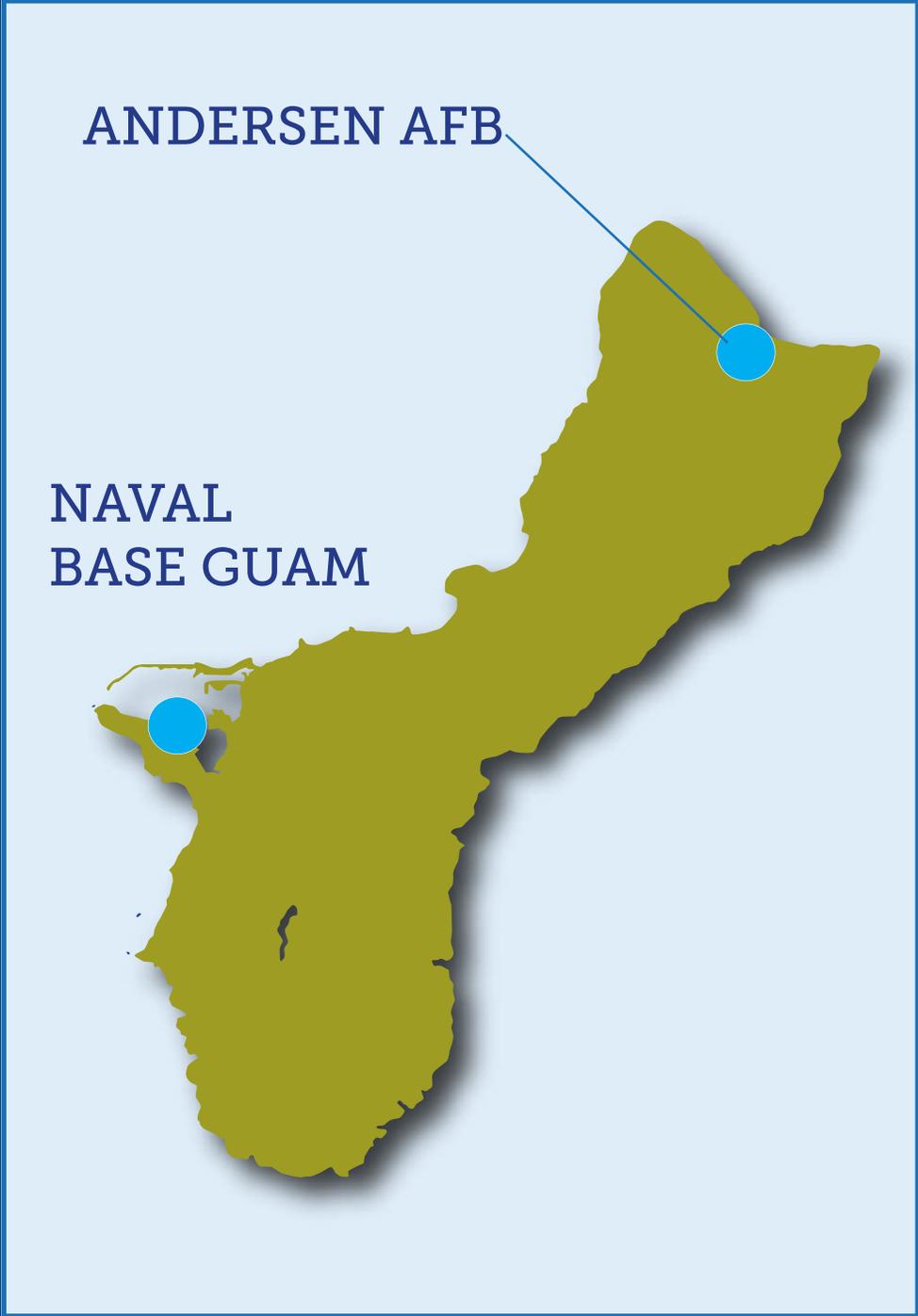
Wherever you're heading,
contact Navy Lodge first!

**Navy
Lodge**

1-800-NAVY-INN
www.navy-lodge.com

MAKE THE MOST OF YOUR TIME IN GUAM BY

UMUC has two locations in Guam: Andersen Air Force Base and Naval Base Guam.



Contact your local UMUC campus. UMUC can help you.



University of Maryland
University College

ASIA

TAKING CLASSES AT UMUC!

Force Base & Naval Base Guam



Visit the UMUC office for more information about how you can achieve your goals. www.asia.umuc.edu/locations

Thinking about going back to school, but don't know where to start?

ATTEND A NO-COST WEBINAR TO GET ALL OF YOUR QUESTIONS ANSWERED!

Intro to UMUC

New Student Orientation

MBA Open House

VA Benefits Open House

Register for an upcoming webinar at www.asia.umuc.edu/welcome.

Doing your DODEA homework

The Department of Defense Education Activity is a K-12 American school system for U.S. military and DOD civilian dependents. DODEA is composed of the overseas Department of Defense Dependents Schools (DODDS) and the domestic Domestic Dependent Elementary and Secondary Schools (DDESS) – which includes the U.S. territories of Puerto Rico and Guam.

DODEA-Pacific manages schools in the districts of Guam, mainland Japan, Okinawa and South Korea. While DODEA, DODDS and DDESS curriculum and grade-level standards are the same, their funding and legislative authorization mandate different eligibility requirements. In the Pacific, schools in mainland Japan, Okinawa and South Korea adhere to DODDS eligibility rules; Guam adheres to DDESS rules.

Registration
There are two ways to register your child for any DODEA-Pacific school depending on your family situation:

If you are new to DODEA-Pacific or your child is moving to another school district within DODEA-Pacific, use the online pre-registration process outlined on our website and bring all required documents to the school to finalize registration.

If your child is advancing to the next grade at their current DODEA-Pacific school or they are staying within the same district, contact the school directly to re-register. To finalize registration, you will need to revalidate enrollment eligibility by providing a copy of your orders with any required and updated immunization records for each child.

In either case, you must still visit the school in person to finalize registration. School offices are open during regular hours throughout the year.

Students preparing to enter kindergarten must be 5 years old by Sept. 1 of the enrolling school year. Evidence must be presented to verify age requirements. Birth certificates or passports are adequate verification;

permanent change of station orders are not.

Some DODEA-Pacific schools offer a pre-kindergarten program called Sure Start. It provides academically at-risk children extended services 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, ask them to send records via U.S. Postal Service Priority Mail to the military address of the receiving DODEA-Pacific 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, but you will need to contact the school in advance as commercial addresses are not available online for security reasons.

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 listed below, navigate to the Pacific School websites to find your school, and then click on the Food Services section.

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. This information is also available on the website in the same section as the Free and Reduced Meal Program mentioned above.

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

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

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

Troy University:
www.troy.edu/military

Embry-Riddle Aeronautical University:
www.erau.edu

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.

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 DDESS on a tuition-free basis (Guam District). 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, including participating in extracurricular and interscholastic activities.

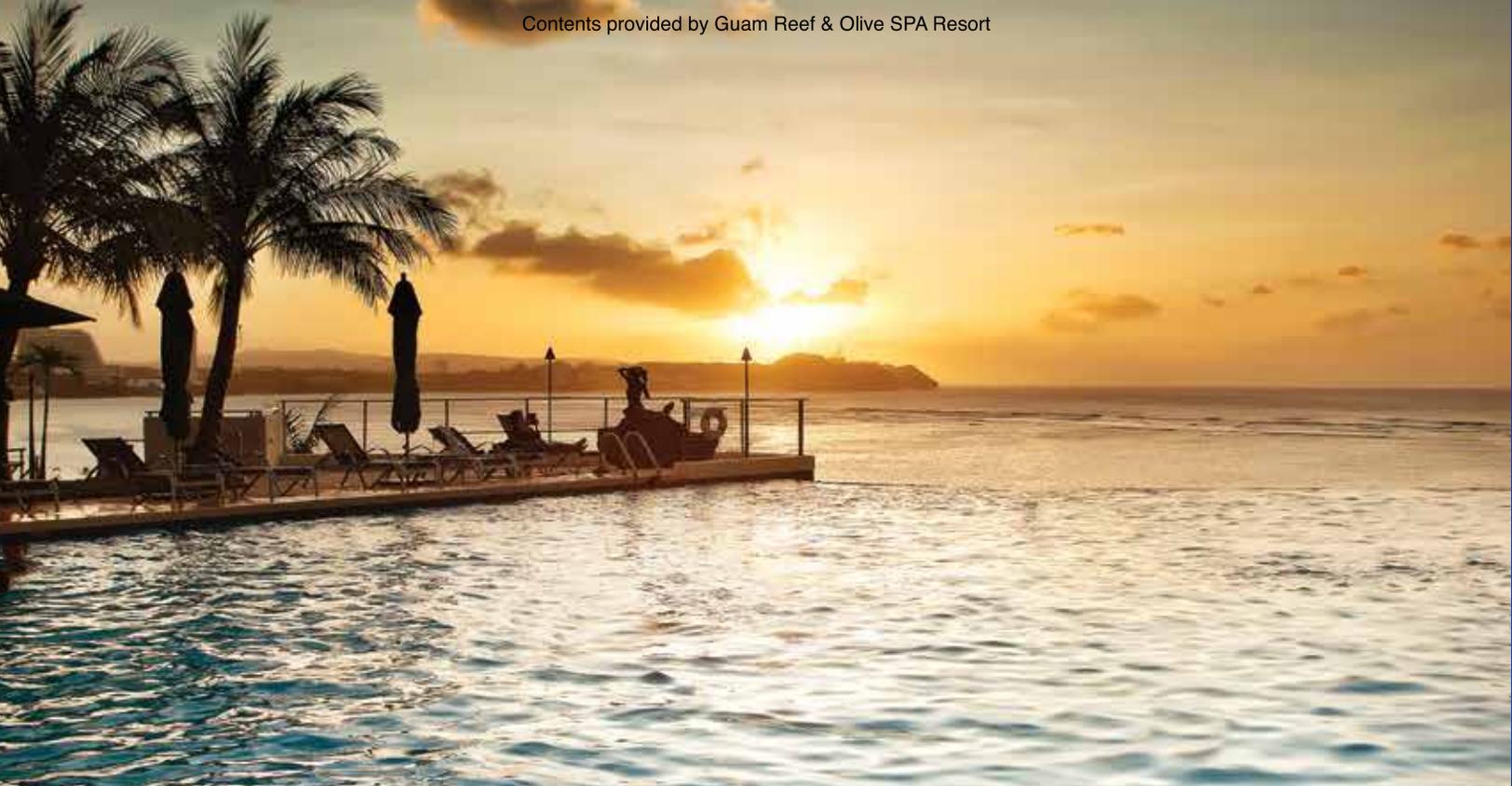
DODEA encourages DOD sponsors who wish to home school their dependents to communicate the desire to their commanders in order to determine if there are any command policies or other rules ensuring that home schooling practices meet host nation, state, commonwealth, or territory

requirements. Sponsors are responsible for complying with applicable local requirements. Contact your local School Liaison Officer or command representative to learn more."

– DODEA-Pacific

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.



ON THE BEACH IN THE HEART OF GUAM

LOCATION

Guam Reef & Olive SPA Resort, offers hospitality and high quality entertainment space. Located in the center of the shopping and entertainment district just 10 minutes away from Guam International Airport, and within walking distance of all the exciting Tumon attractions. Guests at the Guam Reef beachfront hotel can enjoy Guam's famous emerald blue sea and white sandy beaches spread out below Guam Reef's world famous Infinity pool.

DINING

Guam Reef & Olive SPA Resort offers a wide selection of restaurants and bars for your convenience. Enjoy an International all-you-can-eat buffet at MAIN; Japanese fusion cuisine at WAON; happy hour with a beautiful sunset at the Top of the Reef, and a tropical BBQ experience at the Infinity Beach Club.

ROOMS & SPA

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. 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. Start your day by joining our poolside Morning Yoga and enjoy the spectacular views of Tumon Bay. Newly opened fitness room (678 sq ft) is available to help you unwind and further enhance your stay with us.



Military Rates
available

For Reservation :
Tel: 1-671-649-2229 / 1-671-646-6881
E-Mail: reservations@guamreef.com

Visit our Official Site :
<http://guamreef.com>



GUAM REEF & OLIVE SPA RESORT

GUAM REEF & OLIVE SPA RESORT

THE PLACE FOR PERFECT RELAXATION



Guam Reef & Olive Spa Resort provides top class service and Guam's best entertainment spaces



GUAM REEF
& OLIVE SPA RESORT

1317 Pale San Vitores Road, Tamunig, Guam 96913
671-646-6881 www.guamreef.com

CHANGE

YOUR LIFE

TWO YEARS OF COLLEGE IN JAPAN AND TWO YEARS IN THE U.S.

RECOGNIZED BY THE HIGHER LEARNING COMMISSION
IN THE US AND THE MINISTRY OF EDUCATION IN JAPAN

DEPENDENTS OF MILITARY PERSONNEL

Lakeland is an excellent transition university for military dependents finishing high school. Small class sizes and close supervision by faculty make transition from high school to university easy.

At LUJ, students can:

- Commute from home in many cases
- Receive the two-year Associate of the Arts degree in 19 months
- Make new friends easily in the family-like atmosphere
- Enter competitive universities more easily as A.A. degree graduates than high school graduates
- Automatically receive a scholarship upon transferring to the main campus in Wisconsin as LUJ graduates

"Lakeland University Japan Campus (LUJ) is a school that provides an environment with students from all around the world, which was perfect for me after graduating from high school at an American military base. There are a variety of classes from which to choose from. These classes help guide me to seek my future major."



"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



LAKELAND UNIVERSITY JAPAN CAMPUS

5-7-12 Shinjuku, Shinjuku-ku, Tokyo 160-0022
 EMAIL: admissions@japan.lakeland.edu
 TEL: 03-3225-0425 Fax: 03-3225-0428

LUJ.LAKELAND.EDU

AN AMERICAN UNIVERSITY IN JAPAN

- Located in convenient Shinjuku
- Small class sizes
- Individualized guidance
- Enrollment three times a year
- College credits can easily be transferred to other institutions in the U.S.



MILITARY BENEFITS AVAILABLE!

Use your military educational benefits for dependents as well as veterans at Lakeland University Japan.

(post-9/11 / Yellow Ribbon, Vet ED, DMA 189, Montgomery GI Bill)

CONTACT US and find out how to begin your college education in Japan.



**LAKELAND
UNIVERSITY · JAPAN**

LAKELAND UNIVERSITY JAPAN CAMPUS

5-7-12 Shinjuku, Shinjuku-ku, Tokyo 160-0022

EMAIL: admissions@japan.lakeland.edu

TEL: 03-3225-0425 Fax: 03-3225-0428

URL: luj.lakeland.edu

Food

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 – “hotnon babui” – a roast pig.

“For magnificent celebrations we prepare and roast a whole pig,” says lifelong Guamanian Toshio Akiyami. “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 dago,” 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.

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.

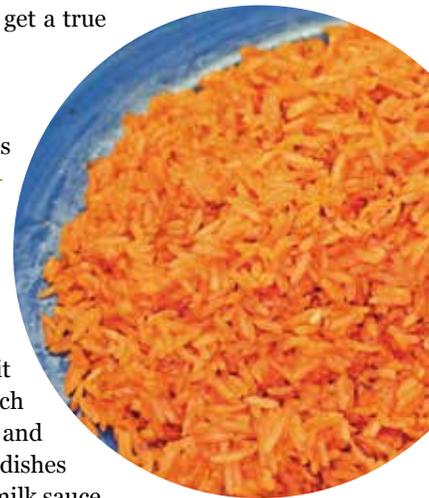
Aggon (starch)

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 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.



Red rice



Tiyas



Eggplant in coconut milk



Gollai Hagon Suni



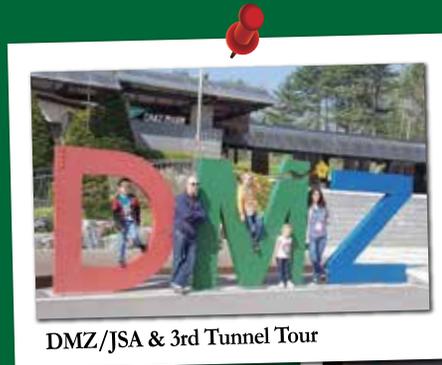
Bonelos dough

Continued on page 42

Come & Experience 'Real' Korea

KORIDOOR TOURS

Our name KORIDOOR is the combination of two words: "KOREA" and "DOOR". We at KORIDOOR wish to open the "door" to Korean adventures by providing new and exciting tours that are culturally relevant, especially for those visiting Korea for the first time. We pride ourselves to be a one-stop tour destination shop and cater equally to new travelers and seasoned travelers. If you are ready to experience great fun, real excitement, and see the dynamic colors of Korea, please come and join our family for an unforgettable outing. We provide visitors from all over the world the chance to meet and make friends, and to share the experiences of Korea. When you take a tour with KORIDOOR, you experience the "Real Korea".



DMZ/JSA & 3rd Tunnel Tour



USO 46th Annual Six Star Salute



14th Annual Travel Fair - Naval Base Guam



KORIDOOR isn't just about all fun and play — we are serious about Corporate Social Responsibility and believe in giving back to the community because without YOU, we would not be here.

It is our duty and practice to donate a portion of our earnings to the military to support the families and loved ones of the UN soldiers who gave up their lives defending the Korean peninsula. Our professional team will lead you through the many unknown, mysterious and beautiful locations all around Korea. We can provide for all your needs in making this trip to Korea one of the most memorable moments of your life.

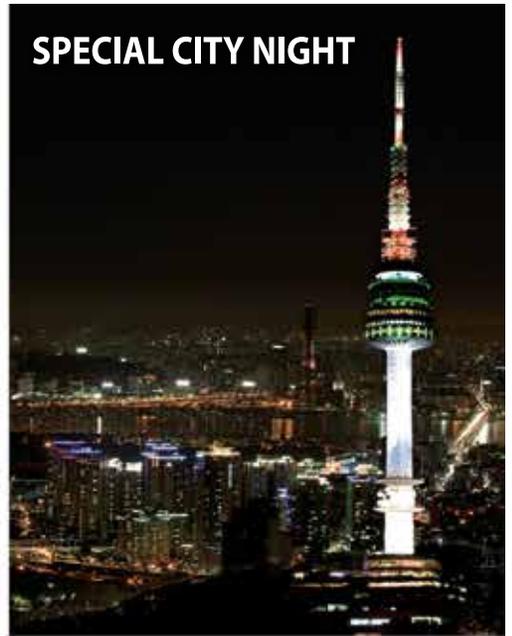
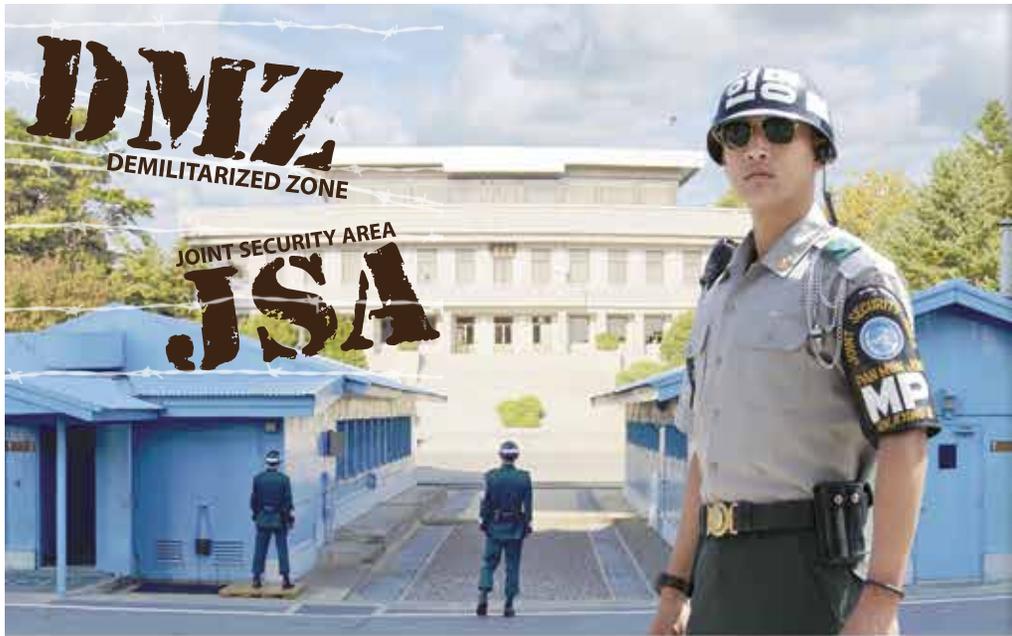
INFORMATION

 (COM) +82-2-6383-2570 (Ext.1)
(DSN) 724-7003 (Ext.1)

 koridoor@koridoor.co.kr

 www.koridoor.co.kr

 /usotoursbykoridoor



*All about **KOREA***

DMZ & JSA

COORDINATE VIP TOURS

PROTOCOL SERVICE

ACCOMMODATION



KOREAN FOLK VILLAGE

SEOUL HISTORIC SIGHTS



Roast Pig



Finadenne Sauce



BBQ Chicken



Eskabeche



Sashimi



Barbecued Fish



BBQ Fresh Reef Fish

Continued from page 39

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.

Guhan (seafood)

As the name suggests, 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.

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 calamansi 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.

Fish Kelaguen



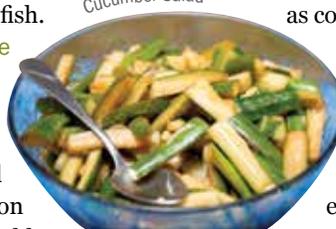
Shrimp Kelaguen

Kadu (soups)

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 cucumber salad and spinach with coconut milk, you also find such classic Chamorro



Soup with Lemon Finadenne



Cucumber Salad

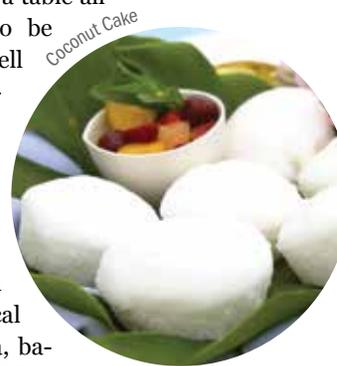
soups as spicy chicken "kadun pika," "chicken chalakiles" made with toasted rice and simple "kadun manuk" chicken soup as well as corn soup.



Daigo Salad

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

Leisure

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).

If you decide to go "boonie stomping", please consider taking along some of the following items: water, compass, insect repellent, food/snacks, knife, flashlight, rope, cell phone, whistle and a friend.

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



AXE MURDERER TOURS

ANDERSON AIRFORCE BASE 671-653-1021
HAGATNA BEACH HOUSE 671-654-2933

WWW.AMTGUAMDIVESHOP.COM
f @axemurderdiveshop

Authorized



PADI



5STAR
INSTRUCTOR
DEVELOPMENT
CENTER

- DIVE CERTIFICATIONS
- DAILY BOAT DIVES
- JOIN OUR DIVE CLUB
- GEAR RENTAL
- DIVE TRAVEL
- BECOME A DIVE PROFESSIONAL



SERVICE & REPAIR



ATOMIC
AQUATICS

Zeagle

BARE
DIVE

SUUNTO
CONQUER NEW TERRITORY

SHARKSKIN
technical exposure protection



LETS



EXPLORE



TOGETHER



Rejuvenate,
Recreate,
Revive...

The Northern Mariana Islands of Saipan, Tinian, and Rota are a U.S. Commonwealth located in the western Pacific. Skip the hassle of visas, currency exchange, and language barriers and spend more time enjoying your vacation.

Short direct flights to Saipan, Tinian & Rota from Tokyo, Shanghai, Seoul, Busan, Beijing, Hong Kong, Guangzhou.

Bring your sunglasses & be ready to shop, golf, dive, party, eat great food, touch history & culture, hike & bike.

No visa required from Russia, China, Japan, Korea, Taiwan or Hong Kong.

Saipan

Saipan, as the capitol, is the largest and most populated island in The Marianas. This tropical paradise offers beautiful white sand beaches with crystal clear water and pure, fresh air. Warmth is in the air and in the people you will meet. It is a throwback to a relaxed lifestyle coupled with modern hotels,



incredible sights, adventurous activities and shopping.

Garapan is the epicenter of activities with many restaurants, bars, and shopping options.

Although only about 12 miles long and 5.5 miles wide, Saipan has a nearly 4,000-year history. The array of natural life encased in double rainbows, if you are lucky, makes The Marianas a magical destination. The indigenous Chamorro and Carolinian people welcome you to these islands with open arms.



Tinian

Home of the annual "Pika Festival," Tinian, a neighboring island just three miles south of Saipan, is easily accessible through a short hop on a plane.

Stretches of secluded beaches await your footsteps. The crystal-clear water, colorful marine life, and pristine coral reefs surrounding the island offer excellent snorkeling, scuba diving, and fishing. Explore Tinian's rich historic sites. See pre-historic remains of ancient indigenous Chamorro culture, including the ruins of the House of Taqa.

World War II relics abound, including the Atomic Bomb Pits used to load the atomic bombs dropped in Hiroshima and Nagasaki. During WWII Tinian had the busiest airport in the world, and you can still drive those extensive runways today that played a pivotal role in ending the deadliest war known to mankind.



Rota

Nicknamed "The World's Friendliest Island," Rota is known for its friendly

nature, sweet potatoes and coconut crabs. If not the local delicacies, Rota's people will soon charm you with their smiles and warm hospitality. A sense of family will soon overtake you. Dip your toes in the Swimming Hole or book a round of golf. The Wedding Cake Mountain and Tweksberry Beach are sights to behold, all accompanied by ceaseless songs of local birds. Rota will enchant all visitors with its wealth of natural and cultural beauty. A wide variety of diving sites feature wall dives, underwater wrecks, and coral formations. For those who want to spend time on land, you can visit the Bird Sanctuary, and fascinating historic sites like the As Nieves Latte Stone Quarry, where latte stones seemingly come alive.



The Marianas

| Saipan | Tinian | Rota |





**Come visit
anytime**

www.mymarianas.com



The Marianas
| Saipan | Tinian | Rota |

Leisure

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, a recent spate of 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. Guam Visitors Bureau updated water safety signs in Tumon Bay area in November to highlight the importance of water safety for tourists and residents on Guam. The new sign is in six languages: English, Chamorro,

Stay at least 100 feet away from piers and jetties. Permanent rip currents often exist near these structures.

Have young children or inexperienced swimmers wear U.S. Coast Guard approved life jackets in and around the water. Ensure the flotation devices you already acquired have not deteriorated.

When at the beach, check conditions before entering the water. Check to see if any warning flags are up or ask a lifeguard about water conditions, beach conditions, or any potential hazards.

Don't dive headfirst - protect your neck. Check for depth and obstructions before diving, and go in feet first.

Pay especially close attention to children and elderly persons when at the beach. Even in shallow water, wave action can cause a loss of footing.

Keep a lookout for aquatic life. Water plants and animals may be dangerous. Avoid patches of plants, and leave animals alone.

If someone is in distress in the water, get help from a lifeguard. If a lifeguard is not available, have someone call 9-1-1. Throw the victim something that floats - a lifejacket, cooler, or inflatable ball and yell instructions on how to get back to shore safely.

If caught in a rip current, stay calm and don't fight the current.

Swim parallel to the shore until out of the current. Once you are free, turn and swim toward shore.

If you can't swim to the shore, float or tread water until you are free of the rip current and then head toward shore.

36th Wing Public Affairs
Andersen Air Force Base, Guam

Responsible Swimming
Tips and tricks you can take to make sure you and your family remain safe.

Japanese, Korean, Russian and Chinese.

"It is important because we have people who don't really know about rip currents or what beach safety flags mean," says bureau spokesman Josh Tyquiengco. "We worked hand in hand with the Department of Parks and Recreation to provide right information regarding water safety."

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."

Fishermen also need to know and follow safety rules to prevent water-related injuries to swimmers, snorkelers and divers are in the same area. Spearfishing off the shores of Naval Base Guam and Andersen Air Force Base, for example, is prohibited.

"We banned spearfishing aboard all areas of Naval Base Guam because it is a regulation that simply protects people," says Jeff Landis, a Navy base spokesman. "We recognize the need to provide safety precautions and awareness to our divers, swimmers and other water enthusiasts. "Anything that can be used to hook or shoot into the water where there may be other recreational aquatic activities is a concern for us," he says. "Also, reef walking, as well as walking on coral for cast net fishing, is prohibited."

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 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.

– Contents courtesy of Andersen Air Force Base, Division of Aquatic and Wildlife Resources

Fun in the sun

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

Looking to spend a relaxing overnight stay at one of Guam's most cherished beaches. 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

Continued on page 57





Dusit Thani Guam Resort is also home to Devarana Spa, Dusit International's signature spa. Inspired by the concept of the garden in heaven, Devarana Spa provides luxurious pampering and healing treatments in a soothing and stress-relieving environment.

The new facility offers ten deluxe treatment rooms and suites plus a couples' suite, hydro-jet massage pool, hot/cold plunge pools and a Himalayan rock salt meditation room.

Experience a world of luxury and hospitality at Dusit Thani Guam Resort that will enliven the individual spirit, no matter the journey.



Dusit Thani

GUAM • RESORT



Experience traditional Thai grandeur with modern influences, impeccable service and a genuine commitment to exceeding expectations at this five-star luxury hotel.



In addition to lavish rooms, guests can indulge in an array of culinary delights and refreshments in every outlet.

Aqua offers the freshest and finest of ingredients that are woven into an exciting buffet tapestry of local and international fare with live-cooking stations, seafood, cured meats and cheeses, handmade dim sum and one of the largest dessert selection on the island.

Now open for dinner only is Alfredo's Steakhouse, premium steaks, live lobster and wine list to intrigue any connoisseur.

Or savor the flavors of world-renowned Thai street food at Soi which means "street" in Thai. Expanding its hours to accommodate guests for lunch and dinner, the focus at Soi is on small plates that are perfect for sharing and pairing. Elements of trendy Bangkok shop houses are infused throughout this casual yet polished Thai bistro.

Tasi Grill is where tropical gardens and white sands surround this open-air beachside grill. Guests can enjoy the art and style of traditional local barbeque. Cravings for late night fare and live entertainment can be met at the Lobby Lounge featuring artfully crafted cocktails and spectacular sunsets inside or from the spacious outdoor terrace.

Breathtaking views of magnificent Tumon Bay, a World Luxury nominated spa offering guest rooms and suites that span as high as 30 floors while boasting everything from ocean views and private terraces to studios furnished with living rooms, there is no compromise in luxury at the Dusit Thani Guam Resort.

Exclusive villas include six styles of suites each one featuring a living room, pantry, an en-suite bathroom with premium amenities and a luxurious spa treatment room. Enjoy private terraces and a plunge pool to soak in the spectacular beauty of Tumon Bay. Guests are also entitled to the full range of Dusit Club privileges.



Discover Guam

one village at a time

Guam may be small in size, but it's big on water activities, culture, shopping, dining, and breathtaking beaches. Find the best of each village.

1 Agana Heights

Agana Heights is the home of Fort Santa Agueda, one of very few remaining Spanish forts on Guam, which was built during the 1700-1800s. The fort is perched on top of Apugan Hill. A popular swimming and hiking spot in Agana Heights is Fonte River.



2 Agat

Agat is a village located on the southwest coast of Guam. It is regarded as the main commercial center of the island's south.

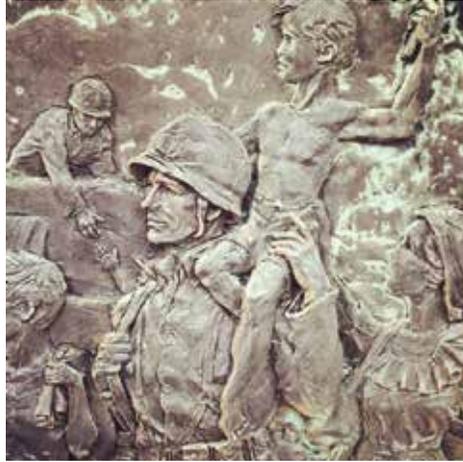
There are a few notable historical points of interest in Agat including the Agat Beach Unit of the War in the Pacific National Historic Park that include memorials to those who perished during the war as well as areas of the park where visitors can enjoy picnics and barbecues.

Mount Alifan is another point of interest where remnants of the firefights between the Americans and Japanese are still evident to this day. Agat is also home to the Talefac and Taelayag Spanish Bridges, a couple of the structural remnants from when Guam was ruled by Spain in the 1700s. Agat also has a boat marina, which is a take-off point for sunset cruises and dolphin watching.

3 Asan

Asan is home to the Asan Beach Unit of the War in the Pacific National Historic Park.

It is the site where American forces landed in the battle to liberate Guam from Japan during World War II. One can also visit the Asan Bay Overlook on Nimitz Hill for a panoramic view of Guam's coastline.



4 Barrigada

A drive up Mt. Barrigada offers a sweeping view of the hills of Central Guam all the way to the Philippine Sea. The village features softball and football fields, as well as a paintball course.



5 Chalan Pago-Ordot

Chalan Pago-Ordot borders the scenic Pago Bay where one can stop at a lookout point to view the entire bay and surrounding landscape.

The only access the shoreline of the bay itself is through Frank Perez Park. Just a little bit south from Frank Perez Park are bunkers used by the Japanese in World War II as a means of defense in Pago Bay. Also in Chalan Pago-Ordot is a village mural filled with images that reflect the the village's history and community. Leo Palace, a sprawling resort, is accessible from Ordot.

6 Dededo

Dededo is home to Micronesia Mall, the largest shopping mall in the Micronesian

Islands.

It is an immensely popular spot for both locals and tourists with its wide range of shops that offer everything from apparel to toys to groceries at GAP, Macy's, Toys R' Us, and Pay-Less Supermarket.

It is also a convenient place grab a bite as well with many different eateries throughout the mall and at the food court. Children are surely going to have a fun time there as the mall has an indoor amusement park, Funtastic Park, which has an arcade and various rides including a rollercoaster. Two Lovers Point, a cultural and historical lookout, is also in Dededo. This site affords unparalleled views of Tumon Bay.



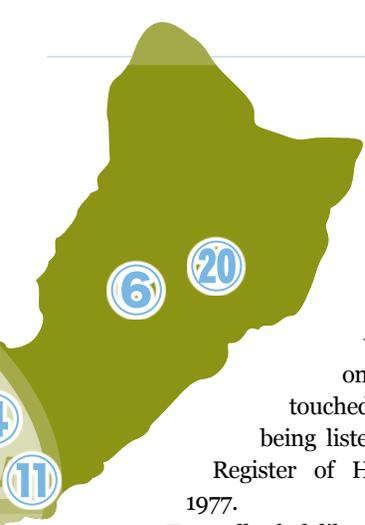
7 Hagåtña

Hagåtña (formerly known as Agana), while the island's second smallest village, is the capital of Guam.

It also home to Chamorro Village, a lively destination for both locals and tourists to buy local wares as well as experience the island's Chamorro culture and food.

If you are up for shopping, a bite to eat, or catching a movie, then Agana Shopping Center is your one stop location for all those things!





8 Inarajan

Going into Inarajan is like taking a step back in time through Chamorro history. It remains one of the most untouched by change, even being listed in the National Register of Historic Places in 1977.

To really feel like you have stepped back onto an ancient island, stop by the Gef Pa'go Cultural Village, where you can walk through an ancient Chamorro village, compete with thatch-roofed huts and demonstrations of traditional arts and crafts.

Among the most popular sites in Inarajan are the natural ocean side pools, aptly called, Inarajan Pools.



9 Ipan

Ipan is certainly one of the villages you'll certainly pass through on your way down south to Guam towards Talofof and Inarajan.

Ipan Beach is a popular spot for wind surfers on Guam, and next to it is Jeff's Pirate Cove, one of the few traditional-style bar and grill on the southern end of the island. You will also find the Ipan Beach Resort, which is a popular spot for families to spend time at the beach as well as hold barbecues and parties.

10 Malojloj

Just north of Inarajan, Malojloj is a quaint village. If you find yourself passing through, don't hesitate to stop by McKraut's for a bite



to eat and a drink. Guam's only German restaurant is popular amongst locals and military for its wide selection of German beer and delicious bratwursts.



11 Mangilao

The village is home to Guam's largest secondary educational center, The University of Guam, located in the heart of Mangilao.

Notable features of the UOG Campus are the Planetarium and the UOG Fieldhouse, one of the largest indoor venues on Guam. If you're an avid golfer then you'll enjoy The Mangilao Golf Course, which has some of the most picturesque island views.

12 Merizo

Merizo is Guam's southernmost village. Swimmers and tourists frequent the Merizo Pier, as do local fisherman with trolling rigs. From this vantage point Cocos Island can be observed in full length from east to west.

Guided tours to the resort on Cocos Island depart from the docks at Merizo. Priest's Pools, a series of natural pools, is hidden in Merizo, but is an easy hike with fantastic views of the ocean.

Continued on page 66



Buying local puts you in the market

It's another Wednesday night on Guam. As the thick heat and smoke from fiery grills makes its wispy way into a moonlit sky before finally dissipating, small crowds of people become increasingly dense as they congregate and form lines full of anticipation next to open air stalls selling everything from jewelry, clothing, art, food, and an uncountable array of merchandise.

The savory smell of spices and searing meat waft over a bustling marketplace full of life and energy.

Kaleidoscopes of colors overwhelm senses as the visitor becomes engrossed in the thrill of the moment.

Once again, the Chamorro Village in central Hagåtña, a bustling traditional shopping center between Marine Corps Drive and the Paseo Loop, hosts its night market, and one more time vendors from around the island are selling items that are imbued with the skill, ingenuity and passion of their creators. Someone shouts, laughter ensues and a band strikes up a tune, filling the nighttime sky with sounds of amusement and festivity. For a few more hours, this scene continues, and as the shops and stands begin to close for the night, customers leave with precious items that are unique, one of a kind and will forever be repositories of timeless memories.

To be sure, Guam is a prime destination for a modern shopping experience replete with luxury goods, cutting edge fashion and duty free enjoyment, yet the island also presents excellent opportunities to purchase locally made goods that represent the best of the island experience. The beauty of our island may be unforgettable, but by purchasing an item made in Guam, the buyer ensures the memories are forever within a hands reach.

Although the vendors and shops in the Chamorro Village sell a wide range of items both made in Guam and made off island, it is one of the best areas to find items crafted by the hands of our local retailers and artisans. In fact, all over the island, there is a

Continued on page 56



Sheraton
LAGUNA GUAM RESORT



Sheraton Laguna Guam Resort

Hafa Adai and welcome to Sheraton Laguna Guam Resort where you can dine, wine, and unwind in luxury

Sit back, relax and enjoy the warmth of Guam’s beautiful weather, surrounded by magnificent seascapes accompanied with breathtaking sunsets. Here a sense of easygoing calm pervades the resort with elite level guestrooms, your comfort and bliss is top priority.

Outstanding Facilities

This resort welcomes you with its charming staff, breathtaking ocean views, and warm hospitality, and boasts outstanding facilities including two restaurants, a lounge, two swimming pools with a slide, three tennis courts, a 24 - hour fitness

room and state-of-the art ballroom and meeting spaces that are perfect to host any type of event. With free Wi-Fi in the guestrooms, public areas, restaurants, the swimming pool areas and Link@Sheraton, the 24-hour business centre, staying connected is effortless.

Fine dining

Take your dining experience to the next level at Sheraton Laguna Guam Resort. Enjoy fine dining and an intimate dinner in one of President Nippon’s private teppanyaki rooms with your own chef in an elegant atmosphere. Experience Guam’s only Chamorro dance cultural show at Bayside BBQ featuring a fiesta-style buffet. Unwind at The Point, an all-day dining lobby lounge and

restaurant serving live musical entertainment, Starbucks Coffee, premium wines accompanied with gourmet sandwiches and incredible appetizers. Sit back and relax at Surfer’s Point, the pool bar by the infinity pool and take in the picturesque ocean views while sipping on your favorite beverage. Start your day with La Cascata’s full service breakfast, also open daily for themed lunch and dinner buffets.

Whet your appetite for exploration with Sheraton adventure with a plethora of aqua activities including kayaking, paddle boarding, surfing or fishing or simply relax and enjoy yoga in the morning.

Tel: 671 646 2222

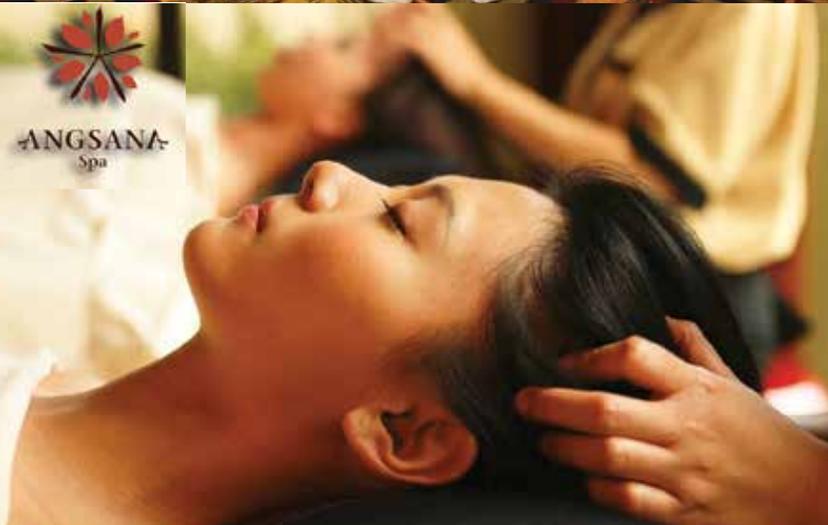
Email: Guam.reservations@sheratonlagunaguam.com

Follow and like us on





Sheraton®
LAGUNA GUAM RESORT



Continued from page 53

movement to “buy local” and help foster the creativity and productivity of island producers and retailers, as well as encouraging the use of the Guam product seal that proudly labels an item as being made in Guam. The gold seal can be found on food and other items, assuring the product’s provenance. Conversely, a product may say “Guam” on the packaging, but the seal provides a stamp of authenticity and assurance.

Of course, many of the arts, crafts and jewelry are typically sold by their makers, so oftentimes the buyer will be able to purchase an item directly from the person who made it and can explain the significance of the product.

By day, the numerous shops within the Chamorro Village sell a wide range of goods which are made in Guam. Some shops are dedicated to our master woodworkers, who make stunning artwork and functional pieces from the tronkon ifit – or ifil tree. The Village also has many shops selling smaller accessories and gifts, with island jewelry strongly represented at both the shops and markets across Guam.

Traditional artwork such as painting and photography showcase the beautiful scenery of the environment and the imagination of the artists.

The Chamorro Village is not the only place to find locally made items. On Thursday nights, the village of Mangilao comes alive with its own night market. Located along Guam Route 10, which runs through the village, and near Saint Teresita Church, the market brightens up the night sky and welcomes customers onto its grounds with a large sign depicting a waving, smiling chili pepper. Many of the same arts, crafts, woodwork and food of Chamorro Village can be found in this market, however many vendors are exclusive to these grounds, so further exploration of this market is warranted. Beyond the night markets, morning is the best time to go to Dededo on Saturday and Sunday, as the Dededo flea market opens for business along Marine Corps Drive and again a wide range of goods are on offer. The market opens at 6 a.m. on both days, and vendors from around the island set up stalls and sell both local and off island items, but usually everything available can be had for a great value.



Continued from page 53

13 Mongmong-Toto-Maite

This tiny village trio is more residential than commercial, but you can watch the planes come in from the Mobil/McDonald’s there. Maite has one motel, Palmridge Inn, just across from the island’s only commercial airport.



14 Piti

The village of Piti is noticeable as you head south on Marine Corps Drive.

There are several attractions in Piti worth stopping at such as the Piti Guns, three coastal defense guns built by the Japanese to use against American forces in World War II. If you wish to explore beneath the waves without ever getting wet, then pay Atlantis Guam a visit and go underwater inside a submarine.

One of the most notable sights in Piti is the Fish Eye Visitor Center Underwater Observatory, the only one of its kind in all of Micronesia. If you’re a diver then a trip to the Piti Bomb Holes is a worthy treat.

15 Santa Rita

During May, Santa Rita is home to a festival that includes feasting and attracts villagers from all over the island.

16 Sinajana

Sinajana is a hilltop village set between Agana Springs and Agana Heights. If you find yourself in Sinajana, drop by Hotnu, an old Won Pat Store where they still use the old Spanish Stone Oven of the store’s namesake.



17 Talofoto

This sleepy village is known for its majestic waterfalls, ancient caves (including that of Shoichi Yokoi), and secluded beaches.

There is also a souvenir shop and a museum that details the activity in the area during both World Wars. Tourists and locals also enjoy the quiet and serene Onward Talofoto Golf Course.



18 Tamuning – Tumon

The villages of Tamuning and Tumon are home to the majority of shopping, dining, and entertainment on Guam. Dozens of high-rise hotels line Tumon Bay, a marine preserve.

Luxury shopping centers like The Plaza, JP Superstore, and DFS Galleria attract an international crowd. Up for adventure? There’s ziplining at the Hilton, the infamous sling-shot, Tagada Amusement Park, and Onward Waterpark.



19 Umatac

The small village of Umatac is located in southern Guam along Umatac Bay. The community of Umatac is relatively smaller than others on Guam and made up of a handful of residents, many of whom are relatives.

At the center of the bay is an obelisk monument to Ferdinand Magellan’s landing in 1521, bearing the inscription, “Magellan landed here.” The bay is also home to some of the island’s best surfing. Fort Soledad is one of Umatac’s main tourist attractions,

originally built by the Spanish, and contains ruins as well as sweeping views Umatac Bay.

20 Yigo

Yigo is Guam's northernmost village and home to Andersen Air Force Base. One of the village's main attractions is the South Pacific Memorial Peace Park, which serves as a memorial to the American and Japanese soldiers who died during the battle of Guam during World War II.

Ritidian Beach is a public-access beach and wildlife preserve with white sand and roaring waves.



21 Yona

The southern part of Guam is what most people imagine an island being like — sparsely populated with beautiful rolling hills and ocean views. The village of Yona is no exception — check out Tagachang Beach for proof. While it is mainly a residential area, the sprawling LeoPalace Resort has plenty of outdoor activities and locals go there to bowl, sing karaoke, and play golf.

Golf enthusiasts can enjoy a selection of golf courses in Yona, including Country Club of the Pacific and Windward Hills Golf Course. Hamamoto Tropical Fruit World, a 50-acre fruit utopia with more than 70 varieties of tropical fruit, is also located in this large village.

— *The Guam Guide*

Continued from page 49

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 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.

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.

Stay the weekend or just one night. Reservations can be made through 36th Services Outdoor Recreation located in Building 1605 on Andersen Air Force Base.

- 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*

Did You Know?

Talofofo Bay is one of only four green sand beaches in the world. The mineral olivine is what gives the sand its distinctive green color.



“ I retired after 23 years in the U.S. Army, having deployed three times to Iraq and twice to Afghanistan. I have been a full-time student at Temple University, Japan Campus (TUJ) in Tokyo since 2014. As a recipient of the Post 9/11 GI Bill, I am able to enjoy the amazing benefits it offers veterans and their dependents, including a basic living allowance here in Japan.

I enjoy studying with fellow veterans and both international and local Japanese students, and TUJ faculty are a tremendous help as I pursue my degree in International Affairs.”



Ciro Bravo, Junior International Affairs Major

Frequently Asked Questions about GI Bill and Veterans Benefits

Besides paying for education costs, what else does the GI Bill offer?

Living in Japan can be expensive at times, but with the Basic Allowance for Housing (BAH) that comes with the GI Bill, it makes living in Japan much easier. We have little to worry about paying for rent, food or utilities, which makes studying much more stress free.

What's the most difficult thing about adjusting to university life?

Getting out of the military mind frame can be tough, but with a lot of patience and having fellow veterans to learn from, university life can be a rewarding experience. Remember that you are not alone.

How difficult was it to obtain your student visa?

The first thing you need to have is an updated U.S. Passport. Once you have been accepted to go to TUJ, the TUJ staff will send you more information on your visa application process. It may take about 4-6 weeks before you will receive your Certificate of Eligibility that you will need to take to your local Japanese Embassy or Consulate. The process is easy and the admissions center will guide you all the way.

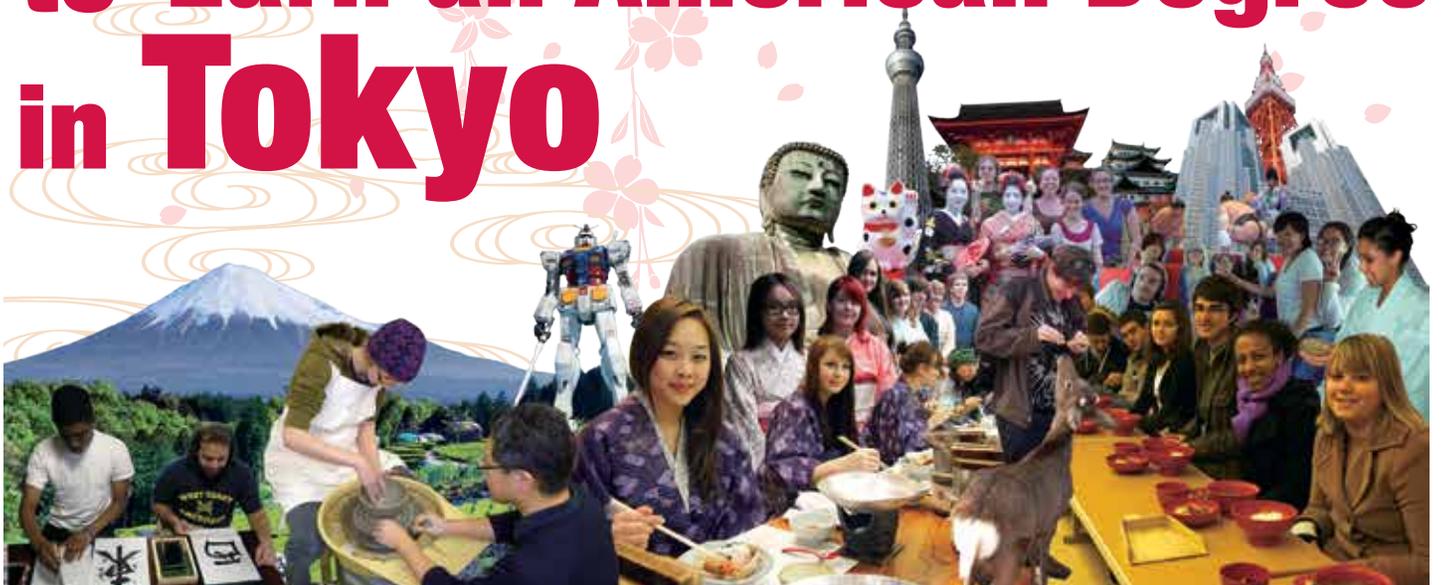
For more information:

www.tuj.ac.jp/ug/gibill





Use Your GI Bill to Earn an American Degree in Tokyo



 **TEMPLE** UNIVERSITY
Japan Campus

Admissions Counseling Office
2-8-12 Minami Azabu, Minato-ku, Tokyo 106-0047
E-mail: ac@tuj.temple.edu Tel: 03-5441-9800
www.tuj.ac.jp #TUJapan



Call NGIS to meet your official and leisure lodging needs!

Navy Gateway Inns and Suites



Many Locations Now
Accepting Pets!*



You can make reservations worldwide

Telephone: 1-877-NAVY-BED**

Online: <http://ngis.dodlodging.net/>



Within Japan Region contact each location directly:

Location	DSN	Commercial	E-mail
● Misawa	315-226-3131	017-677-3131	ngis_misawa@fe.navy.mil
● Atsugi	315-264-3696	046-763-3696	M-AT-NGIS@fe.navy.mil
● Yokosuka	315-243-7317	046-816-7317	ngis_yokosuka@fe.navy.mil
● Sasebo	315-252-3413	0956-50-3413	ngis_sasebo@fe.navy.mil
● Kadena	315-634-0677	098-961-0677	ngis_okinawa@fe.navy.mil
● Diego Garcia***	315-370-4830		dg.ngis@fe.navy.mil

*Space-A/Leisure and Pets: Restrictions Apply (pet size, breed and additional fees) & Availability is limited. **1-877 number is not toll-free in all calling areas.
***Diego Garcia for Official Travelers Only, Restrictions Apply.