


# mañagu

HOLIDAY 2019  
Vol. 18 #5



The Gift of  
Storytelling  
**Budgeting for  
Your Baby &  
Beyond:  
Childhood**  
Holiday Gift  
Guides  
**Sustainable  
Fashion**

Making Holidays Merry,  
Healthy & Bright



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\* Medicare, Medicaid, Tricare, VA and Health all require accreditation for Breast MRI as the only way to assure patients get quality MRIs.

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# editor's letter

The holidays are upon us. Folks are making their lists and checking them twice. Parents are cautioning their children about being naughty, not nice. Kids of all ages, more often than not, envision gifts that may be theirs for Christmas, Hanukkah, and the Feast of the Three Kings.

When the MAÑAGU team started to work on the Holiday issue, we considered gifts as well. First on our list is "The Gift of Storytelling." The UOG Press was gracious enough to share Taiguini Books and a variety of offerings by local authors and artists.

We thought about new mothers and asked resident expert, Ednalyna Martin, to compile a "Gift Guide for the New Mom." Managing Editor, Helana Leon Guerrero, sought the assistance of high school junior Michala Connelly to create a "Gift Guide for Tweens & Teens." Helana also had the good fortune of meeting fashionista sisters who are environmentally conscious. Chelsea Ulloa's "Sustainable Fashion Brought to You by Sustainable Sisters" offers us a new perspective on giving.

Rounding out this Holiday issue are Lenora Makela's "Making Holidays Merry, Healthy & Bright," and Barbara Mafnas' column, "All Things Positive." I appreciate Lenora's practical tips for making the most of holiday feasts without eating the most. And I'm grateful for Barb's reminder to take stock of the good in our lives. What a great way to move forward into the new year!

I also want to express gratitude to our readers, our providers, our patients, and their families for continuing to be a part of MAÑAGU. Your stories and experiences enrich our magazine and are a wonderful source of information and encouragement for parents.

As another year comes to a close, we look forward to 2020 and the promise of more good things to come. God bless!

*Wine LG*

# mañagu

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*About the cover:*

*My name is Cona Jax Shimizu Eusebio and I am two months old. I enjoy eating susu milk, sleeping through the night & smiling. I'm pretty cool, I don't even cry. I know I made it to Santa's cute list.*

*Proud Parents: Chelsea Shimizu & Cameron Eusebio*

*Photo by: Chelsea Nicole Shimizu*





# PARENTING CLASSES 2020



**Breastfeeding 101.** A class designed to help mothers and their partners gain confidence and skills in breastfeeding: how it works; feeding cues; frequency; positioning and latch; support and the wonderful benefits for mom, baby and the entire family.

**Breastfeeding Social.** A group meeting on Tuesdays & Saturdays for mothers who are breastfeeding or wish to learn more about breastfeeding. Come together, share experiences, express concerns and find answers with the guidance of a lactation consultant or breastfeeding counselor. (Please note that this is not a class, but more of an open discussion opportunity.)

**Prenatal Care.** Covers what to expect in pregnancy from a positive pregnancy test through the third trimester; and briefly touches on childbirth and newborn care.

**Lamaze Crash Course.** A combination of relaxation, breathing techniques, comfort measures and position changes that are designed to help during labor and birth. We stress that partners are essential throughout labor, birth, postpartum and parenting. Please bring a pillow, blanket, snacks and water. Moms need to wear shorts or slacks and comfortable shoes as you'll be doing some floor work.

**Postpartum Support.** A class designed to help parents understand and prepare for the changes that come with bringing a new baby home.

**Orientation to Your Birth Place.** A class specially designed for those desiring the unique birth experience of Sagua Mañagu. This class introduces our patient-centered childbirth philosophy; the Golden Hour for you and your baby; as well as our support for you when you take baby home.

**Sibling Class.** Designed for children between the ages of 5 and 10. This class teaches new siblings about what to expect during pregnancy, birth, and beyond. Siblings will learn more about their new role as a big brother or sister like how they can help, dos and don'ts with a newborn, and more!

**Baby Daddy Class.** Designed exclusively to help dads become confident and competent in their role as new fathers. Dad will have a better understanding of his lady, recognize the classic signs of labor and learn what to do; verbalize 3 feeding cues for the newborn and how to respond to a crying baby; as well as understand relationships and dynamics between his partner and the newest addition to the family.

**Parenting & Safety.** This class helps parents appreciate the importance of interacting with their baby; understanding growth and development; and setting realistic expectations. The class will use open discussion to talk about discipline, prevention of Sudden Infant Death Syndrome and Shaken Baby Syndrome. Life skills such as basic infant CPR and Car Seat Safety will be included.

**Friends & Family CPR.** This program teaches the lifesaving skills of adult Hands-Only™ CPR, child CPR with breaths, adult and child AED use, infant CPR and relief of choking in an adult, child or infant.

**Labor Skills.** This unique class gets "straight to the point." You will learn about breathing and coping skills, positions, positive affirmation and progression in childbirth.

30	31	1	2	3	4
<b>JANUARY CLASS CALENDAR</b>					<ul style="list-style-type: none"> <li>Breastfeeding Social 9-12pm</li> <li>Sibling Class 12-1pm</li> </ul>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6	<ul style="list-style-type: none"> <li>Breastfeeding and Postpartum Support 5-6:30pm</li> </ul>		<ul style="list-style-type: none"> <li>Labor Skills 6:30-8:30pm</li> </ul>	<ul style="list-style-type: none"> <li>Orientation 6:30-8:30pm</li> </ul>	<ul style="list-style-type: none"> <li>Breastfeeding Social 9-12pm</li> <li>Lamaze Crash Course 12-6pm</li> <li>Lamaze Refresher 3-6pm</li> </ul>
13	<ul style="list-style-type: none"> <li>Breastfeeding and Postpartum Support 5-6:30pm</li> <li>Lamaze - Class 1 6:30-8:30pm</li> </ul>		<ul style="list-style-type: none"> <li>Orientation 6:30-8:30pm</li> </ul>		<ul style="list-style-type: none"> <li>Breastfeeding Social 9-12pm</li> <li>Baby Daddy Class 12-2pm</li> </ul>
20	<ul style="list-style-type: none"> <li>Breastfeeding and Postpartum Support 5-6:30pm</li> <li>Lamaze - Class 2 6:30-8:30pm</li> </ul>		<ul style="list-style-type: none"> <li>Labor Skills 6:30-8:30pm</li> </ul>	<ul style="list-style-type: none"> <li>Orientation 6:30-8:30pm</li> </ul>	<ul style="list-style-type: none"> <li>Breastfeeding Social 9-12pm</li> <li>Prenatal Care 12-1pm</li> <li>Breastfeeding 101 2-4pm</li> <li>Parenting Safety 4-6pm</li> </ul>
27	<ul style="list-style-type: none"> <li>Breastfeeding and Postpartum Support 5-6:30pm</li> <li>Lamaze - Class 3 6:30-8:30pm</li> </ul>		<ul style="list-style-type: none"> <li>Orientation 6:30-8:30pm</li> </ul>		

## CLASS FEES

LABOR SKILLS.....\$50

LAMAZE .....\$100

LAMAZE REFRESHER...\$75

OTHER CLASSES.....\$10

ALL CLASS PASS .....\$65  
(\$70 VALUE | EXCLUDING LAMAZE & LABOR SKILLS)

MPG SPECIAL CLASS RATE...\$5

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27	28	29	30	31	
<b>FEBRUARY CLASS CALENDAR</b>					<ul style="list-style-type: none"> <li>Breastfeeding Social 9-12pm</li> <li>Sibling Class 12-1pm</li> <li>Orientation 1:30-3:30pm</li> <li>Friends &amp; Family CPR 4-5:30pm</li> </ul>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	<ul style="list-style-type: none"> <li>Breastfeeding and Postpartum Support 5-6:30pm</li> <li>Lamaze - Class 4 6:30-8:30pm</li> </ul>		<ul style="list-style-type: none"> <li>Labor Skills 6:30-8:30pm</li> </ul>	<ul style="list-style-type: none"> <li>Orientation 6:30-8:30pm</li> </ul>	<ul style="list-style-type: none"> <li>Breastfeeding Social 9-12pm</li> <li>Lamaze Crash Course 12-6pm</li> <li>Lamaze Refresher 3-6pm</li> </ul>
10	<ul style="list-style-type: none"> <li>Breastfeeding and Postpartum Support 5-6:30pm</li> <li>Lamaze - Class 5 6:30-8:30pm</li> </ul>		<ul style="list-style-type: none"> <li>Orientation 6:30-8:30pm</li> </ul>		<ul style="list-style-type: none"> <li>Breastfeeding Social 9-12pm</li> <li>Baby Daddy Class 12-2pm</li> </ul>
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\*SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE



## Holiday Gifts for Expectant Moms

By: Ednalya Martin

Finding a holiday gift for an expectant mother can be a bit challenging. Here's a list of things that might help you find that perfect gift for the expectant mom in your life.

### Gift Cards/Certificates: Varies

You can never go wrong with gift cards and gift certificates. Purchase gift cards for restaurants, cleaning services, and shopping places to help mom get ready for baby. Good To Go is an awesome food delivery service that will deliver your food from selected restaurants right to your doorstep. Up your game by gifting the expectant mother an awesome gift certificate where she will not need to leave her home!

### Hand and Footprint Keepsake: \$3-\$20

Keepsakes are very special. They are fun, easy to do, and beautiful forever keepsakes. There is a range of different types you can purchase from inepad to molds. Available at Kmart and Ross or online at Target and Amazon.

### Positive Affirmation Cards: Free if created and printed at home or \$5 and up

Remind that special expectant mother how awesome she is with positive affirmation cards. Cards can give moms special reminders like, "You are enough," and "You are amazing." Order at Copy Express or online at Make Playing Cards, Shutterfly, Vistaprint, and A Mother Far from Home.

### Crochet: \$5 and up

Crochet items are affordable and really cute! If you've got time, there are patterns online that you can follow, or you

can order customized crochet baby items from our local crocheters. Materials are available at Shop 4 Less and Mark's Sporting Goods or online at Target and Amazon. Customized crochets are available at Lil Lattes GU and litybittygem Guam.

### Essential Oils: \$7 and up

Essential oils during pregnancy can help with a number of things. Some safe oils to use during pregnancy include peppermint and lavender. A drop of peppermint on the back of your hand or behind the ear may help with energizing the mother. Just take a whiff of peppermint, and let the cooling effects revitalize you. Feeling anxious and need a little help calming down? Lavender is well known for its relaxation and calming effects. Available at Blue Amber Trio Boutique.



### Gift Basket: \$10 and up

You can have so much fun with a gift basket because you can be creative. If you choose to create a baby gift basket, you can add items like receiving blankets, burp cloths, outfits, socks, hats, and baby toys. If you decide to make a mommy gift basket, you can include moisturizers, lip balm, Epsom salt, non skid socks, and snacks. Items can be purchased at Kmart, Ross, Shop 4 Less, Macy's, and any online shop that ships to Guam.





## Customized Apparel: \$20-\$40

There is just way too much cuteness in customized apparel for moms and babies. Customized apparel can have quotes or phrases that will surely get mom smiling and laughing. For example, you can have a shirt customized to say, "Birth: NAILED IT!" or for the little ones, "The party starts at 2am every night." You can also find customized outfits and booties especially made for your baby! Customization is available at Stickers Express, Cutie Petunias, Bonita Baby, and By Grace Creations.



## Pregnancy Pillow: \$20 and up

Pregnancy is beautiful but can get uncomfortable especially when it's time for naps or bed. Help mom stay comfortable with a pregnancy pillow! Available online at Target, Amazon, and Macy's.



## Labor Kit: \$20 and up

A labor kit can help expectant mothers be more comfortable at the birthing center or hospital. Supplies can include a noodle, fan, tennis balls in a sock, essential oils, snacks, water bottle, and more. Materials are available at Kmart, Ross, Shop 4 Less, Macy's, Blue Amber Trio Boutique, and other local shops and markets.

## Prenatal Massage: \$50 and up

A prenatal massage is very beneficial for expectant mothers as it can help reduce pain, stress, and anxiety by promoting circulation and relaxation. Services available at Island Skin Spa, By the Ocean Massage, and more.

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# Budgeting for Your Baby & Beyond: Childhood



*Contribution by Bank of Guam*

*This article is the second in a two-part series on budgeting for your baby and beyond.*

When you really think about it, raising a child can be done on any kind of budget. Planning and preparation can ease the stress that is faced by many new moms and dads. Consider this: babies need love and attention more than anything else, and those come freely from the heart.

When baby arrives, your attention will focus on his or her care.

Will you stay at home or go back to work while placing the baby in a day-care or with a nanny? Study your options and see which ones you are most comfortable with.

If staying home is not an option, then begin looking at day-care or potential nannies as early as possible.

This process will give you more time to carefully make your selection and put your mind at ease.

It's also a good idea to put money into a flexible spending account with pre-tax dollars. By using those dollars to pay for the day care expenses, you can save a significant amount of money. These funds can only be used to pay for licensed day-care or nanny services.

Now that you are a family, having a will is essential. Use your will to assign a guardian for your new baby. For many, the thought of sitting down and planning for the inevitable is a scary venture. However, it is important and can be





overcome if you think of your will as the planning blueprint for your child's future well-being. You will have peace of mind knowing he or she is taken care of in the manner in which you would want them to be.

This period is also the time to buy life insurance. The amount of insurance you purchase depends on several factors, namely the income you would need to replace and whether you and your spouse are both in the workforce. You will also have to consider whether the proceeds will be used to pay off your mortgage or college tuition. There are several types of life insurance policies available. Study your options to determine which policies have the terms that work best for you at a price you can afford.

The infant and toddler years go by so quickly. Soon, you'll have to prepare for your child's school years and college. Budgeting for school costs will vary depending on several things, including whether you send your child to a private or public school. Regardless of the type of school, each option comes with costs including uniforms, extra-curricular activities, school supplies and more. Again, list the items you'll need for each school year, and set a budget based on what you really need and what you can afford.

It is never too early to teach your child about the importance of saving. Savings can start with a college

fund as soon as your child is born. When he or she is old enough, open a kid's savings account to help instill the habit of saving and to teach the value of money. It is also important to remember to save for your retirement. Consult your bank or financial adviser for advice on the products available to help you build your retirement fund.

The old adage "money doesn't grow on trees" has to be taught by example. Talk to your children about where your household money comes from. Involve them in your monthly budgeting. Explain that what we spend depends on what we earn and that there are essential expenses like your home, food, and clothing that must be taken care of before miscellaneous things like entertainment or the latest new toy or phone. Being open with your child helps them understand the responsible use of money and the value of working hard and earning a living.

Some information taken from "Budgeting for Baby? Try These Tips to Get Started" by Jean Chatzky.



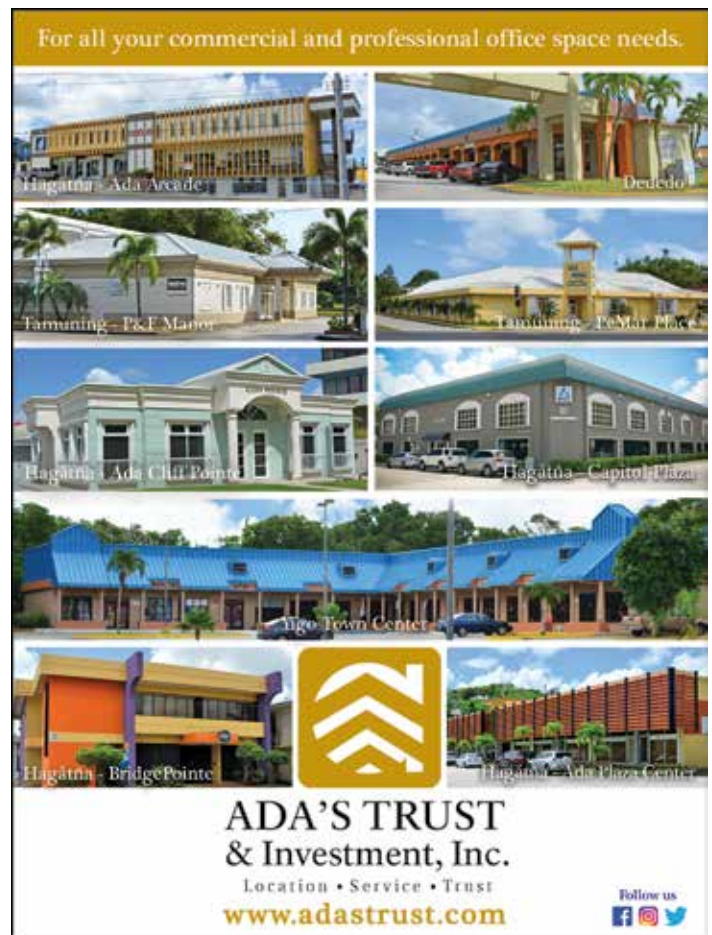
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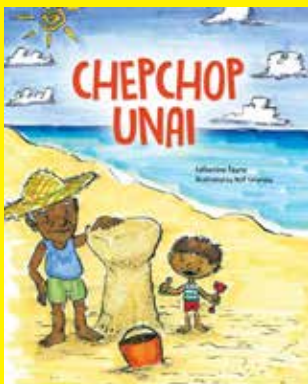
# The Gift of Storytelling

***"A book is a gift you can open again and again."  
(Garrison Keillor)***

**This holiday season, MANAGU is pleased to showcase the work of local authors and artists who are sharing their gifts for all to enjoy.**

University Of Guam Press  
Micronesia Area Research Center Publications  
Taguini Books

## CHILDREN'S BOOKS



### **Chepchop Unai** \$15

*By Catherine Payne and illustrated by Neill Catangay*

Written in English with CHamoru words. At the seashore, or chepchop unai, a young boy named Juan learns how to build sand sculptures from his uncle. Although he is met with obstacles along the way, Juan keeps trying until he becomes a talented sand sculptor. Chepchop Unai highlights the beauty and importance of intergenerational sharing in the CHamoru culture. The book features captivating illustrations of Juan and his family at the beach and the unique island inspired sand sculptures he creates there. Chepchop Unai is written mainly in English, and utilizes CHamoru words and phrases throughout the story to help teach the language.



### Un Ha'āni yan si Ena (A Day with Ena)

\$15

By Simone Efigenia Perez Bollinger and illustrated by Jack Lujan Bevacqua

Written in CHamoru with English translation. Follow Ena, a young CHamorrita, as she enjoys a day on Guam with her family. Un Ha'āne yan si Ena uses common and simple CHamoru phrases and vocabulary ideal for helping adults and children incorporate the language in their everyday lives.



### Ma Guaiya Yu', si Nāna yan si Tāta (Grandma and Grandpa Love Me)

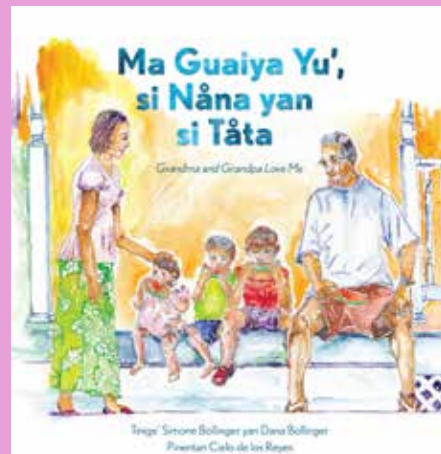
\$12

By Simone Bollinger and Dana Bollinger and illustrated by Cielo de los Reyes

Written in CHamoru with English translation.

Ma Guaiya Yu', si Nāna yan si Tāta (Grandma and Grandpa Love Me) is a vibrant picture book featuring lovely watercolor illustrations that depict the many ways grandparents show their love to their grandchildren.

From holding hands in church to going on hikes in the jungle, this story describes the important role grandparents play in the lives of i famagu'on-ta, our children.



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### **Si Pedro yan i Hilét Oru na Ko'ko' (Pedro and the Golden Ko'ko')**

\$15

*Written and illustrated by Lance J. Osborn*

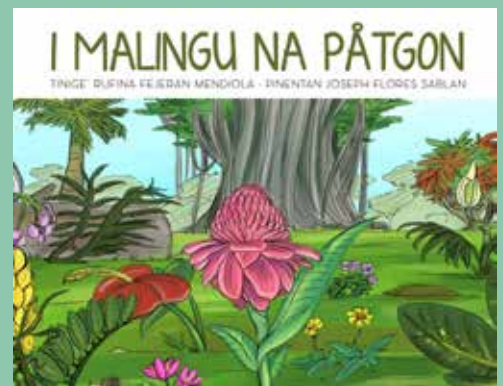
CHamoru with English translation. Si Pedro yan i Hilet Oru na Ko'ko' (Pedro and the Golden Ko'ko') is an exciting tale of a young boy named Pedro from Malesso', who is on a quest to capture the clever Golden Ko'ko'. The Golden Ko'ko' only comes around every 100 years, and Pedro, determined to catch him, spends his days setting up traps along the Ko'ko's path in southern Guam.

### **I Malingu Na Pátgon (The Lost Child)**

\$16

*By Rufina Fejeran Mendiola and illustrated by Joseph Flores Sablan*

Written in CHamoru with English glossary. I Malingu na Pátgon (The Lost Child) tells the story of a young girl named Bella, who feels like she has been forgotten by her large and very busy family. She finds friendship and love in her garden. Through captivating illustrations, I Malingu na Pátgon depicts key CHamoru values, particularly the importance of family and working together.



### **Guaiyayon na Trongkon Mansanita (The Loveable Mansanita Tree)**

\$17

*By Dolores Indalecio Camacho and illustrated by Andrea Nicole Grajek*

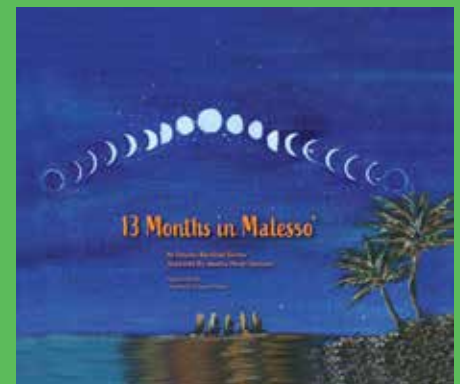
Written in CHamoru with English translation. Guaiyayon na Trongkon Mansanita (The Loveable Mansanita Tree) highlights the special bond shared between three young sisters, who found sanctuary and adventure under the canopy of their loveable mansanita tree. Set in 1950s Guam, this book captures a time when children discovered joy in nature and in each other.

### **13 Months in Malesso'**

\$20

*By Dolores Barcinas Santos and illustrated by Jessica Perez-Jackson*

Written in English with CHamoru terms. CHamoru ancestors in the Mariana Islands marked time using the phases of the moon and the important seasons in their lives. Months were named to describe seasonal weather and the best times to fish, plant, and harvest food. Just like their ancestors, the Barcinas girls - Lole', Lia, Rita, Arisa, and Ha'âne' - mark time using the seasons of their beautiful village of Malesso' in southern Guam. 13 Months in Malesso' captures a distinctly CHamoru sense of time and place, and beautifully illustrates the many ways in which the island of Guam nourishes and sustains its people.







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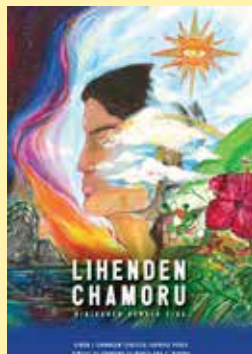
## LITERATURE AND COLLECTIONS

### CHamoru Legends: A Gathering of Stories

\$25.00

*Retold by Teresita Lourdes Perez with CHamoru translations by Maria Ana Tenorio Rivera*

Written in English & CHamoru. CHamoru Legends: A Gathering of Stories retells 12 CHamoru legends with personal reflections from author Teresita Lourdes Perez, unique illustrations for each legend by Guam artists, and versions of the legends in the CHamoru language by Maria Ana Tenorio Rivera. The publication is a reversible book featuring the legends in English on one side and in CHamoru on the other. Through these layers of interpretation, the book weaves together strips of wisdom and cultural lessons like the leaves used to shape the CHamoru guåfak, or mat, upon which the earliest CHamoru storytellers sat sharing their versions of these timeless tales.

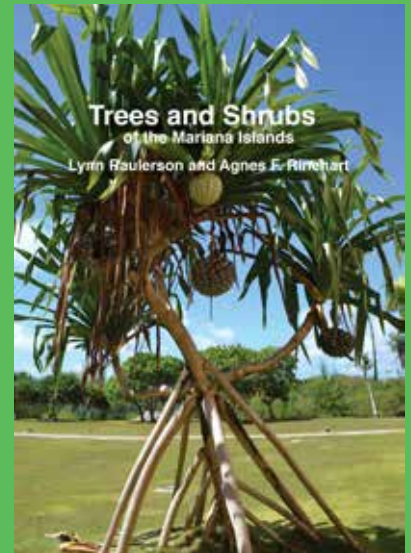


### Trees and Shrubs of the Mariana Islands

\$20.00

*By Lynn Raulerson and Agnes F. Reinhart*

Written in English. Trees and Shrubs of the Mariana Islands offers readers images and valuable information about 102 trees and shrubs that can be found around Guam and the Marianas. It is intended to serve as a guide to help the general public, school children, developers, and tourists identify, propagate/maintain, and learn about the natural history and uses of some of the more important trees and shrubs of the Mariana Islands. This is a revised edition of the book, which was originally published by Raulerson and Reinhart in 1991.



### The Best Tracks on Guam, 4th Edition

\$25.00

*By Dave and Bev Lotz with Abby Crain and Jerred Wells*

For over 20 years, The Best Tracks on Guam has guided local residents and visitors through some of the most beautiful parts of the island to explore: Guam's isolated coastlines, hidden waterfalls, unique caves, CHamoru cultural sites, historic landmarks and mountain vistas. The Best Tracks on Guam includes comprehensive hiking information for both beginners and experienced hikers, including how to prepare for hikes, health and safety information, cultural and environmental descriptions and much more. This edition includes 44 of the best hikes on the island with improved, user-friendly safety and hiking tips and trail guides. Laminated paper and spiral binding were used for this edition to ensure durability during hikes.

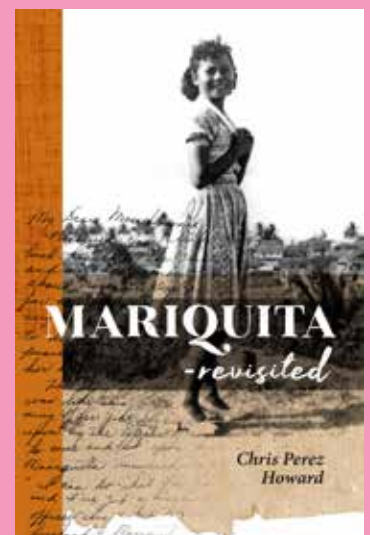


### Mariquita - Revisited

\$15.00

*By Chris Perez Howard*

Written in English. Mariquita, first published in 1982, has become the most widely read novel about the CHamoru experience during World War II on Guam. Author Chris Perez Howard chronicles his mother's vibrant life before the War, her enduring strength during the Japanese occupation of the island, and her tragic death at the end of it. He also paints a vivid picture of life on Guam during these pivotal years. For this edition, Perez Howard revisits the story and adds more details, photos, and letters. It is a continuing tribute to a mother whose legacy lives on in the memories of all who read it.







## **Lina'la: Portraits of Life at Litekyan**

\$42.00

By Richard Flores Taitano  
Micronesia Area

Research Center

Independent Publisher

Book Awards bronze

medal recipient, Best

Regional Non-Fiction for

Australia, New Zealand,

and the Pacific Rim.

Written in English.

Litekyan (Ritidian) in

northern Guam is one of

the only places on the

island where every period

of human life can still be

traced. Lina'la: Portraits

of Life at Litekyan features

an incredible collection

of photos capturing the

people, plants, wild and

sea life, landscapes,

water resources, artifacts,

and legacies of Litekyan,

spanning 3,500 years

of life. This unique and

powerful publication not

only provides valuable

information about such

a significant historic and

cultural site, but also

about the history of the

CHamoru people.

## **Get to Know Your Authors**

1. *Storytelling is a gift. How long have you been sharing your gift of storytelling?*

**Teresita Lourdes Perez** - Honestly, growing up on Guam, I don't know when I've ever not told stories. Even when I moved away for a time, I told stories.

**Catherine Payne** - My first children's book was published in 2013, but I've been learning how to write since I could hold a pencil.

**Dolores Camacho** - Storytelling has been going on for three years.

**Dolores Barcinas Santos** - Well, I wouldn't necessarily consider myself a storyteller, BUT I do love to "talk story" like how they say here on Guam. I love hearing other people's stories and what they've experienced, and also share my story and crazy adventurous stories I've had along the way. I guess you could say I've been "storytelling" since I've been able to speak!

**Lance Osborn** - 2015-16 I guess, the debut of Pedro & the Golden Ko'ko'.

2. *Who was your favorite story-teller growing up?*

**Teresita Lourdes Perez** - My Chamorro cousins. Oh wow my cousins tell the best stories!!! Til now!! And I never care that I've heard those stories. I always learn something new. And Laura Ingalls Wilder. I felt like she was speaking to me...even though at the age I read her books I had never felt snow or ridden in a conestoga.

**Catherine Payne** - I've admired John Steinbeck since high school. I've been impressed by his skills as a storyteller and his passion as a social critic.

**Dolores Camacho** - My favorite storyteller was an older cousin who added humor to his stories.

**Dolores Barcinas Santos** - Definitely my grandparents! Some of my favorite moments during my childhood were sitting around at my grandparents house during the summer, and listening to them tell stories about when they were my age, or even stories from the war. I could literally sit there for hours just in awe of the things they've been through and all the fun and cool memories they still had.

**Lance Osborn** - My Grandfather, Pedro B. Jesus

3. *What is your favorite Children's book/author?*

**Teresita Lourdes Perez** - I can tell you two of my all time favorite children's books: Officer Buckle and Gloria by Peggy Rathmann & The Biggest Bear by Lynd Ward

These two offer children some important lessons about humanity, humility, and love.

**Catherine Payne** - My favorite children's book is Shel Silverstein's "The Giving Tree." I like its simple but powerful message of giving.

**Dolores Camacho** - My favorite children's book was The Emperor's New Clothes by Hans Christian Anderson.

**Dolores Barcinas Santos** - I would say my favorite book growing up was a book my mother always read to me. It was always special because there was a song on almost every page, and I loved to hear her sing. It's called "Love you Forever" by Robert Munsch. This book is about a mother and her baby. As the baby grew, he would often make many mistakes, but his mother would always sing to him and remind him "I love you forever, I'll like you for always. As long as I'm living, my baby you'll be." Of course growing up I always just thought it was a pretty song, but now that I'm older, it's such a beautiful reminder that my mother will always be there for me, even when I'm in trouble, and that no matter what, she'll "love me for always."

**Lance Osborn** - Anything Walt Disney & Stan Lee's Marvel Comics

4. *What was your favorite holiday treat?*

**Teresita Lourdes Perez** - Bunelos dagu. Still my favorite holiday treat!

**Catherine Payne** - Good question! I love boneles dagu! I'll even eat it plain.

**Dolores Camacho** - My favorite holiday treats were buñelos dagu and holiday fruitcake.

**Dolores Barcinas Santos** - Oh man, this is a hard one! My family makes such delicious treats! I would definitely say, my grandma's carrot cake. She literally made THE BEST EVER homemade carrot cake, and icing. You could always tell she put an extra cup of love in every bite!

**Lance Osborn** - Pugu & Papulu :)

## *Holiday Gift Guide* **for Teens**

By Michala Connolly



The holidays are quickly approaching. But not to worry, because this gift guide is sure to help! Whether you celebrate Christmas, Hanukkah, Kwanzaa, or any other special occasion, it is the perfect time to spoil your loved ones. This gift guide has perfect, budget-friendly, and local gifts that can satisfy even the pickiest teens.

### **UNDER \$10**

#### **Metal Straw: \$6-7**

Plastic straws are so outdated and harmful to our island. Metal straws are a great alternative to help anyone become more environmentally friendly. Maisa Guam offers a variety of straw sets which come in many different colors, such as rose gold, black, and silver. Sip in style with metal straws!



#### **Gift Cards: \$5-10**

Gift cards are an awesome way to treat people with all types of interests. Does your friend love the movies? Movie theater gift card. Your niece love boba? Tea District gift card. These gifts go a long way, and many stores offer them, so buying is simple. The prices vary, but without a doubt, there is a gift card for EVERYONE.

#### **Talaya Tote Bag: \$6**

Another way to reduce our waste going into the world is by cutting off plastic bags. A trendy gift that is good for the environment is the Talaya Tote Bag offered by Maisa Guam. The Talaya Tote Bag is stylish, popular, and supports a local brand. From your grandma to your daughter, everyone could use a reusable bag.



#### **Scrunchies: \$5**

Scrunchies are back! A must-have for any teen girl, which can make a ponytail THAT much cuter.

### **UNDER \$20**

#### **Disposable Camera: \$17**

Be prepared to capture those special moments during the holidays with a disposable camera. This unique gift is best for anyone who loves taking pictures. Here's an idea: take pictures on the camera, but keep it as a time capsule, and develop the photos years later. It will make it much more fun to look back and reminisce on these special moments. Disposable cameras are so "in," and there is no downside to getting this as a gift.



#### **Portable Charger: \$20**

A full battery can barely make it through the whole day, and having to sit by a wall just to charge a phone is NOT the way to go. Portable chargers allow you to charge your phone anywhere, at any time.







## **Jade Roller: \$12**

This facial roller smooths and de-puffs your skin, and it is such a relaxing thing to do when you wake up. This gift is affordable and will do the trick!

## **Henna Tattoo Kit: \$15**

Go into the holidays in style with a henna tattoo kit. Hennas are pretty and temporary, so no parents will get mad in the process. With this kit, you can let your creativity flow as you design your own hennas.

## **UNDER \$30**

### **Havaianas: \$25**

Scotts are outdated. Havaianas are a great gift for anyone. They come in all sizes and designs! So throw those old slippers out, and get Havaianas this Christmas.

### **Color-Changing LED Lights : \$25**

Lights are the way to go when you want chill vibes in your room. They are easy to hang up and transform the space into a cool place to hang out. Put on some music, turn on these lights, and just relax. Everyone could use some LED color-changing lights!

### **LED Light Box: \$28**

This light box is a super easy way to decorate and personalize a room.

With different letters and symbols to choose from, it's a fun way to share a new message each day.



## **UNDER \$50**

### **Hydro Flask 32 oz.: \$40**

Hydro Flasks are a trendy and easy gift for anyone. It is a gift that people can use on a daily basis, and they can even personalize it themselves. It is easy to add different stickers or even doodles to make it unique. Hydro Flasks come in many different sizes and colors, so you have a variety of options. Stay hydrated and trendy during Guam's hot holiday season.



## **UNDER \$75**

### **Speaker: \$55**

Is the volume on your phone not loud enough? For this holiday season, get your loved ones or yourself a simple speaker. This is a great gift for any party rocker to have a blast, this Christmas, listening to those sweet tunes.



### **Google Mini Speaker \$70**

Be ready to jam out to all your Christmas music with a Google mini. It is a smart speaker that responds to your voice. Have a good time with good vibes this holiday season with the Google mini.

Gift giving is always a special privilege, but it can get expensive, especially for us teens. This gift guide features trendy items that you can buy on-island, and won't leave you broke. But remember, not all gifts have to be purchased. You can always DIY a sentimental present, and it will be just as appreciated. Have a great holiday season with this guide, and happy gifting!

# Sustainable Fashion

Brought to You by the Sustainable Sisters

By Chelsea Ulloa

Sustainable fashion has been claiming its place among top-ranking views in social media. Even the Kardashians are attempting to engage in this fairly new concept by selling their used clothing.

So, what's the big hype? Sustainable fashion involves consciously consuming or creating fashion – apparel, shoes, and accessories – in a way that promotes environmental stewardship and ethical practices. Sustainable fashion, a term synonymous to “slow fashion,” is a movement created in an effort to stop the unsustainable and unethical practices of the fashion industry, especially fast fashion brands.

If you research “fast fashion,” many alarming statistics will pop up including the fact that more than 8% of global greenhouse-gas emissions are produced by the apparel and footwear industries (New York Times).

In 2013, the collapse of the Rana Plaza in Bangladesh was a paramount and tragic accident that killed more than 1,100 people and injured 2,500 workers (Forbes), many of whom were garment laborers for Western fast fashion labels.

These are only a few facts, and I urge you to do further research about the fashion industry and the powerful impact we can have as consumers.

## The Emergence of Sustainable Sisters

My sister Cora and I, alarmed by these shocking truths about the fashion industry, had to spread the word. As women who like to express ourselves through style and clothing and who want to do our part to help the climate crisis, we came up with Sustainable Sisters.

With the help of our sister-in-law, Angelina, we started an Instagram account to promote sustainable fashion to our friends, family, and local community. We posted facts about the fast fashion industry and tips to help become conscious consumers and practice sustainability in fashion habits. One of our main messages is that you can be as stylish and cool in used, thrifted, and upcycled clothes, as you can in new and high-end brands.

Cora, a fashionista in her own right, was designing and making her own clothes. We asked each other, how can we create clothes that didn't use new resources and would leave a smaller carbon footprint, than if we had bought material that was manufactured elsewhere and shipped to Guam?

It was then that we discovered a solution in upcycling, where unwanted products are transformed into new products with better quality and environmental value. In

our case, upcycling meant taking old clothes and scrap fabric and reconstructing them into brand-new products that cater to our personal style and fashion sense.

From there, we began selling upcycled clothing along with thrifted and vintage clothing on Instagram. We're still slowly building our sustainable clothing brand called Sustainable Sisters, Sussis or Susxis for short, and we'd love to one day open a little boutique to sell our products.

## Style Swaps

In the meantime, we're working on spreading the sustainable fashion movement in the local community. One way we do so is through our style swaps also known as clothing swaps. How a style swap works is everyone brings a certain amount of apparel, shoes, or accessories. You then swap your clothes and shoes for other items people have brought. To make swapping fun, we display the items in a boutique environment with clothing racks and jewelry displays. We also make it a social event, complete with food, music, and a party theme.

A style swap is beneficial in many ways. One, you get rid of clothes that you no longer fit, like, or wear. Two, you get a new-to-you wardrobe that is totally sustainable because no new resources were used in your purchase. And three, it's a social event to get the conversation started about fashion sustainability in Guam.

We hosted our very first style swap in collaboration with two local brands, Gacha and Rise and Shine, this past summer in July. Everyone who went gave us so much positive feedback that we knew we had to host another one. Recently, we hosted our very first “Holiday Style Swap,” which promoted sustainable shopping habits during the holidays, the biggest shopping season of the year.

We want to give our community an opportunity to engage in the world of used clothing because of its many





environmental benefits. A statistic that has become our mantra states, "If one million women bought their next item of clothing secondhand instead of new, we would save 6 million kg of carbon pollution from entering the atmosphere" (1 Million Women).

In the end, becoming a conscious consumer and practicing sustainability is a lifestyle change that is imperative for environmental stewardship. Just remember, "As consumers, we have so much power to change the world by just being careful in what we buy" (Emma Watson).

## Sustainable Tips for Mamas

When it comes to purchasing items for our kids, as moms we always want the best. Here are a few tips to keep consumerism as sustainable as possible while providing value for children.

### 1. Purchased Pre-Loved First

Before purchasing new clothes for your kids, look for second-hand clothes that still look new and are made from quality materials. New resources weren't used to produce these items, which helps to save existing resources.



### 2. Support Local

When you purchase locally, you support a real family from your community, instead of contributing to business conglomerates thousands of miles away.

### 3. Buy Quality Items that Will Last

When you purchase quality items, your bill will probably be pricier compared to more affordable counterparts. However, better quality equals durability to last the ages, perfect for hand-me-downs and keeping them out of landfills.

### 4. Choose Reusable Items over Disposable

Reusable items help keep trash out of the landfill. Some items to consider that are often disposable include reusable diapers, metal straws, reusable shopping bags and reusable bottles.

You can find the Sustainable Sisters on instagram @Susxis and follow along on their sustainable fashion journey.

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## MAKING HOLIDAYS MERRY, HEALTHY & BRIGHT



*By Lenora Matanane Makela, RDN*

The holiday season is full of celebrations, feasts, and treats, along with the hustle and bustle of gift-giving to share the joyful spirit.

Although you may feel doomed about upholding your health goals, remember that we each hold the power to create balance for ourselves. If we consciously choose to be positive about leading a healthy lifestyle, then we open our minds to the possibilities of transforming obstacles into opportunities. To help stay in alignment with your goals, here are some tips to keep your holidays healthy and bright.

### 1. Feel inspired to try plant-based diets.

You might be on the fence about making the full transition to a vegan diet, especially considering all the specialty dishes that emerge during the holidays, but that should not stop you from increasing your plant food intake anyway. Have some meatless meals with plant-based proteins like

beans, nuts, and soy, and bring vegetable dishes to your family gatherings. Include a variety of colors and textures in a holiday theme for more vitamins, minerals, fiber, and phytonutrients. When it comes to fiber, the more the merrier!

### 2. Skip the sugary drinks.

There will surely be desserts and treats throughout the "season to be jolly." Moderation can also mean trading holiday sugar for your usual sources of added sugar. You can substantially lower your daily sugar intake by foregoing sodas, sweetened teas, coffees and fruit drinks at your regular meals and beverage purchases. Remember to drink plenty of water to stay hydrated.

### 3. Be consistent with mealtimes.

Skipping meals during the day often results in overeating, which sends blood sugar levels on a wild roller coaster.



If you know you have a holiday feast planned, eat small meals or snacks during the day that include fiber-rich foods (whole grains, vegetables, fruits) and protein (nuts, seeds, low-fat milk or yogurt, eggs).

#### 4. Savor every bite!

There is no need to inhale your food like it is running away from you. Chew food carefully, and incorporate all five senses to fully enjoy the experience. You may realize that you are satisfied without eating the entire portion, or you may want to save some bites in order to try other items.

#### 5. Don't abandon ship.

Indulging at one point in the day should not be a reason to forfeit health goals all day. There are multiple opportunities each day to create balance for yourself, whether it is through including more nutrient-dense foods in other meals and snacks or exercising, or both.

#### 6. Try swapping some creamy ingredients that are typically high in saturated fat and/or sugar for some more nutrient-dense ones.

Low-fat or nonfat plain yogurt and cottage cheese can go either sweet or savory, as well as add a lot of nutrients. The yogurt can replace sour cream in dishes to reduce the saturated fat content and add protein, calcium and probiotics, in addition to provide a creamy, smooth texture and semi-tart flavor. Create a cottage cheese parfait of fruit and a light drizzle of honey for breakfast or a snack. Combine either of the two with salsa for a more substantial dip for your veggies, whole grain

crackers or tortilla chips.

#### 7. Be positive about your health balance throughout the holidays.

If you think that you are sabotaging your healthy lifestyle during the holidays, then your actions and decisions will likely follow suit. However, if you embrace the season and make small mindful health efforts daily, then you may very well create a healthful and meaningful pattern for yourself.



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\*sizes 3-5



# CONGRATULATIONS!

to all the babies born at Sagua Mañagu!

## September 2019

*Rinoa Samantha*

Suzet & Ralph Umagat

*Mila Rose*

Emy Refolopei

*Jaydan Skyy*

Jay Ann & Daniel Gombar

*Ikaika Matua Haku*

Marcella & Jonathan Ichihara

*Jaylon Jay*

Chanice Manley

*Brycen Cole*

Ciana Elliott & Franklin Pangelinan

*Jermiah Jesus*

Genaray & Jesse Muna

*Orion Michael*

KristiAnna & William Whitman

*Alijah Jude*

Teresa Cruz & Joshua Ngeskebei

*Jeremiah*

Ashley Schacher & Jeremy Cepeda

*Ayvah Torika*

Daniela & Setareki Suguturaga

*Cona Jax*

Chelsea Shimizu  
& Cameron Eusebio

*Deluna Belle*

Marquisha Camacho & Kevin Silva

*Gustavo Luis*

Kristy Mary & John Basada

*Mason Dellun*

Ariel Yamaguchi & Nores Junior

*Hosea Lewis*

Christine Cepeda & Hosea Ware

*Klyde Jays*

Kayleen Atan & Jayson Rotenis

*Sophia Christine*

Lourdes Redila  
& Christopher Aguon

*Zoey Jane*

Jennifer Aguirre & Jose Bautista Jr.

*Olivia Rose*

Reylynn Sapong & Damien Khoo



## October 2019

*Leah Ophelia*

Yuka & John Ricks IV

*Ryker Levi*

Lelani & Ronnie Blas

*Blake Jay*

Jaylynn & Brad Cruz

*Zoey Grace*

Mamis & Jonathan Damian

*Justine Khloie*

Krystine Rube & Justin Taijeron

*Brave Jakobii*

Kiersten & Bert Arulong

*Daleigha Madyson*

Desiree & Matthew Salas

*Kylie Aline*

Jami Starling & Kyle Weidner

*Yuna Marie*

Malerie Tenorio & Jaron Middleton

*Nolan Jr.*

Jovina Sablan & Nolan Minor

*Danii'mae Isa*

Barbara Leon Guerrero-Godoy  
& Desi Godoy

*Makenna Avery*

Julia & Mark Torre Jr.

*Nico Kristopher*

Kristen & Tommy Iglecias

*Tasia Lanae*

Tiara Castro & Phillip Martinez

*Akari Masina*

Yuki Shinkai & Simon Sanchez III

*Khloe*

Qumita Robert & Kasiano Penias

*Neiko Reign*

Theresa Cruz & James Borja

*Solomon*

Tertina & Morrison Hetiback

*Preston Cole*

Serenity Diego & Julian Boquison

*Raiden Jude*

Jade Farnum & Ryan Ramon

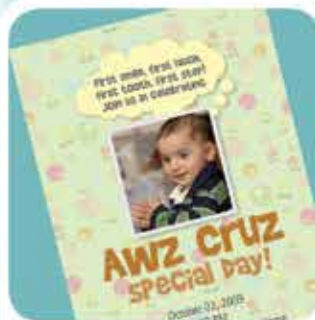
*Lyanna Eira*

Cherilyn & Lean Losinio





# BABY celebration



invitation



puzzle



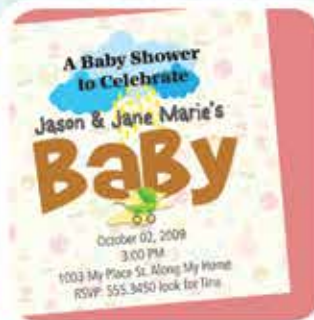
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# All Things Positive

*Barbara Mafnas, RN, MSN, LCCE, IBCLC*

The holidays are upon us once again. We will be greeted by the usual hustle and bustle of the season. There will be family gatherings, shopping excursions, tree trimming, holiday baking, and so much more. This season is always a good time to reflect on the past year and begin to prepare for the new one to come.

I want to reflect on the positive things of life. One of the most positive things I can think of right now is my go-to friend. It's good to have a friend who can be a sounding board for problems. We all need that friend. You know the one I mean, the one who doesn't care what time of night or day you call, the one who you haven't spoken to in weeks but can catch up with in an instant. I found a Facebook quote that says, "Every woman needs a 'no matter what' friend. Someone she can call no matter what. Someone she can vent to, no matter what. Someone she doesn't have to explain herself to, no matter what." Thankfully, I've got someone branded as my "no matter what" friend.

Speaking of branded and branding, I was taking an on-line course about job enhancement, and the woman teaching the course was big on the word manifesto. Honestly, I had to look it up to see what she was talking about. It turns out it's a declaration, a proclamation or notification of values, or it can be described as a purpose statement. The lecturer was from Canada and used the word often. At one point, she referred to it as a coat of arms. Her definition intrigued me, and I had to look it up. She mentioned that when she is preparing for an interview, she looks for the candidate's "manifesto."

I want a manifesto. I liked the idea and began to search for what my manifesto might look like. It is a branding, it's how you identify yourself and how others may see you. I began to write down a list of words that I thought define me: knowledgeable, witty, talented, skilled, experienced, achiever, caring, empathetic, organized, adaptable, detailed, communicator, teacher... These are all positive traits that define me. I searched the internet for

a program to put these words together. I searched and searched and found a program called Word Cloud so I could design my manifesto.



As you can see, it looks pretty interesting. I like my Word Cloud manifesto. You can make one for just about anything, and you can design it into shapes like an apple or a fish.

As the new year approaches, out with the old and in with the new. Challenge yourself to find the positive things in life. If you have negativity, reflect on how you could turn it around into something positive. I think you will find that it makes life a little brighter and lighter. Somewhere I read that it is evidence-based, pun intended here. I promise you will find the good if you look for it. Because we have the power to shape our lives, shape yours with positive words. What's your manifesto for the new year? Get started!





# KRAFT®

# Holiday Baking



## Chocolate-Candy Cane Cupcakes

1 Hr(s) 23 Min(s) | 20 Min(s) Prep | 1 Hr(s) 3 Min(s) Cook

Crush up some candy canes to make festive Chocolate-Candy Cane Cupcakes! These adorable candy cane cupcakes are perfect gifts or holiday party desserts.

### 30 Servings

- 5 oz. BAKER'S Semi-Sweet Chocolate, divided
- 1 pkg. (2-layer size) chocolate cake mix
- 1 pkg. (3.9 oz.) JELL-O Chocolate Flavor Instant Pudding
- 4 eggs
- 1 cup sour cream
- 1/2 cup oil
- 1/2 cup water
- 1/3 cup crushed candy canes (about 6 small), divided
- 1 tub (8 oz.) COOL WHIP Whipped Topping, thawed

### Let's Make It

- 1 Heat oven to 350°F.
- 2 Chop 4 oz. chocolate; set aside. Beat next 6 ingredients with mixer until blended. Stir in chopped chocolate and 2 Tbsp. candy.
- 3 Spoon into 30 paper-lined muffin cups.
- 4 Bake 20 to 23 min. or until toothpick inserted in centers comes out clean. Cool cupcakes in pans 10 min. Remove from pans to wire racks; cool completely.
- 5 Melt remaining chocolate; cool slightly. Frost cupcakes with COOL WHIP; drizzle with chocolate. Sprinkle with remaining candy.



## Mosaic Glazed Sugar Cookies

Dazzle them with a colorful batch of Mosaic Glazed Sugar Cookies this holiday season. Made with cream cheese, these Mosaic Glazed Sugar Cookies are moist and chewy and perfect for the dessert table or cookie exchanges.

- 1 pkg. (8 oz.) PHILADELPHIA Cream Cheese, softened
- 3/4 cup butter, softened
- 1 cup granulated sugar
- 2 tsp. vanilla
- 2-1/4 cups flour
- 1/2 tsp. baking soda
- 1 pkg. (1 lb.) powdered sugar
- 1/3 cup milk
- 2 Tbsp. light corn syrup
- 1/4 tsp. each red and green food coloring

### Let's Make It

- 1 Beat first 4 ingredients in large bowl with mixer until blended. Add flour and baking soda; mix well. Refrigerate 30 min.
- 2 Heat oven to 375°F. Roll dough to 1/8-inch thickness on floured surface. Cut into shapes with 3-inch cutters. Place on baking sheets sprayed with cooking spray.
- 3 Bake 10 min. or until edges are lightly browned. Cool 3 min.; remove to wire racks. Cool completely.
- 4 Meanwhile, beat powdered sugar, milk and corn syrup until blended. Spoon 3/4 of the icing into resealable plastic bag; seal bag. Spoon remaining icing into 2 resealable plastic bags; tint icing in one bag with 1/4 tsp. red food coloring, then tint remaining icing with 1/4 tsp. green food coloring.
- 5 Snip small corner from bottom of each bag. Pipe plain icing onto cookies, then pipe red and green icings into stripes on cookies. Swirl with toothpick.



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