

mañagu

SUMMER 2019
Vol. 18 #3

On Stage
With
Bella

The Journey of
the CHamoru
People

**Facing Fears
& Fulfilling
Dreams**

Cultivating
a Lifetime
of Nutritious
Eating

**Summer
Shenanigans**



I have peace of mind with MobiMoney.™



APP FEATURES FOR YOUR BANK OF GUAM® DEBIT CARD:

- Instant transaction alerts
- Turn your card on/off
- Set transaction limits
- Help prevent fraud

DOWNLOAD
THE APP ON



bankofguam.com   

PO Box BW | Hagåtña, Guam 96932 | (671) 472-5300



Member
FDIC

#1


 ENFAMIL®
 #1 BRAND RECOMMENDED BY
 PEDIATRICIANS*

Support her earliest milestones with formulas inspired by breast milk.

Enfamil® is the #1 brand recommended by pediatricians. If you choose to formula-feed your baby, Enfamil offers two options: **Enfamil® Newborn** and **Enfamil® Infant**.

Milestones like focusing or grasping are driven by brain development in Cognitive – Motor – Social – Communication areas that pediatricians check the most.



Enfamil Newborn

For **formula-feeding moms**, this newborn formula has a protein blend patterned after early breast milk.* It's tailored to have complete nutrition and has an easy-to-digest protein blend and brain-nourishing DHA.



Enfamil Infant

Inspired by mature breast milk and has a DHA level shown to foster learning ability from infancy through 5 years of age.

Whatever your feeding choice, there's a gentle nutrition option for your baby.

*Based on whey-casein ratio of early breast milk, 3-5 days after lactation begins.



enfamil.com

Nourishing milestones at every stage.™

Proudly distributed by



editor's letter

"If I ever go looking for my heart's desire again, I won't look any further than my own back yard. Because if it isn't there, I never really lost it to begin with."

Dorothy Gale in The Wizard of Oz
(screenplay by Noel Langley)

Guam has an amazing back yard — beautiful scenery, rich in history and full of promise.

This promise is very true whether you're performing "On Stage with Bella" or you've just finished your first year in college and are home for some "Summer Shenanigans." In Michelle Crisostomo's case, a visit to the doctor and a blank piece of paper can change your life trajectory. Don't miss Michelle's story, "Facing Fears and Fulfilling Dreams."

For those who haven't had the chance yet, take a leisurely stroll through the Guam Museum. "I Hinanao-ta Nu I Manaotao Tâno' I CHamoru Siha" is the permanent exhibition chronicling Guam's incredible history over 3,500 years. Knowing where we come from and celebrating our history are treasures that can't be replaced.

Rounding out this Summer issue of MAÑAGU are contributions from SaguamPG treasures, Lenora Makela and Barbara Mafnas. They share helpful tips for new dads, family nutrition, and spending quality time with our parents. We're grateful to these two professionals who agree with Dorothy, "There's no place like home."

Thank you for reading MAÑAGU. It's certainly our pleasure bringing it to you.

Wine LG

mañagu

Editorial Contributions

MICHELLE CRISOSTOMO
DEBBY ELLEN
FAITH HUTAPEA
BARBARA MAFNAS
LENORA MATANANE MAKELA
DOMINICA TOLENTINO

Owners

ANNIE BORDALLO, MD
ELLEN BEZ, MD

Managing Partners

LINA LEON GUERRERO
FLORI SANCHEZ

Published by

SAGUA MAÑAGU
A DIVISION OF MPG

Copy Editor

LEIANA NAHOLOWA'A

Editing & Layout

DAVID CASTRO
CARLENE OKIYAMA

Cover by

HELANA LEON GUERRERO

Copyright © 2019 by
Sagua Mañagu
A division of MPG

All rights reserved. No portion of
this magazine may be reprinted
without prior written permission.

We welcome your comments at:
info@saguamapg.com
or contact us at
www.saguamapg.com



IN THIS ISSUE

Helping Daddies Help Babies 6

On Stage with Bella 8

**I Hinanao-ta Nu I Manaotao Tano' I
CHamoru Siha: The Journey of the
CHamoru People 10**

Summer Shenanigans 16

Facing Fears & Fulfilling Dreams 18

Nutrition for the Family 20

REGULAR FEATURES

**Congratulations to all the Babies
Born at Sagua Mañagu 22**

Barb's Corner 24

About the cover:

Isabella Joy Rustick is a vivacious and energetic 8 year old who loves to dance and play with friends. She was a "pro" in front of the camera with multiple outfit changes and playful poses for days.

*Proud Mom: Holly Rustick &
Proud Grandma: Dr. Debby Ellen.
Photo by Helana Leon Guerrero*



PARENTING CLASSES 2019



Prenatal Class covers the journey of pregnancy from positive pregnancy test to third trimester. The class includes prenatal care, nutrition, common discomforts, early warning signs and sexual activity. You'll also learn the benefits of rest and exercise.



Eating Right During Pregnancy is a nutrition class for 1st, 2nd, and 3rd trimesters, as well as for those trying to become pregnant. Learn about what the body needs for healthy mommy and baby, how to control cravings, track weight gain, and what foods can potentially be harmful.



Orientation to your Birthplace is a class specially designed for parents who choose the Sagua Mañagu Experience. The class covers the entire journey from a positive pregnancy test through the third trimester, then onto childbirth and newborn care. Instructor will share tips about good nutrition and exercise, how to remedy discomforts, sexual activity, and the effects of alcohol, smoking, and recreational drugs. You'll also learn the key differences between birthing centers and hospital, about family involvement, and how to care for your newborn.

SEPTEMBER CLASS CALENDAR

*SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
		• Breast Feeding Social 5-6:30pm • Traditional Lamaze - Class 3 6:30-8:30pm		Orientation 6:30-8:30pm	Orientation 6:30-8:30pm	• Breast Feeding Social 9-12pm • Sibling Class 12-1pm • Orientation 1:30-3:30pm • Friends/Family CPR 4-5:30pm
8	9	10	11	12	13	14
		• Breast Feeding Social 5-6:30pm • Traditional Lamaze - Class 4 6:30-8:30pm		Labor Skills 6:30-8:30pm	Orientation 6:30-8:30pm	• Breast Feeding Social 9-12pm • Crash Course Lamaze - 12-6pm • Refresher Lamaze - 3-6pm
15	16	17	18	19	20	21
	Eating Right During Pregnancy 5:30-7pm	• Breast Feeding Social 5-6:30pm • Traditional Lamaze - Class 5 6:30-8:30pm		Orientation 6:30-8:30pm		• Breast Feeding Social 9-12pm • Baby Daddy Class 12-2pm • Positive Disciplining 3-5pm
22	23	24	25	26	27	28
		• Breast Feeding Social 5-6:30pm		Orientation 6:30-8:30pm		• Breast Feeding Social 9-12pm • Prenatal Care 12-1pm • Breastfeeding 101 2-3:30pm • Parenting Safety 4-5:30pm

ALL CLASSES HELD AT SAGUA/MPG CLASSROOM

4 • mañagu • Summer 2019

CLASS FEES

LABOR SKILLS..... \$50
LAMAZE\$100
LAMAZE REFRESHER....\$75

OTHER CLASSES..... \$10
ALL CLASS PASS.....\$75
(\$100 VALUE)

MPG SPECIAL RATE.....\$5
ALL CLASS PASS.....\$50

**SIGN UP AT
647-1417
OR 1418**

Breyers®



Breyers® S'Mores Ice Cream Cake

Try this S'Mores Ice Cream Cake Recipe made with Breyers® Chocolate Ice Cream. It is the perfect dessert for summer!



Prep time

20 min

Freeze Time

5 Hours

Makes

16 servings

INGREDIENTS

- 2 cups graham cracker crumbs
- 1/2 cup Country Crock® Spread, melted
- 1/3 cup sugar
- 1 package (12 oz.) semi-sweet chocolate chips
- 4 cups mini marshmallows, divided
- 1 cup 2% milk
- 1 cup crumbled graham crackers
- 1 container (1.5 qt.) Breyers® Original Chocolate Ice Cream
- 1 container (8 oz.) whipped topping

DIRECTIONS

1. Combine graham cracker crumbs, melted Country Crock® Spread and sugar in medium bowl; press into 13 x 9-inch glass or ceramic baking dish.
2. Microwave chocolate chips, 2 cups marshmallows and milk in small microwave-safe bowl at HIGH 4 minutes or until completely melted, stirring once. Cool 10 minutes, then stir in remaining 2 cups marshmallows. Spread over crust; freeze 1 hour or until firm.
3. Sprinkle crumbled graham crackers over chocolate layer. With scissors, cut carton from Breyers® Original Chocolate Ice Cream. Arrange Ice Cream on its side, then cut crosswise into 4 slices. Arrange slices in baking dish, pressing to form an even layer. Cover and freeze 4 hours or overnight.
4. Frost with whipped topping just before serving. Sprinkle, if desired, with additional graham cracker crumbs.



Follow us on  Breyers Guam

Helping Daddies Help Babies



By Barbara Mafnas, RN, MSN, LCCE, IBCLC

Dads play an important role in the lives of children. Their early and continuous involvement helps increase stability and well-being throughout a child's lifetime. Research shows that dads who are involved in childcare help create positive outcomes for their kids, and unfortunately, the opposite is true. Dads who do not participate in caregiving may negatively impact their children's lives.

Getting off to a good start helps create long lasting relationships. Being able to support the mother during pregnancy and birth and once they are home will bring balance, foster loving bonds, and bring a sense of peace.

Sagua Mañagu offers a class that was designed with dads in mind. The class was created after I attended a "Baby Daddy Bootcamp" at a childbirth conference. I knew then that I wanted to give new fathers in Guam a class of their own. Often, a new dad will take his cues from the expectant mother and focus on the mom's care,

without becoming proactive and independently exploring how he can be a helpful, supportive partner to mom and a good parent to their new baby. At Sagua Mañagu, we use teaching and hands-on learning to encourage and empower new behaviors.

There are many benefits to attending the "Baby Daddy Class" at Sagua Mañagu. It covers basic caregiving skills, which include recognizing hunger cues, nurturing the newborn, diaper changing, and presenting a team approach to parenting. It also helps to instill confidence and pride in being a new father as dads learn how to make the home safe and secure for the growing family. Empowered dads are confident dads, and they pass along their own sense of well-being to their children.

Sign up for class, and see how you can make a difference in your child's life!

Baby Daddy Classes

Who?

Baby Daddies of all levels, from "Rookie" to "Veteran"

What?

A class designed specifically for Dads

When?

Monthly offering on Saturdays

Where?

Sagua Mañagu / MPG Classroom

Why?

Because all babies and daddies matter!

All classes are held at our Sagua Mañagu/MPG Classroom. Feel free to call anytime at 647-1417 or 1418 to schedule your class.

The Pediatric & Adolescents Clinic

The Clinic for Babies, Kids and Teens



DINA D. DOMALANTA – VILLALUNA, M.D.

American Board of Pediatrics Certified in General Pediatrics
American Board of Pediatrics Certified in Adolescent Medicine

Clinic Location:
Sagua Managu Bldg Suite 101
472 Chalan San Antonio
Tamuning, GU 96913-3605



Clinic Hours:
MTWF: 9am – 12nn, 2 – 6pm
ThSat: 9am – 1pm
Closed on major Holidays

CALL: 647-7337 • 647-8336

ACCEPTS MOST INSURANCE



Congratulations on your new arrival!

We would like to take part in your child's health and development.

With a wide range of insurance products, we are able to assist with your healthcare needs.

CALVO'S
Select
Care
HEALTH PLANS

Healthcare that's always there for you!

T: (671) 477-9808 F: (671) 477-4141
115 Chalan Santo Papa Hagåtña, Guam 96910
W: calvos.net



your child

ON STAGE WITH *Bella*

Bella loves to perform. She loves to sing and dance along to songs, from simple children's songs to ones sung by Elsa in *Frozen*.

She really started to shine in Pre-K performances at Mercy Heights, and even starred as a sassy sheep in their Christmas production. Bella also performed as Little Red Riding Hood in their Mock Trial activity that year.

In first grade, when Bella was six years old, she joined Fusion Dance Center. She tried different dance classes and really loves jazz. She tried out for the Mini Company at Fusion and has had a fun year learning new hip hop moves and expanding her abilities and strength in jazz and tumbling.

One of the best things about being in the Mini Company has been the close friendships that Bella has developed. As her caregiver, I see how those who have been in the Company groups at Fusion have strong friendships. I believe that is such a positive aspect that can benefit young people as they navigate childhood and adolescence. Bella also feels connected to youth in the older companies as well as the dance instructors. There is a strong sense of family throughout Fusion, which is so beneficial.

Being in a dance company also promotes a sense of commitment and hard work. Bella has learned to stay the course even when she is tired. Sometimes she has to spend all day at practices, and on performance days, she can be at venues from midday until late in the evening. But she has learned that it is all part of being a dancer and performer, and so she perseveres and does not disappoint the audience. Her smiles and moves demonstrate her love of dance and performance. Bella looks forward to continuing dance, learning new moves, improving her gymnastics, and being with her friends.

By Debby Ellen



Quick Q&A

How often does Bella participate in dance?

Three times a week for about 2 hours each time. Each class runs for one hour, and Bella usually has two different classes each day.

What's her favorite part?

Bella's love for the dance classes has grown throughout the year as her skills have developed, as well as her friendships being strengthened.

Her least favorite part?

Probably attending class when she is tired. Otherwise, she loves her time at Fusion.

Dress requirements?

Bella needs to have the proper footwear for the specific classes (jazz, ballet, tennis shoes) and needs to wear her Fusion shirts or ballet tutu depending on the class. Of course for performances, there are certain guidelines for each dance or specific costumes need to be purchased.

What is your role as caregiver?

For my daughter and me, our role as caregivers is to

support Bella. One of us usually stays and watches her practices. This has been great in our developing friendships with other parents.

Any advice for other parents and caregivers?

I highly recommend Fusion Dance Center for several reasons:

- ✿ physical activity - kids need to move!
- ✿ improved coordination
- ✿ friendships
- ✿ sense of family
- ✿ self-esteem
- ✿ sense of commitment and responsibility

Fun Facts about Bella:

- ✿ She had a lemonade stand for several months when she was 5 years old and raised enough money to go to Disney Japan!
- ✿ She's earned herself a spot on both TV and Radio and is working on turning her story into a children's book to inspire other kids to live their dreams.
- ✿ She has a YouTube video that has over 3,000 views on how to make a vision board.
- ✿ She loves to do crafts.
- ✿ She's an avid swimmer and snorkeler.



head & shoulders®

LIFTS AWAY ITCH, FLAKES, & DOUBT.*

*itch and flakes associated with dandruff

Follow us on  GuamHome Essentials for a chance to win Great Prizes!

P&G ©2019 P&G

I Hinanao-ta Nu I Manaotao Tāno' I CHamoru Siha: The Journey of the CHamoru People

I Hinanao-ta is the permanent exhibition at the Senator Antonio M. Palomo Guam Museum and Chamorro Educational Facility. It opened in May 2018 and it covers the 3,500-year history of the Mariana Islands from settlement to today. There are over 100 artifacts and several hundred images throughout the exhibition that represent each of the different eras of Guam's history, including ancient tools and pottery, large scale replicas of thatched homes and canoes, Spanish era implements and weapons, World War II artifacts and interactive screens. There are also audio features and videos that enrich the visitors' experience of CHamoru history, culture, ecology, economy and society as presented in the exhibition.

The Museum offers guided tours for small and larger sized groups that take visitors through the permanent exhibition and changing exhibition galleries, as well as a grounds tour.

Please call the Museum for more information at 989-4455 or email info@guammuseum.org.

Ha'anen Familia (Family Day)

The Museum has lots of opportunities for learning and fun for people of all ages, sizes and interests. Ha'anen Familia is a free, monthly educational program featuring storytelling, arts and crafts and other hands-on activities for our younger visitors and their parents. Usually scheduled on the 2nd Saturday of each month. Space is limited so we ask participants to call ahead to reserve a spot.

The Guam Museum also has a monthly program called HITA (Heritage-Ideas-Traditions-Arts) which is a discussion forum for issues that affect our community. These presentations usually take place in the indoor theater.

We also have other kinds of family-oriented performances and presentations in the theater that are organized by other community groups, including films, dance recitals, children's theater, and musical performances.

The Museum is a great way for families to spend time with each other while learning about our island's rich history and culture.





Opposite page and top left: Views of I Hinanao-ta Nu I Manaotaotano I CHamoru Siha: The Journey of the CHamoru People

Top right: A mother and daughter team during an Easter Scavenger Hunt in the "Celebrating Guam's Villages" exhibition

Bottom: Families pose in the garden with their seedlings

All photos courtesy of Dominica Tolentino, Guam Museum





Opposite page top: Gardening at the Museum's garden

Opposite page bottom: Yoga for kids

Top left: A family poses with their Liberation artwork

Top right: Moms paint with their children during a Liberation-themed Ha'anen Familia

Bottom: Kids learn CHamoru dance from local dance troupe

For all your commercial and professional office space needs.

Hagåtña - Ada Arcade	Deeded
Tamuning - P&F Manor	Hagåtña - P&F Manor
Hagåtña - Ada Chu Pointe	Hagåtña - Capitol Plaza
Hagåtña - BridgePointe	Hagåtña - Adina Village Center

ADA'S TRUST & Investment, Inc.
Location • Service • Trust
www.adastrust.com

Follow us
f i t



Above: Kosas kids camp participants, with the help of Department of Agriculture's forestry division, help plant native guasali (torchwood) on the museum grounds



Right: Department of Agriculture teaches kids about coral and marine life during "B(reef)ly Ours" exhibition

Bottom and opposite page: Tag us #guammuseum





See how far we'll go.

HEALTH AUTO HOME



For more than 30 years, we've given our members the very best protection for the things they value the most. We take pride in the little things we do everyday that strengthen our values and show our commitment to you.

Our new look is a testament to our adaptability of a changing world, but our mission to serve will only get stronger. We invite you to join in this journey and see how far we'll go.

520 Route 8 Maite, Guam 96910

staywellguam.com



TUMON MEDICAL OFFICE

caring for your family...



accepting most insurance
same day appointments available



TUMON MEDICAL OFFICE

Edna V. Santos, M.D.

Board Certified, Pediatrics

Tel: 649-PEDS (7337) • Fax: 649-7341

125 Carlos Lane, Carlos Heights, Upper Tumon



Peace of mind for
parents who have
little patients.

FHP Pediatrics

We understand that choosing the right pediatrician for your child is one of the most important decisions you will make as a parent. Our FHP Pediatricians have developed a reliable and trustworthy reputation for delivering the quality of care you expect. FHP Health Center, providing exceptional medical care to the most precious patients, your kids.

FHP Pediatrics

Hours: Mon-Fri 8am-5pm

Call the FHP Health Center at **646-5825** and
Press 2 to schedule an appointment today.

Our Island, Your Clinic™

Most private insurances accepted. Call for details.



fhpguam.com

Connect with us



Summer Shenanigans

Faith Hutapea
Occidental College '22

Home sweet home. MAÑAGU contributing writer Faith Hutapea just finished her first year in college and came home for the summer. MAÑAGU caught up with her to find out how she spent her time at home.

Let's start by asking you to tell our readers a little bit about yourself.

Håfa Adai! My name is Faith Hutapea, and I am a rising sophomore at Occidental College in Los Angeles, California. I am a biology major, potential philosophy minor, and currently on a pre-med track.

Where are you from?

Chalan Pago-Ordot, Guam! Born and raised on the island, I have so much love for where I come from. The island's hospitality is unparalleled. Chamorro dishes and delicacies are mouth-watering and can't be found anywhere else. And the people, they especially value time with family and friends. After living in California for nearly ten months, it was refreshing to be back home for the summer and to regroup before heading back in the fall.

How long is your summer break?

My summer break is three months long (I know, I'm blessed).

How did you plan to spend your time on the island?

Before the end of my first year, I knew that I wanted to make the most of my summer and apply to a clinic internship here in Guam. The stars aligned, and I was one out of three college students accepted as paid interns for Dr. Shieh's Clinic Summer Internship. My dream career is

to become an obstetrician/gynecologist, and this program was an incredible opportunity because of the education and exposure to not only the job but also learning what it means to always put the health and happiness of your patients first. The internship itself was a month long, and so I kept my eyes open for things I could possibly do during July.

What did you decide on?

I signed up for a three-week intensive Biological Anthropology (AN222) course offered at the University of Guam. This course really intrigued me (enough to actually return to school, instead of relaxing at home). My college in California doesn't offer any courses in anthropology, and so I jumped at the opportunity.



Professor Vilar, the course instructor, is a National Geographic geneticist who has and is currently conducting research on the genetics and origins of Micronesians. Anthropology is a captivating, interdisciplinary field of study, and I'm grateful to have taken and have done well in the course. It has provided a good foundation for my Evolutionary Biology class that I will take this upcoming fall semester.

How did you seek out these different opportunities?

To be honest, I found both opportunities on Facebook, sent to me by my mom.

I knew of Dr. Shieh's Summer Internship because of a friend who participated in the program last year, and both flyers for application information were found on social media. Social media, family, friends, teachers, and peers are great resources.

Any tips for other students who want to make the most of their school breaks?

When we ask, what do I wish I had more time for? Naturally, there are one or two things that immediately come to mind that everyone can pursue. Reading, spending time with family, creating a workout routine, learning how to cook, filming videos, and even journaling are just some hobbies out of hundreds that we could dedicate our time.

How about returning to school? What's the simplest thing you can do to prepare?

I believe that the simplest, yet best thing I can do is assess my last school year. What were my successes? Failures? What do I think I can work on and do better? What did I love doing and want to continue in the

next year? Personally, I struggled a lot with procrastination during my last semester. Moving forward, I aim to develop a more detailed schedule for studying, working, and leisure in order to maximize my time and efficiency.

One last question. Just for fun. What would you say was the best TikTok trend of the summer?

Now that's the hardest question yet. It would have to be between the Camp Rock "She's Really Good" or the "Time Traveler" trends. I could, honestly, scroll for hours on that app.



Let the second hug come from us.



Welcome your baby to the world with our best skin care. Mom preferred over Pampers Swaddlers⁺, New Huggies[®] Little Snugglers Daipers help keep your newborn's perfect skin clean and healthy.

*sizes 3-5

Follow us!



HOME & Family

for you

Facing Fears



& Fulfilling Dreams

By Michelle Crisostomo

For years, I had a passion for eating local and sharing with others how to grow and harvest their own food. I couldn't shut up if you asked me about it. Operating my dad's farm in the summer was a very exciting time for me. Dreams of starting my own hydroponic business, working on the farm, and teaching and inspiring my children and everyone around me to grow their own food began to take shape. But my full time job and priorities as a single mother left time for nothing else.

I remember sitting in the doctor's office last year in December, trying to catch my breath after a series of insane exercises, while his assistant took photos of me for their new website. I hadn't exercised in over a year, but wasn't about to tell him that. In fact, I had way too many drinks the night before and only four hours of sleep. No wonder he never used the photos.

After that exhausting workout, he offered to discuss some of my recently diagnosed health problems. I described my autoimmune disorder, hypertension, and depression, along with the frustration I felt with previous doctors' orders. "Take these pills, get a therapist,

stop stressing out," they told me. Instead of similar suggestions, what he offered turned my world upside down. I was on the phone with my supervisor the next day announcing my resignation.

He sat me down with a blank sheet of paper and pencil and made me do a series of exercises. I listed what was most important to me, what I wanted to achieve, and where I wanted to be in five, ten, and twenty years. I had to answer with what immediately came to mind. That exercise revealed that I belonged somewhere else.

Aside from having no time, fear kept me from pursuing my dreams: How will I pay my bills? How will this affect my children's education? What if I fail again? What if I get sick with no health insurance?"

It is the fear of uncertainty that holds us back from discovering the possibilities out there. It is terrifying for a single mother to leave the comfort and job security of a workplace in order to follow her passion. But did you know that job security is a misnomer when your security lies in someone else's hands?

I went back to address those fears, and to my surprise, everything had a simple and logical solution. I was confident now that my talents and experiences would make it easy to find another job if needed. The day after I resigned, I was offered the perfect position with less pay, less stress, better health coverage, and a schedule that wouldn't interfere with my ambitions. GU Hydro was launched successfully and continues to provide customers the tools and support they need to be successful hydroponic growers.

I approached a friend for information on starting a nonprofit that focused on food security. She wanted to participate, and the existing nonprofit for youth athletics she established was given a makeover and became what is now Guahan Sustainable Culture. By January, educational workshops were designed, agriculture experts hired, venues booked, registrations filled, and more seats were needed. We were then asked to help pilot a program to implement fresh produce in public schools and create awareness and interest for students.

News agencies contacted us for photos, videos, and interviews. The individual who wrote our first feature in the

paper took leave to consult with me and began her own successful family farm.

An organization called about giving us thousands of dollars in grant money and workers to build a community garden and educational facility, our biggest goal. The only requirement was to have an office. An unrelated meeting led to an MOA (memorandum of agreement) on the table three days later for an office in exchange for our presence and our garden in their community. Another gentleman contacted us to donate six acres for another community garden.

After ten years away, my talented sister packed up and moved back home to work with me. She became my new roommate, and we now own our own farm.

It's been seven months since I took that leap and started this journey, and I have never been happier. I am excited for where this is going to take us and our island.

So, what waits for you behind that door of uncertainty?



Cultivating a Lifetime of Nutritious Eating

By Lenora Matanane Makela, RDN



Nutrition is valuable at every stage of life and for every member of the family. As parents manage keeping up with childhood milestones, growing appetites, and picky eaters, they must also learn that building nutrition skills for themselves is as important as putting food on the table for others. Helping children, as early as infancy, learn to balance their own nutrition will serve to increase their ability to make healthful decisions well into adulthood. Here are ten tips for raising competent eaters.

1) Remember that Responsibility is Shared Between Parents and Children

Every child is born with a natural sense of hunger and satiety, or fullness. Children eat as much as they need and learn to eat the food their parents eat. Keep in mind the following:

- The parent is responsible for what foods are offered; and when and where the child is fed.
- The child is responsible for how much and whether to eat the foods offered.

2) Keep a Positive Attitude and Environment

Trust your child's eating instincts. It is important that parents do their jobs with feeding and trust that children will do their jobs with eating.

3) Create a Consistent Structure for Meal and Snack Times

Letting children graze on food and sugary drinks between meals and snacks can dull their sense of hunger and satiety. Allow two to three hours between eating times, so that children will be hungry when they arrive at the table. Provide water for hydration.

4) Prioritize Family Mealtime

When children have regular family meals together for five or more times per week, they achieve more, improve behavior, and do better nutritionally.

5) Involve Children in the Kitchen

Expect the kitchen to get messy. Learn to accept it, and have fun! See the infographic for age-appropriate tasks by age group.

6) Incorporate Vegetables and Fruits into Meals and Snacks

Eating vegetables and fruits takes practice for parents and children alike. Be sure to also include whole grains, plant-based proteins, lean meats, low-fat dairy, and water.

7) Allow Multiple Exposures for Children to Accept Food

It takes at least 15 exposures for children to decide if they truly like a certain type of food. Children are erratic by nature, and so they may love a particular food one day but then protest against it on another day. Keep new foods fun, and incorporate one new or unfamiliar food item at a time. It is best for parents to prepare new food with two or three familiar types of food in ways that are already acceptable to their children.

8) There are No Forbidden Foods

All foods can fit. Although it is the role of parents to determine what food is offered, it does not give parents the authority to deny certain foods to their children. A part of raising competent eaters is teaching children how to balance all foods in an environment. Help children learn to consume treats occasionally and normally with other foods.

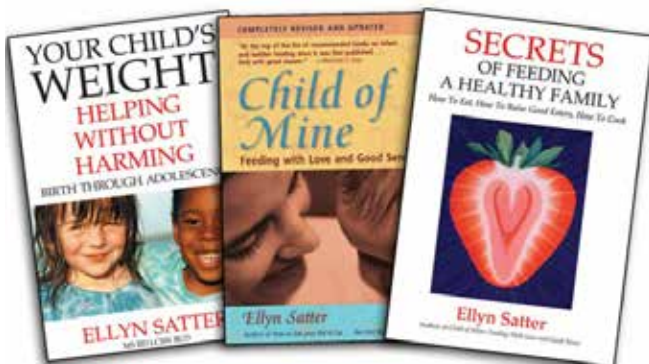
9) Moderate Screen Time

Watching screens while eating can distract both children and adults from their nourishment. Turn off screens during eating times to avoid overeating and mindless eating tendencies.

10) Be a Role Model for Healthy Behaviors

Being a role model encompasses all areas of health, such as balancing eating patterns; maintaining variety within each food group; having adequate physical activity and sleep; and moderating excessive sugar, sodium, and saturated fat (as well as alcohol for adults). Practicing positive eating and regular activity habits for yourself teaches children that everyone's health is important. When they are ready and old enough to take responsibility of their own what, when, and where of eating, your children will remember the example that you set and be able to perpetuate their own healthy behavior and skills.

For more information about feeding children and families, visit the Ellyn Satter Institute www.ellynsatterinstitute.org, or check out some of Ellyn Satter's books such as *Your Child's Weight: Helping Without Harming*, *Child of Mine: Feeding with Love and Good Sense*, and *Secrets of Feeding a Healthy Family*.



Kitchen Duties for Each Age Group



AGES 2-3

- Washing vegetables
- Stirring ingredients
- Mashing with a fork/masher
- Sprinkling flour and sugar
- Spooning ingredients into scales



AGES 3-5

- Cutting soft ingredients (plastic knife)
- Breeding and flouring
- Mixing
- Tearing and squashing
- Sieving flour
- Using a pestle and mortar
- Kneading, rolling, shaping, dough
- Spreading butter/icing
- Picking, hulling, podding



AGES 5-7

- Cutting with scissors
- Grating ingredients
- Measuring ingredients
- Rubbing in spices
- Greasing and lining a cake tin/tray
- Use a vegetable peeler
- Cracking/peeling eggs
- Setting the table



AGES 8-10

- Planning the family meal
- Following simple recipes
- Finding ingredients
- Whisking eggs
- Beating eggs
- Making salads
- Using a microwave/oven
- Using a food thermometer
- Using a can opener



AGES 11+

- Understand food hygiene
- Do math (doubling recipes)
- Use kitchen equipment
- Follow a simple step-by-step recipe
- Fine motor skills and coordination (pouring without spilling, opening containers, weighing)

FOOD SAFETY BASICS



Clean all countertops and kitchen surfaces before cooking



Never taste food until it is done cooking



Pull back long hair



Always cook with adult supervision



Wash hands in warm, soapy water before and after handling food

HELPFUL TIP: Wash hands for at least 20 seconds or sing the "Happy Birthday" song twice

CONGRATULATIONS!

to all the babies born at Sagua Mañagu!

MAY

Fredde King

Claire & Fred Lumogda

Alijah Paul

Maureen & Alan Myers

Carlene Marina

Joisel Moreno Gil
& Fabian Malalis Jr.

Liam

Mary Jane & Lionel Evangelista

Erinn Gabrielle

Czarinna & Eric Godoy

Miarah Zaiah

Marny Zaldivar & Michael Carganilla

Noah Jayde

Carissa Balajadia & Arthur Peredo

Alexavier

Mary Jean & Paolo Inocencio

Josiah William

Aideleine Mallari & Jamaal Blakeney

Quenton Sage

Chelsea & Jeremy Taisague

Zoe

Renee & Rogerlee Carpela

Sianna

Zianna Tajalle & Shane Morrison

Laffry Niklay

Lanett Oneichu & Jeff Takauo

Elora Paige

Antonette & Benjamin Arceo

Laura Jae

Teri Nace & Zekanazina Guajardo

Amanie Jade

Danielle Mafnas & Joaquin Arriola

Carter Zayne

Renae Ada & Ryan Lizama

Rose Margaret

Rossele & Raymard Bansil



Hailey Brooke

Stephanie & Jordan Jugo

Mariana Elyse

Mary June & Donovan Merfalen

Jazmine Faith

Jannis Diaz & Brandon Santos

Elsa Jae

Sarah Jasmin & Justin Sablan

Sage Ethan

Sheila Blas & Nathan Aguigui

JUNE

Kingsley Kole

Jeilani Charfauros & Kyle Atoigue

Angel Jolene

Amanda Stovall & Jake Cabrera

Logan Rhys

Annaka & Travis Benavente

Grayson Wolf Reed

Angelica Hartin & Kyle Mendiola

Avery Genevieve

Amy & Mark Ponio

Elijah

Leilanie & Christopher
Leon Guerrero

Addison Grace

Alyssa Perez & Rico Leon Guerrero

Zayn Alexander

Kamalin & Zachary Naputi

Bryden Jaye

Destiny Charfauros
& Miles Calderon

Miyako Irene

Nozomi & Jesy Blas

Mames Antonya

Masako & Joshua Cruz

Liam Michael

Kimberly Santos & Michael Salas

Lara Skye

Hannah Pangelinan & Robin
Eclavea

Spencer Quinn

Alma Guiao & Rico Benavente

Logan Catatu

Kaylanie & David Cruz

Maliha Rosé

Irislenor San Miguel & Joshua
Carter

Alaina V

Sveth Lana & Arnold Garcia

Marco Raphael

Charlene & Edmark Mendoza

Tayveon Dame

Crystal Benavente & Jesus Tenorio

Olivia Faith

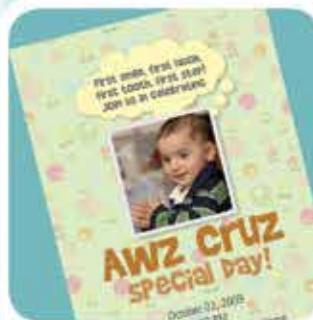
Yuki Komiya & Jonathan Gombar

Ethan

Bonnie & Andrew Dongon



BABY celebration



invitation



puzzle



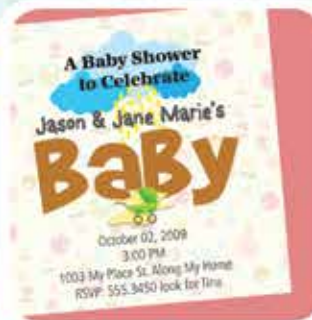
favor box



announcement



poster



baby shower



calendar



thank you tag



photo book



bookmark



give us a call


GRAPHIC CENTER

Tel: (671) 472-3072
www.gciguam.com

Autopilot



"Ladies and gentlemen, the main cabin door has been closed. Please take your seats, fasten your seat belts, and prepare for takeoff." The flight was full, and there was an atmosphere of excitement since it was the first flight of the day. I looked around the cabin and did not recognize anyone. I sat back in my seat and tried to relax as the plane taxied the runway.

I enjoy flying. It's hard to believe that you can be on one side of the world in the morning and then halfway around the world by nightfall. One day, you are home, and the next, you are vacationing somewhere. Being in an airport terminal is equally amazing as the people and flights are almost always perfectly orchestrated. The masterminds behind the scenes keep things moving.

My favorite thing about traveling is seeing my mom on the other end with a glow on her face and her ecstatic waving as I come out to greet her. Her hugs are strong and genuine. She always looks happy and relieved once I am there.

This past visit was more for business than pleasure, but we did a little of both. We needed to move a few things, get some paperwork done, and prepare for the upcoming year. Because my aunt took a bad fall, she needs surgery and may have to stay with my mom. We prepared the spare room by clearing the closet and dresser of items long overdue for the Goodwill. With fresh sheets, a vacuum, and dusting, the room became ready to receive a guest if necessary.

My mom herself has not been well since January. She has had a perpetual sinus infection and was on her third bout of antibiotics. She was referred to an ENT for a consultation. In turn, she received a biopsy of nasal tissue and a CT scan only to reveal a sinus cyst. She is not happy that I will not be there to hold her hand through the necessary procedure. It does not sound like it will be pleasant, but I am sure she will be fine.

We were able to do some fun things during my visit like shopping, eating, and going to the movies. This time, we saw Rocketman and Disney's Aladdin with Will

Smith. Both movies were entertaining and well worth the time and money spent. She whispered to me, "I thought Aladdin was the genie in the lamp," and all I could do was smile. We were like a couple of big kids at the theatre. We had lunch at our favorite restaurants and always had a good time.

I also got a chance to go to an arts and crafts store and be creative. My mom had sent me a photo of an old fashioned milk jug with a bouquet of sunflowers and casually mentioned that she wanted one like it. I was able to find and buy all of the supplies needed and made one for her. She was delighted.



Since she has not been feeling well, she put her household chores on the back burner because she seems to tire more easily. I surprised her one day by cleaning her front porch from top to bottom. I woke up one morning at the crack of dawn, hoping to have it done before she woke up. I got out the cleaning solution, sponges, Windex, paper towels, and vacuum and got to it. The phone rang and ruined the surprise since it woke her up early. She peered through one of the French window panes with a huge smile. She was so surprised and appreciative of my hard work and effort. It needed to be done, and I was willing and able, so it got done. She usually deep cleans the front room twice a year but confessed that it had not been done in a year. I was happy to do it for her, and she beamed with pride.

My two weeks with her flew by (no pun intended), and I began my trip back to Guam. This time, I had extra baggage. I shopped for baby shower supplies, clothes, shoes, and other necessities. I never left any store without buying something! Mom got tearful as we got closer to the airport, and she hugged me goodbye. I boarded the plane, waited for all the familiar jargon of flying, and before you knew it, we were homeward bound at cruising altitude and probably on autopilot. The flight was smooth and uneventful, and I was able to sleep. Although I was worn out, it was a good visit. The best parts about the trip home are the people waiting to pick me up on this end.



Guam Radiology Consultants

- Magnetic Resonance Imaging (MRI)
- Computed Tomography (CT)
- Fluoroscopy
- Digital Mammography
- Ultrasound
- X-Ray
- Bone Density Studies
- Advanced Interventional Radiology
- Pain Management

MAGNETOM Espree
A Tim System

Complete Peripheral Arterial & Venous Diagnostic and Interventional Services:

- CT Angiography
- Diagnostic & Therapeutic Angiographic Procedures
 - Angioplasty
 - Stenting
 - Thrombolysis
- Hemodialysis Access Maintenance
- Uterine Artery Embolization

Percutaneous Cancer Related Interventions:

- Biliary Drainage and Stenting
- Chemoembolization
- Radiofrequency Ablation

In Conjunction with Pacific Cardiology Consultants:

- Coronary Artery Angiography
- Diagnostic Cardiac Catheterization
- Angioplasty (PTCA)
- Stenting (PCI)

Women's Imaging Center

- Digital Mammography
- Breast Ultrasound
- Ultrasound-guided Breast Biopsies
- Breast MRI - the only facility in Guam and the region accredited for Breast MRI*
- Stereotactic Breast Biopsies

Pain Management

- Cervical, Thoracic and Lumbar Epidural Steroid Injections
- Facet Joint Injections and Radiofrequency Ablations
- Selective Nerve Root Block
- Stellate Ganglion Block
- Numerous additional Advanced Pain Management procedures



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

633 Gov Carlos Camacho Rd., Guam Medical Plaza, Suite 210, Tamuning, Guam 96913



(671) 649-1001



guamradiology.com



Guam Radiology Consultants



Care you can trust, from our family to yours

For 20 years, Marianas Physicians Group (MPG) & Sagua Mañagu Birthing Center have helped grow healthy families in Guam's communities. From your first family planning appointment to the day you welcome your new addition and then through the years, we are here for you.

Since we have expanded our care with the addition of Family Medicine, we are here to serve mom, baby, and the entire family. Our experienced staff and team of OB-GYN and Family Practice physicians, nurse practitioners, and nurse midwives provide you with a positive, comfortable environment and high-level care.



[f](#) [t](#) [@](#) | [SaguaMPG.com](https://www.SaguaMPG.com)