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August - September 2010

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Travel

Metro Manila, Philippines

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Sports & Recreation

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Restaurant spotlight

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WHEN DUTY'S DONE

AUGUST - SEPTEMBER 2010

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About the cover: Boonie stompers hiking the jungle trail to Nimitz Caves.
Photo by Jude V. Lizama.



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Metro Manila, Philippines' sprawling capital

BY MA. STELLA F. ARNALDO

A visit to Manila, the capital city of the Philippines, is not complete unless one also takes in the sights and sounds of the surrounding sprawling conurbation of urban centers which collectively makes up the geographical area of Metro Manila. These 'cities' are similar to the boroughs in western capitals or the districts and wards found in other large metropolitan Asian capitals.



WHERE TO STAY:

Manila has a wide selection of hotels at reasonable prices and varying in degrees of luxury and services.

Sofitel Philippine Plaza: It boasts of a French take on luxury accommodations, food and entertainment. Most of its 609 rooms have a wonderful view of the famous sunset in Manila Bay, while its Spiral Restaurant boasts of extensive buffet offerings for lunch and dinner. A favorite among families is its tropical-themed swimming pool and poolside barbecue restaurant with evening entertainment provided by local folk dancers. A massage at its newly-opened Le Spa is a must for the world-weary traveler.

Mandarin Oriental Manila: It may not have the flashiest lobby in town, but no one can hold a candle to the impeccable service of its hotel staff who are always eager to cater to every guest's

requirements. Located in the Makati central business district, it is accessible to major shopping areas such as Greenbelt, Glorietta and the Rockwell Power Plant. A smokers' bar, Martinis, is a haven for jazz buffs and mixology enthusiasts. It is currently one of the favorite bars of the local high society set. Its food outlets, Paseo Uno and The Tivoli, offer delectable treats for its mostly corporate crowd.

Marriot Hotel Manila: Its 342 guestrooms and suites, inspired in design by the striking natural beauty of the Philippine Archipelago, each offers the ultimate in luxury, from free-standing deep soaking baths and the finest of bed linens to the latest in technology including 40" flat-panel IPTVs with remote Jack Pack plug-and-play systems. Conveniently located near the Ninoy Aquino International Airport, the hotel is home to the Velocity Sports and Entertainment Bar offering ice cold local tap beers and cocktails amid multiple large flat TV screens playing international sports events. Guests can also walk nearby to the Resorts World Casino for Vegas-style entertainment and gambling.

A.Venue Hotel Suites: The suites may be considered small compared to five-star establishments, but are elegant and offer value for money. The suites are designed in warm Asian hues and chic minimalist interiors which provide a restful getaway. Best of all, the hotel is located just a stone's throw away from Makati Ave., a haven of local and international restaurants.



Rizal Park

Further down to P. Burgos Ave. is a bevy of bars frequented by tourists and expats for its lively nighttime entertainment.

Discovery Suites: Its location in the Ortigas Business Center in Pasig City makes it an ideal takeoff point to the Greenhills flea market, and to northern destinations such as Quezon City. Its suites are available in one-, two-, and three bedroom categories, combining the comforts of home with the services of a luxury five-star hotel. Each suite has a living room cum entertainment area, a dining area and a kitchenette with basic cooking facilities and utensils. Its food outlet 22 Prime is considered one of the best steak restaurants in the metropolis.

To find accommodations and book hotel rooms, visit <http://www.tripadvisor.com/Tourism-g294245-Philippines-Vacations.html>



GETTING AROUND:

There are taxi cabs that can be hailed at every corner, just make sure you ask the driver to flag down his meter to avoid arguments over the final fare once you reach your final destination. Most hotels also have their own taxi services with fixed but generally more expensive rates for a variety of locations in the metropolis.

There are also a number of rent-a-car services such as Hertz and Avis which offer clients a number of vehicles to choose from to suit every occasion, trip, or budget profile. It's advisable though to get hold of a map to the destination you are headed to and be well-informed of the major thoroughfares and the traffic situation before heading out on your own.

To avoid the traffic jams that Manila has become known for, you can also try using the Metro Rail Transport system if you're feeling a bit adventurous. It's the fastest way to travel from north to south and back within Metro Manila. Buy a stored-value pass for 100 pesos (US\$2.15) and you can hop on any train at any





Taal Volcano

time to explore at least five cities along its line.

Other public transportation vehicles include buses and jeepneys, a lengthier version of the American jeep, which take you to a wider network of streets and thoroughfares in the metropolis.



WHAT TO DO AND SEE:

Manila is the most exciting shopping destination in Asia and is home to three of the largest shopping malls in the world. It's no wonder that "mallng" has become a national pastime, especially since locals find the airconditioning in the establishments a welcome respite from the generally humid climate of the country. Branded luxury clothes and accessories are available in most major malls, while good export-quality garments can be had for less than \$10.

Major malls have mostly everything under one roof — department stores, supermarkets, recreational facilities like a skating rink and kiddie rides, beauty salons and spas. The malls also have movie theaters which show the latest U.S. film releases almost as immediately as their stateside playdates, with tickets only costing less than \$4. Most malls also offer Catholic Mass services on Sundays.

The most frequented malls by locals and tourists alike are the SM malls (Megamall in Pasig City, SM North Edsa in Quezon City, and Mall of Asia in Manila); Glorietta, Greenbelt, and Power Plant in Makati for higher-end consumer goods; Greenhills tiangge (flea market) for fresh-water pearls and other

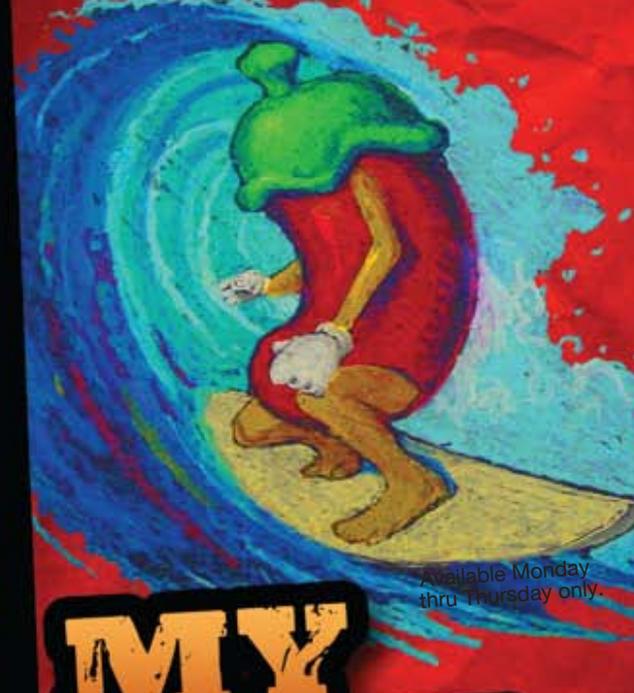
reasonably-priced gold jewelry; and the 168 Mall in Divisoria, Manila for dirt-cheap clothing, shoes and toys mostly mass-produced from mainland China.

History buffs may want to check out old Manila in Intramuros where some Spanish-style buildings and Fort Santiago, an old Spanish garrison still stand. You can also hop on a ferry for a daytrip to Corregidor Island ("the Rock") in Manila Bay, which is now a memorial to the bravery of the American and Filipino soldiers who held out against the Japanese forces during World War II. Walking tours with a knowledgeable tourist guide, a rarity in the Philippines, are available for both destinations.

Art lovers will also be pleased with the number of art galleries and museums in the city, which feature national artists and a younger crop of artists with edgier expressions on their canvass and other media. Permanently displayed at the Ayala Museum in Makati is "Gold of Our Ancestors", a stunning collection of pre-Hispanic gold objects which proved that sophisticated cultures had inhabited the Philippines prior to the arrival of the Spaniards. The museum also regularly holds jazz and art workshops for the public. At the National Museum across the Rizal Park in Manila are various anthropological



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Manila Oceanarium

Photo by Ma. Stella F. Arraigo



Binondo Church



Greenhills Shopping Center Tiangge

items on display as well as archeological treasures, and works of national artists.

Just opened in 2009 is the Manila Ocean Park, a state-of-the-art oceanarium located in a complex behind the Quirino Grandstand in Rizal Park. The oceanarium features different water habitats and their marine life from the tiniest coral-hugging fish to an open-sea baby shark.

Thrill seekers may want to experience Manila's first zipline called the Superman Ride which stands 100 feet above ground and can carry you a distance of 200 meters. In Calatagan, Batangas, an hour's drive away from Manila, another exciting destination is Lago del Oro, a beach club which features a cable wakeboarding facility.

A short drive from Calatagan is Anilao, considered one of the more well-managed marine sanctuaries in the country, and a favorite of scuba divers. It has 40 dive sites which are between 10 – 30 minutes away from local resorts. An overnight package costs only \$130 on a twin-share basis. This includes room and board, a boat, and two boat dives. Full equipment rental is another \$26 per person.

About 45 minutes south of Manila is Tagaytay famous for its cool weather and clean surroundings. It offers scenic views of the still-active Taal Volcano and its caldera lake, championship golf courses, and an array of restaurants to please any discriminating palate. Taste the best local coffee grinds at Gourmet's Café; try therapeutic salves, ointments and food supplements made from honey at Ilog Maria; and petition the Pink Sisters at their convent to pray that your hopes and wishes are granted.

For more details on local sightseeing tours, check <http://www.philippinesinsider.com/travel-tips/philippines-sightseeing-guide/>. For Intramuros, Corregidor and other specific Manila tours, click <http://celdrantours.blogspot.com/>



SOUVENIRS

Locally woven handbags in chic styles as well as traditional Filipino clothes are available at SM's Kultura department store. Other attractive buys are woven placemats, décor made from the precious Capiz shells, handwoven baskets made by indigenous tribes, and Manila-themed souvenir T-shirts.

For more intricate traditional Filipino garments, go to Tesoro's which has an array of Barong Tagalog, a finely embroidered formal male dress shirt, and the Terno, a delicate female formal dress with Spanish influences.

Islands Souvenirs also sells T-shirts and caps that portray the major points of interests in the different provinces of the Philippines. It has outlets in most major malls nationwide. 



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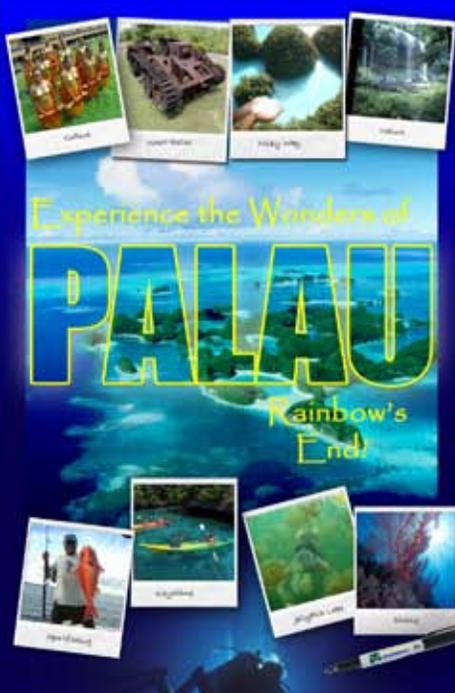

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DO'S AND DON'TS of the Upper Body

BY CARMEN ROJAS



- Personal Trainer for 6 years
- Bachelor of Arts degree in Exercise Science
- Master of Science in Business Administration
- Former member of U.S. Track and Field Team

This is one of three articles about getting your upper body into tip top condition. The first two in the series were published in *MDM*, sister publication of *R&R Pacific*. If you still are craving more on how to get those guns bangin', read on! Here are some simple do's and don'ts that anyone can use to get those arms, shoulders, and chest rockin'!

Beginners

Do – Make efforts to reduce your overall percent body fat. It won't matter how many curls or pushes you do if your overall percent is too high, because it simply won't show. Besides, it would look totally unbalanced to have a saggy mid section, a flabby rear end and ripped arms.

Don't – Waste time doing minimally effective exercises in the gym that don't burn calories. Examples would be bicep curls, or tricep push downs. In the grand scheme of things these exercises don't burn as much calories as a more complex exercise such as a dip, or push up. Or if you have to do them, turn them into a complex movement by adding an overhead press to a bicep curl. Trust me, standing in the corner doing countless simple bicep curls is not a good use of your time, when you could be using the elliptical with the arm grips, taking a boxing class, swimming, or other high calorie burning activities instead. And at this stage, calorie burning is key.

Intermediates

Do – Incorporate resistance training of the upper body into your routine. At this stage we should be looking for muscle growth and development, and resistance training is the best way to do this. Personally, I like the feel of iron when I work out, but, you can also incorporate resistance bands, medicine balls, and other non-con-

ventional elements. Find something that you like, and you can stick with and make variations when needed from this base.

Don't – Forget to make sure you are eating a balanced diet with plenty of protein. Protein we have discussed before, and getting a healthy dose right after a workout will help ensure maximum protein absorption. But don't ignore the fruits and veggies. The minerals and vitamins found in these can help with recovery, water balance, electrolytic impulses, and can reduce the inflammation common after a hard work out.

Experts

Do – Vary your workouts by changing things such as reps and sets, tempo, or try out eccentrics to change things up. Overall growth in this area is prone to plateaus and slow growth periods, for a lot of anatomical reasons. To maximize the growth potential, variation cannot be ignored.

Don't – Get locked into the gym. Don't turn your back on those cardio exercises that were so useful in the beginning. Try an advanced course rather than the beginner, or swim more laps than before. The important thing is not to forget what got you to this point in the first place. Cardio is essential to getting the lean ripped look you are looking for.

See you next month when we will attack those abs!

Hagåtña Heritage Walking Trail: Guam's 'outdoor museum'

TEXT AND PHOTOS BY JUDE V. LIZAMA



The recently opened Hagåtña Heritage Walking Trail is an original way to learn about the island's rich history and culture in a unique museum that uses Guam's capital boundaries as its walls and the open sky as its roof. Anthony Ramirez, historian for the Department of Parks and Recreation's Historic Resources Division, best explains the uniqueness of the trail's multiple functions.

"When you look at the Hagåtña heritage trail it's really like an outdoor museum for learning history through a leisurely walk," says Ramirez. "There are interpretive sites that explain certain areas of the site which gives you information about why it's there, the date when it was built, and other important facts about the area."

The trail, which features 17 sites, amazingly encompasses the full spectrum of Guam's history within the boundary of its capital. "What makes the Hagåtña area, our capital, unique is that over this two-mile stretch you have the components of the five significant timelines of Guam's history," says Ramirez. "We're talking about the pre-contact period, which began nearly 4,000 years ago; and then you have the Spanish period, which began in 1521; and then you have the first American period, that's 1898; and then you have the World War II period, 1941; and the post-war period and modern Guam today. In each of these timelines there are monuments, there are sites, and there are architectural designs that explains the history of Guam."

The heritage trail features four focal points: Fort Santa Agueda, Plaza de Espana, Skinner Plaza, and the Paseo de Susana, each serving as the main strategic areas of the trail. Each point features large signs that displays the entire trail and all related sites.

Trail Sites: Fort Santa Agueda, Government House, Sen. Angel Leon Guerrero Santos Latte Stone Memorial Park and nearby WWII Japanese military cave fortifications, Plaza de Espana, Dulce Nombre de Cathedral Basilica, Carlos P. Taitano Guam Legislature Building, Skinner Plaza, San Antonio Bridge, Chamorro Village, Paseo de Susana, Guam Seal Park

Ramirez also says that three of the 17 sites are named after people who have played significant roles in the island's history.

"First, is Padre (Jose Torres) Palomo, born in 1836, the first Chamorro priest — the Padre Palomo Park is named after him; then, we have the Sen. Angel Leon Guerrero Santos Latte Memorial Park, that's named after one of our modern leaders advocating for Chamorro rights issues; and then we have a park named after the first civilian governor of Guam, Gov. Carlton L. Skinner, who became governor of Guam in 1949," explains Ramirez.

"You have to remember that Hagåtña is one of, if not the oldest, city of European heritage in the Pacific. When you look at Hagåtña it's like the center of the European contact in the Pacific that, from here, it finally reached every shore in the Oceanic region, which includes Melanesia, Micronesia and Polynesia; but it all began here in Hagåtña, and that's the beauty of the history of the area," adds Ramirez. "It doesn't get any older than Hagåtña, and because of these different timelines, and the material and structural culture, it really makes it fascinating."

In 2005, the Hagåtña Foundation initiated ideas to have the walking trail. That same year, the Office of the Governor of Guam submitted a grant application to the U.S. Department of Interior; which awarded a \$1.3 million grant.

Since its opening in April, the heritage walk has benefited from joint promotional efforts of DPR, the Hagåtña Foundation and the Guam Visitors Bureau. Efforts to produce official heritage walk brochures are currently ongoing. For additional information about the Hagåtña Heritage Walking Trail, call DPR at 475-6296. 

(located near the Hagåtña Bridge), Chief Quipuha Park, Padre (Jose Torres) Palomo Park, Hagåtña U.S. Navy Cemetery, Pope John Paul II Statue, Guam Insular Force Guard Monument, and SMS Cormoran Monument.



**Fina'posguen Hagåtña
Hagåtña Heritage Walking Trail**

Walk through time

With Aloha! Muli'oon an' haka'ni ga' pashala'oon... **Hagåtña Heritage**... **With Aloha!** Muli'oon an' haka'ni ga' pashala'oon... **Hagåtña Heritage**... **With Aloha!** Muli'oon an' haka'ni ga' pashala'oon... **Hagåtña Heritage**...

1. Hagåtña Heritage	2. Hagåtña Heritage	3. Hagåtña Heritage	4. Hagåtña Heritage
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With Aloha! Welcome to the Hagåtña Heritage Walking Trail! The Hagåtña Heritage Walking Trail is a 1.5-mile loop through one of our most beautiful areas in Guam. It is a journey through time, from the early 19th century to the present day. The trail is a mix of natural beauty and historical significance. It is a must-visit for anyone interested in the history and culture of Guam.



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The Wednesday Night Market and Ocean Night Market are held every Wednesday and Friday evenings at Chamorro Village. Hot Nights in Mangilao is Mangilao village night market held every second and fourth Thursday of the month. The night markets feature stalls selling local food, fresh produce, souvenirs, hand crafted jewelry, arts and crafts. Live entertainment is provided by local cultural groups.

AUGUST 01
Triathlon Summer Spring Series 3
All spring races Series 1, 2, & 3 include a 750-meter swim, 20k bike ride, and 5k run beginning at the United Seamen's Service Center (formerly known as the USO) in Piti. Route goes into the port area and back. Register at Hornet Sporting Goods. For more information, visit www.triathlonguam.com.

AUGUST 07
25th Tsunami 5K
The Guam Running Club will be hosting the 25th Tsunami 5K at Fort Soledad in Umatac. Register at Hornet Sporting Goods or contact Guam Running Club at (671) 632-5818 or by visiting www.guamrunningclub.com.

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tival all under one roof!!! Presented by the Guam Hotel & Restaurant Association, in support of the Micronesians Chefs' Association, Guam Community College Culinary Arts Academy, and GHRA's culinary scholarship program. Set to feature the Budweiser Chef's Competition, Kid's Corner, the Micronesians Chefs' Association Live Cooking Demo Stage, a farmer's market by the Guam Farmers Cooperative Association, and a Dessert Section for the

People's Choice Award. For more information, contact the GHRA at (671) 649-1447 or visit www.ghra.org.

SEPT. 19 & 26
Talofofo Fiesta and Mangilao Fiesta Tours
 Experience Guam's unique culture with the different village fiesta tours. Villagers invite visitors into their homes to see first hand their history and living traditions. Enjoy delicious food, interact with people and get acquainted with Chamorro culture. Call Lam Lam Tours at 649-5314/5 for transportation and tour arrangements or call

the respective village mayors' offices for directions and more information.

SEPTEMBER 04
35th Ypao-Two Lovers Point 8.6M Run

A challenging but beautiful run from Tumon Bay's Gov. Flores Memorial Beach Park (Ypao) through the heart of Tumon/San Vi-



tores Road and up to Two Lovers Point and back. Register at Hornet Sporting Goods. For more information, contact Guam Running Club at (671) 632-5818 or visit www.guamrunningclub.com.

SEPTEMBER 18
Boonie Stomp - Upper Sigua and Alutom Falls
 Meet at the center court of Chamorro Village in Hagåtña at 9 a.m. to join the Guam Boonie Stompers. All hikes are open to the public for a fee of \$2 for those over the age of 12.



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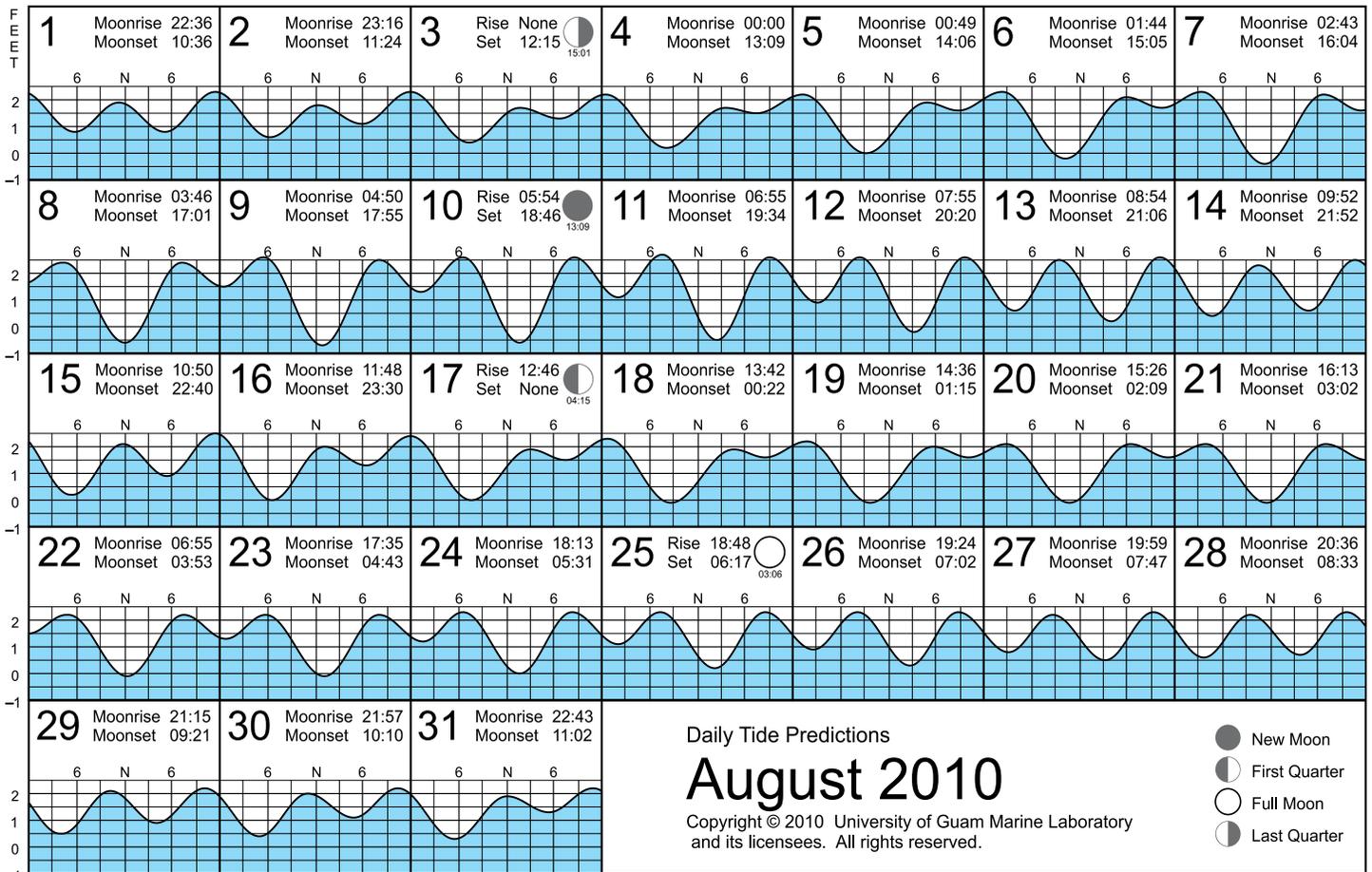
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Palm Café, the place for a culinary taste of the world



The Palm Café at the Outrigger Guam Resort perpetuates the “hafa adai” spirit and its inafa’maolek values not only through the hospitality and warmth of its staff but also through its food, said Lisa Lenckowski, marketing manager for the Outrigger hotel. Inafa’maolek is the Chamorro saying of accepting and helping one another with open hearts and minds. Literally, the phrase translates to “make good for each other.”

The restaurant first opened in June 1999 as Tinige Ansienu and in 2004, it officially changed its name to the Palm Café to coincide with the hotel’s renovations. Its décor is Asian-inspired with contemporary touches complemented by a great ocean view.

“The Palm Café menu features an East-West blend of noodles, pasta, island fish, steaks and lobsters as well as buffets with local delicacies such as seafood and prime ribs,” Lenckowski said. The delectable fusion of Asian and Western cuisines was intended to cater to the different palates and tastes of the variety of guests.

“Each guest has a different taste they enjoy,” said Ken Nishizawa, director of food and beverage for Outrigger. “We wanted to cater to as many as possible whether they’re tourists, locals or military (patrons).” Members of the military are presented a 20%

discount except on Fridays and Saturdays.

Many patrons of the Palm Café associate the restaurant with its weekday roster of international-themed lunch buffets of Asian, Mexican, Italian, Mongolian or Chamorro dishes.

Start your culinary trip around the world with the Palm Café’s newest buffet inspired by Southeast Asia. Prepared by executive chef Chris Aguilar and executive sous chef Phillip Duong, the Thursday night buffet features foods and dishes from Vietnam, Thailand, Singapore, India, China and India. The spread includes Singapore sambal chili crab, Thai panang beef curry, crispy fish with garlic chili, Vietnamese marinated pork loin, chicken biryani, bakmi goreng, Indian tandoori leg of lamb and Mongolian barbecue as the main feature. A crispy vegetable lumpia station, an array of salads, desserts and free-flowing Carlsberg beer are also included in the buffet.

One of the restaurant’s popular offerings is the Hafa Adai buffet which is the only one on Guam featuring an all-day variety of local favorites and delicacies, Lenckowski said. Some of the items on the Hafa Adai buffet include kelaguen, kadon pika, a suckling roast pig and some local desserts including latiya and hopia. The Friday buffet features the Budweiser family of beers.



Another local favorite is the Saturday evening feast of prime rib, Alaskan king crab legs, sashimi, shrimp, oysters and a variety of salads and other Palm Café signature items. Lenckowski said the Saturday buffet is her absolute favorite. "If I could eat crab legs every week, I would be here all the time," she said. "We have the prime ribs for the carnivores in us which brings our guests back weekly." The buffet includes Beck's beer, Kirin and Budweiser family of beers.

On Sundays, the Palm Café blends some of its favorite items from its breakfast and lunch menus for its Sunday Champagne Brunch which consists of champagne along with prime rib, sashimi, sushi and crepes. Lenckowski said Palm Café also features its live stations where crepes, pastas and omelets are created for guests on the spot. "All that live action going on is pretty exciting," she said. "Not many places would prepare that kind of food such as pasta which is a hard thing to keep on a buffet."

In addition to its food, Nishizawa said the Palm Café staff provides a level of service like no other restaurant. "We're not an uptight restaurant," he said. "Our staff is definitely casual and friendly and they're on top of things." The Palm Café has a staff of 25 with a 200-seat capacity. On special occasions, the Palm Café extends its seating to the Outrigger lobby.

Although the Palm Café focuses on its lunch and dinner buffets, the restaurant also has an a la carte menu for breakfast, lunch and dinner.

The breakfast menu features family favorites such as cereals, hot oatmeal, eggs benedict, buttermilk pancakes and waffles. Other breakfast items include a local, American or Japanese-style breakfast. The Japanese breakfast consists of rice, grilled fish,

salad, fresh fruit, miso soup, nori, raw egg and tsukemono.

Lenckowski said the restaurant also offers a vegetarian menu. Whether you are an actual vegan or just trying to watch your weight, eat healthier or just searching for something different, the Palm Café's vegetarian menu is just as satisfying as its a la carte menu. There's vegetarian chili served with oven dried corn chips and hummus served on flat pita bread with shredded greens, olives, tomatoes, avocado relish and fresh fruit or dried tomato pesto with angel hair pasta and an eggplant marinara consisting of tofu, spinach, mushrooms, eggplant and fresh basil.

The lunch and dinner a la carte menus have a variety of tasty but not heavy filling courses. Lenckowski recommends starting with one of the appetizers such as the duo of spring rolls which consists of char sui pork mixed with Thai vegetables and shiitake mushrooms served with a mango dipping sauce. Another guest favorite is the Asian-style calamari, fried and served with Thai chili sauce and crispy cake noodles.

A tasty choice is the noodles and broth items such as the beef noodle soup. This dish consists of thinly sliced beef with baby bok choy, bamboo shoots and bean sprouts. Another light meal is the Angel Hair "Shrimp" pasta which includes jumbo shrimp, fresh spinach, artichoke hearts, tomato capers and garlic with lemon basil butter sauce.

Main courses include 18-ounce sizzling T-bone steaks, 12-ounce flaming rib eye steaks, 10-ounce grilled New York steaks, teriyaki glazed chicken and honey soy glazed salmon both served on crispy noodles. The lunch and dinner a la carte menus are served at all hours. "The spread and the amount of food that we're offering is a very good value," Nishizawa said. 



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Games Previews

BY: Raymond Limuaco • GAMER TAG: raz3rz3dg3

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I can't believe that it is already August. I am certainly not looking forward to the end of the year because I will be "off of the calendar." For those of you who don't know what that means...you will, and it won't be so peachy once you get there.

Even though I'm not looking forward to the year's end, there are a few things that are helping me cope with the thought of turning a year older. In this issue of Game On we will take a quick look at my most anticipated new releases coming out before 2011. And you can pre order at Games Unlimited NOW!

Call of Duty: Black Ops

COD: Black Ops looks to be the most anticipated COD release yet. The single player campaign will feature an all-new story with Elite Spec Ops soldiers from different eras. Black Ops will go behind enemy lines in war torn Vietnam to the Soviet Union during the Cold War, plus much more. Treyarch also included some new weapons and ammunition load outs. One word, crossbow! Forget a silencer. What's better than introducing an enemy soldier to an upgraded version of Cupid's bow and arrow. Another new game element will be giving orders to your squad from a SR-71 spy plane, then instantly taking control of your character from where you've placed him while you were

in the SR-71. Expect better graphics, an on-line and split screen co-op mode, and half of next year locked at home getting your Black Ops on playing multiplayer! Call of Duty: Black Ops will be available on the 360, PS3, and on the PC November 9.

Dead Rising 2

First things first, Dead Rising 2 is not trying to be another Left for Dead. DR2 will be an experience in itself. We can all agree that the original Dead Rising could have used a lot of tweaks, and this time Capcom listened. The first thing I said after playing DR1 was "this game would be the most ultimate co-op experience." Then...boom! DR2 will feature an all new co-op mode with new characters and a new story. On top of that you will be able to combine weapons! Question, what do you get when you combine a teddy bear with a machine gun? You will get an adorable death-dealing cuddle buddy full of blasting undead fun. Dead Rising 2 is due out by the end of this month, and will be available on the 360 and PS3. Get ready to kill some zombies on August 31.

The Force Unleashed 2

Not many people were satisfied with the first TFU released last year. But that's because they were probably not Star Wars fans...freakin' dorks. I, on the other hand, was blown away by the power that Starkiller (the main character) had in the palm of his hands, literally. Watching Storm Troopers grab crates as you levitate them to infinity was just half of the fun. Lucas Arts did a first-rate job at making you feel the power of The Force. After playing TFU I actually tried to levitate my 360 control-

ler onto my hands...um...anyways, what's new you ask? Starkiller has dual wield light sabers and one of his new Jedi powers will be the "Jedi Mind Trick!" Com'on, what guy doesn't want access to that power? It's the shizzle! With the Jedi Mind Trick you can force enemy soldiers to turn against their comrades or trick female characters into giving you the address of their spaceship...! Also, the struggle between Jedi and the Dark Side will be more apparent and developed in TFU2 story. Star Wars: The Force Unleashed will be in stores on October 26. Think you can grab this for me since it's my birthday?

These are just three short previews of some of the great titles that will be out before the end of the year. Some of the others that need a mention (only because these titles speak for themselves) are:

FEAR 3 – FEAR was the first FPS (first person shooter) to actually make me twitch when that freaky kid popped up on the screen.

Halo Reach – Do I really need to talk about this? Jet packs, new weapons, real time vehicle damage... It's Halo.

Fallout: Vegas – If you liked the first one...you'll love this one.

Crysis 2 – I didn't get to play the first one because it was on PC...they finally decided to release Crysis 2 on the 360 and on the PS3.

True Crime – Loved it on the original Xbox...going to love it on a next gen system.

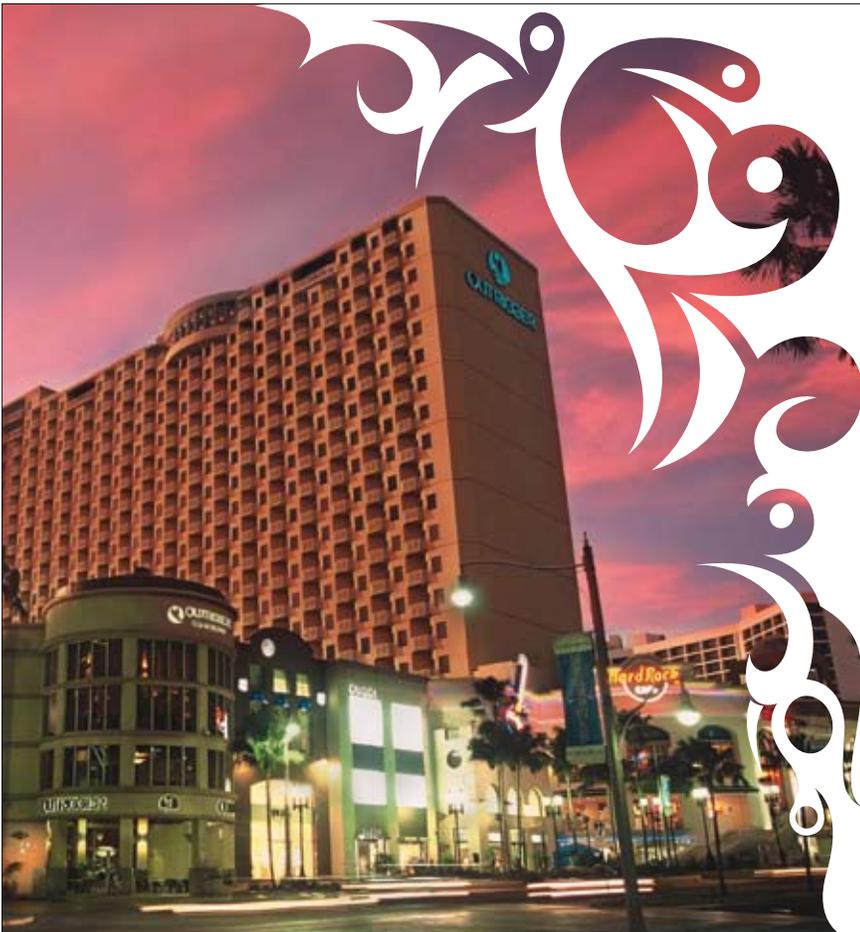
Tron Evolution – Only because I have always wanted to live in a video game.

Two Worlds II – I prefer Action/RPG's to regular RPG's or MMORPG's. In short I'm buying this one.

Again, this is only a short list of releases. I cannot wait for these titles to hit the shelves. So fellow gamers and gamerettes get prepared for the barrage of video games set to be released, save your money, and head down to Games Unlimited to reserve your copies as soon as possible! Until then... just think crossbows, machine gun-toting teddy bears, the Jedi Mind Trick, and about Gaming On!

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NOTEWORTHY TITLES FOR AUGUST:	SEPTEMBER TITLES:
Feature Game Title:	Feature Title:
Madden NFL 11 XBOX360 8-10-10	Halo Reach XBOX360 9-14-10
Other Notable Mentions	Other Notable Mentions:
Kane & Lynch 2: Dog Days 8-17-10	LA Noire PS3 9-1-10
Harvest Moon Grand Bazaar NDS 8-17-10	Club Penguin Game Day Wii 9-1-10
Dawn of Heroes NDS 8-17-10	Kingdom Hearts Birth By Sleep PSP 9-7-10
Valkyria Chronicles 2 PSP 8-31-10	Yu Gi Oh! 5D's Duel Transfer Wii 9-14-10
Ace Combat Joint Assault PSP 8-31-10	Greg Hastings' Paintball 2 PS3 9-14-10
Metroid: Other M Wii 8-31-10	Dead Rising 2 PS3 9-28-10
	Naruto Shippuden: Ultimate Ninja Storm 2 XBOX360 9-28-10



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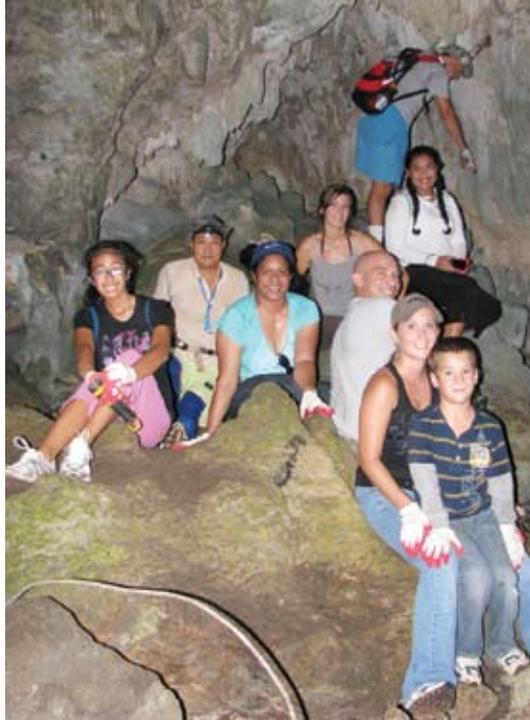
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Boonie Stomping: A way to enjoy the island's beauty and retrace historical footprints

TEXT AND PHOTOS BY JUDE V. LIZAMA

Hiking or “boonie stomping” as it is known on Guam, is an excellent way to satisfy the thirst for adventure while simultaneously learning the significance of natural and historical treasures, understanding Guam’s geographical makeup, and staying healthy by traversing the island terrain. Recreational boonie stomping originated on island in 1970 under the former United Services Organization office located in Piti. Since 2000, the activity has officially been under the guidance of a nonprofit organization known as the Guam Boonie Stompers that thrives on its motto: “We not only tell you about Guam’s history, we actually take you there!”

In order to properly recount the fun and adventure of boonie stomping, I thought it best to experience an outing personally. To my benefit, the June 26 stomp to the Nimitz Hill caves was of medium difficulty (the Boonie Stompers rate all hikes on a scale of easy to very difficult). The caves that we visited were used by the Japanese military during World War II as they hid from and engaged in armed combat with the liberating American military forces.

Great weather elicited a big showing of enthusiasts as hike leaders split 70 people into two still large groups. Heavy rain showers from the night before blended with a generous spread of cloud cover and powerful winds provided pleasant temperatures for the stomp. However, all should be wary that Guam’s weather is never consistent, so be prepared when the sun rips the cloud cover apart, boosting humidity levels without

notice.

The terrain was a tricky mixture of soft jungle mud, protruding branches from the surrounding foliage, tall grass; and sturdy rock formations. I cannot stress enough the importance of proper footwear. Large, soggy, brown leaves from the trees above blanketed much of the trail and can mislead you to think the ground underneath is sturdy. Were it not for my thick ankles, I would have definitely sustained an injury that would’ve cut my hike short. Stomping requires concentration and careful negotiation of the terrain.

Both caves were dark and smelled of a dank, pungent jungle aroma that only consistently humid conditions can create. The first cave that I visited was wide open and although moderately dark, still possessed enough openings to let in natural light. There was a small opening and drop near the rear that allowed hikers further opportunities for exploration. I opted not to wait and linked up with one of the roaming guides to head to the other cave in great anticipation.

Occasionally stopping for a few sips of water, the guide and I made our way to a deeper, darker cave. The impenetrable darkness coupled with a steep descent of more than 20 feet allowed almost no natural light into the second cave. Flashlights were an absolute necessity.

After crawling through a small passageway, I slowly made my way down into the cave aided by a tightly fastened rope placed for that very purpose. This cave, unlike the first, made the hairs on the back of my neck stand as I thought about remnants

Fast Facts: Guam Boonie Stompers

- The Guam Boonie Stompers gather at 9 a.m. every Saturday at the Chamorro Village center court located in Hagåtña. Hikers must provide their own transportation.
- Hikers over the age of 12 must pay \$2.00 to participate.
- Children must be accompanied by responsible adults.
- Sunscreen should be applied early and generously before the boonie stomp.
- Hikers are encouraged to wear proper footwear for hiking on rough terrain, gloves, hats, sunglasses, and apply insect repellent; and bring their own food and water.
- Extra clothes for swimming are needed for hikes to areas with streams, rivers, waterfalls etc.
- If you like taking photographs, don’t forget your camera!
- Complete 10 boonie stomps to earn a Guam Boonie Stompers T-shirt.

NB: See the August-September Calendar of Events on P.12 & 13 for boonie stomp schedules and locations.

of spirits and wartime experiences left behind decades ago by the pinned down Japanese soldiers and, possibly, by the liberating American soldiers. It is amazing that so much history and significance lay silently in the heart of the island’s jungles.

Rounding off the stomp, two guides gave an extra treat with a trek to the Fonte Dam a pre-World War I relic, that was constructed in 1910 under the directive of then-U.S. President William H. Taft. I sat down to speak with Guam Boonie Stompers president, Dave Lotz who stressed the need for outdoor adventurers to understand Guam’s unique heritage. “I think it’s terribly important for our active duty military to clearly understand the uniqueness of Guam’s heritage both culturally and naturally,” said Lotz. “It needs support, understanding and protection.”

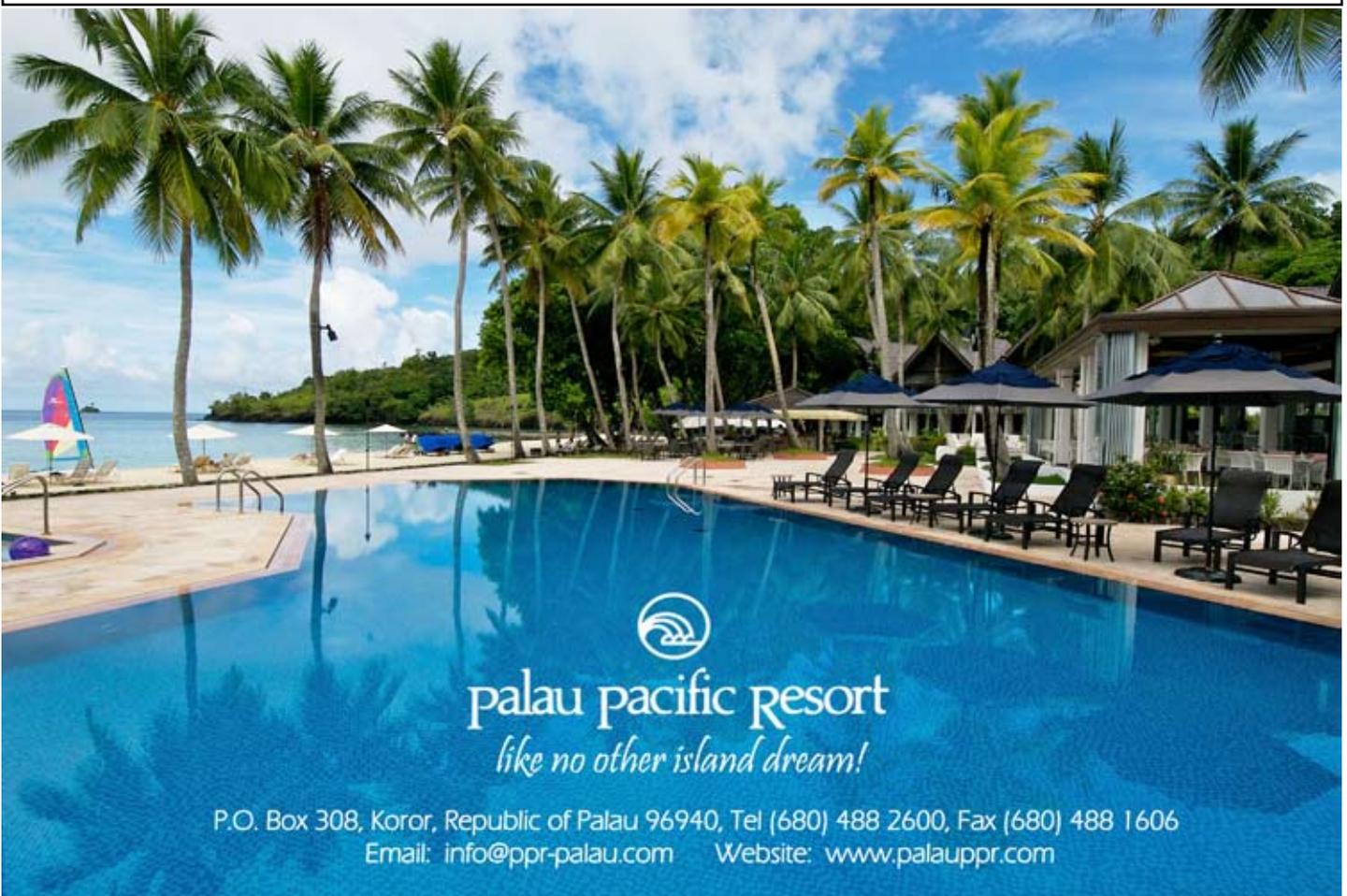
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The Bose Unify intelligent integration system blends sophisticated software and hardware to overcome any barrier between equipment and the experience. The Unify software allows a user to follow plain non-technical instructions to set up and connect sources. The sleek design of the new Lifestyle V-Class and T-Class hardware systems are aesthetically pleasing

as they are easy to operate. The Lifestyle remote can operate virtually any entertainment device, including Blu-ray™ players, cable boxes, digital media adapters, and new devices as they become available. Unlike conventional programming methods, there is no trial and error, no codes to enter. Simply aim a source remote at the Lifestyle system's console and follow basic onscreen instructions. Press a few buttons on the source remote, and Unify technology automatically programs the Lifestyle remote to operate the source.

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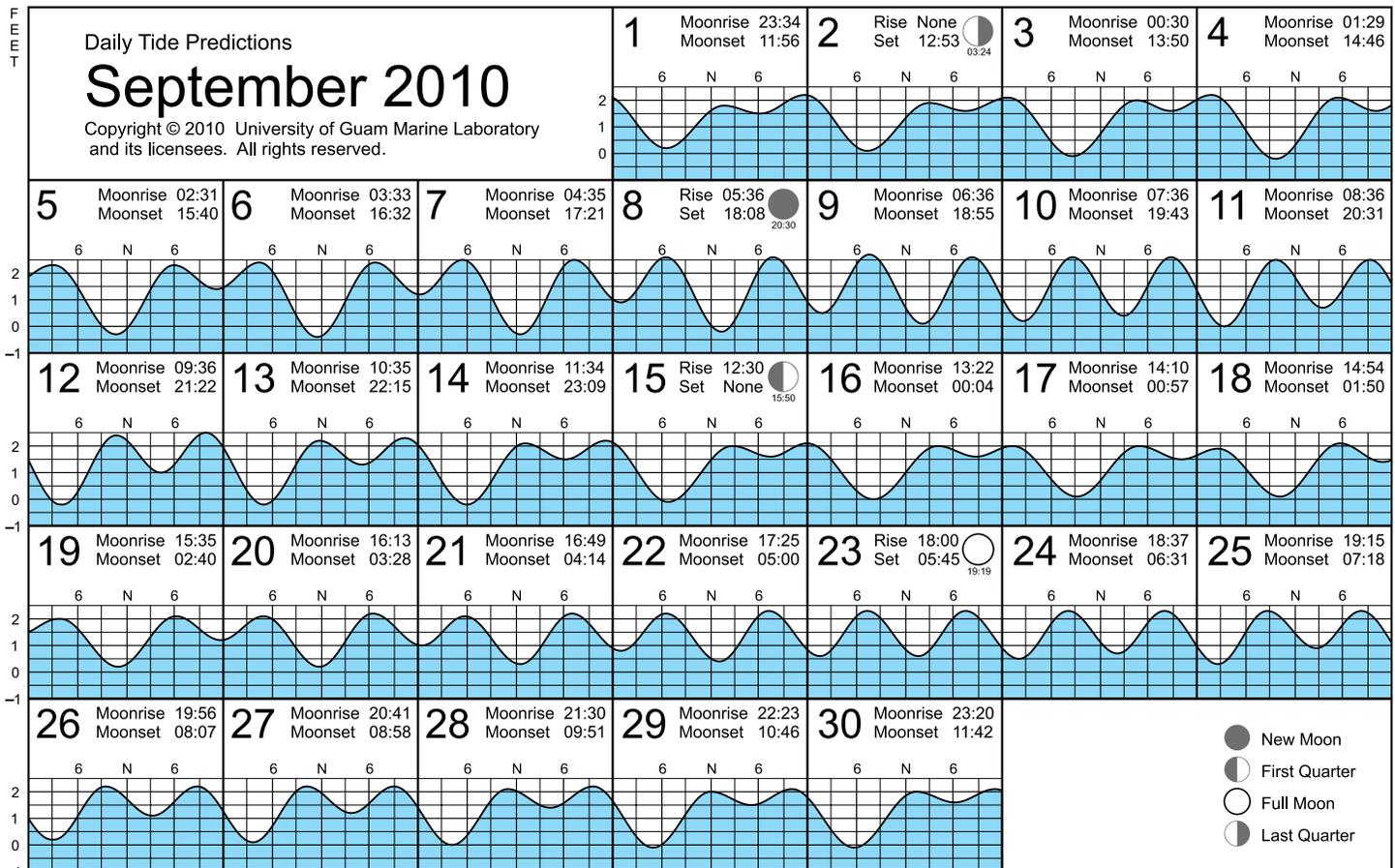
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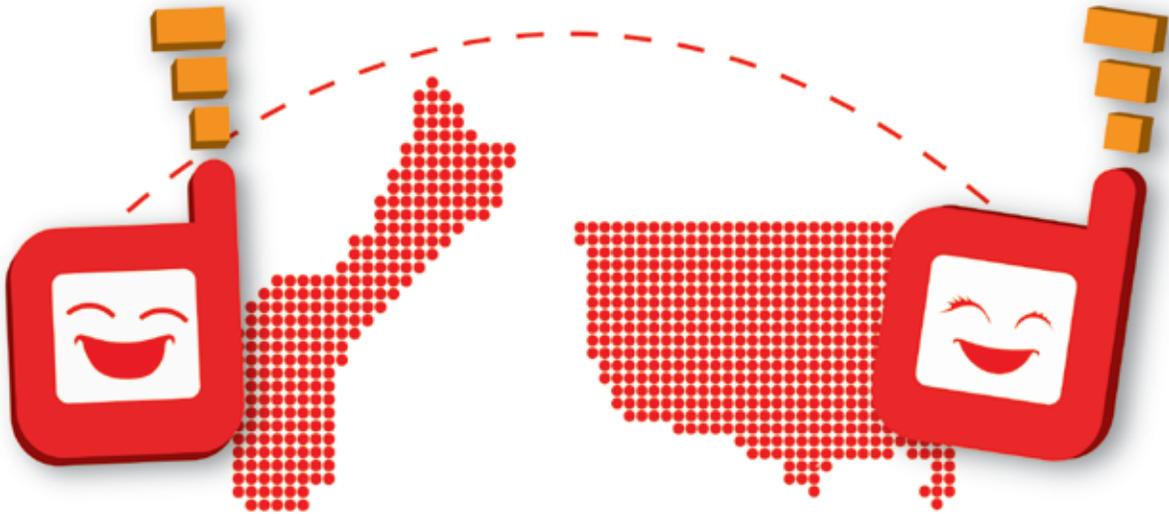


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