

STARS AND STRIPES.

dandelions

Guam
and
beyond!



ARMY & AIR FORCE
EXCHANGE SERVICE

dandelions

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FACEBOOK



INSTAGRAM

IT'S ALL ABOUT ME

FILL IN THE
BLANKS THEN
HAVE SOME FUN
COLORING.



- My name is: _____
- I was born in: _____
- Places I have lived: _____
- My favorite place to live is: _____
- My goal while living in Guam is: _____

- I'm happy when: _____



The Dandelion is the official flower of the military child because it is adaptable, has strong roots and can grow almost anywhere, just like military children. While they may move a lot, their tenacity and strength help them thrive!

ALL NATURAL FOODS
MADE FROM
WHOLESOME
INGREDIENTS



ALL NATURAL
SMOOTHIES



At Froots you can indulge your appetite and your palate while keeping your commitment to staying healthy.

DELICIOUS
AND HEALTHY



Our luscious smoothies are made with fresh fruits and all natural ingredients, exactly the way you'd make them.



NATURAL JUICES

Nutritional information available at the counter..

An island full of wonder

By Malia Ocampo

From going to the beach and hiking, to seeing unbelievable stunts at a circus, it is a time to appreciate the environment of Guam.

You'll have a great time in Chamorro Village, which has fun carnival games, wonderful goods and shops that sell toys, clothing, hats, jewelry, and more cute items.

The ocean and beaches are two of the top things to

see and experience in Guam. Some of the top spots are Tumon Beach, Ritidian Point, Gun Beach, and Ypao Beach. You can play in the sand and make sandcastles, or splash in the cool, crystal-clear sea. You can also go swimming, snorkeling, or scuba diving and you just might see sea animals such as fish, turtles, clams and starfish! And your parents will love the beautiful orange sunrises and sunsets.

Lastly, Guam has many hills and mountains just waiting to be climbed! This is a great way to get exercise, breathe fresh air and enjoy

the environment of Guam. Once you get to the top of the mountain, you can see the gorgeous view of the area. There are steep mountains, muddy paths, and green trees, so make sure to wear hiking gear! When you're hiking, your family is sure to have a great time!

Guam has many places, things, and activities to enjoy at any time! You and your family will laugh, bond, and make memories together. You'll have a wonderful time exploring the island of Guam!

Oh, and you don't forget the sunscreen!



Malia

GUAM
ISLAND
CHAMORRO
VILLAGE
BEACH
TUMON
HIKING
SNORKELING
SWIMMING
CRAB
FISHING
WATERFALLS
BOONIE STOMP
SEA TURTLE

C	S	I	I	S	A	L	I	M	G	R	I	A	N	O
I	W	L	W	T	S	T	G	L	I	E	M	H	S	A
C	B	C	D	N	A	L	S	I	E	M	N	D	L	C
L	O	A	A	M	R	P	M	O	I	F	I	C	S	N
S	O	O	T	I	K	M	G	T	G	I	E	O	H	L
A	N	E	A	L	R	I	S	T	C	A	A	M	H	H
U	I	T	R	M	S	O	R	R	O	M	A	H	C	R
M	E	T	U	M	O	N	A	N	F	U	G	V	I	E
F	S	H	R	O	I	B	O	F	G	N	I	K	I	H
L	T	C	E	H	E	L	T	R	U	T	A	E	S	G
G	O	A	C	L	K	B	O	S	K	I	F	G	L	R
A	M	E	G	A	L	L	I	V	O	E	B	G	M	T
R	P	B	G	F	L	S	L	E	R	H	L	E	N	C
E	M	A	O	E	A	M	G	N	I	H	S	I	F	N
E	G	W	A	T	E	R	F	A	L	L	S	H	N	A
N	R	N	U	R	E	T	A	M	H	C	O	A	U	G
G	S	G	G	N	I	M	M	I	W	S	S	I	A	I
U	G	E	E	L	O	O	N	B	M	R	N	V	O	T

MALIA SURE KNOWS A LOT ABOUT GUAM! NOW IT'S YOUR TURN TO FIND SOME WORDS RELATED TO THE ISLAND.



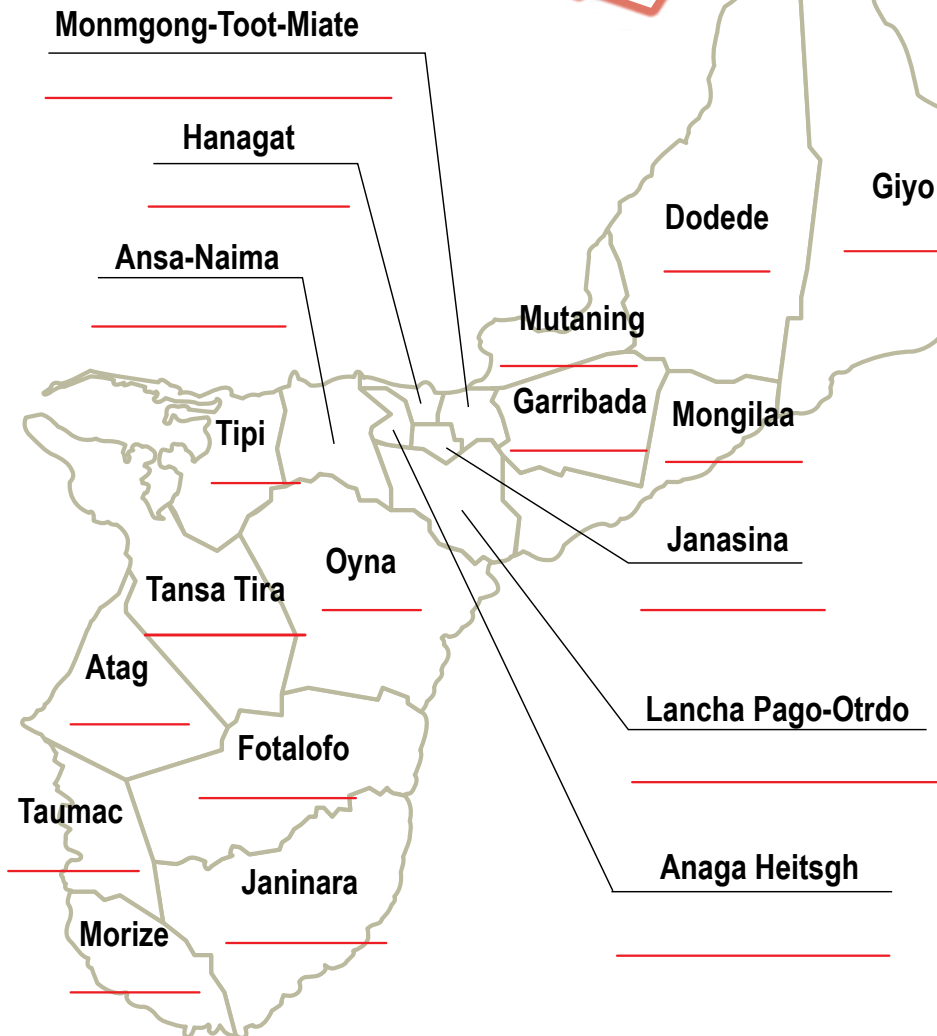
Fun Facts

- Guam is a small U.S. island territory in the Western Pacific.
- Guamanians are U.S. citizens but cannot vote in U.S. elections.
- Before being called Guam, the island was (and still is today) known by its indigenous Chamorro name, Guåhan, which means “we have” or “possess,” reflecting the Chamorro connection to their land.
- The island is shaped like a footprint. It’s about 30 miles long, and its width varies from 4 to 12 miles at different points.
- Guam has 19 villages and its capital is Hagåtña.
- The island’s beaches are covered in crushed coral instead of sand and paved roads in Guam are made by mixing coral and cement.
- One of the most adventurous outdoor activities you can do on Guam is “boonie stomping,” which is what locals call hiking in the jungle.

Learn some facts about Guam and then help me spell the names of the island’s 19 villages correctly.



Word Scramble



Correct spelling

Agana Heights
 Agat
 Asan-Maina
 Barrigada
 Chalan Pago-Ordto
 Dededo
 Hagatna
 Inarajan
 Mangilao
 Merizo
 Mongmong-Toto-Maite
 Piti
 Santa Rita
 Sinajana
 Talofofo
 Tamuning
 Yigo
 Yona
 Umatac



QUIZ TIME



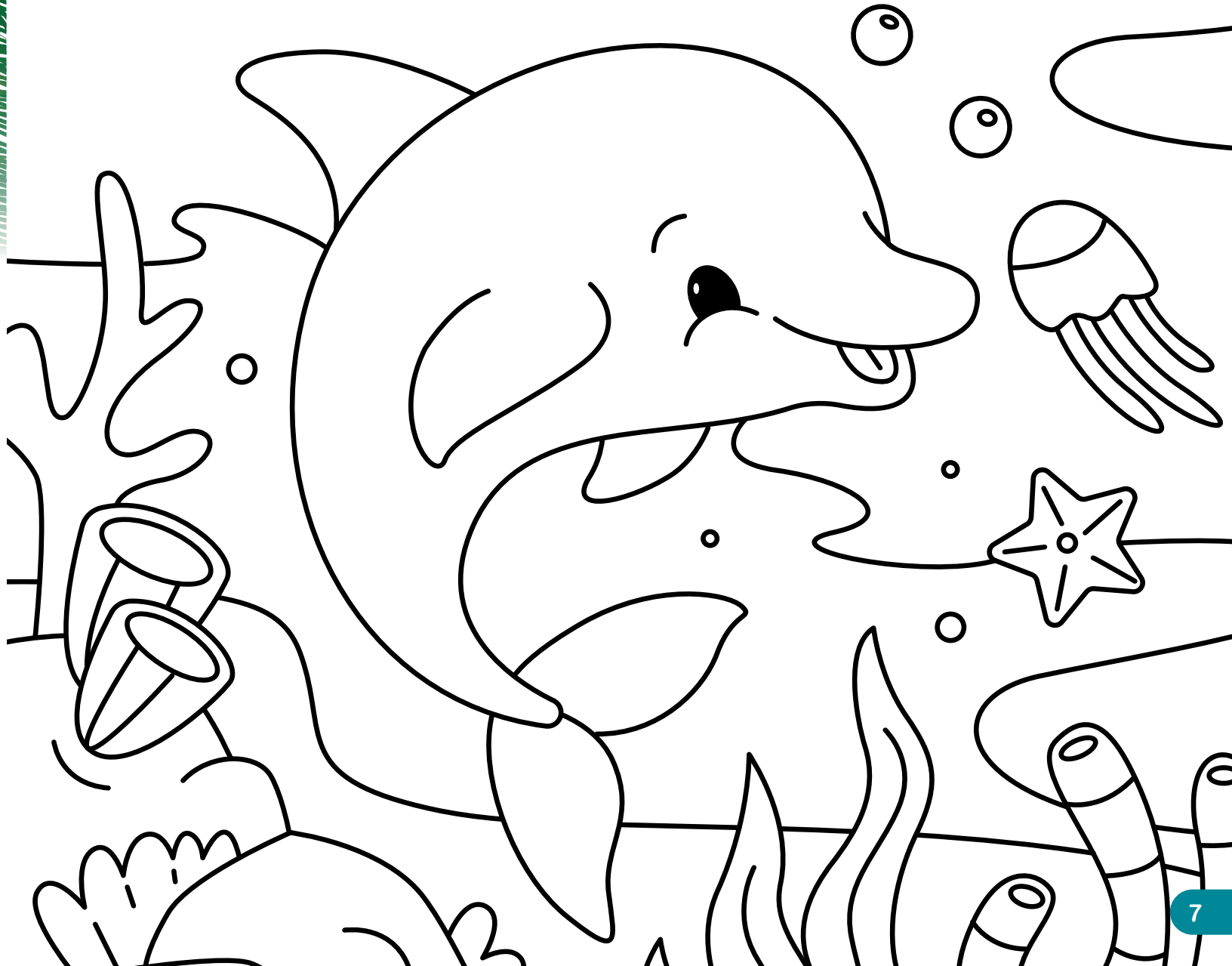
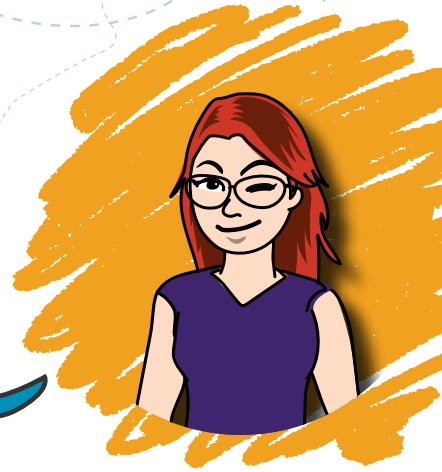
Draw a line to the correct answer

Answers:
1. Two Lovers Point 2. Mount
Lam Lam 3. Andersen Air Force
Base 4. Naval Base Guam
5. Boonie stomping

1. Guam's most famous spot for visitors •
2. One of the tallest mountains in the world •
3. Air Force base on Guam •
4. Navy base on island •
5. What hiking is called on Guam •

- Andersen Air Force Base
- Naval Base Guam
- Two Lovers Point
- Mount Lam Lam
- Boonie stomping

Now that you've passed the quiz, let's take a dive and color in a cool sight you can see off Guam's coast.





Hiking fun



Some useful tips when trekking on Guam

- **Pick out the trail with an adult:** Have your parent or guardian show you a few and pick the ones you want to try.
- **Wear the right shoes:** Make sure you've got your strong and comfy sneakers or boots on.
- **Look for hidden treasures on the trail:** Have a contest with your family and friends to see who can spot the most birds or different types of leaves.
- **Always make sure you can see your adult.**
- **Bring a bag for your trash and recyclables:** Put your trash in your bag, not on the ground!
- **Wear a whistle:** If you don't see an adult, stop; stay where you are and blow your whistle.
- **Drink water:** Always stay hydrated on your hike.
- **Eat your trail mix:** Trail mix is a great and tasty way to stay fueled while you hike. We've got a great trail mix recipe for you to try.

Great outdoors

**LET'S GO HIKING!
BUT FIRST, HELP
ME COMPLETE THIS
WORD SEARCH!**

S	E	S	I	A	N	S	Q	U	I	R	R	E	L	H	F	I	D
B	G	N	I	K	I	H	I	C	S	I	E	H	A	D	O	S	R
C	A	I	W	K	F	P	S	E	E	R	T	I	R	E	R	G	A
E	D	R	A	N	G	E	R	E	V	I	R	E	V	E	E	N	G
S	I	N	R	R	S	A	K	F	N	E	B	E	A	R	S	K	I
C	R	R	S	S	E	N	R	E	D	L	I	W	I	I	T	A	R
E	E	E	A	A	K	C	A	P	K	C	A	B	E	N	I	R	I
N	C	Y	A	R	E	O	N	A	C	K	A	S	B	V	N	C	A
E	A	V	E	F	I	L	D	L	I	W	N	O	O	C	C	A	R
R	M	L	L	A	K	E	L	F	R	D	D	S	A	A	S	T	O
Y	P	R	W	R	E	M	M	U	S	W	E	N	E	F	S	Q	E
O	I	A	F	I	S	H	I	N	G	A	K	A	Y	A	K	G	C
T	N	Y	I	I	E	L	L	A	F	R	E	T	A	W	E	L	I
E	G	S	S	E	E	P	N	I	I	R	I	U	A	A	N	O	E
R	S	I	I	A	S	L	I	A	R	T	O	R	N	I	I	S	O
I	E	E	E	E	S	D	W	G	R	R	T	E	M	S	T	I	G
A	P	O	B	L	M	S	R	N	D	A	S	D	R	I	B	R	Y
V	N	N	M	O	U	N	T	A	I	N	S	R	H	B	T	B	A

Backpack
Bears
Birds
Camping
Canoe
Deer
Fishing
Forest

Hiking
Kayak
Lake
Mountains
Nature
Raccoon
Ranger
River

Scenery
Squirrel
Summer
Trails
Trees
Waterfall
Wilderness
Wildlife

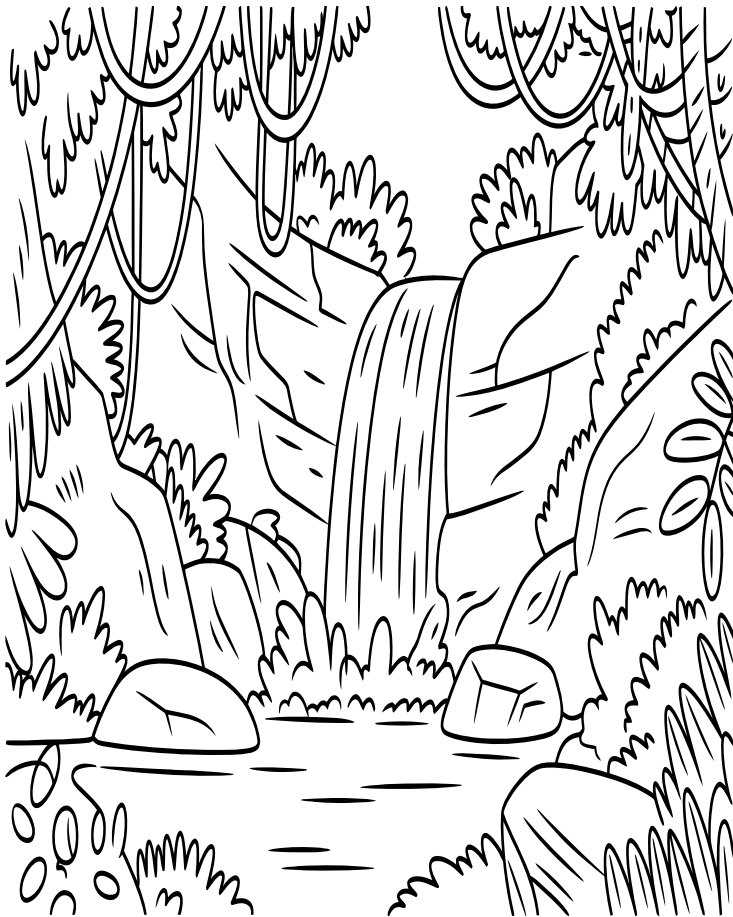


Boonie stomping

Hey, kids! One of the most adventurous and memorable outdoor activities you can experience on Guam is "boonie stomping," which is what locals call hiking in the jungle. Guam's landscape is dotted with stunning sites, including secluded rivers and coastlines, cascading waterfalls, majestic mountain peaks, natural caves, remnants of its ancient Chamorro civilization and historical World War II battlegrounds. Exploring the jungle can be fun, but never do it alone. Ask your parents about boonie stomping. Here's a good place to start: www.facebook.com/GuamBoonieStompers



ROWEN, THANKS FOR SHARING YOUR STORY! HEY, GUYS, BE CREATIVE WHEN COLORING THIS JUNGLE DRAWING!



Swing by Tarzan pools for fun!

By Rowen Flahaut

Tarzan Pools is a place on Guam that is cool to explore. You have to go there by vehicle and then hike. It is so fun to visit with friends and family. Before you even get to it, there is a big mountain. Once you get there, there is a huge truck trunk. You pull it up the mountain and then you slide down in the trunk. It can give you some exercise.



After you finish the hike and get to Tarzan Pools, you arrive to a rope that you swing on. There is a cliff that you can jump off from the rope right into the water. Once you are in the water, you can swim, too. It could be a fun journey with your friends and you can play with them. You could do so much at Tarzan pools. Hike, go down the truck trunk and swim. Have fun going there with your family and friends.

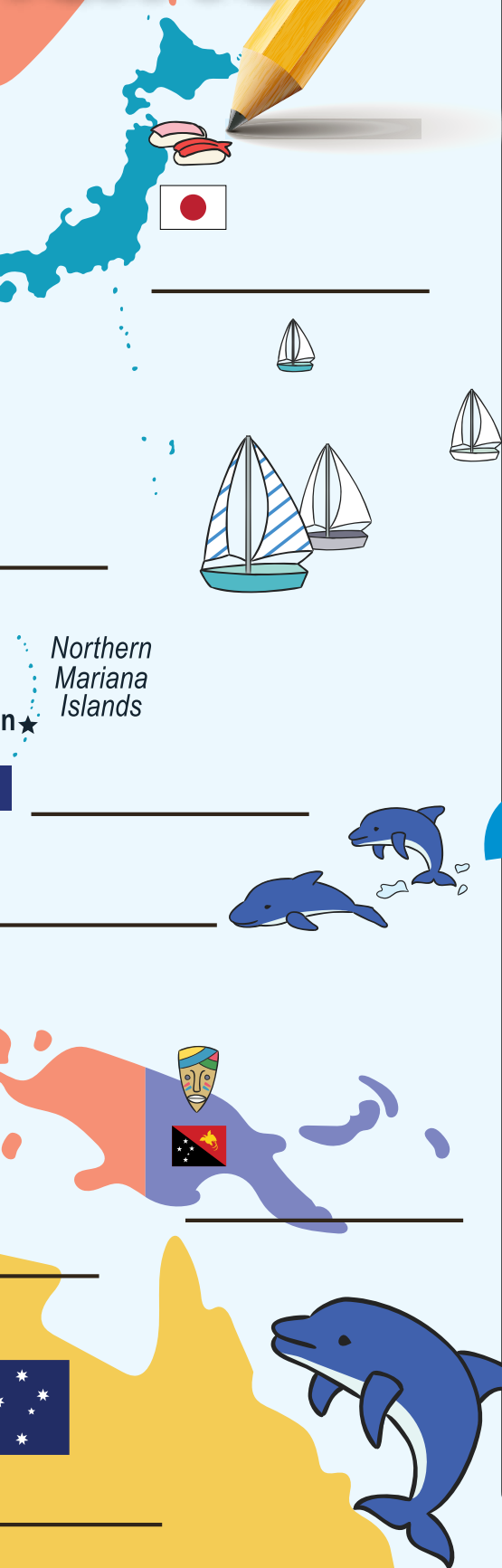


EXPLORE THE PA



Look at all the countries on the map! Use the Country Flags box to help you write the name under each flag.

RING CIFIC



Country Flags

	AUSTRALIA		JAPAN		PAPUA NEW GUINEA
	BANGLADESH		LAOS		PHILIPPINES
	BHUTAN		MALAYSIA		RUSSIA
	BRUNEI		MALDIVES		SINGAPORE
	CAMBODIA		MONGOLIA		SRI LANKA
	CHINA		MYANMAR		SOUTH KOREA
	EAST TIMOR		NEPAL		TAIWAN
	GUAM		NORTH KOREA		THAILAND
	INDIA		PALAU		VIETNAM
	INDONESIA				

QUIZ TIME

Draw a line to the correct answer

- | | |
|---|---------------|
| 1. Tokyo is part of this country • | • DMZ |
| 2. Where is Seoul located? • | • Okinawa |
| 3. Country where Bali is located • | • Mount Fuji |
| 4. The Great Wall is in this country • | • Indonesia |
| 5. This island in a U.S. territory • | • China |
| 6. Japan's tallest mountain • | • Guam |
| 7. The land between North and South Korea • | • Japan |
| 8. Island chain in Japan • | • South Korea |

HEY, MATE! LOOK AT ALL THE OUTBACK ANIMALS FROM DOWN UNDER AND WRITE THE NAME OF EACH BENEATH THEIR PHOTOS.

Animals of the Australian Outback

These are just some of the many interesting and unique animals that call the Australian Outback home. With such a diverse range of wildlife, it's no wonder the Outback is one of the most popular tourist destinations in Australia.

If you ever go Down Under, make sure to keep your eyes peeled for these amazing creatures!

WRITE THE NAME HERE!



Wombat: Closely related to the Koala, the wombat is a night creature and eats grass, roots and bark.

Kangaroo: Australia's famous hopping animal.

Saltwater Crocodile: A huge reptile which can reach over 20 feet in length and weigh over 2,000 lbs.

Koala: A cute marsupial that lives in eucalyptus forests and loves climbing.

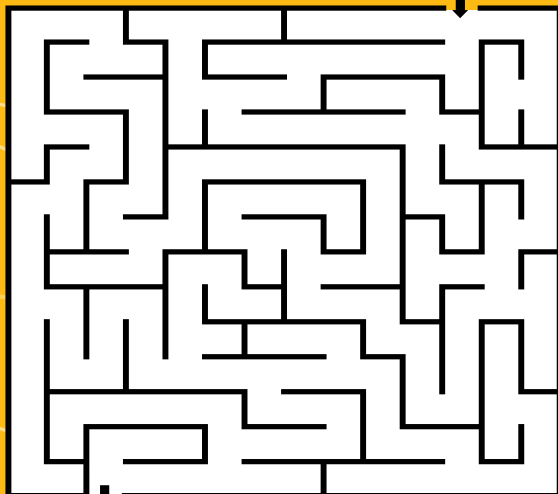
Frilled-Necked Lizard: A tree-dweller that uses its colorful, spiky frill to scare predators.

Sand Goanna: One of Australia's biggest lizards, growing to be up to seven feet in length.

Dingo: A wild dog with a bushy tail and soft fur that can be yellow, tan or black.

Feral Camel: Introduced from India and Afghanistan for transportation before motor vehicles.

Help the mom find her baby!



Outback Facts

- ▶ The Outback is made of remote areas in Australia, far from major cities.
- ▶ It covers most of the continent and spans several thousand kilometers.
- ▶ The scorching temperatures, scarce water and vegetation are what make the Outback home to Australia's largest deserts.
- ▶ The fertile parts of the Outback, known as the Rangelands, are used for sheep and cattle farming.
- ▶ Popular tourist destinations in the Outback include Alice Springs and Uluru/Ayers Rock.



Elephants of Thailand

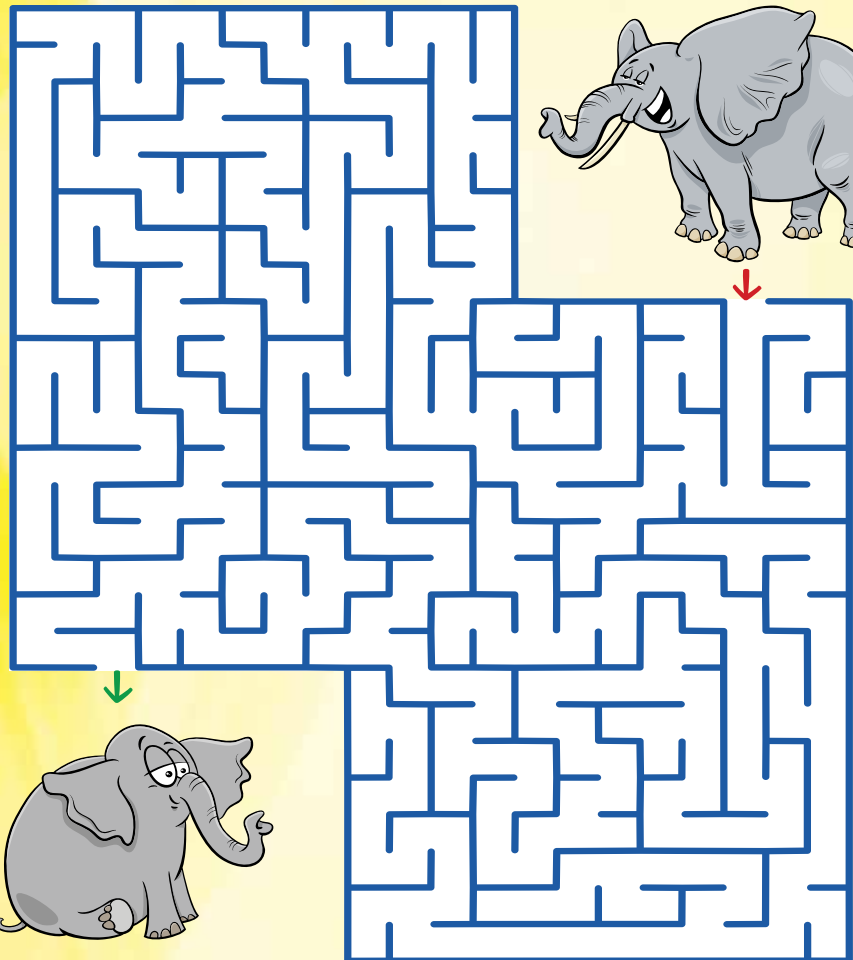
By Lars Anderson

In Chiang Mai, Thailand, hiking alongside elephants on a trail is a unique experience only offered in a few places around the world. Rice and grain balls are made for the elephants and fed to them, along with sugar cane and bananas. Walking alongside the elephants on the trail is fun but watch out for their poop. In town, they take this poop once it is completely dry and make it into paper. The paper-making process is shown at the PooPoo Paper Park. At the end of the hike with the elephants there is a waterfall. The water is really cold. There is time to clean and brush them. The elephants spray water. There is a large treehouse nearby to eat lunch. The views are great and the treehouse is so big, it has multiple rooms.



LARS, THANKS FOR
SHARING YOUR
STORY ABOUT THAI
ELEPHANTS!
KIDS, PLEASE HELP
THE MOM FIND HER
BABY!

Find my baby!



Fun Facts

- Elephants are considered good luck in Thailand.
- Elephants have brains that weigh 11 pounds!
- A Thai elephant's trunk is around 5 to 6 feet long.
- An elephant's trunk has 40,000 muscles! It's incredibly flexible, letting them grab food, spray water and even make a trumpet sound!
- Only male Thai elephants have tusks. They use them to dig for food, mark trees, or even fight.
- In addition to hearing, their big ears serve as natural fans by flapping them.

CHAMORRO FOOD ON GUAM



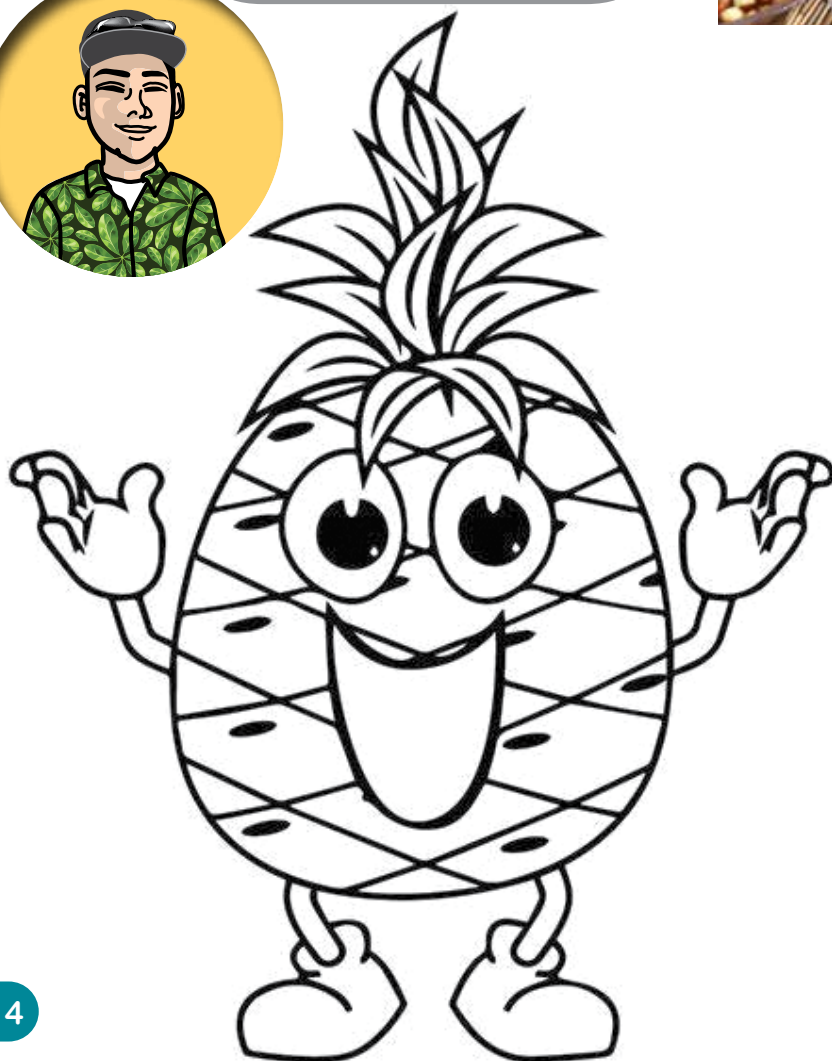
Shrimp Kelaguen



Coconut Cake

Guam's native people, called Chamorros (SHUH-mah-rohs), first settled on the island over 3,500 years ago. Chamorro food is delicious and a big part of Guam's culture. Coconuts, bananas, rice and taro (a root vegetable) are indigenous to the island and are a big part of the local diet. Popular dishes include red rice and kelaguen, which is meat and seafood seasoned with lemon, coconut and hot red peppers. Chamorro barbecue, meat marinated with soy sauce, vinegar and sugar and grilled seafood are also important to Guam's food culture.

Hey, read about Chamorro food and then have some fun coloring!



Speakin' CHAMORRO

Welcome – **Bienbenidu**

Hello - **Hafa Adai**

How are you? - **Hafa tatamanu hao?**

I'm fine - **Maolek ha yu**

Long time no see - **Apmam tiempo ti uli'e hao**

What's your name? - **Hayi na'an-mu?**

My name is ... - **Na'an-hu si...**

Where are you from? - **Taotao manuhao?**

I'm from ... - **Taotao ... yu**

Pleased to meet you - **Ma'gof yu sa umali'i hit**

Good morning - **Buenos dias**

Good afternoon - **Buenos tatdes**

Good evening - **Buenas noches**

Goodbye - **Adios**

Good luck - **Suette!**

Cheers/Good health! - **Hago lao!**

Have a nice day - **Puedi ha todo maolek**

Bon appetit - **Buen prubechu**

Bon voyage - **Buen biahe**

I don't understand - **Ti hu kumprende**

Please speak more slowly - **Pot fabot na despasio i kuentos-mu**

Please write it down - **Tuge' papa pot fabot**



SPAM A TASTY CANNED DELIGHT

SPAM is very popular in the Pacific! In Guam, the average person consumes 16 cans of SPAM per year. If you've never tried SPAM, sampling it in some of the dishes in places like Guam, South Korea, Japan and Hawaii is a great way to do so! Give it a try!



Here are some interesting facts about this staple food in Asian cuisine:

-  SPAM is a canned lunch meat made of ground pork and ham.
-  SPAM appeared on shelves in 1937 from Hormel Foods in Minnesota.
-  During WWII, SPAM was shipped abroad to feed troops.
-  According to Hormel Foods, the canned meat is available in 50 countries.
-  SPAM comes in 11 varieties, including Bacon, Gochujang (a spicy paste in South Korea) and Maple.
-  In South Korea, SPAM is a popular gift for Lunar New Year. Stores will have elaborate displays of SPAM on sale for presents.
-  In Hawaii, a total of 7 million cans of SPAM are consumed per year.

SPAM Search

A	L	T	S	D	O	O	F	L	E	M	R	O	H	S
M	T	I	M	A	R	L	P	T	A	P	G	R	R	T
P	D	H	O	E	P	M	D	S	L	O	E	P	F	I
T	T	S	E	E	R	R	F	O	E	T	O	T	T	F
O	O	E	H	O	H	K	O	D	M	A	H	A	M	I
M	A	P	S	R	A	H	H	I	O	T	R	A	E	A
A	T	O	O	M	R	A	G	U	S	O	K	K	M	W
W	R	A	U	P	O	O	M	M	S	S	A	L	T	E
A	H	U	T	O	T	A	P	N	R	T	T	K	M	O
T	K	P	H	R	R	R	L	I	D	A	K	A	M	T
E	P	S	K	K	R	O	E	T	O	R	R	P	I	G
R	K	R	O	T	M	H	R	R	R	C	O	A	S	T
M	H	T	R	A	E	S	G	A	A	H	A	U	H	M
T	O	A	E	W	F	C	T	T	A	P	A	P	A	P
E	T	U	A	E	A	T	A	E	M	K	H	E	P	H

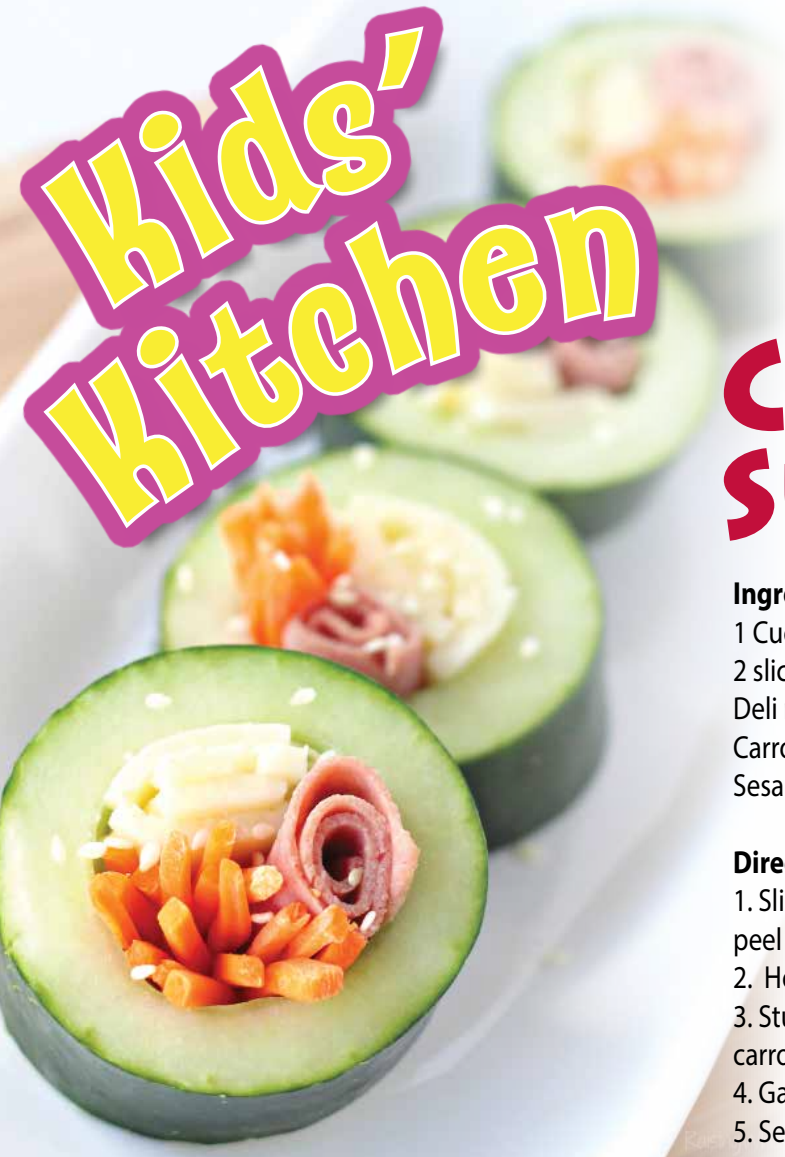
Information from Stripes Korea and Spam.com

MEAT
SUGAR
HAM
WATER

SODIUM NITRATE
SOUTH KOREA
POTATO STARCH
HORMEL FOODS

SPAM
PORK
PIG
SALT

Kids' Kitchen



Grab your parents
and let's start
cooking!

CUCUMBER SUSHI



Ingredients

- 1 Cucumber
- 2 slices of your favorite cheese
- Deli meat (ham, turkey, chicken)
- Carrots (cut up a big one or use mini carrots)
- Sesame seeds (Optional: for garnish)

Directions

1. Slice cucumber into large 3/4-1 inch thick slices (remove peel if you want).
2. Hollow out center of cucumber.
3. Stuff cucumber with small rolls of cheese, deli meat and carrots until center is filled.
4. Garnish with sesame seeds if desired.
5. Serve cold. Refrigerate in tightly sealed container.

Source: raisingwhasians.com



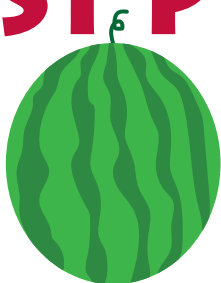
BREAKFAST PIZZA

Ingredients:

- Seedless watermelon
- Yogurt
- Shredded coconut (If you don't like it, skip it!)
- Flax or chia seeds
- Granola
- Freeze dried fruit, such as crispy green dried bananas or dried pineapple
- OPTIONAL: Nuts like almonds, pecans or walnuts
- Honey

Directions:

1. Cut watermelon into pizza-slice wedges.
2. Spread yogurt to cover the top of the red watermelon slice.
3. Top with fun toppings like shredded coconut, seeds, granola, and freeze-dried fruit like crispy green dried bananas or dried pineapple. (Optional: add nuts too!)
4. Drizzle with honey!



Source: raisingwhasians.com

SANDWICH KABOBS

Ingredients

- 4 slices of bread
- 8 slices of deli ham (or deli meat of choice)
- 4 small cheese cubes
- 2 cherry tomatoes
- 4 lettuce leaves (torn into 2-inch pieces)
- Fun cookie cutters
- Kabob sticks



Directions

1. Use your cookie cutter to cut out two fun shapes for each kabob (8 total).
2. Add your sandwich ingredients to your kabob in this order- 1 piece of bread, lettuce, cherry tomato, ham, cheese cubes, followed by a final piece of bread (Feel free to swap out ingredients for your favorites).

Source: sunnysweetdays.com

TERRIFIC TOAST ART

- 1 Draw or print out the character you want on a piece of paper.



- 2 Put the drawing over a paste board or a plastic sheet.



- 3 Cut out outlines and facial features using scissors or a paper cutter. (Have an adult do

this for you).

- 4 Toast the bread and smear butter on it.

- 5 Place the stencil over the toast, then sprinkle generously with cocoa powder.



- 6 For my design, I also added a dollop of strawberry jam for my characters mouth.

Materials needed

- Printed design
- Paste board or thin plastic sheet (you can find these at the 100-yen store or even use a sheet protector)
- Toast
- Butter
- Cocoa powder, cinnamon, matcha powder, or any sweet powder you want to decorate your toast with.

- 7 Carefully remove the stencil.

- 8 Bon appetite! Get your picture for the 'gram, then enjoy!

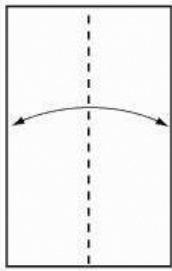
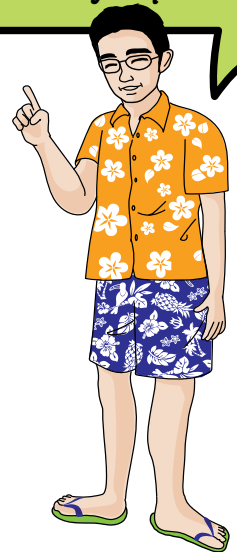


Fun with Origami



Jumping Frog

Origami is the Japanese art of folding paper into different objects. Let's have some fun together by making a jumping frog. Hey! If you do it right, it will jump!

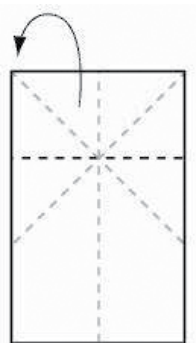


1. Start with a rectangular sheet of paper, white side up.

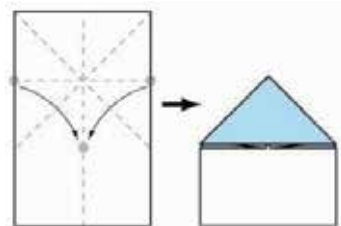
Fold it in half, and open out again.



2. Fold both top corners to the opposite edge of the paper then unfold. Your creases should look like this.



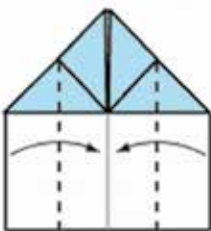
3. Where the diagonal creases meet in the middle, fold the paper backwards, crease well and open.



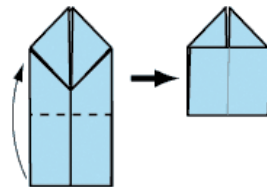
4. Hold the paper at the sides, bring these points down to the center line, then flatten. The creases should do most of the work here!



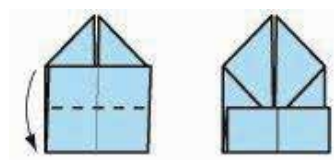
5. Fold the uppermost triangles up to the top point.



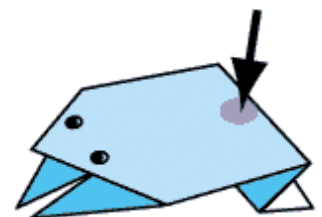
6. Fold sides in to the center line.



7. Fold bottom of model upwards so the end sits in the center of the top diamond.



8. Now fold the same part downwards, in half.



Turn over. Your Jumping Frog is finished!

To make him jump, press down on his back as shown.



More Origami to try

Making Flower Leis

Cut out some paper leaves and string them together into a colorful flower lei. You can also make your flowers and leaves out of craft foam, felt or even from paper coffee filters.



1 Cut string

Cut a length of string for your lei. Make a large knot on one end.



2 Make the flowers

Make 16 or more flowers out of paper, craft foam or felt. Listed below are different ways you can make the flowers.

- ❖ Draw and cut your own flowers from paper, craft foam or felt.
- ❖ Make flowers with 5, 6 and 8 petals by folding and cutting flowers in a few easy steps.



3 Make the leaves

Create the same number of leaves as the flowers. You can draw or cut your own, print out the second page of the flower lei template on green paper or cardstock, or use a leaf pattern.



4 Punch a hole at the center

Punch a hole at the center of each flower and leaf.



5 Cut drinking straws

Cut drinking straws into 1-inch long pieces. You'll need approximately the same number as the flowers.



6 String together

String the pieces together in this order: straw, flower, then leaf.



7 Tie a knot after the last piece

When you've strung enough pieces, make a knot on the string after the last piece.



8 Tie the ends together

Knot the ends of the string together to complete your lei. Enjoy wearing your lei!

In Hawaii, a lei is a common symbol of love, friendship, celebration, honor or a greeting.



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