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Japan.Stripes.com



Okinawa.Stripes.com



Guam.Stripes.com



Korea.Stripes.com

l'm Luis from the U.S.

l'm Denisse from the U.S.





#### **DANDELIONS Staff**

Denisse Rauda Editor

Yukiyo Oda Layout Designer

Max D. Lederer Jr.
Publisher

**Laura Law** Chief Operating Officer

Lt. Col. Lucas Crouch Commander

> John Albaugh Chief of Staff

Scott Foley
Revenue Director

Chris Verigan

Engagement Director

Marie Woods
Publishing and Media Design Director

Chris Carlson

Publishing and Media Design Manager

**Eric Lee** Revenue Manager

Revenue manager

**Kentaro Shimura** Production Manager

roduction manager

**Rie Miyoshi** Engagement Manager

**Area Manager** Enrique "Rick" W. Villanueva Jr.

Multimedia Consultants

Max Genao Doug Johnson Hans Simpson Chae Pang Yi Benjamin Yoo Gianni Youn Robert Zuckerman

Sales Support

Ji Young Chae Tomoyo Hoshino Dong Ju Lee Yoko Noro Yusuke Sato Saori Tamanaha Toshie Yoshimizu

**Graphic Designers** 

Kazumi Hasegawa Mamoru Inoue Yuko Okazaki Kayoko Shimoda Yosuke Tsuji Yurika Usui

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FACEBOOK



INSTAGRAM

## Being one with nature

FILL IN THE BLANKS THEN HAVE SOME FUN COLORING.

- My name is \_\_\_\_\_\_.
- My favorite thing to do outside is \_\_\_\_\_\_
- When it come to animals, \_\_\_\_\_ are my favorite.
- Here are 4 animals that live in trees:
- Trees are strong because of their \_\_\_\_\_.
- Here are two things I can do to help keep nature safe:
- and \_\_\_\_\_ help plants grow.





# BASE PAY LESS THAN \$100,000? You may qualify for free or reduced price school meals!

### APPLY NOW TO RECEIVE BENEFITS!\*

- Have the DoDEA Student ID Number of your Child(ren) ready.
- Scan QR Code or apply using the link below.

lingconnect.com/public/meal-application/new





- Enter "AAFES DoDEA" in the search field then click next.
- Fill out the application (one per family) for Free and Reduced Meal benefits. Include all household members and all income as described in the Letter to Household.
  - » Families must meet eligibility requirements to qualify.
  - » AAFES DoDEA uses Alaska income eligibility guidelines.
  - » Remember to enter your email address as this is how you will receive eligibility notifications; notifications will be sent within 10 business days.









#### Feeding military children since 1955.

The Army & Air Force Exchange Service has been serving school meals to military children overseas since 1955, becoming the official feeding authority of the Army and the Air Force in 1983 for OCONUS Department of Defense Education Activity schools. All meals meet USDA guidelines. Last year, the Exchange served 3.4 million meals to Warfighters' children.

#### **MORE SCHOOL MEAL PROGRAM INFORMATION:**

https://www.aafes.com/about-exchange/school-lunch-program/









- 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

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 V E E N G
S I N R R S S E N R E V I R E V E E N G
S I N 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 LET'S GO HIKING!
BUT FIRST, HELP
ME COMPLETE THIS
WORD SEARCH!





# Boonie stomping on Guam!

Ey, 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!



# Solution for the contraction of the contraction of

By Rowen Flahaut

arzan 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 iump 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.



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!



















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.

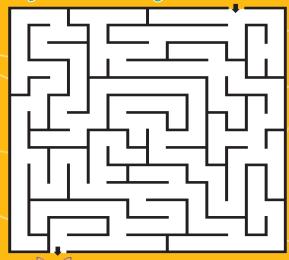
Frilled-Necked Lizard: A treedweller that uses its colorful, spiky frill to scare predators.

**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 babyl



#### **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.

### Mudflat adventures in Korea





Did you know Korea's west coast has some of the largest tidal flats in the world?

Mudflats are a special place where land and sea meet. When the ocean water pulls far away during low tide, it reveals a muddy playground full of hidden sea creatures. It might look messy, but it's perfect for treasure hunting for curious kids! Get your boots ready and explore Korea's mudflats!

#### Items to prepare

Extra clothes (you'll get muddy), gloves, aqua shoes or boots, a small shovel or hoe, tongs for grabbing crabs, bucket and headlamp (if you go at night).

#### **Fun facts**

- You'll easily find clams, crabs, conches, octopuses and many surprising sea creatures!
- The lowest tide usually occurs 1-2 times a day, once during the day and once at night.
- While clams can be collected easily during both day and night, you can catch crabs and octopuses at night because they're nocturnal.

#### **Speaking Korean**

#### **Phrases**

Let's go to the mudflat!:

Gaetbeol-e gaja! (갯벌에 가자!)

Look! I found a crab!:

Bwa! Ge-reul cha-ja-sseo! (봐! 게를 찾았어!)

I'm so muddy!:

Na wan-jeon jin-heuk-tu-seong-i-ya! (나 완전 진흙투성이야!)

#### Vocabulary

Mudflats: Geot-boel (갯벌)

Sea / Ocean / Baeach: Bada (바다)

West Coast: Seo-haean (서해안)

Wave: Pado (파도)



#### **UNESCO World Natural Heritage sites**

orea is home to four of the west coast mudflats designated as UNESCO World Natural Heritage sites. They are protected as one of the most valuable natural places on Earth. Many migrant birds stop here to rest during long trips across the world. A variety of rare animals, birds and plants live there. They also help keep the ocean clean and healthy. The four UNESCO mudflats are Seocheon, Gochang, Shinan and Boseong–Suncheon.







# POWER

#### **National Flowers**

Help me find the flower names on the map by using the National Flowers box.



**CHINA** 

**Peony** 



NORTH KOREA

Magnolia



**PHILIPPINES** 

Sampaguita



**JAPAN** 

Cherry Blossom



TAIWAN
Plum
Blossom



VIETNAM



**SOUTH KOREA** 

**Rose of Sharon** 



MALAYSIA Hibiscus



AUSTRALIA

Golden

wattle



#### Planting a seed

ASTER CROCUS



DAFFODIL

DAISY GERANIUM

HONEYSUCKLE

LAVENDER

LILAC LILY



MARIGOLD



SUNFLOWER

TULIP VIOLET ROSE

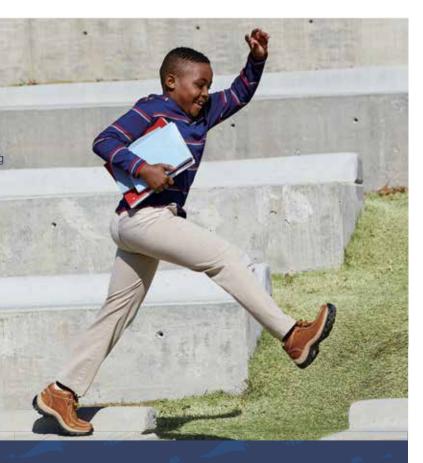


# Turn Good Grades into Great Rewards at Your Local Exchange!

Bring your child's\* report card to your local Exchange Main Store Customer Service along with a valid Military I.D. Qualifying students\*\* will then receive a REWARDS card from the Exchange. Eligible students can also submit their name for the \$500, \$1500, or \$2000 Exchange gift card semi-annual sweepstakes. Drawings take place on 30 JUN. and 31 DEC. The student's name can be entered once for each grading period.

Contact your local Exchange for more details on the YOU MADE THE GRADE program.

\* Students must be authorized Exchange customers in grades 1 through 12.
non-traditional or home-schooled students will need to provide written affirmation
of their scholastic accomplishments from a teacher, school administrator, parent,
or other community authorized education provider. For your convenience, the form
is available at your local Exchange or can be downloaded on shopmyexchange.com
\*\*\* Students must have an overall "B/3.0" or equivalent GPA or higher.

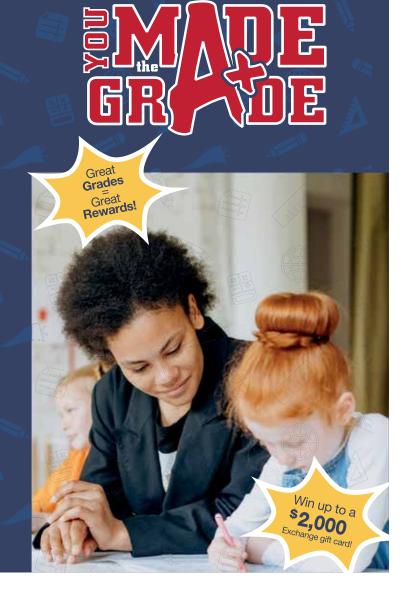


"America's youngest heroes demonstrate incredible strength and resiliency by moving often, changing schools and enduring parental deployments. The Exchange's You Made the Grade program proudly honors military students. Their dedication and hard work yield well-earned rewards at the Exchange."

CMSgt Rich Martinez Exchange Senior Enlisted Advisor



EXCHANGE



## My Philippines' adventure



By Lars Anderson

ave you ever been to the Philippines? Swimming with whale sharks, seeing tarsiers up close, holding sugar glider, and snorkeling with sea turtles and sardines were just a few of the exciting activities I was able to experience. It all began on the island of Oslob.

While the wake-up call to get to the whale sharks was 3 a.m., it was worth it for this incredibly unique experience. Everyone lines up in the dark, gets a number and then waits until it's their turn. We loaded up in the boat, about 14 people per boat. There were other boats already in the water feeding the whale sharks. Once we got out to where the whale sharks were, not far from the shore, I got in the water with my snorkel gear and saw them. They were huge!

They swam up right by me. It was incredible watching them!

We then went to Bohol, another island in the Philippines. We had to get up at 4

a.m. and take a 2-hour boat ride.
When we arrived there, we saw little tarsiers, which are native to the Philippines. They didn't do much because they were nocturnal, but they did have their eyes open a bit. Even

though their eyes were open, they still couldn't see us, because it was daytime. After that, we saw and were able to hold sugar gliders. They are not native to the Philippines, but they were so cute and active. They also jumped up on our shoulders!

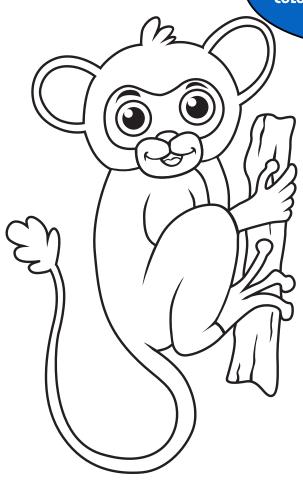
Then we rode on a boat to Pescador Island, where we snorkeled with jellyfish and a sea turtle. The boat later took us to a sardine run. There were millions of sardines, it was super cool! They swam in tube-like shapes. Then the boat took us to a nearby shallow spot in the water where we saw a sea

turtle swimming up close. We saw it eat and come up for air several times.

If you haven't been to the Philippines, you should go because it's truly a unique experience!
Swimming with whale sharks, going to Bohol and seeing all sorts of animals is so

fun! You should think about booking your trip to the Philippines right now!

LET'S LEARN TAGALOG,
WHICH IS THE NATIVE LANGUAGE IN
THE PHILIPPINES. THEN HAVE FUN
COLORING LARS' GOOD FRIEND,
THE TARSIER.





#### Talking Tagalog

Hello – Kumusta

Good morning - Magandang umaga

Good afternoon - Magandang hapon

Good evening - Magandang gabi

How are you? - Kumusta ka?

Thank you - Salamat

Yes - Oo

No - Hindi

Please – Pakiusap

Excuse me - Paumanhin

Help! - Tulong!

Forest - Gubat

River - Ilog

Mountain - Bundok

Trail - Daan

Tree - Puno

Lake – Lawa

\_\_\_\_\_

Waterfall - Talon

Wildlife - Buhay-ilang

Rock - Bato

Cave - Yungib





By Lars Anderson

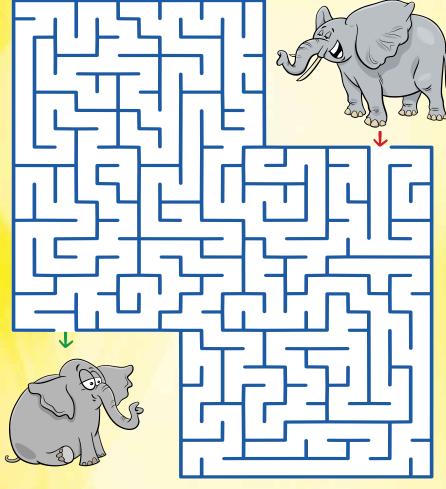
In Chiang Mai, Thailand, hiking alongside elephants on a trail is a unique experience only offered in a few places around the world. Rice and grain balls are made for the elephants and fed to them, along with sugar cane and bananas. Walking alongside the elephants on the trail is fun but watch out for 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.



# Find my baby!

#### **Fun Facts**

- Elephants are considered good luck in Thailand.
- Flephants 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.



# Campfire Cookin'





Everyone loves to roast marshmallows at the campfire. Some kids like them golden brown, while others prefer them burnt. However you like them cooked, they taste great as part of a S'more, a gooey, chocolaty treat that will have you craving for... some more.

#### **Ingredients**

- Graham crackers, broken into squares
- · Hershey's plain milk chocolate bars, broken into sizes to fit the graham cracker squares
- Large marshmallows

#### **Equipment Needed**

- · metal skewers (or grab some sticks) for roasting the marshmallows
- · Bonfire, campfire or fire pit (always have an adult help you build the fire)

#### Instructions

- · Break a graham cracker and break it in half (one for top cracker and one for bottom cracker).
- Put a piece of chocolate on one of the graham crackers.
- Place a roasted marshmallow on top of the chocolate and put the other piece of graham cracker on top of marshmallow. Pull the stick out.
- When the S'more is fully assembled, let it sit for a few seconds. The heat will melt the chocolate and you will not burn your mouth!
- Now squish the S'more between your fingers and eat the gooey treat!

### Popcorn



You don't need a microwave to make popcorn! A nice fire will do the job just fine. Let's start popping!

#### **Ingredients**

- Tin foil
- Popcorn Kernels
- · Oi
- Butter and salt for seasoning

#### **Directions**

- · Tear off an 18-inch square of tin foil.
- · In center of tin foil, add 1 teaspoon oil and 1 tablespoon popcorn.
- Bring corners together and place on/over hot coals and shake with a long stick until popcorn is popped.
- · Season with butter and salt if desired.





A big black bug bit a big black bear.



Peter Piper picked a peck of pickled peppers. A peck of pickled peppers Peter Piper picked. If Peter Piper picked a peck of pickled peppers, Where is the peck of pickled peppers Peter Piper picked?



Three gray geese in the green grass grazing; Gray were the geese and green was the grazing.



How much wood would a woodchuck chuck, If a woodchuck could chuck wood? He would chuck, he would, as much as he could, If a woodchuck could chuck wood.



She sells seashells by the seashore.



A fine field of wheat. A field of fine wheat.



Around rough and rugged rock, the ragged rascal ran.



A skunk sat on a stump. The skunk thunk the stump stunk, And the stump thunk the skunk stunk.



The Exchange School Meal Program is proud to offer healthy, flavorful STAR LUNCHES daily!

### STAR LUNCHES



A STAR LUNCH, at a minimum, must include at least three of the above components, including either a fruit or vegetable. Students may request additional fruits or vegetables at no extra cost.

BREAKFAST? Check with your students' school to see if breakfast is offered!

Nutrition and Allergen information can be found on our website: https://www.aafes.com/about-exchange/school-lunch-program/



 $This \ institution \ is \ an \ Equal \ Opportunity \ Provider.$ 

**SCHOOL MEAL PROGRAM CUSTOMER SERVICE:** 

SMPCustSvc@aafes.com

**MORE SCHOOL MEAL PROGRAM INFORMATION:** 

https://www.aafes.com/about-exchange/school-lunch-program/



Straight A or equivalent non-traditional or home-schooled students will receive a \$20 REWARDS! gift card & B average or equivalent non-traditional or home-schooled students will receive a \$10 REWARDS! gift card along with a coupon sheet to take advantage of your great Exchange offers.

See an Associate for details and entry forms.

ENTER FOR A CHANCE TO WIN A \$2,000, \$1,500 or \$500 REWARDS! GIFT CARD!



