

STARS AND STRIPES

dandelions



EXCHANGE
FOR THE
GRADE

Exploring the Pacific

Hiking Fun

Fun with Origami

Making Paper Leis



ARMY & AIR FORCE
EXCHANGE SERVICE

dandelions

STARS AND STRIPES

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Japan.Stripes.com



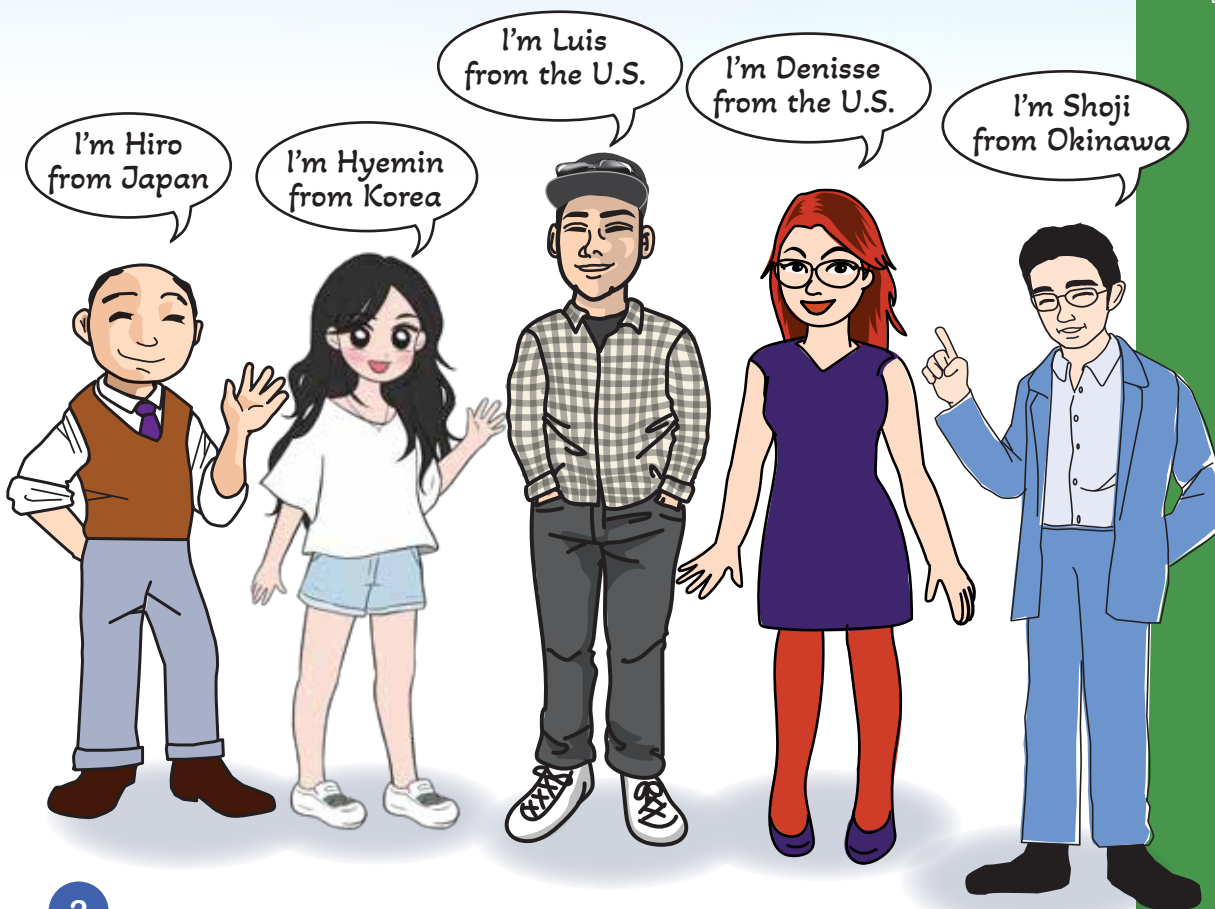
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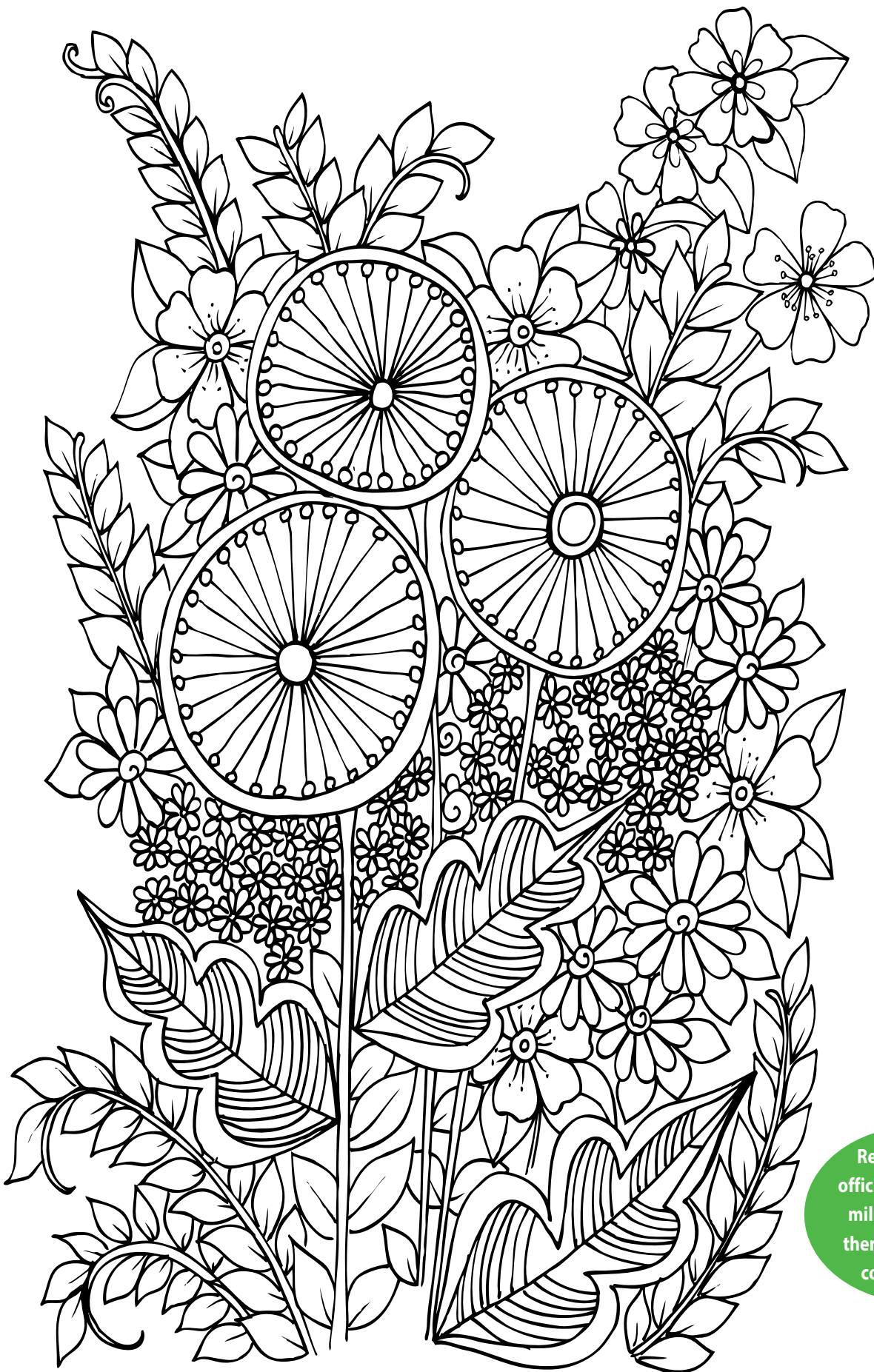


FACEBOOK



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WHY THE DANDELION?



In 1998, the dandelion was chosen as the official flower of the military child. But why the dandelion? They are not beautiful like roses.

They are less well-known than the sunflower. They are not popular like daisies. So, why was this flower picked to represent military kids? Because the dandelion is a very special flower.

Dandelions are adaptable. The wind blows their seeds all over the world. Those seeds can grow no matter where they land. This is also true for military kids.

Dandelions have strong roots that can grow almost anywhere. So do military kids. While they may move a lot, their tenacity and strength helps them thrive.

Dandelions are hard to destroy. Despite deployments and changes, military kids are strong enough to get through it.

Dandelions come in different sizes and have many uses. Military kids are unique and have lots of skills and talents.

Dandelions are also known as "pioneer plants" because they are often the first to sprout in different kinds of land. In the same way, military kids go through a lot of "firsts": the first day at a new school, the first time in a new home, or, even the first step into a new country.

- Tamala Malerk

Read about the official flower of the military child and then show off your coloring skills.



EXCHANGE

YOU MADE the GRADE

you get the REWARDS!

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!



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



YOU MADE the GRADE

Great
Grades
=
Great
Rewards!



Win up to a
\$2,000
Exchange gift card!

IT'S ALL ABOUT ME

My name is:

I was born in:

Places I have lived:

My favorite place to live is:

MY DREAMS

If I could travel to one place in the Pacific with my family, it would be:

If I could go to one place with just my friends, it would be:

If I could pick one international food to eat right now, it would be:

In 10 years, I will be:

HIKING FUN

Here are some useful tips as you trek outdoors

- **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.

LET'S MAKE SOME TRAIL MIX AND GO HIKING ACROSS THE PACIFIC!

TRAIL MIX

Try making this trail mix for your next fun hike. The best thing about trail mix is that you can put in (almost) whatever you want! Make sure to keep a good mix of salty, sweet and protein-filled ingredients.

Salty

- Mini pretzels
- Cheese crackers (like Goldfish®)
- Dried meat (like Slim Jim)
- Crackers
- Popcorn
- Chex™ cereal
- Corn chips

Sweet

- Dried fruits (cranberries, apples, pineapple, mango, blueberry)
- Raisins
- Breakfast cereal (Apple Jacks®, Cinnamon Toast Crunch™, Lucky Charms™)
- M&M's
- Granola
- Animal crackers
- Mini marshmallows
- Coconut flakes
- Graham crackers

Protein

- Pumpkin seeds
- Peanuts
- Chia seeds
- Crunchy chickpeas
- Almonds
- Sunflower seeds
- Walnuts
- Crunchy edamame
- Cashews

Pick one or two ingredients from each list to make your own trail mix.

By Tamala Malerk



Did You Know

Hawaii's nickname is the Aloha State because Aloha is a Hawaiian way to say hello and goodbye.

Aloha! Let's learn some Hawaiian words together and then have some fun coloring the beautiful picture below.



Speakin' Hawaiian

Aloha - Hello

(Pronounced a-lo-ha)

Mahalo - Thank you

(mah-hah-loh)

'A'ole pilikia - You're welcome!

No problem

(ah-oh-leh pee-lee-kee-yah)

A hui hou - Until we meet again

(ah-hoo-wee-ho-oo-uu)

Howzit? - How are you?

(how-zit)

'Ono grinds - Delicious food

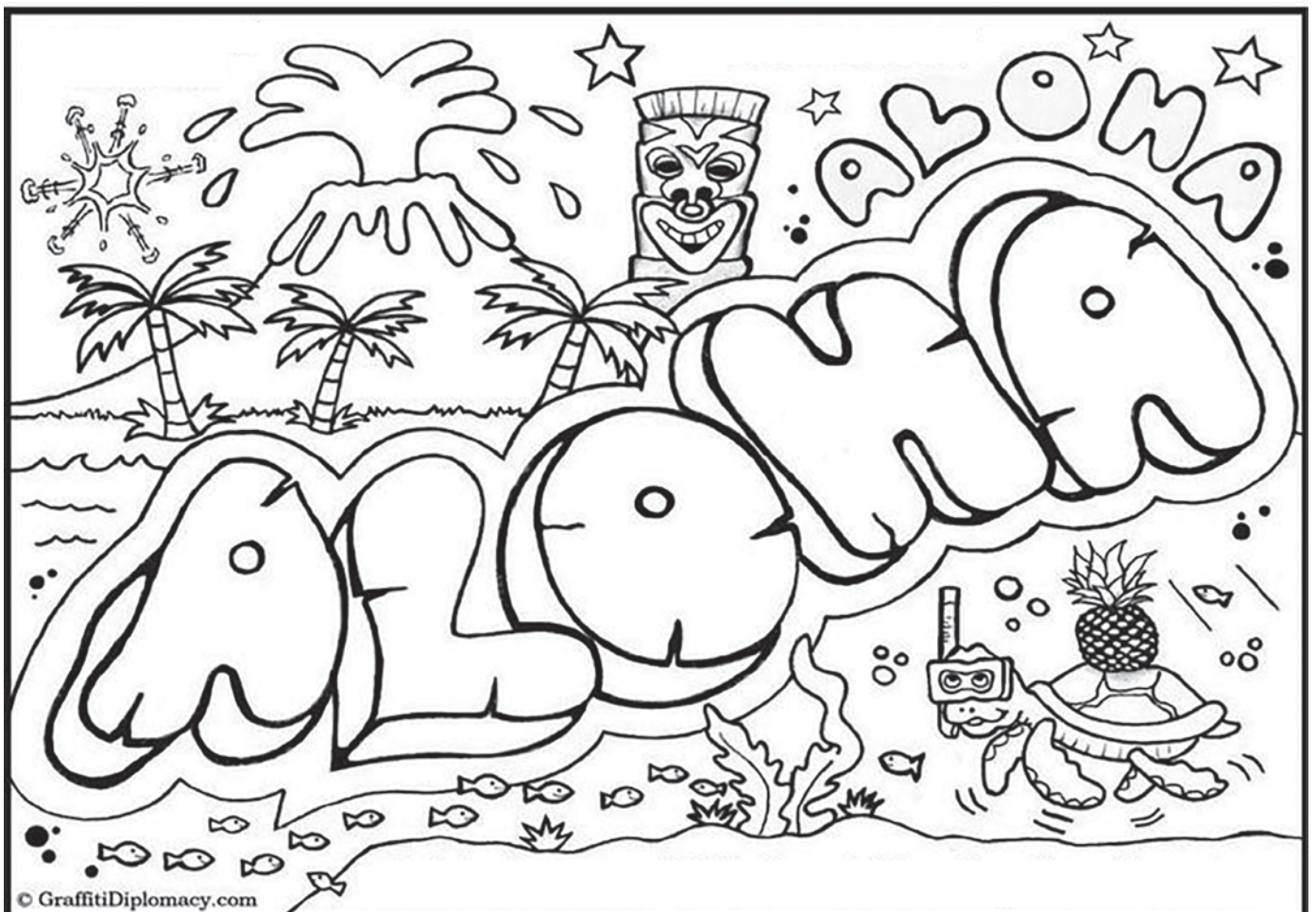
(oh-no grinds)

Poke - poke seafood bowl

(poh-keh)

Ho'omaha - vacation

(ho-oh-mah-hah)



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.
- The dominant language in Guam is Chamorro, the language of the island's native people.
- 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



Monmgong-Toot-Miate

Hanagat

Ansa-Naima

Tipi

Tansa Tira

Atag

Taumac

Morize

Oyna

Fotalofo

Janinara

Mutaning

Garribada

Dodede

Mongilaa

Janasina

Lancha Pago-Otrdo

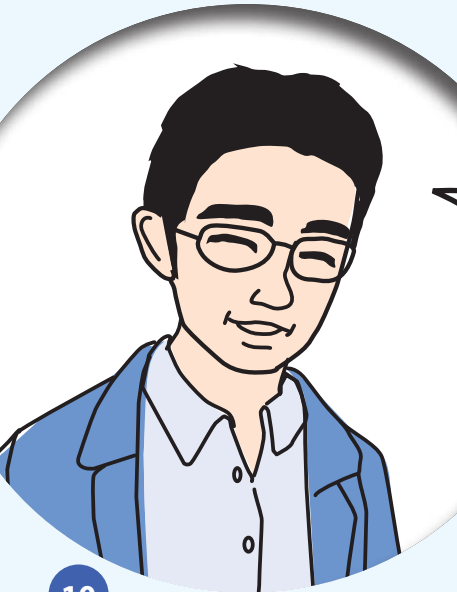
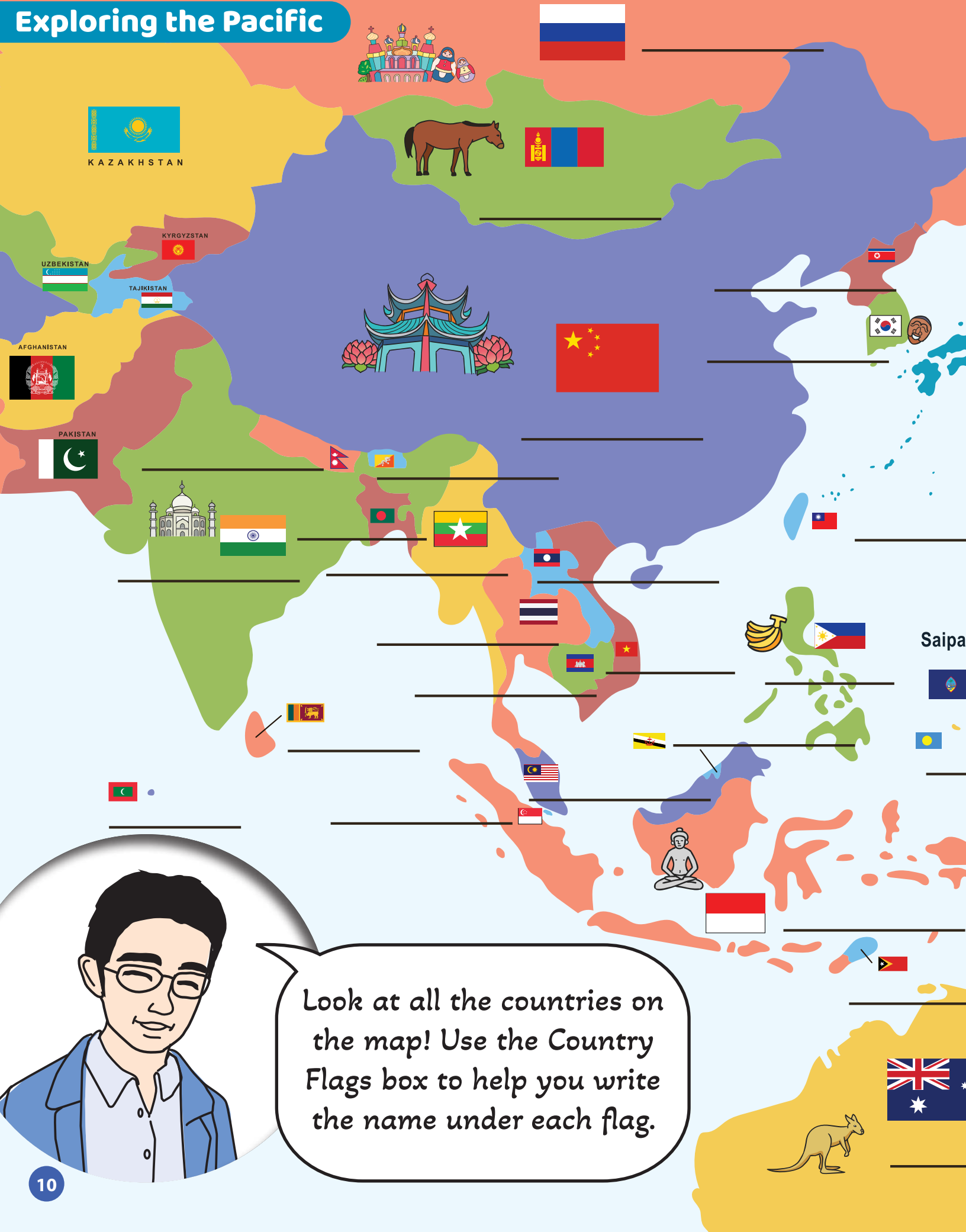
Anaga Heitsgh

Giyo

Correct spelling

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

Exploring the Pacific



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

Country Flags



AUSTRALIA



BANGLADESH



BHUTAN



BRUNEI



CAMBODIA



CHINA



EAST TIMOR



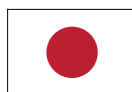
GUAM



INDIA



INDONESIA



JAPAN



LAOS



MALAYSIA



MALDIVES



MONGOLIA



MYANMAR



NEPAL



NORTH KOREA



PALAU



PAPUA NEW GUINEA



PHILIPPINES



RUSSIA



SINGAPORE



SRI LANKA



SOUTH KOREA



TAIWAN



THAILAND



VIETNAM



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 |

Answers: 1. Japan 2. South Korea 3. Indonesia 4. China 5. Guam 6. Mount Fuji 7. DMZ 8. Okinawa

FUN FACTS

Japan is made up of more than 6,800 islands.

Tokyo is the capital and largest city of Japan.

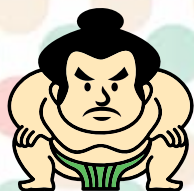
Mount Fuji is the country's tallest mountain and an active volcano that last erupted in 1707.



Japan has more than 50,000 Buddhist temples and Shinto shrines.

Cherry blossoms, or sakura, are very important in Japanese culture and bloom in the spring.

Sumo wrestling is the country's national sport.



SUMO

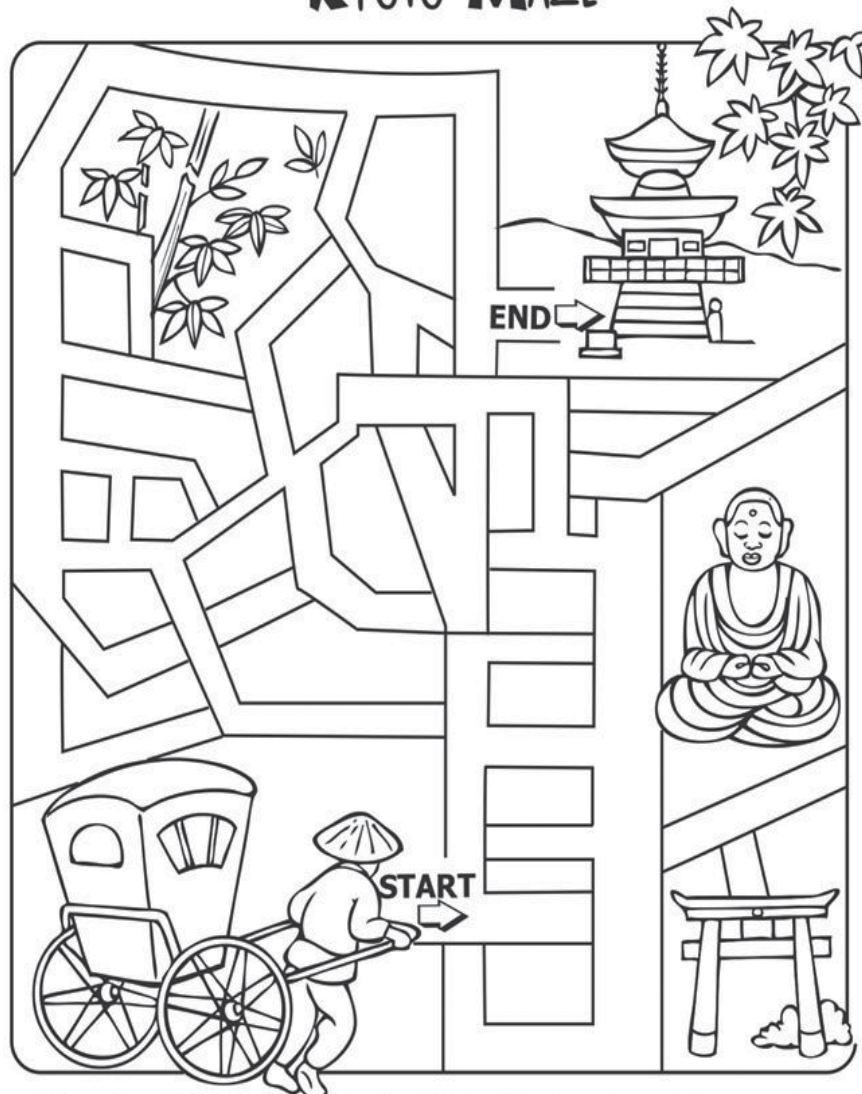
Green tea is the most popular beverage in Japan and popular worldwide.



Japanese animation is enjoyed by people around the world.

Manga are Japanese comic books that are popular inside and outside Japan.

KYOTO MAZE



The city of **Kyoto** (kyoo-toh) is filled with temples, shrines and castles. Follow the rickshaw to explore nature and the seasons of Kyoto and to get to the Pagoda at the end.

Speakin' Japanese

GAMBATTE!
(GOOD LUCK TO YOU!)

My name is~.

Watashi no namae wa ~ desu.

Wah-tah-shee noh nah-ma-eh wah ~ dehs.

What's your name?

Anata no namae wa nandesuka?

Ana-tah noh na-ma-eh wah nan-de-sue-kah.

Thank you.

Arigato (informal)

Air-ee-gah-toe.

Thanks.

Domo (very casual)

Dough-moe.

That's ok.

Daijoubu desu.

Dye-joe-boo dehs.

You're welcome.

Doutashimashite.

Dough-tash-ee-mash-ee-teh.

When?

Itsu?

Ee-tsoo.

What?

Nani?

Nan-ee.

Have a nice day.

Yoi ichinichi wo.

Yo-itthy-knee-chi woe.

How much?

Ikura desuka?

Ee-koo-rah deh-sue-kah.

Nice to meet you.

Hajimemashite.

Ha-gee-meh-mash-ee-teh.

What is that?

Sorewa nan desuka?

Sore-eh-wah nan deh-sue-kah.

Island life

Okinawa Prefecture, located far south of mainland Japan, is made up of more than 160 inhabited and uninhabited islands.

The capital of Okinawa is Naha. Naha is on the island with the most people, which is known as Okinawa Main Island.

The temperature is warm all year round in Okinawa and there are many beaches. It doesn't snow on Okinawa. People love to go snorkeling to see all the beautiful fish, sea turtles, jellyfish and other sea

creatures.

An average person in Okinawa lives to be older than 90 years old. Many people think that is because Okinawan food is healthy. Fish is very popular, but people also eat sea vegetables and pork.

Okinawa's music is popular all over Japan. A musical instrument called a sanshin is often used.

There are several US military bases in Okinawa, including Kadena Air Base, Torii Station and Camp Foster.



QUICK QUIZ

1 What is the name of Okinawa Prefecture's biggest island?

2 What is the capital of Okinawa?

3 Does it snow on Okinawa?

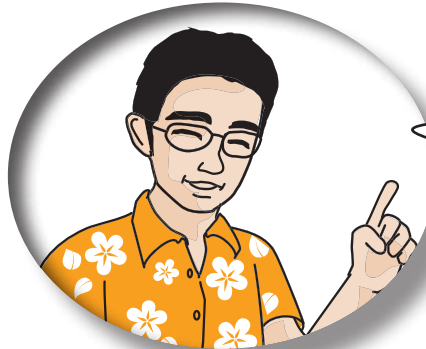
4 How old does the average person on Okinawa live to be?

5 What is good way to see fish, sea turtles and jellyfish?

6 Name a musical instrument from Okinawa.

- Answers:
1. Okinawa Main Island
 2. Naha
 3. No
 4. Older than 90
 5. Go snorkeling
 6. Sanshin

Now that you've learned about Okinawa, it's time to color!



Fun facts

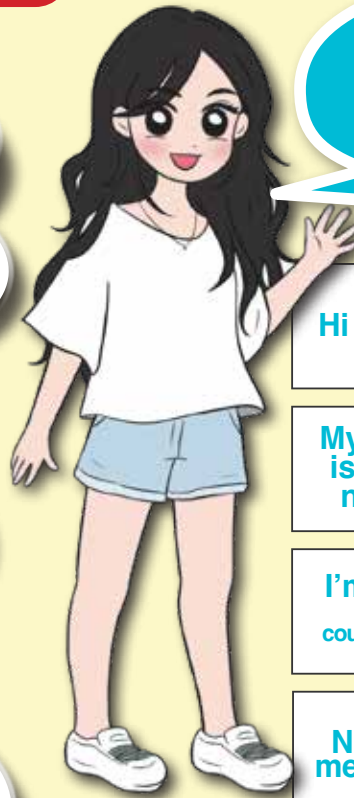
South Korea is home to K-pop sensation BTS, considered one of the most famous singing groups in the world.

If you want everyone to smile for a photo, you need to say "kimchi," not "cheese."

Toilet paper is considered a great house-warming gift for Koreans.

When South Koreans are born, they are already considered one year old.

The number 4 is considered unlucky.



Have fun coloring the traditional Korean house (hanok) and clothing (hanbok) below.

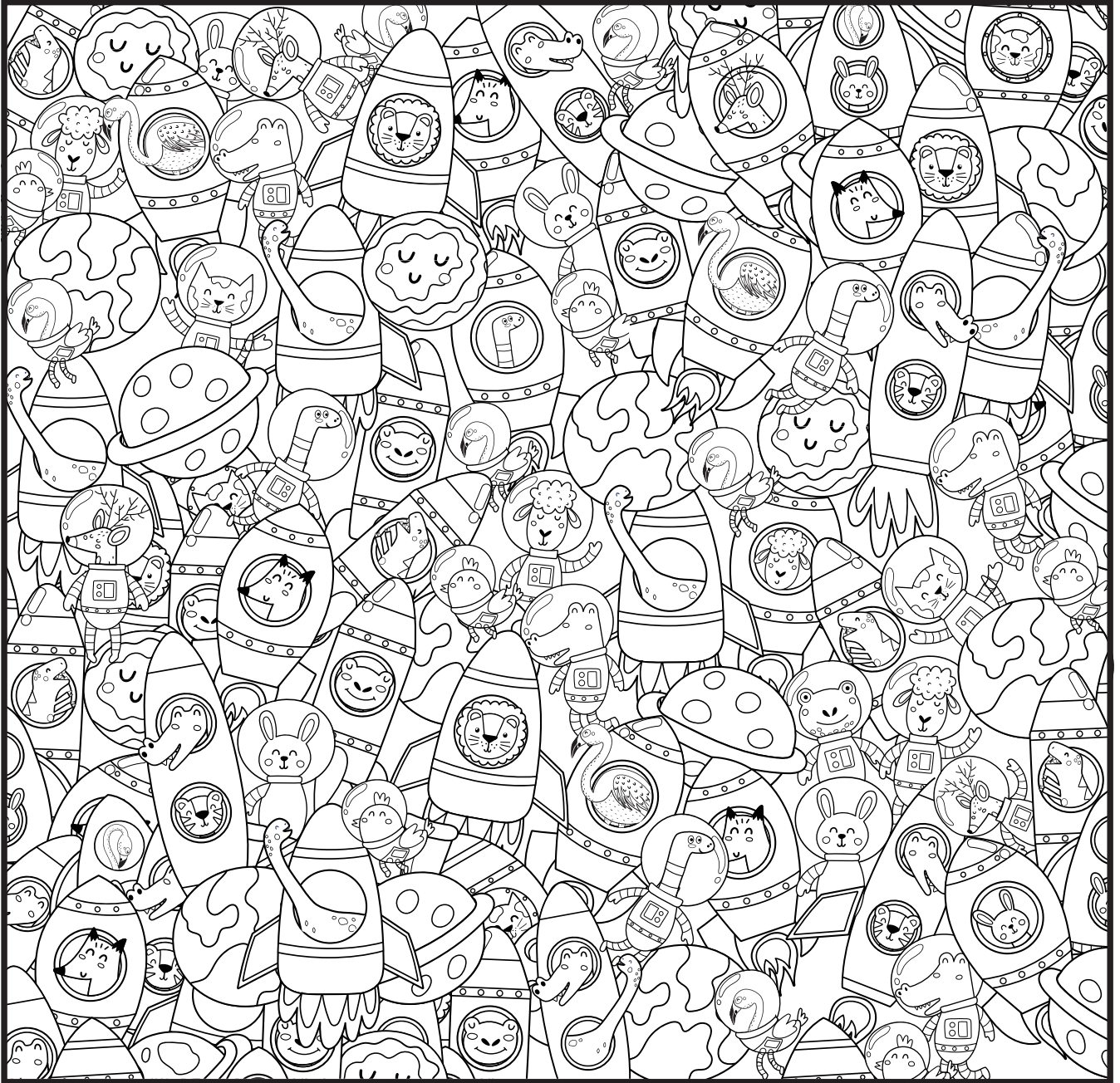
Hi / Hello	Annyeong-haseyo	Spoon	Sujeo / Sutgarak
My name is (your name)	Je ireum-eun [John] imnida	Chopsticks	Jeotgarak
I'm from (your country, city)	Jeo-neun [New York]-eh-seo wasseo-yo	Bowl / Plate	Geu-reut
Nice to meet you	Manna-seo ban-gap-seum-nida	Rice	Bap
Bye	Annyeonghee gah-seh-yo	Soup	Guk



















COUNT THE ANIMALS AS YOU COLOR! WRITE HOW MANY YOU FIND BELOW.

ISPY



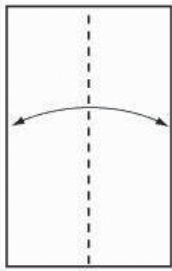
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|---|---|---|---|--|---|---|
|  |  |  |  |  |  |  |
| _____ | _____ | _____ | _____ | _____ | _____ | _____ |
|  |  |  |  |  |  |  |
| Frog 8 | Sheep 4 | Alligator 12 | Camarasaurus 4 | T-Rex 5 | Rabbit 9 | Fox 5 |
| Lion 4 | Cat 5 | Tiger 6 | Brachiosaurus 6 | Flamingo 11 | Rabbit 6 | Deer 4 |

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!

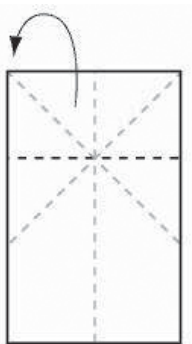


1. Start with a rectangular sheet of paper, white side up.

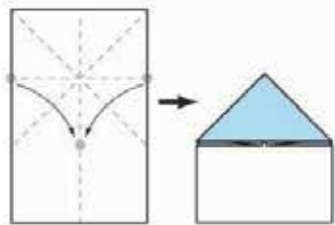
Fold it in half, and open out again



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



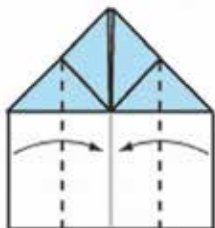
3. Where the diagonal creases meet in the middle, fold the paper backwards, crease well and open.



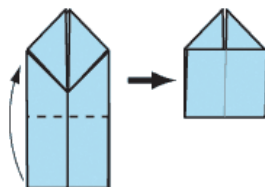
4. Hold the paper at the sides, bring these points down to the centre line, then flatten. The creases should do most of the work here!



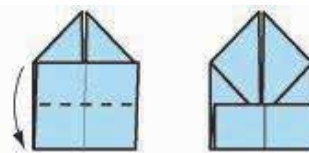
5. Fold the uppermost triangles up to the top point.



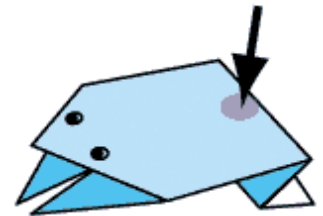
6. Fold sides in to the centre line.



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



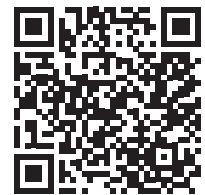
8. Now fold the same part downwards, in half.



Turn over, your Jumping Frog is finished!

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

Check out more Origami options at:



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 - draw and cut your own flowers from paper, craft foam or felt.
- Fold-and-cut paper flowers - 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 as described in Step 2-d.



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. As a counting activity, have kids count the flowers, straws and leaves before or while stringing them together.



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.





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

STAR LUNCHES

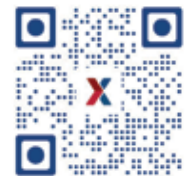
Choose from a variety of options.



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!

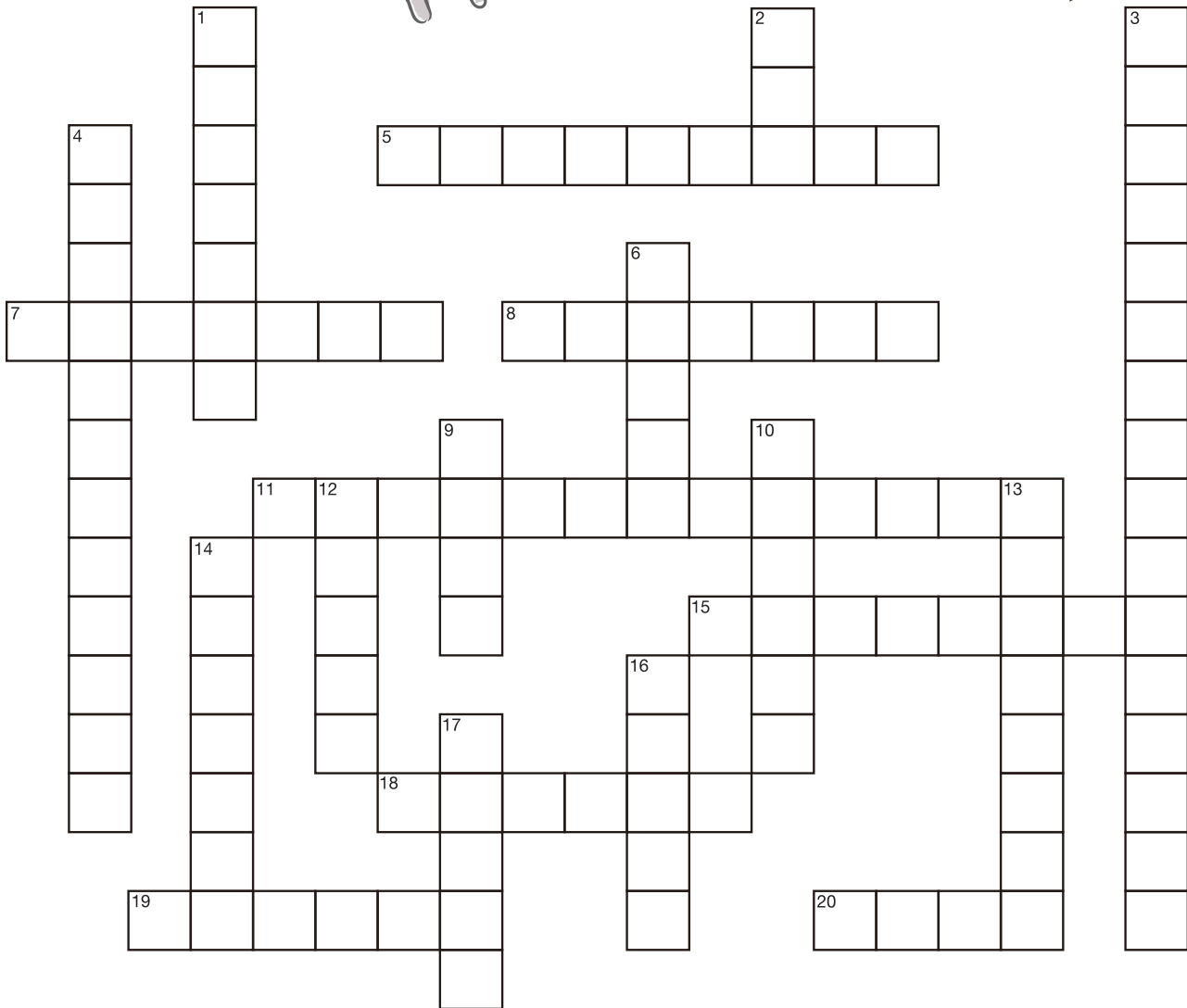
Nutrition and Allergen information can be found on our website:
<https://www.aafes.com/about-exchange/school-lunch-program/>



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/>



Across

- 5. What meal do we eat before school in the morning?
- 7. What nutrient helps us build strong bones and teeth?
- 8. What nutrient is known as the building blocks of our body?
- 11. Which nutrient gives us energy to play and learn?
- 15. What nutrient is important for healthy eyes and skin?
- 18. Name a fruit that is yellow and curved.
- 19. What dairy product is made from curdled milk?

- 20. What white liquid do cows produce that we drink for calcium?

Down

- 1. What vegetable is often used to make salads and starts with the letter L?
- 2. What is the name of the green, small, round vegetable?
- 3. What do we call foods that are used instead of meat, often made from plants?
- 4. What do we call the process of making sure we eat a variety of foods?
- 6. What do we call the sweet substance that bees make?

- 9. What is the name for a sandwich with peanut butter and jelly?
- 10. Which food group includes foods like bread, pasta, and rice?
- 12. What fruit is red and often used to make juice?
- 13. What is the name for a type of milk that has had the fat removed?
- 14. What is Popeyes favorite food that is high in Vitamin A?
- 16. What do we call a meal that we eat in the middle of the day at school?
- 17. Which drink is good for keeping us hydrated?

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