

STARS AND STRIPES

dandelions

Getting around
the Pacific



ARMY & AIR FORCE
EXCHANGE SERVICE

STARS AND STRIPES® dandelions

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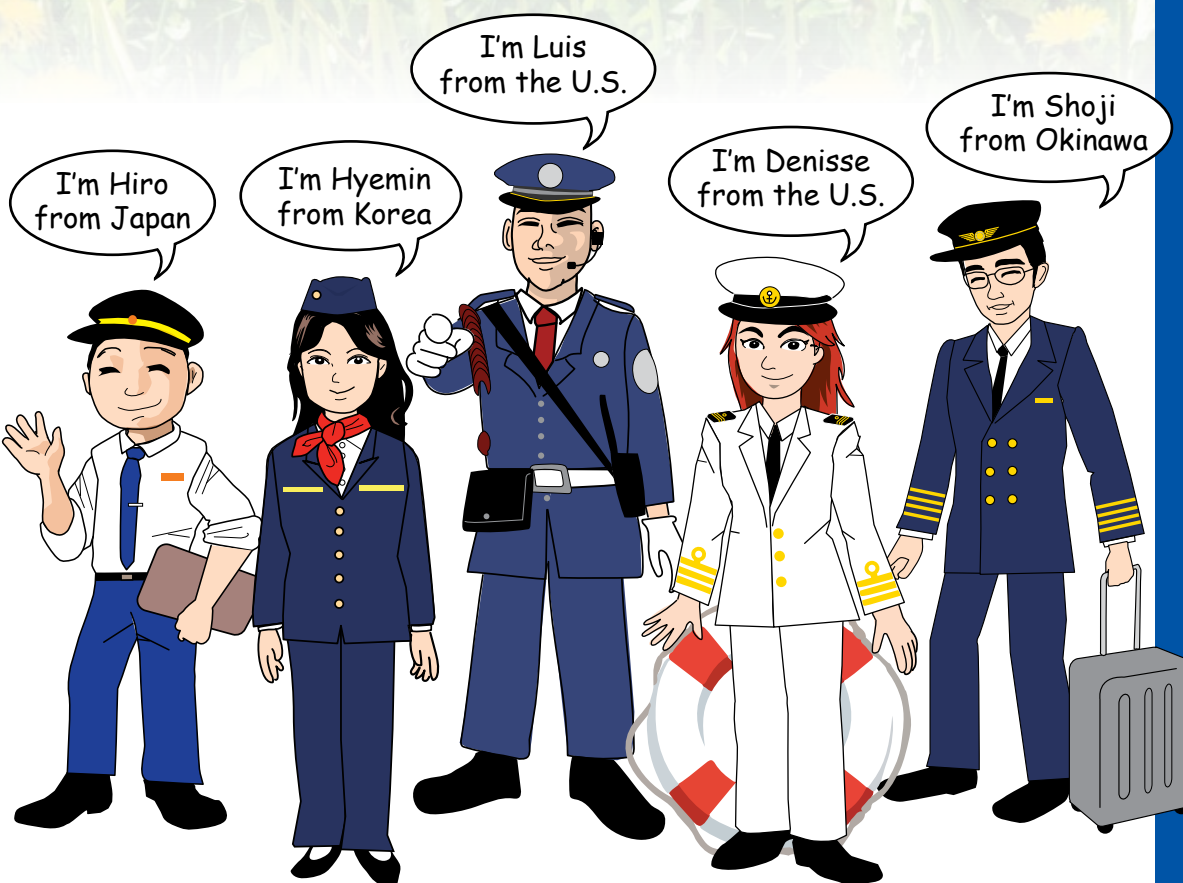
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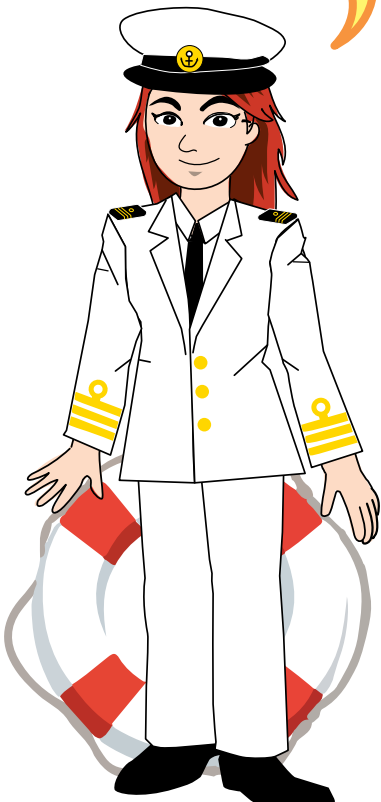
INSTAGRAM



All about me!

- My name is _____.
- I was born in _____ but live in _____.
- My favorite thing about traveling on an airplane is _____.
- I like to ride on trains because _____.
- I love taking road trips with my family because _____.
- The craziest thing that ever happened to me on a trip was

Write about your traveling experiences and then show off your coloring skills.



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!



BASE PAY LESS THAN \$100,000?

You may qualify for free or reduced price school meals!

APPLY NOW TO RECEIVE BENEFITS!

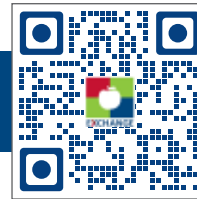
1

Have the DoWEA Student ID Number of your Child(ren) ready.

2

Scan QR Code or apply using the link below.

linqconnect.com/public/meal-application/new



3

Enter “AAFES DoWEA” in the search field then click next.

4

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 DoWEA 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.

This institution is an Equal Opportunity Provider.

MORE SCHOOL MEAL PROGRAM INFORMATION:
<https://www.aafes.com/about-exchange/school-lunch-program/>





SCHOOL MEAL PROGRAM



Feeding military children since 1955.

The Army & Air Force Exchange has been the feeding authority for the Army and Air Force since 1955 for OCONUS Department of War Education Activity schools. All meals meet USDA feeding guidelines. Last year, the Exchange served more than 3.6 million meals to Warfighters' children.

MORE SCHOOL MEAL PROGRAM INFORMATION:

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



GET TO SCHOOL SAFELY

By Kat Nickola

TAKING THE BUS

- Be early.
- Have your bus pass ready.
- Stay seated and calm.
- Respect the bus driver.
- Chat quietly.

RIDING A BIKE

- Wear a helmet.
- Tuck in your pant legs.
- Follow road rules.
- Use hand signals for drivers.
- Listen and look for cars.
- Carry your stuff in a backpack or basket.

WALKING

- Use the sidewalk.
- Only cross at a crosswalk.
- Wait for a green signal.
- Stay alert for cars.
- Keep your phone put away.
- Use reflective gear on dark mornings.

WORD SCRAMBLE

1. bsu _____
2. tysfae _____
3. kebi _____
4. klaw _____
5. selur _____

6. temhel _____
7. ssolawkcr _____
8. droa _____
9. cra _____
10. ckckbapa _____

Getting to school safely is your first job. Your second job is to unscramble these words!

Answers: 1. Bus 2. Safety 3. Bike 4. Walk 5. Rules 6. Helmet 7. Crosswalk 8. Road 9. Car 10. Backpack

Bike safety check

By Kat Nickola

1. Clean the with a rag so it runs smoothly.
2. Your , or saddle, should not move when you sit on it.
3. Squeeze the levers to make sure they stop your bike.
4. Use a white in front and a red one in back.
5. Test the sound of your .
6. Pump up your so they are firm.

Write in and trace the bike parts you need to check for a safe bike ride.



What connects your brake levers to the brakes?

Write the circled letters!

1 2 3 4 5 6



Answers: 1. Clean the Chain with a rag so it runs smoothly. 2. Your seat, or saddle, should not move when you sit on it. 3. Squeeze the Brake levers to make sure they stop your bike. 4. Use a white Light in front and a red one in back. 5. Test the sound of your bell. 6. Pump up your tires so they are firm. What connects your brake levers to the brakes?

Write the circled letters: C (1) A (2) B (3) L (4) E (5) S (6)



Traveling around Korea!

In the U.S., a grown-up usually drives you where you need to go. In Korea, it is common to see kids riding the city bus to school or taking the subway to meet friends on their own.

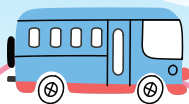
One of the reasons is that Korea is smaller than many U.S. states, and many cities are closely connected by trains and subways. A subway ride across the city can be faster than a car in traffic. Another reason is that the system is easy to use. The

secret to master public transit is two small things: a map app and a transportation card.

A map app like Naver Map or Kakao Map tells you which bus or train to take. A transportation card (T-money) pays your fare. You tap it on the card reader and hear a little beep. That simple beep can help you ride buses, subways and taxis across Korea. Ready to find your way?

Quiz Time

1. In Korea, kids will ride the _____ and _____ on their own.
2. Taking the subway can be faster than driving a _____ in the city.
3. A _____ app and a _____ are key to mastering public transportation.
4. Use a _____ card to pay your fare.



Bus and subway

Best for getting around Seoul and other cities.

Which way should I travel?

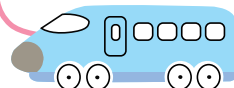
Taxi

Good for short rides with your family or a group of friends, especially when your feet are tired. Many taxis are orange, white, gray or black.



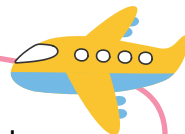
Train

Best for traveling from one city to another. Korea has fast trains: **KTX** and **SRT**. They can take you from Seoul to Busan in about 2.5 to 3 hours.



Airplane

For trips within Korea, airplanes are most useful for Jeju Island, the country's largest island.



Choose the right ride!

Fill in the letters for each number.

1. Going across Seoul: ☐ or ☐
2. Going to Busan from Seoul fast: ☐
3. Going to a nearby market: ☐ or ☐
4. Going home when your feet are tired after family dinner: ☐
5. Going to another city slowly, looking out the window: ☐
6. Going to Jeju Island: ☐

- A. Airplane
- B. Bus
- C. Subway
- D. Taxi
- E. KTX or SRT
- F. Regular Train

Answers: 1. B and C, 2. E, 3. B and D, 4. D, 5. F, 6. A

Word Search

SUBWAY
BUS
AIRPLANE
TRAIN
TAXI
TICKET
PASS
TRANSLATOR
KOREA
EXPLORE
TRAVEL

Speakin' Korean



Vocabulary

- Bus** = Beoseu (버스)
- Subway** = Jihacheol (지하철)
- Train** = Gicha (기차)
- Taxi** = Taeksi (택시)
- Airplane** = Bihaenggi (비행기)
- Transportation card** = Gytong kadeu (교통카드)

Phrases

- Where is the subway station?**
= Jihacheol-yeogi eodiyeyo? (지하철역이 어디예요?)
- Let's ride the bus!**
= Beoseu tareo gaja! (버스 타러 가자!)
- Let's go to Jeju!** = Jejudo-e gaja! (제주도에 가자!)

Some of these words already sound like English because Korea borrowed them a long time ago. So, you already know a little Korean without even trying!

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

Feel the speed on a bullet train



Photo by oka, stock.adobe.com

When you travel to Japan's major cities like Kyoto, Osaka, Sendai or Kanazawa, riding the rail on the Shinkansen, aka bullet train, is the fastest and most popular!

Japan's first model of the Shinkansen was introduced in 1964, and now there are over 2,000 miles of track they travel across the country.

Hop on one when you travel to Japan's old capital of Kyoto. Reaching speeds of up to 200 mph, and it connects Tokyo and Kyoto in just around two hours!

Considered the symbol of Japan's innovative technology, traveling on shinkansen feels more like flying on white jets along the rail than riding a train. Despite the extreme high-speed, it's a smooth ride. There is also free wi-fi onboard, too! But try to stay off your phone and look out the window to enjoy the beautiful views.

Before boarding, let's stop at one of the various shops on the platform or in the station selling special train bento boxes and drinks. These make for a great snack or meal as they're packaged so they're easy to carry and fit on the trains' seatback trays.

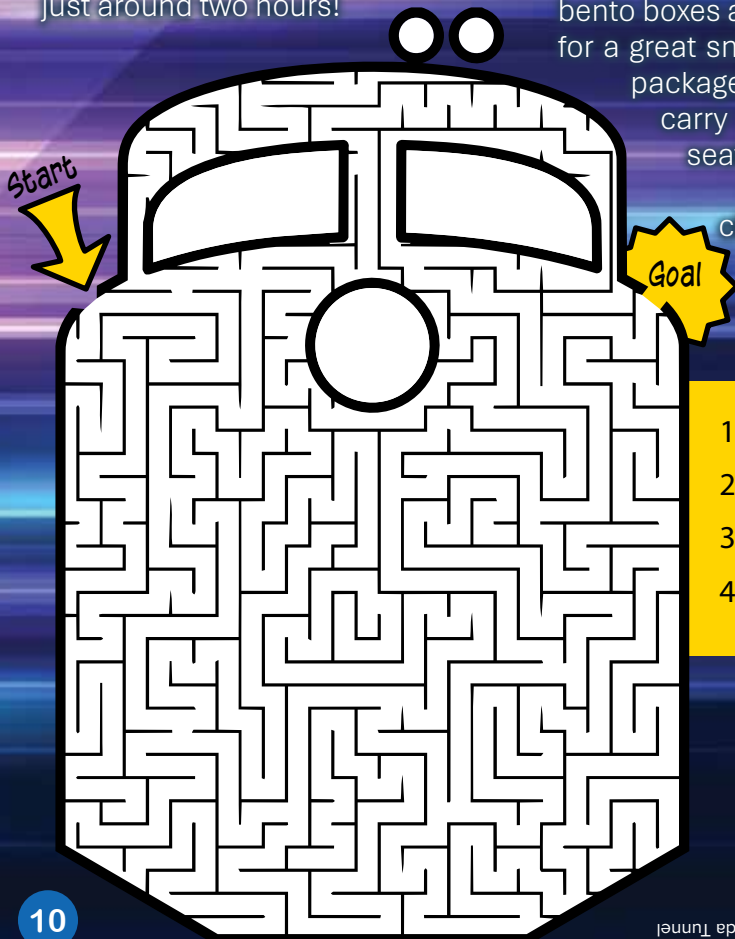
If you don't have a chance to buy snacks or

bentos on the platform, don't worry, there are attendants aboard with a cart full of tasty treats available for purchase!

On the way to Kyoto, you can enjoy the majestic view of Mt. Fuji and many wooden homes as you pass through villages and factory towns. It's simply fantastic!

And if you take a trip on Shinkansen to Aomori (where Misawa Air Base calls home), you can pass through Japan's longest land tunnel, "Hakkoda Tunnel," with a total length of 16.44 miles. And it only takes six minutes to pass through the tunnel! That's fast!

The Shinkansen is so comfortable and fun, so enjoy the ride!



Quiz Time

1. The English term for Shinkansen is _____.
2. In _____, Japan introduced its first model of Shinkansen.
3. A bullet train can travel up to _____ mph.
4. Japan's longest tunnel is the _____.

Hey, let's see what you've learned about Shinkansen. Then you can have an a-MAZE-ing time!



Speakin' Japanese.....

Learn a little Japanese and then
show off your coloring skills!



Waa. Sugoku hayainaa! = Wow, it's so fast!

Fujisan ga mieta. = I can see Mount Fuji.

Zenzen yurenaiyo. = It's not shaking at all.

Kono obento oishii. = This bento is tasty.

Aisukuriimu wo kudasaina.

= I'd like some ice cream, please.

Mou tsuichattano? = Have we already arrived?

Mata noritaina. = I want ride on this again.





Tunnel travel across Japan



Have you ever wondered why there are so many tunnels in Japan?

Japan is an island country that is made up of 70 percent mountains. So, digging tunnels is essential for transportation and daily life. Before tunnels, Japanese had to climb steep mountains to travel and transport heavy goods and food. Digging tunnels made it safer, quicker and more convenient.

Today, Japan has about 10,300 road tunnels and 4,000 railway tunnels.

Did you know tunnels are not only dug through mountains, but also beneath the sea or under cities?

The longest road tunnel in Japan is the Yamate Tunnel in Tokyo that stretches 11.3 miles. The longest tunnel in Japan is the Seikan Tunnel, which runs beneath the sea and connects Japan's mainland with Hokkaido. It stretches 33.46 miles and is used only for trains.

As for road tunnels under the sea, a popular

one is Tokyo Bay Aqua-Line, a 6-mile under-the-sea tunnel and bridge across Tokyo Bay.



You will notice that most tunnels are round. This is because the rounded ceiling allows the weight of soil and rock above to be evenly distributed across the tunnel, increasing its stability and strength.

Yokosuka, home to a U.S. naval base, is known as the Japanese city with the largest number of tunnels. The city has more than 200 road, railway and water-supply tunnels.

So, the next time you are traveling in Japan, it might be fun to count how many tunnels you pass through!



I dig talking about tunnels! Hey, do a little reading to learn more about them and then dig up some words in the puzzle.

Speakin' Japanese

- **Waa. Nagai tonneru danaa!** = Wow, it's a long tunnel!
- **Nakawa makkurada!** = It's really dark inside!
- **Akariwo tsukete.** = Turn on the lights.
- **Suzushiina.** = It feels cool.
- **Ashimotoni kiwotsukete.** = Watch your step.
- **Sotowa mabushii.** = It's really bright outside.
- **Darega hottandaro.** = I wonder who dug this tunnel.

C	I	J	A	P	A	N	D	E	L
M	E	E	U	L	E	N	N	U	T
C	O	T	R	A	I	N	S	S	N
A	N	U	N	O	E	M	G	A	I
R	A	A	N	T	A	L	E	F	S
S	L	E	A	T	R	A	V	E	L
A	P	O	C	E	A	N	A	T	A
R	L	C	E	L	L	I	N	Y	N
A	M	N	G	I	D	A	N	T	D
N	A	S	G	E	O	A	T	S	E

TUNNEL	MOUNTAINS	TRAVEL
DIG	OCEAN	CARS
TRAINS		JAPAN
SAFETY		ISLAND

Transportation in Okinawa

People say, “You need to have a car in Okinawa.” Unlike the mainland Japan, there are no subways or traditional trains in Okinawa, so driving is part of everyday life for so many islanders. That said, besides taxis and buses, there are other modes of transportation to get around Okinawa.

Monorail mania

Have you tried Yui Rail? It is a monorail, which runs on one rail, instead of two, as its name suggests.

You can get on the Yui Rail at Naha Airport and go to popular locations like Kokusai Street and Shuri Castle.

It's a shame that you cannot go very far on Yui Rail, which is only 17 kilometers (10.6 miles) long and roughly a 40-minute ride between Naha Airport and the last station, Tedako-Uranishi. But, running from

8 to 20 meters (about 26 feet to 65 feet) above the ground, the monorail allows you to see the city differently than you would in a car.

Ferry fun

Okinawa is made up of many islands, and you can visit many of them by ferry. There are six ports on the main island where ferries depart.

The Kerama Islands, for example, are a 90-minute ferry ride away from Naha Port. These islands are famous for their beautiful beaches. You can enjoy all of them by hopping around the islands by ferry or small boat.

A ferry ride to remote islands can be good for a day trip, too. Ie Island is just a 30-minute ferry ride away. The half-hour ride can feel even shorter because Gusukuyama, a rocky mountain of the island, can be seen

Read a little about Okinawa's monorail and ferries, take a little quiz and then have an a-Maze-ing time island hopping.



from the ferry and will tickle your curiosity.

Kudaka Island is only a 15-minute ferry ride away from Azama Port on the southeast coast. From the ferry, you can look at the unique flat shape of the “Island of God.”

If you want to go to Miyako or Ishigaki Island, two popular remote islands, you need to take a flight, not a ferry.

Okinawa may not have subways or bullet trains. But why not try some island-hopping or explore Naha's cityscape from high above?

Quiz Time

1. A monorail has ____ rail.
2. Two popular places to visit on the Yui Rail are _____ and _____.
3. Yui Rail is ____ kilometers long.
4. Kudaka island is known as the _____.



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

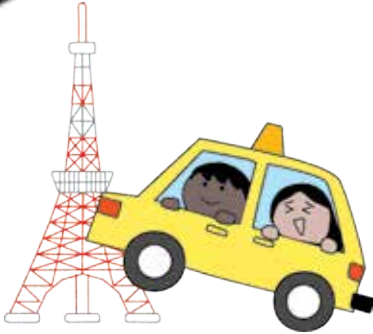
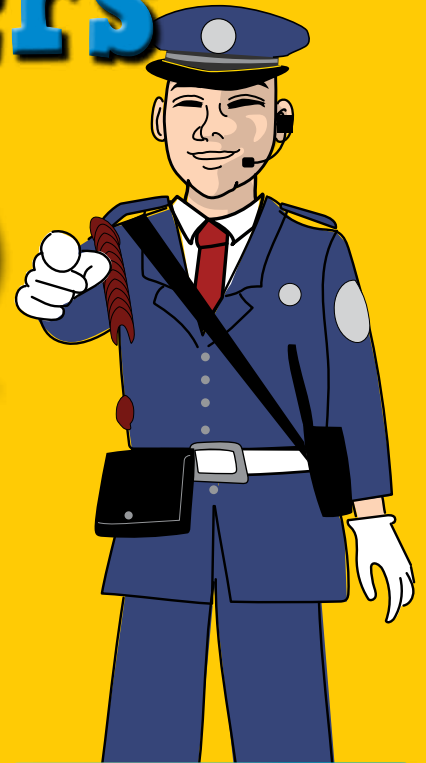
Great
Grades
=
Great
Rewards!



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

Tongue twisters

Let's have some fun with tongue twisters! Say them fast and if they are short, repeat them several times.



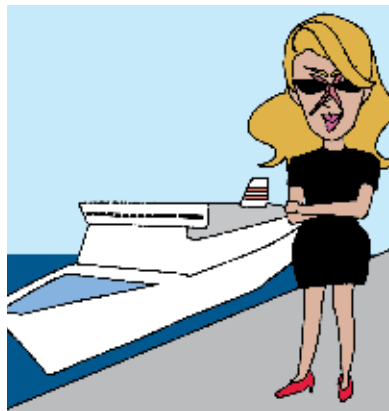
Twenty teeny tourists took ten tiny taxis to titanic Tokyo Tower



I took a terrific trip to Tennessee for tennis, see?



To treat tinnitus, Tommy tried twenty tiny toe-tickling tongue twisters.



**Scary Carrie took a ferry
A ferry Scary Carrie took**



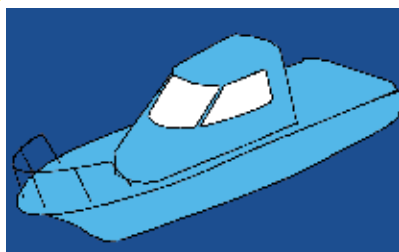
Oklahoman oceanographers ogle over Okinawa's ocean



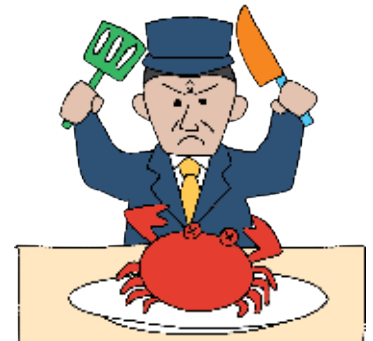
**How far can a fast car go
If a fast car can go far?**



Plain Jane took plane planned perfectly to land loudly in LaLa Land



**Blue boat is big Big boat is blue
Blue boat is big Big boat is blue**



Crabby Korean cabbie cooked crab in colorful cooker

Pop Tarts

Ingredients

- 2 Pillsbury pie crusts (or you can make the dough from scratch)
- 1/4 - 1/2 cup natural raspberry jam (or any flavor you want)
- 1/2 cup powdered sugar (brown or white)
- 1 tablespoon coconut milk
- Rainbow sprinkles



Roll out the pie crust and cut even-ish sections with a pizza cutter. Any shape is fine, so be creative! But remember that the pieces need to fit together!



Next, spread the raspberry jam onto half of the squares and triangles (or whatever shape you made).



Put pop tarts on a parchment paper lined baking sheet and bake them at 425 F for 10-12 minutes until they are golden brown.



Match up the halves with the closest-shaped piece of pie crust. Then crimp around the edges of the pop tarts to seal them.



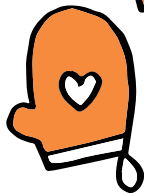
Mix the coconut milk and powdered sugar and then put the frosting on pop tarts.



Add sprinkles or other toppings as desired.



Grab your parents and let's start cooking! These tasty treats are perfect for a road trip!



Salted Brown Butter Rice Crispy Treats

Ingredients

- 1/2 cup of butter
- 14 cups of mini marshmallows + 2 cups set aside = 16
- 1 tsp of pink Himalayan salt (any type you prefer, but this is good!)
- 10 cups of crisp rice cereal (any brand)



Melt the butter in a large heavy-bottomed pan. Stir it frequently as it goes through the foaming stage and then starts to brown.



When it has browned, pull the pan off the stove and add 14 cups of marshmallows.



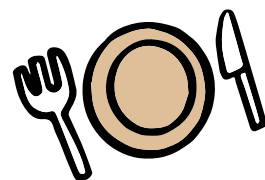
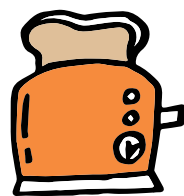
When it is all incorporated, stir in the last 2 cups of marshmallows.



Stir until the marshmallows are melted, then add the salt and cereal and mix again.



Stir several times into 2 8x8 pans or a large sheet pan.

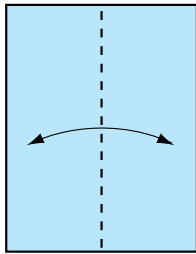
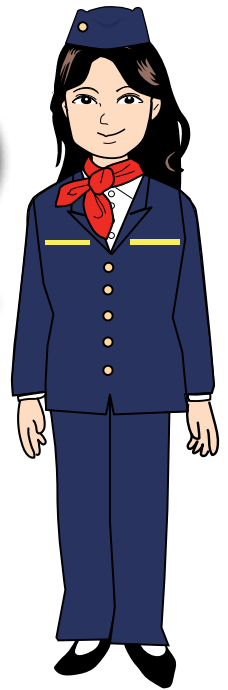


Fun with Origami

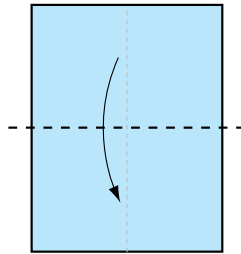


A boat that floats

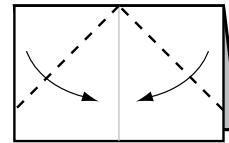
Origami is the Japanese art of folding paper into different objects. It's time for you to make a boat! And it will float! To make it last longer on water, use foil paper or grease-proof paper!



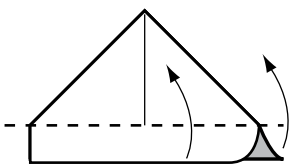
1. Start with a rectangular piece of paper, colored side up. Fold in half, then open.



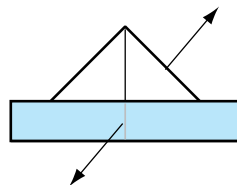
2. Fold in half downwards.



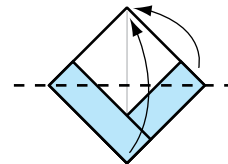
3. Bring corners in to center line.



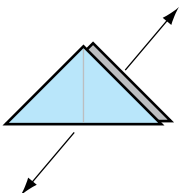
4. Fold uppermost layer upwards & do the same to the back. Crease well.



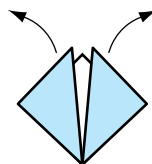
5. Pull the sides out and flatten.



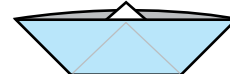
6. Fold front layer up to top, then do the same at the back.



7. Pull the sides apart and flatten.



8. Gently pull the top parts of the model outwards, making a boat shape.



9. Flatten well to crease all folds. Then open out slightly, forming a boat shape. Finished Boat.



More Origami to try



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

STAR LUNCHES

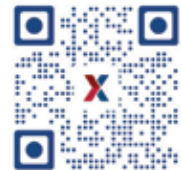
Choose from a variety of options.



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/>

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See an Associate for details and entry forms.

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

