STARS AND STRIPES
Community Publication

JAPAN

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A little city

Have you ever wondered, is it fun to live on a base? Well it's not really.

You have curfews and If you stay out later than the curfews you will most likely get kicked off the base.

That curfew is only for kids.

Curfew for kids is no later than 8:30. But the thing I love most about the military bases is the fact that you don't always have to worry about terrorists coming on base, because there are security forces guards the gate to get in.

I always love watching the planes fly above my house, I watch the planes from my window or on my trampoline. The base has a mini market called the shopette and the BX and the commissary.

These places are here so if you like don't know where anything is. The commissary is a grocery store. I always get to walk to the shopette with my friends and I can be trusted. The schools here on base are just like schools in the states.

So being a military child is not always fun but it's like a little city. Kids have curfews and there are consequence if you go past curfew. There are always cops circling the neighborhood to make sure there are no attackers.

So that's how it really is being a military child.

– Alyssa Varga,
5th grade,
Joan K. Mendel Elementary School

Celebrating Month of the Military Child

– Valerie Carrasco, 6th grade, Lester Middle School

Dear U.S. Marine Corps,

Hello old friend, it's been a while since we last spoke, but in two years time I will have to move on without you. You've been there for all 18 years of my life, and I just want to say... thank you! It was because of you that my mom and dad met, and I was born. It was because of you my mom and I met so many amazing people, and it was because of you that my family has grown so big over the years.

You are what made me who I am today: sweet, understanding, flexible, and socially awkward. You haven't always been the nicest to me, since I've had to leave friendships, family, and homes behind, but you never once left my side. You were always there. Even when I went through my terrible middle school phase.

You knew that I always liked hanging out with my mom's friends rather than other children, so you always gave her people who liked hanging with me too. I think you gave me issues with talking to people my own age, or people in general (besides my sisters) because you made me different, but I've gotten better over the years with your support. You are one of my best friends. We may not agree with some subjects, and I might have gotten mad at you in the past, but there will always be a place for you in my heart.

It's crazy how much time has flown by, I can't even believe it will be almost time to say goodbye. I don't know if I'll be ready to let you go, but I know this is a part of growing up. Will I be able to make friends without you? Will I be able to settle and be normal in two years? No, I don't think I will, it's not how you raised me. I may not be able to settle for a very long time, but I will always try to leave a little joy before I go to the next place.

I will not forget all of the fond memories we shared, and I'll even cherish the sad ones. I am grateful for you, you have helped me in becoming the person I want to be. Until we meet again my dear friend.

– Hope Martin,
12th grade, Kadena High School

KIDS, TELL US YOUR STORY!

Check out more military children stories at:
militarychild.stripes.com

Send your Month of the Military Child submission to MilitaryChild@stripes.com by April 15!

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Celebrating Month of the Military Child

YOKOSUKA MIDDLE SCHOOL

Editor's Note: Take a look at these short but sweet thoughts by Mr. Serpico's talented students!

Mr. Serpico ★ 6th Grade

Quatrain

The military ever generous Supplying the resources for success I'm certainly grateful for its service
I wouldn't trade it for anything less

– Raegan Cayce

HAIKU

The military

Enriches all of our lives

Glad I'm part of it

– Raegan Cayce

Life as a Military Child

Making new friends is so fun and a blast
Moving is cool but I'll miss my own past
I'll miss my friends and family too
I'll also miss the food, how about you?

I absolutely love going places We have to pack up so many cases When we move it is hard to say goodbye My mom says it will be fine, that's a lie!

– Emma McFadden

Military Child

Military child

Can be good, and also bad

Lots of excitement

Going 'round the world Seeing new people, places Oh, so much to see

– Thomas Rodgers Johnson

Check out more military children stories at: militarychild.stripes.com

HAIKU

Military times.

Moving and having fun.
What an awesome joy.

Meeting new people.

I'll have to make some new friends.
Very hard to do.

I get to explore.

Many new places to go.
But it's a challenge.

– Christian Smith

HAIKU

Being a student from the military is sometimes good and bad

Military kids having to travel places every now and then

– Noah Berhow

All of us are military children
Who cares about the color of your skin?
Or all the places you have ever been
Because trying new things is a win-win

I will admit moving isn't that fun
But a new experience has begun
I'll have to leave all my friends behind
I hope people in my new school are kind

I'm unpacking things into my new room
I feel like I'm about to meet my doom
I am nervous to make all these new friends
But I do not think the moving will end

Navy experiences, ups and downs
Wonderful experiences abound

– Julia Leonin

Country to country Flights to many new places What is it like here?

New food and new friends New things to experience Will it ever end?

Saying bye to friends
It's the hard part when moving
Never forgotten

– Julia Leonin

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Rib Roast Steak 200g ¥2,500 per person
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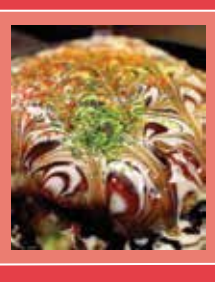
Set includes Rice, Avocado Dip w/Bread, Salad, Soft Drink and Dessert



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DEPENDENTS OF MILITARY PERSONNEL

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Celebrating Month of the Military Child!

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Tyeis Kemp

Kinnick High School Alumna and a LUJ Graduate

"Lakeland University Japan Campus (LUJ) is a school that provides an environment with students from all around the world, which was perfect for me after graduating from high school at an American military base. There are a variety of classes from which to choose from. These classes help guide me to seek my future major.

Being an LUJ student changed my perspective significantly. It certainly has shown me a diverse environment as the campus is located in the city of Tokyo and many opportunities are filled within this college. For example, there are temples and shrines to visit not too far from school. Also, the size of each class is quite small, which makes it easier to get individual help from the professors. There is nothing comparable with studying in a delightful locale in a beautiful country."

Quinn Borders

Lakeland University Japan Academic Program

My name is Quinn and growing up I lived mostly in America. I was thankful to not have to move very often because my dad was already close to serving 20 years in the military, at which point he retired. When I was 16 we moved to Australia, but I had always been really interested in going to Japan. It started with meeting our neighbors, whose father was also in the military. They had just moved back from Japan and I became really good friends with their son, a half Japanese-American. Eventually, I went to Japan by myself when I was 18 because I really wanted to learn the language. I started at a language school and then was having trouble finding a university that even knew what the GI Bill was. That was when I found Lakeland University and talked with the Dean and was interviewed by staff. Once I was accepted after the interview, the school was very quick with starting me on the GI Bill from my father's service. I really do appreciate my father giving the GI Bill to his two kids. If it weren't for him, I wouldn't be able to attend this great school.

Celebrating Month of the Military Child

Ikego Elementary School

2nd Grade • Ms. Muniz

Editor's Note: Ms. Muniz is extremely proud of her students and she should be. Great work, kids!

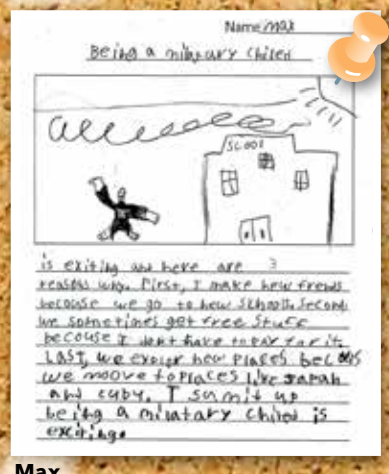
Brayden

Bailey

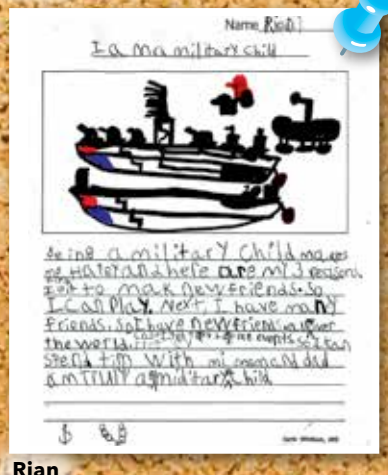
Joshua

Ty

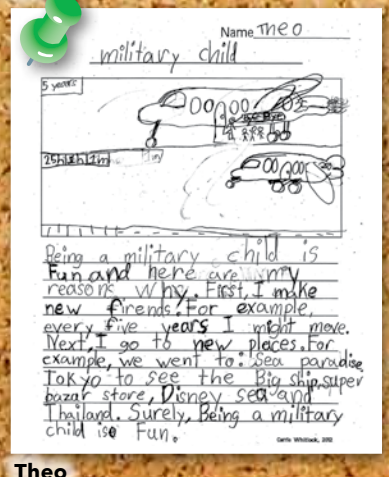
Ewan



Max

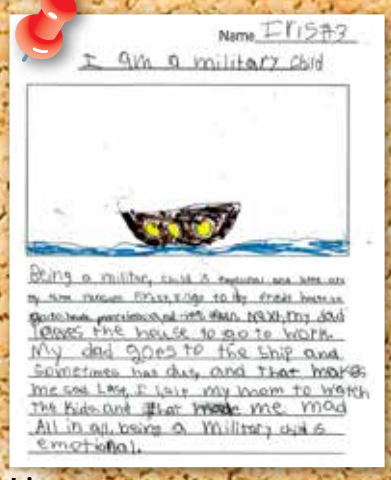


Rian



Theo

Tristan

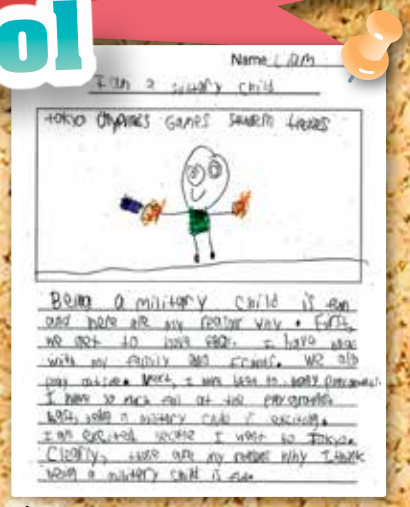


Iris

Lucas

Mae

Carolyn



Liam

Ivy

Roman

Sabrina

Elliana

Celebrating Month of the Military Child

Ikego Elementary School

2nd Grade • Mrs. Tovar

Editor's Note: Chrissy Tovar's youngsters are a hard-working group who are wonderful writers and artists.

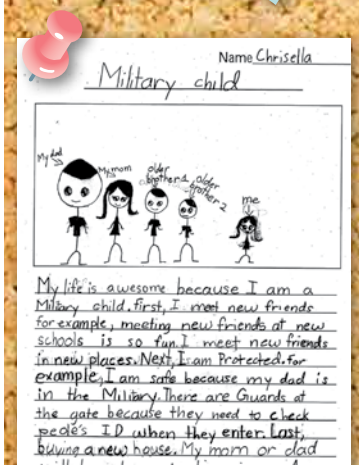
Sophia

Leila

Victoria

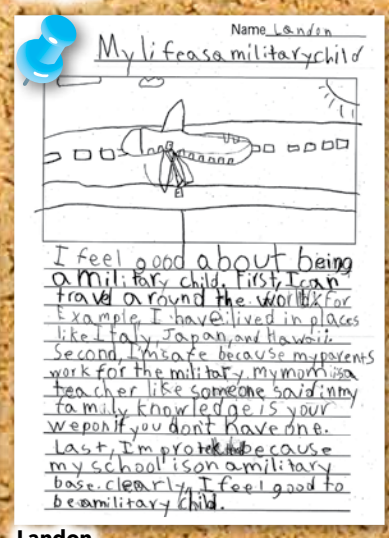
Dean

Grayson



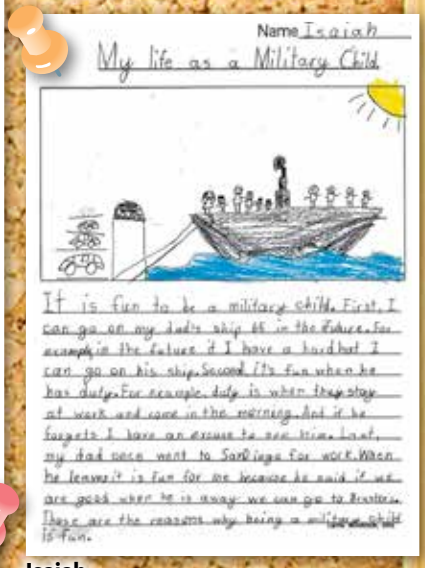
Chrisella

Julia



Landon

Hannah

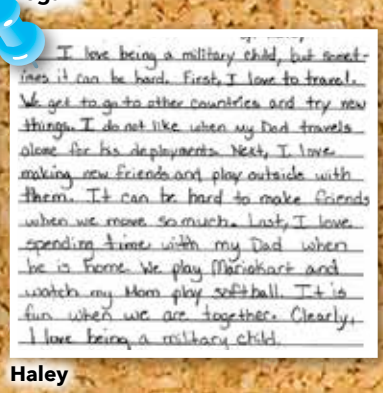


Isaiah

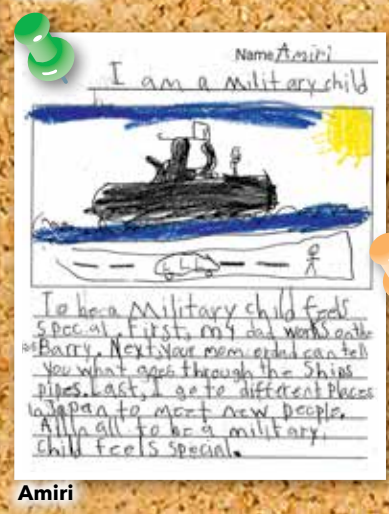
Alex

Kemia

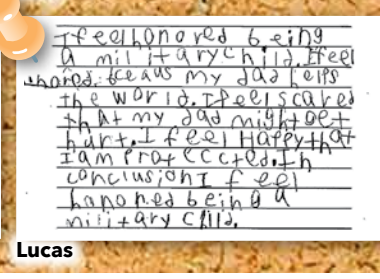
Sofiya



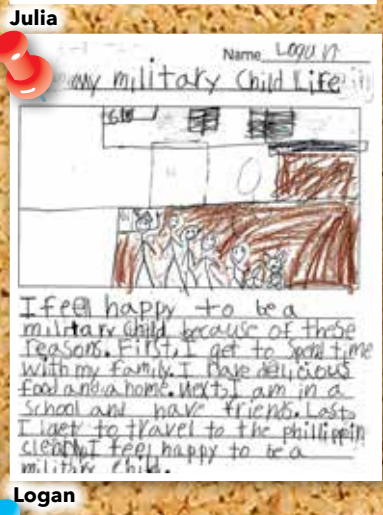
Haley



Amiri



Lucas



Logan

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CELEBRATING MONTH OF THE MILITARY CHILD

Yokota West Elementary School

2th Grade • Ms. Logue

Editor's Note: Take a look at the fabulous work from Kimberly Logue's hard-charging 2nd-graders. Keep up the great work, kids!

Month of the Military Child

Moving places	Clever
Internet	Hugs & kisses
Learn new things	I love my family
Innocent	Love my Dad
Travel	Dad is my hero
Always ready to learn	
Ready to move	
You do the right thing	

– Alex M.

Month of the Military Child

Mom	Colin
Isolation	Health
Love to travel	Important
Internet	Loved
Travel	Destroy ice forts
Apples	
Ready to play soccer	
YouTube	

– Colin F.

Month of the Military Child

I love living on Yokota Air Force Base because it is quiet. I like to hear the airplanes. I like to play at the park, it is nice and quiet. I like living here because it's safe.

Written by:
Travis C.
YWES/2nd grade

– Travis C.

Month of the Military Child

Many friends	Cherished
I love the military	Hugs
Loved	I respect others
Included	Lonely
Travel	Daddy
Air Force	
Respect	
You make new friends	

– Eleanor P.

Month of the Military Child

My Dad	Carefree
Internet	Have friends
Learn	I keep trying
Innocent	Listen
Traveling	Defense
A lots of fun	
Rescue	
You do something new	

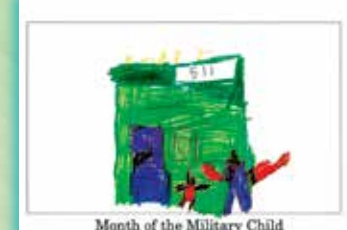
– John P.

Month of the Military Child

I am a military child. I like it because dad goes to the military and comes home with money. The park by my tower is really cool. I like the swings. My dad plays with me.

Written by:
Tatum N.
YWES/2nd grade

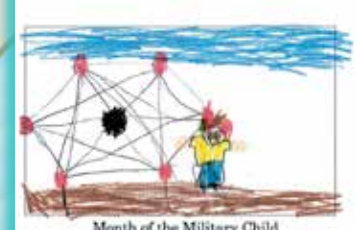
– Tatum N.



Month of the Military Child

My Dad	Connected
It's fun	Have fun
Learn new things	I love my family
I like the military	Live far away
Teachers	Daring
Area 51	
React fast	
You might like it	

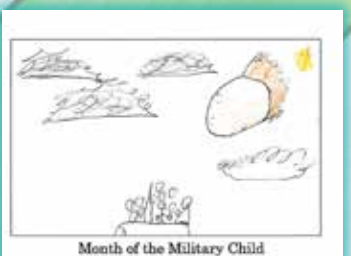
– Trevor M.



Month of the Military Child

Memories	Child
Internet	Hayden
Languages	Innocent
Isolation	Loved
Transportation	Dad
Apples	
Read	
Yummy food	

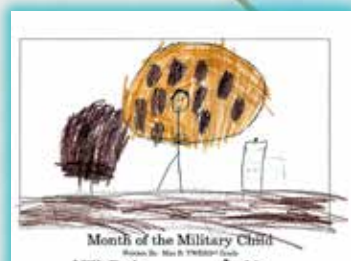
– Hayden B.



Month of the Military Child

My Dad	Cake
Isolation	Hug
Learning	Important
Internet	Learning
Travel	Destroy
Airplane rides	
Respectful	
You make new friends	

– Scott T.



Month of the Military Child

Milk Duds	Cookie
Ice cream	His greatness
Lanterns	Innocent
Innocent	Little ticklish
The world is nice	Daredevil
All people help	
Right people are sometimes wrong	
Yokota West	

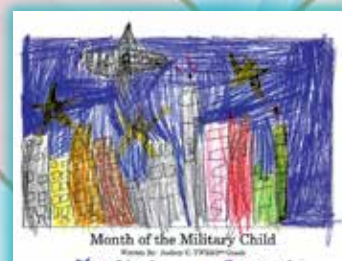
– Max B.

Month of the Military Child

I am a military child. My dad is in the military. Sometimes my dad lets me go to his shop. It is cool. He shoots guns. He works hard all day long.

Written by:
Parker R.
YWES/2nd grade

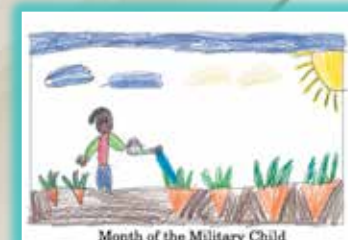
– Parker R.



Month of the Military Child

More friends	Connected
Incredible	Helping people
Loving people	I love my family
Innocent	Loved
Trustworthiness	Dad
Airplane rides	
Respectful	
You see new things	

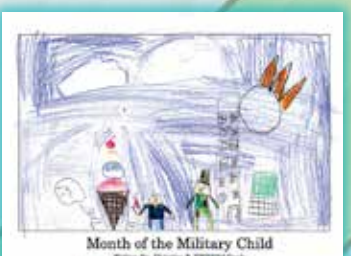
– Audrey C.



Month of the Military Child

Many schools	Cereal
Ice	Hug
Lucky	Icky
It is fun	Love
Tart	Dad
Air flight	
Right	
Yard	

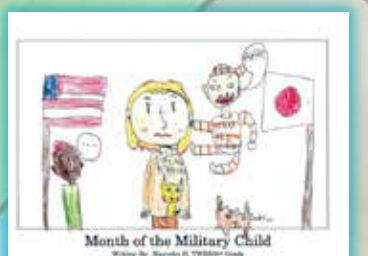
– Eva J.



Month of the Military Child

Memories	Crazy
Internet	Horizon
Learn new things	Innocent
I love the base	Love to laugh
Travel	Dad
Airplane rides	
Respect	
YouTube	

– Christian B.

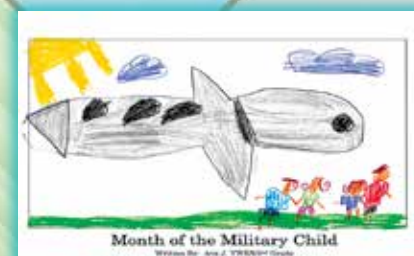


Month of the Military Child

Mad easily	Crazy
Introvert	Hyper
Loving	Ice cold
Insane	Lucky
Trustworthy	Dragon
Area 51	
Respectful	
Yells	

– Hayvehn H.

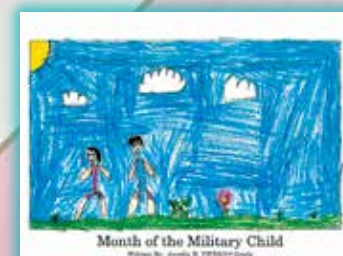
Send your Month of the Military Child submission to MilitaryChild@stripes.com by April 15!



Month of the Military Child

My Dad	Cute
Isolation	Hugs & kisses
Learn new things	I love my Dad
Innocent	Loved
Travel places	Dad
Airplane rides	
Ready to move	
You do well in school	

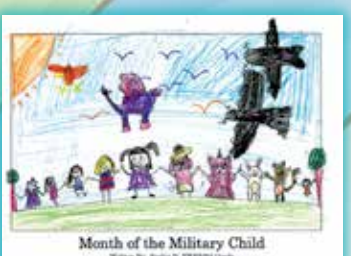
– Ava J.



Month of the Military Child

Memories	Cute
Isolation	Harmony
Like new foods	Inside
Innocent	Light
Travel	Dad
Airplane rides	
Respect	
Yokota West	

– Aurelia B.



Month of the Military Child

Mature	Clever
Innocent	Has friends
Lucky	I'm kind
I'm good at drawing	Loved
Too silly	Dudley
Amazing	
Remembers good times	
Yay for me	

– Sophie D.

Month of the Military Child

I like being a military child because I can do a lot more things by myself. I can go to the shoppette. I walk to my school, Yokota West with my sister. I can play with my friends in the neighborhood and I feel safe.

Written by:
Austin B.
YWES/2nd grade

– Austin B.

Month of the Military Child

I like being a military child because life is easy. You make new friends. Family live far away, this makes me sad. Being a military child is fun!

Written by:
Dylan I.
YWES/2nd grade

– Dylan I.

Month of the Military Child

I like Yokota Air Force Base. I like to slide with my friend, Chloe. The park is my favorite. I go to the Commissary and BX. We buy a lot of food.

Written by:
LJ P.
YWES/2nd grade

– LJ P.

Month of the Military Child

My Dad	Cake
Isolation	Hug
Loved	Important
Internet	Learning
Travel	Destroy
Awesome	
Ready to play soccer	
Yoyo	

– Nico T.

Editor's Note: Take a moment to look at the wonderful work of the students in Mr. Rioux's class. Super job, guys!

Celebrating Month of the Military Child

Shirley Lanham Elementary School

3rd Grade Mr. Rioux

Send your Month of the Military Child submission to MilitaryChild@stripes.com by April 15!

– Amanda

– Hanalei

– Eva

– Aeden

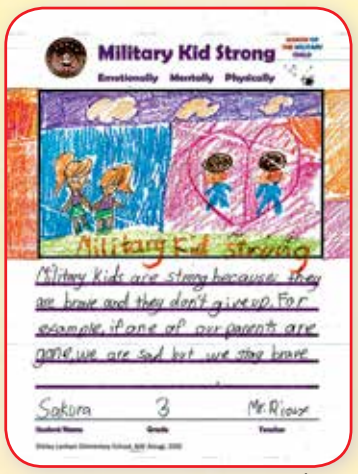
– Nataley

– Alexandra

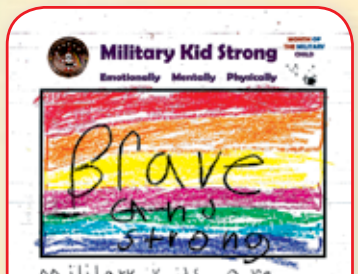
– William

– Joaquin

– Evan



– Sakura



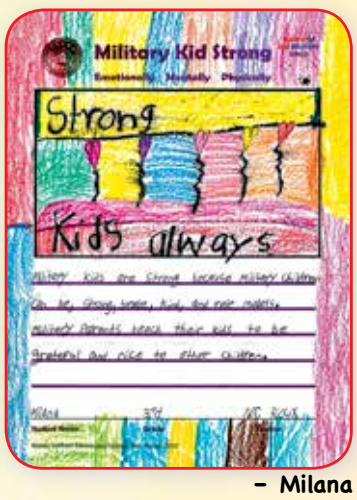
– Kamryn

– Naseem

– Rocco

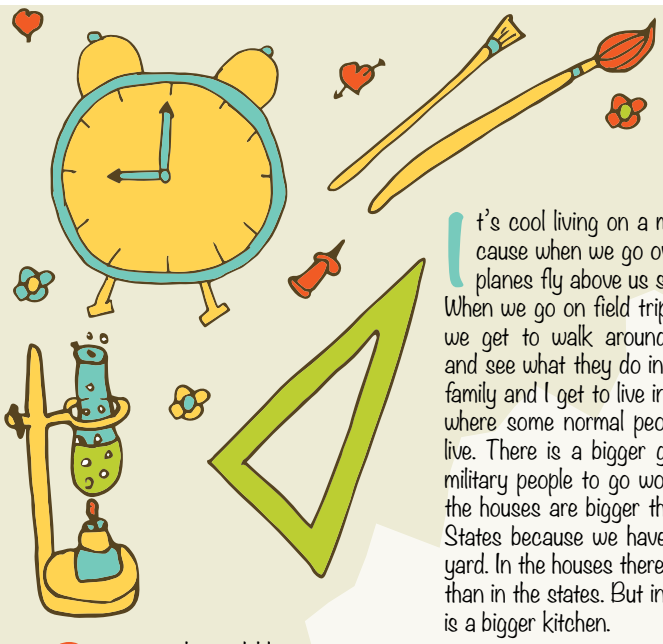
– Isaiah

– Tristan



– Milana

CELEBRATING MONTH



Joan K. Mendel Elementary School

5th Grade Ms. Lentz

Editor's Note: Ms. Lentz's students can really spin a good yarn, so sit down and give these a read.

Being a military child is so amazing. I have like 20 reasons why! Can I tell you some reasons? So how about I tell you 2 good reasons and 2 bad reasons. It's fun here because people (kids) are always outside.

It's really fun here because kids are always outside so there is always someone to play with. There are parks EVERYWHERE! So it's really fun to play at them and so are HUGE and some are SMALL. Almost everyone lives near a park. Our schools are the best. It releases early on Tuesdays. My teacher is nice. Our school has the biggest park on base.

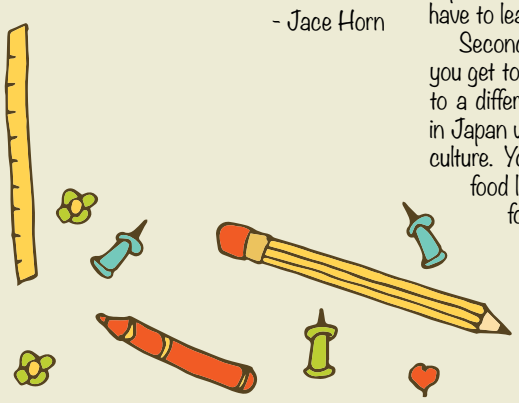
You're all ways moving and then you leave all your friends behind. It's exciting because you can move and you might go to a new country or a state you've never been to. I was in Idaho then I moved to Japan! Your school has nice teachers. You should be proud that you have parents that served our country.

I like that I'm in a military family.

– Dylon Koehler

Being a military child is sometimes hard, most of the time you travel a lot. That might sound nice, but having to leave friends too much is sometimes sad. Sometimes, right when you are starting to like it where you are, you go to another place. But you get to see so many cool things, like special events, bands, fireworks, and more! The places are nice too, there is a bowling alley, many nice food places, a pool, and more super fun stuff! You can go to many places normal people would not be able to go too often, like Japan. I am in Japan, because of that I can see any nice landmarks, all because I am a military child! The schools on military bases are nice too, there are many cool contests, and you learn a lot. I personally love school, I love all the contests, and I especially love to learn! You don't get to see war trenches or anything like that, but you can look at, and ride actual military planes. The planes are not your regular old plane, with seats, and flight attendants. They have things kind of like hammocks, on the sides as seats, it's not really comfortable, but it is still a great experience!

- Jace Horn



It's cool living on a military base, because when we go over the flight line planes fly above us so it's really cool. When we go on field trips with the class we get to walk around in an airplane and see what they do in the military. My family and I get to live in a garden house where some normal people don't get to live. There is a bigger gym on base for military people to go work out. Some of the houses are bigger than in the United States because we have a bigger backyard. In the houses there are more rooms than in the states. But in the states there is a bigger kitchen.

- Camryn James

Zoey Salazar

Hold Each Other's Hand
Stand Side by Side Together
Fighting Forever.

Welcome All from Far
New Town, New Friends, All is New
A Great Adventure

– Zoey Salazar

Zoey Salazar

So, have you ever wondered what it's like to be a Military child? Well if you have that's what I'll be talking about today. There are some good things about being a Military child and some bad things about being a Military child.

First, we were going to talk about the good things about being a military child. So, when you're a military child you get to move to different regions of the world, or you could just move to another state. For example you could be in Alabama and you can end up moving to a place like Okinawa, Japan. That would be a great experience. Sadly when you move you have to leave your friends.

Second, when you are a military child you get to do new things when you move to a different country. For example here in Japan we get to explore the Japanese culture. You can eat different types of food like in Japan you eat Japanese food. There are different types of clothes in different countries. You can also see different shrines here in Japan.

– Jake Alefosio

Military life is sometimes not that great and other times it's awesome. You get benefits like discounts and free things if your parents are in the military. One of the awesome things about being a military child is that you get to live on a military base. You always live near your friends so you can walk or ride a bike over to their house. One of the things that's not so great is the fact that you always are moving somewhere and never stay in the same spot. My family and I used to live in Hawaii until my dad came home one day and said "looks like we're going to Japan". A couple months' later movers are packing our stuff up. I was nervous because I loved Hawaii and I didn't want to leave, but we were leaving. When I came to Japan, I was confused at first because of all the signs in Japanese writing. Now I'm used to all the signs and the weird writing on them. Space-A is a military plane that you can ride for free and lay down and relax. The bad part is that the plane is really loud, noisy, and it's cold inside. But it was a great experience and really fun to ride in. This is my life as a military child and it's awesome for now!

- Alexander Snow

Go to new places
I'm a military brat,
And military child

– Braylen Martin

My life as a military child is easy but sometimes it gets hard. Well my dad is the one in the military. He is very strict. I thought that was just because he's in the military but it was not the reason actually I don't know the reason but I think it is the reason. My dad has been in the military all my life. When I was born me and my family moved to Vegas sometimes my dad misses important days but he made up for it. Since I was three I was always confused about why my dad joined the military but now I know he joined because he wants to protect his family and his country. I am glad of how far he has come and why he joined the military. My dad has come so far and I will support him for it.

– Leah McCree

Life as a military child is hard. It's hard because you're always moving and it's hard to move from friends and family. Most of my family is in Georgia, Atlanta so it is hard for me. Ok, story time!

I didn't really expect to be in Japan because when I got here, I was only seven so I was confused. On the way to the airport in Georgia I literally cried the whole ride. That's how sad I was.

Back then in 2017 I had an iPad but then when I got an upgrade (a phone) my iPad kind of disappeared. But then one day while little 7-year-old me was looking for a snack, standing on the counter I looked at the top of the fridge and there it was, my IPad! But I didn't feel like getting it so I just look at it from a distance.

In my opinion, I don't really like Japan. I mean I like the buildings, the base and how nice it looks and stuff but not all of it. The only reason I actually respect Japan is because of the history, my little sister was born here, and other things. I've come to like Japan as I stay longer, but I'm still eager to leave.

- Kaden Salcedo

My struggle in the Military is something I think about often. As a child in the Military the struggle is friends come and go. As I meet them we become good friends, then it ends. I miss them and enjoyed them, good friends are hard to find. No matter how hard I try, my friendships come to an end. I remember the times I'd laugh and play but they leave and our memories rot away.

I try my best to remember my friends, but then I feel like I want to cry, lay down, stay inside and be left alone. But while I stumble among my own struggle, I know I have to rise and try not to be left alone. I go and play with my friends I still have and have fun again. I remember the good times with my past friends and remind my new friends of how we should laugh and play and make a great time out of our lives.

We all have probably been told that there is no more bacon on a special day like when on the weekend and you get all sad because there's no more bacon so you have to wait until you go to the store again, that may be how you feel sometimes when a friend PCSs to a new place. You just got to move on because there are millions of people in the world.

- Nicolas Ortega

Being a Military child has its pros and cons. Sometimes we have to move when we do not want to. Sometimes we have a great opportunity to go somewhere new. For me it made life fun and interesting. When I was only three years old my dad went to boot camp to join the military. When my dad came home my mom and I were proud! Right now I am eleven years old and my dad has been in the military for eight years now. I have made a once in a lifetime best friend, if it weren't for my dad I would have not met my best friend. My parents always tell me how lucky I am to see the world and to discover my interest though a different point of view. Currently, I am in Japan, before I was in Germany and before that I was in Missouri. Germany has been my favorite so far all because my best friend and all the places I got to go. I think that being a military child gives you a great opportunity to explore your opinions in life.

– Kylie Cerezo

Have you ever wondered what it is like to be a military child? Well in this short essay you will learn about how I feel about being a military child. You will learn my ups and downs about being a military child.

So I like being a military child for the most part. I love to move and visit new places. I moved about 4 times. Every place I've gone to I've loved it. Japan is so far my favorite Air base because I love exploring new cultures. I lived in North Dakota before and that was cool because it was my first time seeing snow. I also get to meet new people everywhere I go.

The part I don't like about being a military child is leaving the friends I've made. Sometimes I feel lonely. I think it sucks to be the new kid. Sometimes I can be shy. When you are a military child when you have to move you just leave even if it is in the middle of the school year. I hate starting in the middle of the school year because everyone has already made friends. For me it is harder to make friends.

Like I said in the beginning, for the most part I like being a military child. But sometimes it really sucks. So now I hope I have answered your question. I love to move but, I just don't like to leave.

- Serenity Johnson

Military life is nice there many store parks families and houses. There is also a tennis court, a gym and a pool. That's what is at our base, I don't know much about the other bases. At Yokota air base there are 2 elementary schools, 1 middle school, and 1 high school. Anyways I wrote a poem I hope you enjoy it.

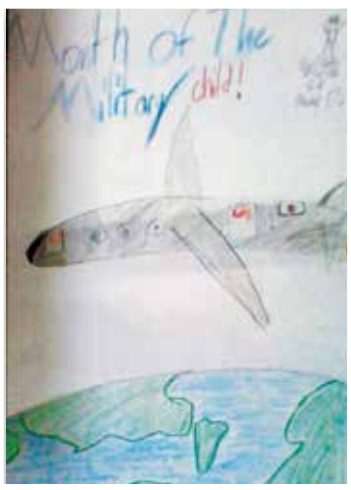
Roses are red
Violets are blue
The military is nice
Just like you.

- Aiden Stedelin

We're Military
We like the color purple
We're the best on Earth

- Satoshi Nakasone Segovia

OF THE MILITARY CHILD



Kaden Salcedo

In Remembrance of,
Brave Hearts that gave so much for,
Our precious freedom.

- Jaiden Flores

Hello, I'm Edmund and I'm a military child. It feels nice to be a military child. As a military child, they have events and get items for you. You also get free stuff from military people and sometimes your mom or dad has to go somewhere. Then you will miss them. But you get invited to parties, like Christmas parties, and Halloween parties. A military child's life is the same but parents go somewhere to work. But, we learn new things as a military child. Military children face many difficulties while moving. Like me, I have moved three times. When your parents go away, they call it deployed, and they are gone past your birthday, probably Christmas, might be next year. I was at a school in California and they had a class where you do fun stuff when your parents are deployed. They try to cheer you up, that's why you do fun stuff. When we got to Japan, a couple of days later, my dad got deployed to Hawaii and it was for a long time. Your loved ones might be gone for week's months or probably years being a military child is awesome and sad because you do fun stuff but your parents go away. And that's the worst part if you were or you are a military child would you say you like being a military child or you don't like it. Well this is how it feels to be a military child hope you like being a military child cause I do because there fun stuff and your parents come back that's a good part about a military child.

- Edmund Bush

Being a military child is good because I get to move around on the planes, but then it's bad because you have to move and leave your best friends and family and miss your favorite restaurants that you like. When you move to the air base there's going to be planes everywhere they are really loud and very big at the same time. Let's talk about the houses here. The houses are pretty neat because they are big and some have balconies and some don't, some have only a downstairs and upstairs. Now let's get on to the buildings, all the buildings are all the same color which is kind of odd the houses are all the same color everything is the same color. The flight lines are very big. You are going to go all the way around the flight line then you go by the schools then you see the big Bx.

– Maya Flores

Well, I feel like it's different when you live off base than when you live on base. When you live off base and go to school off base, well for me, it almost feels like you're not a military kid. The school wasn't the best, and it wasn't safe to go outside without parental supervision. But living on base, I feel more like a military child. The school is really good, you can always feel safe, and most children can go outside without supervision because it's a lot safer! So positives on having a parent/garden in the military are these three things (for me) ; If you live on base you're in a safe area, if you end up moving a lot you get to explore more of the world, and you're parent/garden gets a discount on a lot of stuff which means you can get fast food more often! Sadly there's also some bad things about being a military child. If you've lived somewhere for a while you are usually attached to it, and moving can be hard. For me I had to adjust to the fact that I wouldn't be spending my holidays with my family or hanging out with the same friends. It can be really hard to adjust to school and a new environment, by trying to make new friends and getting used to the way and what the school teaches you. It can be really hard sometimes, but I think being a military child is still really cool! So, there's some pros and some cons of being a child where you're parent/guardian work in the military, but I like to think of the good parts. So, that's military life for me!

– Brianna Edelen

Do you know what it is like being in a military family? Well, I do because I am in a military family. My dad is in the Airforce. Being in a military family, it can be a good thing and a bad thing. It is all about how you look at the experience.

When in a military family, sometimes you have to pick up and move a lot. I hate the packing part. And depending on where the military sends you, you might have to get rid of something. When we found out we were moving to Japan, my mom made me and my brother get rid of a lot of our toys. But a good thing is we got some cool Japanese toys when we got here. Another bad thing is that you have to leave all your friends, but the good thing is you can make new friends. Since moving to Japan I have made Japanese friends, and they're very polite and nice.

Being in a military family is good, because you can have new experiences. You can do things that you haven't done before in a different place. Like me, I tried squid before. It was very delicious, but chewy. Also, my experience in a Japanese car was very odd. The car's steering wheel is on the right side and not the left side. In the states the car steering wheel is on the left side. Also, driving in the states you drive on the right side of the road, and here in Japan it's the left side of the road they drive on. Here in Japan you can see lots of anime, that's one of the things that Japan is known for.

Since my dad has been in the military, we have lived in Georgia, Montana, and Maryland and now we are here in Japan. Another good thing is you can learn new languages. You can learn new cultures, and travel to different places that you are in. I have been to Chinatown and Tokyo.

- Antonio Webster

Have you ever wondered, is it fun to live on a base? Well it's not really. You have curfews and

If you stay out later than the curfews you will most likely get kicked off the base. That curfew is only for kids. Curfew for kids is no later than 8:30. But the thing I love most about the military bases is the fact that you don't always have to worry about terrorists coming on base, because there are security forces guards the gate to get in.

I always love watching the planes fly above my house, I watch the planes from my window or on my trampoline. The base has a mini market called the shopette and the BX and the commissary. These places are here so if you like don't know where anything is. The commissary is a grocery store. I always get to walk to the shopette with my friends and I can be trusted. The schools here on base are just like schools in the states.

So being a military child is not always fun but it's like a little city. Kids have curfews and there are consequences if you go past curfew. There are always cops circling the neighborhood to make sure there are no attackers. So that's how it really is being a military child.

– Alyssa Varga

I am a military child. Are you a military child? There's some cool things about being a military child.

My first reason is because sometimes on the base the military will set up fun events for the military children. My second reason is the military provides a lot for the kids on base.

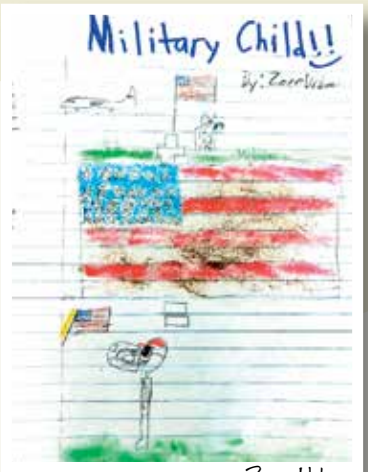
Another cool fun thing about being a military child is when your mom or dad gets stationed somewhere, depending where it is, most of the time it is a cool place. It's like you get to travel.

When I first moved to Japan I was so excited because I knew I could go to Tokyo and visit some cool places. The only thing I didn't like about moving to Japan was leaving my family and friends back at home. It was kind of hard moving from Arizona to Japan but I like it here.

Also another reason why I like being a military child is because it's easy to make friends, second when you make friends, their houses are so close to one another, you can go to their house like almost whenever. That is why it's so cool being a military child.

- Alexiss Nunez

ABC



Zoee Urban

The month of a military child is April. We celebrate it because it is not easy. You make friends there then, BOOM! You're moving. But also your mom, dad or both go on deployment and you are without them. And to make matters worse, some of us (including me) have divorced parents on top of being a military child. You can celebrate by wearing your sisters purple shirt that you are not supposed to wear, dying your hair purple with your girlfriend's hair dye that you did not notice was permanent, or doing your nails purple with your mother's nail polish that you are not supposed to use or even use some of your friend's socks or shoes that you do not know how to tell them that you took to get bonus points to get those Fs up before your parents find out about.

- Zoee Urban

For me being a military child has so many good things about it. I used to live in a little town in Arizona. And one day my mom came home from work and said I want to be in the Air Force. She passed all of her tests and got in then me and my family found out we were moving to Japan. We were not expecting to move out of the country. I was really nervous but excited. When I moved I had to say goodbye to all of my friends. I have made so many good friends here. My school is also amazing here. So are the teachers.

I will say being a military child has a lot of curveballs. Because I just found out I am moving to Germany. Those types of things that happen as being a military child are the things that make the experience the best. Being a military child is a lot different from being a civilian child. But I think it is a thing to be proud of.

- Lacy Gaspardo

My life as a military child
It is great and fun,
Life is very wild, when you're a military child,
But you have to get stuff done,
Before you have more fun,
Then you have the time of your life.
Except you have to hear loud planes,
But it's still nice,
The life of a military child.

– Antonio Beaudoin

Hmmm... What to say about being a military child. I think that being a military child has its ups, and its downs. Some things are fun and happy, but at the same time there are some things that make me sad and it makes life a lot harder for us.

There is one main cool thing about being a military child is that you get to travel, and to go and see the world and all the crazy places it has to offer. And there is another good part that makes me feel that we are helping and supporting America .I feel like this because we're fighting for our country and protecting so many people. So those are the good parts that I like about being a military child.

There also are some parts that I really dislike like when you move and you have to go to a new school and need to make new friends. I don't like to go to different schools because it's so hard to get used to the way they teach and the way they do things. And I am bad at talking to people and making new friends. So it makes moving a lot harder and you'd wished you never even moved in the first place.

So, in the end I think it's not too bad being a military child. I mean it has its ups like that you get to travel and it makes me feel that we are helping and supporting America. But there are a few downs as well like when you move and you have to go to a new school and also need to make new friends. So, that was my opinion on being a military child.

- Azzana Bottani

Military Child
Purple is the color here
We are the best yet!

- Ethan Eiya Romney

Celebrating Month of the Military Child

SULLIVANS ELEMENTARY SCHOOL

1st Grade • Ms. Stevens

Editor's Note: Mrs. Stevens' youngsters really did a super job on this project. Keep working hard, kids!

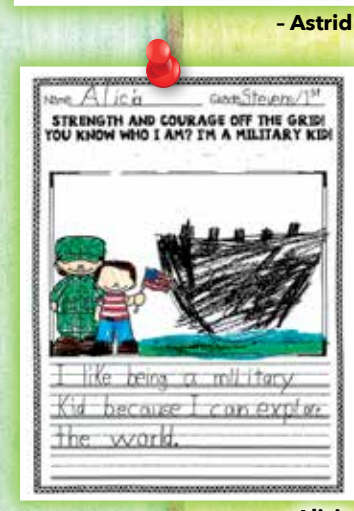
- Ewan

- Jayme

- Lily

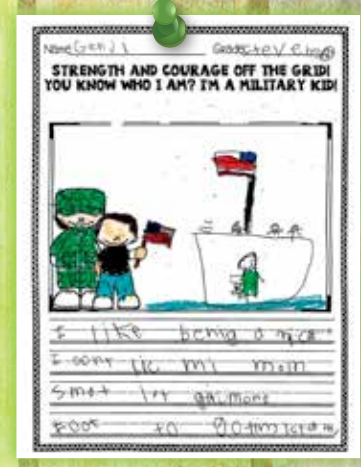
- Arabella

- Astrid



- Alicia

- Aidan



- Genji

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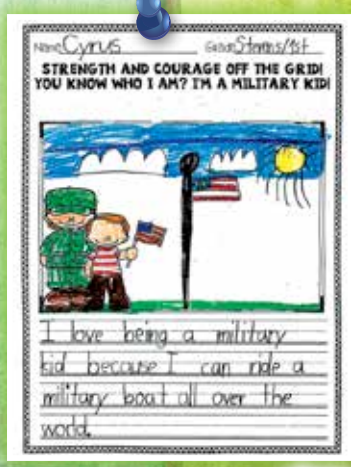
Send your Month of the Military Child submission to **MilitaryChild@stripes.com** by April 15!

- Nathan

- Leahanna



- Cyrus

- Mason

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Ashton Andrews and her son, Thomas, pose for a photo as her husband, Lt. Cmdr. Ryan Andrews, waves from the USS Antietam.

No kisses, no hugs

With shore leave canceled, homecoming different for Yokosuka sailors, families

STORY AND PHOTO BY
CAITLIN DOORNBOS,
STARS AND STRIPES
Published: March 26, 2020

YOKOSUKA NAVAL BASE — Daisy Morales was heartbroken Mar. 26 when her husband, Ensign Matthew Morales, finally arrived back in port aboard the guided-missile cruiser USS Antietam after weeks at sea.

Morales, like other Navy spouses, discovered there would be no welcoming kisses. No hugs. No holding hands or hoisting children and babies.

The U.S. military at home and abroad over the past two days has heightened restrictions on the movements of service members and their families, access to bases and warships and other measures, to curb the spread of coronavirus, now a global pandemic.

Nonetheless, Morales and other spouses came to the pier to sneak a peek at their loved ones aboard the Antietam. Sailors came out to the bow to wave to their families and talk to them via cellphone.

"The whole virus thing is hard enough without family out here," Morales said.

Restricting sailors to their vessels puts a "bubble" around incoming ships to halt the virus' spread, base commander Capt. Rich Jarrett said during a virtual town hall on the official base Facebook page. It was unclear whether other ships at Yokosuka were given similar orders.

Morales said she had stocked up on snacks and groceries at the base commissary the night before in anticipation of her husband's arrival.

"I have enough food for the whole ship," she said, smiling through tears after waving goodbye to her husband from afar.

Looking for a silver lining, she and other members of the ship's family readiness group took shopping lists from sailors on board who were looking forward to visiting the Navy Exchange after weeks at sea.

Throughout the afternoon, families dropped off grocery bags and packages for the sailors in a large container at the gate where the ship is berthed. The words "ANTIETAM DROP BOX" were handwritten in large letters on the side.

"Everyone is sending lists. A lot don't have spouses who can go to the NEX (for them)," said Ashton Andrews, whose husband, Lt. Cmdr. Ryan Andrews, is an operations officer aboard the Antietam.

Andrews said that though she was disappointed her husband could not come home, the Antietam's "family readiness group and the community are so supportive."

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You weren't going anywhere anyway

Air Force suspends Space-A travel for many eligible flyers

STORY AND PHOTO BY
JOSEPH DITZLER,
STARS AND STRIPES
Published: March 24, 2020

YOKOTA AIR BASE — The Air Force has curtailed space-available travel, the type of low-cost air travel available to service members, their families, civilian employees and retirees, to limit the spread of coronavirus, Air Mobility Command announced Mar. 22.

The suspension remains in effect through May 11. Space-A travel is still available to certain categories of travelers, including service members and their families on emergency leave and wounded warriors, according to the announcement.

"Our focus remains on force health protection, and this temporary suspension of Space-A travel represents a sensible course of action to increase force health protection measures, while simultaneously decreasing risk to mission from COVID-19," said Ellen Lord, undersecretary of defense for acquisition and sustainment, in a statement.

Space-available allows eligible travel aboard military and contractor cargo and passenger aircraft at low or no cost. Space-A is never guaranteed.

For those still eligible for Space-A, the Air Mobility Command has suspended pillow and blanket service, along with providing hot towels. Passengers are recommended to bring those items. In addition, passengers may be subject to medical screening.

A detailed list of eligible traveler status and circumstances is available at the Air Mobility Command website.

Travel restrictions and advisories from separate wings of the U.S. government leave service members, their families, Defense Department civilians and Americans in general with shrinking travel options. Travel curbs are meant to curtail the coronavirus pandemic, which, as of Mar. 23, had sickened more than 330,000 and killed 14,510 worldwide, according to the World Health Organization.

EXCLUSIVE NEWS FROM:
STARS AND STRIPES
www.stripes.com

The Defense Department has curtailed all but essential travel, with some exceptions, for service members and DOD civilian employees, putting permanent changes of station and travel for temporary duty on hold until May 11.

A Patriot Express flyer retrieves his luggage inside the passenger terminal. Photo by Gabrielle Spalding, U.S. Air Force

For all military, DOD civilians and their families, the Defense Department has also banned travel to, from or through areas under a level 3 travel advisory by the Centers for Disease Control and Prevention. That designation on Mar. 24 included areas where the U.S. has some of its largest concentrations of overseas troops: South Korea, Japan, Great Britain, Turkey and the continent of Europe in general.

Mar. 26, the U.S. State Department threw out a blanket "do not travel" advisory, cautioning Americans to avoid international travel altogether or if already abroad to return home immediately.

Japan imposed travel restrictions starting Mar. 26 on anyone arriving from the United States. Those travelers must self-isolate for two weeks upon arrival to avoid the spread of coronavirus.

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Twitter: @JosephDitzler

Mental Notes with Hilary Valdez

Finding your place in intercultural marriage

BY HILARY VALDEZ,
STRIPES JAPAN

"When I saw you, I fell in love, and you smiled because you knew."

- Arrigo Boito

Well, I fell in love a few times. Both to Japanese women. The initial "honeymoon phase" was fun, easy, loving and light. The Yin and Yang was perfectly balanced and harmony prevailed. We had a perfect marriage learning to enjoy and joke about our differences. It took about a year before I started to understand what I got myself into. My wife's sweetness and honey were fermenting into a new mixture of social nitroglycerin. I had to ask myself repeatedly, "Did I make the right choice?" and "What had I agreed to…until death do us part, in sickness and in health?"

From there, the "disillusionment stage" set in. At the time, my Japanese fluency was at the level of a three-year-old, so English became the dominant language in the marriage. Soon, my warrior mate was getting tired of speaking her second language all day and it was wearing her out. She had her own style of communication which clashed with my New York sense of humor; bridging the gap in cultural differences was a tug-of-war. Adding to my stress, my beautiful wife did not want to live in the States or move to Europe. I resigned myself to the fact that Japan would be my home. And seeing mom, dad, sisters, cousins, and friends, would be infrequent. Being separated from my family led to emotional and psychological blues, feeling sad, disillusioned, and argumentative, especially at Christmas time.

In the "working stage," my former combat-training from the Marines was put to the test when visiting my non-bilingual in-laws. But I had a commitment to the relationship and possessed a sense of humor, while remaining tolerant with the communication strains, cultural differences, and expectations to assimilate. I politely smiled when asked "Can you eat natto?" and "Can you use chopsticks?" Having an interest in my new family's thoughts and feelings and seeking their acceptance, I would nod with a garbled "Hai." This would inevitably lead to a pouring in of compliments on my good Japanese speaking skill as I sheepishly bowed and reply with "Domo."

The "misery stage" arrived one day as I looked down at my 48-inch-tall son and he silently stared up at me, both of us realizing we were not communicating. My son and daughters were growing distant from their foreign father. Their dominant language was becoming Japanese. The children were becoming Japanese, taking on a Japanese identity, and barely speaking English. A change had to be made. I wanted them to be bilingual. Then, what school will they attend? How much will it cost? This international marriage required not only love, but a vision of the future together, in the same direction. Once the kids were born, it was a different world with difficult life-planning decisions.

The "enlightenment stage." I remembered the lessons from my Command Sponsored Resiliency Training --- Hunt the Good Stuff: I was hunting. Child rearing, food, religion, etiquette, house chores, partner roles, and cultural customs— they were all difficult hurdles. Living up to the ideals and values of another culture was taxing. I struggled with my personal beliefs, and the cultural expectations demanded of me. But I was obliged to conform to my new roles in the culture. This is where respect for my partner's cultural boundaries came into play. I focused on companionship, support, friendship and meeting my partners needs her way.

Marriage is a busy place. Both people are busy trying to realize their dreams. But busy people also need love. Love requires action. Love has to be made visible and tangible, simple acts such as doing the dishes, taking out the garbage, a hug, a smile. Simple acts of kindness do wonders. If the family is unhappy, you will be unhappy. Finding a suitable mate is one of life's hardest tasks. Go slow. Take your time. Ask yourself: is it lust or love?

Instant Insight: Happiness is a choice we make. It can be as simple as deciding to remain positive despite mounting pressures. A positive attitude leads to positive behaviors.

Hilary Valdez is a retiree living in Japan. He is an experienced Mental Health professional and Resiliency Trainer. Valdez is a former Marine and has worked with the military most of his career and most recently worked at Camp Zama as a Master Resiliency Trainer. Valdez now has a private practice and publishes books on social and psychological issues. His books are available on Amazon and for Kindle. Learn more about Valdez and contact him at www.hilaryvaldez.com or at InstantInsights@hotmail.com

TATAMI 101

What's the deal with those Japanese floor mats?

"Igusa," a natural material used for Tatami.

Tatami neatly placed in a room.

Ryukyu Style tatami. Photos courtesy of Deep Japan

BY MASA,
DEEP JAPAN

Tatami is a very traditional floor mat - both symbolic and indispensable - for a Japanese style room called "wa-shitsu." It is also considered an official cultural item used in such Japanese architecture as temples and tea rooms.

When looking for an apartment in Japan, a real estate consultant might offer you a 2LDK apartment – one with two bed rooms, a living/dining room and kitchen. In most cases in Japan, either of the two rooms is likely to be a wa-shitsu room, complete with a tatami.

DeepJapan.org

A tatami floor mat is generally made of, and plaited with, igusa, or a soft rush plant. The most noticeable feature about this green floor mat, which is easily to tell, is the smell. Igusa has a very particular odor it gives out, especially when fresh and newly installed in a room. I'd say the smell reminds me of a grassy, greenish, or even herbal scent, which I like a lot. Some people, even Japanese, might not be comfortable with the odor, but I'd recommend giving it a try.

A sheet of tatami floor is rectangle shaped, with a 2-to-1 size ratio. What is interesting about the mat, is the size difference depending on the region it comes from. Mats in the Western part of Japan, are called "Kyo-ma" - or Kyoto size. The Kyo-ma tatami mats are slightly bigger than the ones from the East ("Kanto-ma" or Kanto size.) This is because the traditional Japanese measurement unit for length is different between the East and West.

There is another tatami floor mat available, which is actually square shaped, and is relatively smaller in size with shorter plait pitches. This "Ryukyu-tatami", or the Okinawa-style tatami, is getting popular among young people willing to bring some Japanese tastes into their studio-type rooms.

One of a few rules you should follow regarding a tatami mats, which I reckon even most Japanese do not know very well, is stepping on the edge of the mat. The edge is a special fabric attached along the longer side, and it is considered wrong to step on it. If you have a chance to go in a temple and walk on a tatami, or if you are invited to a tea serving ceremony performed in a wa-shitsu, you should observe how the Japanese behave, and how many of them will actually follow this rule. The result could be somewhat interesting!

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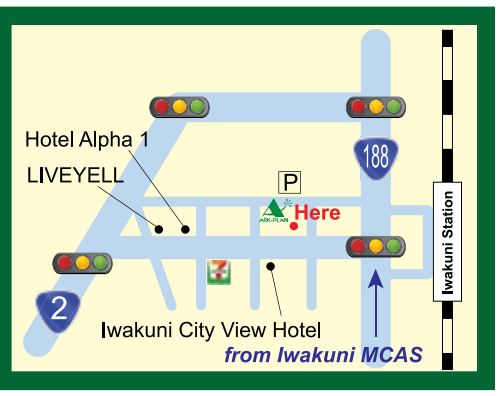

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Speakin' Japanese

Just ask

To ask for, wish or encourage something in Japanese, the following phrases will help you.

1. Atatakai nomimono wo kudasai.
(Give me something warm to drink, please.)
Pronounced: At-attack-eye gnome-me-moan-oh woe coup-duh-sigh
"wo kudasai" = "give me ... , please." You can use this expression in other phrases, too, such as:

- Atsukan wo kudasai.
(Give me hot sake, please.)
Pronounced: At-sue-can woe coup-duh-sigh

- Sashimi wo kudasai.
(Give me raw fish, please.)
Pronounced: Sash-eem-me woe coup-duh-sigh

- Cohee wo kudasai.
(Give me coffee, please.)
Pronounced: Coe-he woe coup-duh-sigh

- Oyasumi wo kudasai.
(Give me a day off, please.)
Pronounced: oh-yeah-sue-me woe coup-duh-sigh

2. Atatakai tokoro ni iki-tai desu.
(I want to go somewhere warm.)
Pronounced: At-attack-eye toe-coe-row knee icky-thai deh-sue
"-tai desu" = "I want to ..."

- Onsen ni hairi-tai desu.
(I want to bathe in a hot spring.)
Pronounced: On-zen knee hairy-thai deh-sue

- Ramen ga tabe-tai desu.
(I want to eat ramen.)
Pronounced: Rah-men gah tab-eh-thai deh-sue

- Ski ga shi-tai desu.
(I want to ski.)
Pronounced: Ski gah she-thai deh-sue

- Eiga ga mi-tai desu.
(I want to see a movie.)
Pronounced: Ey-gah gah me-thai deh-sue

- Byouin ni iki-tai desu.
(I want to go to a hospital.)
Pronounced: Be-yo-in knee icky-thai deh-sue

3. Oshiruko wa ikaga desuka?
(How would you like some sweet bean soup?)
Pronounced: Oh-she-roux-coe wah ee-kag-ah deh-sue
"wa ikaga desuka?" = "How would you like ... ?" (In addition to offering or recommending something, you can also use this phrase to inquire about someone.)

- Cohee wa ikaga desuka?
(How would you like a coffee?)
Pronounced: Coe-hee wah ee-kah-gah deh-sue-kah.

- Okawari wa ikaga desuka?
(How would you like a refill?)
Pronounced: Oh-caw-war-ee wah ee-kah-gah deh-sue-kah

- Gokazoku wa ikaga desuka?
(How is your family?)
Pronounced: Go-Kah-so-coup wah ee-kah-gah deh-sue-kah

- Gakko wa ikaga desuka?
(How are you doing at school?)
Pronounced: Gah-coe wah ee-kah-gah deh-sue-kah

- Oshigoto wa ikaga desuka?
(How is work going?)
Pronounced: Oh-she-go-to wah ee-kah-gah deh-sue-kah

–Takahiro Takiguchi, Stripes Japan

Pronunciation key: "A" is short (like "ah"); "E" is short (like "get"); "I" is short (like "it"); "O" is long (like "old"); "U" is long (like "tube"); and "AI" is a long "I" (like "hike"). Most words are pronounced with equal emphasis on each syllable, but "OU" is a long "O" with emphasis on that syllable.

Stripes Sports Trivia

The last 5 NFL teams to lose one game or less in the regular season have all failed to win the Super Bowl. Most notably, of course, is the 2007 Patriots - the 2nd team to ever finish the regular season undefeated. Can you name the most recent team to finish with one loss that failed to win the Big Game?

Answer Carolina Panthers (2015)

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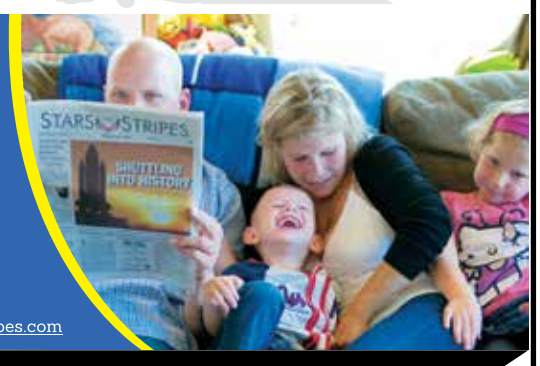

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DID YOU KNOW?

Higan is a seven-day Buddhist memorial service held three days before, after and on the spring and autumn equinox (Mar. 20 and Sep. 22) to honor loved ones who have died. Many mainland Japanese visit family tombs to offer prayers for deceased friends and family during the period. On Okinawa, families traditionally gather at their ancestral tombs for the Shiimii Festival, which occurs every year during the third lunar month in early April.

Kanji of the week

食

taberu/shoku (Eat)

Language Lesson

Hang in there!

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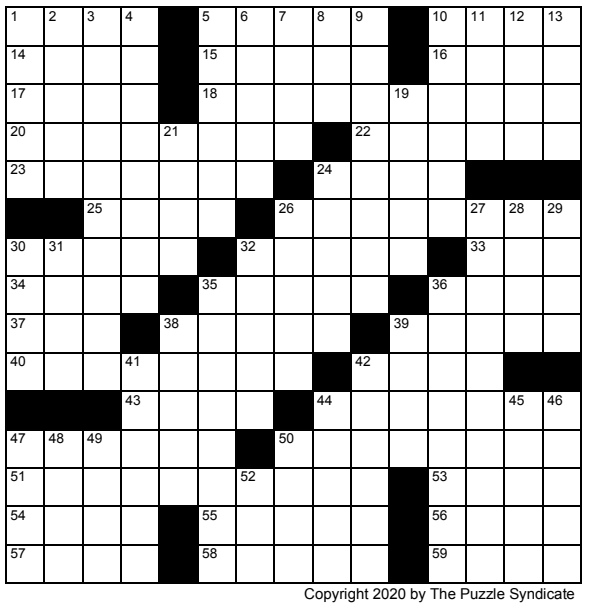
The Weekly Crossword

by Margie E. Burke



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ACROSS

1 Reading aid
5 Crosswise, on deck
10 "Now hear ___!"
14 Song for a diva
15 Pigeon's perch
16 Utterly detest
17 Small brook
18 Book you can't put down
20 Speed
22 Mind-boggler
23 High cost of leaving?
24 Slinky's shape
25 Margarita fruit
26 Grocery store haul
30 Stephen King's home
32 Netflix offering
33 Sib for sis
34 Not tricked by
35 Bartender's mixer
36 Urban eyesore
37 Till bill
38 Soupy "Oliver Twist" fare
39 Slug's trail
40 Third in rank
42 Horsewhip
43 Picnic hamperer
44 Boastful display
47 Part of AWOL
50 Like many a rescue
51 Place for early 20th century TB patients
53 Tethered toy
54 Fox or turkey follower
55 Flaxlike fiber
56 Minute amount
57 "Dear" advice-giver
58 Pass, as time
59 Soon, to a bard

DOWN

1 Newly-hatched insect
2 Animated mermaid
3 Tiny metric volume
4 Trigger was one
5 Skiing specialty
6 Birth surname of Warren and Shirley
7 On pins and needles
8 Bio bit
9 Rapid, as a rise to fame
10 Word before ride or seeker
11 Send to the gallows
12 News tidbit
13 Hospital fluids
19 Band together
21 Command to Fido
24 Object pettily
26 Brooklyn's _____ Island
27 Responsibility
28 Type of lily
29 Rotunda feature
30 Like some points
31 Green Gables girl
32 Lament a loss
35 Turncoats
36 Neighbor of Poland
38 California slugger
39 Close with a bang
41 Versailles agreement
42 Like Roger Rabbit
44 UCLA player
45 Likewise
46 "Caribbean Queen" singer
47 Dog in "The Thin Man"
48 Fishhook feature
49 Uppity one
50 A ___ a dozen
52 50 Cent piece?

Answers to Last Week's Crossword:

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

SUDOKU

Edited by Margie E. Burke

Difficulty: Easy

			6		7		2	
	5		8			3	1	
				1		5	4	
5		2		8		6		
8				4				2
4			3			8		
			5	7			6	
7		3						5

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HOW TO SOLVE:

Each row must contain the numbers 1 to 9; each column must contain the numbers 1 to 9; and each set of 3 by 3 boxes must contain the numbers 1 to 9.

Answers to Last Week's Sudoku:

3	9	4	2	7	1	8	5	6
1	8	7	6	5	3	4	2	9
5	2	6	4	9	8	3	1	7
6	1	5	9	3	2	7	8	4
2	7	3	8	6	4	1	9	5
8	4	9	7	1	5	2	6	3
4	6	1	3	8	9	5	7	2
9	3	8	5	2	7	6	4	1
7	5	2	1	4	6	9	3	8

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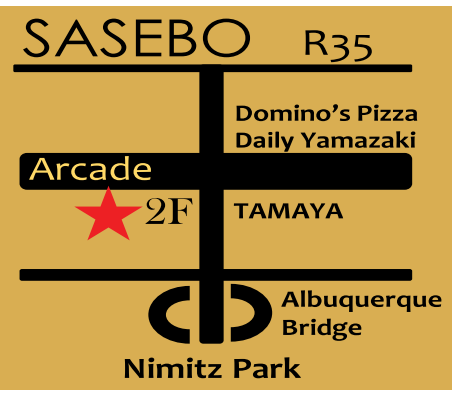

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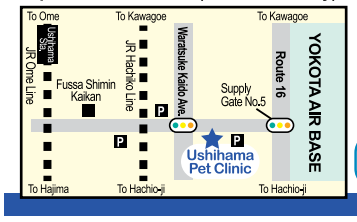

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