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**STARS AND STRIPES**  
 Community Publication

**KOREA**

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**INSIDE INFO**



**WARRANT OFFICER HELPS SAVE KOREAN BOY**  
 PAGE 26



**EXPLORING KOREA'S TRADITIONAL MARKETS**  
 PAGES 28-29

**DID YOU KNOW?**  
 An aspect of Korea that just might surprise you  
 PAGE 39



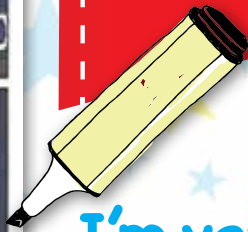
**Special pullout inside!**

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**Comic Strip Content:**

- Panel 1: Interviewer: "Hello Everyone! Today, we are going to be interviewing MILITARY CHILDREN!"
- Panel 2: Interviewer: "So tell us, what it is like to be a military brat?"
- Panel 3: Interviewee 1: "Well... I really like how I get to get a lot of experience. I think I get to have opportunities many kids cannot have."
- Panel 4: Interviewee 2: "I feel like I am very lucky to be a military child."
- Panel 5: Interviewee 3: "I guess I am very proud of my parents for fighting for our country."
- Panel 6: Interviewee 4: "But I hate how we have to move around. I really miss my friends from Seoul, South Korea!"
- Panel 7: Interviewee 5: "WAAAAH"
- Panel 8: Interviewer: "Oh dear..."
- Panel 9: Interviewer: "Well, moving on... What do you want to say to your parents as a military brat?"
- Panel 10: Interviewee 6: "I am really proud of you, and thank you for serving for our country!"
- Panel 11: Interviewee 7: "I love you so much and thank you for working so hard to protect all of us!"
- Panel 12: Interviewer: "Awww... How sweet!"
- Panel 13: Interviewer: "Now for the last question... What was your favourite experience as a military child?"
- Panel 14: Interviewee 8: "My favourite experience was when I did a speech in front of the whole school dedicated to my dad, who was a colonel at the time, in first grade!"
- Panel 15: Interviewee 9: "My favourite experience was when my dad was Deputy Commander of the base, and we drove together to look at things that were wrong in the base. It was so fun!"
- Panel 16: Interviewee 10: "My favourite experience was living in many different countries. I got to learn about so many different cultures!"
- Panel 17: Interviewee 11: "My favourite experience was making friends! I made about 150 close friends in just four years!"
- Panel 18: Interviewee 12: "Goodbye everyone and thank you for watching the Early Morning Talk Show!  
Bye!"

**Celebrating Month of the Military Child**



**I'm very proud of my dad!**

**M**y Dad flies Blackhawk helicopters for the United States Army. He is a successful man and I really look up to him. I feel safe when I'm with him because he's strong and great at Jiu-Jitsu. When he does Army combatives, he submits pretty much everyone. It makes me feel sad when he goes away for work a long time but I know he's always thinking about me.

I enjoy being a military child because I like visiting odd and amazing places around the world and eating exotic foods. I have lived in Georgia, Kansas, Alabama, Hawaii, Korea, and soon will be moving back to Alabama. My favorite place to live was Hawaii because the weather is perfect almost all of the time. Hawaii and Korea have had some of my favorite foods such as bulgogi, calamari, sushi, Korean bbq, and lots of noodle dishes.

Among my adventures of being a military child I've made many friends, some of which I will never see again. I also miss my family, we live so far away that I barely ever get to see them. It's worth it because I know my dad has an important job. It's also worth it when I get to go with him to work and fly the simulators which are just like flying a real helicopter. My Dad also takes me to explore real helicopters and answers all my questions I have about them. I'm very proud of my Dad and proud to be a military child.

- Gavin L. 5th grade, Humphreys Central Elementary School

- Ellie Mize 5th grade, Humphreys West Elementary School



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I am from harvesting rice in a paddy  
muddy water covering my legs  
helping my cousins and uncles  
work the vast lands of soybeans, peaches, and Chinese  
cabbage,  
the grotesque smell of cattle.  
I am from high-rise apartments  
piercing the skies  
surrounded by the noise of traffic  
Sometimes metal shredding and car horns honking  
people yelling in anger, others shrieking in pain  
I am from the hibiscus syriacus  
a pink and white, trumpet-shaped flowers  
visited by thirsty bees  
as they come for a drink  
I am from the Lunar New Year  
coming together with my Korean family  
Celebrating with my Korean uncles and  
cousins  
from the Song and Lyons families  
I'm from cram schools in South  
Korea  
smacked for discipline while  
solving problems  
From keeping emotions to myself  
wanting to let them out  
being shaped by society  
I'm from Buddhists meditating  
surrounded by oak and pine trees  
dreaming of attaining enlightenment  
listening to insects and nature around  
I'm from a culture of spice, like kimchi.  
Mixed traditions.  
I'm from Daegu  
Booming, lively, and crowded  
full of shopping malls, parks, and places to visit  
Close to the historic city, Gyeongju  
I'm from my great grandfather  
escaping Kim Il-Sung  
surviving and beginning a new life  
dodging explosive landmines hidden below dirt  
crossing over the DMZ, freed from the past  
The dresser full of my father's memories of Afghanistan and  
war  
the beginning of a new family  
books telling the tales of two little children  
I am from where my father left the army after  
treating wounded soldiers in Afghanistan  
saving lives in the midst of battle  
and retrieving the dead soldiers  
coming to Korea to find someone special  
then giving life to me

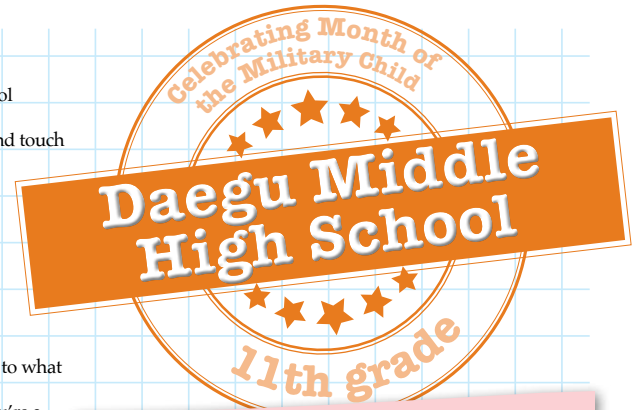
- Charles Lyons

I am from cowboy boots  
From Levi Strauss and Vicks Vapor Rub  
I am from a town off of highway I-44  
Small, quiet, the cows watch me as I walk to school  
I am from the mountains,  
boulders daring me to climb higher and higher and touch  
the sky  
bison where no man has walked before  
and the Parallel Forest's trees whispering  
amongst themselves  
about the ones who came before  
I am from dancing in the living room, to freckles  
dancing on our faces  
From Papito, part of the reason I'm here  
and Rocky, part of the reason my sisters are here  
I'm from speaking too loudly and never listening to what  
we have to say  
From "everything happens for a reason" and "you're a  
special kind of person"  
I'm am from the body and blood of the Christ, and  
Mother Mary  
I'm from Georgia peaches and Zemi, ancestral spirit of  
the Taíno people  
Mofongo and tostones for hungry kids after school  
From the scar on my sister's cheek from her never ending rebel years  
And the constantly full medicine cabinet so mom isn't sick,  
they've never worked  
The closet down the hall where the dusty coats hang  
Where the branches of our tree reach where I've always wanted to see  
Aunts and uncles and grandparents, who I will never meet watch as the tree grows quietly  
Wondering if I will be the cause for the branches to stop growing.  
Will ever be another Ramirez or Medina to bleed from the tree?  
There is hope for that, but not from me

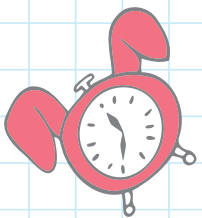
- Juliana Ramirez

I am from the alarm clock that I ignore every morning.  
From the pages of sheet music overflowing my bag  
And crinkling pom poms, tattered and worn.  
I am from the music tumbling down the hallways and cascading down the stairs.  
Spontaneous, quick, moments in life, flashing by in a flurry.  
I am from walks down streets with hot pink cosmos,  
The voice of my grandmother always nearby.  
Smiles blooming along with the freshly blossoming buds.  
I'm from decadent meals under the full moon and fashion shows,  
The living room hallway used as a runway.  
From lost families and adoptions.  
I'm from pinches on my cheek and the ruffling of my hair.  
From "effort matters more than perfection" and "you never know until you try."  
I'm from arguments when God slips out of our lips and Christmas trees sparkling with lights.  
I'm from crazy drivers and colorful hanbok.  
Half-peeled apples and watermelon bowls with milk and ice.  
From rising out of debt,  
A yellow couch with ripped and faded leather in a shabby apartment.  
Distant relatives' glares loaded with jealousy.  
Memories captured in square frames, scattered on the walls.  
Moments of laughter that make up our crazy lives.

- Sunny Yang



**Editor's Note: Michelle Pell's students are very creative writers. Take a moment and read about where they are from. Very interesting!**



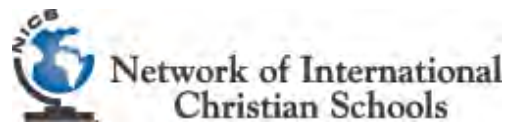
I am from.....

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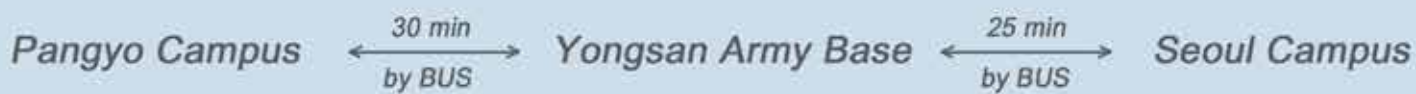
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Celebrating

Month of

the Military Child

# OSAN ELEMENTARY SCHOOL

**1st grade**  
 Editor's Note: Check out the artistry of Shelia Zulfiqar's youngsters. Wonderful job, kids!



Selah Weller



Sabrina Rountree



Evelyn Smith



## Join GSA for Customer Appreciation Days!

Please join us for one – or all – of these events to meet with GSA vendor partners and suppliers, see displays of new items, and enjoy lunch and drinks (while supplies last).

<p><b>Event #1: Osan GSA ServMart</b></p> <p><b>When:</b> Tuesday, May 14, 2019 1000 to 1330</p> <p><b>Where:</b> Osan ServMart Building 837 Osan Air Base APO, AP, 96278-2064</p> <p>To register for the event, please log in to <a href="https://go.usa.gov/xEFks">https://go.usa.gov/xEFks</a></p>	<p><b>Event #2: Camp Humphreys</b></p> <p><b>When:</b> Wednesday, May 15, 2019 1000 to 1300</p> <p><b>Where:</b> The Flightline Tap Room Building# 1432 - Conference Room Camp Humphreys, South Korea</p> <p>To register for the event, please log in to <a href="https://go.usa.gov/xEFNT">https://go.usa.gov/xEFNT</a></p>	<p><b>Event #3: Kunsan GSA ServMart</b></p> <p><b>When:</b> Thursday, May 16, 2019 1000 to 1300</p> <p><b>Where:</b> Kunsan ServMart Building 822 Kunsan Air Base APO, AP 96264-2025</p> <p>To register for the event, please log in to <a href="https://go.usa.gov/xEF5h">https://go.usa.gov/xEF5h</a></p>
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Matthew Brockman



Ella Baker



Louie Chapman

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Our annual Grad Tab highlighting Pacific DODEA high schools and their graduating classes will appear in the May 30 edition of Stripes Korea.

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**What you need:**

- A photo of the graduate
- Graduate's first name
- Your name, as you want it to appear in print (e.g. "Suzy & Steve" or "Mom & Dad")
- A congratulatory message of no more than 20 words
- The graduate's high school

Send info by May 20, 5 p.m. to [PacificGrad@stripes.com](mailto:PacificGrad@stripes.com) and a Stripes representative will follow-up with you right away.



**Annie**

Write a message to your graduate in this space. You can write up to a maximum of 20 words.

Sender's name

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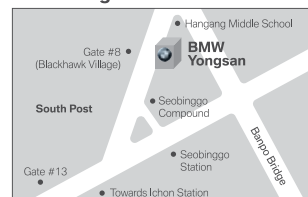
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# HUMPHREYS MIDDLE SCHOOL

**Editor's Note:**  
 Kimberly Hicks' students are excited to have their work published. We're excited to give them the platform to be heard. Keep working hard, guys!

**Military**  
 Innocent  
 Leaving  
 Independent  
 Team  
 Army  
 Relatives  
 Youth  
 Civil  
 Health  
 Important  
 Legal  
 Determination

Junho Yi

John Jones

**Military children**  
 Impatience  
 Lets  
 Interfaith  
 Talk  
 About  
 Responsibilities for  
 Youth and how to help  
 Come  
 Help  
 Interfaithfully  
 Lets  
 Diff

Zane Hight

Shannelle Mitchell

My dad is in the military  
 I'm a military brat  
 Learn new stuff when I travel  
 I'm a airforce cadet  
 Tell others about being from U.S.A  
 Am I going to move again  
 Remember when I was a child  
 You are a military brat  
 Can I learn Korean  
 How can I be in the Airforce  
 Like traveling around the world  
 Love to see new things  
 Enjoying across the world

Chloe Brayboy

**I Am Poem**  
 I am a military child  
 I wonder if this is my new home  
 I heard the call of far away home  
 I saw a whole different life  
 I want to go back home  
 I am a military child  
 I pretend I'll be able to go back  
 I feel the need to settle in  
 I touch the past but eventually let go  
 I worry I'll have to start all over again  
 I try to lose everything once more  
 I am a military child  
 I understand we cannot have it all  
 I say you just have to go with the flow  
 I dream the life I could never have gotten  
 I try not to think about the awaiting future  
 I hope most of this will come out easy  
 I am a military child

Erin Ji

Moving again  
 I can't wait to see my family again  
 Love my friends  
 I don't want to leave my friends  
 Talk to people over the phone  
 Ask where we are moving  
 Really excited to go home  
 Yay we are going home  
 Can't wait to get back on my bed that I slept back to the states  
 Have been getting ready to move  
 I see all my things being shipped back home  
 Lack the idea of packing less things  
 Don't want to leave

Ella Curtis

Mother says we'll be moving soon  
 I start to pack my things  
 Luggage at the door  
 I start saying my goodbyes  
 Telling promises to keep in touch  
 Arriving at the airport  
 Rolling up my cargo to get another plane  
 You will wonder where I'm going  
 Curious about whether I'll fit in  
 Hoping this place is nice  
 I sleep all the plane  
 Late at night, a taxi arrives to pick me up  
 Day after day, I am reminded that I will never get

Jaylene Badillo

Military Child  
 I have a dad which is under a contract  
 I earn to be a contractor  
 I am under my dad's contract  
 The things my dad does require a lot of money  
 Am I a lucky child that doesn't have to move much  
 Reorganizing plans to make them better  
 You'd go to see to see the world while I stay here  
 Child that doesn't move a lot  
 He stays in his working  
 I hate not moving around a lot  
 Likes to move houses  
 Dad helps with people in his work place

Grace Hokama

Moving in this  
 International world can be fun exciting, but  
 Learning about  
 Inspiration and  
 Teamwork in the  
 Army can be fun as well  
 Religion is ok,  
 Yet many  
 children struggle to say goodbye  
 Missing an old house  
 In the U.S. it might be better than your old house  
 Liberty is important in the U.S. but  
 Deployment is hard to go through

Jesus Amaya-Park

**I Am Poem**  
 I am a military child  
 I wonder when im going to move again  
 I hear the car engine roaring  
 I see my friends far away  
 I want to not move anymore  
 I am a military child  
 I pretend that im going to see my friends again  
 I feel sadness  
 I touch all my belongings  
 I worry about school  
 I cry when I sleep  
 I am a military child  
 I understand why we have to move  
 I say I'll be ok  
 I dream about staying some place for a long time  
 I try to do good in school  
 I hope to not move any more  
 I am a military child

Adam Hathaway

**I Am Poem**  
 I am a military child and I move to many different places  
 I wonder how many places I will go  
 I hear the planes engine as it gets ready to take off  
 I see all the different planes flying through the air  
 I want to see the different places all around the world  
 I am a military child and I move to many different places  
 I pretend to be back home with my family and friends  
 I feel happy when my dad comes back from war  
 I touch the clouds as the air plane flies through the sky  
 I worry that the air plane will crash  
 I cry when I have to move away from my friends  
 I am a military child and I move to many different places  
 I understand that we have to move all the time  
 I say that we stay because we get to see new places and people  
 I dream of going back home to see my old friends  
 I try to keep up with my old friends and new  
 I hope to see and meet new people  
 I am a military child and I move to many different places

Emma Huber

**I Am Poem**  
 I am a resilient military child  
 I wonder how life is without being in the military  
 I hear the cries from friends  
 I see the graves of people who fought for our freedom  
 I want to make a change  
 I am a resilient military child  
 I pretend to be happy  
 I feel the pain from all the friends I left  
 I touch the hearts of the people I care about  
 I worry about my loved ones  
 I cry when I move  
 I am a resilient military child  
 I understand I have to be tough  
 I say I am ok with it  
 I dream to be free  
 I try all the time  
 I hope for the best  
 I am a resilient military child

Kayman Fielder

**I Am Poem**  
 I am a Military Child  
 I wonder how life is like for others  
 I hear yelling and crying  
 I see stressed and sad children  
 I want everybody to be happy  
 I am a Military Child  
 I pretend I am not stressed  
 I feel a new life everywhere  
 I touch the heart of everyone  
 I worry friends won't miss me  
 I cry im leaving my best friends  
 I am a Military Child  
 I understand being in a Military Child is tough  
 I say push through it  
 I dream about people laughing and smiling  
 I try to be happy everyday  
 I hope in the future everything will change  
 I am a Military Child

Christian Gano

**I Am Poem**  
 I am a military child  
 I wonder if anyone will miss me  
 I hear the trucks driving  
 I see the boxes waiting outside  
 I want to stay and be with my friends  
 I am a military child  
 I pretend about my friends  
 I feel better when I have to leave  
 I touch the base every time  
 I worry that no one will remember me  
 I cry unconsciously at the barracks  
 I am a military child  
 I understand that this has to happen either way  
 I say goodbye to see how my friends  
 I dream about coming back here once again  
 I try to keep a smile  
 I hope we can stay in contact  
 I am a military child

Annaliese Gaultier

Moving away  
 I am a student  
 Living my friends  
 In the army  
 Traveling to other places  
 American army  
 Riding planes  
 You remember your friends  
 Chose to be a military child  
 Help different countrys  
 I travel a lot of places  
 Leaving my parents  
 Deployment with parent

Faith Kim



Celebrating Month of the Military Child

I Am Poem
I am a Military Child.
I wonder where I will move next.
I hear the roaring of the plane taking off.
I see the land and sea before and below me.
I want to keep my friends.
I am a military child.
I pretend I am happy to move.
I feel as if I'm torn in two.
I touch the ground of a unfamiliar place.
I worry that my friends will miss me.
I cry when I lay to see them.
I am a military child.
I understand that we have to go.
I say that I'm fine.
I dream of the place I'll call home.
I try to keep my feelings in.
I hope that I'll call a place home.
I am a Military Child.

Haena Richardson

I Am Poem
I am a military child.
I wonder where I'm moving next.
I hear the helicopters soaring the sky.
I see my bag over flowing with clothes.
I want to reunite with my old friends.
I am a military child.
I pretend I am happy to leave.
I feel excited to have a fresh start.
I touch the foreign object.
I worry I will be forgotten by my friends.
I cry when I found out I am moving.
I am a military child.
I understand that I will be forgotten by my friends.
I say that I am moving.
I dream I have friends who won't forget me.
I try to keep in touch with my old friends.
I hope making friends is easy.
I am a military child.

Isabella Caballero

I Am Poem
I am Moving and meeting others.
I wonder when would we settle.
I hear airplanes.
I see Countries and States.
I want to move but also want to stay.
I am moving and meeting others.
I pretend to be in Virginia and New York.
I feel excited to meet others but also worried.
I touch the clouds as I'm in the airplane.
I worry if my life will change.
I cry when ever I remember the memories of my friends.
I am moving and meeting others.
I understand we have to move.
I say we don't miss that often.
I dream seeing my old friends.
I try to still communicate with them.
I hope we will still keep this bond.
I am moving and meeting others.

Lancia Stephens

Moving indiscriminately
Integral cultures
Leaving friends
Interesting food
Thrills
Airplanes, too many
Rudimentary hotel kitchens.
You never get too attached to a home.
Countries galore
Hilton's
I wish to stay for a long time
Love my family
Deployment

Benjamin Cusack

I Am Poem
I am a military child.
I wonder the next time I will see my family.
I hear the jets of the plane.
I see my family leaving.
I want to see them again.
I am a military child.
I pretend to talk to my family.
I feel sad.
I touch their picture.
I worry I won't see them again.
I cry because they are all gone.
I am a military child.
I understand they have to go.
I say it will be ok.
I dream of seeing them all together.
I try to remember their voice.
I hope to see them again.
I am a military child.

Max Koch

I Am Poem
I am a Military Child.
I wonder how I will get through this.
I hear the movers packing my things.
I see the movers leaving my house.
I want to stay.
I am a Military Child.
I pretend I'm fine moving.
I feel like I'm forced to live this life.
I touch all the boxes that hold my things.
I worry if I will be back.
I cry watching my home fade away.
I am a Military Child.
I understand it's for our country.
I say "I'll miss you".
I dream about my home.
I try to feel comfortable leaving.
I hope I will be able to go back.
I am a Military Child.

Fallon Barretto

I Am Poem
I am a military child.
I wonder what new places will go to next.
I hear moving trucks coming.
I see the star struggle banner waving.
I want to travel more.
I am a military child.
I pretend to feel sad when I move.
I feel excitement seeing something new.
I touch food menus from different places.
I worry for rejection.
I cry leaving my home town.
I am a military child.
I understand the danger of being in the military.
I say we can push through.
I dream of being brave like them.
I try to make new friends.
I hope I'm accepted.
I am a military child.

Kaysan Alford

Make the best of any situation
Inspired by others
Loyal to their country
Intelligent for them and others
Together with other military children
Aware of the risks
Resistant to challenges
Young challenges
Courageous in the times of fear
Hold out when it gets tough
Impossible to stop
Learn from their mistakes
Determined for their goals

Jacob Dickerson

I Am Poem
I am military child.
I wonder How many Military Base in the world.
I hear Helicopter sound.
I see Military Base.
I want to go to the PX.
I am Military child.
I pretend to be a soldier.
I feel happy and proud.
I touch my mom's soldier uniform.
I worry if my mom goes to war.
I cry if my mom is dies at the war.
I am Military child.
I understand my mom works hard.
I say she is the best soldier.
I dream my mom gets promoted.
I try to be good son.
I hope war is never happen.
I am Military child.

Andrew Yi

Missing friends back home
I feel the plane take off
Losing sight of the place I call home
I hope to make new friends
Trying to fit in
Amazed at the new sights I see
Rushing to say goodbye
Yearning for you to come home
Counting the days you're gone
Hearing the 5 o'clock reveille
I'm trying to stay strong knowing your gone
Losing the people you love
Doing the right thing when no one is looking

Katelyn Kiefer

I Am Poem
I am part of the military.
I wonder why we move.
I hear the cars pass by.
I see the world around.
I want to go to school.
I am part of the military.
I pretend that we didn't.
I feel at home.
I touch the sky.
I worry about days that pass by.
I cry about moving.
I am part of the military.
I understand why we move.
I say do you.
I dream about my new.
I try to pass school.
I hope for a.
I am part of the military.

Marcus Mun-Quiceno

Moving around
Interesting things to try
Liking new things
Irresistible things to move from
Tears falling
Army boot
Ready for anything
Years can go by so fast
Connecting to other people
Happy for trying
I'm responsible for losing items
Loving life
Destiny awaits!

I Am Poem
I am a Military child.
I wonder how it feels to hear that someone in the Military.
I hear others running the world about the Military.
I see my friends with their excited parents.
I want the best for my parents that help out.
I am a Military child.
I pretend to be apart of the Military.
I feel Confused when I move.
I touch the bags that contain Military information.
I worry that my friends may be sad waiting for their parents.
I cry when I'm unable to support my parents.
I am a Military child.
I understand the stress of moving away.
I say my understanding to my friends.
I dream that I will join the 5th Highlanders.
I try to do my best as a military child.
I hope for my parents.
I am a Military child.

Ronan Crosby

I Am Poem
I am a military child.
I wonder what it feels like to stay in one place for your whole life.
I hear those I know and love come and go.
I want to see my friends and family back in the states.
I feel like I'm in a new world.
I touch the ground that I'm standing on.
I worry that when I move, all my friends will forget me.
I cry because I miss my old friends, and because I know that I must leave my current friends.
I am a military child.
I understand that some sacrifices must be made for the greater good.
I say the main benefit of moving is finding the place where you belong.
I dream of introducing my old friends and new friends to each other.
I try to be a good person.
I hope I can see my old friends again.
I am a military child.

Matthew Buss

I Am Poem
I am a Army child.
I wonder when I can see my Pen. It again.
I hear my family.
I see my friends.
I want to spend time with my family.
I am a Army child.
I pretend to see my friends and family.
I feel like I'm at home.
I touch my family pictures.
I worry I won't see my family again.
I cry I miss my family.
I am a Army Child.
I understand what life is like.
I say I miss my family.
I dream about having Christmas with my family again.
I try to fit in.
I hope I see my family again.
I am a Army child.

Keyon Austin

Alliah Karim

See more Humphreys Middle students' stories on Page 8



# HUMPHREYS MIDDLE SCHOOL

KIMBERLY HICKS

- Missing home
- Independent
- Lonely
- Important
- Talkative
- Attractive
- Regular
- Youth
- Confident
- Humble
- Irreproachable
- Lively
- Diverse

My life is built from people and places,  
 Interlocking and interweaving,  
 Looking through a list of pathways,  
 Infinite possibilities,  
 Timeline of events,  
 A assortment of emotions,  
 Ready or not,  
 You have to go.  
 Control it, you can't,  
 Hellos and goodbyes,  
 I will see you again  
 Losses and gains,  
 Do it again.

Coretta Williams

Andrew Easley

- Marvelous
- Incentive
- Liberal
- Integrate
- Tact
- Adaptive
- Relaxing
- Youthful
- Curious to learn more
- Holding close family and friends
- Independent
- Loaded with emotions
- Determined

Moving constantly  
 International  
 Living on a base  
 In many different countries  
 Teamwork  
 Apart from family  
 Respect each other  
 Yearly Community service  
 Cooperative  
 Hard work  
 Impressive work ethic  
 Long term service  
 Dangerous

Lindsay Bonilla

Jacob Swantkowski

- Moving a lot
- Imaginative mind
- Learn through experience
- Independent living style
- Transporting from state to state
- An odd way of life
- Ready for new places
- Yankee from Tennessee
- Caring for others
- Home is far away
- International travel
- Literary carried from the U.S.
- Dependent

Military Child  
 I move so much  
 Leaving is hard  
 I miss my old friend  
 Time zone differences  
 A new environment  
 Ready to leave?  
 Your new home is Humphreys.  
 Can't leave again.  
 Hard to say goodbye  
 I am not ready  
 Long way ahead of me  
 Departure

D'Anthony Lockett

Aram Park

**I Am Poem** 83 3/11  
 I am a military child  
 (Two special characteristics)  
 I wonder if I have to move again  
 (Something you are curious about)  
 I hear different languages  
 (An imaginary sound)  
 I see myself flying to another country  
 (An imaginary sight)  
 I want to see new things  
 (A desire you have)  
 I am a military child  
 (The first line of the poem repeated)  
 I pretend that I'm ok  
 (Something you pretend to do)  
 I feel like crying inside  
 (A feeling about something imaginary)  
 I touch the sky far away  
 (An imaginary touch)  
 I worry that we'll never move it back safe  
 (Something that bothers you)  
 I cry when my dad leaves  
 (Something that makes you sad)  
 I am a military child  
 (The first line of the poem repeated)  
 I understand that we have to move  
 (Something you know is true)  
 I say "yes" when we have to move  
 (Something you believe in)  
 I dream that we move everyday  
 (Something you dream about)  
 I try not to see my mom cry  
 (Something you make an effort on)  
 I hope that we get to stay home  
 (Something you hope for)  
 I am a military child  
 (The first line of the poem repeated)

Kumi Williams

**I Am Poem**  
 I am a military child  
 (Two special characteristics)  
 I wonder where we will move next  
 (Something you are curious about)  
 I hear the pain from my syllables  
 (An imaginary sound)  
 I see the airport waiting  
 (An imaginary sight)  
 I want to stay in one place  
 (A desire you have)  
 I am a military child  
 (The first line of the poem repeated)  
 I pretend to not feel sad  
 (Something you pretend to do)  
 I feel sad about moving  
 (A feeling about something imaginary)  
 I touch my house for the last time  
 (An imaginary touch)  
 I worry about my friends  
 (Something that bothers you)  
 I cry when I try to remember the past  
 (Something that makes you sad)  
 I am a military child  
 (The first line of the poem repeated)  
 I understand I have to move  
 (Something you know is true)  
 I say it's time for a new beginning  
 (Something you believe in)  
 I dream about where I travel  
 (Something you dream about)  
 I try to adapt to everyone  
 (Something you make an effort on)  
 I hope to see my friends again  
 (Something you hope for)  
 I am a military child  
 (The first line of the poem repeated)

Jerry Elliott

**I Am Poem**  
 I am a military child  
 (Two special characteristics)  
 I wonder if my old friends remember me  
 (Something you are curious about)  
 I hear people say my name  
 (An imaginary sound)  
 I see my old friends  
 (An imaginary sight)  
 I want to visit my old home  
 (A desire you have)  
 I am a military child  
 (The first line of the poem repeated)  
 I pretend that I know my grades  
 (Something you pretend to do)  
 I feel happy that I'm in Korea  
 (A feeling about something imaginary)  
 I touch the airplane seats  
 (An imaginary touch)  
 I worry that my old friends don't remember me  
 (Something that bothers you)  
 I cry when I leave my home  
 (Something that makes you sad)  
 I am a military child  
 (The first line of the poem repeated)  
 I understand that I won't stay here long  
 (Something you know is true)  
 I say I won't forget my friends  
 (Something you believe in)  
 I dream that I'm with my old friends  
 (Something you dream about)  
 I try to raise my grades  
 (Something you make an effort on)  
 I hope I see my old friends again  
 (Something you hope for)  
 I am a military child  
 (The first line of the poem repeated)

Eddie Santos

**I Am Poem**  
 I am a Military Child  
 (Two special characteristics)  
 I wonder when my next move is  
 (Something you are curious about)  
 I hear the morning wind my heart  
 (An imaginary sound)  
 I see my father coming home today  
 (An imaginary sight)  
 I want to make as much trash as possible  
 (A desire you have)  
 I am a Military child  
 (The first line of the poem repeated)  
 I pretend to save the world  
 (Something you pretend to do)  
 I feel the air as I fly to a new home  
 (A feeling about something imaginary)  
 I touch the metal my father has carried  
 (An imaginary touch)  
 I worry when it takes longer than expected  
 (Something that bothers you)  
 I cry tears of joy when my father comes home  
 (Something that makes you sad)  
 I am a Military child  
 (The first line of the poem repeated)  
 I understand that somebody has to do it  
 (Something you know is true)  
 I say that moving is just an opportunity  
 (Something you believe in)  
 I dream of meeting thousands of people  
 (Something you dream about)  
 I try to get to know everyone  
 (Something you make an effort on)  
 I hope everyone is grateful for being a military child  
 (Something you hope for)  
 I am Military child  
 (The first line of the poem repeated)

John Langston

**I Am Poem**  
 I am a military child  
 (Two special characteristics)  
 I wonder why my mom joined the army  
 (Something you are curious about)  
 I hear the trumpet playing taps  
 (An imaginary sound)  
 I see the world become camouflaged  
 (An imaginary sight)  
 I want to go home  
 (A desire you have)  
 I am a military child  
 (The first line of the poem repeated)  
 I pretend I like chess I love  
 (Something you pretend to do)  
 I feel homesick and miss my family  
 (A feeling about something imaginary)  
 I touch \_\_\_\_\_  
 (An imaginary touch)  
 I worry that I won't make friends at my next duty station  
 (Something that bothers you)  
 I cry when I move away from my friends  
 (Something that makes you sad)  
 I am a military child  
 (The first line of the poem repeated)  
 I understand I am needed here  
 (Something you know is true)  
 I say God is with me  
 (Something you believe in)  
 I dream that I have a normal childhood  
 (Something you dream about)  
 I try to get good grades  
 (Something you make an effort on)  
 I hope I don't forget my old friends  
 (Something you hope for)  
 I am a military child  
 (The first line of the poem repeated)

Allie Cloutier

**I Am Poem**  
 I am a military child  
 (Two special characteristics)  
 I wonder where we will move next  
 (Something you are curious about)  
 I hear the pain from my syllables  
 (An imaginary sound)  
 I see the airport waiting  
 (An imaginary sight)  
 I want to stay in one place  
 (A desire you have)  
 I am a military child  
 (The first line of the poem repeated)  
 I pretend to not feel sad  
 (Something you pretend to do)  
 I feel sad about moving  
 (A feeling about something imaginary)  
 I touch my house for the last time  
 (An imaginary touch)  
 I worry about my friends  
 (Something that bothers you)  
 I cry when I try to remember the past  
 (Something that makes you sad)  
 I am a military child  
 (The first line of the poem repeated)  
 I understand I have to move  
 (Something you know is true)  
 I say it's time for a new beginning  
 (Something you believe in)  
 I dream about where I travel  
 (Something you dream about)  
 I try to adapt to everyone  
 (Something you make an effort on)  
 I hope to see my friends again  
 (Something you hope for)  
 I am a military child  
 (The first line of the poem repeated)

Jerry Elliott

**I Am Poem**  
 I am a military child  
 (Two special characteristics)  
 I wonder if there will ever be peace  
 (Something you are curious about)  
 I hear the sounds of gunfire  
 (An imaginary sound)  
 I see the military come on soldiers  
 (An imaginary sight)  
 I want for the fighting to end  
 (A desire you have)  
 I am a military child  
 (The first line of the poem repeated)  
 I pretend that I live a normal life  
 (Something you pretend to do)  
 I feel scared of what the future will bring  
 (A feeling about something imaginary)  
 I touch the weapons of warfare  
 (An imaginary touch)  
 I worry that a war might break out  
 (Something that bothers you)  
 I cry for the lives sacrificed  
 (Something that makes you sad)  
 I am a military child  
 (The first line of the poem repeated)  
 I understand the responsibility of soldiers  
 (Something you know is true)  
 I say that fighting isn't the answer  
 (Something you believe in)  
 I dream of world peace  
 (Something you dream about)  
 I try to support my parents (soldiers) any way I can  
 (Something you make an effort on)  
 I hope for the best for everyone  
 (Something you hope for)  
 I am a military child  
 (The first line of the poem repeated)

Isaac Kim

**I Am Poem**  
 I am Arabic and Athletic  
 (Two special characteristics)  
 I wonder are unicorns real  
 (Something you are curious about)  
 I hear a unicorn  
 (An imaginary sound)  
 I see a unicorn  
 (An imaginary sight)  
 I want a unicorn  
 (A desire you have)  
 I am Arabic and Athletic  
 (The first line of the poem repeated)  
 I pretend to be a unicorn  
 (Something you pretend to do)  
 I feel a unicorn  
 (A feeling about something imaginary)  
 I touch a unicorn  
 (An imaginary touch)  
 I worry I'll die  
 (Something that bothers you)  
 I cry because of unicorns  
 (Something that makes you sad)  
 I am Arabic and Athletic  
 (The first line of the poem repeated)  
 I understand people die  
 (Something you know is true)  
 I say I thank god  
 (Something you believe in)  
 I dream about unicorns  
 (Something you dream about)  
 I try to get good grades  
 (Something you make an effort on)  
 I hope for new six feet six high off anazon  
 (Something you hope for)  
 I am Arabic and Athletic  
 (The first line of the poem repeated)

Patrick Bannon

- Moving
- Inspiring
- Life
- In
- Try
- Amazing
- Responsibility
- Years
- Carry
- Help
- International
- Leader
- Dedication

Shinard Patterson

Moving  
 I'll go to a new country  
 Leaving all my friends  
 I will meet new people  
 This new place is strange to me  
 Around the world they go  
 Reaching out to others  
 You are cool  
 Coming to a new  
 Hoping I won't feel alone  
 I'm starting to call this place home  
 Loving the people in my life  
 Divided but still together

Brandelyn Oshiro

Moving base to base  
 Interactive  
 Loving  
 Inspiration  
 Teen center  
 Around the world  
 Repeating  
 Years  
 Community  
 Housing  
 International  
 Living  
 DODEA schools

Victoria Cabo-Schultz

Check out more military children stories at: [militarychild.stripes.com](http://militarychild.stripes.com)

7th grade





# TWO YEARS OF COLLEGE IN JAPAN AND TWO YEARS IN THE U.S.

RECOGNIZED BY THE HIGHER LEARNING COMMISSION IN THE US AND THE MINISTRY OF EDUCATION IN JAPAN

## DEPENDENTS OF MILITARY PERSONNEL

Lakeland is an excellent transition university for military dependents finishing high school. Small class sizes and close supervision by faculty make transition from high school to university easy.

Lakeland University Japan has all the US Military Educational Benefits Available.

(Post-9/11 BILL, YELLOW RIBBON, VET ED, DMA 189, MONTGOMERY GI BILL)

We also offer all the FAFSA opportunities available at US based higher education centers.

### AT LUJ, students can:

- Commute from home in many cases
- Receive the two-year Associate of the Arts degree in 19 months
- Make new friends easily in the family-like atmosphere
- Enter competitive universities more easily as A.A. degree graduates than high school graduates
- Automatically receive a scholarship upon transferring to the main campus in Wisconsin as LUJ graduates



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JAPAN CAMPUS**  
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EMAIL: [admissions@japan.lakeland.edu](mailto:admissions@japan.lakeland.edu)  
TEL: 03-3225-0425 Fax: 03-3225-0428

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

## HUMPHREYS MIDDLE SCHOOL

### 8th grade

Editor's Note: Take a look at these super stories from Koshanique Key's stupendous students!

For most, "moving" may be an insignificant word used to shift an object's position. For those of a military-connected child, "moving" may mean they must reinvent themselves and leave everything they know, love, and hate behind them. For me, this was quite alarming to hear. My parents aren't a part of the military; they never have been and never will be. It was very out of the blue to leave the place I have gotten to know for 8 years, and move halfway around the world to the place my grandparents once immigrated from.

The reason my family moved to Korea was because my mother is a civilian worker for the Army Educational and Developmental Intervention Services. She's an occupational therapist who provides help for children less than three years of age who have developmental delays or a diagnosed medical condition that places that child at high risk for one. She felt as if we were too comfortable in our old home in Frisco, Texas, so she applied for a job in Korea the summer of 2016. Our parents told us during the first week of school that we were moving to Korea. For me, it was the first week of 6th grade, and the thought of moving back to Korea gave me chills. We had actually lived in Korea before. When I was two, my mother had gotten a job as a contractor at the base in Seoul. We lived there for two years until my sister was born, when we moved back.

We did not officially move until July 2017, so the process took about a year to confirm. The first place we moved to was the base in Seoul. I was in 7th grade and the school I attended was quite old and run down, and the people were not very friendly. I knew no one and the process of meeting people wasn't as easy as I had thought. It was very socially since I was living in a completely different environment than before, but I found my way around. Finally, the school year was over but my mom had applied for a transfer to Camp Humphreys, so we had to move again. Moving didn't seem very difficult after that since I had gotten through it once before. Being a military-connected child is difficult at times, but has proven to be a fun experience socially since I was living in a completely different environment than before, but I found my way around. Finally, the school year was over but my mom had applied for a transfer to Camp Humphreys, so we had to move again. Moving didn't seem very difficult after that since I had gotten through it once before. Being a military-connected child is difficult at times, but has proven to be a fun experience.



- Faith Song

When we move every year,  
We think of all the places we could go  
What we will lose, makes us sad  
To think we have to leave is what,  
Makes us military kids  
Living on posts and bases  
Is conveniently close  
For shopping at the PX or BX,  
Knowing what a commissary is, is what  
Makes us military kids  
When we move each year,  
We leave our friends behind,  
But soon we make new ones  
Who understand moving around, this  
Makes us military kids  
New schools are always a challenge  
Having to learn how each one runs,  
Adjusting to new standards, then  
Soon it's time to leave again, which is what  
Makes us military kids  
Moving overseas is never new  
Excited to learn new cultures,  
And have lots of exciting opportunities,  
Exposure to new languages, this is what  
Makes us military kids  
Our parents deploy for the war,  
A year at a time  
Leaving us sad and worried  
But when they return we have great joy, which  
Makes us military kids  
These opportunities,  
Give us diversity and understanding  
About the world around us  
Helping us to succeed, We are military kids.

- Nichole Winterton

As a military-connected child I find myself having a hard time making friends, because we move to many different places, I am unable to settle in with my friends. Traveling can be a fun adventure, seeing many different places, eating their food, or exploring their culture.

A benefit of being a military child is the discounts they give or maybe the housing benefits you get that can really go a long way for families that might not have a lot of money. We have moved almost every couple of years putting a lot of stress on everyone especially my mom. My mom has this problem when I born where there is a pain in her neck, back, and shoulders. At first it was not that bad, but it got progressively worse causing her to have bouts of pain making it hard for her to move.

When I was young, I never knew about how hard it was on my mom when moving places and it made me sad once I understood her problem. I really want to help my mom as she does a lot of housework every day. My dad is at work, my brother and I are both at school so we cannot help her with daily work like cleaning, washing dishes, and even laundry. I really want to help her with these kinds of things as it goes a long way for my mom to get some rest, so the stress does not get worse causing more pain.

My journey so far has been a big roller coaster when bad times came it became hard as the family has a grumpy atmosphere starting arguments that should not happen because of all the stuff that is going on when moving. When we got to South Korea it has been quite hard at the start as we had to do a lot of paperwork for ID cards and other important matters that needed to be taken care of. I am sure my dad has a lot of stress like my mom to take care of us as a family.

This has been the crazy journey so far being a military child and I cannot wait for the future I have before me.

- Ryan Barnard

My dad was in the military for 25 years until he retired three years ago. Then my mom came to work at Camp Humphreys as a budget analyst for the military. I was forced to move to Korea after fifth grade and stay here for four years. Although my dad is not in the military, I am still a military-connected child. Being a military-connected child means constantly moving to a new place and leaving everything and everyone behind. These factors to moving is scary, but it adds to my experience in living in a new place.

When I move, I don't know anyone and no one knows me. Usually when I move, I keep to myself because being the new kid is frustrating and nerve-racking. Eventually, I get used to living in the area I move to. It always takes time and effort to create friendships with new people. Moving also means getting used to my surroundings. Korea is different from the states by having different cultures, foods, people, places, and traditions. The area and food was especially different. Washington is known as the "evergreen state" and has lots of trees and mountains. Wherever I went, there were always trees around and I always got everywhere by car or walking. In Korea, I take the subway, ride the bus, and take taxis. This was all new to me.

Leaving my home put me in a bad mood. I knew a lot of people and I liked where I lived. I was not ready to hear that I had to leave to go to a different home. I did not like that I had to leave people and places I loved behind. After I moved, it was different. I met new people and got used to where I live. Overall, moving only adds to the memories of my friends and homes in different places.

Moving is a scary word that is frowned upon most kids and teens. It was especially upsetting for me because I did not want to leave people and places I knew. Since I am a military-connected child, I move a lot. I face the challenges of making new friends and getting used to my environment. Although it is a struggle to be a military-connected child, getting to experience a life in a new place is all worth it in the end.

- Cheyenne Meeks

Being a military child gives some benefits and drawbacks. There are too many of each to list, but I will give the ones that personally affect me the most. Honestly I can list more benefits than drawbacks, for me at least. The benefits are seeing new places, learning about new cultures, making new friends, traveling the world, hear war stories (Vietnam, Afghanistan) if any from my dad, learn about some historic events, learn who else in the family was in the military, have a family tradition, and have stories to tell my friends, family, and children, if I have any children that is. The drawbacks are leaving friends behind, getting used to a new area, moving, and going to a new school.

Out of all my time as a military child so far my favorite time is my time in Korea (currently). I am going to spend five years here and during that time I think I have some memories to last a lifetime. For one, I have made many good friends here, secondly I have spent most of my scouting life here, I've made many memorable memories to last a lifetime, and I've explored more things easier here than anywhere else I've lived. The downsides, it really smells and the driving off post is horrible.

The sad part happens when we move though. When we move we have to say goodbye to everything, our friends, our home, family (if any), and everything we've gotten used to. After that we have to go through a process of making new friends, getting used to a new area, and moving on from your previous home. Sure the process may be quick, but it takes a toll on you, for instance losing your best friend. I've had that happen and it is a horrible feeling to see and let your best friend go. Sure you may see them again, but it is still one of the worst things to experience.

Now after all I've been through the ups and downs, the goods and bads, and the happy and sad moments, being a military child is a different experience in total. Everything about it is interesting. I mean if I wasn't a military child, I wouldn't have a life few people get to experience. Now no matter what happens though, I am proud to be a military child.

- Devlin Welsh

Although it's dreadful to see a rapid change of new faces, my experiences as a military connected child have made an exuberant impact. An example of this is experiencing the beauty and culture in a foreign country. Another benefit is not paying the expensive tuitions for a semester in school. School programs for new students such as S2S (Student to Student) are a unique advantage to being a military connected child. Living overseas, insurance and excellent education are reasons why my experience as a military child has been enthralling.

As said earlier, being a military connected child has benefits. Getting to experience a foreign country overseas is such an example. Not only do students have the opportunity to sense the country's culture, they are also involved with foreign students as doea schools involve them into collaborative events with the host country's students. Speaking of school, the government pays for the military connected family school, medical, residential fees, and much more as insurance from working in the government. Instead of other non military children, who have to pay a tuition for a semester, my parents don't have to worry about that since the people they're working for already pays it. At school, military connected children experience a good quality education because of the MCEC (Military Child Education Coalition) and DODEA, (Department Of Defense Education Activity) has enrolled programs such as S2S to ensure students receive opportunities for meaningful success.

Success has been ensured in the future of military connected students. They have the opportunity to explore a foreign country and experience its culture more frequent than non-military connected students. Expensive school fees or residential housing are nothing or a hassle in their lives. Education is provided to them by excellent organizations. Living overseas, insurance, and excellent education are just three of the countless opportunities military connected children have today.

- Hanna Chung

Being a military brat means constantly moving around from one location to another, both stateside and overseas. I am my mother's only child. The first place I moved to was Maryland; my mom was stationed in Washington D.C. I did not know if I enjoyed it there because I was still a toddler. All I wanted was my toys. After Maryland we moved to Germany. The one thing I remember while in Germany was constantly asking for a dog. Finally my mom got me one, but I was too young to take care of him. Another thing I remembered was spraying the dog one night with a water hose to bathe him. My mom came outside and asked, "Why are you spraying the dog?" I replied, "I was giving him a bath and laughed." She laughed too.

After Germany my mom moved to Maryland to finish college. I temporarily moved back to Georgia to live with my grandmother. I was a little older then. I did not worry about my mom because I was busy having fun. The only sad part was not having her around when I wanted to see her. Once my mom completed college, we moved to Tennessee. I had a few friends there, one was older in high school. This was the first time I actually remember liking a place. I was popular on the basketball team and took several youth trips. Tennessee felt like home, although I missed getting in trouble with my cousins in Georgia. The most challenging part about being a military brat was dealing with my mom's deployment to Afghanistan. She was gone for nine months. I barely missed my mom.

Now we are here in Korea. I begged to stay stateside, but mom said "no". It took me some time to adjust to the culture. It is still a challenge at times, but I like it here. In conclusion, being a military child is challenging and rewarding at the same time.

- Derrick Thomas

I can't say that I hate being a military child but at the same time I can't say that I love it. The reason that I say that is because I've been separated from my mom a lot and honestly it kinda sucks but she always brings me back cool souvenirs and that makes me really happy. I also get very happy because she also calls me all the time so that I know that she's okay. I love all the pictures that she sends me because they're really cool and interesting.

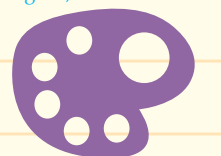
Coming to Korea was my first time out of the US and it was a pretty long and exhausting flight. When my mom told me that we were coming here I was super excited because it meant that I had a chance to explore a whole different culture that I knew nothing about. I got to learn about their food, kimchi fried rice is my favorite. I got to learn about K-pop, I like BTS, Blackpink, Twice, EXO, (G) I-DLE, Red Velvet, Sunmi and Hwasa. I also learned about K-dramas, like Hwarang and Strong Girl Bong-Soon, which I really enjoy watching on my free time.

Coming to Korea opened my eyes to a lot of things. I realized that a lot of people that I called my friends in the states didn't really care about me but that's okay because I have more to do in life than worry about my social status in ma place that's so far away. I used to believe that my phone and social media was the most important thing to me but that because in the states I was able to easily go over to a family member's house and hang out with them but I can't do that here and I realized that my family matters more than everything and I should talk to them more. In conclusion being a military child has its ups and downs but in the end our parents do this so we can lead a better life than they did and we should show them that we can.

- Kamarah Cameron

Military children, the ones who are the most overlooked part of the military families.

Military children, the ones who can tell you the time in two ways, the ones who can tell you which branch a uniform belongs to, the ones who can tell you a soldier's rank just by looking at the soldiers. Military children, the ones who move every two or three years, the ones who have friends throughout the world, the ones who have seen the world, the ones who have seen the sacrifices, the ones who have fallen asleep scared that their mom or dad may not return home.



- Ethan Elliot



**B**eing a military child can be very difficult sometimes. The three hardest things are leaving your friends, not seeing your parent, and leaving the places you love. It is hard to overcome the challenges of a parent leaving for a long time and missing friends you have made. Moving to a new place is also very difficult because you have to adjust to your new surroundings.

Leaving friends behind and going to a new place is very tough because you have to make new friends again and you can rarely see friends from your old station. It is also hard when a friend has to move away from you. Even though it is terrible to move away, you get to make new friends and see new places. When you arrive at your new home, it can be exiting because you can explore things you have not seen before.

It is sad when a parent deploys far away from home like to Iraq or Afghanistan. They can be gone from long periods of time, sometimes even nine months or more. You can not see them in person but you can talk to them over the phone or video call. Calling them makes it a little better and reassuring. There aren't many good things about parents deploying because they are away for so long. It's very relieving and happy when a family member finally comes home after a long deployment.

In conclusion, being a military child has both pros and cons. Some pros are making new friends and seeing new places. The cons are leaving friends and places and having parents deploy. Overall, being a military child is difficult but can be rewarding.

- Kevin Dougherty

**I** am a Military Child  
Where from?

I am a kid from the globe  
I am on an unbelievable voyage  
Friends everywhere, Home nowhere,  
Challenging? Yes, challenging it is  
Saying goodbye to friends,  
Some lessons are harder than others  
I am flexible  
I will not bend out of shape  
Being strong is the only choice I have, I'm walking this path,  
I am a Military Child.

- Janae Bennett

Check out more military children stories at: [militarychild.stripes.com](http://militarychild.stripes.com)

**I** am child, a student, son, athlete, or any other label anybody could give me. Labels that I could care less about because the only label that matters to me is the label "military child". It means so much more than being a son or daughter of a soldier, marine, airman, or sailor. Many of us military children hate the thought of losing our parents because they serve our country, but it is times like that where we endure and show empowerment within ourselves. We are to forget about tough times and to push forward towards our future. I myself took a while to realize that.

I went through something every child shouldn't have to go through. It is the thought of losing their parent and for me it is my father. The part of me having to undergo the thought of that was a painful thing. As a military child I wished everyday that my dad would soon just leave the military, and my family and I never had to move and we could live in one place. I wished to live a life where I could go to a public school. Where I could have a friend all the way from middle school to the end of highschool. It never came true and it won't for the rest of my grade school years.

My friend had lost his father due to an IED that had hit his vehicle. He was mortified when events came up that were specifically for the fathers of children. He deeply grieved while I just watched not knowing how to help. I just thought to myself that I never wanted to experience the same thing. I did not want to feel the grief that my friend felt. Us military children we never asked for this. We never wanted to be military children, and we surely never wanted our father or mother to have a job that puts their life on the line.

My story of being a military child is so much more deeper than what I've already said, but as a military child I am not ashamed. I am proud of my father and I certainly learned to endure because of the greatest label given to me "military child".

- David Choe

**I**'s often stated that soldiers who fight for our country make several sacrifices. While many have made the ultimate sacrifice, their families and children are affected by their service. Being a military-connected child has its perks and downfalls. Children that have parents currently serving in the military are forced to overcome many obstacles. When we were younger life was simplistic and manageable. When our parents get stationed at a new place, we have to leave everything behind and restart. We also get to travel the world and experience countless things that other kids don't.

All throughout our lives we make many friends, but when we are stationed at a new place we can lose those friends. When I was younger making and leaving friends was an easy task. Now, it is difficult for me because I am older and it's hard to leave them. As we grow and mature we begin to understand the meaning of friendship, supposed to when we were younger and have not fully developed our emotions. Not only do we leave our friends behind you also in a way leave your life behind.

Having our parents in the military guarantees you will have to move around at some point in our life. Depending on how old we are, we could be leaving behind a lot. Children, or even adults, who are not military connected don't really move to new places. Within my life, I've moved four times since I was two. When people ask us where we are from, or what we consider our home, many of us don't know the answer. Most of the time we just say the place we were born at. We have to go to a new country, and leave family and friends behind. Moving in the middle of the school year makes it exceptionally harder. Switching teachers, classes, schools, and maybe even different districts is the most difficult.

Being a military-connected child isn't all bad. We get to have many different opportunities that people our age don't really have. Even though we have to move constantly we get to go places all over the world. We get to experience many different cultures and lifestyles. It can open up our minds to how fortunate we are. For if it weren't for the sacrifices our parents make every single day we may not have our freedom.

- Caitlin Galloway

**W**hen my father enlisted in the military, he was quite late. He was almost 40 and had worked at a post office before that. Knowing that, I didn't know what to expect. The concept of new jobs and moving around was something I had not yet grasped. When he finally was enlisted and had gone through his basic training, we had been given the news that we were heading to Arizona. After packing up all our things, we left Pennsylvania and headed on a five-day long road trip across the country. Heading from the east coast to the west coast was definitely an arduous experience. I easily got motion sickness and slightly claustrophobic as a young child from driving in a car that was hot and cramped inside. On the fifth day, after driving over ten hours a day, staying in motels every night, and stopping the car to throw up in about every state we passed through, we finally got to Arizona. Our family rented a house from a family friend that lived in the city of Sierra Vista, Arizona, and my family and I quickly got settled. I experienced elementary school at the base in Sierra Vista. I knew that I had to adapt to the military brat life. I found other military brats and kind friends to know. Not only did the military help with the move, but it also provided opportunities for me and my family, particularly my sister. Being associated with the military helped her look for scholarship options. It was something that I was really grateful for, and it greatly eased a lot of worries within our family. I stayed in Arizona for five years. I finished elementary and my sister finished high school and went to college. Then we were told that we had to head to South Korea. After saying goodbyes and packing up our belongings once again, our family got on the plane to head to eastern Asia. Here in Korea, I explored and enjoyed so many events. I met relatives and met old friends of my parents. I'm about to leave in May, but I'm really happy that I was able to travel the world and to have experienced the things that I did here, and it was all thanks to the military.

- Jinwon Kang

Military child,  
Constantly moving around,  
Friends do not last long.

- Brian Park

**B**eing a military-connected child is a great experience. As I began to grow up, I truly started to realize how different each person's life could be. Our childhoods, our experiences, and most importantly, our definition of "normal" vary considerably. In many aspects, I had what many would consider a "normal" childhood: two loving parents, a sibling, some wonderful pets and a family that put food on the table, buy school supplies, and take annual vacation. However, there is one aspect of my life that separated it from many, and that was being a military child.

Being the daughter of a mother who is active duty Army, my life came with everything you would expect from a military household. Every time my mom had a permanent change of station, it was time to move again. This meant new schools, new friends, new surroundings, and even new social norms and subcultures. These moves were not even consistent, although most happened after a period of one to three years. Many occurred during the summer months, although a few occurred in the middle of the school year. Some moves came with more warnings than others.

Most significantly, many of these moves brought with them a new way of life. Constant transitions occurred, including living on base versus living in the city, atmospheres changing from being surrounded by many children my age to living in a house that almost felt isolated. Even the simple changes of climate, which required changes to everything from my clothing to my daily routine. Worst of all, this is in addition to having to build new friendships, new social circles, and essentially, a new way of living life. Almost every day I would read a book where a character would reference being "friends with somebody since forever" something I would never be able to do.

Being a military child comes with its benefits. For example, being able to have a school on a military base provided with a lot of safety, and it was normal as a young kid to grab your friends and walk around the area with relatively little worry. Military amenities, such as shoppettes, pools, and the PX/ food court are all within walking distance. I got to experience the military helicopters fly over my head and, to experience a NEO exercise. I also got an ID card at age 10.

- Arianna McGee

**B**eing a military child is like being put on a rollercoaster that you didn't really want to go on. When I put it like that, I know it is a bit frank, but that isn't necessarily a bad thing. For me, instead of the roller coaster being terrible and scary; it ends up being alright in the end. In my opinion; though being a military child takes you away from home, you get to see things that many adults haven't. I've lived in several countries, and while my extended family has been a foot or two away; having that opportunity is a privilege.

My dad is in the military. I know what his job is now, and I remember what it was during our previous assignments. While I am not necessarily involved in his job, I do understand what he does. His jobs have taken my family and I to many places over the years. From North Carolina to England; I've had the ability to see far more of the world than most kids my age, not to mention adults. I know that moving is hard for most people. It certainly isn't easy for me, but, personally, I've been able to adjust relatively well to everywhere I've been.

A reason some people may not like being military children is because you constantly have to keep making new friends. Everywhere I've been; I've had little difficulty doing so. Luckily, everywhere my family has moved there has been a really close-knit and welcoming community. My dad was a fighter pilot for most of his carrier. There aren't very many fighter pilots; so, when my family joined the squadron, everybody was very helpful and welcoming. I'd say that I've had it easier than most military kids, because I've noticed that this isn't very common in other places.

In short; while being a military child has been like being on a roller-coaster, I haven't necessarily disliked the ride. It has been somewhat easy to adjust to the places I've lived, and I can make friends without too much difficulty. Even if it is hard; the experience of living overseas outweighs the negative aspects of being a military child. Just because my grandparents, uncles, aunts, cousins, and best friends live in the U.S.; that doesn't mean that I never see them. I visit my extended family almost once every year, even if they are a foot or two away.

- Nicholas Wald

Haiku  
Say Goodbye

I have to leave now I'm moving to Korea, And  
leaving everything.  
But I'll be okay. Even if it is crazy,  
it's good to try things.  
And if I fall down.  
I'll just get back on my feet. And- then try again.  
FLIGHT TO KOREA  
It says on my plane ticket. Time to say Goodbye.

- Daniel Mills

**B**eing a military child or a military brat in my opinion, is really interesting experience to say the least. Although being a military child is hard but most definitely fun. The main part about being a military brat is moving which has its own ups and downs. For me, moving to different places every few years to place like Oklahoma or Hawaii, and places that aren't in America like Germany or South Korea were fun even with the long plane rides and road trips. And it's not just traveling, it's also things like learning culture, meeting new people, and my personal favorite, practically choosing where my hometown was although it's hard to choose from all the places I've been to. But there are some setbacks from moving like leaving friends and friends leaving me, but with the 21st century social media and video games doesn't make that a problem for me. For me, moving is always different every time I move. Sometimes the plane rides will be three hours or so, and some would be 12 hours but we get tvs that were able to watch and play games on. When I first heard that I was moving to South Korea I was super excited, even though I didn't know about the 12 hour plane flight to South Korea. I've moved to a total of 5 places including places in and out of the states and I had fun meeting new friends and exploring the culture of each place I went to. For me, I wouldn't change my life style for anything else.

- Rensen Quitevis

**T**here are pros and cons about being a military child. I both like and dislike being a military child. Being a military child is hard, when I move I am leaving all of my friends and the people I care about the most. The good thing about being a military child is that I get to see new places, learn new things, also making new friends. Going to great places like Georgia, New York, and Florida. Being a military child is good and bad. Some of my friends like to say that they would love to be a military child, that they would like to travel all around the world. I love being a military child.

It is hard being a military child when it comes to school. Going to school in the middle of the year was hard. I was way behind on my school work; I was being stressed out and that was not a good feeling. Also making new friends can sometimes be hard. The other children understand and know what I was going through. We got to talk about the places we been to. The places that we have been to, and our great experience there. Moving every year can be a struggle because we have to say bye to our old friends, but when we move, we can make new friends. I enjoy being a military child, even with all the struggles, it's given me so many good experiences.

- Kailey Reyes

**T**he life of a military child is first a lot of moving around and a lot of adjusting to other culture and that even means not seeing your mom or dad or whoever is in the military like your brother or sister. And that may be very hard but be part of a military child also means needing to lose friends by moving or you might see them again just like me but it is not always easy because it gets harder to make friends the older you get. But being part of a military family has lots of good things as well like seeing different cultures like Asian, India, European, and Spaniard.

But in the end there are many place to almost all around the world and have different experience but people mostly think that without a dad at home the family is weaker but it makes the family stronger and able to cope with the struggles. I have been to many places like Germany, Korea twice, and Colorado which has beautiful views as well as Korea and if you go to one of these places then you have many place to visit like Malaysia, Indonesia but in my opinion being a military child is such a blessing to be a military child because you can see many places of the world that many others may not see or visit.

- Giancarlo Rivera

See more Humphreys Middle students' stories on Page 12



**D**id you know military families relocate 10 times more often than civilian families? I've been a military child since I was born. My dad went on his first deployment when I was in the 3rd grade. I was never worried about my dad because I really didn't understand why he was leaving, and my mom never told me he was in war. When my dad came back we were living in Italy, one year after his deployment, we were moving to Texas for his sergeant-major school. One year after sergeant-major school my dad tells me were moving to Kansas. Being a military child and moving I always found a way to make a lot of friends, I never really understood how hard it was to make friends since I made them very easily. Moving to Kansas was the first time I was going to a public school not on base. This was easily my hardest time adjusting, everyone at the school looked like they have never seen and Asian before. But I still found a way to make friends, I had four main friends. I had a lot of friends but also a lot of bullies, I never really cared about them and just ignored them. I think I was able to make so many friends because I wasn't afraid to talk to people and try to make friends. After two years in Kansas my dad tells me we are moving to Korea, this was the hardest move I've ever had because all of my friends didn't really understand why I was moving to Korea and it was hard saying bye to all of them. Moving to Korea was a breeze because I was born there and I had a friend that I knew since kindergarten living there. My first day of school in Humphreys I was rushed by everyone asking me to sit by them and asking for my name. I sat by my friend and we started talking and just got along, I sat by him at lunch and we became best friends. I feel like making friends and moving is very easy being a military child because people are way more accepting and want to make friends and aren't scared of talking to new people, I also feel like moving is easy since you've done it so many times.

- Richard Baucom

**B**eing a military child is hard, if you have a parent in the military you would move every 2-3 years. You will lose many friends. And will rarely see your extended family. But there are some nice things that you get to do. You can go to Rome; Venice; Paris and Berlin. You also get to explore many different cultures.

- Iain McBride



**B**eing a military child is a unique experience, with some aspects being both good and bad. Having one or both parents in the army or doing things related to it means sometimes doing things you don't want to do. I had to leave friends, family, and my home. However, there are also good things, like getting to see new places and meeting new people.

One of the most interesting parts of being a military child is getting to see new places and new people. It's fun to see new places, and if since I went overseas, I got to experience a different culture and see what it's like in another country. I met new people and learned new things. I got to experience things many children haven't. However, there is also the fact that in moving so often, you have to leave your friends and family behind. There are family members I couldn't see for years during that time, and friends that have fallen out of touch. I've had to completely start over multiple times.

Another thing is that one or both parents will have to leave for long periods of time. They may miss an important event, like a birthday or other holiday. One thing I like about being a military child is living on the bases. Everything is close by, and there is usually some fun things to do; Even if there isn't, I can still go off base. I got to meet other people who have had the same or similar experiences to mine and who I could relate with. Since I am a military child, my education is different. I go to DoDEA schools, which have the same standards, so even when I move it's not as hard to adjust to what others are learning. I can also be sure I am getting a quality education.

In conclusion, there are good and bad parts of being a military-connected child. You get to visit new places and meet new people. I have experienced a different culture, and do things that most other children won't get to. There are nice schools and I get to live on a nice military base. However, there are the downsides, like not getting to see family or old friends for years at a time; even parents will have to leave for a while. I have to completely start over each time you move.

- Haley Albin

**M**ost know that the life of a soldier is not easy. The life of a soldier comes with sacrifices. Soldiers are not the only ones who have make sacrifices but the families of the soldiers too. The life of a military connected child is almost like other children. We military children play, laugh and joke like other kids. My experience as a military child has not been easy though. It is fun to move around the world, see new things, make new friends, and experience new cultures but there is a downside to all of this. Each time we move I have to leave my old friends I have made in a there. Then having to make new friends at our next duty station. Sometimes making new friends in a new location can be hard. Then you have to adjust to the new environment where I have moved to. Huge sacrifice that I had to go through was my dad deploying or leaving for periods of time. From times when I was young and now would not be able to see my dad for at least a couple of months to a year. Since he was gone most of my life I missed a lot of regular father and son bonding activities with him. The greatness to the life as a military connected child is ofcourse making new friends and experience the different types of people. See new areas and places that are not a everybody will see. Then finally experience the new cultures. Seeing how other countries or areas lifestyles. The best part for me is eating the different foods in the new places we have moved to. Our life has a military connected child is no easy there is downs to it but I believe that this life styles is great.

- Nigel Rodriguez

**R**andom, silly and joy. Some words that can describe Military boy. I may be called a military brat, but I can tell you that I am not all that. I am a military child. I have been all my life and living this life hasn't always been nice. I was born a military brat and have been raised one too. One of the hardest things is seeing my dad deploy away at a young age. Not seeing him for months and almost a year. Knowing that he may not come home. It is nice having a home. Knowing that will be your home. But when you leave that home, you feel alone. That has happened three times in my life. I have had three home, although only one felt like one. Making new friend is hard and all that, but leaving them is harder than that. But honestly it's not all that bad. Getting to see my dad when he comes home from deployment. You get to see many new thing all around the world. See new culture and try new foods. Meet new people and make new friends. When I feel sad and alone, I will know that I am never alone. I have my family and all that I need. I need my family and they need me.

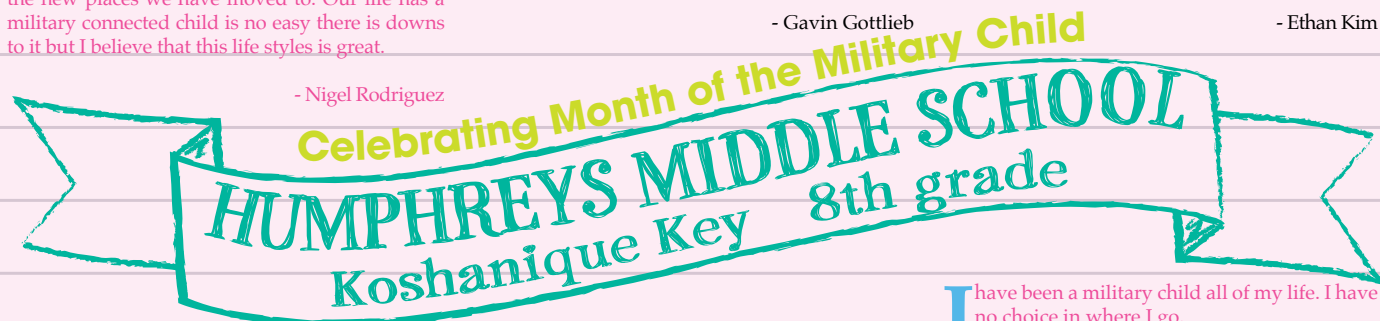
- Gavin Gottlieb

**A**military-connected child's life is a hard one. They have to move to different place whenever their parents have to. This causes a lot of tension between the child and his/her parents, mainly because they don't understand why they're moving and also because they're losing their relationships with friends. Also, if their friends are military children, they may only see them for a few years before they may have to move to another base.

The life of a military-connected child also has its perks. For example, they can see new cultures. They can also try new foods, and do things that they couldn't do in their home country. They get to go to place where many people may not/cannot visit. Though they might not see their friends in person, they can chat and video call online and on the phone to stay in contact.

I myself am a military-connected child. I wanted to stay in the states and be with my friends. I didn't know why I had to move and I thought it was because my parents were selfish. However, when I got to Korea, I realized that it wasn't so bad. I quickly made close friends and got comfortable with my living environment. I got to eat some of the local food, saw many places that some of my old friends weren't able to see, and saw many different cultures. In my opinion, I consider myself blessed to be a military-connected child.

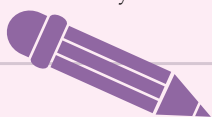
- Ethan Kim



**T**he life of a military child is first a lot of moving around and a lot of adjusting to other culture and that even means not seeing your mom or dad or whoever is in the military like your brother or sister. And that may be very hard but be part of a military child also means needing to lose friends by moving or you might see them again just like me but it is not always easy because it gets harder to make friends the older you get. But being part of a military family has lots of good things as well like seeing different cultures like Asian, India, European, and Spaniard.

But in the end there are many place to almost all around the world and have different experience but people mostly think that without a dad at home the family is weaker but it makes the family stronger and able to cope with the struggles. I have been to many places like Germany, Korea twice, and Colorado which has beautiful views as well as Korea and if you go to one of these places then you have many place to visit like Malaysia, Indonesia but in my opinion being a military child is such a blessing to be a military child because you can see many places of the world that many others may not see or visit.

- Giancarlo Rivera



**L**ife of a Military child is hard not very simple. This life is hard when I have to be pulled away from a place I've known and loved.

Only to be put in a brand new place scared and alone. Not having people I know, not being able to feel at home.

Being in a new place is scary, having to make new friend is as well.

But in the end I get to meet new people get to have new friends but this will never last.

The life of a Military child is like putting in a disk that is on replay.

It may be different places and people but the same feeling.

Over and over again when I start to feel like i'm at home I get pulled away.

Only to put in a brand new place.

It's like being in the dark and when you see light you become father away from the light only to be put back in the dark.

But don't worry this feeling will go away someday when I find a place of my own, a place to call home.

- Katen Anderson

**L**iving the life of a military child can be very stressful. There are many frightening parts of having family in the military. You never know what will happen. Everything you see happen and other things unseen happen in the military. You don't always know what is happening with your family. Certain things must be unsaid in the military and you never know what might happen if it is an injury. Your parents have chances to be deployed to different locations, get injured, get a type of disorder, or other possible problems. You must deal with family, your mental state, and your own problems.

As a military child you must be mentally ready for all the challenges thrown to you. You move about every 2 years and it can be very rough. You have to find new friends, a new living space, and do many other chores, like make your own room and get familiar with your new temporary home. Moving 2 years is scary to deal with, it can give many disorders like anxiety or depression. You have no friends for sometime and have to make new friends and trying to talk to new people. Some people are open and others, awkward. It can be a very tough start.

Another hard part of being a military child is family. Your family is the closest thing you have and isn't always there. Sometimes your family is deployed, at work for long amounts of time, or have things to do like errands. You don't always get to see your family and everyone needs to spend their time with someone. Most of the time your out of your home trying to hangout with someone or your at your home alone and having little to do. You will feel scared without your family, when they are deployed and are in a foreign land, but they will come out ok.

Last part of being a military child is mental disorders. I have friends in middle school who joke of mental disorders but, it isn't that bad. People make terrible jokes that others suffer from, but that's the world and not everyone is perfect. Those people may be sad but together we can help. We are military children and work our hardest to make ourselves, our families, and our country proud. We will start a new and better generation for our great world.

- Cameron Sutton

**L**ay down a map and point to where I've been Paris Germany Belgium

Not all kids understand the life of a military child I learn to say goodbye and say hello Every two years or so i'm off to a new adventure Whether it's across the world or down the road, I'm there I meet new people and see new cultures I see new things and gain experiences Moving around all the time sounds insane to other kids But it's just a walk in the park for a military child

- Arianna Frias

**I** have been a military child all of my life. I have no choice in where I go. I'm on a never ending journey. This life is a mystery.

Once I get settled I get shooed away like the brat I am. The only choice I have is being strong.

I have to flexible and just go with the flow.

I shall Fly through the wind like the birds migrating south. My father took an oath that he shall serve his country

Little did he know that he also spoke for me.

I don't have a choice in' what I do but I do have a choice in how I do it.

I can do it with a smile on my face and let my teeth shine bright like the white on the flag

My life consists of boxes and streaks of packing tape, but I shall not let that control me I will find my own path. And go through life without

- Imiri Alexander

**W**hen I was born, my dad was deployed to Iraq. He flew KC-130s for the Marine Corps. When I was born, I had to wait half a year before my dad came home. Until then, I lived without a dad. In 2017 my dad retired from the Marine Corps after thirty-one years of service. Due to my dad's job requiring him to constantly move, I have learned that being a military related child can be both fun and difficult.

As a military-connected child, life can be difficult. If you asked a military child what the hardest part of their life was, they would probably say the moving was the hardest. When I was a military child, I would move every three years, and it wasn't until I got to Korea that I stayed somewhere for more than three years. That was hard for me. I didn't like the moving part of being a military child, but once I stopped moving I didn't know how to adjust. I couldn't believe that for once in my life I wouldn't be living in one place for three years. When I finally got settled in this new world, one of my closest friends moved. That is when it hit me: my friends wouldn't stop for me. The world didn't revolve around me. Just because I wasn't moving anymore, doesn't mean my friends wouldn't. This was hard for me to adjust to and I still haven't completely adjusted.

However, being a military-related child isn't all bad. Thanks to my relation to the military, I've gotten to have some of the best experiences of my life. Every place I've lived, I've gotten to meet new types of people, try new foods, and experience new cultures. In Germany I got to eat lots of good German foods. I also went to lots of festivals and parks to learn about German culture. In Korea, I got to learn about where my mom came from. My family got to experience the great food Korea had to offer. I got to experience all of the culture of Korea in all sorts of ways. I have been to folk villages and museums where I have learned all about Korea's deep and rich culture. Thanks to my strong relationship to the Marine Corps, I have faced many trials, but I have also been able to experience things most people couldn't.

- Joon Flanery





**B**eing in a military family usually means that you are moved around the world frequently. My family get move around all the time and that is normal. Sometimes moving can be scary because you have to move schools and meet new people. I haven't moved around a lot like other military kids but I have experienced a lot of challenges. Sometimes you have to stay at your station at least two or more years.

Starting off with the advantages, being a military child on post is one of the best suitable time to hangout. There are places that you can hangout at like the Px, gym, youth center and etc. My experiences with these places and activities have made a significant impact on my life. Gym is mostly for working out and playing sports so I don't really go to the gym but people who like working out or playing sports like volleyball, basketball, and etc, gym is the best choice. But I personally love that Px because they provide you food and you can have your own booth. I personally think the Px is a great place to hangout with your friends and family.

The disadvantages aren't as high as advantages. For an example, most of my family lives in the states so being overseas can be hard. I don't really get to see my dad's side of the family much as I see my moms side of the family. But i get to see them again during the summer. I get really disappointed when I don't get to see my family during the summer. So going back to the states during the summer is the best choice.

- Ashley Kim

**T**he life of a military child can be fun. You can see new places, Meet new faces, And make friends with everyone. At times, life for a military child can dishearten. You may go overseas, And you may never see Your best friend ever again. Being a military child can be confusing. Your parents might leave And sometimes you'll grieve, But you needn't worry about a thing. A military child moves around a lot. You can go to Europe or Asia From Belgium to Australia You'll never be in the same spot. I am a military connected child. I have felt jolly, And confused and melancholy, This life can get kind of wild.

- Hunter Hight

**A**dventurous, exciting, and challenging are three words that accurately describe my military childhood. This life can be challenging, lonely, and heart-wrenching. However, I wouldn't trade my life for any other.

After graduating high school, my father left for basic training. Within four years, he met my mom, married, and welcomed my older sister. Following his first deployment, Dad took a break from the service and joined the police force. This is when I arrived.

When I was one, my father re-joined the military. I don't remember the first deployments. However I can't forget feeling confused and lonely when he left us in Germany. I was too young to understand what a deployment was or the purpose of it, but I did know there was a hole without my dad.

My first clear memories are while living in Germany. Despite the deployment, I also have great memories of adventures and laughter. Lucky me, I met my best friend in Germany too. We even reconnected while stationed in South Korea. My sister and I frequently laugh about our adventures throughout Europe.

By eight, I already had called five places home and traveled parts of America and Europe. Life got more interesting when my baby sister arrived. My father's schedule kept him busy, and we had increased responsibilities to assist Mom. We didn't understand why so much was asked of us. Reflecting on it now, I'm happy that I had that training of responsibilities.

Most military kids say, we move a lot; some more than others. This means often leaving schools, friends and family. That's challenging, never knowing when you're leaving or where you're going. Moving is always emotional, but we make the best of it. I love that I have friends around the world. Plus, our goodbyes are see you laters verses goodbye.

Despite the moves and complications, I wouldn't change anything. I thank my dad for choosing this career and my mom for being supportive. It's easy to say "it's too hard for families" or "they'd be better off as civilians." These assumptions are inaccurate. My sisters and I have lived a fantastic life and are appreciative of it. I have an abundance of cherished memories and global knowledge. I've seen parts of the world that others dream of, and I'm only fourteen. Therefore, I give thanks to my parents for blessing me with such a memorable childhood.

- Alisa Roman

**B**eing one of the many military children in this world, I have noticed many different pros and cons as I grew up. Military kids move around a lot, that comes with having a parent in the military, they see places that normal citizens would never see unless they or someone they know is in the military. We get to experience many different things that some kids will never experience until they are an adult or in some cases, not at all. Military parents have to be deployed once or twice, causing them to have to leave their children for a year or two. This causes military brats to have to live without their parents and with their relatives.

Furthermore, military brats move around a lot. I have moved every two years and around nine times now. This has caused me to never really gain any life long friends because I have never been able to keep in contact with any of them since I move around all the time. However, moving around has also caused me to experience many different cultures and meet many different types of people. I got to live in Germany for two years and during those years I got to try many different types of German food and got to see Germany's famous landmarks.

Lastly, military kids get to see things that a normal citizen would not be able to see unless they know someone in the military or are in the military themselves. Military brats get to see what goes on in a military bases and they can live on one whether they are in a different country or just in a different state. Although seeing military bases and military vehicles can be amazing, military brats do have to take up a lot more responsibility than normal citizens. We represent our parents when we live in another country, on a military base, or go to a Dodea school. Whatever a military child does the parent with be responsible for it and when you live in another country we have to make sure not to do anything that can reflect badly on our parents and even though being a military child can be hard, we do get to see and meet many different people while our parents are in the military.

- Ana Owens

**F**irst it started in Savannah, Where the birth of I was done. Right there in 2005, Then the life of Mason begun. At the age of 3, In NC where I lived for 6 years, I met some friends, But left them there. On to Texas, There for 4th grade. I lived on base and was schooled there, Until I left, just like a grenade Off to Maryland, With the boat I had. Until across borders, Because the water was bad. Now in Korea, In Middle School I spent. The days flew by, In Student Council I spent. But that's just me, The life of a Military Child.

- Mason Parker

**W**hile I am a normal teenage boy, I am different from some of my fellow youth. I do not exactly have a place I call home, and I usually end up moving away from familiar places every few years. My name is Nathaniel Lim, and I am a military child. Being a military child is different from a normal childhood, the two biggest differences are moving periodically, or PCSing, and the deployment of a parent.

PCSing, or permanent change of station, is where a military family is sent to be stationed into a new base every few years. This means that my family and I can end up living in different countries, such as Germany or South Korea. This lets me explore new cultures and experience them. However, moving every few years means that you won't even stay at the same school, or schools, for the entire time. This makes me and others the 'new kid' every few years, and makes us have to leave our friends, to go to a new, unfamiliar place. This is quite stressful for me, as the change can be a nuisance, as you have to leave a familiar place and friends, to go to the unknown, surrounded by strangers periodically.

Deployment is where people who are active in the military are sent to another country. This means that one of your parents might even be sent to serve in a war! Deployments can range from 90 days to 15 months. This is very stressful, as the absence of a parent is very worrying, and the risk of their death more so. The thought of my father being gone forever haunted me when I was little.

Being a military child is different from a normal childhood, the two biggest differences are moving periodically, or PCSing, and the deployment of a parent. The experience of being a military child is very stressful. However, I was able to learn, see, and feel more than I could as a 'normal' child. I was able to feel joy, and sadness, frustration and relief. I have many memories of those feelings, and while I do not cherish them all, I appreciate them. My name is Nathaniel Lim and I am a military child.

- Nathaniel Lim

**M**y home is everywhere I go No matter the sacrifice we make, The time feels like it moves very slow But at the end of the day it does not feel like a mistake

I make friends all around the world From different countries and cultures, But it is hard to leave behind my friends back home and sometimes missing them feels like torture

My favorite part is that I learn about new foods I also want to know how to make them, I like to see the beautiful view

When I look out where I live it looks like a place called home

When I see my dad wearing his uniform I always feel proud of what he does, when he hugs me I feel really warm he is my hero you know.

- Rigo Sanchez

**M**ilitary connected children have a way of adapting to the moving, making new friends, and the new cultures. Military connected children get used to going overseas, and they also get used to waiting for their parents to get home. The military may keep the parents away from their children, but it's worth it in the end because they are doing good for the world and there community. The military makes sure that all families of service members or ex service members are taken care for no matter what. Every military child is very respectful for their families heroism.

Although moving is very hard, the military finds ways to make it peaceful, calm, and wonderful for every family. Moving helps the kids understand new things such as languages and cultures. Military connected children like the moving because it is a way for them to find a new life, and learn new things. The military helps every child get comfortable with where they live by putting Department of Defense schools that have a lot of other military connected kids. Military children love these schools because they are very diverse and have a lot of opportunities for the kids who go to them.

Making new friends is easy for a military child because you may already know someone from the school. Military installations try to make it easier for the kids to get along by having bullying preventions, and by installing parks for all the kids to play at. The military is very smart when it comes to taking care of the future generation. This is very helpful for military children because we sometimes have a hard time getting along with certain people.

Learning new cultures is a little hard for military children because we only have a certain amount of time to learn them. This means we have to learn something so big and important in so little time. The only culture I've ever seen learned in so little time is Hispanic cultures because they are taught in every Department of Defense school. Being a military child isn't easy but for most people it can be tolerated.

These are the glories of being a military connected child.

- JaVeon Thomas



**I** have been military connected since the first day of my life. From traveling all around Europe & Korea & the United States. This has impacted me and made me the person I am today. I am always in a diverse environment and adapt well to new environments. Being half Korean is a part of my culture and I've lived in Korea for half my life. I get to experience my culture, language, and meet many types of people. The military moves around all the time so you constantly have to adjust to your surroundings. This can be difficult as a teen but change makes a person stronger and helps them adapt quicker. Moving around is hard but I would say traveling the world is definitely worth it. Going to Paris to see the Eiffel tower, going to Atlanta to see the Coca Cola museum, going to Seoul to see the DMZ, and going to Da Nang to see the Am Phu caves. The world has much to give and you should explore the different people, places, and opportunities. Being stationed in the United States and overseas is different for high schoolers. There is far east in Pacific schools which looks good on college applications and do schools provide good educations. I would like to have a stable high school. Moving around helps you have an open mind

- Angelina Tudor

**M**y name is Elijah Ward and I am a military-connected child, something that I am appreciative of and am also slightly unhappy about. I am connected to the military by my dad, Tracy Ward who recently retired from the Air Force after over 25 years of service and is now GS. I was born in South Korea which is also where I live at the moment.

Hard work has been implemented into me from being military connected, seeing how hard my dad works inspires me to work harder and get the most out of life. Seeing how great the military has treated my family makes me very appreciative to be a part of the military. Although moving every 2 to 3 years has been hard for everyone in my family, it has also given me an opportunity to travel frequently, learn about other cultures, and meet new people. Even though there are definitely positives to being military-connected child there are also plenty of negatives to it for me as well.

The biggest and only serious one for me is being scared to make any kind of relationship with new people because I know that they aren't going to be a part of my life in two years or so. Knowing that I will have to eventually drift apart from my friends when I move to a new place makes me not want to be close with anybody in the first place. Even though I know that I will eventually move away from my friends I always end up getting close to them and that makes it hurt me and them even more when I move. I am a very closed off person and handle my problems by myself, something that was caused by the constant moving. I never let my family or friends know how I feel deep down about everything going on in my life, if I did tell people close to me it would just hurt more when I move. Even with all of this I can't complain about my life, I realize that I have been blessed to have been born into a family with no financial problems, marital issues, or dysfunctionality. When I look at the world today it makes me think about how lucky I am to be a military-connected child.

- Elijah Ward

**I**'m a military child, I'm a child of the world, I go everywhere. I'm on an amazing journey.

But sometimes I have to leave the places I love, I know once we leave here, I will probably never see this place again. My life is mostly in brown boxes and packaging tape. One more time again I'm going to say goodbye to all that I know.

At this moment I don't belong anywhere. Not in this place and the place I'm moving to. It's a mystery of a thousand clues that needed to be solved, It's up to me to put the clues back together. I am leaving all the familiar things again. Im facing the unknown again.

Unexpected disconnections, Saying goodbye to friends, Saying goodbye to everything, But at the end I have yet another adventure waiting. Being strong is the only choice I have. I'm walking this path with a new chapter in life, That's the story of a military child.

- Ethan Williams

**B**eing a military child is both an exciting and difficult task. It is exciting because we get to move to different places, experience new things, and meet new people. However, those are the exact same reasons it's difficult. It can also be difficult when a family member has to go overseas. Being a military child is something not everyone gets to experience, but everyone should know about.

Moving is something every military child experiences sometime in their life. Whether it be every three or nine years, it happens, and it can be interesting. A person, or family, will move around the states or even overseas. Whether or not they like the location, they get to experience a new place's town or culture, this can be fun and exciting. People moving get to try new things, go to possible tourist attractions, and the food might be good. Moving can also be a difficult task as you might have to learn another language just to get around town. Somethings might even mean something different than it does here. Moving means you will also have to meet new people, and depending on the person, that can be difficult, especially if you don't know what the people there are like. Finally, let's not forget the difficulty of leaving an area behind, especially if you have family and friends living there.

My experience as a military was never hard. It was always just moving every three or so years. I am always able to adapt to a new place and enjoy being there while it lasts. I'd like to think that it's just as simple for everyone.

- Alexis Blake

See more Humphreys Middle students' stories on Page 14



**B**eing a military child can or is very hard on some people. Some people would enjoy moving a lot of the time while others would hate to leave their childhood friends. Being a military child isn't all that bad sometimes people get the opportunity to see places others would dream about seeing. Some people in the military can see all parts of the world while others would dream about seeing it. However this could affect someone's childhood for example the military child would have to move very often and would have to remake friends all over again repeatedly. Moving repeatedly could make a military child sad to leave friends and or excited to see new places. Sometimes the military child can go to a dodea school where they can meet kids that have been through something very similar to what they have been through.

Dodea schools are filled with kids that can all relate to each other one way or another. The military kids can even experience new cultures and other languages they might not have wanted to learn. The military child can experience new forms of music foods cultural activities and new types of traditions or holidays. This can teach military children about different cultures that they might wanna inherit in the future. Being a military child is not all that bad for some people it is even fun to be a military child. Military kids have seen friends come and go all the time but in the end they have made amazing memories in all places from people they have met at the places to give them amazing memories.

- Jalen Blas

**I** love being a military child because I get to travel It is fun to travel because I can see new sightings, try different foods, and experience different activities.. I have traveled to many places like Texas, New York, Philippines and Korea. Being a military child, I have had the chance to ride on a jet ski, go snowboarding, and I went to a water park in the Philippines. I also had the chance to go zip lining, which was my favorite. I have also been able to go on a plane which is a fun way to travel with my family.

I'm a military child it is great because I get to meet new people all the time. This has allowed me to make new friends and get to know different people often. I have made good friends in Delaware, New York, the Philippines, Texas and Korea. When I have new friends, my parents can meet their parents and they can be friends too. With new friends they can show me around to see new things with them.

While i'm being a military child I get to try new foods and see new culture. One of the other cultures I have experience the most is the Korean culture. I have seen cool places like a temple in Korea, a water park in the Philippines. Some of my favorite foods are Spanish rice, Korean barbecue, and sinigang. I am glad my father is in the military, because is able to take me and my family to these cool places.

- Alex Toro

**M**y father is not in the military, but he once was long ago. He probably road across rivers on a fairy, until he had a daughter with little toes. All that I can remember is Korea. With friends that come and go Meeting people from John to Sophia. But, I did spend one year in Utah though.

- Joseph D. Winther

**L**ost in what all you have been given  
 Away and never knowing if they can come back  
 Sacrifices were given  
 But in return  
 They will never get their old life back  
 Families were shattered  
 Children don't know how to react  
 In return, lives were scattered  
 And as a military child  
 We grow up knowing that  
 Lost in what will happen  
 Ready to face the worst  
 Knowing we may lose a parent  
 Prepared to face the world of hurt

- Anna Stahl

**T**he life for a military child is flexible. I mean we always have to adjust to new things. This includes new places, schools, and peers. Places could be other states or even another country. While living in another country children may even take the time to learn the language. Learning the language will help you stay connected to people you meet in the country you were in previously and can always keep in touch to make sure you don't forget the language.

Speaking of friends it is important to keep in touch with them. What I mean is that you keep in touch with them. This is one of the toughest parts of being a military child. Friends come and go and can be hard to say goodbye or become new friends with kids you don't know. When you're attached to your friend they become your best friend and can be hard to replace that friendship. But overall military children are good at being social because they have adapted to it.

Life can be hard as a military child. We have to deal with parents deploying sometimes and can be hard for the younger kids. That's part of being flexible is to be mature. Children deal with this because they know it's part of their parent's job. It is hard but we get over it but some mature and know how to deal with it.

I am thankful to be a military child because of all the opportunities I have gotten. I have been through a lot of things that many normal people have not experienced. I have met many people and have been many places. It's just like a normal life but a lot of moving around and adapting to new things. I have benefited a lot by being a military child. I have also learned many things along the way. The one thing I have learned most importantly is to be thankful for the good things that get thrown at you. It is great being a military child and I am so thankful for all the opportunities I have been given in this life.

- Keith Inglis

**Celebrating Month of the Military Child**  
**HUMPHREYS MIDDLE SCHOOL**  
**Koshanique Key 8th grade**

**B**eing a military child can be a little scary  
 Saying goodbye to best friends  
 Friends such as Jerry, Larry, and Carrie  
 Settling into brand new places  
 Inside brand new military bases  
 Some call it a brat, but it's not all that bad Learning a new form of time is pretty rad Times such as 13, 14, and 24' o'clock Daytime, downtime, and bedtime

- Seoul Cody

**T**raveling here, traveling there, we're always moving everywhere.  
 We pack our bags and get ready to go, to a place that is new and maybe unknown but after awhile would become our new home.  
 We settle in making lots of new friends, and hoping that the friendships would never end.  
 We go out and explore what this new place has to offer. I really like sunflowers, which they have a lot of.  
 Times up, and we have to move again, leaving behind our funny best friends. We load our things and we're all set to go, to find another place to call home.  
 Who knows where we'll end up next, maybe we'll go to Alaska, or Nebraska, South Carolina, and ooooo China! Maybe Alabama or even Louisiana!  
 I guess you could say, this life is kind of like a timer,  
 We wait, wait, and wait, until DING! Time to move on and see what this next place brings!

- Candice Collins

**I**gave my friends a final hug And we all said our good-byes They said we'd stay in touch While I tried not to cry  
 My family boarded the SUV  
 I stick my earbuds in my ears  
 My mom talks about the journey's plan  
 I try not to hear  
 My family boards the plane at last  
 We all sit down and wait  
 I stare out at the home I knew  
 And anticipate my fate

- Amanda Fisher

**A**lone, afraid, nobody around, nobody to lean on  
 Like magic, a warm smile, a familiar face appears in front of me  
 Night and day, seconds to years, passed  
 Laughter filled the air and my heart is more clear  
 But as magic comes, magic goes, and they have to leave On a far away voyage, taking their adventures with them Leaving me alone to fend for myself  
 And slowly, very painfully closing my heart off again  
 Being alone, afraid, and scared over and over  
 Like theres no end  
 Chained to the ground greeting more friends  
 That will eventually leave  
 A military child comes and goes  
 While a military connected child stays and greets

- Stephanie Nichols

**B**eing a military child is that I am constantly moving every three years whether I want to or not. Moving can be good sometimes because I get to experience new Activities. The bad part about moving is that I move farther away from family and friends.

One of the good parts about moving is experiencing the new cultures; learning and participating in. For example, I moved to South Korea from New Jersey and the Korean culture was cool because of all the different foods and festivals that I got to see which is so different from back in the states. When moving to new places your family is all you have which is great because the army has trips for families to spend time together. When I first came to Korea I went to a resort that had a water park and we took a ride on a yacht. Another time I went to a ski resort where I learned to ski for the first time. Moving here also gave me the chance to learn the native language because I took a Korean class.

A rough experience about moving somewhere new is that you become the new kid all over again and no one knows you. You have to make new friends and events are different than what you were used to before. Field day here at Camp Humphreys is different because all of the grades compete against each other. Unlike my last school, there is a lot of planning for the dances here, it is a great chance to make friends. Transferring from a civilian school to a DODEA school can also be tough because the new school may not offer the same classes or you have to have more gym class or elective credits. Moving away from friends and family is also bad because you can't see your friends as often and you can miss a serious event like a funeral or a new addition to the family.

Moving allows opportunities for new experiences, but it can also affect your grades in school, relationships with friends and family, or disrupt your whole well being and comfort. When you constantly move, like I have my entire life, you have to make sure you are tough mentally and emotionally to deal with the many changes sure to come.

- Harvey Dennie

**B**ased upon being a military-connected child, I have learned skills that I necessarily may have not if I was raised in a different society. I've had new cultural experiences, attained an adaptable mentality, been able to learn and respect other cultures/diversities, and learned that there's no leniency for inappropriate behavior. Being raised as a military-connected child, I've learned to uphold the reputable standard that is instilled within people of the military community.

When people are involved with the military, traveling and moving are generally parts of the role. Moving to many different duty-stations, and having to re-adapt to the community becomes a habit while being a military-connected child/growing up in a military society. Based on moving and adjusting, people gain an adaptable mentality where change becomes a constant.

Another aspect that the military-connected life has given me, is that I am able to experience and respect other cultures. Due to the no-tolerance for ignorance or disrespect, the military-connected life allows me to learn about other cultures and diversities in a respectful manner.

Being a military-connected child has given me many opportunities that are greatly appreciated and are extremely helpful towards my success in life. The military connection I have has helped me develop and learn as a person, whereas if I was not in this benevolent community, my path in life may not be the same.

- Rachel Alexander



**T**he life of a military child like my can be hard but fun at the same time. Moving and leaving friends while I leave to a new place can be hard but it give you new experiences along the way. When I move to a new place it is annoying because it takes a long time to get all of my things off the boat and to my new home. Going to a new school as a new student can be hard like making new friend and getting used to the new school layout, so I don't get lost looking for my classes. Talking to new people can help with social skills, so I have to make friends or I will lack in social skills in the future. When I became a military child it was hare moving away from my family and friends the first time, and I was annoyed because I didn't want to move. I was mad that I didn't get that much time to see my family and friends over holiday breaks but I was glad that I got to see them all.

I have lots of experiences and memories with my new friends I met from the military. I learned how different cultures do things close up with different people. That's is what like to be a military child.

- Cole Jacklyn

**B**eing a military child has many advantages and disadvantages. One advantage is being able to live all over the world, I personally, lived in the United States for 11 years and I have been living in South Korea for almost 2 years. One advantage of being overseas is being able to travel, while I have lived here; I have been to many different locations. I have been to different parts of Korea and I am fortunate enough to travel to other countries in the Pacific, the more I travel the more grateful I am for being a military child. It's not because I get to travel and take luxurious pictures on the beach. It's because, I get to see other people and the way they live their lives and their condition, which is usually harsh. I'm grateful that I am not living on the streets, begging for food. I am very lucky to be able to live overseas and see different people and how they live their lives in a culture so diverse to mine.

Another advantage to being a military child is having friends everywhere you go. As a military child, I move every 2-3 years, that means moving to a new state or country, living in a different house, attending a new school, and meeting new people. Meeting new people is a big one for me, I have friends all over the world and with having social media, I am able to contact them anytime, when neither of us are sleeping. I have friends in Virginia, Germany, Belgium, Texas, Washington, Wisconsin, and many more locations. That's because, we lived in a location together and we went our separate ways. I think the worst thing about being a military child is having a best friends for 2 years, and having to leave them, knowing you may not ever see them again. Which isn't completely a bad thing, because we get to share our different experiences with one another and learn new things about each other's culture.

In conclusion, being a military child is very important to me, because I get to experience the military, meet new people, and I get the opportunity to live all around the world.

- Kasey Jacobs

**I** see a lot of amazing things, different cultures, people, food, clothes, style, language, cities, and technology. I will talk to new people go to different schools and learn new things. I have been to 7 schools, 3 countries and 3 states. The 3 states are California, Montana, and Wyoming. I know that my dad's job as a logistics officer in the Air Force does a lot for our family, to take care of us and serve for our country. I meet different teachers, they teach different classes, and friends talk about their lives and what they like to do. I miss my grandpa, grandmas, dogs, cousins, and friends. I feel lonely and sad sometimes about family and friends, the different foods and countries and states. Where will I be without the military.

- Dillon Murray



**S**aying hi, then goodbye  
 Staying, leaving Never truly believing, That you're home.  
 Wish away, That you're here,  
 To stay.  
 But you're not.  
 Starting over, All too soon.  
 Like a Mars rover, On the moon.  
 New people, new place Not a familiar friend or face  
 Of someone you knew

- Keelin Perry



**A** military child means to have a parent or a family member be related to the military. Being a military child comes with its own set of challenges, but it is also comes with many opportunities for the future.

Being a military child, I have lots of opportunities other kids might have not gotten offered. For example, we might get to experience what living on a military base feels like. That could help people better understand the role active duty military personnel have in our society. This is important to know about because the military aids other struggling countries and even protects our own country to keep us safe. The military also provides a secure country that we can all live in safely. Being among people that have military jobs can help us better understand what it really means to be a military child.

Another way being a military child could offer new opportunities is the opportunity to travel. When a family member is stationed in a foreign country, we might have to move there as well. This can help in the long run because we can become more resilient and can even learn about other cultures or languages. This also offers an opportunity to make new friends or meet new people. This can also strengthen social and communication skills.

In conclusion, being a military connected child can offer many helpful opportunities that aren't offered in some places. One of the opportunities are learning about the military. This is helpful because you get experience being among active duty and can learn many things relating to the government. Another opportunity that is offered is experience in a foreign country. This can help with expanding knowledge on foreign languages and communication skills. Lastly, being a military child builds memories and is overall a great experience.

- Hannah Lee

**I AM A MILITARY CHILD  
I MOVE FROM PLACE TO PLACE  
I SEE NEW FACES SEE NEW THINGS  
BUT WHEN I LEAVE SOMETIMES IT STINGS,  
AT TIMES IT CAN BE HARD, BUT MOSTLY  
WILD BECAUSE I AM A MILITARY CHILD  
I FLY EVERYWHERE AND SEE NEW VIEWS I  
GO NEW PLACES, TRY NEW FOODS  
AND ONE THING I LOVE ARE KOREAN  
STEW  
I GET SAD WHEN I HAVE TO SAY GOODBYE  
AND SOMETIMES IT MAKES ME CRY BUT  
WHEN I SEE WHAT'S TO COME  
I GET HAPPY AND HAVE SOME FUN  
THERE ARE TIMES THAT I AM IN GRIEF BUT I  
ALWAYS STICK TO MY BELIEFS  
I LAUGH I PLAY I CRY AND SING  
THEN I WONDER WHAT THE FUTURE  
BRINGS  
AND EVEN THOUGH IT IS ROUGH AND AT  
TIMES IT CAN BE TOUGH IT IS WORTH THE  
WHILE  
AND ALL THIS IS BECAUSE I AM A MILITARY  
CHILD.**

- Favian Pierre-Louis

**C**hange is the constant, new faces and new places, a world with no home.  
In most cases I find friends, but once the orders arrive  
I know my time has come to an end.  
Yes, it is sad,  
but it's not that bad,  
and where would I be without change?

- Andrea Sanders

Check out more military children stories at: [militarychild.stripes.com](http://militarychild.stripes.com)

**W**hen he is gone it is tough.  
He misses my achievements for a cause.  
He fights for our freedom,  
so we can be free.  
But when he's gone I pray for him.  
We lose our moms and dads for your freedom. We may not wear the uniform but, we serve to.  
We travel around the world.  
We only know where we were born.  
We have no permanent home, town, or place to stay.  
We learn at a young age to adapt and overcome.  
We adapt to our surrounding. But we always prepare for loss, but preparation will never help, when we finally lose the ones we love

- Joshua Short

**I** am not a military child but my friends move every year. I am a civilian child so I am lucky to go to a military school and the base. I feel happy that I can be a part of a military community that keeps everyone safe and have good education because it has more teachers. I wouldn't like to be homeschooled because I wouldn't be able to talk to my friends and regular school helps your social skills. I have a lot of military friends that move away each year. It's nice to go adventure places around Korea like the DMZ. I wouldn't be able to go if my dad's job wasn't connected to the military. If I didn't go to a military school I would be in a different country and do home school. To be able to go stores like PX because Korean stores doesn't have American snacks and food. I would like to be a military child so I could explore new places I've never been to. I would also be sad if I were a military child because I would have to say goodbye to everything in a few years. Military child can explore places when they move to a different state or country. Military has a better social skills because all the military kids have something in common. I can't express how thankful I am to be part of a military base that teaches me social skills. I don't think military school wouldn't be anything different than a regular school because they all have same classes like math, science, etc. I am lucky to be a part of a social life as a military child. I wouldn't be in the school I am now if the HMS school had no more space for me. If I they don't have any space for me to be in the school I would be homeschooled. I like being a civilian because I don't have to move every year because you need to learn everything new. Thank you for reading my military child essay.

- Matthew Yannacci



**B**eing a military child is like a journey You get to go to many countries around the world. I love it here, I have many friends and some of my family members live here. But as much as I love to have the chance to live in different countries, I also dislike it. There were many challenges that I faced as a military child.

I had to leave my close friends or they would have to leave me. I remember the first time I had to move. It was sorrowful and at times, it was hard to adjust. I had left my closest friends, my family, and my hometown. My dad retired so we don't move as much, but to this day, I still miss my friends and family back in the states. Being a military child is enjoyable, because you may be surrounded by other military children. You can relate to one another and make new friends almost every day. But other military children also move many times, so at some point, your closest friends leave.

A challenge that I faced was moving to a new country. It was hard to adjust and get used to the new environment. The new country may run or do things differently, have different food, or speak a different language. I lived in Florida all my life, so I didn't know how to speak Korean fluently, even though I'm Korean. When I found out that I had to move to Korea, I was sad. Sad because I had to leave all my friends, and other family members and home.

Even though being a military child can be tough and moments are sad, I always kept my head up and focused on the positives. I have many friends here and Korea is great, there are great foods like Korean barbecues, bibimbap, and kimchi. There are many things to do, and I got to see family members I have in Korea. So if someone asked what it is like to be a military child, I'd say it's not bad.

- Dylan Yi

**A** military connected child, I move around to different places. From time to time, I go overseas, Everywhere I go, I see new faces. I live on a military base. Germany, America, they're everywhere. It's a new environment, but Everywhere I go, I'm treated with care. I start with going to school To new clubs I attend. I adjust to new neighborhoods, and Everywhere I go, I make new friends.

- Jessica Yi

**A**s a daughter of a military officer, I have been able to experience different challenges and adapt to new environments. Throughout my life I have lived in eight different places, including overseas. It hasn't always been easy moving to a different place every two to three years, but there are a few benefits. The best part about moving to a foreign place is to get to see different landmarks and experience the culture in that specific area. Over the years, I have met new people all around the world and learned new things about the places I have lived. Even though being a daughter of a military officer is hard, it also helped create new opportunities for me and helped me expand my horizons.

Ever since I was little, I would always hate the day when the movers came to pack up all of our belongings, and we would leave. Change has never come easy for me when we move. I always miss my friends, and the things my family used to be able to do. As I have gotten older, this has still continued, but I now realize that moving around my whole life has also benefited me. It has allowed me to learn different skills necessary in life, and has taught me how to better socialize with people.

Out of all eight places I have lived, each move and place is always different. There are always different challenges I need to overcome in each place. Even though it may be hard to overcome these changes, later in life I benefit from them. I am glad I have been able to live in and visit so many places. If my father wasn't in the Army, I would have never met some of the most important people in my life.

- Madeleine Giraud

**B**ridging the Distance  
Goodbye to those who I hold dear, For today is the day I leave you behind.  
Maybe not forever, but it will definitely feel as such. Although there are many rewards & happiness There is also sadness and obstacles  
As a military child, I have been through a great deal, Up and down along the world I go  
Saying Au Revoir to those who I have drawn in close.

Now I know many have suffered through a far greater ordeal  
For they have lost a loved one  
Or two  
In battle or on the road  
But in a month  
The amazing month of April, They may rejoice  
For it is a month in which they are celebrated  
For their times of hardship.  
As a military child, I have been through a lot  
But I do it for the people I love And the people that they love  
And on and on and on  
Until I feel as though I am doing it for the whole world  
Although the world is quite large  
I know that, at the end of the day  
I have helped everyone living in it.

- Yena Barna

**I**'m never sure if this place is the place I'll stay, sometimes it feels like a getaway.  
Always saying goodbyes, and new hi's.  
Meeting new people and getting to know them, wait, who do I stay away from?  
I never felt so settled,  
always getting used to these lonely months.  
It is not like I have a choice, just following where they go. When will the time come, when they'll understand my voice.  
Other's think it's cool, but they sound like a fool.  
Getting used to the set up of my new schools, it is hard getting used to new rules.  
All this feeling of loneliness makes me lost, When will my time will come, when it is not a constant change.

- Suh Yeon Chang

**I** am a 8th grade military child, Life is hard it takes courage.  
I've never been in a place long enough to fully flourish.  
I have traveled all over the Earth.  
I have no true home, only the state of my birth.  
After seven moves I want to shout out. Pushing through my feelings can be rough, But my family life has taught me to be tough. I know the colors red, white, and blue,  
And I know that I can't stay in one room. Leaving friends is always the hardest. Throughout the holes in heart, that is the largest. But throughout my life, I will never be alone.  
Because after every move, I will always find my home.

- Caleb Chung

**B**eing an military child is stressful, but at the same time it can be fun. I say this because we would have to move and I, myself would have to start my life all over again. Which is making new friends, at a new school, and a whole new chapter of my life that has to start. Though the good and fun side of being a military is we get to go places that most people don't get to go to. Sometimes I may not like the places I go, but I'll get used to that place and not regret going there since I've met and made great friends.

When my dad joined the army I was five years old and my little sister was one. After I was told that we were moving I became sad since California, where I grew up at, was my home. I didn't want to leave my friends at school, I wanted to stay where mostly everybody I loved was. When we moved to Texas I was six years old and had started first grade. We stayed there for 4 years and I made great friends there.

After Texas we had moved to Hawaii and I was ten or eleven years old starting fifth grade on base. I had fun that year and I made great friends, but when we moved off base my life went downhill from there. People were, different, barely anybody hung out with me when there was lunch or anything. I did have friends, but they never hung out with me as much as my friends before had. Me and my family stayed there for three years and when we were going to PCS we got stuck between whether to go to Germany or South Korea. In the end we had to go to South Korea and I'm living my best life here with better friends and more opportunities.

I won't be leaving Korea until after ninth grade, but for now I'm going to stay in the present and not think too much about the future. Our lives are like a book and each day you live is like a single page in a chapter. Everyday brings something new and I can't wait to see what happens next.

- Kiera Susim

**D**ad's gone again,  
It feels like he just got back I wonder when i'll see him again  
I miss him so much I don't know how i'll deal  
Now that he's gone again.  
It's been two months since he deployed, Mom lets me sleep in his shirt  
And wear them around, But it's not the same,  
His scent was wearing off  
And mom was starting to stress  
Seeing dad on facetime just wasn't the same. Six months have passed since i've been in daddy's arms. Mom had her baby (he was a surprise)  
And was breaking down in tears  
She always smiled to me  
But i knew without dad,  
She didn't know what to do. One year passed.  
Daddy missed my brother crawling  
I recorded it for him but he said he'd open it later  
Dad looked tired when he called  
He tried to smile for me  
But without us he didn't know what to do either. A year and a half it's been  
He's coming back today  
My brother, I, could walk now. Seeing dad, a tall man in uniform. He was worn out and limping.  
'Just a scratch in the field' he'd say.  
Everytime he left he came back with that same excuse.  
I hug him anyway our time would be short until Daddy's gone again.  
Dad works hard.  
He doesn't wear a military uniform.  
In fact, he dresses in clothes like mine. My daddy isn't a war hero,  
He's my hero.  
Daddy goes to work while i'm at school. I see him almost everyday.  
Daddy moves us around too.  
We've been all over the place for his job. Sometimes he leaves for work too.

Not to go to the field,  
But he goes to training too.  
My daddy is not in the military, He works for them.  
My daddy serves the people in the military.  
He takes care of their kids while they are at work.  
When he's gone, he's not gone for long.  
He gets back and he's right back to work. He doesn't have to PCS.  
My daddy chooses where he goes, And when.  
My mommy works for the military too.  
She goes to training,  
And she helps with their money. My mom is a banker.  
My parents don't fight in war, My parents to go to the field. My parents are heroes,  
They do help the government,  
And we do move around a lot.  
Being military-connected isn't hard, We live our life as we choose,  
And we go wherever the military is, It's nice and i'm proud,  
My parents are civilians, And I'm military connected.

- Xamari Woods

See more Humphreys Middle students' stories on Page 16



**T**he life of a military child for me is a fun and not so fun experience because it allows me to have the ability to travel the world and live in many other countries and meet new people but then I don't get to have close friends. This is interesting to me because being able to explore the world is special because it gives me a good look on the world, it also allows me to learn about other people's culture. Being a military child can be hard though because all the moving and not being able to make good and close friends, and having to change schools and having to adapt to the schools way of teaching. This is hard for me because I would like to make good and have close friends and to stay with one way of teaching so I would not get confused and being left behind in the learning. Positive things is having being able to see and try new things and having the experiences other kids may never get. This is interesting because it allows military kids to have fun and amazing experiences around the world and learning new languages and cultures and musics. Being a military child is a cool and fun experience because I can explore the world and do things that many other kids may never do and experience. Being a military child has opportunities for my schooling such as college, I have to option for my parent to give my money from their GI bill which will help me pay for college.

- Hannah Schaffer

**B**eing a military-connected child provides many opportunities that I may not have had without this lifestyle. I have experienced other cultures/places (including Korea, Okinawa, and Germany) because I am military-connected. This lifestyle has also allowed me to learn a little bit of new languages including German and Korean, and being a military child has allowed me to try new types of foods, clothes, and cultures. Being a military child has also allowed me to really just adventure and learn different places in the world. Being a military child has also let know a variety of people all over the world and being a military child has also really just changed my experience in life and really enhanced my life. Being a military child has also allowed me to meet people of different races and cultures. Being a military child has also changed life for me school-wise because since we are in the military it has given me access to dodea schools which makes it where we are exposed to a variety of different classes like German and Korean. I have also simply enjoyed dodea schools because I have met most of my friends in dodea schools and that's because I am military connected. However there are cons to being a military child like always making new friends just to have to leave them. Another con to being a military child is whenever my parent is deployed they are gone for 6 months at the least and when a parent is deployed they really miss big or little things like a band concert, birthday, honor roll assembly, or even a football game. A parent being deployed might change a kid like for instance if a parent in the military is sent to war and they lose their life that will affect the child completely. Another negative effect to being a military child is to have to be far from family and friends. Being a military-connected child has also had a negative effect of how I've had to move because of being military-connected, and I really don't like how many times we have had to move while my dad has been in the military. However overall I have really enjoyed being military-connected and it has really impacted my life in a good way.

- Bedell Hurey

**A**s you pack your things once and for all, It's difficult to see you go,  
The day has come, I stand alone  
My fragile heart tearing apart, Fun time has begun to fade,  
We used to chatter everyday  
Our memories I will treasure, In the dark all alone  
Memories I made with you, Don't let it end here

- Alyssa Hernandez

**T**he car ride feels like an eternity  
Finally arriving to our destiny  
Or so I thought  
Before my Dad brought  
The news  
Many questions rose  
But never spoke I suppose My siblings adapted well  
While I fell  
Off we go  
New people to see  
Started to fill me with glee  
Different experiences Of diverse languages Is a good thing  
Best wishes to my friends Awaiting for me on the weekends  
Till then

- Grace Lee

**M**any children across the world have to move from place to place constantly, having no control of the situation and instead having to accept it. I'm one of them. Being a military-connected child is an amazing opportunity as well as a very taxing situation for many children. Although, I feel it creates more opportunity as long as the child has the right mindset. Many children will find it easier to adapt to situations, gain many social skills, and find many exciting adventures. When a child first moves into a new place they are immediately met with their first obstacle, adapting.

Adapting is the first and the most essential part of moving for not only children but adults as well. Everybody has to find a new place to fit in when moving and it can be a struggle for developing children. When I first had to move due to these conditions, I thought it was the end of the world, though after a few days I found myself a new group of friends almost instantaneously. Fitting in may be hard at first but as children get more and more use to it they will fit right in. While they find themselves adapting you may also find them getting better at talking to other people.

Social skills will develop naturally for many students as they travel across the world. Talking with others becomes easier and will help with many future problems. Before, I couldn't talk to anyone because I was too shy but now I have learned to be confident in myself and can now hold conversations with most people. Eventually military children will learn and use these skills for future assignments. Besides gaining skills, the best part of being a military-connected child has to be the adventure.

One of the main benefits of being a military-connected child is that they get to travel a lot. Constantly going from place to place is an exciting adventure and usually my family goes to all the famous tourist attractions in the country which is both very tiring and fun. There is almost never a day where I'm bored when arriving in a new country. With all of these factors, even if there are some setbacks to being a military-connected child, they have amazing opportunities to change them into positive skills and I can confidently say I am proud to be one.

- John Jaring

**I**'m in the airport  
What else should I expect Moving from place to place  
It's hard enough  
New Places to go  
But here I am stepping into another country  
Leaving all my best friends behind left me hurting  
They were the only people I could rely on  
But now I have to make new ones  
A couple months later I had a new group of friends  
It sucked leaving my other ones behind  
But I'm settled in  
I like it here  
My grandma calls me everyday to check up  
She's sad, but I'm visiting this summer  
My old friends don't call as much  
But I know they still care

Two years later, and I'm in the airport again

Leaving to my next destination

I cry, obviously, but I still get on the plane

I guess it's time to find new things to like

New friends to make  
Another country to go

- Jordan Leary



**B**eing a military-connected child can be difficult for many children. When parents are stationed in a different place, kids have to leave their friends behind. It's hard for people to switch locations and adjust to the surroundings. Kids also have to switch their education system. Not all of these apply to kids, but it happens to most of them.

When my parents had to move, I had to leave my close friends. When we got to the place, I met more friends that turned out to be the best of friends. People have trouble going to new schools and they are shy of meeting new people. When kids move, they refuse to move on from their old friends and that transition can be hard. Moving to a new place constantly isn't normal for the nonmilitary-connected child, so they don't know the experience. Even though they move to a whole new location, they get to explore the world.

One of the benefits of moving is exploring the world. Moving can be difficult but when they arrive at your new home, the family can explore the places around them. When I got to my fifth place to live, my family spent much time traveling. Traveling the world is not something a lot of people can do, so make the best out of it.

When a child moves during the school year, the new schools grading system can be different. It can also be difficult for the child, especially a child in high school. The child will be stressed out if the new school has different high school credits in order to graduate from high school and go onto college. Elementary kids won't be affected much but middle and high school kids will be.

Being a military-connected child can be challenging and fun. We can explore the world and meet new people. It isn't about worrying if the people there won't like them, it's about taking risks and challenging yourself. Being a military child can be difficult if you think it will be difficult. People don't have the chances like us, so do what we can.

- Rommel Simon Penaflor

**B**eing a military child is difficult because I have to learn new things and leave a lot of them behind. The reason why I never feel at home is from moving so much. When people ask me where I am from it is just confusing because my background does not match where I was born or where I live. Most of my relatives live in Mexico and my siblings live in Texas so the distance is wide. We usually get to see them after 2 years of being away since my siblings go to college I am left as the youngest child in school.

Then moving houses is tedious because I moved into one for a short period of time then pack up everything and move to the next. I do not like packing boxes and unboxing especially between 3 people

What I dislike about traveling are airplanes and the slow process to get on one or the long hours of flight. However, it is also really fun to travel because I get to discover new cultures and their people.

Then being a new kid at school is hard to be able to find new friends. Somehow I end up making friends even when I should have good "social skills" by now but I do not. Going to public schools in the states makes me feel out of place because most of the students have lived there for their entire lives. For me, living in the same house for more than five years can get boring. So that is one advantage of not being stuck in one place. I still do not know how my life will be after my dad retires from the army and to live in one place again for the rest of my life. Most of being a military child is having to adapt to new surroundings and people.

- April Yanez

**B**eing a military child is hard, and fascinating in a variety of different ways; but overall, it is a phenomenal experience. A few examples of why being a military connected child is an extraordinary experience is because military children get to move around a lot. Military kids also get to meet new people, but they also have to say goodbye at an exceptionally fast rate.

To start off with, being a military child is an amazing experience because they get to see different places. First of all, seeing new places is one of the main pros to being a military connected child. For example, regular children might get to see at least 3 places while military kids get to see 6 places. DODEA partnership states that, "the average child in a military family will move six to nine times during a school career. That's an average of three times more frequently than non-military families."

In addition to seeing different places military kids also get to learn social skills, or meet different people. A military child also can see new faces because of the fact they move around a lot. Seeing new faces is important because they learn social skills. Work Economic Forum states that, "Social skills are important in the modern labor market because computers are still very poor at simulating human interaction." They also stated that, "Human interaction in the workplace involves team production, with workers playing off of each other's strengths and adapting flexibly to changing circumstances."

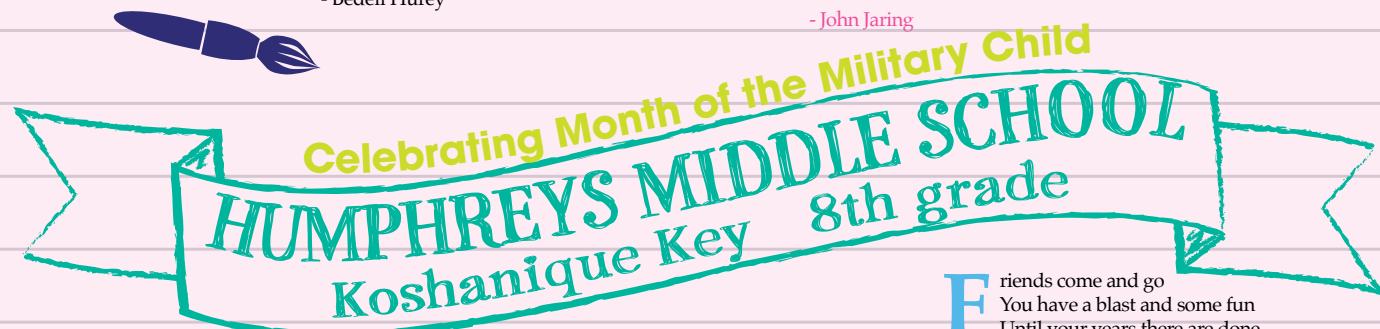
Finally, Military kids also have to say goodbye on an exceptional rate.

With the part in a military child's life of moving around a lot because of orders, they also have to say goodbye to loved ones, and friends. This is the hardest part of being a military child because over the time they are with them they get attached and then they just have to get up and move because they have a parent in the military or working for the government. This is really hard on some military kids, and easy on others. This is really hard on both the parents and the kids. It's hard on the parents because as they move they have to see their child go through rough times. In conclusion, being a military child is a fantastic and bad experience in many ways.

- Tai Montanez

**B**eing a military child can be tough sometimes, main reason I say that is because you move a lot and you don't get to have to have friends. But being a military child isn't all that bad because you get to travel to places that are new and meet new people. But overall being a military child has given us opportunities such as schools, protection, and more. Also we don't see our parents as much because of the jobs they must do such as training and more. Being a military child can be difficult due to the fact that you must travel and when traveling you lose friends and such. But the good thing is that you get to travel to new places such as Korea, Germany, and many more places. But throughout my childhood being part of a military child I really enjoyed it. This would not have happened if weren't for our parents. Our parents have given us opportunities that most kids don't usually have. Also for your parent being in the military the military pays for your school!

- William Snodgrass



**R**oses are red. The army is green.  
Being a child in the military, Doesn't mean much to me  
Not in the bad way, please don't think that.  
I don't know life outside the military  
That is a fact.  
I have moved 5 times. I was very very sad,  
but in about a month's time  
It isn't so bad  
Sometimes my dad will leave for training, It's about a month long,  
then he goes to bed, and sleeps all day long  
This is all I can think of, About being a military child. Maybe one day,  
I won't think it's so mild.

- Oliver Andres Loor Blum

**I** am a 8th grade military child.  
I am still in the same country that I call home.  
Every year many of my friends leave in the summer.  
We all had a belief that we would always stick together. Then: another semester comes, and we all fall together. Did I even had time to say "goodbye brother??"

I would rather leave my home to be with my brothers. Now I am carrying on with strangers in this beautiful weather. Waiting for others I can call brother, after the long summer.

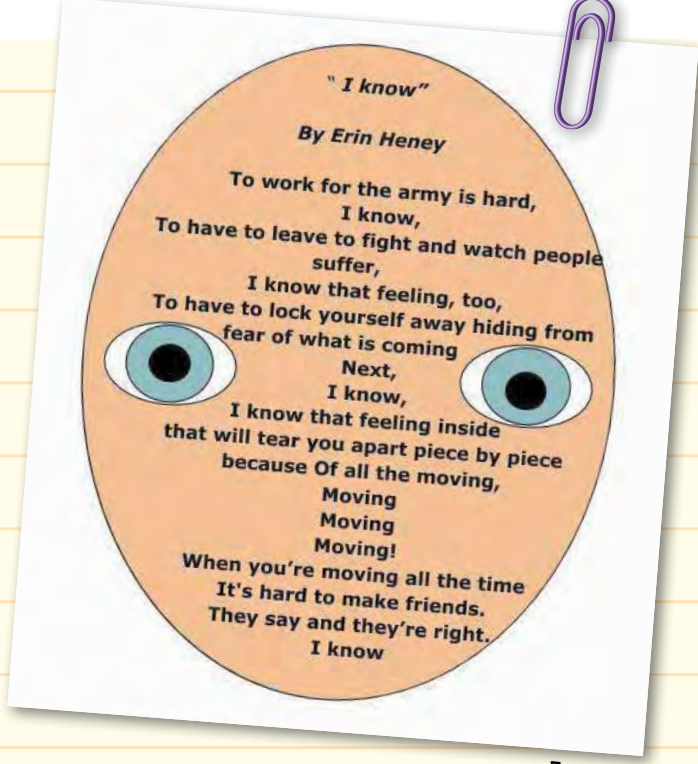
- James Park

**F**riends come and go  
You have a blast and some fun  
Until your years there are done  
You follow the military from place to place Bouncing around like a hot potato Sometimes you don't want to leave anyone And your life feels overrun  
But it isn't your choice whether you stay or go  
Saying goodbye is hard Being the new kid is a puzzle  
Learning when to let the guard down Trying to fit in without a struggle  
The tale of a military bard  
Whose life is tense like a muscle

- Seth Pelafigue

Send your Month of the Military Child submission to MilitaryChild@stripes.com by April 22!





- Erin Heney  
6th grade, Humphreys Middle School

**M**y father is in the military. Meaning, that I have been moving every couple of years my whole life. The shortest amount of time I lived in one place was eleven months. The longest was five years. Every time I move I have to leave my friends and my house. Then, I have to make new friends and adjust to a new culture.

I will never know what it is like to grow up in one place my whole childhood. I haven't even lived in the United States for the past five years. Everything in my life is constantly changing. I'm in eighth grade and I have already attended five different schools. Usually people only attend 3 or 4 schools in their lifetime.

It's strange to think about how some kids have lived in one city their whole lives. They grew up around the same group of classmates, lived in the same house, and went to the same schools. I wonder how different my life could be if I wasn't military child. One good thing that you can get out of being a military child is all the different opportunities you get. For example, living in a country besides the United States, meeting new people, and learning to adapt so that you are ready for anything life throws at you.

Being a military child has been challenging sometimes. Having to move every couple years is not very easy. Trying to make new friends can be difficult sometimes. Overall, being a military child not that bad. I get to try new things, live in different cultures, and will have a more unique experience with life. This is how life has been being a military child.

- Caliandra Facio

**B**eing a military child provides many opportunities to travel and see new places do new things and try new food. Although it is really hard to move to new places because people have to leave their whole life and support network (such as all of the friends that have been made); sometimes it's very difficult to move to a new school, and a new place. However, the plus side to moving is that people can learn about new cultures, and learn the native language. (And so maybe be able to speak it.) The cons of being a part of the military lifestyle, is when a parent(s) has to leave to go to the field knowing that the outcome may not always be to their advantage. The most negative piece, and largest problem is having to move constantly; not being able to settle down. However, there are positive factors of moving: people can share how they've traveled around the world (for example Germany, Spain, France, Korea, and Okinawa, etc.) Another good aspect about moving around the world, is being able to learn and find different teaching methods to solve problems from schools that people have been educated at. Being a military-connected child has given me many opportunities to travel around the world and learn new languages.

- Brandan Metcalf

**T**he life as a military child is somewhat easy, such as it's benefits, but also has it's downsides. Myself as being a military child, considers it as being simple, and or easy, like the benefits provided, such as the hospitality, medication or health benefits, and much more.

Being a military child also has what I consider a good, or cool thing, which is the fact that being in the military, people get to travel, and go to different places that people probably haven't been before, but for some people, that could be the opposite of what they want.

As a military child, I'm also able to have access on base and access to purchase stuff thanks to my ID which in most cases can be very useful.

Being a military child also provides things that people could find in the States, if you're in another country or region; such as mini malls like the PX, or Commissary. Some people in the military though, don't appreciate how (if out of the States) their options as far as entertainment are limited. As a military child, I'm also able to get the right amount of education even out of the States, along with the strategies as a sort of bonus towards my education.

As a military child, I'm also able to experience different things such as military weapons, vehicles, different types of military systems, and so much more. This helps me to learn how to either use them, or just learn them for fun. I also have the door open to join the military when I'm older, and if so, they would pay for most if not all of my college funds.

The life as a military child is what I consider somewhat easy, and has it's ups and downs, but I personally don't mind being a military child, because it sort of allows me to experience new things and possibly cultures, so for me, being a military child is awesome.

- Francisco Ramos

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Send your Month of the Military Child submission to **MilitaryChild@stripes.com** by April 22!



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Community Publication

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## ★ CELEBRATING MONTH OF THE MILITARY CHILD ★

## HUMPHREYS MIDDLE SCHOOL

**7th grade**  
 Editor's Note: Haleigh Hudson teaches  
 some pretty sharp 7th- and 8th-graders.  
 Take a look at what they have to say.

**O**n the plane I fly  
 It hides when I cry  
 Feel so mad then just sad  
 Sometimes I blame it on my dad  
 He tries but the tears still stain my eyes  
 My tears could fill an ocean  
 Left a lot of people  
 But at least I got to know them  
 As I laugh and cry  
 My heart seems to live and die  
 Nothing ever stays the same  
 I wish to go back the way we came  
 Tears stain my eye because I just cry

- Eric Jackson

**B**eing a military child I have found there to be pros and cons. We get to experience great things and go on many adventures. We have also had to experience leaving friends, family, or a certain place behind. So far being a military kid has been awesome, and I can't wait to experience even more.

The pros to being a military child are we get to meet new people along the way. Being in Korea I have got to make some awesome friends and have got to have some great teachers. I have also got to see and experience so many great things. My family and I have got to go to China and Japan together. We have also got to go on fun weekend trips together, and I have had some great opportunities for extracurriculars. If I was not a military child, I would have probably not experienced half of the things I have seen so far in my lifetime or meet any of the great friends I have today.

The not so fun part of being a military child is having to move every couple of years. Us military kids don't usually get the luxury of getting to live in one place all of our lives and getting to keep the same friends throughout all of school. Not only is it the going away that is tough, but also having to restart all over again, having to make new friends, trying to figure out a new environment, and having to find ways to continue doing what you enjoy.

My experience as being a military kid has been pretty good. I like that I have been able to experience different cultures and see what different parts of the world look like. I also like that being in different places has allowed me new opportunities. The other nice part of being a military kid is getting to have an inside look on what the military life looks like. Even now when I go back to places I have lived before to visit family and friends, my friends will always ask me what it's like to be a military kid.

In conclusion, I have found being a military kid is an amazing experience. Even though it has ups and downs, it has taught me so much. It has taught me that change is okay and that new is not always bad. I have also learned that there will be always be new people along the way. You can't replace your old friends, but you can make new ones.

- Ally Fogarty

He worked in a ship,  
 He worked in a submarine,  
 He slept while the ship was on the sea,  
 He peeled many potatoes to feed the crew,  
 He cooked many delicious meals,  
 He is my great grandpa.

He worked in a Carrier,  
 He worked in a Battleship,  
 He worked hard to make sure that everyone got paid,  
 He served for 30 years,  
 Ending his career as a Master Chief,  
 He is my grandpa.

- Alyssa Aguilar

**I**'m a military child  
 I have a weird life,  
 Compared to other people my age.  
 I move from place to place  
 Without a break.  
 I learn to make new friends and not be shy,  
 I have the opportunity to explore new people,  
 cultures, and foods.  
 Being a military child has pros and cons,  
 But it is a very unique experience that I am very  
 fortunate to have.

- Natalie Buss

**L**ife as a military child can be hard sometimes, but most of the time it can be easy. I have been a military child for as long as I can remember. I don't really know how bad it was for other kids who became a brat. It could be hard for them to lose friends because they are moving to another state or to another country.

Being a military brat has its quirks. You can go to this neat place called the PX or Exchange. The store is really neat because it has that Starbucks, Popeyes, and everything else you want, and you can get discounts with a special card which makes your purchase ten percent off your total. The exchanges are usually not to far from housing on the base. Also, most of the time, some stores give you a military discounts which is really handy you just flash your id, and you get the discount.

My family is really lucky since we moved only three times. First we lived in florida then we moved and stayed in Kansas for about six years. We then moved here in korea, and we've been her for about eleven months. Moving isn't really that bad. Sure my family was screaming at each other for all the stress it built up putting everything in boxes making sure we packed everything we needed. Then we had to hop on planes to arrive in Korea. Moving is really nerve racking. Going to a place you never want to go in your life just for the reason of work can be difficult. Getting used to the new area, like air quality, the different time zones, and meeting new people can also be difficult. When moving kids always have to make some friends, and sometimes it can get stale for some people. It is like I'm finally getting used to this new place after a year, but then you get a notice that you have to go to Alaska. You have to repeat the same stressful process of moving and getting to the airport in time.

Most of all being a brat isn't that bad. The only thing you have to get used to is saying goodbye to friends, but when you get that down the only other thing is the stressful process of moving. Other than that, the bases you go to have fun things to do, and they accept American dollars. You could say I'm a military child veteran.

- Matthew Alegre

**B**eing a military child has been great for me and my siblings. As a military connected child, I have a lot of respect for the military. A military connected child can get perks, goes to different places overseas, and has more admiration for my parents.

Some perks I obtain being a military connected child, are DoD schools, PX, and commissary. These perks are useful because I can go to school and learn more in a safe environment. PX and the commissary provide food, clothing, and stuff we used to buy in the States but are available here in Korea.

Going to different places is good because I can meet new teachers, new friends, and more countries to explore. Some examples are Seoul, South Korea, Barksdale Air Force Base, Louisiana and Langley Air Force Base, Virginia. I met teachers who are friendly and smart to educate students to succeed in school.

Being a military child I am able to admire my parents even more. A military parent goes through a lot of stress, loneliness, and some being deployed to other places in the world. Being deployed to the desert right before the birth of a child is stressful.

I talked about being a military connected child and why it is good for me and my siblings. The perks, going to different places, and being more respectful to my parents are the things I talked about in this essay. Military month child is a time where children should give their parents a hug.

-Thomas Park

My father has training,  
 Every three years we are moving,  
 I wish we were staying,  
 All will end when my dad is retiring.

Life has been soothing,  
 Not very moving,  
 Making friends is hard,  
 My emotions are scarred.

We have no permanent home,  
 When I search on chrome,  
 I see military drones,  
 When I eat my scones,  
 Cause I am a Military child.

- Sunwoo Kim

**H**aving a parent in the military can cause some stuff to happen that in some ways is unusual. One big thing is that you have to move a lot to very far places. This means changing schools and making new friends. You could end up staying in one place for two years, three years, and on some occasions, ten years. You could go from living on one coast of the U.S. to living halfway across the earth!

Probably the hardest part is when your parent(s) get deployed. To get deployed means that they are somewhere else working on their job. This is hardest when you are too young to write to them. It can be hard to keep in touch despite this. Parents are usually deployed for about three years.

Some good things are that we can go to good schools, and there are nice teachers. Also there is a signal for when it is 5:00. I have very mixed feelings about being a Military child.

- Rhys Thayer

If you're like me you probably know it stinks  
 Moving to one house after another  
 Trying to make friends right on the spot  
 They must think we're a robot  
 I sometime think it stinks to be me  
 I sometimes think it stinks to be us  
 We have to push and prod at what makes us, us  
 It's hard at first  
 Moving back a forth  
 But you know what  
 You get used to it eventually  
 It may hurt  
 Oh, who am I kidding  
 Of course it will  
 But don't worry you'll have a heck of a story to tell

-Isabel Kocurek

**T**o be a military child is sometimes difficult.

People who are not military children think it is easy to be a military child. Being a military child can be easy, but there are some difficult things that you may have to experience. One of the first things most people will experience is moving to different schools. Moving to different schools can be difficult because you have to say goodbye to your friends and be put straight into a new school where you won't know anyone. I've moved a lot in my life, so I can relate to a lot of people moving to different schools. Especially if it's overseas, then it becomes even more difficult because you are in a brand new country you know nothing about, and you have to go to school there. Even know you may be in a new country, it is still fun to experience the culture of that country. Since I've moved to Korea, I've had lots of experiences with the different culture and fun things there are to do.

Another thing that military children have to deal with is their parents have to go on deployment. This has happened a lot in my life. Even as I am writing this my step-dad is on deployment right now. This can really make a child sad or sometimes mad, including me. I was really scared the first time my dad went into deployment. As these things happen over time, you will get used to them, but it may make you sad or scared. They will be back eventually, and you will be there when they get back.

These things are not the only things that will happen to you. There are a bunch of other fun and exciting things that can happen to you. I've been in Korea for about two years now and, moving to Korea is one of the most exciting things that ever happened to me. Every summer I get to go back to the states to see more of my family including my little sister and dad. I'm really excited to go back to the states this summer. This is what it's like to be a military child!

- Nathan Kimmel

I'm always scared  
 I'm always worried  
 I want to discover the world  
 I wonder what new places I'll go  
 I see the base and its wired fence  
 I hear the helicopters flying above me  
 I am a military child  
 I hope to travel everywhere  
 I say "be careful" all the time  
 I fear the day of another move  
 I see tears almost every three years  
 I understand why children have to move  
 I cry when I leave my friends and family  
 I pretend to be fine when leaving friends and family  
 I touch the boots of a soldier praying he comes home safe  
 I try to forget the pain of leaving people  
 I am a military child

- Lucas Cho

**M**y Dad is in the Military  
 I am an Army brat  
 Lots of moving around  
 It's tough leaving friends  
 Thankful for my freedom  
 Always meeting new people  
 Resilient and Adaptable  
 Years of service  
 Courageous and loyal  
 Home is where the Army sends us  
 Independent and strong  
 Living all around the world  
 Disciplined and dedicated  
 HOOAH!

- Aiden Broughten

**I** am a child of a military soldier. Well... at least I was. My father retired when I was born twelve years ago after twenty-five years and two months of service. He is a veteran and is very knowledgeable and smart.

Even though my father retired right when I was born, I still got to know what it feels like to lose some friends. After I was born in Okinawa, Japan, just two years later, we moved to the states saying bye to all of our friends. Once we got to America, my sister and I made many friends, but once again we moved two years later saying bye to all of our friends again. We were supposed to live in America for longer and my mother, my sister and I were just visiting South Korea for about two months during summer vacation.

While we were in Korea, my dad called us saying he got a job in Korea, and we were going to be moving. My mom started looking for apartment and other things we needed because we were just staying with our cousin and grandparents. Now we have lived in Korea for almost eight years, and I am now always the one that has to say bye to my other friends that are military children. Some I was happy to see go, and others I was sad like when two of my friends left to go to America on the same day. They are both back. Some friends come and go.

I moved to Humphreys because of my dad's job, and we are staying here for another two and a half years. I will leave some friends behind, but even this year of 2019, some of my good friends have left in the four months that this year has been so far.

Being a military child can be hard, can be good, or can just be okay. Moving to a place you can't choose could stink a lot, but meeting new and cool friends can always be cool. If I could become a military child again, I wouldn't because I get accustomed to a place and never want to leave. When I do have to leave, I make a huge deal with it, so I wouldn't want to again. It was fun while it lasted.

- Joshua Staley

I'm just like ordinary kids.  
 I lie.  
 I cry.  
 I cheat.  
 I smile.  
 I live in brown boxes.  
 I'm too good at goodbyes.  
 I experience different cultures.  
 I see familiar faces, but soon they disappear.  
 I don't know if they'll come back or if they ever will.  
 I look around me and I see,  
 Things changing and swirling near me.  
 New Friends,  
 New Foes,  
 New Teachers,  
 New House,  
 New lifestyle.  
 Every single year.  
 Some may say it sounds like fun  
 And some may not enjoy the fact of leaving friends.  
 I, on the other hand...  
 Do.Not.Care.  
 I am strong.  
 I am independent.  
 I will fight for what is right.  
 I am a military brat.

- Sharon Lee

Check out more military  
 children stories at:  
[militarychild.stripes.com](http://militarychild.stripes.com)

Life as a military child.  
 Can be very wild.  
 It provides me with a chance.  
 A chance in life to advance.  
 And days that go wrong.  
 Make me more strong.  
 So as the days grow longer.  
 I grow stronger.  
 But sometimes its sad.  
 Having to move because of my dad.  
 Or not seeing him for years.  
 Makes me burst in tears.  
 It's hard to adapt.  
 And at times I feel trapped.  
 But besides being sad.  
 Or being mad.  
 In the end it makes me very glad.  
 To have a military dad.

- Karen Lee

See more  
 Humphreys Middle students'  
 stories on Page 22



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Maria Vasquez  
Eugenio Vives Alvarez  
Lena Ann Voth  
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Michelle Ochonra Wallace  
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Bryan Lee Williams  
Tyson N. Wills  
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Lisa Marie Wolff  
Erika Lee Wonkyung Yang  
Si-Yong Yi

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Lashonda Bragg  
Corey Wayne Davis  
Emily Gariando  
Paul Goyette  
Evelyn Lopez  
Janina Narciso  
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Lorena Alejandra Higuera  
Rosario  
Miwa Rotrock  
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Juvylie G. McIn  
Elba Elizabeth Melendez  
Wheeler  
Yanice Melendez-Rivera  
Alexandria Nicole Melton  
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Justin David Merrill  
Lindsay Renee Meyer  
Nicole Michael  
Matthew Aaron Miles  
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Tiffany R. Miller  
Xavier Charles Mitchell  
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Rhian Elaine Moore  
Tyrece Moore  
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\* Summa Cum Laude \* Magna Cum Laude \* Cum Laude



Celebrating Month of the Military Child

# HUMPHREYS WEST ELEMENTARY SCHOOL

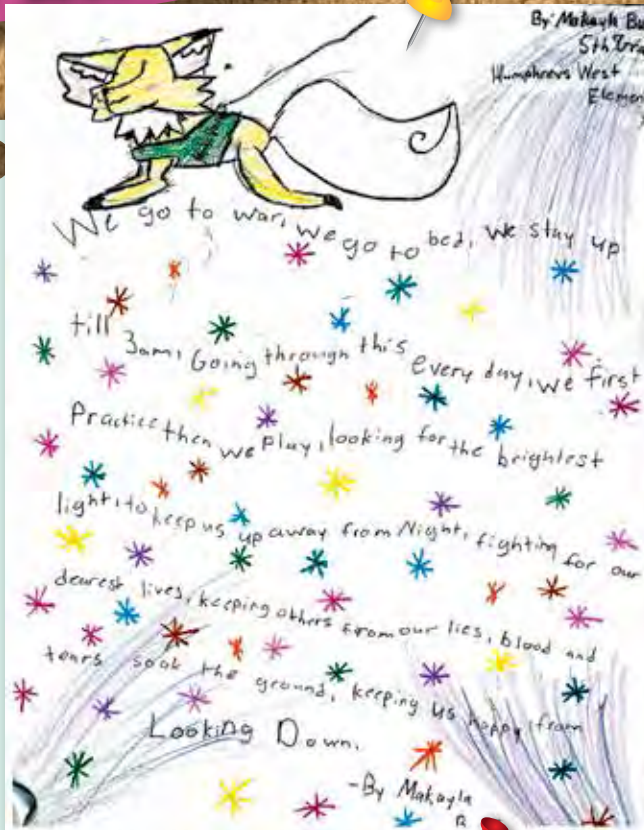
Editor's Note: Cassandra Horne is very proud of her students. And we can see why. Take a look at what they have to say.

**I** love being a military child, but what does it mean to me? There is a lot of moving around and leaving states. I love living in new places but sometimes I just want to stay at one place. What I do with my military life is simple. When I was in Alabama, I lived there for about six years (not in a row/three years then moved somewhere else). We had so much fun and I played outside all the time. I would finish my homework so I could play outside. Once I fell off and my friend said -- whoa you did a flip on your bike, which made me laugh. I loved living in Alabama which is the place I've lived the longest. That was one of my favorite places that I've been.

I was in New York when I was about five or six years old. I loved the snow days because there would be ice curved on the fence so my sister and I would act like it was our house and we would make snowmen. The funny thing is that our snowmen's arms were watering cans. My best friend lived a few houses away but we would always play at our bus stop because there was a playground there. Sometimes it snowed so much they cancelled school. This was my first experience with snow and my best.

Being a military child has been so much fun and I'm sure it will continue as I grow up. I will have lots of adventures and will meet new friends. This is how my life works. I may not like some changes, but I will continue to be a military child.

- Jessica Hoh



- Makayla B

**M**onth of the Military Child is a month to celebrate children of the military or are military connected. It is also a month to appreciate soldiers and people of the military. This is because they are risking their lives for others. For example, soldiers from America were sent here to South Korea to keep North Korea from taking over South Korea, and the plan worked! North Korea can't take over South Korea because they have been outnumbered and the chance of them losing if war ever happens between the two countries are very high. You can always count on the military to help you in urgent situations. I like being a military child because you get to travel around the world and you get to meet new people and see new things. Even though you may miss your parent when they go away on trips for work, you should still hold your head up high and be proud because you know that your parent is doing something good to protect our nation. I am proud to be a military child.

- Jemiah Elliott

**T**he three places in this story are nice. I was born in Virginia on November 25, 2007. The town's name was Cherrystone. You can visit places like small parks and ponds. We stayed there for five years. Next we moved all the way to Germany, which is far from the U.S.A. I stayed in Stuttgart, Germany for three years. Germany had markets with great foods and you could also make it at home. One of my favorite foods were Zucker Waffle. Once I visited a chocolate factory and made my own chocolate bar. I made lots of fun friends and I tried out different foods. While in Germany I made lots of friends and I had a good friend named Aiden. Germany was beautiful and it snowed a lot. Then we moved to South Korea. I stayed at the base for three years and moved to another base and stayed there for one year. I tried some great foods in Korea. Sometimes the air gets dirty and you have to wear a mask. The schools are awesome! You can go visit markets and you can have Korean Barbeque. Korea has lots of fish and Korea has beautiful landscapes. I liked living in the three places because it was nice.

- Joseph Boehmer

**B**eing a military child can be sad and fun, because you sometimes could have fun by going to military gatherings, unit runs, and other military events. The first sad part is that you have to move a lot and whenever you get to know someone, the person or you may have to move. Second, sometimes one of your parents have to leave for deployment or A.I.T. The difference between A.I.T and deployment is that in A.I.T they have to leave for a couple of weeks or a month. For deployment they have to leave for a year or two. Sometimes your mom or dad will have to go battle, which might take a while. But being a military child is also amazing knowing that your mom, dad, or both fight for justice and freedom for all people.

- Ezekiel Josua Phillips



- Christopher Ahn

It's good knowing that the Military is fighting for us that's what we think about while on the bus they go from place to place without leaving a trace...  
...except from their kid's friend or the friends that they make they go to war to protect our country big and small They don't do it for them they do it for all

- Jaydan O. Harris

You might miss your friends, wanting to say goodbye one last time and then you'll feel like your lost in orbit. So you have to get used to it. Remember it might be hard but know that every military children are family.

- Joseph Lee

**M**oving to new places  
go to new bases  
languages to learn  
eat new foods with some concern  
taking off in a plane  
arriving and wanting to complain  
reading about my new country  
es, now I live in Camp Humphreys

**C**ultures that are new  
aiding traditions that may follow you  
get to meet many new friends  
learning that on each other you can depend  
Don't regret being a military child, it will all be worthwhile

- Gabrielle McKinley

No child would be free, or happy or live blissfully, without any glee, without the military.

They fight for our rights, even in the dark nights, or without power for the lights, just to make our future bright.

They'd say, "I'm here to help, even though the seas of kelp, I'll take you from your yelp, I'll take another thousand skelps."

They don't ever waste their time, even if they want to cry, and the reason why they try, they know what they're doing is right. That's why we love them.

- LaShaun Turner

Check out more military o  
militarychild.strip





Roses are red, violets are blue  
I am military-connected so are you.  
Traveling isn't fun,  
But it's a great experience to have Making new friends around the world, learning cultures and languages all around you.  
Supporting each other.  
Side by side,  
we are strong and brave Comforting each other with trials and puzzles.  
For we are Military Children  
we are supportive even though  
We aren't actually Military, but we still support too.

- Oriana I. Castillo

Moms and dads fighting in wars  
In the sky, on land and sometimes ashore.  
Love and care fill their hearts  
In every place I visit a story starts  
Torn apart or in one whole piece  
All our bravery will never cease  
Around the globe we go  
You and I will sprout and grow!

- Isabella Gasca

Send your Month of the Military Child submission to [MilitaryChild@stripes.com](mailto:MilitaryChild@stripes.com) by April 22!

April is the month of the Military Child. Being a military child is an amazing privilege to be able to have. Month of the military child is outstanding. When you are a military child it is great for three reasons. The first reason is moving. When you move somewhere new it is fun because you get to explore a new country and also try new foods!  
The second reason is being able to celebrate special military holidays. If you are military-connected you get so many more dates to celebrate with your loved ones.  
The third and final reason is making new friends. Every time you move you have the opportunity make friends, but unfortunately lose some of your old friends in the process. In conclusion, being able to be military children-connected is a huge privilege.

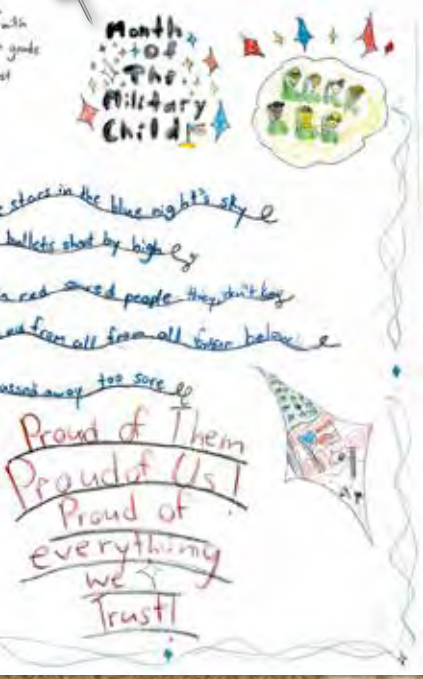
- Isaac Ulloa

My home is now everywhere My friends are now everywhere Travel taught me to be open Shaking hands with the world  
When I left Colorado, I felt like my other half of the world was being left behind  
But I had to remember that I would meet that part of the world again.

- Jhayda Schmitz

I too, am a military child  
I too, love my family  
I too, travel far and wide  
I too, read books  
I too, watch movies  
I too, am a normal child  
But deep inside I say  
"I too, am a military child"

- Narine Plourde



- Alicia Mia

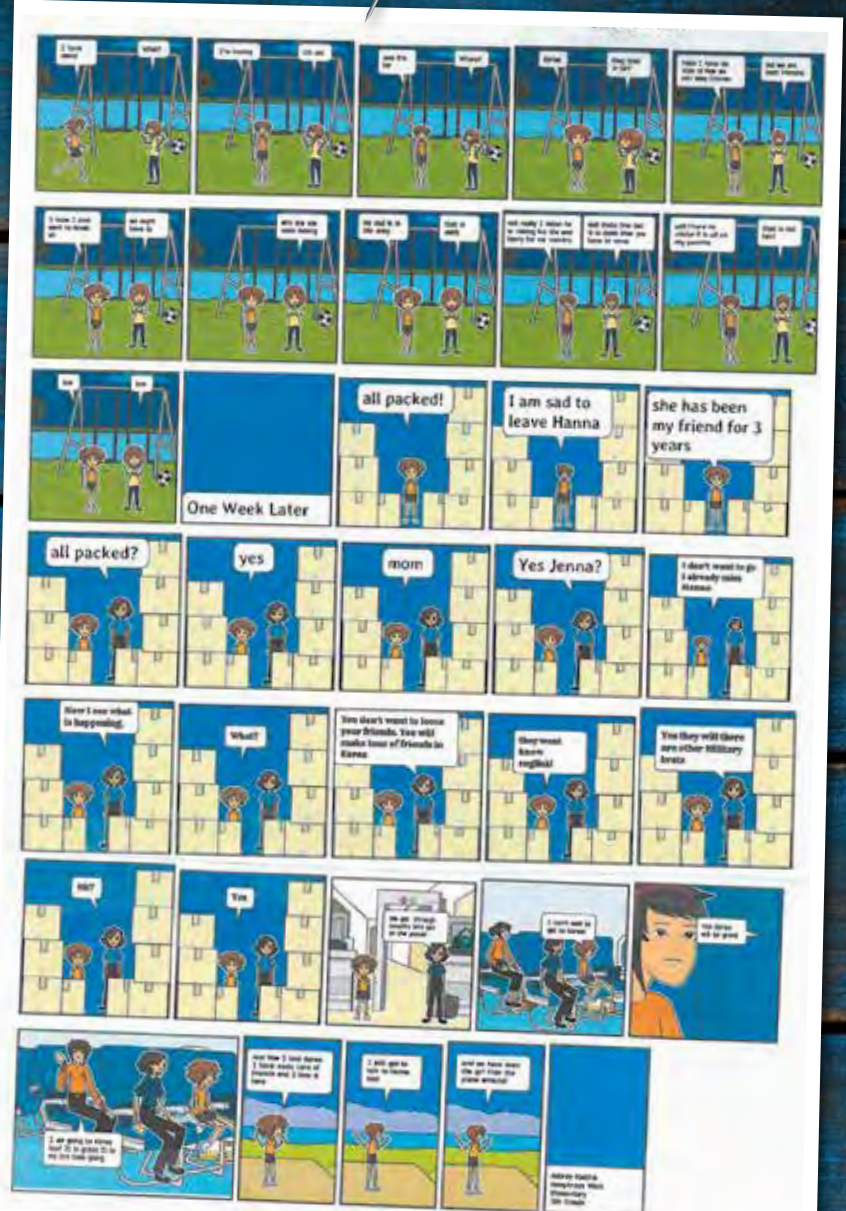
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t do

- James Paschal

a military brat, it's hard to move on from many things.  
ng to wave goodbye to your friends and home only to  
w that you'll repeat it once more. Make new friends, live  
beautiful home, adapting to a new environment.  
there are also pros in being a military brat, great people  
ounding you,  
reat school, and so many amazing things.  
eling to places you've never went to  
xperiencing beautiful moments in life that get drilled  
your head.  
many things that you could do!  
then the time of leaving comes around the corner.  
you think about the great times you've had  
the place you enjoyed being in.  
knowing to have to do it  
e, more.

- Aneka Tampus

children stories at: [stripes.com](http://stripes.com)



- Aubrey Kudzia  
5th grade,  
Humphreys West Elementary School

# Celebrating Month of the Military Child

## Don't be afraid to honor the red, white, and blue flag of America!

Why would you be afraid to honor the American colors, red, white, and blue? What could possibly be so bad about America, that you would be afraid to honor them? Well don't be, even though sometimes you may not like the politics, or maybe you could dislike the shootings, and many other crimes, but why would you just look at the bad things when there are great things about America too. After all we have not lost any major wars, and also how could we have won without the men who put their lives on the lines so that you and me could be free. When you think about America, would you fight in any wars and at that put your life on the line to defend the people you love or don't even know? Can you even say that you are proud to be an American, or do you despise America? When you go online and hear bad things about America do you believe all of them or only a few, because not all news is real, some are fake just to make America look bad, or the president look bad. A question you should consider is "Why would the man/women be the president if America thought they were a terrible president"? Half of the men and women who voted for President Donald Trump now are saying bad things about him and now despise him, doesn't that sound kinda cruel, or even ridiculous, that people would even do this to a person that should be respected, whether you like or dislike the politics, the President, the crimes, and maybe your own reasons, all Americans should be proud of their home.



America is not a horrible place we have many great features, and we have a diverse community, with almost all races. We also have many different cultures that you can experience. We are one of the top countries for education, we have great amusement parks, and entertainment. America is a great place whether you think so or not. This is my reasoning to be thankful for being born into a military family, to be a military child.

cite used for war research-  
<https://www.quora.com/Has-the-United-States-ever-lost-a-war>

- Emaleigh Appleton  
Osan Middle School



★ CELEBRATING MONTH OF THE MILITARY CHILD ★

Haleigh Hudson 7th grade

HUMPHREYS MIDDLE SCHOOL

You move to a place you don't know  
 You don't know how to make friends  
 You never know what to say  
 You get scared in a new place  
 Even though we move a lot I love him  
 He puts on his uniform  
 He puts on his boots  
 He puts on his tags  
 He puts on his hat  
 He puts on his bag and waves a goodbye  
 I might not have been able to see him for a long time,  
 but I love him  
 He missed eleven of my birthdays  
 He missed my first wish  
 He wasn't there when I needed him  
 but I have him here now  
 He might not have been able to see him for a long  
 time, but I love him  
 I didn't want him to go  
 I didn't want him to leave  
 I let him go for the world's freedom  
 I let him go for the world's freedom of speech  
 I let him go for the world's safety  
 I let him go knowing I may never see him again  
 I have him now, and I am proud  
 I might not have been able to see him for a long time,  
 but I love him  
 You move to a place you don't know  
 You don't know how to make friends  
 You never know what to say  
 You get scared in a new place  
 Even though we move a lot I love him

- Stella Laureano Mendez

Being a child of the military is... different. I say this because we move around a lot, but you probably already knew that. What you probably didn't know, however, was how we dealt with it with the goodbyes, and the fear of not being able to find another friend as good as the last one. Never get too comfortable because you know how much it's going to hurt once you say goodbye, saying goodbye to everything you've established in a short period of time or not wanting to become close with anybody because you know it's only temporary. You'll have to part sooner or later.

Moving around and seeing the world is a blessing and a curse. I have the nerve and audacity to say this because I know there are some people in the world who have never even been on an airplane before or never left the comfort of the place they call home. I also know that there are some people who grow up with their best friends. They grow old with them. They know them better than anyone else. Each time I find myself laughing with friends, somewhere, in the back of my head, something is reminding me that this is only temporary, and if I wasn't a military child, I would have longtime friends to sit down with and be with. I am happy and aware that I am lucky to have this chance to see the world and everything around me.

My parents work very hard every day to support our family. We have so many luxuries. When I was younger, I was so happy to move away. I still kind of am, but, then again, when I was younger, it was easier to make friends and to have friends and talk about absolutely nothing and everything with them. Now, it's so much harder, but I have to keep trying because I know how selfish it would be to complain about moving everywhere while my dad is working hard to provide for us.

There are curfews that we have to follow. It's an easy enough rule to follow. There are times when my dad has to miss an event because of work. When they call, he has to answer. Everything I do seems like such a small sacrifice for all this. In a way, it all is. I get to see the world and have advantages that most people aren't lucky enough to have.

I understand how lucky I am. After all, everything comes with a price, right? There are people who don't have water or food and are contemplating if they are even going to survive the cold, harsh night, and I'm complaining about saying goodbye? My mom always tells me how there are people in the world fighting to survive from poverty. Is this what the military is protecting us from? Are they protecting us from war and hunger?

Being a military child is understanding the sacrifices that people make all the time just to make sure you get food on the table no matter how small or large the sacrifice is. Being a military child is difficult, but that's okay because I appreciate everything being done to protect me and my loved ones. This is what being a military child is like.

- Mayulane Pardo

For me, being a military child means I've gotten to go to many different places and countries, and see all the things there. I've gotten to go to Japan, Belgium, and South Korea, which are all places I'm glad I've gotten to go to. I've gotten to visit Mount Fuji, Tokyo Tower, many different palace things, feed a lion with a stick, go to the museums in Washington DC, see the Washington monument, the Hope Diamond, and other things all because of being a military child and getting to move around.

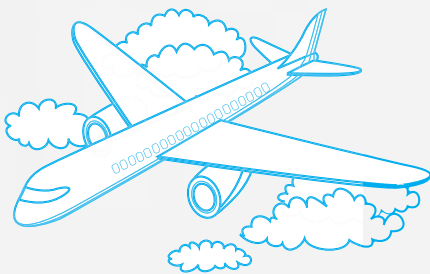
Because of this, I get to meet many different people who have all lived in different places too as we move around. If I dislike a place, that's fine because I know I won't be there in a year or two. However, moving somewhere I don't like is the only thing I dislike about being a military child. For example, in Korea you can't go outside because of how polluted the air is, but I still have to be here. That's really the only thing I dislike, but again, it's not really that bad since I know I won't be here for long. Because of these reasons, I'm glad to be a military child.

- Lucas Peach

A military child is like a dandelion floating through the wind. Never knows where it's going to go but puts trust in the breeze. The dandelion stops floating as the wind sets it down on the green grass. The fresh green grass moves when the dandelion comes. Showing excitement, it glows in the shining sun. As the dandelion lays upon the green grass a gust of wind picks up and blows it away. The dandelion is mad, sad, and confused but satisfied at the same time. The green grass darkens as the dandelion leaves its radius. Parts of its floret fall leaving memories in the dark grass. As the florets disappear in the distance a flower appears.

The dandelion is greeted with a bright pink flower. The dandelion can see so many colors and feels happy. The wind finally lets the dandelion rest happily. But not long another gust of wind comes without mercy. The dandelion cries out for the gust of wind to go away. But no matter how much the dandelion cries the heavy breeze won't die down. As before he joins the wind losing faith and trust in it. Losing more florets in a patch of dark, dying, flowers. With little hope, a rocking chair appears. The rocking chair is old, but it still intact. This is the dandelion's final destination. It might not be the prettiest but as long the dandelion can rest it is satisfied. This is the end of the dandelion's journey and now it can move when it wants to move.

- Nalani Perez



When living in the military,  
 You move here and there.  
 When living in the military,  
 You move everywhere.

When living in the military, you move North and South.  
 You can find new foods,  
 To put in your mouth.  
 When living in the military, you also move east, and west.  
 Then you get to pick which place was the best.

Once you go somewhere and have a good time,  
 You may want to go somewhere else along the same line.  
 When you travel, you take long trips.  
 The trips you take will make you flip.  
 Needless to say, these trips take you a long way.

- Nevaeh Cushionberry

Meaningful  
 Independent  
 Learning  
 Inspirational  
 Triumph  
 Adaptability  
 Relationships  
 Youthful

Courageous  
 Harmonious  
 Influencer  
 Leader  
 Devoted

My father is a soldier.  
 He cooks food and feeds soldiers.  
 He says he's doing the most important job in the army.

Because soldiers can't survive without food.  
 I'm so proud of my father.  
 I'm a military kid.  
 I have moved to Texas,  
 South Korea, and Georgia because my dad's orders.  
 I help my dad pack his stuff when he goes to the field or training.  
 I do my best to make my father proud of me as a military child.  
 Sometime I miss my dad when he's gone for a while.  
 Also, I'm sad when I have to say bye to my friends.  
 But, my I follow my dad whenever he goes.  
 Because I'm a proud military child, and my whole family knows.

- Josephine Kim

- Tyrone Hanspard

My dad is a contractor. He had to move a couple of times, and I couldn't go with him because my biological dad wouldn't let me go because he didn't want me to move away from him. My parents and my brother moved to Italy without me which was pretty sad because I really wanted to go with them. They got back after a few months and about a year later we moved to South Korea. At first I was really sad about moving because I had to leave all of my friends, grandmas, uncles, aunts, and cousins.

When I first got to Korea I didn't really know how to speak English, so I had to study everyday. A few months later I finally found friends. We had a lot of stuff in common like sports and videogames. I couldn't go to an American school on base because my dad had to pay for it which cost a lot, so I had to go to a Korean school. I took Korean classes four times a week for a year, and then finally went to a Korean school. I met a lot of people there, and we had a lot of stuff in common too. I still kept in touch with my American friends.

Two years later me and my family moved to Pyongtaek, so I could finally go to an American school. I was really excited about it because I wanted to go to an American school for a long time.

- Davran Alkanov

I am a military child  
 I am not like any other ordinary child  
 I move from place to place  
 I meet a lot of people  
 Most of the people I have met have many types of personalities  
 I don't know where I am going next  
 Some say that it's really lucky  
 But I think it's not  
 I don't have many friends  
 But some last for a while  
 I must say that friends can be hard to find  
 It hurts to be a military child  
 It's hard for your friends and family  
 To just be there then disappear  
 It feels like that you are not there  
 Like your friends forgot you  
 But otherwise...  
 It is not that bad  
 It sometimes hurts  
 But times can be good  
 It does not have to be bad but it can be good  
 You could still keep your friends dear to your heart  
 And they can do the same  
 You can learn to love what your parents do for you  
 Same with friends  
 You should learn what great effects begin a military child  
 And the best things off life can happen in the military

- Brian Grieve

What is it like to be a military child?  
 Well, I don't really have anything to compare it to. I have been a military connected child my entire life. I've never lived in America either. It's actually a little depressing. Kids in America grow up with each other and grow up with their friends, but I stay at a place for four years and then move, leaving my friends behind. I lived in Germany for six years. Germany was one of the best places I've ever been. I guess it sounds like I'm throwing myself a pity party, but I'm not. I'm just explaining my very terrible, sad, pain filled life. Yes, no pity here.

Anyway, I was deciding which college I was going to attend, and then my parents suggested a international school. I asked why. They said I wouldn't be used to the way things are with a school in America. I still don't fully understand what they mean by "used to". I think I will be able to go to high school in Germany. Hopefully, I can because I don't really want to live in America. I don't know why. That's actually a funny thing.

I was talking to another student, and he said that he wanted to go to America because he's never been there. I found that interesting. I have a hard time understanding what it's like not to be a worldly person and to stay at one place your entire life. One of my friends said this was his first time out of the state he previously lived in. I thought that it was interesting as well. I don't know why. The people I meet are very unique. It depends on where I am though. One of my friends used to live in Washington. He said that his friends used to do drugs when he lived there. That sounds pretty harsh. I take it he lived in the bad side of Washington.

Anyway, ever since I was born, I lived in Japan. It's pretty nice there, but I just wish I could remember it better. I remember leaving because of some major earthquake in 2011. I remember the house shaking. I was upstairs in my room, and my dad called me downstairs. That's all I remember. Well, we got out of there pretty quickly, and we were sent straight to Germany. I was only in 1st grade at this time. I didn't understand what was happening and why we would move, so I just assumed it was normal.

I now knew what it meant to be a military connected child. I went to a different school in 4th grade than in 1st grade. I was still in Germany though. I lived in a pretty nice area, and I had a pool to. Then my mom took a job in Korea. Now, I got to say, that was not the news I was hoping to hear at a normal everyday dinner. When we first got in Korea, I was met with intense heat and humidity. I hated it. I have never been a heat person. When we first got here, it wasn't great. I know I shouldn't complain much, but I found nothing good here. I locked myself in my hotel room with the air conditioner on high played video games all day. I hated 5th grade. Anybody in my 5th grade class would agree. I had the worst 5th grade teacher.

As I started 6th grade, I finally started getting used to Korea. That's another thing actually. When you finally get used to your new home, you have to move. Well, anyway, 6th grade went reasonably fast. I didn't see anything wrong with it. Actually, I made a lot of new friends in 6th grade. I don't think I will stay in contact with them when I move. One of my friends is moving this summer. I have known him for a year. I'm going to stay here for eighth grade, and then I'll move. I don't know if that's what I truly want to do, but I know I don't want to stay here. That's my pitiful, painfilled, very depressing story of my life. I didn't want to make it to sad or too happy, so here you go.

- Henri Lane

I'm a Military Child,  
 Where am I from?  
 I'm a child of the world,  
 I bloom everywhere.  
 I'm on a incredible journey.  
 I know once we leave, I will probably never walk this way again.  
 I'm an unrooted child,  
 My life is mostly in brown boxes.  
 One more time again I'm going to say goodbye to all that I know.  
 At this moment I don't belong anywhere.  
 Not in this place, and not in the new place I'm moving to.  
 It's a puzzle of a thousand pieces that have been turned upside down,  
 It's up to you to put the puzzle back together again,  
 I'm facing the unknown one more time,  
 My roots are short,  
 Unexpected separations,  
 Saying goodbye to all my friends when moving  
 Some lessons are harder than others  
 But at the end, I have yet another success journey.

-Trevor Jackson

In the military I come and go  
 In the military to and fro  
 In dodea I make new friends  
 In dodea I lose them too  
 In dodea we see different perspectives  
 In dodea we learn new talents  
 But in the military we learn even more  
 In the military our lives are not a bore

- Beckham Thompson

Send your Month of the Military Child submission to [MilitaryChild@stripes.com](mailto:MilitaryChild@stripes.com) by April 22!



★ CELEBRATING MONTH OF THE MILITARY CHILD ★



I am the child with no true home  
 Until my dad retires and we get a true zone  
 Then I will finally have some permanent friends  
 Then we might be friends for some time  
 But I will never be done with moving from time to time  
 But I am used to moving to new places  
 Because that is in my nature  
 It will forever be my sacred treasure  
 Because when I move I get a new start  
 And then I get a new sight  
 Of the place I will be staying  
 For a certain time, and it will be tight  
 Because I will have to set my priorities straight  
 In order to get a good day  
 I will have to do this every time  
 So I don't have to deal with my parents yelling at me  
 Every single day  
 And so I can have good grades  
 So I can have a good report  
 When it's time for me to move out  
 And get a job  
 For me to work every day  
 This is my poem for moving

- Jonnatan Batiz Olivas

**B**eing a military child is very complicated. You can make a lot more friends, but you also have to move away from them which I think is very sad. I like my friends. I don't want to leave them, but I have to because I am a military child.

There is good things about being a military child too. You are able to travel to many places around the world like Korea or China or even Thailand.

I love being a military child. I don't hate it at all. I realized that I could not be able to do these things at all if I weren't a military child. I could be that one kid that stays in one place his whole life, but I'm not. I get to be free and travel the world. I get to travel places usually every month. I also get to make new friends along the way. Sometimes, I even get souvenirs. I think the best friends I could possibly have are my family, and that is who I love to travel with. This is what it's like to be a military child.

- Oliver Forbes

Being a military-connected child  
 Is far different than those who aren't  
 Being a military-connected child  
 Is a rollercoaster with many ups and downs  
 One day you are surrounded by friends  
 Next day, you're standing on foreign ground.  
 The numerous traveling,  
 The endless farewells  
 It's a constant cycle of starting over again.

The culture, the language, the people  
 It's a pleasure to experience change,  
 But change is filled with sadness.  
 It's painful to see your parents leave  
 Constantly worried about them  
 Always waiting patiently for them to return  
 The hardships our parents face  
 The sacrifices they have to make  
 In order to protect our country  
 While it may seem like being  
 Part of the military is full of sorrow,  
 It's part of the experience that makes us  
 Grow stronger

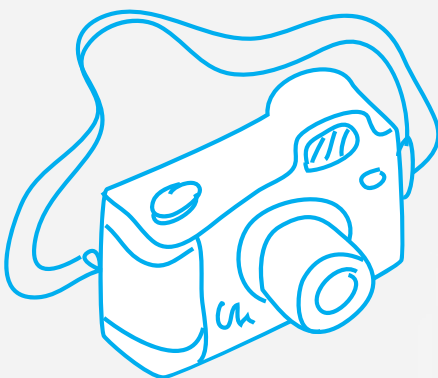
- Brian Song

It's Fall and everything's new.  
 I play with new friends,  
 And miss the old.  
 My room is different,  
 So is the street outside.  
 I'm in a new school,  
 I start a new grade,  
 I'll make it through this year.  
 Now it's Winter and my daddy says goodbye,  
 I'll miss him everyday,  
 And continue on my way,  
 I've gotten used to my classes,  
 And my friends,  
 Some have moved away,  
 But most are here to stay.  
 Now it's Spring and everyone's happy,  
 We run in the fields,  
 And on the playgrounds,  
 We laugh and giggle,  
 And play all day,  
 We sometimes talk with dad,  
 Though he's still away.  
 Now it's Summer and school is over,  
 I've made it through this year,  
 I got good grades,  
 And made good friends,  
 Dad is home,  
 But he's got news,  
 We're moving away  
 off to a new place,  
 Yes, I'm excited  
 but have to leave my friends,  
 Yes, I'm sad,  
 But that's not how my story ends.

- Abigail Saucedo

**M**y name is Gabriel Yoonsang Jeong, and I'm the son of Staff Sergeant Seong-Gyu Jeong. I was born in Pasadena, Los Angeles, California. My dad joined the military in November 2008. He moved to Texas after three years in California. He stayed there for another 3 years and was only able to visit us once a month for one weekend. He then went to Korea for a year and stayed in the barracks there. He had a good time visiting his friends, but we barely ever saw him through our childhood. After that, the best part of my childhood so far started. It was the first time me and my brothers and sister went on a plane. We had to stay at the airport for multiple hours until 1 am. When we got to Germany, we stayed in the hotel and finally got out of the bus and slept like a baby for the first time in a while. We stayed at the hotel for a month, and then found a house. It was the oldest house and had two floors one for us and one for the other. We had a good time. We visited all the churches in Europe. We had a mass with Pope Francis of Assisi. I wished for money but I was only eight, so I wasn't really thinking back then. We had so many good times, but also some fallbacks. The teachers I had back then were pretty racist and also was the principal. We stuck up with it, and I went to a German school where I learned German for the next three years. I went to a local German public school where I got in some trouble as a kid. I was a little kid and since grades weren't important because I didn't know the language. After two years in the awesome elementary school, I went to a best-ranked school, Martin Niemöller Schule. Unlike the bad Arabs that were there because of the war and got support from Germany, I didn't have to go to another special class when I went to the other school and felt happy that I didn't need a class. After half a year there, I went back to an American school for a smooth transition to Korea. We took a flight to Korea that took about 10 hours and then the rest is done. I live in Pyeong-Taek, Korea, Asan-ri and am proud to be the son of Staff-Sergeant Seong-Gyu Jeong

- Gabriel Jeong



Being a military child is fun,  
 Our life is like a big run.  
 Even though we constantly pack,  
 It's important to never slack.

When leaving you always leave friends behind and struggle,  
 But what's sad is that you lose more friendships and struggle.  
 The least those new friends can do is comfort you,  
 And then you won't have to feel blue.

As you travel you gain new experiences  
 Then people can notice the differences.  
 Maybe by the language or culture,  
 Or they want to know about their agriculture.

Either way it's fun go places,  
 As you see different bases.  
 I am a military child,  
 And we have many faces.

- Mazi Siameja

**T**his story starts in my hometown Augusta, Georgia, when my family, and I got the news that we were going to South Korea. It doesn't necessarily have to with the military as my dad isn't active military, but he still works on base so I guess it's related to the topic.

I was shocked about the idea of leaving at first, but eventually, everything came into view after I took a second thought. This thought came to me when we were at the airport, and I was crying my eyes out. After I stopped sobbing, I saw my family standing there smiling, and that's when I truly realized I was going to Korea. It's not all bad. After all, the flight was beautiful, and I got to watch movies on the last airplane.

When we got to Korea I was confused about the new language, the culture, and the jetlag. That's my story on when I traveled to Korea. Being a military-connected child means that your life has been affected by being related to the society that protects our country and our national allies. It means that going to South Korea was a flight to a new world.

- Andrew Weber

**I** think a lot of kids think being a military child is nice. I've enjoyed all the countries I have been to and all the people I've met. I was able to spend time with family that lived in these countries. My life as a military child is difficult because moving was always hard, my father was being deployed, and I had to watch my mother struggle alone.

The first part was always moving. I lived in Okinawa, Japan, for six years total. I first moved there in 2007 to 2010, and I was just a baby. Then I moved to Camp Pendleton, California from 2010 to 2014. There I was bigger, and I had gone to a school out in town. This was strange because I remember that I did not really know anyone there. I recall that I had nice teachers but not any friends. Then, I went to an on base school, and there I was happy. I liked my house we had on base. It was huge and there was an upstairs. We had a dog named Bella, and I was happy.

Then, we had to move again back to Okinawa from 2014 to 2017. We had to get rid of our dog because she couldn't come with us. In Japan, I always rode a bus to school, and I had only one friend. Her name was Karli, and we always chatted in class. We lived in a tower building, and it was old. I didn't like the floor because it was hard, and it hurt my feet. Now, we live in Korea, and I am finding school better. I don't have to ride a bus anymore. At first, we lived in Seoul, and it was great. We would go out almost every weekend and explore the city. I really don't like the food, but there was so much to see. My favorite place is Lotte World.

Then, we moved to Camp Humphreys, and there is no more city life. We really don't go out much since everything is far. So, I had left my house in Seoul and my friends. This is my first year here, and I still have to get used to this.

I remember in California my Dad was always gone. He would be on ship and in different countries for close to two years. It was always strange when he was home because we all got used to not seeing or having him around. I know it was stranger for my mother because she was used to just us and not cooking much. Then he came home, and we always had a lot of food prepared. He did not like that we got a dog while he was gone. I remember that he wanted to pick a dog if we were going to get one. He missed out, but we all loved our dog Bella.

Then when we moved to Japan the second time, he was assigned to another unit that was always on ship. This time he was on ship more frequently, but he would be gone for a max of three months. I know he was a part of a unit that patrolled the pacific for disasters and things in that nature. Yet, it was still hard at times to get used when he would come back. We had family there like my grandmother, aunts, and uncles. So, we had a lot of support when he wasn't around. I enjoyed spending time with them because we would always go out. Since we moved to Korea, my Dad has been home, and no more deployments for now.

I would always remember seeing my mom struggling with shopping for groceries and taking my brother and I to school, karate practice, and the swimming school. There were so many responsibilities she did with the dog and taking care of us. I always felt bad because we would sometimes give her a hard time when we were younger. My older brother would always try to help, but I knew that it wasn't enough. I know through all these years my mother is stronger than ever, and I love her for putting up with all this.

In conclusion, I am happy how things turned out being a military child. I learned a lot through all these experiences. I know that it helped make understand what the military life is like, and I respect that. This lifestyle has taught me how to overcome moving, my father being away for long periods, and how my mother struggled while my father was away.

- Gabriel Chavarin

It is sad whenever you have to move  
 I think the peace bird is a dove  
 So are we fighting for a dove  
 I see a military glove  
 I don't like moving at all  
 When I moved lost a ball  
 When I moved I found a toy car  
 I named it Dar  
 Being a military child is sometimes cool  
 You don't have to pay taxes and deul  
 Saying bye to friends is hard  
 When I moved I lost one of my cards  
 You can meet new friends  
 But sometimes new friends can change you  
 You say stuff you don't usually say when you move  
 It's hard making real friends whenever you move  
 And when you make one real friend, you have to move  
 Being a military child is hard  
 You have to stay by to things you don't want to  
 Or when you are finally fitting in at school you have to move  
 And you're weird again and you don't want to live there anymore  
 It's fun being a military child whenever you move  
 Because you get to experience new stuff whenever you move  
 You can also meet new and interesting people when you move  
 I love being a military child

- Jacob Swim

I am a military connected child, sometimes being one is wild. My dad has served twenty-three years, I've seen him wear many gears. It can be very sad when you leave friends behind, but sometimes you just have to open up your mind. I have traveled to many places, I've also seen so many faces. Sometimes I don't want to be a military brat, but I can't do anything with that. I also love being one, because you can do so many things done. When you're a military connected child it's sometimes devine. but it can also be very unflne. Of my travels I enjoyed Korea the best, Korea was the best out of all the rest. I love Korea because you have so much company. When we left Korea it was unlucky. Now we're back I am so glad. I as very thankful to my dad. So that is what is to be a military connected child.

- Joel Arenas

**M**y parents were never deployed or in the military, so I never felt as my friends did when their parents were deployed. Most of the time my friends were sad, and I never knew exactly what to say. I was always grateful my parents were home and safe. My story is a little bit different from other stories about being a military child.

My parents were in Japan both as teachers. I was across the world in Guatemala. My parents adopted me and my brother when we were six months old. I was raised in Japan for six years. During this time, my two other brothers were adopted from Africa. I remember not being too accepting of them, but now, even though I don't say it, I love them both. When I was in Japan, the 2011 tsunami happened. My family was evacuated, and we went to stay with my grandma.

When I finished kindergarten, my family and I were leaving the only place I called home. We were going to Germany. Not being old enough to know how I felt about this, I went along with it without a fight not knowing I would never see my friends again. We moved into an old building in an old German city. It was beautiful with wild strawberries and carrots growing in our garden. There was Italian ice cream by our house. There was a giant park right by us and what used to be horse stable was our garage.

I started 1st grade at Rainbow Elementary where I went until I was in 3rd grade. The school had just 200 students with grades K through 6th. It was a small school, but I loved that about it. My mom and dad were teachers there too. At the end of 3rd grade, I moved again.

Now I was older, I knew that this meant I probably wasn't going to see my friends again. I was really upset, and I wanted to stay. I remember finding out with my brothers with our ears up against the kitchen door where my parents were talking. I look back on this and realize that I was being nosy. We ended up moving to someplace a few hours away from Rainbow. I went to Netzberg Elementary where I started fourth grade. My mom was now some special math teacher, and my dad was also a teacher. Though we were still in Germany, I didn't like this school. The kids were not nice and the school was huge. I was the shortest in my grade, like now, and kids noticed. I did not have many friends there, and each school day made me depressed. Luckily, I only stayed for the beginning of 4th grade to the end. When my parents said we were moving again, I didn't really care.

My mom got a big job as an ISS which I still don't understand what is, but I was happy for her. She was very happy. We were moving to Korea. I was nervous because I was told that there were two sides of Korea and the bad side was.. well bad. The flight was exciting, but the breakfast on the plane made me throw up. The jet lag was very annoying. Other than that, the trip was okay. When we arrived, I was not prepared. It was way hotter here in Korea than Germany. I felt as if I would die with the jet lag and 95 degree weather. When we arrived at the hotel, I felt like I was in heaven when I felt the air conditioning and the soft, pillowed bed in the hotel. It was like 12 pm here though, and my mom wouldn't let us sleep, shaking us, and telling us to beat the jet lag. We stayed at the hotel for months. We were still in the hotel even when I started 5th grade. My parents were still looking for a house to occupy four children, themselves, and a loud obnoxious dog we got before we left to Korea. We finally found the house around the end of September. I scored and got the 2nd master bedroom in the new house with its own walk-in closet and shower. I had gotten sick of staying in small room with my three brothers and my dog. The house let us all relax. Fifth and sixth grade went fast. I made new friends, and now I'm in seventh grade.

My story is a lot like others with some flaws with my parents not being in the military and other things. It is still a lot alike and not that different. I would say that being a military connected child is really cool. I get to see new cultures and experience them. I love being a military connected child.

- Corinne Lane

See more Humphreys Middle students' stories on Page 24



## ★ CELEBRATING MONTH OF THE MILITARY CHILD ★

## Haleigh Hudson 7th grade

Sacrifice is part of my life.  
A military child life.  
Constant moving and leaving without proper goodbyes.  
Traveling through the skies.  
Where will I go? Is a question I ask every time.  
Sacrifice is part of a military child life.  
A new student almost every year is what I am.  
Never ending cycles of traveling plans.  
I sacrificed part of life for my parents.  
They might relate to what I am.  
This is the life of a military child.  
A life where the child sacrifices many things.  
My life is different from other people, but I am proud to be a military child.  
Moving might be a pain and saddening.  
However, the visiting new places.  
More friends to make and friendships that forming.  
Some sacrifices could be made, but all will be awarded.  
I am a military child and I take pride of it.  
This life takes sacrifices, but I am already ready for it.

- Alice Kim

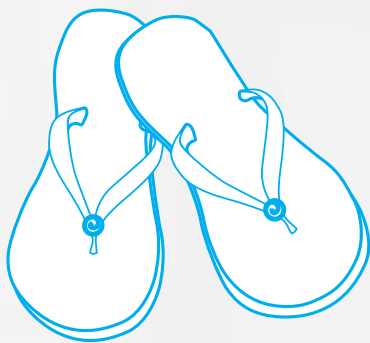
**H**ow is like to be a military child? Being a military child is very difficult and sometimes very hard to find friends that will stay with you. Everyone is leaving base to base and are going to far, far places. I myself lost one of my best friend. He left to Hawaii. I've known him since third grade, and I'm still in touch with him. Some of our parents have to get deployed, and so they leave their family members and go risk their lives in the line. Some family member that work for the military don't come home. It is very hard to be a military child. There is a lot of things that could go wrong.

How do children feel to be a military child? A child like me has to worry if our parents are going to be back with us. Even though kids don't look like there is anything wrong, we kids still have to go to school and act like nothing happened even though we are hurting inside. We have lost friends and family members. Kids are having hard times moving around and adapting to their new environment. They make a lot of friends from moving place to place. That is why kids have to put up the same way as adults do.

Kids develop confidence early on. The school they go to has many, many languages. Not all schools have the same chance to meet or have kids around the world and communicate with each other. They get along very well. Even though people fight with each other, but they still have each others' backs. Its normal for people to fight with each other. Everything is an adventure. Kids learn different languages.

Kids have to suffer from anxiety of losing their parents from being deployed to other countries around the world. It is very hard to think or ask yourself if your parents or friends are coming back. Having friends around the world is a rare thing to have, but also, it stinks going state to state and school to school. You can get tired of it real fast especially if you have a difficult time making friends.

- Christian Orlando



I am a military brat  
You know me for having a unique life  
My mother takes care of us and our cat  
My father goes to wars carrying a knife  
I live all over the earth  
My best friends come and go  
Because their parent(s) work with the same worth  
I dislike children who are spoiled and annoy me so  
I fear that I will never have friends to bond  
Because we move every year  
I love the adventures we get to take on  
Because most are happy, but some make me want to shed a tear  
I've dreamed of a place in which I sat  
Where people wouldn't call me a "military brat."

## HAIKU

I'm an "Air Force" brat  
I love all the adventures  
I wish my friends stay

- Layla Prochazka

**A**lthough I am not a military child, I do have some sacrifices and small little details that still impact my life as a military-connected child. My dad is a civilian that works on the Humphreys base, and it was especially challenging in 2018 as I had to experience my very first school transfer. Last year, my family and I were informed that there was now a rule where the child had to go to school in the same base where their military or military-connected parent/supervisor was stationed in. This event definitely hit me, as I had never moved schools before.

I had stayed in my old school, Osan, since the day I started kindergarten. This also created a few complications. First of all, our house was approximately 30 minutes from Humphreys, and there was a one hour difference between the start and end of me and my sister's elementary school. This meant that I would have to wait for one hour after drop off, and my sister and my mother would have to wait for one hour to pick me up. Of course, the problem could be solved by moving into the base, but that's easier said than done. There are some specific complications and processes that our family would have to go through, but for now it seems we are going to continue and stay in the house we have now.

One additional issue is that for some reason both of the base schools I go to make the students wake up really early. It's also really weird that they make the younger kids wake up earlier than the older kids. For me, it's really tiring because I have to wake up at 6:00 in the morning in order to get ready, go to base, and drop my sister at the correct time.

I do love the education system that DoDEA provides even if it's a bit complicated sometimes. Thanks to my dad's job, I don't need to worry about moving around multiple times, but then again it is really really sad and heartbreaking to see my friends and peers come and go. Although my experiences and sacrifices aren't as huge compared to others, there are some things that I wish I could change. The experience of being a military-connected child is impactful during life as it changes so many different aspects of your life, but I'm continuously thankful that my parents, specifically my dad, are willing to work for the military, for my family, and for my education.

- Kaylee Uoy

**M**y life as a military child started the moment I was born. As child my mom had to leave while in the military leaving me with my grandparents and my cousins. After my mom had left the military, we stayed together. Then my mom married my stepfather who is in the military, and we started the cycle again. We kept moving around the United States with our family including my three other brothers, my step dad, and my mother.

My life as a military child has been hard. I've had to leave a lot of my friends, but it gave me a lot of new ones. I've gotten to visit many places. When my stepdad was deployed, it was very hard for both my mom and me because it was just us with three of my little brothers. (I'm sure I wasn't always the best too, but I was the best most of the time).

I'm sure it wasn't only hard for me, but it must have been hard for my mom too. My mom had to leave me when she was in the army. She also had so many kids to have look after with my step dad deployed. Still, she did it and is still doing it.

Honestly, I'm really glad I'm a military child. There have been times where I wish I hadn't. Lots of them. Still there are hundreds of things I couldn't do if I wasn't. I may have lost some of my friends, but I've made new ones. Sometimes I get to keep in contact with some of them even though I can't see them face to face.

In conclusion, even though there have been hard times such as waking up at like 4:00 AM to go to the airport and still have to wait there. I wouldn't change anything about it or my life. It's been awesome. I can't imagine my life not being a military child.

- JaCobi Johnson

My life as a military child is more complicated than you think.

It might seem like I have everything.  
But people seem to go by in a blink.  
I can be playing with my friends one day.  
And be halfway around the world the next.  
You could be telling your parents goodnight.  
But wake up to find that they are no longer with you.  
The pain slowly starts to consume you.  
And I can't seem to understand why?  
The life of a military child is more complicated than you think.

But let's not focus on the sad things.  
There can be some good things too.  
Like being able to visit new places and even go to Peru.  
Life of a military child is more complicated than you think.

I enjoy the life of a military child.  
But every now and then I do get upset  
So before I tell you bye  
I will hold you in my arms and I will not let you cry.

- Erin Henderson

Being a military child has its pro's and con's

Being a military child has its hard times

We will have our offs and ons

"Are you seeing the signs?"

Our lives are rough

People ask how we cope

"Trust me. It's tough!"

Sometimes I feel like im walking on a tightrope

I can also get scared

To think my mom might leave

I think to myself, "Will I be prepared?"

I try so hard not to believe

The moving is difficult

Friends are lost and bonds are broken

This could just be another obstacle

But all I can do is keep hoping

Those were the cons

It's time for pros

Because military life can be fun

Can't wait to list those

Having experience is a once in lifetime

Meeting new people is exciting

Sometimes what you'll think you'll see can turn into a surprise

People or cultures can sometimes be inspiring

Military children are flexible

- Jaidyn Dias

Check out more military children stories at:  
[militarychild.stripes.com](http://militarychild.stripes.com)

I am no military brat, neither have I experienced anything like this either.  
But I can relate to military children.  
Moving every other month, having to not get attached or used to a way things work.  
Only to move a month later, your friends are everywhere and your home is nowhere.

I have moved, but not like you.  
I have moved a total of six times, and I have gotten attached to some places.

Being a Military Child means a lot of moving and a lot of reputation.

You would definitely be expected to have respect, a positive attitude, and good reviews.

Another big thing is the Parental Guardian Issue.

Having your parent or family member be gone, knowing that something could happen and have them not come back is something scary and something that definitely would be stuck on your mind.

But a benefit of being a Military Child is the experience of new places and being able to try new things. Especially when you are somewhere like Korea.

You have so many new places and new things to try. Meeting new people and knowing that you are going to have to let them go is a burden.

But, maybe it isn't such a bad thing after all.

You can always try new things and even go new places often.

Being a Military Child is often hard but just know that it can also be fun and exciting too!

- Soren Greene

**I** have many losses and gains as a military-connected child. I was born in South Korea and raised in many places around the world. After being born in South Korea, I moved to Texas until I was about four, and then to Germany until I was about seven. We then moved back to Texas and then back to Korea.

I do love a lot but not as much as these other kids that go to my school. I am very thankful that I am a connected to the military because it gives me so many privileges in life. Moving every four or so years isn't that big of a problem, but it does mess up a lot of friendships.

School may be a little more difficult in some places more than others. Being a military-connected child means I am usually the new kid in school. There is no problem being that new kid in school because it's almost like getting a new page to start in life.

When I was in Texas with my whole family, every year my dad would have to deploy around holiday seasons. It would be Christmas morning, and I would be up and remember my dad wouldn't be there on that holiday to spend with the family. It was almost the exact same on my birthday. Being at a basketball or soccer game and remembering him not being there isn't the best thing at times because sometimes makes me very emotional.

When I tell people I am half Korean they react in so many different ways. Being half Korean and having a Korean mom can help me with so many things and can open up so many opportunities for me.

Moving to Germany was probably one of the best journeys and places I have ever been in my life for so many different reasons. Being in Germany meant I could learn a new language, but that didn't go so well for me. Also being in Germany meant there were so many places to go over breaks. It was almost impossible to get bored.

I am honored and blessed to be a military-connected child. It inspires me to want to do so many different things in my life and to set a good image for America as a whole when I am in a different country

- Julien White

I am just a military child, nothing special

I'm just like you, but I have an ID

I travel the world but have to leave so much behind

While you stay in the confinement of your hometown

I'm stuck off base because I forgot my ID

You can buy whatever whenever

While we need a special card to enter the commissary

Enjoy your freedom because if we lose one card off base, it is game over

Off base is fun and all, but bang suck of base kinda sucks

You guys get nationwide for protection

We get a barbwire wall

You get the smell of fresh air

We got pollution and jet lag

You get to enjoy restaurants and have a good time

I haven't had Olivin Garden for five years

The states are full of free bathrooms

While we have to pay 50 Euro cent to get in

You have beaches and nice summer resorts

We got lovely winter resorts

So, what I'm saying is that being an military child is all that

But what do I know I'm just a Military brat.

- Ava Harris

- Aedan Lara-Smith



★ CELEBRATING MONTH OF THE MILITARY CHILD ★



**M**y name is Calvin and I happen to be one of the many military children here in the world. When someone mentions "military", you might think about senseless destruction and bloody war. It's so much more than that.

Being part of the military means that you are part of helping and defending other people for the greater good. I know this because my father was part of many battles, and I know of the losses he experienced. I know that because of him and the rest of the soldiers, he managed to save people from oppression and terrorists.

Being a military child can be hard, but I also have an honor of exploring new places and meeting new friends. I am at Camp Humphreys now because I am the child of a major. I have had the opportunity to explore places like Virginia, Kansas, California, and Korea.

Moving may seem like a hard and challenging event, but it's also a chance to experience something new. I get to meet new amazing people like my friends. Of course, it's hard to see your friends go when you move, but instead of thinking "goodbye forever", think about it as "see you later or see you next time". I had a hard time seeing my friends go too, but I got to meet new ones. So... when you think of the military, don't think of war. Instead, think of defense and saving others.

- Calvin Kim

**I**'m a military child, and it doesn't stink that much being one. My mom is in the army, and she is good at what she does which is mostly ordering people to do stuff, typing(a lot), and some other stuff I don't know about. We move places from time to time. It's not bad. It's not like I don't cry about losing my best friends every time I leave somewhere.

**Pros**

Being a military child is pretty good if you enjoy traveling. A good thing about being a military child is seeing and meeting new people. My mom has never had a duty station for more than four years, so you can meet new people and enjoy their company for four years or less and then move on. It's a little sad, but it's a circle of socialization called you win some, you lose some.

**Cons**

A bad thing about being a military child is the drill sergeant stage. Let me explain. When your parents become a drill sergeant, they tend to yell at people a lot and tell a lot of people what to do. When your parents come home from work every day, and they are enraged because they dealt with a lot of stuff. When they come home, they can't help but to take it out on you. Another negative about being a military child is the part of moving. When you get close friends and then have to move away from them, it is really uncool. It's really sad too especially if you never got a chance to say goodbye. When you're a military child then you're always the new kid, and if you're a sane person, then you should hate being the new kid because I know I do.

**Benefits**

When your a military child, your future is practically set up for you unless your parent/parents are bad at their jobs. Also, the military pays for most of your house payments and car notes so you have no excuses for not working. Your parents would be getting paid pretty good, so some the of money could be put into savings for you if your parents choose to put it into savings. You could start up some college savings or for a house when your an adult, or you could buy a nice car.

**Childhood**

My childhood, so far, hasn't been that bad. I mean there have been some twists and turns, bumps and bruises, but I will persevere through it. In all seriousness, my childhood has been awesome, and my mom is a cool parent. So... I'm fine. My experience though has been interesting to live through. My childhood is cool, and I wouldn't change it.

**So what'd we learn**

It is fun being a military child. I mean I haven't lived the full experience yet, but hopefully, I will. In conclusion, you win some, you lose some, and being a military child is kinda cool beans.

- DeAndre Scott

Another year, another move...  
 Another time to start a new...  
 Everyday is a battle...  
 Trying to make a new double...  
 Life will keep on going...  
 So stopping will just do nothing...  
 I have to keep on moving, and be strong...  
 For I am a military child  
 I am strong in every step I take...  
 No matter how far away I am...  
 My parents tell me everyday to never stop...  
 For I am a military child  
 I won't stop...  
 Not until this war is over...  
 Not until I reach success...  
 Because time won't wait for me to catch up...  
 I am a military child...  
 Loneliness is just part of my life...  
 But so is my strength and pride...  
 Because I am a military child

- Keana Zibovsky

I'm a child just like you, but I'm not just any child. I'm a military connected child and proud to be one. You may have heard of military children referred to as brats, but I'm not a true brat. But here, brats are my friends, so be careful of what you call us. We are the children who go where the government needs our parents. We are the children who have to make new friends every two years. We are the children who have to see new cultures and respect them. We are the children who every time we step off post, we are our country's own mini ambassadors. We are the children who live on the edge of our seats hoping the enemy doesn't attack. We are the children that pray, if the enemy comes, that our parents come back. We are the children with heros as parents, literal heros. Without heros, like our parents, America wouldn't be who it is today. Without our parents, there would be more terrorism. Without our parents, there would be no real American freedom. Our parents are the people who guard the freedom of 327.2 million people. So, be proud of us military brats. I'm a child just like you, but I'm not just any child.

- Duncan Pickering



**W**hat I would tell a child that has no relative in the military is how much fun it is to have a military parent, but also that there are some sad times while having a parent away from you. Since my dad is in the military, there are times he goes away, and that is really sad. No matter where he is at he will always be with us. Having a relative in the military isn't all bad. See, with my dad, we haven't moved a lot, but we did move twice. It was very hard. I had lived in one place for nine years, and when leaving a place after living there that long, it's hard to move. There are pros and cons to having a relative in the military, but then again there are pros and cons to everything.

If I were to only say negative things about having a relative in the military then I wouldn't be giving you the entire experience. Having a relative in the military is quite great because you can travel to different places. There are good and bad things for traveling to places. I had a very good friend who moved to Alaska. Now he is happy in Alaska, and I am happy for him. When in the military you meet wonderful people, but it is very sad to see them go. Seeing someone you care about leave is really sad. The best part of meeting someone is getting to know them, and the most important thing is to hang on to the good moments you've had with them. Besides, you never know, you might see them again. You never know when you are ever going to see someone again, and when you do, it is going to be like they never left.

When my friend that left to Alaska, it hurt me more than anything, but then if you really think about it, I never know where I am going to next after I leave Korea. The only thing most people think about is goodbye when someone leaves. My grandmother says it is never goodbye only I will see you later. I think my grandmother is right because in life you meet new people, but you also may see others again. My mom said the military was so small because some of the people you become friends with now, you have been in the same place with, and haven't even noticed.

My parents are right that the military is small because I met a friend at a different duty station, and now he also came to Camp Humphreys Korea. The most important thing I would tell a person that has no relative in the military is that there are pros and cons to everything. You may not always be with your parents 24/7 and that is okay, but always remember there are others who have been in that situation and know how you feel. If your parents are away, that is better than them being gone and that is why I sometimes get upset when my dad leaves. Then I remember it could be a lot worse than him just leaving for a while. The most important thing in life is your family, and when you don't even have your whole family, that's a lot worse. My family is like my best friends, but not only that, they are there during the times that are good and also the bad times. When you lose just even one family member or your best friend then it is like your world got turned upside down. I believe the most important thing in life is your family, and the military takes it away. It is okay because they are not only doing it for you, they are also doing it for the country.

- Kiara Montalvo



I've traveled nearly everywhere  
 Following a new duty station  
 From California to South Korea, been there  
 I've traveled around the entire nation.  
 I've seen my dad come and go  
 Missed my 10th birthday  
 Back to Afghanistan  
 Yep I know!  
 I really love making new friends the most  
 I can never have a best friend  
 Military reminds me to never get too close from within.  
 We are all together in the military community  
 We understand each others pain  
 It's like we're all in unity.  
 I went through hard times when my dad wasn't here  
 Advice went through my left and out my right ear  
 I may not wear military colors like my dad has to do,  
 But as a child I've been through the most, so I serve too.

- Vivian Hill

**I**n the United States the month of April is the month of the military child. This means something special to me because I happen to be a military child. In next few paragraphs, I will be going over some of the struggles and benefits that come with being a military child and how they endure some of the things that happen to them.

The first struggle I can think of is losing one of your parents. Whether you like it or not, when you are a military child you will have to go through long periods of time without having your parent there, either your mother or your father. This happens because soldiers are meant to deploy and serve their country, and when you deploy that is exactly what you are doing. You are aiding your country by helping the war effort. Even though they are helping us over in the U.S. I personally have had my dad deploy three times once for a year to Korea, once to Iraq for a year, and one final time to Afghanistan for a year and a half. I can personally say that it is not fun at all to go without your dad for a total of three and a half years. He has missed lots of Christmases and birthdays.

The second struggle is always having to move around the world. I have had to move nine times in fifteen years. I usually stay in one place for about two years. I'm sometimes in one and then leave to a brand new place with new friends, a new base, a new country and a new school. In my life, I have made lots of very good friends, but I have had one or two that are my best friends and will probably always be. Last year my best friend and I were in the same place and were so happy until summer came, and we both had to move away. It is extremely sad to lose a lifetime friend like that, and it is not fun at all when you have to do that almost every year knowing that you probably won't ever see them again.

The third and final reason is not a struggle but a benefit. Military kids are more diverse and accepting than non-military kids. When military kids move almost every year they understand what it feels like to be the new kid, and they can make friends almost instantly and find a group that is like them and has the same interests. DoDEA schools are probably some of the most diverse schools you will ever see. Kids from all over the world with military parents can be in the same school together. These kids come from different races, religions, nationalities, and more. Kids that have to go through these same struggles will come together and become closer friends. It forms a kind of family that you can rely and trust on knowing that you will be okay because you both will be going through the same thing.

In conclusion, military kids will always have a special bond because they all went through the same hardships and struggles, and that defines them and their personality. I am happy and proud to be a military child and proud of my dad for serving his country. When you think about the soldiers who are gone for the war also think about the kids without their parent.

- Abel Manville

As I say my last farewell  
 My puddle of tears sink through every fiber of my sheepskin  
 Hoping that the next place I arrive to will turn out well  
 I gradually let the cold tears evaporate from my skin  
 I've experienced this feeling many times  
 The feeling of grief and excitement  
 Of what seeing new things outside this small world becomes  
 Marks my commitment  
 I get to learn and view the different diversities of cultures  
 Meeting many of different societies  
 Remembering the rare moments my mind captures  
 I learn to sharpen my specialities  
 I am grateful for the many opportunities given  
 Which help myself enliven

- Jeeyoon Woo

A military.  
 A military can be a powerful thing,  
 The military can have strong effects on the enemy and the ally,  
 Soldiers serve the military, serve to help,  
 They defeat the enemy and put out the fire of terrorism,  
 Sadly, the military can put out the sparks of friendships,  
 Sparks that could lead to burning bonds,  
 Seeing soldiers go can put a tear in one's eye,  
 But can also give hope to the people they protect,  
 The military can make or break life itself,  
 A family can be torn apart,  
 Or be like the family I have,  
 Where mostly good things come my way,  
 And we are spoiled with joy,  
 But the military works them hard,  
 My parents can leave work frustrated, hungry, and exhausted,  
 But they can also leave their jobs relieved and glad,  
 The military brings lots of benefits to its soldiers,  
 And I couldn't be any happier that my parents are in the military,  
 It may bring me worry, but it brings me a sense of pride,  
 I personally think they are the best,  
 And I could not live without them,  
 The military has also brought my parents and their friends back together,  
 But has not done the same with me,  
 And has only taken us apart,  
 And deployments,  
 They take us apart,  
 My parents can go off for long periods of time,  
 On the other hand,  
 Overall, I am proud to be a military child.

- Cody Sisson

I'm the child of a Soldier,  
 Proud as can be,  
 Who served our Country, most admirably  
 He took on the job  
 To help keep us safe  
 As we moved around, from place to place  
 We carried the flag  
 As he risked life and limb  
 There are really no words that can ever thank him  
 We are free today  
 Because he gave his all  
 I've bowed to you, Dad, since I was small!  
 This is my thanks  
 To Soldiers true  
 For we could not stand tall, if it weren't for you

- Thomas Koltick

**T**raveling with the military is pretty exciting for me even though I only traveled to two places. I came to South Korea about eight years ago, and I had made many friends during my time here. Even though I haven't moved ever since and maybe haven't had as big of experience as others, traveling in the military can be hard. I've made many friends that have left to other bases. Traveling with the military has its positives and negatives.

The positives of the military are that you are always meeting people from different areas and learning of what the culture is like. Sometimes people who come from the same area share of what they enjoyed and didn't enjoy about the culture. It's always nice meeting someone different and learning about them. Another positive is that there are many entertainment centers in bases for people to do activities. I have always enjoyed going with friends and competing against each other doing silly competitions.

There are many positives but with that comes the negatives of being part of the military. Being part of the military can take you far away from family and friends and put you through harsh conditions. Also, rank can put you in a hard condition because anyone with a higher rank can command you to do anything they order you to do. Going through harsh conditions and being yelled at by higher ranks makes soldiers feel like quitting, but sadly they can't. They signed up for the military for an amount of years, and they can only miss work if injured or sick enough.

Being in the military has its positives and negatives which teaches you how to put your life together and how to put your body in great shape. Everything is quite hard, but it really is a way of how to put your life together. One of my career choices is joining the military possibly the marines because my grandfather was a part of the marines and was a leader of a bunch of tanks. That always sounded impressive to me, and I thought my grandpa was the coolest marine in the world. Now I know that my grandpa is the best marine in the world. Even though as cool as that sounded, my grandpa had to sacrifice many things that he loved and missed throughout his days in the marines. He had left to Vietnam with a bunch of tanks and killing was against his religion. I'm very sure he deeps down regrets killing soldiers there. I'm proud to be part of the military because I know that I am protected by soldiers around me

- Kai Winther/ Luis Vidana



# Soldier doubles as speaking coach for N. Korean refugee

STORY AND PHOTO BY KIM GAMEL,  
STARS AND STRIPES  
Published: April 4, 2019

SEOUL — Yuna Jung, a North Korean refugee who escaped to the South, did a doubletake when she learned the regular occupation of her American speaking coach.

“He said he was a military officer. I said, ‘wow you’re the real enemy,’” she recalled, laughing as she explained that she used to shoot at targets simulating U.S. soldiers during military training as a teenager in North Korea.

Jung, now 32, reassured Capt. Matthew McGoffin that he doesn’t look at all like the targets, which were made to look ugly and sinister.

The duo worked as a team for about three months to prepare Jung for a speech contest organized by the nonprofit organization Teach North Korean Refugees.

McGoffin, who serves on the U.S.-led Combined Forces Command in Seoul, has volunteered for the group since reporting for duty on the divided peninsula a year ago.

The 29-year-old Lafayette, La., native is preparing to leave for his next post in Washington this month, but he hopes more soldiers and other Americans working for the military in South Korea will consider volunteering.

“Obviously these are people who have been through a lot to get their freedom,” he said during a joint interview last week. “This program is directly having an impact on real North Koreans, not hypothetical. They’re not thousands of miles away. They’re right here and this is what can you do about it.”

Casey Lartigue, an American who co-founded the group with



Army Capt. Matthew McGoffin listens to North Korean refugee Yuna Jung during an interview in Seoul on March 27.

South Korean researcher Lee Eunkoo, said soldiers had been among the worst volunteers in the past, but the situation has improved after they began laying down the ground rules.

“We actually had one soldier that we had to ban from the program because he actually started dating one of the refugees and trying to hide it,” he said, adding that happened in

2014. “We’ve also had some North Korean refugees who were targeting U.S. soldiers so we also had to remind them that they had to be careful to protect their privacy.”

“But lately we’ve had really good ones, including Matt, so we’ve turned things around,” he said.

McGoffin was drawn to the organization because he wanted to help North Korean adults, who face many challenges in trying to integrate into their new society.

More than 32,000 North Koreans have fled to the South since the 1950-53 war between the two countries ended in an armistice instead of a peace treaty. Defectors are automatically granted citizenship and financial support once they arrive in South Korea but must go through a transition period that includes debriefing and reeducation.

Jung, the daughter of a former North Korean military commander, decided to defect after watching South Korean dramas that painted a more flattering picture of the rival nation than she had been led to believe.

“The government taught us that South Korea is a poor country and that our forever enemy, the American military, actually colonized South Korea so the people are living in a kind of hell,” she said.

She escaped to China in July 2006, then made her way through several other countries before reaching South Korea. Jung had

studied English in North Korea, but she was surprised how little she knew after arriving in Seoul.

“In North Korea they didn’t teach us American English. I didn’t even know that Americans speak English because they taught us that the English came from England,” she said.

“When I came here I found out that my pronunciation was really, really bad. It’s like an old-fashioned British accent but nobody understood,” she added, speaking in clear English that showed how hard she has worked to improve her skills.

She kept a low-profile during her early years in South Korea because she was afraid for her family, but her father, mother and brother have finally joined her after escaping separately so

she is increasingly appearing in public.

Jung began working with McGoffin late last year because she wanted to improve her speaking skills, so she can spread the word about life in North Korea.

“The reason I learned English is because when North Korea and South Korea get reunited one day finally, I want to be a traveler or guide for foreigners,” she said. “I want to talk about the real North Korea and be kind of like a North Korean refugee messenger.”

Teach North Korean Refugees focuses on a practical approach to helping refugees by providing them with free English training.

Jung chose McGoffin as a coach for the Feb. 23 speech contest – with the theme “My future TED talk about North Korea” – because his name was on top of a list.

“I didn’t know that he was a military officer, but it turned out that he was the greatest teacher,” she said during the interview.

During the nearly 10-minute speech, McGoffin watched intently, reading along, as Jung described her first moments of freedom – getting South Korean citizenship, getting her driver’s license and the day she got her passport.

North Korean leader “Kim Jong Un has ICBMs and missiles, but he cannot go anywhere really, but I have a little passport. I can go to America, Europe and anywhere around the world, so I felt like I have more freedom than Kim Jong Un,” she said in her speech, which won second place.

gamel.kim@stripes.com  
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**“He said he was a military officer. I said, ‘wow you’re the real enemy.’”**

–Yuna Jung,  
North Korean refugee

# Warrant officer helps save Korean boy

BY CAPT. TIFANI SUMMERS  
2ND COMBAT AVIATION BRIGADE

SEOUL – What should have been an easygoing Saturday for Chief Warrant Officer 2 Joshua Kraft and his four-year-old son quickly turned into a real world emergency at the Pirate Park near K-16 Air Base, March 23.

Kraft, a fixed-wing aviator assigned to Company E, 52nd Aviation Regiment, 2nd Combat Aviation Brigade, has been stationed in South Korea for more than a year and isn’t new to stepping in to help during life-threatening situations.

“I was at the park playing with my son, and went to sit on a bench when a boy sitting next to his mother starting making a gasping strained moan,” said the Maysville, Georgia native. “I laid him down on my lap to make sure he didn’t

hurt himself during the seizure while his mom propped his feet up.”

The boy then stopped breathing so Kraft began first aid while the mom contacted emergency services. The child’s mother started chest compressions and Kraft gave breaths through the boy’s nose until the boy began to breathe on his own.

“When he stopped breathing, I was thinking this situation went to a hundred miles an hour really quickly and as a father, how do I explain to my son if this child dies on my lap,” Kraft recalled.

Although the boy was breathing again, he was still seizing, so Kraft and the mother laid the boy on the ground. Once the child stopped having seizures, they placed him in the recovery position and began to massage

the child’s limbs and monitor his progress until the paramedics arrived.

“My heart goes out to the mom, you can tell it was not her first time dealing with her son having a seizure,” said Kraft. “Hats off to her. She responded quickly and calmly to the situation.”

For the past 12 years, Kraft has served as both enlisted and warrant in the U.S. Army with time in infantry, signal and aviation branches. His experience has given him the ability to react quickly to high stress situations without hesitation, according to his peers and leadership.

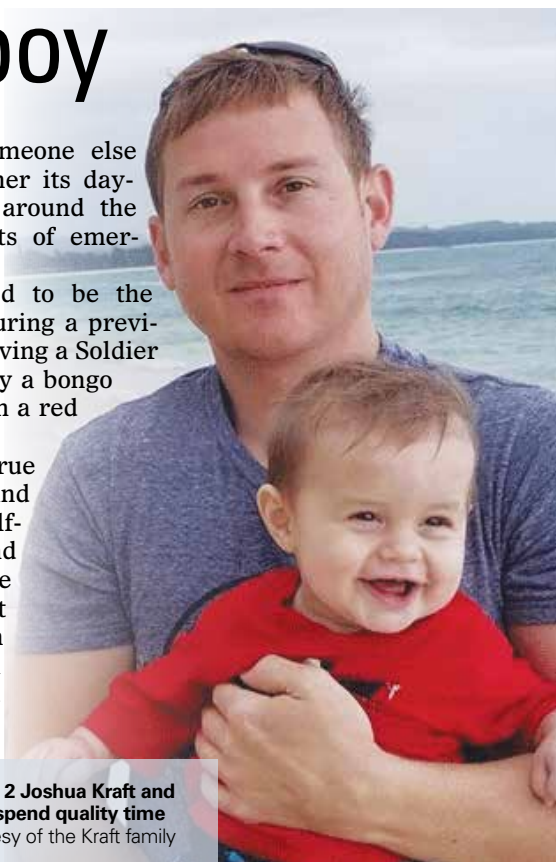
“His actions aren’t really surprising because that’s simply his character,” said his platoon leader, 1st Lt. Derek Vess, Seguin, Texas native. “He acts

quickly when someone else is in need, whether its day-to-day activities around the office or moments of emergency.”

Kraft happened to be the first responder during a previous incident involving a Soldier who was struck by a bongo truck that had run a red light in 2018.

“Kraft is a true professional and his actions of selfless service and personal courage demonstrate that extraordinary can be ordinary for a true hero,” said Vess.

Chief Warrant Officer 2 Joshua Kraft and his four-year-old son spend quality time together. Photo courtesy of the Kraft family







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Scenery of Gwangjang Market

# Traditional Markets

STORY AND PHOTOS BY  
KOREA TOURISM ORGANIZATION

**T**raditional markets in Korea offer a variety of unique scenes every day, always bustling with lively energy, savory smells, and interesting items that are not found elsewhere. Discover Korea's market culture and lifestyle by visiting any one of the markets listed below!

## Popular Traditional Markets in Seoul

Traditional markets in Seoul are one of the best places to experience the coexistence of modernism and tradition all at once. Every market bustles with vendors of all kinds as well a plethora of delicious food, making traditional markets a must-go attraction for international visitors. When looking for a place to either shop or eat, a visit to one of these Korean marketplaces is a must!

regional specialties, with most items offered at affordable prices. It is also known to be one of the best marketplaces to buy traditional handicrafts, glasses and sunglasses. In particular, Namdaemun Market is famous for delicious guksu (noodles), jokbal (pig's trotters) and galchi jorim (stewed beltfish). Popular attractions like Myeong-dong, Deoksugung Palace, and Gwanghwamun Gate are located nearby, making the market a perfect place to stop by after a tour of the neighborhood.

**3 Gwangjang Market**  
Gwangjang Market was the first permanent market established in Korea and dates back to 1905. The first thing that comes to mind when Koreans hear the name "Gwangjang Market" is none other than food. The endless strip of food vendors along the market streets is quite unique, with each vendor crowded with lines of people waiting to experience mouthwatering food. The market is filled with stores and food vendors that serve popular Korean foods like bindaetteok (mung bean pancake), gimhap, bibimbap, and sundae (blood sausage).

**4 Noryangjin Fisheries Wholesale Market**  
The Noryangjin Fisheries Wholesale Market is Korea's largest wholesale fish market that has a history of more than 80 years. Although the market is open and busy 24 hours a day, the bustling marketplace really picks up around dawn when the fish auctions begin. The market is conveniently connected to Noryangjin Station (Seoul Subway Line 1 and 9) via a passageway. Popular seafood sold at this market includes clam, shrimp, octopus, and crab. Another unique experience to enjoy at Noryangjin Fisheries Wholesale Market is having your purchased seafood cooked or prepared to eat at any of the restaurants located upstairs.

**5 Garak Market**  
Opened in 1985 as the first public wholesale market in Korea, Garak Market is a one large market complex divided into different sections, each dedicated to fruits, vegetables, seafood,



Noryangjin Fisheries Wholesale Market

and meat. This is where the standard unit price for vegetables and seafood is set before they are distributed to other regions. As Garak Market is extremely large, travelers are recommended to take advantage of the market map and plan which sections to visit within the market ahead of time.

## Popular Traditional Markets Outside of Seoul

Popular traditional markets are not only found in Seoul, but are spread throughout the country. Traditional markets located outside Seoul offer unique regional specialties, with each market opening doors to a world of new discovery. In addition, major tour attractions located nearby make the markets a convenient place to stop by when sightseeing.

**6 Jeju Dongmun Traditional Market**  
Jeju Dongmun Traditional Market holds a prestigious name for providing the freshest ingredients caught right from Jeju's seawaters. Visitors will be able to get a taste of freshly caught fish prepared as hoe (sliced raw fish) and other of Jeju's local food and produce such as omegi tteok (Jeju-style rice cake), gogi guksu (meat noodle soup), and hallabong citrus fruit. Divers are especially in for a treat as they will find stores selling diving equipment at prices lower than elsewhere.

TONGJIN MARKET



1

NAMDAEMUN MARKET



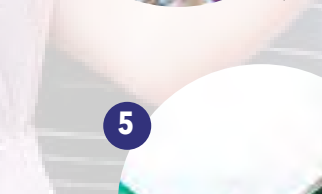
2

GWANGJANG MARKET



3

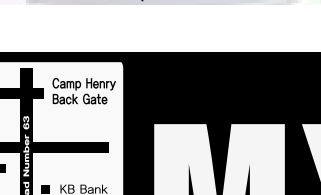
NORYANGJIN FISHERIES WHOLESALE MARKET



4

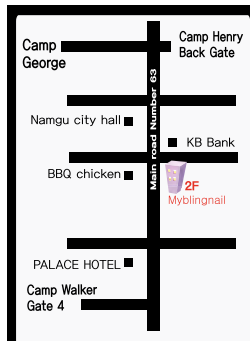
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GARAK MARKET



**1 Tongjin Market**  
After the Korean War, a rapid population growth took place in Seochon near Gyeongbokgung Palace, followed by an increasing number of vendors and stores. These vendors and stores developed into a busy marketplace now known as Tongjin Market. Tongjin Market is estimated to have at least 80 vendors and stores as of today, which mainly consist of restaurants or food stalls. What sets Tongjin Market apart from the other markets is the Dosirak Café. At Dosirak Café, you can buy a lunch tray and 10 yeopjeons (old Korean currency) for 5,000 won. You can use the yeopjeon to buy food and fill your lunch tray as you tour around the marketplace, offering both a fun and unique dining experience. Attractions nearby include Gyeongbokgung Palace, Gwanghwamun Gate, and Samcheongdong-gil Road.

**2 Namdaemun Market**  
Namdaemun Market is a traditional market with a history of over 600 years. It offers over 1,700 varieties of goods, including crockery, clothing, accessories, kitchenware, and



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**7 Busan Gukje Market**  
 Busan Gukje Market is a major attraction in Busan, ranking in top out of all the traditional markets within the region. The market also served as a filming site for several films and variety shows, which only boosted the popularity even more. Lines of souvenir shops and wholesale dealers selling machinery, electrical supplies, kitchenware, and clothing can be found along the maze-like market streets. Popular foods at Busan Gukje Market include bibim dangmyeon (spicy glass noodles), yubu jeongol (fried tofu hot pot), and ssiat hotteok (seed-filled griddlecake).



Dakgalbi at Chuncheon Romantic Market

**8 Busan Bupyeong (Kkangtong) Market**  
 Busan's Bupyeong Market, also known as the Kkangtong (tin can) Market, is the first night market to have opened in Korea. Bupyeong Market earned its funny nickname when it had a variety of imported canned goods from the U.S. during the Korean War. Although the market remains open during the day, it really comes alive at night with bustling visitors and lines of food vendors serving street foods from all over the world. Other attractions such as Jagalchi Market, Yongdusan Park and Bosu-dong Book Street are also located nearby, allowing visitors to conveniently explore the neighborhood.

(soybean sprout and rice soup). The latest trending attraction within the market is Cheongnyeong (Youth) Mall. A commercial area filled with restaurants and handicraft shops owned by young entrepreneurs, Cheongnyeong Mall has been gaining much attention as it adds a vibrant and youthful energy to Jeonju Nambu Traditional Market.

**11 Gyeongju Jungang Market**  
 If you are planning to visit Gyeongju, one of the top must-go destinations in Korea, don't forget to add Gyeongju Jungang Market to your itinerary. Gyeongju Jungang Market opened in 1983 and currently consists of approximately 700 shops and vendors that sell a variety of products such as clothing, cooking oils, vegetables, and meat.

**12 Incheon Sinpo International Market**  
 Incheon Sinpo International Market is located near Incheon Port International Passenger Terminal and it has been considered Incheon's representative market for over the past 100 years. The market is most popular for its delicious treats, such as dak gangjeong, jjinppang (steamed buns), and dumplings. In addition, Incheon Sinpo International Market offers much to see and enjoy with its charming decorations and a Lighthouse Park that serves as a venue for exciting festivals that are held every year.

**13 Suwon Paldalmun Market**  
 Suwon Paldalmun Market refers to one big marketplace formed by two smaller markets that are in close proximity with each other, Yeongdong Market and Jidong Market, both located near Paldalmun Gate in Suwon. Suwon Paldalmun Market is quite noteworthy as it is the only market in history to be founded by a king. Uniquely designed clothing, bags, and shoes offered at affordable prices are just a few of the many merits that attract customers of all ages.

**9 Chuncheon Romantic Market**  
 Chuncheon Romantic Market, a popular traditional market in Chuncheon, is famous for its delicious dak gangjeong (glazed fried chicken bites) and dakgalbi (spicy stir-fried chicken). Chuncheon Romantic Market opened in 1960 and since then, the market has been selling a wide variety of goods, including hanbok, bags, shoes, clothes, electronics, jewelry, food, and more. The market's modern look is the result of a redevelopment project that started in 2002. Artwork depicting scenes of Korea's traditional marketplaces decorate the alleys, allowing visitors to enjoy art as they explore the market.

**10 Jeonju Nambu Traditional Market**  
 Jeonju Nambu Traditional Market is located in Jeonju, a popular tourist destination known for its beautiful hanok village and a highly reputed film festival. Jeonju Nambu Traditional Market has a history of over 100 years, and it continues to attract new and returning visitors alike even as of today. It gives off a traditional atmosphere with its hanok street as well as offers much to eat, the most popular menu being kongnamul gukbaep

**FIND FLEA & FREE MARKETS ON PAGES 30-31**

Visitors can also participate in significant cultural events like the Moonlight Tour at Suwon Hwaseong Fortress and Suwon Hwaseong Cultural Festival held at nearby attractions.

**14 Daegu Seomun Market**  
 Daegu Seomun Market is the largest market in Daegu and the most famous distributor of fabrics within the country. Over 4,000 stores can be found in the market, selling a variety of products ranging from hanbok, blankets, clothing, dishware, and more. A plethora of delicious goods is also found at this market including popular menus such as marinated eomuk (fish cake), flat dumplings, and chapssal sujebi (hand-pulled sticky rice dough soup).

**15 Gangneung Jungang Market**  
 Located in Seongnam-dong area, Gangneung Jungang Market is the major market of Gangneung, Gangwon-do. There are over 500 registered stores and vendors operating within the market as of today. Agricultural crops and local produce such as semi-dried squid and other dried seafood from nearby areas are all brought to this market. In addition, Gangneung Jungang Market is full of delicious regional cuisine such as memiljeon (buckwheat pancake), gamja ongsimi (potato ball soup), and other foods made using Gangneung's unique local recipe.

**16 Tongyeong Seoho Market & Jungang Market**  
 Located right across from Tongyeong Port Passenger Terminal, Seoho Market opens early every morning, providing a variety of breakfast options for people traveling to and from the port. Haejanguk is a popular breakfast menu, especially on cold mornings, as the hot soup served with rice warms up and recharges your body for the day ahead. Tongyeong Jungang Market is also located nearby, serving as a convenient stop.

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# Flea & free markets

KOREA TOURISM ORGANIZATION

Among some of Seoul's major tourist sites are unique flea markets selling all kinds of secondhand goods and antiques. Some markets take place all year round, while others are held on a weekly, yearly, or seasonal basis. With handmade goods, food, artwork, secondhand clothing, household appliances, musical instruments, and other unique items available for sale, the sheer diversity of goods is enough to warrant a visit to any of Seoul's major flea markets located in the popular and accessible neighborhoods of Hongdae, Myeong-dong, Gangnam, and Itaewon Special Tourist Zone.



## Hwanghak-dong Flea Market Dongmyo Flea Market

The Hwanghak-dong Flea Market is a special market located along the Cheonggyecheon Stream that sells secondhand goods. It is also popularly known as "Manmul (all-things) Market" due to its variety of goods and "Dokkaebi (a Korean goblin) Market" as the dark interior of the shops stacked high with antiques makes one think of a place where goblins might live. The flea market is comprised of street vendors selling old books and videos, the antique street, electronic appliance stores, machinery stores, and stalls out on the street. In particular, the nearby Dongmyo Flea Market becomes packed every weekend with youths who love vintage fashion.

### ADDRESS

- Hwanghak-dong Flea Market: 20, Majang-ro 3-gil, Jung-gu, Seoul
- Dongmyo Flea Market: Dongmyo Park area nearby 84, Nangye-ro 27-gil, Jongno-gu, Seoul

### DIRECTIONS

- Hwanghak-dong Flea Market: Sindang Station (Seoul Subway Line 2, 6), Exit 11. Walk approx. 8 min.
- Dongmyo Flea Market: Dongmyo Station (Seoul Subway Line 1, 6), Exit 3. Area nearby Dongmyo Park.

### OPERATING HOURS

- Hwanghak-dong Flea Market: 09:00-18:00 / Schedule varies by store
  - Dongmyo Flea Market: 09:00-18:00 / Schedule varies by store
- \* Street market expands on weekends



## Seoul Folk Flea Market

The Seoul Folk Flea Market sells specialty products from different regions in Korea. The market was formed by gathering the former shops and vendors of Hwanghak-dong Flea Market (Dokkaebi Market), who lost their shop locations during the restoration of the Cheonggyecheon Stream. The Seoul Folk Flea Market offers everyday goods, souvenirs, and folk items that shed light on the past lifestyles of Koreans. The market floor is divided into sections selling miscellaneous goods, clothing, antiques and crafts, local specialties, tourism souvenirs, and more. Visitors to the market can also enjoy a wide range of traditional Korean snacks and food at affordable prices.

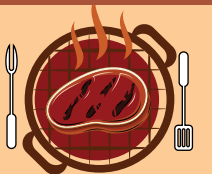


- ADDRESS:** 21, Cheonho-daero 4-gil, Dongdaemun-gu, Seoul
- DIRECTIONS:** Sinseol-dong Station (Seoul Subway Line 1, 2, Ui Sinseol Lrt), Exit 9. Walk approx. 7 min.
- OPERATING HOURS:** 10:00-19:00
- \* Restaurants close at 22:00 / Closed 2nd & 4th Tuesdays
- WEBSITE:** pungmul.seoul.go.kr (Korean only)



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**Insa-dong's Ssamziegil**

Ssamziegil, an arts and crafts shopping mall on the famous Insa-dong Street, offers diverse collection of Korean handicrafts and designer goods. The shopping mall has four above ground levels which are connected by a walkway that wraps around the mall's atrium. The shopping center offers plenty of attractions as exhibitions along with performances and events that take place in its courtyard. In addition, nearby Insa-dong Art Street and the many galleries, traditional teahouses, and restaurants lining Insa-dong Street allow visitors to experience traditional Korean culture in the heart of Seoul.



**ADDRESS:** 44, Insadong-gil, Jongno-gu, Seoul  
**DIRECTIONS:** Anguk Station (Seoul Subway Line 3), Exit 6. Walk approx. 7 min.  
**OPERATING HOURS:** 11:00-21:00 / Closed Seollal (Korean New Year's Day) and Chuseok (Korean Thanksgiving Day)



**Hongdae Free Market**

The Hongdae Free Market takes place on the neighborhood streets of Hongik University, more often referred to as Hongdae, allowing artists and visitors to interact and communicate in a public, open space. The market brings over a 50 to 60 teams of different artists every Saturday who freely perform, sell, exchange, and exhibit their work. Hongdae Free Market sets itself apart from flea markets that deal with secondhand goods by providing an environment for artists to express their creativity through interaction and trading. Commonly sold items include metal

crafts, leatherworks, ceramic crafts, woodcrafts, glass works, and recycled art. In addition, visitors to the market can also enjoy entertainment prepared by free-spirited musicians and performers with the Afternoon Stage performance.

**ADDRESS:** Hongik Children's Park, 19-3, Wausan-ro 21-gil, Mapo-gu, Seoul  
**DIRECTIONS:** Hongik Univ. Station (Seoul Subway Line 2), Exit 9. Walk approx. 10 min.  
**OPERATING HOURS:** Saturdays 13:00\*18:00 / Canceled in case of rainfall and closed in winter (December-February)  
**WEBSITE:** www.freemarket.or.kr (Korean, English)



**Seochu Saturday Flea Market**

The Seochu Saturday Flea Market has been held was originally a place for selling used household items in an effort to combat the effects of Asian economic crisis in 1997. Comprised of hundreds of stalls each week, the flea market will open until end of November on Saturdays from 9:00 to 14:30 in 2017. The market is divided into different sections with goods for the general public, children and adolescents, nursery products, and seasonal items. The market also holds street concerts, creative arts programs, and other hands-on events for visitors.

■ Bangbae-dong Bokgae Road (Week 3): 2089, Nambusunhwan-ro, Dongjak-gu, Seoul  
 Seochu Cultural Arts Park (Week 4): 40, Baumoe-ro 12-gil, Seocho-gu, Seoul

**DIRECTIONS**  
 ■ Yongheori Neighborhood Park (Week 1): Gangnam Station (Seoul Subway Line 6, Shinbundang Line), Exit 6. Walk approx. 9 min.  
 ■ Banpo Sports Complex (Week 2): Sinbanpo Station (Seoul Subway Line 9), Exit 4. Walk approx. 5 min.  
 ■ Bangbae-dong Bokgae Road (Week 3): Sadang Station (Seoul Subway Line 2, 4), Exit 11, 13.  
 ■ Seochu Cultural Arts Park (Week 4): Take a taxi from Yangjae Citizen's Forest Park (Seoul Subway Shinbundang Line) for approx. 5 min.  
**OPERATING HOURS:** April-November, Saturdays 09:00-14:30 / Canceled in case of rain  
 1330 Korea Travel Hotline: +82-2-1330 (Korean, English, Japanese, Chinese)

**ADDRESS:** Varies by week  
 ■ Yongheori Neighborhood Park (Week 1): 1324-1, Seochu-dong, Seocho-gu, Seoul  
 ■ Banpo Sports Complex (Week 2): 15-2, Banpo 2-dong, Seocho-gu, Seoul

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# Hop on a bus with KakaoBus

BY CHIHON KIM,  
STRIPES KOREA

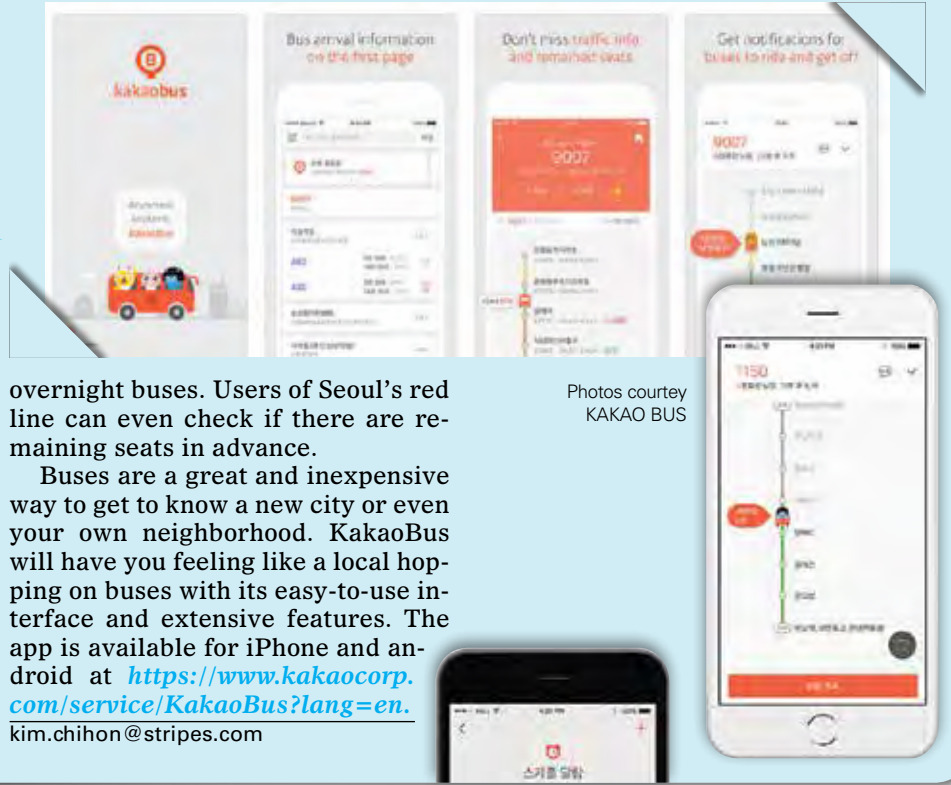
The bus system in South Korea can be very convenient if you're familiar with the routes you need to take. It may seem difficult to try to figure out your bus schedule if you're visiting a new city, but it doesn't have to be. Let's try to hop on a bus using KakaoBus,



a mobile app. KakaoBus is available in 57 South Korean cities and gives you real-time bus and bus stop information. Check your bus times ahead, set alarms for your regular bus schedule, including reminders to get off the bus at your set stop. The app also allows you to personalize information based on your current location, the closest bus stops, quickest route to get home, and available

overnight buses. Users of Seoul's red line can even check if there are remaining seats in advance. Buses are a great and inexpensive way to get to know a new city or even your own neighborhood. KakaoBus will have you feeling like a local hopping on buses with its easy-to-use interface and extensive features. The app is available for iPhone and android at <https://www.kakaocorp.com/service/KakaoBus?lang=en>. [kim.chihon@stripes.com](mailto:kim.chihon@stripes.com)

Photos courtesy  
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This keepsake Grad Tab will be published May 30 (Okinawa & Korea) and May 31 (Japan & Guam).



# Spring is in the air and so is the Naeng-i

STORY AND PHOTO BY CHIHON KIM

**A** long chilly winter is finally gone, and spring has arrived. For many, the hints of spring are in the new flowers blooming, a slight

change in the temperature, or a certain scent in the air. What reminded you of the fact that spring is just around the corner? As a child, my first hint of spring was Naeng-i.

Known as “Shepherd’s

Purse” in English, this herb is paired with Korean soy bean paste stew, or “daenjang jjigae.” As an adult, Naeng-i is my favorite spring green even though as a kid I really didn’t like the peculiar scent of the herb, but my father was pretty strict and wouldn’t let me leave home without a good breakfast.

I didn’t know what this green plant in my soup was until my mother sent me to the market to pick some up. I had to keep repeating its name, so I wouldn’t forget, but by the time I reached the herb section of the market they all looked the same! Unable to distinguish which was the Naeng-i, the vendor helped me and taught me a quick trick to finding it in the future: always look for the ugliest herb in the group.

Though its appearance is not attractive, Naeng-i is filled with nutrition sure to help you beat spring fatigue and regain your

appetite. The herb features a thick, white root attached to green leaves that resemble dandelion leaves and it is one of the most common herbs grown on farms, in the hills, and, sometimes, even popping up randomly in home gardens.

Consider adding spring herbs to your shopping list next time you visit a Korean market. They are healthy and add

the flavor of spring to any meal. Don’t forget to wash them thoroughly and add them to some soy bean-paste stew (daenjang jjigae). Another way to enjoy Naeng-i is seasoned with soy sauce and perilla oil then used as a substitute for some of the veggies in bibimbap. Try it and see why naeng-i’s scent is the real smell of spring in Korea.

kim.chihon@stripes.com



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## Learn to make a delicious Patbingsu at home

STORY AND PHOTO BY CHRISTY SWAIN, HAPS KOREA MAGAZINE

**P**atbingsu is just one of many red-bean based desserts in Korea. Pat is red azuki bean, boiled and sweetened to make a paste which is then layered atop bingsu, or shaved ice. The ice itself is sweetened with condensed milk and makes for a lighter tasting treat than those ice cream sandwiches you’ve wolfed down in summers past. Topped with some rice cake, or ddeok, for texture, this treat will cool and refresh.



### Recipe Traditional Patbingsu

**Ingredients:**

Red beans (azuki beans), sugar, vanilla, salt, shaved ice, sweetened condensed milk, rice cake, strawberries, banana, and kiwi.

**Directions for 4 servings:**

**Preparation:** Making sweet red beans: Rinse and strain 1 cup of red beans and place them in a thick-bottomed pot.

**Directions:**

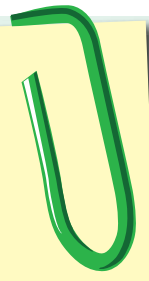
1. 1 cup of dried red beans will make a little more than 2 cups of sweet red beans. Each serving of patbingsu needs 1/2 cup of sweet red beans.
2. Add 4 cups of water. Cover the pot and bring to a boil over low heat for 10 minutes.
3. Lower the heat to simmer for 1 hour.
4. Open the lid and check if the beans are cooked well or not. The beans should be crushed easily. Chew a sample of the beans. If there is something hard when you chew, you need to cook longer.
5. Drain the water and add 1 cup of sugar, 1 ts vanilla, and 1/2 ts salt. Mix well.
  - \* **tip:** the water from the beans can be used for making rice
6. Uncover and stir the sweet beans over low heat for 5 minutes.
7. Turn the heat off and let it cool down. Keep in the fridge.

**Putting it together:**

1. Add 1/2 cup of sweet red beans on the bottom of a dessert bowl.
2. Add 1 1/2 cups of shaved ice over the sweet red beans.
3. Add chopped strawberries, banana, and kiwi on top of the ice.
4. Pour 2 tbs of sweetened condensed milk onto red beans and place 5-7 chopped rice cakes on top.
5. Serve right away with a spoon and enjoy!



# A perfect place to unwind for Seoulites!



TRAZY.COM

Living in Seoul rarely makes you bored with fancy shopping malls, never ending food adventures, and entertaining shows & events happening everywhere. But then, you suddenly come across this moment where you miss rich greenery, mountain serenity, and tranquility of a calm lake. If you do, here is an easy solution for Seoulites with an urge for a placid natural landscape. Pack for a day trip and drive away from skyscrapers of Seoul just for 90 minutes. The Chuncheon & Gapyeong area is here to help you get away from the hectic city life.



Gapyeong  
Chuncheon

## Nami Island: A fairy world all year round

Located 30 minutes southwest of Chuncheon, the half-moon shaped Nami Island declared itself the Naminara Republic where fairy tales are alive and happiness flourishes. In the island with this interesting theme, you call the dock to Nami Island "Immigration" and the ticket, a "Visa". Nami Island's emblematic place, the Metasequoia lane marks the island's spring with

young leaves tinged with yellowish green. The tree road, then, boasts lush greenery in summer. The falling leaves in autumn turn the whole lane vivid yellow. Need I say more? The path covered in white snow can't be more romantic in winter.

FOR MORE DETAILS:

[www.trazy.com/experience/detail/222](http://www.trazy.com/experience/detail/222)

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[www.trazy.com](http://www.trazy.com)



## Garden of Morning Calm: A garden of classic elegance

You may have seen this place on TV without knowing it's the Garden of Morning Calm as it has been a filming location for several TV shows including the hit drama, "Moonlight Drawn by Clouds".

Named after Korea's old nickname, "the Land of Morning Calm", the Garden of Morning Calm showcases Korea's natural beauty and the charm of architecture built harmoniously with the surroundings.

This whole botanical garden consists of 25 uniquely themed areas such as the Conifer Garden, Millennium Juniper and the Rose of Sharon Garden. You can see from a garden filled with pleasant herbal scents to the thousand-year-old juniper tree at the Garden of Morning Calm.

FOR MORE DETAILS:

[www.trazy.com/experience/detail/2101](http://www.trazy.com/experience/detail/2101)

## Petite France: A French village in the countryside of Korea

Deep in the countryside of Gyeonggi Province, overlooking the calm Cheongpyeong Lake, is a small French cultural village called "Petite France". From the entrance to the village, small French cottages painted in pastel colors capture visitors' eyes.

Some of the constructions are the real 150-year-old French homes that were moved from France. Furniture and household items such as silverware used in the 18th century

are displayed in the houses to show how the French people lived in the past.

Sit in the town square surrounded by buildings with red brief roofs and look down into the Cheongpyeong Lake. You will feel just as if you were having a relaxing holiday in a small rural village in France.

FOR MORE DETAILS:

[www.trazy.com/experience/detail/624](http://www.trazy.com/experience/detail/624)





# Tips for crooning in Korea

BY JENNIFER HOWELL,  
HAPS KOREA MAGAZINE



Photos by Chris Backe and Lee Gumienny

BUSAN – OK, I’ll just come out and say it: Back home in Portland, Oregon, I was a karaoke nerd. Every Thursday my friends and I went to The Ambassador, sang the songs we’d practiced at home, and saw the best and worst karaoke performances on the face of the earth.

It only followed that in Korea I’ve become a noraebang nerd, always trying to lure my friends into small rooms with purple couches and tambourines. Whether this makes me an authority or not, I’ll leave up to you. But, I have put together some do’s and don’ts to help you get the most out of your night in the bang.

## The Do’s

1. Encourage others to sing, but don’t pressure them.

2. Sing duets with shy friends. Let your Korean friends know that you’d love to hear them sing in Korean.
2. Dance, perform, and act silly. Shake that tambourine. Take advantage of instrumental breaks for some killer air guitar or an interpretive dance. The crazier you get, the freer others will feel to do the same.
3. Know the words to your songs. You might even consider practicing songs at home or in one of those tiny noraebang booths you’ll find in every arcade. It’s a great way to kill half an hour before your movie starts.
4. Some great group songs include: “It’s My Life,” “Smells Like Teen Spirit,” “Wannabe,” “Africa,” “Mr. Brightside,” and “The Middle.”

## The Don’t’s

1. Don’t sing too much – I would be happy to sing for 3 hours straight – if that would be fun for anyone else. But since I’m not actually Freddy Mercury, I only put another song in once my crooning comrades have reserved their next song.
2. Don’t share a song without asking – Sometimes people want to sing solo. So before hopping in on “Bette Davis Eyes,” make sure it’s kosher. If you do grab the second mic, don’t sing so loudly that your partner can’t be heard. Follow their lead, and let them be the star of their own song.
3. Don’t drink too much. My worst noraebang night ever featured a very drunk woman who was both off-key and so off-rhythm that

4. Don’t trash the noraebang. Dance on unstable tables, or make a mess you’d be ashamed to make at a friend’s house. No one wants to pay for your damages or sit in spilled beer!
5. Ask before smoking. A small, confined space where you exercise your lungs is not the best location for smoking. In fact, it’s the worst.
6. Don’t senselessly overload the queue. You don’t want to reach that moment where someone says,

she never sang one word at the correct moment. She wailed loudly on everyone else’s songs, forcing me to hide the second mic, and she sang an egregious version of “Purple Rain” that made doves cry.

7. Skip “American Pie” and “Like a Rolling Stone.” They are boring to listen to – long, repetitive and overplayed. “Don’t Stop Believing” is acceptable, if only because it’s the US Karaoke National Anthem. Exercise extreme caution with “Bohemian Rhapsody.”

In the end, the best noraebang nights are not about great singers but about great camaraderie. I hope these guidelines help you get the most out of one of Korea’s definitive nightlife experiences.



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<b>2020 Spring</b> (March semester)	<ul style="list-style-type: none"> <li>• November 29 (Priority)</li> <li>• January 17 (Regular)</li> </ul>
<b>Applicants</b>	<ul style="list-style-type: none"> <li>• Freshmen / Transfer</li> </ul>

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--	---



### Everland Tulip Festival



**DATE:** Until April 28

**LOCATION:** Everland

**INTRODUCTION:**

Everland hosts the Tulip Festival to mark the onset of spring from March to April each year. Over 1.2 million tulips in 100 different varieties including Apeldoorn, Synaeda Blue and Pink Diamond will be on display. Guests will love to visit the themed garden, featuring sculptures and paths adorned with beautiful spring flowers. One of the most popular photo zones is the 26 meter-tall Flower Magic Tower, and as night falls, the unique LED Musical Rose Garden can be enjoyed, where LED roses are lit in various colors, accompanied with dynamic background music.

**TRANSPORTATION:**

**Subway**

Jeondae/Everland Station (Yongin EverLine), Exit 3.

From the station, take the shuttle bus to Everland.

**Bus**

- 1) Sinnonhyeon Station, Gangnam Station, Yangjae Station: Bus No. 5002
  - 2) Pangyo, Segok-dong, Suseo Station, Songpa Station, Jamsil Station, Gangbyeon Station: Bus No. 5700
  - 3) Sadang Station, Nambu Terminal (via Bundang and Gwangju): Bus No. 1500-2
  - 4) Gangbyeon Station, Gangdong Station (via Gwangju): Bus No. 1113
- \* Refer to the official website for details.

**HOMEPAGE:** [www.everland.com](http://www.everland.com) (Korean, English, Japanese, Chinese)

### Moonlight Tour at Changdeokgung Palace



**DATE:** Until October 27

**LOCATION:** Changdeokgung Palace

**INTRODUCTION:**

As part of the Creation of Living Palaces project, the Changdeokgung Palace Moonlight Tour offers a unique opportunity to witness and experience palatial beauty. The tour begins from the main gate, Donhwamun Gate, and continues on for approximately two hours through Injeongjeon Hall, Nakseonjae, and Huwon ("Secret Garden").

Initially built as a royal villa, Changdeokgung Palace became the central governance compound during the Joseon Dynasty after the former principal palace, Gyeongbokgung Palace, was burned to the ground during the Japanese invasion in the 16th century. In addition to its political significance, the palace is known for its aesthetics and architecture, set against breathtaking natural scenery. In 1997, UNESCO designated Changdeokgung Palace as a World Cultural Heritage site.

**TRANSPORTATION:**

**Subway**

- Anguk Station (Seoul Subway Line 3),

# HAPPENINGS OFF BASE

# FESTIVALS

Exit 3.

- Go straight from the exit about 350m to reach Changdeokgung Palace on the left.

**OR**

- Jongno 3 (sam)-ga Station (Subway Line 1, 3 or 5), Exit 7.
- Go left out of the exit and walk approx. 550m along Donhwamun-ro Street to reach Changdeokgung Palace ahead.
- From Yongmun Station, take Bus No. 7-4.
- Get off at Yongmunsa Bus Stop.

**Bus**

Take Bus 7025, 109, 151, 162, 171, 172, 272, 601

**HOMEPAGE:** [www.chf.or.kr](http://www.chf.or.kr)

### Danjong Culture Festival



**DATE:** April 26 - April 28

**LOCATION:** Jangneung Royal Tomb, Donggang River area, etc.

**INTRODUCTION:**

The Danjong Culture Festival, a major festival of Yeongwol-gun in Gangwon-do, is held around the Jangneung Tomb area. The festival is a historic cultural event held annually since 1967 in memory of King Danjong (the 6th monarch of the Joseon Dynasty) and his loyal subjects. It was originally called Danjongje and was renamed to Danjong Culture Festival in 1990. In the beginning, it was held for three days starting on the day before Hansik Day, which is April 5 by the Gregorian calendar, except in leap years (the 105th day after Dongji). Since this date changes every year, it was later decided that the festival should be held from the last Friday of April instead.

**TRANSPORTATION:**

**Bus**

From Seoul Express Terminal, take intercity bus to Yeongwol Terminal. From Yeongwol Intercity Bus Terminal, take a local bus or a taxi to the venue.

**HOMEPAGE:** [www.ywcf.or.kr](http://www.ywcf.or.kr) (Korean only)

### Hampyeong Butterfly Festival



**DATE:** April 26 - May 6

**LOCATION:** Hampyeong Expo Park area

**INTRODUCTION:**

The Hampyeong Butterfly Festival offers visitors the opportunity to get a closer look at ecology, in particular the region's butterflies.

The theme of the festival is "Spring travel with butterflies". The festival is full of various hands-on programs, exhibitions and performances themed on butterflies, flowers and insects.

**TRANSPORTATION:**

**Bus**

■ From Central City Bus Terminal, take an express bus to Hampyeong Bus Terminal.

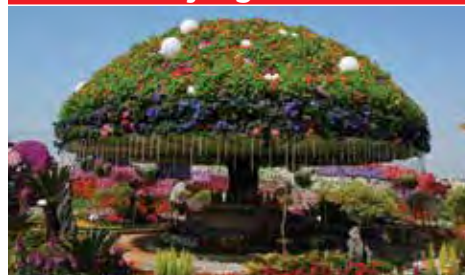
- From Hampyeong Bus Terminal, go 200m towards the Court Office.

- Turn right at the 3-way intersection, and go 100m further.

- Follow the signs for Hampyeong Expo Park.

**HOMEPAGE:** [www.hampyeong.go.kr](http://www.hampyeong.go.kr) (Korean only)

### International Horticulture Goyang Korea



**DATE:** April 26 - May 12

**LOCATION:** Ilsan Lake Park and Wondang Flower Complex

**INTRODUCTION:**

First held in 1997, International Horticulture Goyang Korea, an international flower exhibition, has attracted over 6.2 million visitors so far. The event is considered to be Korea's representative international flower exhibition. The festival takes place at Ilsan Lake Park in Goyang from April to May with nearly 300 related organizations, groups, and companies from 36 countries showcasing flowers and various products made with flowers. Also, unique and rare plants exhibition, indoor garden decorated with flower art pieces, outdoor theme parks, making of flower plant experience, flower arrangement contests and other cultural events and performances are planned to add more joy to the flower festival. At night, lighting garden, LED performance, K-POP performance and other exciting events will also entertain visitors, creating the ambience of a joyful flower culture festival.

**TRANSPORTATION:**

**Subway**

Jeongbalsan Station (Seoul Subway Line 3), Exit 1 or 2

- Pass through Ilsan Cultural Park towards Ilsan Lake Park (500 m).

**Bus**

Get off at Lake Park Bus Stop.

- Bus: 33, 88A

- Intercity Bus: 3000

- Airport Bus: 7300, 7400

**HOMEPAGE:** [www.flower.or.kr](http://www.flower.or.kr) (Korean, English, Japanese, Chinese)

### Royal Culture Festival



**DATE:** April 27 - May 5

**LOCATION:** The Five Royal Palaces and Jongmyo Shrine

**INTRODUCTION:**

Korea's beautiful palaces and the royal culture they present have great value as precious tangible and intangible heritages. The Royal Culture festival is held at the Four Royal Palaces and Jongmyo Shrine, allowing visitors to get first-hand knowledge of their value. Each of the five venues will have unique performances, exhibitions, experiences and programs set within the individual traits of the palaces and Jongmyo Shrine.

**TRANSPORTATION:**

- Gyeongbokgung Palace
    - Gyeongbokgung Station (Seoul Subway Line 3)
  - Changdeokgung Palace
    - Take Bus 100, 102, 104, 90S tour bus or 91S tour bus
  - Changgyeonggung Palace
    - Take Bus 100, 102, 104, 90S tour bus or 91S tour bus
  - Deoksugung Palace
    - City Hall Station (Seoul Subway Line 1 or 2)
  - Jongmyo Shrine
    - Jongno 3(sam)-ga Station (Seoul Subway Line 1, 3 or 5)
- HOMEPAGE:** [www.royalculturefestival.org](http://www.royalculturefestival.org) (Korean, English, Chinese)

### Mungyeong Traditional Chasabal Festival



**DATE:** April 27 - May 6

**LOCATION:** Mungyeongsaejae Open Set area

**INTRODUCTION:**

Mungyeong Traditional Chasabal Festival takes place at Mungyeongsaejae Open Set in Gyeongsangbuk-do, an area famous for traditional ceramics. The festival first started in 1999 and has gone on to become a premier festival recognized by the Ministry of Culture, Sports & Tourism. Visitors will be able to join in traditional tea ceremony and pottery-making programs, operated by local artisans.

**TRANSPORTATION:**

**Express/Intercity Bus**

Take a bus from Dong Seoul Bus Terminal to Mungyeong Bus Terminal.

**Bus**

Take a bus bound for Mungyeong Saejae and get off at Mungyeong Saejae Bus Stop.

**HOMEPAGE:** [www.sabal21.com](http://www.sabal21.com) (Korean, English, Chinese, Japanese)



**Damyang Bamboo Festival**



**DATE:** May 1 - May 6  
**LOCATION:** 119, Jungnongwon-ro, Damyang-gun, Jeollanam-do  
**INTRODUCTION:**  
 Located within a 2.4 kilometers of bamboo forest, this festival is full of activities celebrating the beauty and function of the bamboo plant. More active visitors can test their skills during some of the festival's scheduled river sports, such as 'Log Rafting' and 'Water Bicycle'. After working up an appetite, visitors can please their appetite with some of Damyang's famous cuisines and other world foods featured at the Cultural Experience Center. For additional sightseeing opportunities, visit some of the other attractions in the area, such as the Damyang Soswaewon, Damyang Gwanbangjerim, Damyang Jungnongwon, Metasequoia, and more.  
**TRANSPORTATION:**  
**Bus**  
 ■ From Yongsan Station, take a train to Gwangju.  
 From Gwangju Station, take Bus No. 311 to Juknokwon.  
**OR**  
 ■ From Central City Bus Terminal (Seoul), take an express bus to Damyang.  
 ■ From Damyang Bus Terminal, cross the road and take a Bongsan-Damyang route bus.  
 Get off at the Juknokwon Bus Stop, and cross the road.  
**HOMEPAGE:** www.bamboofestival.co.kr (Korean, English, Japanese, Chinese)

**LOCATION:**Korean Tea Cultural Park & Boseong tea fields  
**INTRODUCTION:**  
 Boseong is considered the birthplace of the commercial tea industry and is the largest producer of tea in the country. At the Boseong Green Tea Festival, some of the most popular festival events (most of which are held out in the green tea fields) are the hands-on experience programs such as picking tea leaves, making tea, and sampling green tea snacks. Other events such as the tea exhibition & sale, and a number of celebratory performances are also scheduled to be held during the festival period.  
**TRANSPORTATION:**  
**Bus**  
 ■ From Seoul Express Bus Terminal, take an intercity bus to Boseong. Or, from Seoul Express Bus Terminal, take an intercity bus to Gwangju.  
 ■ From Gwangju U-Square Bus Terminal, take an intercity bus to Boseong.  
 ■ From Boseong Bus Terminal, take a Boseong-Gunhak route bus to Daehan Dawon.  
**HOMEPAGE:** festival.boseong.go.kr (Korean, English, Japanese, Chinese)

**OR**  
 ■ Anguk Station (Seoul Subway Line 3), Exit 6. Walk straight for approx. 130m, and turn left at the Anguk Intersection. Walk straight for approx. 200m to arrive at Jogyesa Temple.  
 ■ Bongeunsa Temple Sangseong Station (Seoul Subway Line 2), Exit 6. Walk straight for approx. 600m, and turn left. Walk straight for approx. 150m to arrive at Bongeunsa Temple.  
 ■ Jongno Street Jonggak Station (Seoul Subway Line 1)  
 ■ Dongguk University Stadium Dongguk Univ. Station (Seoul Subway Line 3), Exit 6. Walk straight for approx. 110m and turn left. Walk straight into the campus to the stadium.  
**HOMEPAGE:** www.llf.or.kr (Korean, English, Chinese, Japanese, French, German, Spanish)



**Train**  
 Take a train from Yongsan Station to Jeonju Station.  
**Express/Intercity Bus**  
 Take a bus from Central City Bus Terminal to Jeonju Bus Terminal.  
**Bus**  
 Get off at Dongbu Market Bus Stop. Bus No. 3-1, 7-1, 8-1, 102, 119, 121, 470, 472, 473, 474, 475, 479, 487, 511, 513, 515, 522, 535, 541, 543 or 752  
**HOMEPAGE:**www.jhanji.or.kr (Korean only)

**Yeon Deung Hoe (Lotus Lantern Festival)**



**DATE:** May 3 - May 5  
**LOCATION:** Jongno Street, Cheonggyecheon Stream, Jogyesa Temple, Bongeunsa Temple  
**INTRODUCTION:**  
 A festival with a history of a thousand years that wish the world happiness and well-being. By lighting lanterns at the Yeon Deung Hoe Festival, participants can brighten their own hearts as well as the world.  
**TRANSPORTATION:**  
**Subway**  
 Jogyesa Temple  
 Jonggak Station (Seoul Subway Line 1), Exit 2.  
 Walk straight for approx. 200m to arrive at Jogyesa Temple.

**Jeonju Hanji Culture Festival**



**DATE:** May 4 - May 6  
**LOCATION:**Areas of Korea Traditional Culture Arts Center & Hanji Industry Support Center  
**INTRODUCTION:**  
 Organized to promote the excellent qualities of Korea's traditional paper Hanji, the previous Jeonju Paper Culture Festival was renamed Jeonju Hanji Culture Festival. As the name suggests, the festival's main specialty is paper, featuring all kinds of products made from Hanji as well as contests, exhibitions, hands-on programs for visitors, and a traditional market.  
**TRANSPORTATION:**

**Jeonju Cultural Heritage Night Tour**



**DATE:** May 25 - May 26  
**LOCATION:** Jeonju Hanok Village  
**INTRODUCTION:**  
 Jeonju Cultural Heritage Night Tour focuses preserving and remembering Korea's heritages and the ancestors' spirits. Jeonju features many historical sites as a homeland of the Joseon Dynasty and traditional culture. During Cultural Heritage Night, Jeonju will become more special and every visitor can enjoy the cultural heritages including intangible and tangible assets alike as a fun activity.  
**TRANSPORTATION:**  
**Train**  
 Yongsan Station → Jeonju Station  
 Inquiries: 1544-7788, 1588-7788  
 KORAIL Website www.letskorail.com  
**Bus**  
 Seoul Nambu Bus Terminal → Jeonju Bus Terminal  
 Gangnam Central Park → Jeonju Bus Terminal  
 Gwangju Bus Terminal → Jeonju Bus Terminal  
 For inquiries: www.bustago.go.kr / www.kobus.co.kr  
**HOMEPAGE:** www.jeonjunight.com (Korean, English, Japanese, Chinese)  
**NOTE:** Festival dates and info subject to change.  
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**Boseong Green Tea Festival**



**DATE:** May 2 - May 5

**Esthetic Salon**

WAXING  
SKINCARE



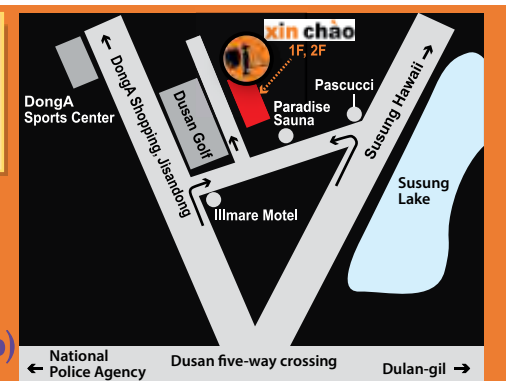
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# Concerts

## Music Festivals



**HIPHOPPLAYA Festival 2019**  
Seoul, Apr. 27 & 28, noon - 9 p.m., Nanji Han River Park, 2-Day Pass: 129,000 won, 1-Day Pass: 88,000 won. For more information, visit <https://www.facebook.com/hiphopplayafestival/>



**The 19th Chakage Salja, Lee Seung Hwan Festival**  
Seoul, Apr. 27, 1 p.m., Changdong City Stadium, 33,000 won.

### Wolmido Music Festival

Seoul, May 3, 4, 5 & 6, 7 p.m., Wolmido Outdoor Special Stage, 29,000 won (1-day Regular Ticket), 100,000 won (4-day Premium Ticket).

### HERE

Suwon, May 10, 8 p.m., May 11, 7 p.m., Gyeonggi Arts Center, Grand Performance Hall, 66,000-77,000-88,000 won.

### Beautiful Mint Life 2019

Seoul, May 11 & 12, Olympic Park, 2-Day Pass: 123,000 won, 1-Day Pass: 77,000 won.

### The 13th Seoul Jazz Festival 2019

Seoul, May 25 & 26, Olympic Park, 2-Day Pass: 245,000 won, 1-Day Pass (Pre-sale): 145,000 won.



### World DJ Festival

Gwacheon, Jun. 1 & 2, 1 p.m., Gwacheon Seoul Land, 79,000 won (1-day Free), 69,000

won (1-day Sun), 99,000 won (2-day Combo).



### EDC Korea 2019

Seoul, Aug. 31 & Sep. 1, 2 p.m., Gwacheon Seoul Land, 125,000 won (Early Owl GA, 2-Day Pass), 180,000 won (Early Owl VIP, 2-Day Pass).

## Concerts



### Ed Sheeran

Incheon, Apr. 21, 6 p.m., Songdo Moonlight Festival Park, 110,000-121,000-132,000 won.

### Ha Dong On

Seoul, Apr. 27, 7 p.m., Apr. 28, 6 p.m., Shinhan Card Fan Square Live Hall, 99,000 won.

### Kraftwerk

Seoul, Apr. 26, 8 p.m., Olympic Park Olympic Hall, 99,000-110,000 won.

### Vibe

Seoul, Apr. 27, 7 p.m., Apr. 28, 6 p.m., Jangchung Gymnasium, 99,000-121,000-132,000 won.



### K. Will x Wheesung

Seoul, May 4, 6 p.m., May 5, 5 p.m., Jangchung Gymnasium; Jeonju, May 11, 7 p.m., Korean Sori Culture Center Outdoor Performance Hall; Busan, May 18, 6 p.m., May 19, 5 p.m., BEXCO Auditorium;

Daegu, May 25, 6 p.m., May 26, 5 p.m., Daegu EXCO 5floor, 99,000-121,000-132,000 won.

### Kim Bum-soo

Seoul, May 10, 8 p.m., May 11, 7 p.m., May 12, 5 p.m., LG Arts Center; Incheon, May 25, 7 p.m., May 26, 5 p.m., Incheon Culture & Arts Center Grand Theater; Busan, Jun. 8, 7 p.m., Main Theater, Busan Cultural Center; Jeonju, Jun. 22, 7 p.m., Sori Arts Center of Jeollabuk-do; Daegu, Jul. 6, 7 p.m., Chunma Arts Center Grand Hall; Seongnam, Aug. 24, 7 p.m., Seongnam Arts Center, Opera House, 99,000-121,000-143,000 won.

### Kim Yuna

Seoul, May 11, 18 & Jun. 1, 6 p.m., May 12, 19, 26 & Jun. 25 p.m., May 24, 8 p.m., Shinhan Card Fan Square Live Hall, 99,000 won.

### Marc Martel

Seoul, May 16 & 17, 8 p.m., Olympic Park, 100,000-120,000-150,000 won.

### Kang Pil Seok

Seoul, May 18, 7 p.m., Guri Art Hall Cosmos Grand Theater, 40,000-50,000 won.



### Gummy

Seoul, Jun. 15, 6 p.m., Jun. 16, 5 p.m., Olympic Park Olympic Hall, 88,000-99,000-121,000-132,000 won.



### Chucho Valdes

Seoul, Sep. 17, 8 p.m., LG Arts Center, 40,000-60,000-80,000-100,000 won.



For more information, visit Interpark's website:  
<http://www.globalinterpark.com/main/categoryList?dispNo=01003&prdTp=002>

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# Stripes Sports Trivia

Who was the first player, after a record-breaking season in which he led his team to an NBA-record 73 wins and set an individual record of 402 three-pointers (smashing his own previous league record of 286 set the year before), in NBA history to be elected league MVP by a unanimous vote?

**Answer**

Golden State Warriors guard Stephen Curry.

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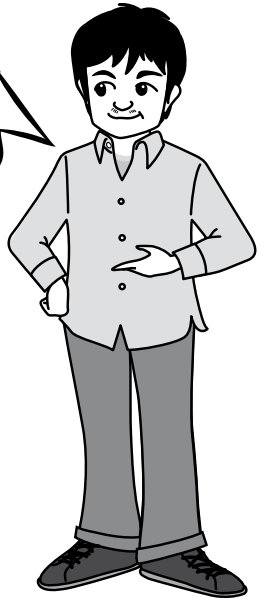
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**DID YOU KNOW?**



South Koreans believe that a person is one year old at birth, since they spent almost one year in their mother's womb, which can make birthdays a little confusing for foreigners.

**Hangul of the week**

**산**  
san (mountain)

**Language Lesson**

This is delicious.

**Igeo jeongmal masissneyo.**

**Crossword** by Margie E. Burke

**ACROSS**

- Iron follower
- On a trip, maybe
- "Ghostbusters" goo
- One of 24
- Learned one
- Pavarotti, e.g.
- Make aware
- Finish with
- Visibly embarrassed
- Protests
- Title derived from Caesar
- Gin's partner
- Painful sound
- "When pigs fly!"
- Hang in there
- Duo quadrupled
- Like many stadiums
- Roof stuff
- Falling-out
- Party staple
- Without warmth
- Bud holder?
- Like some milk
- Windchime spot, often
- Break in half
- Tony or Hugo
- Raven's haven
- Rustic abode
- Camera setting
- Cloth shred
- Asphyxiate
- Upper crust
- Aristocrat
- Romantic one
- Yours and mine
- Dead against
- Bad looks
- Seemingly forever
- Adam of "Batman" fame

**DOWN**

- "Moonstruck" star
- Kind of wolf
- Word sung on 12/31
- Floating fish catcher
- Depth charge, slangily
- Like some drinks
- Got mellow
- Asian capital?
- Ale holder
- Soup legume
- Signifying, with "of"
- Phobos, to Mars
- Coastal raptors
- Tank filler
- Miffed
- It's measured in degrees
- Painting Grandma
- Indian, for one
- Good-looking
- "Behold!"
- Red tag events
- Secret rendezvous
- AAA service
- Natural soother
- Vatican dogma
- It'll grow on you pest
- Pitter-\_\_\_\_\_
- Auctioneer's last word
- Coercion
- Bar orders
- Caps Lock neighbor
- Come clean
- Slimy garden
- 57 Auctioneer's last word
- 58 A whole bunch
- 59 Trim to fit, maybe
- 61 Feathered stole

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**Answers to Previous Crossword:**

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

**SUDOKU** Edited by Margie E. Burke

Difficulty: Easy

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

**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 Previous Sudoku:

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

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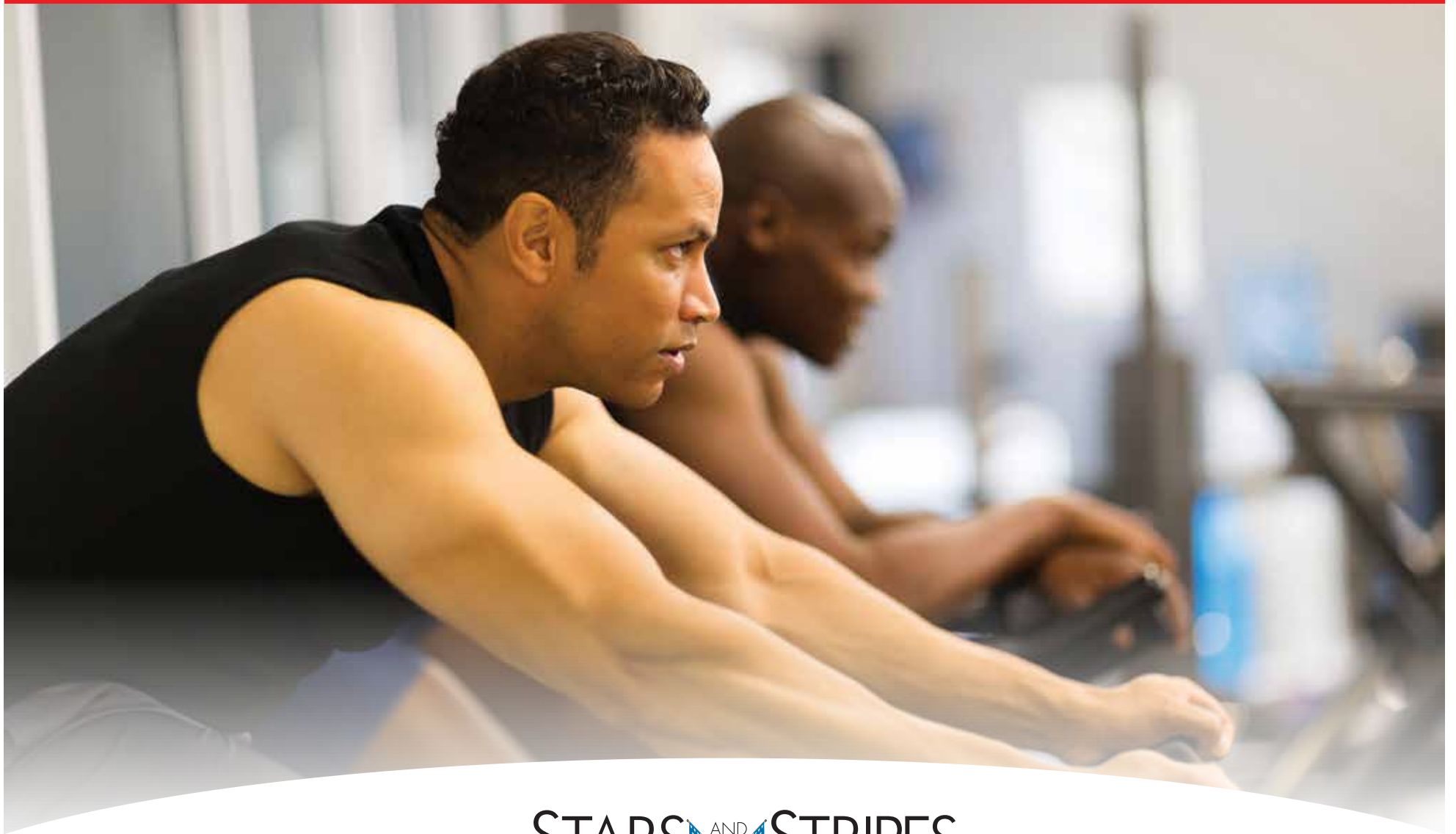
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# Hospital leads the way in uterine conservation



HEALTH KYUNGHYANG DAILY NEWS

The uterus is an important organ and is commonly called the "second heart" for women, as it is key to conceiving life.

It is also can cause pain to woman if it is infected by disease, like uterine myoma, a benign tumor arising from the aggregation of uterine muscle cells. A uterine myoma, which common to women in their 20s to 50s, causes a lump in the uterus.

Uterine myoma is one of the three most common uterine diseases in Korea. It is important to get treatment

for myoma quickly, to avoid it from growing and spreading to other areas.

Daegu Women Medipark Hospital recently had a case where a patient's stomach contained a tumor that was more than 50 centimeters in diameter, larger than the size of an average pregnant woman. A Medipark team successfully removed the myoma and was also able to preserve the uterus.

Before coming to Medipark, the patient went to another hospital which recommended a hysterectomy. The patient didn't want that.

Most hospitals believe limited form of uterine myoma can be treated in a way that also preserves the uterus. They also believe that a large tumor that spreads to the uterus requires a hysterectomy.

Daegu Women Medipark Hospital recommends uterine conservation surgery in almost all cases to remove the tumor and save uterus.

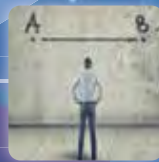
Including uterine preservation, ovarian tumor removal and tubal reversal, more than 1,000 cases are performed annually at Medipark.

*It is important to get treatment for myoma quickly.*

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# GUILT-FREE ORGANIC DESSERTS IN KOREA

KOREA TOURISM ORGANIZATION

Not all desserts are calorie bombs that leave you with a massive feeling of guilt. With the awareness of a healthy diet growing in Korea, organic desserts are becoming a trend for people who prefer a healthier option but can't give up on their sweet tooth. For those health conscious travelers who seek delicious yet healthful delicacies, check out this list of the top six organic dessert cafés.

TRADITIONAL  
DESSERT CAFÉ

## BANJJAK BANJJAK BITNANEUN



**Address:** 28-1, Insadong-gil, Jongno-gu, Seoul  
**Directions:** Jongno 3-ga Station (Seoul Subway Line 1, 3, 5), Exit 5. Walk approx. 4 min.  
**Operating hours:** 10:00-23:00 (Open all year round)  
**Signature menus:** Roasted injeolmi 7,000 won / Black soybean smoothie 8,000 won / Omija (magnolia berry) tea 7,000 won  
**Reservations:** No reservation policy

Banjjak Banjjak Bitnaneun uses ingredients that are 100% organic, including tea leaves that have been aged for at least 3 years, enhancing both flavor and fragrance. Even the desserts are made with natural ingredients without any addition of food coloring or artificial flavors. The interior of the café is neat and well organized, representing Korea's traditional simplicity.

The café's signature menu is the thick and rich black soybean smoothie. Its natural sweetness goes perfectly with roasted injeolmi (rice cakes coated with powdered soybeans), another popular menu. If you are looking for something more traditional, wormwood tea is your best option, brewed from wormwood leaves naturally ripened in the sea fog around Ganghwado Island.

ONE FINE  
YANGGAENG  
SHOP

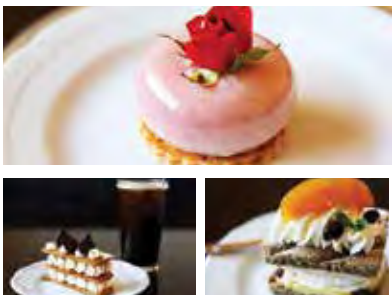
## GEUMOKDANG



**Address:** 2, Yeonhee-ro 11ra-gil, Seodaemun-gu, Seoul  
**Directions:** Gajwa Station (Gyeongui Jung-gang Line). Take a taxi for approx. 6 min.  
**Operating hours:** 11:00-20:00 (Closed Mondays & Tuesdays)  
**Signature menus:** Red bean yanggaeng small 2,000 won, large 4,500 won / Geumok red bean porridge 7,500 won / Brown rice cake 2,000 won  
**Reservations:** +82-2-322-3378 (Korean only)

Geumokdang specializes in authentically made yanggaeng (red bean jelly), different from those found in regular stores. Take a bite and enjoy the rich texture of yanggaeng as it softly melts in your mouth. No preservatives are added to the products, making the shelf life shorter, but it's a health-conscious choice. The fancy yet neat packages make a perfect gift option for friends and family.

Yanggaeng comes in 16 varieties of flavor including mugwort, chestnut, black sesame, and raspberry. The yanggaeng is sweetened just enough to bring out the scent and natural flavors of the main ingredient. Other items sold at the store include chewy rice cakes made with rice water and traditional juk (porridge). The menus served at Geumokdang are well seasoned while leaving a clean aftertaste.



**Address:** 61-1, Hannamdae-ro 20-gil, Yongsan-gu, Seoul  
**Directions:** Hangangjin Station (Seoul Subway Line 6). Take a taxi for approx. 4 min.  
**Operating hours:** 11:00-23:00 (Open all year round)  
**Signature menus:** Blueberry tart 9,500 won / Raspberry chocolate mousse 9,500 won / Fruit roll cake 7,500 won  
**Reservations:** No reservation policy

## MA NON TROPPO

Owned by a chef with a degree from a prestigious cooking school, Ma non troppo offers exquisite handmade desserts made with organic flour, 100% natural New Zealand butter, and fresh eggs. Ma non troppo has been featured in several television programs for its reliable ingredients and outstanding taste.

Signature menus include blueberry tart, raspberry chocolate mousse, and fruit roll cake. A diverse selection of desserts is also available aside from the signature menus. Each dessert is carefully crafted to please the eyes as well as the palate with its rich and refreshing taste. Try any one of the cream-filled desserts and you'll be surprised at how addictive a mildly sweet cream can be. Grapefruit tea is another enjoyable treat at this café, served with grapefruit pulp that burst with flavors inside your mouth.

HANDMADE  
WITH  
DEDICATION



**Address:** 8, Eonju-ro 149-gil, Gangnam-gu, Seoul  
**Directions:** Apgujeong Station (Seoul Subway Line 3), Exit 3. Take a taxi for approx. 5 min.  
**Operating hours:** 10:30-22:00 (Open all year round)  
**Signature menus:** Yuginong uyuga deun ice cream (organic milk ice cream) 3,500 won / Jikjeop jjan duyu ice cream (handmade soy milk ice cream) 3,500 won  
**Reservations:** No reservation policy

## BAEKMIDANG

Baekmidang is famous for its traditionally processed ice creams. Among its variety, the most popular is jikjeop jjan duyu ice cream, a soft ice cream made from organic milk. Topping options, such as seasonal fruits and pumpkin sweet potato chips, are available for a combination of different flavor and texture.

A HUNDRED  
VARIETY OF  
FLAVORS

The café is designed with metal, wood, and stones, exhibiting a traditional Korean interior that is as neat as the desserts served at this café. The second floor of the building is used as a cafeteria while the fourth floor serves as a classroom for barista training.



**Address:** 35, Eonju-ro 164-gil, Gangnam-gu, Seoul  
**Directions:** Apgujeong Rodeo Station (Seoul Subway Bundang Line). Take a taxi for approx. 3 min.  
**Operating hours:** 11:00-22:00 (Open all year round)  
**Signature menus:** Strawberry macaron cake 7,500 won / Salty caramel macaron 2,900 won / Caffe latte 7,000 won  
**Reservations:** +82-2-6091-7776 (English only)

## LA BOITE

La boite offers a delightful selection of diverse macarons and cakes. The first floor gleams brightly with gold-colored macarons while the second floor is decorated with luxurious props and artistic murals. La boite's showcase presents a variety of fancy desserts, making it hard to choose just one. Cake pre-orders are also accepted.

The most popular dessert at La boite is the strawberry macaron cake. With a taste as excellent as its looks, the chewy texture and the strong fruity scent cannot be missed. If that's not enough to satisfy your sweet tooth, the salty caramel macaron is also recommended.

COLORFUL  
DESSERTS



**Address:** 3, Yeonse-ro 2-gil, Seodaemun-gu, Seoul  
**Directions:** Sinchon Station (Seoul Subway Line 2), Exit 3. Walk approx. 3 min.  
**Operating hours:** 11:00-23:00 (Fresh tarts 11:00 / 18:00) (Open all year round)  
**Signature menus:** Egg tarts 2,500 won / Strawberry tarts 6,800 won / Green grape tarts 6,800 won  
**Reservations:** No reservation policy

## TARR TARR

As soon as you walk into Tarr Tarr, freshly baked colorful tarts will immediately grab your attention. These sweet desserts are heavily topped with seasonal fruits like grapes, strawberries, oranges, mandarins, and kiwis, and with so many varieties to choose from, it's hard to step away from the dessert display.

Tarr Tarr's fruit tarts boast an excellent combination of crunchy crust, rich cream cheese, and delicious fruits. On the other hand, the egg tarts offer a pleasant sweetness presented by the creamy, moist custard. Other popular menus include the apple egg tart and cheese tart. Tarr Tarr prepares tarts twice a day, at 11:00 and 18:00, due to its huge popularity.

TARTS  
TOO PRETTY  
TO EAT



# Meditating on your chakras

BY MIKI IWAI,  
REIKI PRACTITIONER

Many people associate meditations with Buddhist monks, Indian yogis and Enlightenment, but meditation actually takes many forms and serves as an effective relaxation tool. While meditation can be a part of religious practice or done with a group, it is also a very personal activity that can be done anytime and anywhere – at your desk or while waiting for a train, for example.

What is common in all types of meditation is that it is an exercise in stilling the mind. By bringing your attention inward your physical body relaxes, allowing your energies to circulate better. While in some contexts (such as in Zen Buddhism) the goal is to empty the mind, that can be a difficult thing to accomplish. Guided meditations are very helpful, there are many yoga instructors that incorporate them in their classes, and there are many recorded guides available as CDs, on the Internet and even apps, but finding the perfect one can be a time consuming task. A simple alternative is to guide your thoughts by reflecting on the chakras. It does not matter if you are new to meditation and chakras, it can be very simple.

An in-depth discussion of chakras will take up volumes, but here is a very simplified explanation of the system. Chakras are the energy centers located along your spine. The health of our chakras impact our overall wellness: how we think and feel, as well as our bodily functions. There are 7 major chakras, each associated with a set of spiritual, mental and emotional concepts, body areas, and colors of the rainbow. Chakras are rooted in Indian philosophy and traditional medicine (Ayurveda), but similar ideas about energy centers are found in many traditional, holistic medicine systems. For example, many of the important acupuncture points in Traditional Chinese Medicine are located at the same place

as the chakras. Chakra theory plays an important role in most forms of energy and vibrational healing, such as sound therapy, color therapy, and Reiki.

There are many ways to refer to the individual Chakras – for example, by their Indian names, or by location. They are counted upwards, from the lowest to the highest.

- **The First Chakra** is commonly known as the Root Chakra, and is located at the base of the spine in the pelvic floor. It is associated with the color red, and connected to spine and coccyx, as well as internal organs such as large intestines, kidneys, blood, legs and feet. The Root Chakra represents survival instincts, the physical body, and material issues. In a state of imbalance, it can give rise to feelings of fear and insecurity.

- **The Second Chakra** is also known as the Sacral Chakra, and associated with the color orange. It is located in the pelvic center below the navel, and controls the reproductive system, kidneys, and bladder. It is associated with fertility, creativity, sexuality, and pleasure, and an imbalance in this chakra can be reflected as guilt and frustration.

- **The Third Chakra**, or the Solar Plexus Chakra, is located in your center. Associated with the color yellow, it is linked to the adrenal glands,

digestive system, liver, and stomach. It serves as the emotional center, encompassing gut feelings, ego, will power, self-confidence, and control issues. Imbalances in this chakra is commonly associated with feelings of anger and low self-esteem.

- **The Fourth Chakra**, known as the Heart Chakra, is the bridge that connects the three lower chakras that are strongly connected with our physical existence, with the three higher chakras that relate to spiritual issues and our relationship with the world and ourselves. The fourth chakra is associated with the colors green and pink, and governs the thymus glands, heart, lungs, circulatory system, arms, and hands.

It is linked to feelings of love, compassion, and joy. Imbalance in this chakra may manifest as sadness, bitterness, and issues of trust.

- **The Fifth Chakra** is also known as the Throat Chakra, and is associated with bright blue. It is related to the thyroid and parathyroid glands, as well as the shoulders, neck, ears and mouth. It is associated with communication, self-expression, personal integrity and honesty. Imbalances in this chakra often takes the form of anxiety and isolation.

- **The Sixth Chakra** is the Third Eye Chakra, located in between the eyebrows at the center of your forehead. It is associated with the colors indigo and purple. The Sixth Chakra controls vision and the pituitary glands, and is associated with intuition, imagination and the mind generally. Imbalances in this chakra often relates to the inability to focus, such as scattered thinking and inability to see “the bigger picture”.

- **The Seventh Chakra** is known as the Crown Chakra, located at the top of your head.

Its colors are white, violet and gold. It governs the central nervous system, cerebral cortex, and pineal glands, and is connected to spiritual well-being, awareness, and unity with higher powers. In a state of imbalance, mental fogginess and “existential” issues

such as loss of faith, lack of direction may emerge.

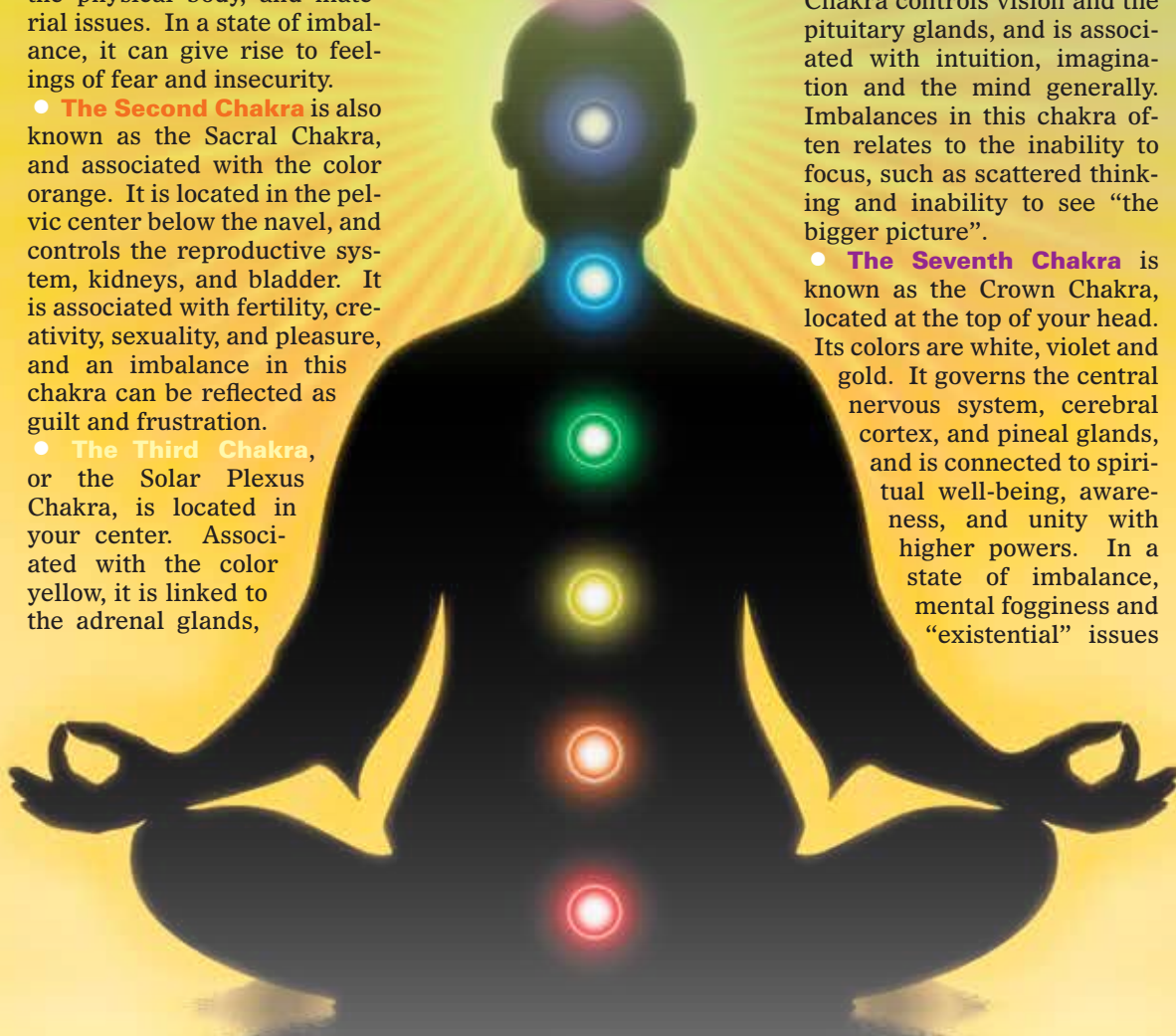
## Getting started

Meditation is best done in a quiet place where you can be alone and undisturbed, but in a pinch headphones with soft music playing can help to create your personal space. While the lotus position is wonderful if you can manage, meditation can also be done laying down or sitting in a chair. If using a chair, it is important that the legs are not crossed and both feet are positioned on the floor at a comfortable, stable angle. Once you are settled in, allow your breath to slow down and your mind to calm. Tune everything out so you can tune into yourself. You will cover your chakras one by one, beginning with the 7th (Crown) Chakra and moving downwards. It is fine to move in the reverse direction by working upwards from the 1st (Root) Chakra, or to choose a single chakra to work on. However you do it, pay attention to the physical areas where the chakras are located, and reflect on “how you are right now.”

As you work through the chakras you may feel sensations of tightness, tingling, warm or cold. There is no “right sensation” but if you do this often, you will develop a sense of what feels right. The chakras serve as helpful guideposts, and the feelings, sensation, memories, images and thoughts that come up will be food for your meditation. Whatever comes up, the important thing to do is to observe them, rather than take part in them: reflect on how your observations connect with the chakras and explore your train of thought. It is fine if the thoughts seem trivial – it is normal for the mind to chatter initially. As you get settled and your breath slows down, it will become easier for your mind to key into the important aspects of your musings. You can also ask, “Why am I thinking about this now?”

It might go like this, for

SEE CHAKRAS ON PAGE 6





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# FLOWER ESSENCE THERAPY

## Vitamins for your mind and soul



BY MIKI IWAI,  
REIKI PRACTITIONER

### What is it?

You might have seen the small, amber-colored tincture bottles at health food stores, along with vitamins and herbal supplements. Flower essences are “herbal” in the sense that they are made from plants, but very different from typical herbal supplements such as Echinacea to deal with colds and Ginkgo to improve memory.

Perhaps the most romantic of all natural therapies, flower essences replicate the dew that naturally collects in flowers. They are made by infusing plant material (flowers, flower buds, tree bark) in spring water under very specific conditions. The water becomes imprinted with the life force (energetic vibrations) of the plant and the solution is then diluted to a level where no physical plant matter can be detected (1:300 from the original infusion of the flowers). A small amount of brandy is added as a preservative. Because the remedy is primarily made of water and is taken in very small doses, it can be used by anybody.

Flower essence is an all-natural remedy used to balance mental and emotional states, which can in turn improve related physical aches and pains. You could think of them as vitamins for your mind and soul. They help improve mental attitudes and emotional tendencies that ultimately impact how a person feels and behaves, that in turn affect physical conditions. Many individuals,

particularly those with multiple symptoms that have resisted other treatments, respond very well to flower remedies. The conditions addressed by flower essences is truly diverse, addressing symptoms such as negative impatience, self-esteem, anxiety, lack of motivation, mental exhaustion, loneliness, apathy, procrastination and intolerance, among others. Some essences also address acute issues such as panic attacks and emotional shock, helping individuals to better deal with traumas.

Flower essence therapy was pioneered by Dr. Edward Bach (1886-1936), a British surgeon trained in orthodox medicine. He was an accomplished bacteriologist and immunologist, but was dissatisfied with the prevailing medical approach of addressing symptoms rather than their cause. He believed that disease conditions were based on emotions.

Recognizing that the same treatment did not always cure the same disease in all patients, Bach had an insight that patients with similar personalities often responded to similar treatment while others with different character traits would need different treatment. He therefore felt that it was more important for treatments to address a patient’s personality rather than symptoms, and sought to develop a simple and gentle plant-based system to treat the whole person.

Bach began developing his flower remedies in the late 1920s, and found that when

he treated the feelings of his patients it released the body’s self-healing abilities, and their unhappiness and physical distress were alleviated. He abandoned his lucrative medical practice in 1930 to dedicate the rest of his life to developing flower remedies. By 1935 he had identified 38 plants that made his system of flower essence therapy complete, and passed away a year later at age 50.

There are now several companies continuing Bach’s work: Bach Flower Essences are still made in England according to his methods and specifications, and the system of flower remedies has been expanded by companies in the United States, Australia and other regions that have added more plants to the repertoire.

### How does it work?

Flower essences work in a very different way from pharmaceutical medicine. For example, while antidepressants and mood enhancers may work by affecting neurotransmitters to block or increase certain brain signals to make the symptoms seemingly disappear, flower essences work by balancing an individual’s energetic

SEETHERAPY ON PAGE 6

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# THERAPY: Know what's best for you

CONTINUED FROM PAGE 5

vibrations with those of the plants the remedy is made from. They work at a deeper level to address the habits and conditioning an individual has developed over a long time, which may be the root cause of seemingly unconnected problems.

Flower essence therapy recognizes both the positive and negative aspects of a character trait, and helps to balance them by strengthening the positive aspects. For example, Water Violet is recommended for emotionally reserved individuals that tend to be aloof in their dealings with others. They often exude an image of independence, superior capability, and self-control.

When in a negative Water Violet state, individuals may feel drained by others, withdraw, feel apathetic and isolated, and have difficulty bonding with others. These states may be balanced by the Water Violet essence to warm up the personality and bring out the positive aspects of the character, such as self-confidence and the ability to see things from many perspectives.

This quality may help to open up the person to others, and the ability to connect better with others may in turn improve self-esteem issues that might have developed and buried deep within over some time. These improvements may also decrease tensions in physical areas such as the neck, shoulders, heart, and stomach areas and help the associated organs to work better by enabling stuck energies to circulate and be processed.

## How is it taken?

Flower essences are generally taken over a period of few weeks. Many individuals choose to take them for long periods - months or even years - for self-improvement, and work through various aspects of their character. The selection of essence may be adjusted over time, because as one issue is brought under control, a deeper issue often emerges. Life events such as marriage, birth of a child, and career change, may also pose big challenges that require the special support of flower essences.

Flower essences may be taken singly or in combination, but most flower essence therapists agree that less is generally better, and that no more than 7 essences should be combined



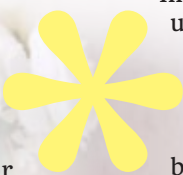
at a time so that their effects are easier to observe and monitor. The standard is to take 4 drops of the essence 4 times a day.

The essence may be taken sublingually (4 drops under the tongue), or may be added to water. This is not a hard and fast rule, however: unlike standard medications flower essences contain no bio-physical components, and therefore has no risk of overuse or overdose. The general rule is regularity over quantity: using small doses throughout the day is better than taking a large dose once a day. Aside from taking the tinctures internally, there are other creative applications, such as direct physical applications on problem areas, adding it to oils, creams and lotions, or adding it to bath.

## How do I know which remedies are right for me?

There are many approaches to selecting a flower remedy: many individuals choose their own remedy, and some individuals have them selected by flower therapy practitioners. Selection is generally made based on the negative aspect of the personality trait to be addressed (for example, Hornbeam for procrastination, and Crab Apple for "clean freaks"). There is abundant literature and information on the Internet that can be used to find out the flower essence that works for specific mental traits. Another approach is based on intuition, and some individuals and practitioners use tools such as pendulums and flower essence cards to narrow down potential selections. Since flower essences work gently it is best to use the same essence, whether singly or in combination, for at least 2 to 3 weeks to monitor their effect before changing or adding additional flower essences.

While there are no side effects to flower remedies, a well-matched formula may lead to energetic movement and accelerate the body's self-healing and detox processes. Thoughts and emotions may arise, enabling the individual to develop an awareness of negative programming, mental and emotional habits that get in the way of well-being. These act as catalysts to abandon self-limiting perspectives and enable better navigation of life's many challenges.



# CHAKRAS: Ending on positive note

CONTINUED FROM PAGE 4

example: You feel a tightness around your throat and heart areas, and a thought of your friend comes to mind. She has been unhappy for the past few weeks and you have turned into an emotional sponge by offering her a shoulder to cry on. You wonder if there is a way to address this with her. You think about how you communicate (Throat Chakra) on problem issues generally, and realize that you tend to hold onto them because you hate confrontation (Heart Chakra), often because you do not feel comfortable with your feelings (Solar Plexus Chakra). Your mind thinks, "I wish ..." and you develop a mental movie of how you will tell your friend that you want her to be happy and that her problems are bringing you down, and you imagine the two of you doing something fun and different. This thought eases the tensions in center area, your throat clears, and you feel a warmth in your heart area radiating and connecting its energies with other chakras, making you feel better and whole. You end your meditation on this positive note, and feel refreshed and energized. You call your friend to go kayaking over the weekend and she is thrilled.

## Benefits

By doing this exercise your brain will feel revitalized and more balanced, enabling clearer thinking. The right side of your brain - the intuitive, dreamy side that works with feelings, symbols, and imagery - comes to the fore, giving rest to the analytical, logic-based left side that dominates most of our waking lives. Mental chatter is brought under control and it becomes easy to filter out unproductive worries, sort out what matters and set aside the nonessentials. It is as if you grow taller mentally: you take a step back to see things from a bigger perspective, beyond

and past the mental clutter that normally gets in the way. Clearer thinking enhances motivation and responsiveness, such as the ability to make decisions and take action.

## Some tips

You can meditate any time of the day, but mornings are particularly effective in setting a positive tone for the day and keeping you grounded and protected from daily chaos. Regardless of when you do it, shut off your phone - even vibra-

tions can be distracting when you are in this tranquil headspace.

Slowing your breath can help to calm an overactive mind. Breathe in for a count of 3, hold gently for 4, exhale for 5, hold for 4, and repeat... You are breathing in good, clean energy, and exhaling stale energy and everything that needs to be let go. The "in between breath" is also important: feel the good energy circulating in your body and making your

chakra colors brighter when you are holding your breath. You can make this shorter or longer, so long as you can do so smoothly and without strain.

If you are drawing a blank, try visualization. Imagine yourself at a waterfall, with invigorating water flushing away everything negative that doesn't belong or you do not want (worries, other people's problems, memories of past hurt). Detailed imagination of smells, sensations, and sounds are very effective. You now have good, strong energy that will keep you calm and grounded. Imagining the sun warming you and melting away fatigue and negativity is also effective.

There is no need to rush your meditation to cover all of your chakras in a single session. It will be easier on some days than others, but the more you do this, the more sensitive you will become to where you hold your tensions, and you will learn ways to relax them. If you get sleepy that is fine, take a power nap. Perhaps you will have an interesting dream.

You now have good, strong energy that will keep you calm and grounded. Imagining the sun warming you and melting away fatigue and negativity is also effective.



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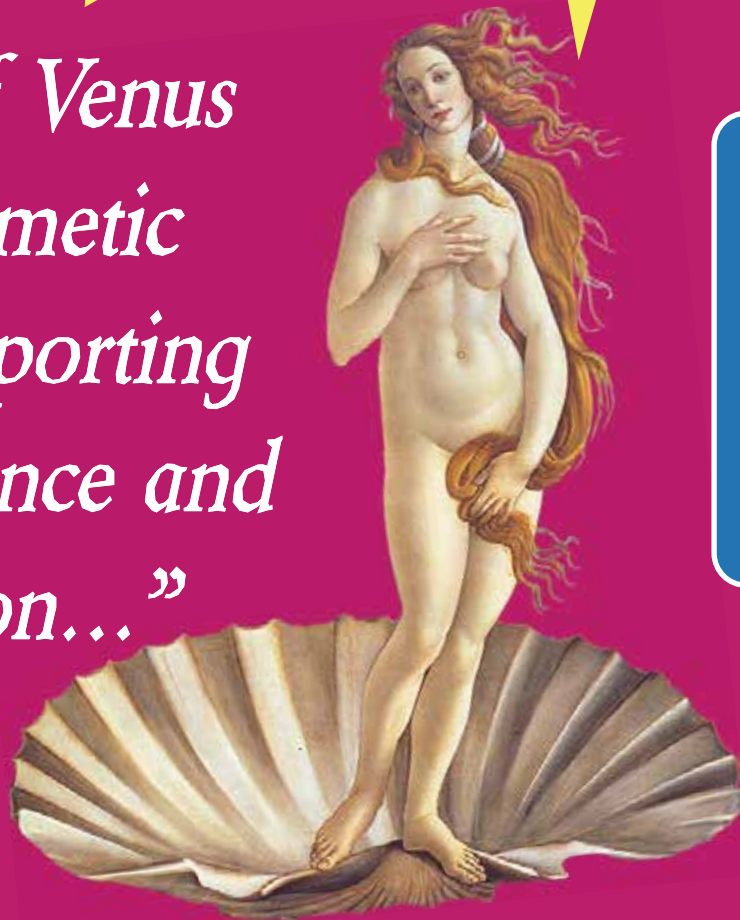
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