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Celebrating Month of the Military Child

I am from the fallen

By Tuana Turnbull,
 4th Grade, Humphreys West Elementary School

I am from campsites,
 From ranches and Disney World.
 I am from the Gold Star under a hero's watchful eye,
 It smelled like the Home of the Brave
 I am from the fallen
 The warfighter
 Whose respect and sacrifice I remember
 As my own.



I am from the white and black,
 From Nesli and Lyle.
 I am from the honorable families
 And the gatherings of remembrance,
 From "Stay aware!" and "I love you."
 I am from the past
 With a piano future
 And ten songs on those ebony and ivory keys I can play myself.

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

I'm from the breeze and the pastel,
 Bluebonnets and mountains.
 From the memories lost to his courage.
 To the jar used to keep my family.
 Under my bed was a bugle spilling taps.
 A star of gold
 To drift beneath my dreams.
 I am from those moments -
 Flashed before my dreams.
 I see a leaf falling from the family tree.

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**Celebrating
Month of the
Military Child**

The students in Jacqueline Luff's class, including Tuana Turnbull, whose heartfelt writing appears on the front page, did an incredible job on these poems. Kids, thanks for sharing your stories with us!

4th Grade

*I'm from birds and piano,
Kimchi and swimming.
From the best friend lost to the PCS.*

- By Jessica Lee

*I'm from piano and roller skates,
Birds and Disney.
From the dog lost to the PCS
To the homework used to keep me happy.
Under my bed was a purple treasure chest*

- By Andrylee Herdandez

*I am from the Home of the Brave
under the stars and stripes,
It tasted like freedom.
I am from the adobo in clay pots,
And the chrysanthemums
Whose fragrance I remember
As if it were my own.*

*I am from the virtual reality
With a video game
And ten levels I can reach myself.*

*I'm from Minecraft and Fortnite,
Skateboard and reading for 20 minutes.
From the friend lost to the PCS
To the school that used to keep me happy.
Under my bed was a Pokemon bag spilling
purple bowling balls,
An alley of sadness
To drift beneath my dreams.
I am from those moments -
Settled before I became a dandelion.
I am a leaf suspended from the family tree.
- By Seiva Recon*

- *By Seiva Reconada*

Where I'm From

Inspired by George Ella Lyon

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See more Humphreys West student poems on Page 4



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Humphreys West Elementary School

Ms. Luff's class, 4th Grade

**Celebrating
Month of the
Military Child**

I am from the street cats,
From lost dogs and rice.
I am from the Land of the Morning Calm under the
sun,
It tasted like home.
I am from KTX
The cheetah
Whose speed I remember
As if it were my own.

I am from Hangul and bibimbap,
From Technology and Stay-at-Home.
I am from the hard worker
And the respectful,
From "Wake up!" and "Did you finish your homework?"
I am from judo
With the swish of my arms and legs
And ten movements I can do myself.

I'm from Apex and Fortnite,
Kimchi and clay tiles.
From the friend lost to the dandelion PCS
To the pet that used to keep me happy.
Under my bed was a bucket spilling Christmas presents,
A memory of my grandparents
To drift beneath my dreams.
I am from those moments -
Nervous before I got comfortable.

I am a purple leaf hanging from the family tree.
- By SeongHee Kim

I am from the marketplace,
From South Beach and Jungle Island.
I am from the red, white, and blue under the Land of the
Free,
It tasted like liberty.
I am from fried plantain,
The palm trees
Whose swaying I remember
As if it were my own.

I am from ocean and sliced
bananas,
From Artillery and Logistics.
I am from the respectful
And the hard working,
From "Do your chores!" and "Go
to bed!"
I am from the artistic
With a sharp pencil
And ten illustrations I can create
myself.

I'm from airplanes and new places,
The Sunshine and Lone Star states.

From the friend lost to the dandelions
To the new places used to keep me smiling.
Under my bed was a box spilling memories,
A gift of family
To drift beneath my dreams.
I am from these moments -
Happiness before I shut my eyes,
I am a purple leaf that stays tied to the
family tree.

- By Khayla Julien

I am from the beach,
From the warthogs and turtles,
I am from the red, white, and blue under the
camouflage,
It tasted like an olive green.
I am from the island,
The banana trees
Whose sturdy movement I remember
As if it were my own.

I am from shrimp and black,
From Government Issue and Stay-at-Home.
I am from the thoughtful
And the funny.
From "I love you!" and "Get ready!"
I am from the field
With a soccer ball
And ten goals I can score myself.

I'm from chocolate cookie bars and hot dogs,
Pizza and ocean waves.
From the dog lost to the PCS
To the tail wagging that used to keep me
happy.
Under my bed was a purple backpack spilling
video games,
A feeling of excitement

To drift beneath my dreams.
I am from those moments -
Happiness on my first day at HWES.
I am a dandelion hanging from the family tree.
- By Beaver Mataiao

I am from the Rockies,
From the hot springs and snow.
I am from the red, white, and blue under its freedom,
It smelled like clover.
I am from apples,
And rice and beans
Whose taste I remember
As if it were my own.

I am from swirling winds and fresh air,
From Artillery and Stay-at-Home.
I am from the energetic
And the kind,
From "ies hora de evantaise" and "ies hora
coner."
I am from the chores
With a vacuum that glides along the floor
And ten high fliers I can create myself.

I'm from lakes and skiers,
Fancy cars and pine trees.
From the PCS and everything lost
To the four-wheeler that used to keep me happy.
Under my bed was a purple cup spilling water,
A picture of me
To drift beneath my dreams.
I am from those moments -
A baby before I grew up to be a dandelion.
I am a leaf attached to my family tree.
- By Alex Feliciano

I am from the red, white, and blue,
From Busch Gardens and Mount Vernon.
I am from the shade under the tree,
The protection
Whose cool I remember
As if it were my own.

I am from football and pancakes,
From Government Issue and Stay-at-Home.
I am from the respectful
And the hard working,
From "Wake up!" and "Goodbye!"
I am from chores
With the use of a broom
And ten hot dogs I can cook myself.

I'm from candy apples and happy faces,
Rocks and rivers.
From the house lost to the PCS
To the relatives used to keep me happy.
Under my bed was a purple box spilling joy,
A path of hope
To drift beneath my dreams.
I am from those moments -
Sadness before I became a dandelion.
I am a leaf growing from the family tree.
- By Kyle Howell



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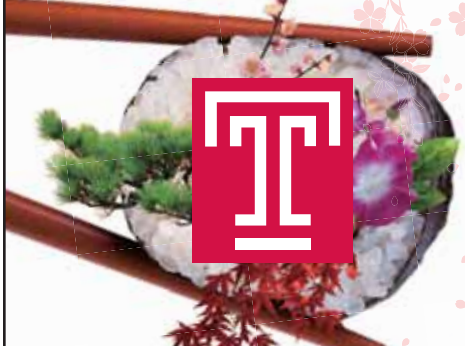
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I am from the rivers,
From lakes and Sea World.
I am from kimchi under the Super Moon,
It tasted like my heritage.
I am from the beaches,
The Atlantic Pizzaria
Whose fragrance I remember as my own.

I am from pancakes and
roasted chicken,
From Special Agent and Stay-
at-Home.
I am from the soldiers
And the Land of the Free,
From Everland and Korean
BBQ.
I am from Taekwondo
With a swiftness
And ten high kicks I can do
myself.

I'm from chocolate and fog
Rain and snow.
From the European travel lost to the PCS
To the school that used to keep me happy.
Under my bed was a purple box spilling phone numbers,
A feeling of joy
To drift beneath my dreams.
I am from those moments –
Doubtful before I was a dandelion again.
I am a leaf tied to my family tree.

– By Julius Kim

I am from the rhododendron,
From the cardinals and the mountains.
I am from the red, white, and blue under the stars,
It tasted like freedom.
I am from the pine trees
The golden apples
Whose beautiful blossoms I remember
As if they were my own.

I am from blonde and blue eyes,
From biologist and nurse.
I am from the kind
And the responsible,
From "Time to get up!" and "Time for dinner!"
I am creative,
With bubbles and brushes
And ten illustrations I can draw myself.

I'm from friends and snow storms,
Birds and coal mines.
From the friends lost to the PCS

To the family pictures that keep me happy.
Under my bed was a purple book bag spilling stuffed
animals,
A fuzzy blanket of dandelions
To drift beneath my dreams.
I am from those moments –
Nervous before I boarded.
I am a leaf blooming from the family tree.

– By Sophia Carson

I am from the wave pools,
From BBQ and bluebonnets.
I am from the red, white, and
blue under the Home of the
Brave,
It tasted like freedom.
I am from fresh air,
The birds

I am from the kind
And the energetic,
From "Wake up!" and "C'mon!"
I am from the organized room
With a mop and bucket
And ten ramen packets I can make myself.

I'm from veggies and lollipops,
Lawns and birthday parties.
From the faces lost to the dandelions
To the truck used to keep me happy.
Under my bed was a purple box spilling lost ones,
A sack full of memories
To drift beneath my dreams.
I am from those moments –
Nervous before I flew.
I am a leaf that belongs to the family tree.

– By Raver Hanson

I am from the Berlin Wall,
From the North Sea and the Holocaust.
I am from the Warfighters under the camouflage,
It tasted like freedom.
I am from helicopters,
The swirls and whirls
Whose movement I remember
As if it were my own.

I am from chocolate milk and raven hair,
From Computers and Technology.
I am from the honest
And the energetic,
From "Do you have your homework done?" and "What
would you like for dinner?"
I am from the artistic
With an iPad or a pen
And ten illustrations I can sketch myself.

I'm from hellos and goodbyes,
Remembering and tears.
From Point Pleasant lost to the PCS,
To the best friends that used to keep me happy.
Under my bed was a purple box spilling memories,
A container of sadness
To drift beneath my dreams.
I am from those moments –
With friends before I became a dandelion.
I am a lavender flower hanging from the family tree.

– By Lydia Maynor



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

Whose singing I remember
As if it were my own.

I am from X-Box and sleepovers,
From Dad's cooking and camouflage.
I am from the energetic
And the respectful,
From "Did you do your homework?" and "Time for bed!"
I am from video games
With a console
And ten Lego towns I can build myself.

I'm from kimchi and temples,
Longhorns and playing outside.
From the dogs lost to the PCS
To the friend that used to keep me happy.
Under my bed was a purple box spilling photographs,
A stack of memories
To drift beneath my dreams.
I am from those moments –
With my Dad before I became a dandelion.
I am a leaf growing from the family tree.

– By William Weeks

I am from beautiful flowers,
From the big bridges and winding roads.
I am from the camouflaged under the moon.
It smelled like freedom.
I am from the cold and warm,
The lakes and cities
Whose yin and yang I remember
As if it were my own.

I am from lumpia and rice,
From Government Issue and the Exchange.

See more Humphreys West
student poems on Page 6

Why do we have:

A Pledge when entering the country
A ban on non-reef sunscreen
A Marine Sanctuary
A Shark Sanctuary
A ban on plastic

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Humphreys West Elementary School

Ms. Luff's class, 4th Grade

Celebrating
Month of the
Military Child

I am from the snowflakes,
From hot air balloons and sunflowers.
I am from the red, white, and blue under the Land of
the Free,
It tasted like home.
I am from lakes,
The pine trees
Whose fragrance I remember
As if it were my own.

I am from blue eyes and cool parents,
From Government Issue and Photographer.
I am from the respectful
And the energetic,
From "Take the dog out." And "Go to your room!"
I am from the dogs I walk
With a loving family
And ten Anime illustrations I can create myself.

I'm from drawing and birthday parties,
Swimming and running.
From the relatives lost to the PCS
To the family that keeps me happy.
Under my bed was a purple box spilling memories,
A book of happy endings
To drift beneath my dreams.
I am from those moments -
Upset before I became settled.
I am a purple dandelion hanging from the family tree.
- By Emma Leonard

I am from the Statue of Liberty,
From the black bears and Smoky Mountains.
I am from the red, white, and blue under the stars,
It tasted like the Home of the Brave.
I am from the wet and wild
The snow
Whose flakes I remember as if they were my own.

I am squirrels and apple pie,
From Kimberly and Gregory.
I am from the smart

And the gross,
From "I love you." And "You're the best!"
I am from homework
With a pencil and paper
And ten scrambled eggs I can fry myself.

I'm from fried chicken and cheese pizza,
Pumpkin pie and ice cream.
From the friends lost to the PCS,
To the Barbie house used to keep me happy.
Under my bed was a chest spilling loads of
memories,
A chest of dandelions
To drift beneath my dreams.
I am from those moments-
Sinking before I moved.
I am a leaf intertwined within the
family tree.
- By Sydney Benton

I am from the mountains,
From lakes and history.
I am from the Home of the Brave under
the red, white, and blue.
It tasted like freedom.
I am from the Land of the Free,
The warfighter
Whose pride I remember
As if it were my own.

I am from green and brown eyes,
From Government Issue and Stay-at-Home.
I am from the players of video games
And the kind.
From "Good morning!" and "Good night!"
I am from homework
With a pencil and paper
And ten pancakes I can make myself.

I'm from soup and rice,
Cherry blossoms and birds.
From the dog lost to the PCS

To the Wii used to keep me occupied.
Under my bed was a purple backpack spilling video games,
A pile of happiness
To drift beneath my dreams.
I am from those moments -
Confident even before I made friends.
I am a leaf hanging from the family tree.
- By Kaleb Calloway

I am from Lotte World,
From Everland and Gyeong Bokgoug.
I am from the red, white, and blue under the Home
of the Brave,
It tasted like freedom.
I am from the rice paddies,
The cranes
Whose flight I remember
As if it were my own.

I am from Korean BBQ and kimchi,
From pizza and fried chicken.
I am from the KTX
And the Emart.
From "Get your homework done!" and "Time for
dinner!"
I am from the piano
With black and white keys
And ten musical tunes I can play myself.

I'm from handsome and smart,
Chuseok and Hangul.
From the Ichung lost to the PCS,
To the math used to keep me an expert.
Under my bed was a purple box spilling photographs,
A video game of life
To drift beneath my dreams.
I am from those moments -
Nervous before meeting my new school.
I am a leaf growing from the family tree.
- By Yulho Yi

Where
I'm From

Inspired by George Ella Lyon



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I am from the pumpkin patches,
From the corn fields and lakes.
I am from the red, white, and blue under the stars,
It tasted like freedom.
I am from the sirens,
The tornadoes
Whose destruction I remember
As if it were my own.

I am from brown eyes and black hair.
From artillery and Stay-at-Home.
I am from the kind
And the respectful.
From "Go outside!" and "Yes, you can play with your PS4!"
I am from the artistic
With crayons and markers
And ten illustrations I can draw myself.

I'm from bricks and carnivals,
Chocolate chip cookies and woodpeckers.
From the friends lost to the dandelions
To the pools that used to keep me happy.
Under my bed was a purple handbag spilling old movies,
An ocean of emotions
To drift beneath my dreams.
I am from those moments -
Nervous before I left the sunflowers.
I am a leaf hanging from the family tree.
- By TaLeigha Roberson

I am from the rain, the fog, and the wind,
From the cold and chocolate.
I am from the red, white, and blue under the Home of the Brave,
It tasted like liberty.
I am from the rabbits,
The wandering
Whose freedom I remember
As if it were my own.

I am from the construction and the dust,
From Government Issue and Teacher Aide.
I am from the responsible
And respectful,
From "Have fun!" and "Good job!"
I am from soccer
With a "Good Luck!"
And ten goals I can make myself.

I'm from desserts and the sweet,
Cafes and enchiladas.
From Minecraft and Fortnite

To the dog that used to keep me happy.
Under my bed was a purple box spilling toys,
A river of happiness
To drift beneath my dreams.
I am from those moments -
With Olaf before I became a dandelion.
I am a leaf hanging from the family tree.

- By Ryan Flores

I am from the river,
From the water and the flowers.
I am from the Home of the Brave under the stars,
It tasted like liberty.
I am from the Han,
The life
Whose flowing I remember
As if it were my own.

I am from black hair and brown eyes,
From Christine and Tae.
I am from the respectful
And the quiet,
From "Study if you wanna play." and "Play some games!"
I am from homework
With skills
And ten soccer punts I can make myself.

I'm from sugar and happiness,
Mom and cooking lessons.
From the grandfather lost
To the talks used to keep my friends.
Under my bed was a purple basket spilling sadness,
A loss of two dogs
To drift beneath my dreams.
I am from those moments -
Nervous before I PCSd.
I am a leaf attached to the family tree.

- By Anna Lee

I am from the ocean,
From the crickets and grasshoppers.
I am from the red, white, and blue under the Land of the Free,
It tasted like liberty.
I am from the bayou,
And the beignets
Whose fragrance I remember as if it were my own.

I am from brown eyes and black hair,
From Hauler of Government Goods and Stay-at-Home.
I am from the responsible
And the honest,
From "Clean your room!" and "Have a nice day!"
I am from the homework
With a paper and a pencil
And ten eggs I can fry myself.

I'm from Popeye's and Mardi Gras,
Pineapple pizza and pumpkin pie.
From the reveille lost to the retreat
To the park that used to keep me happy.
Under my bed was a purple basket
spilling fun times,
A stack of board games and movies
To drift beneath my dreams.
I am from those moments -

Sadness and last hugs before I became a dandelion.
I am a leaf attached to the family tree.

- By Tre'Niaya Murray

I am from the iguana,
From the red, white, and blue under the stars and stripes.
I am from the Home of the Brave under its freedom,
It tasted like liberty.
I am from the beaches
The waves
Whose movement I remember
As if it were my own.

I am from coconuts and islands.
From Government Issue and Stay-at-Home.
I am from the smart
And the funny,
From "Time for dinner!" and "Time for bed!"
I am from the room that I clean
With the swish of a broom
And ten hot dogs I'm allowed to cook myself.

I'm from sweets and sand,
Palm trees and saltwater.
From the clean air to the dirty,
To the Chucky Cheese that used to keep me happy.
Under my bed was a purple sack spilling my friends in Kansas,
A feeling of sadness on my last day of school.
I am a leaf hanging from the family tree.

- By Aviel Santana



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BY DAVE ORNAUER,
STARS AND STRIPES

For any aspiring musician, no matter the genre, the road toward success is almost always a long and winding one, and at times awfully narrow.

In the case of Ally Westover, a military dependent who released her first single, “Lullaby,” three months ago, that road was narrowed even more over the years by military life, which involved her family moving from base to base over her 22 years.

The Westovers – Air Force Col. Dave Westover, his wife, Laura, and Ally’s fraternal twin sister Jessie – lived in California, Maryland and Texas, twice in Japan and most recently in Germany before settling in Colorado Springs, Colo.

There were music lessons, from Ally’s father – an accomplished musician in his own right – as well as outside teachers, and great amounts of self-teaching.

There were talent shows in high schools at Yokota Air Base and Ramstein Air Base, Germany, and later appearances in small clubs and coffee shops in Colorado Springs before finally recording the single.

“Lullaby,” released on Westover’s independent Lemon Ginger Records label, is available on most music platforms. It debuted Sept. 18 on YouTube and has been viewed, listened to and downloaded more than 5,000 times, said Westover and her producer, Shane Malcolm.

“The song was inspired by my own anxieties and the people I am closest to experiencing depression,” Westover said.

Professionals in the radio industry, given an opportunity to listen to “Lullaby,” gave the song positive reviews.

“I like her sound. Nicely crafted lyrics. Vocals are reminiscent of Lisa Loeb,” said Jon Yim, a 1976 graduate of Kubasaki High School who was a DJ on the old Far East Network in Japan and Australia in the 1980s while in the Navy. Yim, now a TV production technician at KPBS-TV in San Diego, also does a Sunday radio program on KCR, San Diego State’s student station.

Another former AFN DJ, Kellen Carr, says Westover’s voice sounds like a combination of pop rocker Grace Potter and British teen-pop singer Jasmine Thompson.

“Her voice is so raw and magical,” said Carr, a former airman who did the morning program as DJ K-Cruise in the mid-2010s on AFN-Tokyo and now works for R.J. Reynolds and lives in Eugene, Ore. “I could listen to an entire album of her with no problem.”

Westover said she’s not expecting to become the next Taylor Swift. At one time, she said, she wanted to be a big star, be on the Disney Channel and sell out stadiums.

“Now, it’s a little bit different,” Westover wrote via email in late November from her Colorado Springs home.

“I want to be able to live comfortably off what I love doing,” she said. “I want to have a voice that holds enough weight to where I can speak out about things that matter to me: Inclusivity, environmental issues and human rights.”

Those issues matter most to her, Westover said, along with friendship, and not vast mansions and entourages.

“I would love to have a small apartment somewhere on



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Malcolm, a part-t
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Ally Westover plays a coffee house in Colorado prior to the release of her debut single “Lullaby.” Courtesy photos

Child on journey to professional musician

Celebrating
Month of the
Military Child



Twin sisters Jessie and Ally Westover, then freshmen at Yokota High School, perform one of the pair's several original compositions at the school's Christmas talent show.

travel the world with my best friends and family – things that matter,” she said.

Time producer, sees potential in Westover’s

perform live; she has all the tools to be a good musician. Just finding good people around her to help her status; I think she has that in her.”

of a musical career

truly plays guitar, Westover’s first instrument was a box with eggs and maracas that she and her brother played with around the house. “I think I was 3 or 4 years old, living in Maryland,” Westover said.

She had a piano at home, but Westover said she didn’t play until recently.

As of learning the keys,” she said. “I do remember the sounds that it made.”

Westover began taking drum lessons in Texas, partly because of the Jonas Brothers were just becoming popular among young girls at the time, “I wanted him to like

her interest in music took a serious turn 10 years ago when her father and an instructor named Joe Smith taught her the rudiments of the guitar when the Westovers lived briefly in California. Smith also taught her with percussion.

Her dad taught me how to play chords and I still remember it today,” she said. “My family is absolutely the best at playing music. They gave me a lot of freedom in playing songs I wanted to learn and encouraged me to

be taught to his daughters what he learned from a friend in Arkansas, when he was an airman assigned to Blytheville Air Force Base as a graph-

ic bass and they found a drummer to form what was called a “post-punk/power trio/garage band.”

At the Air Force, went on to form a band called Switchbacks and two extended-play songs from college towns, dive bars and radio stations on the Midwest.

Westover, chasing the rock ‘n’ roll dream, but we didn’t deal we were hoping for,” Dave Westover

At the Air Force, became an officer, married and now has today, teaching the basics of guitar to

As Ally Westover began learning the guitar, Swift’s career as a country-and-western megastar was just taking off; Ally said Swift was a big influence.

“Her songs were relatable and genuine,” she said, “and I admired the honesty in her songwriting.” She said she also takes a shining to rhythm-and-blues musicians Drake and Alicia Keys.

Swift “really inspired me to write how I felt, which as a young kid who is dealing with constant change, was about the healthiest outlet possible,” Westover said.

As their high school years began, the Westovers arrived a second time at Yokota, where Colonel Westover was commander of American Forces Network-Pacific.

And Ally and Jessie began appearing at high school talent shows, performing original compositions, which continued after the Westovers transferred to Ramstein, Germany, where they remained until the sisters graduated.

“I always loved English; I loved writing, especially,” Westover said.

She also enjoyed arts and humanities and science. “I am really interested in the environment and sustainability,” she said. “Math still terrifies me.”

In Germany, and later in Colorado Springs, Ally’s dream of becoming an accomplished musician began to take hold, and the appearances in small clubs and coffeehouses began.

“My dream has always been to play shows where people come to listen and to write songs that people have on repeat,” Westover said.

Dreams and fears

Malcolm entered the picture last June, via a friend of Westover’s, Diego Gutierrez, a former teammate of Malcolm’s on the Colorado Springs Switchbacks FC, a pro team in the second-tier United Soccer League. The Switchbacks are an affiliate of Major League Soccer’s Colorado Rapids.

Westover and Malcolm met at a Colorado Springs coffee house with Chiara Garland, a former Ramstein classmate of Westover’s and freelance photographer whom Westover calls one of her closest friends.

At that meeting, Malcolm said he “kind of just felt the vibe, talking about music.”

Then, he said, Westover came straight out and asked if he could

help her out and go to Utah to record with Chiara.

The next day, they drove west to scenic Moab, Utah, just south of Arches National Park, which served as the backdrop for “Lullaby.” Eventually they created both a song and a video, Malcolm said.

After several weeks in production, Westover and Malcolm released “Lullaby” across virtually all online musical platforms – Spotify, iTunes, Apple Music, Tidal, YouTube, Pandora, iHeart Radio and others.

Her greatest fear, Westover said, was that “Lullaby” wouldn’t break 1,000 listens on Spotify. “But it did. And it was such a cool moment,” she said.

Though “Lullaby” isn’t on the Billboard chart, “for what she’s done with one single, it’s incredible,” Malcolm said.

It’s hard to gain traction in the music business, he said. “For what ‘Lullaby’ did, it gave her the green light that said, ‘Hey, you can do this.’”

Even that, she said, wasn’t enough to make her feel complacent about her career’s present and future, the latter with its many mysteries.

“Not to sound morbid, but I am afraid of the unknown,” Westover said. “Life is full of unexpected turns and I feel this really intense sense of urgency to pursue what I love – now.”

What Westover has going for her and what gives her the potential for long-term success, Malcolm said, go beyond a soft but

powerful voice and its unique tone. “When she starts singing, it’s like everybody wants to listen,” he said.

The value of friendship, and how it helps one’s career, is a message Westover says she hopes will resonate with any other alumni of the Department of Defense Education Activity, the DOD school system for dependents.

“Making friends in the creative community” has been key for Westover.

“Be kind to people. Treat people well. Encourage others. The biggest reason for any of my success stems from building genuine relationships with people and being concerned about their well-being.”

Growing up in the DODEA environment, changing schools the way some people change socks, can be both a blessing and a curse, Westover said.

“We are challenged in that we are uprooted and replanted, but that is also our superpower,” she said.

“Your friends become your supporters and when they disperse all over the world, they take a piece of you with them. And boom. Now, you’re international. All because you owned your craft and chose to be kind.”

And the sisters’ father has achieved a first of his own; Col. Westover is the first public affairs officer for the newly minted Space Force, assigned to Schriever Air Force Base, 10 miles east of Peterson Air Force Base, also in Colorado Springs.

“Historic times for sure,” Dave Westover said of himself and his daughter via Facebook Messenger. “I can’t say that I saw either of these coming, but so proud to be part of both!”

As for her music future, Ally Westover says her style is still developing. “As I grow, I hope to merge elements from the folk-singer/songwriter genre with the R&B world to create dimensional music that reflects me,” she said.

A move to Nashville should come next spring or summer, Westover said.

She harbors no illusions about how hard it might be planting roots in the country music capital of the world; no artist makes it immediately, especially when they choose to be independent, as Westover has.

“It’s definitely more difficult to grow organically, as opposed to signing to a major label and having them do the work for you,” she said. “But for where I am right now, this feels so right. I have complete creative control and am able to really discover who I am as an artist without anyone pushing me in a specific direction.”

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Twitter @daveornauer

★ On the Web: Ally Westover’s debut single “Lullaby”
https://www.youtube.com/watch?v=_0UsFfO0tMY

★ Ally Westover’s official Web site
<https://www.allywestover.com/>

★ Ally Westover’s Facebook page
<https://www.facebook.com/ally.westover>

★ Shane Malcolm’s Colorado Switchbacks FC bio page
<https://www.switchbackscf.com/2019-malcolm-bio>

Exploring Phuket's most beautiful islands

TRAZY.COM

With its warm weather all year round, clear skies and turquoise waters, Phuket in Thailand, is one of the most loved holiday destinations regardless of the seasons. From November to March, however, when a lot of the countries in the northern hemisphere have shorter daylight hours and low temperatures, it is especially bustling with people seeking the warm sunlight.

Planning a getaway to this beachy paradise? Then, take note of Trazy's suggestions for top 3 islands to explore during your Phuket holiday.



James Bond Island

A striking landscape that limestone peaks create

Located in Phang Nga Bay northeast of Phuket, Khao Phing Kan with its signature limestone tower Ko Ta Pu has been widely known as James Bond Island since the island was featured in the James Bond movie 'The Man with the Golden Gun' in 1974.

Limestones eroded by waves for thousand years form a spectacular karst landscape looking like a maze in the ocean. Exploring between small islets, you can paddle a canoe into the caves, and swim & snorkel in the crystal-clear waters.

Once a barely visited primitive island has now become a must-visit destination busy with tourists. When you're in Phuket, James Bond Island is a place that should not be missed. Lively with tourists, but the island never loses its natural wonders to marvel at. Hop on a speedboat and take adventures between the soaring limestones where James Bond crisscrossed!

To find tour information about James Bond Island: goo.gl/dGuagg



Phi Phi Islands

Best for beaches with the whitest stretches of sand

If you've spent a day exploring the limestone islets in Phang Nga Bay, free up the next day for Phi Phi Islands to chillax on the fine sandy beaches and play with wild monkeys. ➔

James Bond Island



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ideal day trip destination. The low-lying islands with thick forests and coral beaches are maybe less-known to the general tourists but often rate among the top 10 dive sites in the world by divers. Developments are restricted in Similan Island as the area is designated as a national park. You won't see any sophisticated buildings in the entire island group except for a few wooden bungalows, restaurants and ranger stations. If you've dreamed about the tranquility of an unpopulated tropical island, this is it! Hop on a boat to Similan Islands. There's one more reason to visit the place during the winter. The national park is open only from November to early May. Make sure you book during this period! To find tour information about Similan Islands: goo.gl/ETd15Q

Phi Phi Islands are a group of islands that lie in the southeast of Phuket. The largest island with the most population is called Ko Phi Phi Don. Monkey Beach in the island is home to wild monkeys that do not hesitate to climb onto your legs to get precious bananas. Share some bananas with the furry friends and don't forget to try snorkeling at the Sharks Point along with reef sharks around you. Ko Phi Phi Le is the second biggest and famous for its extremely jagged geography and Maya Bay featured in the movie "The Beach (1999)". Recently, the Thai government closed the beach during the off-peak season to allow coral damaged from all the boat traffic to recover. They have since reopened it – with restrictions – so check with local tour companies for details. Taking a speedboat tour, the most common way to look around Phi Phi Islands, will give you enough time to drop by the nearby islands such as Khai Island and

Bamboo Island for serene swimming away from the crowd. We recommend uncovering every nook and cranny of the islands as the area still has hidden spots as well as busy touristy towns. To find tour information about Phi Phi Islands: goo.gl/8hp8H6

Similan Islands
One of the best less-known places

If you'd like to pull yourself away from the most popular places where everyone dashes, Similan Islands will be your perfect choice. Note that you can only stay a night at a government-owned bungalow in the island, which then again quickly fills up. But there's a solution! If you're based in Phuket, Similan Islands can be reached by speedboat in about 70 minutes making it an



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A Langalanga family from Malaita Island continue to make and use shell money. Seen here in Mbokana Village, in Honiara, they come to the capital to sell shell money necklaces and the 10-foot shell chains they use as barter and as a bride price. Photos by Steve Haggerty, Tribune News Service



Market day at Gizo is a major event, attended by sellers, buyers and tourists, all arriving by water.

FROM WAR TO WONDERLAND

Solomon Islands still whispering secrets 75 years after WWII

BY ANNE Z. COOKE,
TRIBUNE NEWS SERVICE

If it weren't for the potholes, cavernous pits slowing us down on the road to Honiara, in the Solomon Islands, I might have missed the sign, "Dolphin View Cottage." But Andrew, our guide, knew the road by heart. "That's Guyas Tohabellana," he said, waving at a stocky, dark-skinned man in rumpled shorts, a faded T-shirt and flip flops. "He works here in Guadalcanal. C'mon, let's say hello."

Beyond the bungalow, Guyas' two teenagers lounged on a picnic table, playing with their pet cockatoo. Behind them, the beach sloped down to Iron Bottom Sound, the World War II graveyard where 50-odd American and Japanese ships lie at rest. Across the water, Savo Island shimmered on the horizon.

For a few minutes, the two men chatted, speaking Pijin so quietly I couldn't make out the words. Then Guyas turned to me and we shook hands.

"You're from America!" he said, switching to English and lighting up. "Do you like it here? Have you been to Gizo and seen the beautiful coral reefs? Yes, my grandfather was a coast watcher during World War II, a spy you'd say, reporting Japanese movements to the Americans. He watched the battle of Savo Island from right here."

A name and a handshake are de rigueur in the Solomons, deep in the South Pacific. Being American counts, too, especially here, where 5,800 Americans were killed or injured fighting the invading Japanese.

"We're known for two things," said

Ellison Kyere, from the tourist office, when my companion Steve and I met him in Honiara. "For the battle sites and for scuba diving, under the water. It's time to tell the story of island life on land."

A tall order, indeed.

The islanders, mostly Melanesian, are scattered over 347 of the country's

922 islands, speaking both Pijin and one of the country's 75 different languages. Some are farmers; some work for the government. Some wear grass skirts and use shell money for barter; others are proud to count headhunters among their ancestors. A few own speed boats; most paddle to market in a "mola," a

homemade dugout canoe.

We took the overnight Fiji Airways flight from Los Angeles to Fiji's Nadi airport, changed planes, then flew on to Henderson International Airport, in Honiara, the capital city. I'd brought my phone so I took advantage of the airport's "tourist special," a SIM card good for 75 minutes, for just U.S. \$1.30. And we booked a guide for the next day's city tour.

We were still jetlagged the next morning when Andrew pulled up in a shiny black SUV. "All our cars are Japanese and they're all second-hand," he apologized. "Never get new ones. And the Japanese are building an overpass and paving the street and it's taking forever," he added as we inched along past grimy storefronts and vegetable stands overflowing with greens, tomatoes and squash.

"That one, where everybody shops, is owned by a Chinese company," he said, nodding at a big-box department store, the kind we've seen in other third-world countries, there to pave the way to building and mining contracts.

I looked for something I could brag on -- an American-built hospital or a college -- but we'd already turned away, heading to the Memorial Garden cemetery, the American War Memorial and Bonegi Beach, famous for wreck dives. "That's Bloody Ridge," Andrew said, parking the car on a grassy hump of land.

Standing there, imagining the chaos of battle, it felt unreal to be gazing out over sleepy fields while at my feet, still visible, were the foxholes where 40 U.S. Marines died.





Fatboys Resort, built over deep water to accommodate boats and to protect coral near the shore, encourages guests to relax, sample the scuba, snorkeling, fishing, and village walks.

▶ The trip - now nicknamed “Solomons 101” - began in earnest when we flew north to airfields at Gizo, on Ghizo Island, and Munda, on New Georgia, both in the Western Province, the gateway to equatorial rain forests, volcanic mountains, blue lagoons and sandy beaches.

Met by a skiff and driver, we were off, speeding over a shimmering blue lagoon, to Fat Boys Resort, an all-inclusive, palm-thatched lodge built over deep water, with five bamboo-walled guest bungalows perched on the shore. Our base camp for the next few days, the lodge was a short boat ride to Kennedy Island, where we went ashore to see where Lt. John Kennedy and his PT-109 crew hid after a Japanese vessel sank their ship. And close enough to a string of shallow reefs to spend a couple of hours snorkeling, before landing for a grilled-lobster picnic.

“The rising ocean is washing the island away,” said Sam, the boat captain, when I asked why one of the trees, its roots submerged in saltwater, seemed to be dying. “People used to think the trees had a disease,” he told me. “Now they know it’s global warming.”

It was party time the next day at Gizo’s Friday market. Families in dugout canoes docked at the waterfront, buyers crowded the aisles, coins changed hands, sellers hailed their friends and old ladies filled their shopping bags. Everyone smiled, asking where we were from and posing for photos.

Ngali nuts -- the holy grail of snacks here in the islands -- were in season, so I stocked up with a half-dozen folded-leaf packages. Green taro leaves competed with slippery spinach (Malabar spinach), purple bananas, carrots and betel nuts, commonly chewed here, an affordable substitute for coffee or cigarettes.

“What do they taste like?” I asked an older man with red-rimmed eyes (the clue), who offered me a seat in the shade. “Do they make you feel relaxed?” I ventured to ask.

“Oh, no, they give you energy!” he

said, smiling, showing me how he folded the nut and leaf together with a pinch of slaked lime (ash from burned clam shells). “One or two of these and I want to get up and work all day.”

Flying on to Munda, on our next leg, we checked into the Agnes Gateway Hotel, on the waterfront, a spartan set of rooms and cottages advertised in scuba magazines. Signing up for a tour to Skull Island, we met boat captain Billy Kere, 30-ish and friendly, and a “descendant of the Roviana headhunter clan,” as he told us. Heading for deep water, pounding over incoming waves, we finally docked at tiny Skull Island, just big enough to hold piles of rocks and rows of ancient skulls, victims of long ago battles.

“Don’t worry, the headhunters are gone,” said Billy, chuckling. “It’s all about love nowadays. But not then,” he added. “If you sinned? Your head came off.”

Going on to Lubaria Island, the PT-boat base where Kennedy and his crew were stationed during the war, we went ashore to visit the barracks and look at the monument. Ata, the keeper, produced a carved wood bust of the youthful Kennedy, which he hides at night. “It’s been stolen and recovered twice,” he said, leading me to a group of rusty cannons. The real surprise was the modern bathroom.

Two days later, as our adventure wound down and we boarded a 16-seat Twin Otter for the flight back to Honiara -- an aerial tour over islands, bays, coral reefs, rain forests, volcanos, waterfalls and mountains -- I suddenly realized how much we’d missed. The Solomon Islands, spectacular, varied and pristine, with an annual visitor count of just 24,000, remains one of the world’s last untamed destinations. The roads aren’t awfully good, especially in the country. But pot-holes or no, we’ll be going back.



Market day in Gizo is a chance for vegetable stall sellers like Alice to reconnect with friends.



Privacy, a one-to-one guest-to-staff ratio and seven luxurious bungalows are the reason British royals Will and Kate stayed at Tavanipupu Resort while touring the former British Empire’s colonies and protectorates.

Photo courtesy of ISTOCK

Tips for couples who can't agree on vacation destinations

BY JENNIFER BARGER,
SPECIAL TO THE WASHINGTON POST

Some couples turn to a counselor to work through issues such as parenting or finances or in-laws. Not my husband, Callan, and me. We wound up on a therapist's couch over where to go on vacation. Sure, it's a first-world problem, but squabbles about travel destinations were casting a shadow over our otherwise sunny relationship.

What to do on holiday isn't our problem.

In two-plus decades together, we've gotten into a nice vacation cadence. We spend the mornings at art or culture museums or exploring Town X's historic synagogue/main square/Instagrammable pile of archaeological rubble. In the afternoon, we savor long lunches or go for hikes. We sometimes split up for a few hours — he goes bird-watching; I wander local crafts markets or shopping zones.

But choosing a destination often causes turbulence.

I crave exotic, faraway locales (India, Laos, maybe a gorilla safari in Rwanda). Callan loves U.S. national parks in the mountains, preferably with a high chance of bear encounters. He keeps a wanna-go list that seems to include every last, obscure city in Europe. ("Hey, what about Liepaja, Latvia? There's a prison museum!")

We've fought over why he doesn't want to see Morocco (Too dusty! Rug shopping is dull!) and why the suggestion of an Alaskan cruise makes my eyes glaze over (buffet lines, seasickness). And I'm much more willing to spend money on a jaunt somewhere than he is. He'll often bring up savings accounts and budgets when I'm talking about trekking in Bhutan or a nice weekend at the beach.

"In the U.S., working couples only have a few weeks off a year, and everyone has different interests," says Rebecca Lueck, a licensed clinical social worker and therapist in Berkeley, Calif. "Your time becomes precious, and everyone wants to get the most bang for their money. So, making that decision about where to go on holiday can be stressful."

Callan and I were certainly stressed when we made that therapy appointment, our first.

I was between full-time jobs and wanted to take advantage of my open schedule to jet to Southeast Asia to slurp noodles and gawp at the Transformer-sized Buddhas. He said no way, not now or ever — the flight was too long, the danger of nasty food poisoning too great, and he just wasn't into it.

Why were we squabbling so much? Were we the only couple who couldn't search Kayak together without ruining a Saturday afternoon?

"Couples all think they are 100% compatible during the 'cocaine-rush' initial phase of their relationships," says Shauna Springer, a Walnut Creek, Calif., psychologist and author of "Marriage, for Equals." "But after time, many people discover that they don't want the same things from travel. Maybe your husband wants adventure, and you just crave downtime with no distractions. It's often about figuring out how to meet in the overlap." Or not, as you'll see below.

Here are some possible strategies.

Take turns

Lueck counsels couples to try to alternate who chooses destinations or daily activities — Monday is yours; Tuesday is your partner's. This year you plan the vacation; next year your spouse does. If that doesn't work, you can create a Harry Potter-esque sorting hat by tossing slips of paper with destinations or activities on them, then drawing one at random and booking tickets.

"And if you have kids, sometimes they break the stalemate," Lueck says, though that might mean nothing but Disney parks. You could craft an itinerary around your ballet-loving son that takes the family to Russia to see the Mariinsky perform, or let your outdoorsy daughter draw up a wish list of U.S. national parks for a summer road trip. Either way, focusing on a third family member's wishes could help you both venture outside your travel comfort zone.

Go it alone

Increasingly, people with incurable wanderlust and slightly more moribund partners just go it alone, blasting off to Bhutan with a friend or joining a group tour to Papua New Guinea or New Mexico.

According to a 2019 survey by YouGov, 47% of people who travel alone do so because they want "the freedom to choose my itinerary without input from others"; 32 say they choose solo trips because "certain destinations are appealing to me, but not to my family/friends/partner."

"The majority of my clients are women who are coming solo, and they've often got a partner at home," says Erin Lewis, founder of travel company Eat Pray Move, who leads small-group retreats combining yoga sessions with visits to historic sites and spas in destinations such as Italy, Iceland and Indonesia. "Sometimes their spouse

has a crazy job, or maybe they're afraid to fly. Trips like this are a way to go by yourself but not be completely alone."

Springer approves of traveling separately. "If you ultimately hit a wall, you don't always have to travel with your partner," she says. "We should all be free to explore our bucket lists, and I don't support the idea that an unwilling spouse should just be a cheerful companion."

Travel together but apart

Some couples combine a trip together with solo outings.

"I've always been more interested in active things like biking than my husband, who is content to just relax on the cruise ship deck," says Scott Schwartz, a retired lawyer in Alexandria, Va., who has been married to retired lobbyist Mark Smith since 2005.

So, while the couple usually vacations together, Schwartz and Smith split up sometimes.

In Cape Town, South Africa, in 2011, Schwartz went on a 75-mile guided bike ride, while Smith visited the horse-racing track.

"We ended up sharing great stories at the end of the day," says Smith. And they've found that cruises, with their many activity options, are an ideal way to journey together and pursue diverging passions. Even if, for Smith, that often means he reads a book on the deck.

Similarly, for Houston's Julia and Bob Sivia, trips to Santa Fe, New Mexico, or Park City, Utah, with their teenage son usually include mom-and-kid hikes. Bob, who gets altitude sickness, often kicks back at the lodge or meets them afterward for lunch.

"If they're having fun, that's fun for me too," he says. "Or I'll fly fish, which neither of them like. But maybe they'll enjoy the fish I catch later."

Talk it out

Our therapist had us both talk honestly with her about our frustrations and then try discussing them without going into battle.

She had us make "I" statements ("I'd like you to come with me on this trip") as opposed to "you" ones, which she said often turn into accusations. ("You never go where I want to go.")

We also explored whether my "Thailand-or-bust" campaign brought up other things we should work on. Was I being controlling? Did his stubbornness mean he felt I wasn't listening to what he wanted? We resolved to try to look deeper into what was going on before fighting about travel.

"It'd be bad to make your spouse continually just go on vacations or do what you want, say, zip-lining or even going to art museums," Lueck says. "You don't want them to feel de-served, like they're living your life."

Our eventual solution was to book a trip to Argentina, which intrigued us both.

And though he hates horseback riding, Callan went riding with me near the foothills of the Andes and was rewarded with a rare condor sighting. Sports bore me, but I helped my soccer-mad husband buy Boca Juniors soccer gear in Buenos Aires, and we went to see the team's snug "Bombonera" stadium.

The next spring, I went to Thailand and Cambodia with my neighbor and buddy Deepa, and Callan was okay with my spending the money on a solo trip. I think he might even have felt a bit rueful when he saw my Angkor Wat selfies.

Still, he's gunning for his Alaskan vacation, and I'm dreaming of Japan. Think there's a cruise ship that visits both in one trip?



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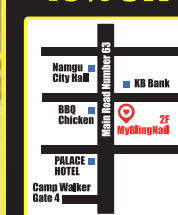
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Stripes Sports Trivia

The Kentucky Derby is famous for the main attraction, big hats and more. A lasting tradition is that the winning horse is led to the winner's circle draped in a garland of what flowers?

Answer

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DID YOU KNOW?

Adoljanchi is a traditional Korean ritual held to celebrate the first birthday of a child. Relatives or friends bring presents for the one-year-old baby and together they celebrate “Dol” which literally means the first birthday of baby.

Hangul of the week

거절
geojeol (refusal)

Language Lesson

No, thanks.

Gwen-chan-a-yo.

Crossword

by Margie E. Burke

ACROSS

- Lasting impression
- Life partner
- Will Smith flick, “_____ Earth”
- Cheer alternative
- Make, as money
- Words to live by
- All atwitter
- Order in the court
- Cuban “line” dance
- Nev. neighbor
- Like some questions
- Moscow landmark
- Puniest pup
- Bird feeder filler
- Skin salve
- Early hit for The Jackson 5
- Passed out cards
- Make last, maybe
- Peggy and Brenda
- Taxpayer’s fear
- Pinochle’s low card
- Betrothal notice
- Natural rope fiber
- Get the picture
- Employ robots
- Campus military org.
- Bob of The Grateful Dead
- Conference site
- Van Gogh’s “Sunflowers”, e.g.
- Cloth for suits
- Permissible
- Marine growth
- ____ Beach, Fla.
- Do penance
- Without ice, at the bar

DOWN

- Pancake serving
- Stogie
- Teenager
- Group in power
- Kitten sound
- Hank who hit 755 home runs
- Field follower
- Intestinal inflammation
- Decorating details
- Bono, to U2
- Watch over
- Sharpness
- Map feature
- Hightailed it
- Wimple wearer
- “I had no ____!”
- Nostalgic number
- Deprive of vital parts
- ____ the wiser
- Hammock holder
- Jessica of “Dark Angel”
- Mr. Bridges
- Salzburg residents
- Mountain demarcation
- Counterbalance
- Metal refinery
- Great deal
- Suffer illness
- Mine-boring tool
- Fit for a king
- Burning bright
- Offer bait
- Refinery waste
- Mambo king Puente
- Graphic symbol
- Little nipper
- Had a bite

Answers to Previous Crossword:

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

SUDOKU

Difficulty: Easy

Edited by Margie E. Burke

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:

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

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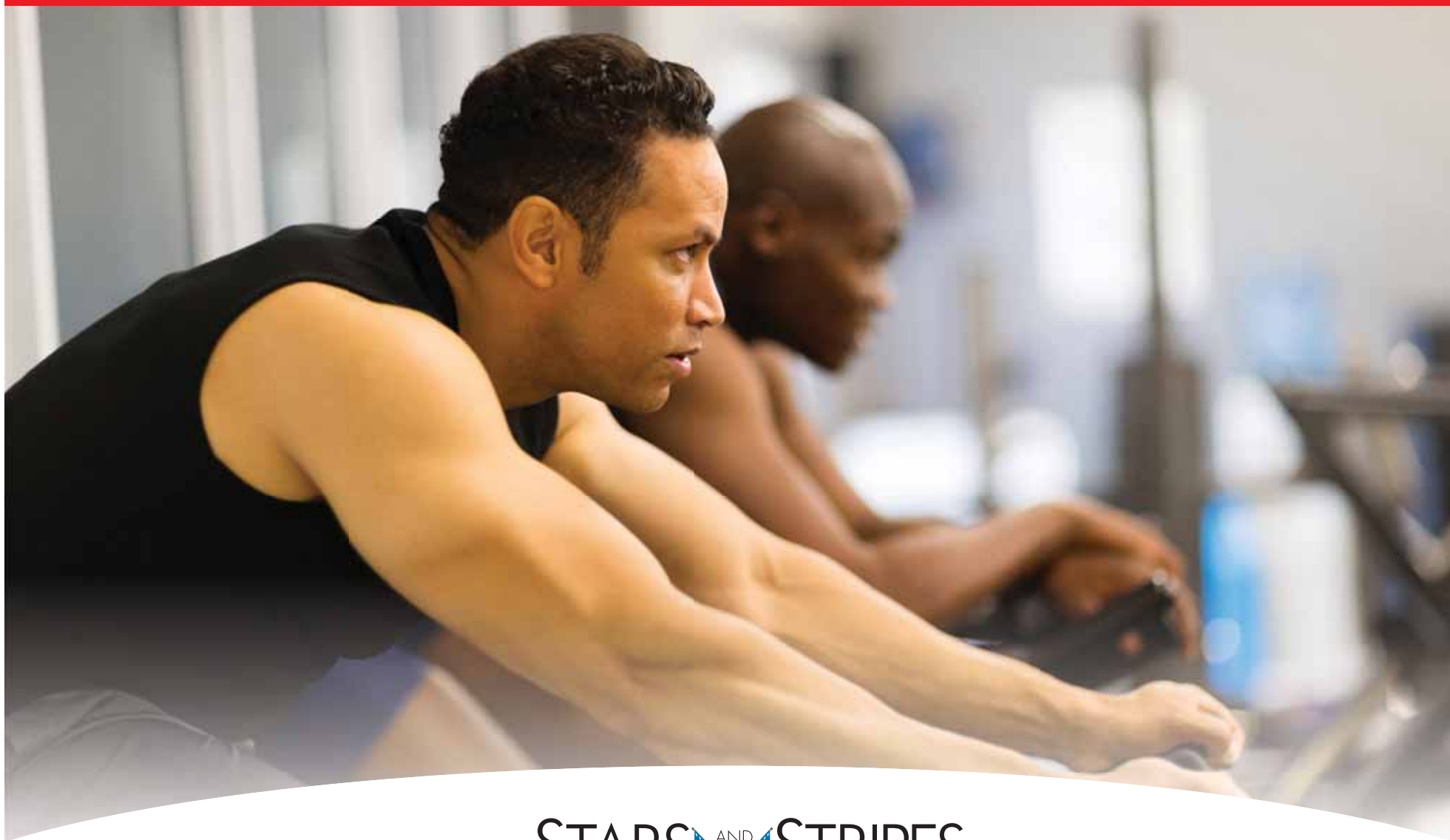
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Korea Healthy Living Guide

- Digital maps help track coronavirus
- Shaping resilient airmen
- K9s For Warriors – Together they stand



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Digital maps help track coronavirus

BY CHIHON KIM,
STRIPES KOREA

As the new coronavirus, or COVID-19, spreads throughout South Korea, various digital maps created by private software developers and even young students are helping those in the country keep track of confirmed cases and where an individual with the virus has traveled.

Wearing a mask in public and washing your hands frequently with soap and water are just two ways the public is trying to avoid the virus. Officials are canceling events and recommending the public stay home if possible. Staying indoors is not always an option, so make sure to take advantage of the useful maps below before you head out.

■ <https://coronamap.site/>

Coronamap features places where confirmed patients have been. They visualize the latest updated info using Korea CDC data plus user-generated markings. This map is color-coded to help track the variances of patients' movements and other locations. Red signifies where a patient has visited less than 24 hours prior. Yellow is where a patient has been for more than 24 hours and less than nine days.

■ <https://coronaita.com>

If you type an address in the search bar, Coronaita will show you the total number of places where patients visited, including places that are currently shut-down within a 3km radius of the address. (KOR only)



Courtesy of <https://coronamap.site>

■ <https://corona-nearby.com> ★★☆☆☆

This site uses GPS to show virus-affected places. Here, users can also get the latest information on which hospitals and health centers are offering testing for coronavirus. This app is a little on the slower side.

■ <https://corona-live.com/>

Corona-live allows you to see updating interactive news articles in real-time, with the latest figures. This website shows all confirmed patients, along with recovered patients and deaths. (ENG/KOR)

■ <https://coronamap.live/>

Coronamap features detailed information

about confirmed patients. You can check the patient's age, sex, and whether the patient has recovered or not. If you enter the address of a specific place, this English-friendly website shows you places where the patient visited within 3, 5, 10 km of the address. This website is temporarily not available due to losing info and updating, but it is worth checking out when it comes back online. (ENG/KOR)

Note: Use these sites as reference, but be aware that information may not always be reflected in real time due to server issues, backlogged information, third-party reporting, etc.

kim.chihon@stripes.com

The Marianas
[Saipan | Tinian | Rota]

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THE MARIANAS

THE MARIANAS - SAIPAN • TINIAN • ROTA

The Marianas are an archipelago of 14 islands - including Saipan, Tinian, and Rota - in the Western Pacific under the U.S. Territory. Latte stone limestone monoliths from the time of the pyramids, traditional nature-based ocean navigation not reliant on modern technology, and a culture seasoned by East and West influences are just a few of the experiences awaiting visitors to The Marianas, where pristine sea, sand, and skies are just three to four hours by plane from major Asian gateway cities. The Marianas are home to indigenous Chamorro and Carolinian people, as well as over 20 different ethnicities from around the world who live and work in this harmonious tropical paradise. For more information on The Marianas, visit www.mymarianas.com, Facebook/[mymarianas](https://www.facebook.com/mymarianas), or Instagram [@themarianas](https://www.instagram.com/themarianas).

Managaha, Saipan

House of Taga, Tinian

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Ingredients, for the Korean dish bibimbap, sit on a counter during a cooking class.

Airmen attend a spinning class at the fitness center.

Shaping resilient airmen

STORY AND PHOTOS BY
SENIOR AIRMAN JESSICA BLAIR,
8TH FIGHTER WING

KUNSAN AIR BASE -

Airmen from the 8th Fighter Wing participated in Airman's Choice Day, a wing resiliency event, Feb. 21.

Airman's Choice Day consisted of more than 30 events, workshops and activities which brought the Wolf Pack together with the intention to promote

the empowerment of airmen and set them up for success when overcoming personal and professional challenges.

"Resilience is like having the right equipment," said Lt. Col. Michael Howard, 8th FW chaplain and event motivational speaker. "When my family lived in Norway, the Scandinavians had an expression: 'There's no

bad weather, only bad equipment.' Life is like the weather, it just throws all kinds of things at you; sunny days, rainy days, fog, sleet and hurricanes, but if you have the right equipment then you can endure."

There was an extensive range of events for airmen to participate in including fitness opportunities, cooking demonstrations,

a civilian workforce reintegration workshop, language classes, and numerous motivational speakers to listen to.

"I think wing resiliency days are important because they give us time to really reflect on what is going on in our lives and evaluate ourselves," said Airman First Class Kyser Clark, 8th Communications Squadron technician.

Janine Sijan-Rozina, Capt. Lance P. Sijan's sister, also visited the base to share her inspiring and motivating message about resiliency, family and

survival. Sijan-Rozina took the opportunity to speak with airmen and share her brother's legacy and courageous story as a Prisoner Of War, and about his extraordinary resilience which posthumously earned him the Medal of Honor.

"Lance's lesson is an extreme example of what the spirit can do to override physical needs," said Rozina. "His extreme and unbelievable persistence to continue to move forward despite his physical challenges is a story of true resiliency."



Col. Tad D. Clark, Chief Master Sgt. Steve C. Cenov and Janine Sijan-Rozina provide Airman's Choice Day opening remarks.



Chief Master Sgt. Aaron Agner, superintendent, teaches resiliency class attendees racquetball basics.

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Janine Sijan-Rozina, Capt. Lance P. Sijan's sister, and 8th Fighter Wing F-16 Fighting Falcon pilots pose for a group photo. Sijan-Rozina visited the Wolf Pack to share her brother's inspiring story about resiliency, survival and his legacy which posthumously earned him the Medal of Honor.



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Courtesy photos

James Rutland, with his service dog Duncan.



Shari Duval, Founder, with her son, Brett Simon, President of K9s For Warriors.

TOGETHER WE STAND

BY SCOTT SMITH,
WWW.CONSUMERSADVOCATE.ORG

MEET JAMES AND DUNKIN

James Rutland is a 12-year Army veteran who served a tour of duty in Iraq in 2004, followed by two more tours in South Korea. He left the military in 2014, suffering from multiple medical conditions related to his service, including mild traumatic brain injury (TBI), sleep apnea, and hearing loss, to name a few.

Most importantly, he suffered from depression and often thought about suicide. Thinking he could do it alone, Rutland tried healing from the trauma on his own. That wasn't working. "If you do what you've always done, you'll get what you always got," says Rutland.

In 2016, Rutland finally rounded the bend of recovery when he was paired with his service dog, Dunkin. "I started focusing on "we instead of "me", says Rutland.

He has a semi-colon tattoo on his right wrist, a known symbol of taking a pause when

thinking about suicide. Unlike a "period" which ends a sentence, the semicolon creates a pause, for the reader, then continues the story. Rutland wears it proudly. "It's a great conversation starter," Rutland says.

He goes on to explain that breathing, family, friends, and the program that gave him Dunkin are what keeps him going.

THE PROGRAM: K9s FOR WARRIORS

K9s For Warriors is a BBB accredited charity organization located in Ponte Vedra, Florida, that has been pairing rescue dogs with traumatized soldiers since 2011. The dogs are trained to be service dogs, specifically performing tasks to quiet the symptoms of war trauma disabilities in soldiers.

"The skillsets our dogs learn help these warriors with anxiety, isolation, depression, and nightmares," says Shari Duval, the founder of K9s For Warriors.

"So, the warriors can function again in public."

Specifically, the dogs are trained to deal with symptoms of Post-traumatic Stress Disorder (PTSD), traumatic brain injury (TBI), or military sexual trauma (MST), as a result of military service on or after 9/11.

Duval started the program after watching her son Brett Simon suffer from PTSD after he returned from Iraq. Simon did two tours, developing PTSD during the first one. Watching her son suffer from the debilitating condition motivated Duval to research alternative treatments to the standard talk therapy and medication, neither of which worked for her son.

"On average, soldiers take 14 meds a day to treat PTSD, TBI, or MST," says Duval. If treatment is not working, she says veterans are prescribed more and more drugs. "I even knew one soldier who was taking 44 meds per day."

After two years of researching alternative PTSD treatments, Duval came upon a program that paired service dogs to alleviate their PTSD symptoms in veterans.

According to Simon, "Mom was the one that suggested I use a service dog to deal with my PTSD when nothing else worked." Duval saw her son's symptoms begin to improve. She then wanted to help other veterans do the same.

Thus, the K9s For Warrior program was born. With her

son's background in training dogs, including 13 years as a canine police officer, Duval convinced Simon to start the nonprofit together.

To date, the program has rescued more than 850 dogs and 440 military service members, with an astounding 99% program success rate.

Based on a recent Purdue study, the organization's mission seems to be making a difference in the

"K9s For Warriors sees it as two battles: fighting the past of the dog and fighting the past of the warrior. We're saving two lives here."

-Brett Simon

lives of warriors.

WHAT IS PTSD?

PTSD is classified as a mental disorder that develops after a person experiences severe trauma as a result of a traumatic event such as warfare, sexual assault, auto accident, or other severely traumatic events. PTSD symptoms are re-experiencing, avoidance, arousal, and negative changes in beliefs and feelings. The disability manifests itself in depression, anxiety, night terrors, and social embarrassment resulting in isolation. Many individuals have initial symptoms while others can worsen, requiring treatment.

According to the Department of Veterans Affairs (VA), it is common to have reactions such as upsetting memories of an event, increased anxiety, or trouble

"What Life Without Dunkin?"

-James Rutland of K9s For Warriors



K9s For Warriors veterans walking with their service dogs.

sleeping after experiencing a traumatic event. If these reactions do not go away or worsen, then the individual may have PTSD.

Along with TBI and MST, PTSD is recognized under the American Veterans Aid (AVA), the Department of Justice through the American Disabilities Act (ADA), and the Veteran's Association of America (VA). The Department of Defense (DoD) is also strongly committed to providing service members and families with access to quality mental health care and resources for all mental health conditions including PTSD.

PILOT STUDY AFFIRMS ANTICIPATED OUTCOME

K9s For Warriors recently partnered with Purdue University College of Veterinary Medicine on a pilot study testing the effectiveness of service dogs as a complementary treatment for military members and veterans who suffer from PTSD. Dr. Maggie O'Haire, assistant professor of human-animal interaction, along with Kerri E. Rodriguez, research assistant, conducted the study and published the findings earlier this year.

The study had a total of 141 participants from the K9s For Warriors' program or individuals on the program's waiting list. Half of the program's participants had service dogs; the other half did not.

The study found that PTSD symptoms were significantly lower in veterans with service dogs, demonstrating that service dogs are associated with lower PTSD symptoms among war veterans. "The initial findings showed lower depression, lower PTSD symptoms, lower levels of anxiety, and lower absenteeism from work due to health issues," says Dr. O'Haire.

Each morning, she measured levels of cortisol - a stress hormone, in each participant; an increase of the hormone in the morning is indicative of a healthy level or curve. We tend to see a rise in cortisol immediately after waking up. "We call it the morning rise", says Dr. O'Haire.

Dr. Anantha Shekhar, Director of Indiana Clinical and Translational Sciences Institute, and professor at Indiana University School of Medicine was the lead researcher on the grant at the university. "Service dogs are a great resource for veterans to modulate their own reactions and to cope better with symptoms of PTSD," says Dr. Shekhar.

Dr. Timothy Hsiao, a Yale graduate, as well as the Program Director of the National Center for Advancing Translational Sciences (NCATS) at the National Institute of Health (NIH) awarded the NCATS award to Dr. O'Haire as a KL2 Scholar under the CTSA Career Development Award.

"This is an innovative approach to a serious medical issue," said Dr. Hsiao. "This study highlights the unique skills that the CTSA Program Hubs and their KL2 Scholars bring to address difficult conditions like PTSD."

Other key findings (in a related study) included a significant reduction in suicidal thoughts, required medication (not suggested by K9s For Warriors), night terrors, and an increase of three to four more hours of sleep per night. That is, in part, due to the fact that the service dogs are trained to wake up the warriors when experiencing night terrors. Purdue University is currently studying this behavior and although it hasn't been substantiated scientifically, it has been reported by K9s For Warriors anecdotally.



Tiffany Baker and service dog, Buddy.

By Bridget Cassidy

*Soldier, take me from this shelter's cage.
Give me back my life. In return, I'll cover your back.
I'll be your canine warrior, your sixth sense.
I'll stand guard into the night and chase the demons away,
the uninvited, cloaked in night sweats and darkness.
I will help you open your cage of solitude
then walk tall by your side into the light of day.
Together, our faith will rise as tall as your soldier's pride.
We are now family in this post-911 world.
Because together, we stand.*



Damian Jungermann, 45, kneels with his service dog Shai, who turns two years old in March.

Dr. O'Haire has been granted additional funding from NIH to perform a large-scale study on the efficacy of service dogs as a complementary treatment of PTSD symptoms in military members and veterans. The study is scheduled to be completed in 2019.

THEY RESCUED EACH OTHER

Her senses were always up, in a constant state of fight or flight, ever since that day in May of 2012. Tiffany Baker,

an Army National Guard soldier, was traveling in a Mine-Resistant Ambush Protected (MRAP) vehicle while stationed in Afghanistan when it hit a 250-pound IED. The bomb was so powerful, it rolled the heavily-enforced vehicle.

Baker sustained major physical injuries, requiring four hip surgeries the next year. She also suffered a traumatic brain injury because of the attack. "I was taking 17 medications between being overseas and then coming back,"

says Baker. She was frequently going to the VA, seeing a counselor, psychiatrists, and psychologists. "They were constantly giving me medications." She was feeling more and more isolated.

In February 2015, Baker medically retired, saying goodbye to her unit, the 1157 Transportation Company. That same year, she met Buddy through K9s For Warriors.

Buddy had been badly abused and neglected by his owner. Before being rescued, he was found tied to a tree without any food or water. "K9s For Warriors is great at pairing the dog with veterans," says Baker. She explains that Buddy always covers her back. He's "got her 6", and he creates a safe barrier between her and other people, allowing her to function in public.

Baker was so taken with Buddy and the K9s For Warriors program that she got involved in supporting the PAWS (Puppies Assisting Wounded Service Members) Act of 2017 that got the VA on board with service dogs helping veterans. The bill directs the VA to carry out a five-year pilot program, providing grant funding to qualifying nonprofits that provide service dogs to military members or veterans who suffer from PTSD after they finalize other traditional treatments.

Baker actually spoke at a press conference in support of the act. "Going into the public was very difficult," says Baker. "I'm always watching over my back."

But Buddy has helped Baker to get back out into the public. Tiffany graduated this past May from Waukesha County Technical College with a degree in business management, and an emphasis in social media marketing. As Baker puts it, she is like every other broken person whose service dog keeps them going. She says, "I need to get out of bed to take care of him."

The two rescued each other.

WARTRAUMA: THE MONSTER IN THE ROOM

Nineteen years at war with a volunteer military has resulted in U.S. soldiers being deployed multiple times more than any other time in modern history.

The DoD reported that between 2000 and September 2017, about 173,000 active-duty service members were diagnosed with PTSD in the military health system, with about 139,000 of those being diagnosed following a deployment of 30 days or more.

According to the DoD, PTSD is treatable, and many service members will recover with appropriate treatment. However, many do not.

Dr. Andrea Roberts, Research Scientist with the T.H. Chan School of Public Health at Harvard University says PTSD is common in civilian life. "Most PTSD goes untreated," says Roberts. "Individuals suffering from PTSD have higher tendencies for cardiovascular disease, high-blood pressure, and autoimmune disease (Lupus)."

Roberts went on to explain there are effective treatments for PTSD, including talk therapy or exposure therapy (where a patient is led through the trauma to understand that the event is part of the past and not in the present). Another treatment is prescription medication on its own or in combination with talk or psychotherapy.

SEE STAND ON PAGE 6



K9s For Warriors Training Program.



Marine and service dog at K9s For Warriors headquarters.



K9s For Warriors headquarters built and donated by Summit Contracting.

STAND: Saving lives

CONTINUED FROM PAGE 5

HOW K9S FOR WARRIORS IS SAVING LIVES

■ Take Me from the Shelter's Cage

According to the American Society for the Prevention of Cruelty to Animals (ASPCA), 670,000 dogs are euthanized each year in the United States. "We take shelter or rescue dogs and turn them into warriors," says Duval. K9s For Warriors rescues dogs from animal shelters across the United States, particularly local ones including the Alachua County Humane Society, Putnam County Shelter, and Lake City County Shelter.

It takes K9s For Warrior six months to train a dog. They train a total of 120 dogs per year. They rescue most breeds except full-bred Pitbulls, Dobermans, Chow Chows, Rottweilers, or Dalmatians due to insurance restrictions or state sanctions. The service dogs have full public access (with papers) but are not emotional support dogs or pets.

Once the dogs are fully trained, they are ready to be paired with their warrior. As Duval says, "When the dog's healthy, the warrior is healthy."

As of March, K9s has rescued 1,175 dogs with 612 dogs becoming service dogs, and the remaining rescues placed for adoption with loving families.

■ I Got Your 6

The K9s For Warriors program trains rescue or shelter dogs to perform four specific tasks: averting panic attacks, waking warriors from nightmares, creating personal space comfort zones in public situations by standing in front of the veteran (barrier) and reminding warriors to take their medications.

Dogs also learn two other commands: brace and cover. Many warriors suffer physical disabilities as well, so the brace

command prepares the dog to assist the warrior with standing, sitting or kneeling. The cover command is used to cover the warrior's back.

Many soldiers with PTSD do not like people coming up from behind them. In the field, soldiers say to one another, "I got your back" or "I got your 6." The cover command does just that. The service dog literally becomes the warrior's sixth sense, by sitting and facing the opposite way the warrior is facing. When someone approaches from behind, the dog wags its tail.

According to Moira Smith of the ASPCA, service animals can also boost the handler's social and emotional life, in addition to providing safety and autonomy in public. "The dog acts as a bridge for social interaction," says Smith. She explains that most Americans can't relate to war experiences, but they are familiar with taking care of a dog as a pet. "It also adds another dimension to their identity."

■ Dogs and Warriors Together: Let the Healing Begin

The three-week program is open to veterans or military members who became disabled while serving in the U.S.

Armed Forces on or after 9/11. The program costs \$27,000 per participant but at no cost to the warrior. If one cannot cover travel costs, K9s pays for travel to and from the facility. To Duval, every military member or veteran who walks through her door is family and is treated with honor and respect. "We bring the warrior home to heal, to a place to regroup, to hit the reset button," says Duval.

To qualify, a warrior must submit an application and have a verified clinical diagnosis of PTSD, TBI, or MST. All applications go through a full vetting process that takes 2-4 weeks to complete. During that time, a trained service dog is identified that matches the applicant's specific situation and needs. The organization stays in constant contact with applicants throughout the entire application process, including after approval or while a warrior is put on the waiting list. The waiting period is currently one year.

If accepted into the program, the warrior must reside at Camp K9, the organization's Florida facility, for three weeks. There is one program per month with 12 warriors in attendance. Warriors arrive on a Sunday and are introduced to their canine warriors within 24 hours. "After that, you go nowhere without your dog," says Simon.



Dr. Maggie O'Haire and Jason Snodgrass of K9s For Warriors.

K9s For Warriors believes their program is unique. In addition to matching warriors with service dogs and providing training, certifications, seminars, legal instruction, and housing, they also offer what Duval calls "wrap-around services." These include lifelong health care and food for the service dogs and ongoing unconditional love and support of the warrior pair.

The program includes grooming, health care, and command classes, among others. Public access classes take warriors out in public with their dogs, to Costco, to the Jacksonville Zoo, to downtown St. Augustine or a restaurant. "They go to places in a high-stress environment to force them to use their dogs," says Simon. At the end of the program, warriors and their dogs go to a local park and practice all the commands. Before graduating, the pairs take a Public Access test regulated by the Assistance Dogs International (ADI).

ADI sets the standards for training guide, hearing, and service dogs. Sheila O'Brien, the President of the North America Chapter, says, "This is a rigorous process, holding organizations to the highest standards." According to O'Brien, the committee was formed (with ADI) nine years ago to look at programs that are placing dogs with vets and persons with PTSD to develop best practices.

She went on to explain that the initial purpose of ADI was to meet the physical needs of veterans. "After speaking with vets, we understood they could handle the physical disabilities, but it was the PTSD that was with them 24/7, and that's where the service dogs provided the most value."

There are now 72 ADI-accredited programs throughout North America with a total of 17,502 service dog teams formed from accredited programs. Each team must be recertified every five years.

Courtesy photos

■ We Are Family

Duval is all about family and serving those she vehemently sees as our nation's greatest asset: our country's military members.

Each month, a new family is formed when a warrior takes his or her first step onto the grounds at Camp K9 in Florida. In addition to meeting their dog and dog trainer, warriors meet the "Housemoms," volunteers who stay in the facility day and night and talk with the warriors about everyday things instead of their military service.

The Housemoms run errands, grocery shop, and take warriors on outings. After graduation, Housemoms continue to stay in touch with the warriors by phone and on social media.

Apart from the Housemoms, K9s For Warriors relies heavily on its volunteers, local businesses, and support from Florida's veteran community. Many of the meals donated to the program come from local restaurants, neighbors, and organizations. Whether it be offering emotional aid to

our veterans or helping with kennel enrichment, K9s is readily available to accept new Volunteer Ambassadors.

At the start, K9s For Warriors operated out of two houses with the dogs in the garages and vets sleeping on couches. "Then our humble beginnings were transformed by Summit Contracting. They believed in our

"It is invisible and causes panic attacks, survivor guilt, anger, etc."

- Brett Simon



Serviceman shaking paw of service dog. Photo courtesy of U.S. Air Force

"The dog doesn't know or care about their diagnoses - they love the handler unconditionally."

- Moira Smith of the ASPCA

program and built us a beautiful 17,000 square foot facility on nine acres. It was the most incredible gift in the world" said Simon.

In 2017, Steve Gold

"Service dogs are prescriptions on four legs."

- Shari Duval

and family, gifted The Gold Family Campus to K9s For Warriors. The campus is a 67-acre property featuring a 9-bedroom and 7-bath house. It is powered by solar panels (worth \$1 million), making the campus energy-independent.

It allows four more veterans to attend each monthly program, bringing the total number of warriors graduating per month to 16. The campus will also function as the primary facility for female military members and veterans.

An additional facility means more space for Duval and Simon to save lives.

The future for K9s For Warriors looks promising as Duval and Simon continue

to fight to save lives, both of soldiers and their canine warriors.

Because together, they stand.

For more information on PTSD treatment options, visit the U.S. Department of Veterans Affairs, PTSD: National Center for PTSD or the DoD, which encourages service members to ask for help by affirming that seeking help is actually a sign of strength.

Co-Author Bridget Cassidy, Associated Editor

Warrior FAQs

K9S FOR WARRIORS

How do I know if I qualify for the program?

K9s For Warriors provides highly trained, accredited Service Dogs for servicemembers who became disabled while serving our country on or after 9/11/01. The disability does not have to be combat related. Applicants must have a verified, clinical diagnosis of PTSD, TBI, or MST to qualify for our program. At this time, K9s For Warriors does not provide Service Dogs to individuals who are legally blind or hearing impaired. We accept applications from all 50 states. Qualifying veterans can apply here.

What is the application process like?

The Warrior Relations department will go through the application, perform a background check and conduct a phone interview with the veteran applicant to learn more about his/her disability(ies), home and work environment, personality, and family. This information allows K9s For Warriors to train and provide the best dog suitable for each warrior's needs. Once accepted into the program, a class date is scheduled. Our team remains in constant communication with veterans on the waitlist to answer any questions, provide emotional support, as well as assist with travel to and from K9s For Warriors.

How long is the training and where is it?

In total, the training program is 21 days long. Warriors come to one of our two residential training facilities in Florida, either Camp K9 in Ponte Vedra, or Gold Family Campus in Gainesville. They stay for the entire time to be fully immersed in the training. While at K9s For Warriors, warriors are

provided housing and meals in addition to their daily training, all at no cost. Our campuses are dry.

Do I get to pick my own dog?

No, you will not be able to choose which dog you are paired with. The pairing process is done by our warrior trainers and dog trainers who consider your personality, activity level, etc. and match you with the dog that will best meet your needs.

If I am accepted, how long will it be before I get my dog?

Once accepted, our waiting period is approximately 16-18 months long, but can change depending on a variety of factors. Our wait list is one of the shorter waiting periods of all similar agencies. If you're ready for a Service Dog, apply now.

I have a dog/puppy that I want trained. Do you do this?

K9s For Warriors does not train owned pets. This is because our dogs must meet very strict breed, height, weight, health & trainability criteria. We have over 60 kennels that house our hand-selected dogs who are formally trained before being paired with a warrior.

What is the cost of the dog and training?

K9s For Warriors is a 501(c)(3) nonprofit and our service comes at no cost to our accepted warriors. The only cost is travel to and from the campus, and we even have outside resources to assist with that.

What documents are required with the application?

We require a letter from your clinician

stating that you have been clinically diagnosed with service-connected PTSD and/or TBI and/or MST. The letter must also state that you are both mentally & physically capable of sustaining our 21-day training regimen. The completed "Mental Health Verification" form must be attached and filled out by your clinician.

We require the completed "Agreement to Support" Form. The veteran must provide names and contact information of two individuals who have

agreed to provide support to the service dog team.

We require the member 4 copy of your DD214 that shows your signature & status of discharge.

We require a full-length photo for identification purposes.

How long is the application process?

Application processing can take anywhere from 1-4 weeks, depending on what documents you have available.

Is my spouse or caregiver permitted to attend training with me?

No, we do not allow visitors or caregivers to attend training with our warriors. We do this to give the warriors a chance to form a relationship with their dog without distraction. Violation of this policy will result in dismissal from the program.

Am I able to bring my personal weapon (firearm) on campus?

Weapons of any kind are NOT permitted on campus.

Will I be able to take my dog into a VA hospital or facility?

Yes.

Apply for one of our Service Dogs at <https://www.k9sforwarriors.org/warrior-application-survey>



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