

STARS AND STRIPES DoD authorized printer
PRINTSHOP
 printshop.stripes.com
 Business cards, flyers,
 invitations and more!
 Contact
 printshop.stripes.com
 042-552-2510 (extension 77315)
 227-7315

STARS AND STRIPES. OKINAWA

Community Publication

VOLUME 14 NO. 15

APRIL 2 – APRIL 8, 2020

FREE

SUBMIT STORIES TO: OKINAWA@STRIPES.COM • STRIPESOKINAWA.COM • FACEBOOK.COM/STRIPESPACIFIC

The Outsider

I am not a military child.
 I live life apart from military bases,
 From uniforms and airplanes and barracks,
 From people, always coming and going,
 Never around long enough to know.
 Gone too long to keep knowing.

I live apart from my country.
 When I return I am not the same.
 I understand the world more,
 Little by little
 And understand them no longer.

I live apart from the country in which I reside,
 A foreigner in familiar lands,
 Lands more familiar than my own.
 I've moved only twice,
 But call nowhere home.

The world is vast.
 At 18, I've seen a lot of it,
 More than I ever thought I would,
 More than most ever can.
 The places I've been,
 The people I've met,
 Friends I've made,
 From everywhere,
 Every way of life,
 I would give everything
 To relive it all with them,
 In lands, far and foreign,
 Rich with history,
 With culture,
 With fun.

Soon, I return to the country I can't call home,
 A new chapter.

I won't forget the friends I've made,
 Each one different, vibrant and extraordinary.
 Each with an impact on my life I can't calculate.
 Maybe they didn't stay long,
 But they stay with me now.

I won't forget the stores,
 The shows,
 The culture
 Of South Korea.
 I won't forget the sparkling waters,
 The food,
 The blue skies,
 the flowers of Okinawa.
 I won't forget the rolling hills of Ireland,
 The architecture of England,
 The boat trip in the Philippines
 Where men leapt into the water
 And pulled out eels for us to pet.

I take it all with me,
 To my home country unfamiliar,
 With a new life to live,
 A lifetime of stories to tell,
 A DODEA kid,
 A child of the world,
 An Outsider.

– Emily Wall,
 12th Grade,
 Kadena High School



– Valerie Carrasco, 6th Grade, Lester Middle School

Dear U.S. Marine Corps,

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

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

when I went through my terrible middle school phase.

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

It's crazy how much time has flown by, I can't even believe it will be

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

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

– Hope Martin,
 12th Grade, Kadena High School

**KIDS, TELL US
 YOUR STORY!**

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

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

STARS AND STRIPES

www.stripes.com

Max D. Lederer Jr.
Publisher

Lt. Col. Richard E. McClintic
Commander

Joshua M Lashbrook
Chief of Staff

Chris Verigan
Engagement Director

Marie Woods
Publishing and Media Design Director

Chris Carlson
Publishing and Media Design Manager

Eric Lee
Advertising and Circulation Manager

Scott Wheeler
Okinawa Area Manager

Kentaro Shimura
Production Manager

Rie Miyoshi
Engagement Manager

Denisse Rauda
Publishing and Media Design Editor

Publishing and Media Design Writers

ChiHon Kim
Shoji Kudaka
Takahiro Takiguchi

Layout Designers

Mamoru Inoue
Yukiyo Oda
Yuko Okazaki
Kayoko Shimoda

Multimedia Consultants

Max Genao Doug Johnson
Brian Jones Jason Lee
Hans Simpson Chae Pang Yi
Gianni Youn Robert Zuckerman

Graphic Designers

Kenichi Ogasawara Yosuke Tsuji

Sales Support

Kazumi Hasegawa Hiromi Isa
Ichiro Katayanagi Yoko Noro
Yusuke Sato Saori Tamanaha
Toshie Yoshimizu

For feedback and inquiries,
contact MemberServices@Stripes.com

To place an ad, call DSN 645-7419
stripesokinawa.com/contact

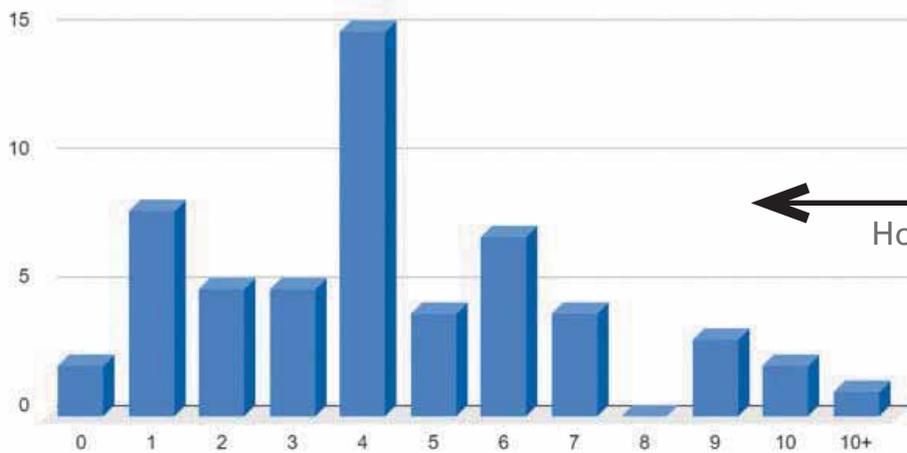
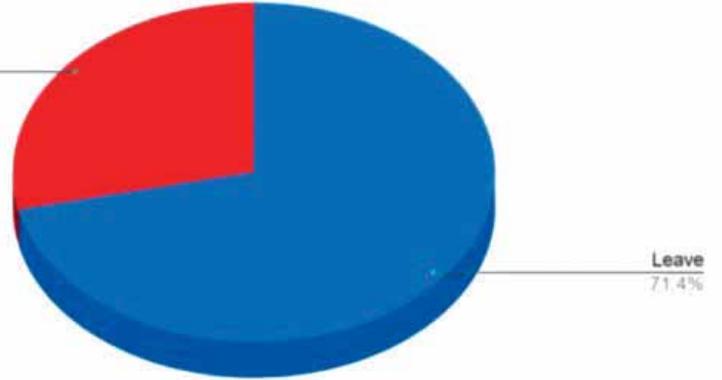
MILITARY CHILD POLL

Kids sound off on family PCS moves

LESTER MIDDLE SCHOOL

Teacher Kendra Migita polled 62 students from Lester Middle School on how they feel about moving as a military child. Here are the results:

When it comes to moving,
is it better to leave or be left?



How many times have you moved?

Drink SOJU! Responsible Drinking!

The World's NO.1 Selling Spirit Brand **JINRO**



SOJU
17.2 Alc.



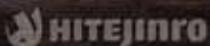
Flavored SOJU
13 Alc.

WHISKY
40 Alc.

WHISKY
40 Alc.

VODKA
40 Alc.

VODKA
40 Alc.



Celebrating Month of the Military Child

Lester Middle School

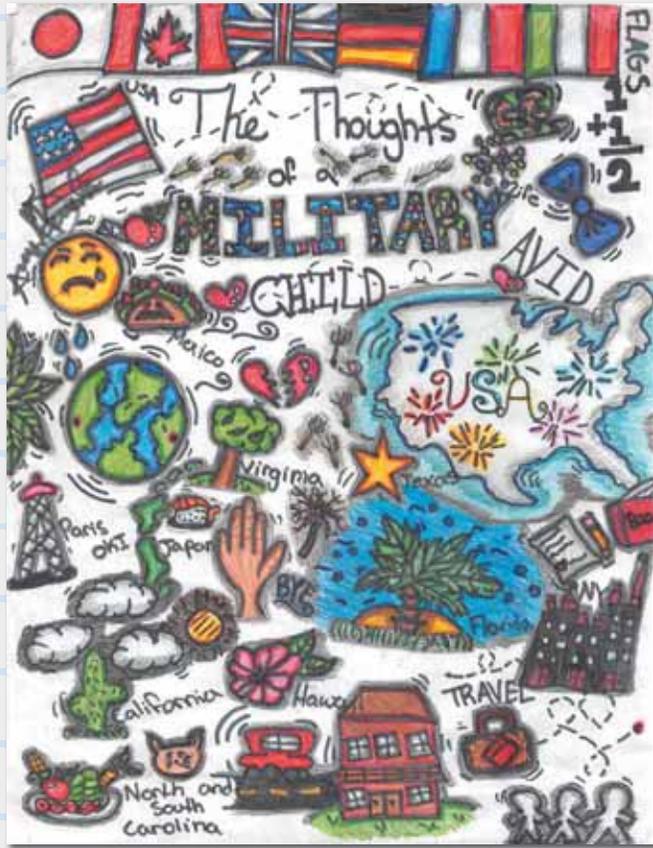
6th Grade
Ms. Burch

Editor's Note: Take a look at these wonderful drawings and words from Ms. Burch's talented students. Awesome job, kids!

Military children travel around the globe they never know where they'll go . It's a sad moment when you have to say "bye bye bro" on to the airplane to the unknown on to the airplane to the unknown We miss our friends and sob but hopefully stay in contact with them when we go. Every Now and the we have to say goodbye and so about three years until we say "bye bye"
- Luke Arocha

Moving Child
By: Genesis Mendoza
I'll admit being a military child is not easy. We deal with having to say good bye at young ages. Leaving strong bonds and good people is all part of it. It's not all bad though. You may leave old friends behind, but you can make new ones wherever you go. You also get to go to new places, if you like food, going to new places is an opportunity for you to try new food. So being a military child has it's pros and cons. All in all being a moving child means your life is always full of good people and friends, as well as adventure. Proud to be military!

- Genesis Mendoza.psd



- Angelita Hernandez



- Chloe Cadang



- Alexander Kube.psd



- Breanna Esparza.psd

Lydia Johnson
Oh, the dreaded year approaches fast I think of all I leave at last. Moving season was never quite fun, for now I walk in the blinding sun.
We make our way to three thousand feet for most of our days. Then we touch down on the grounds where our new island home welcomes us. As we expect to move, we are overwhelmed by a new world.

- Lydia Johnson



- Gabriel Martinez.psd

See more from Ms. Burch's class on Page 4

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



Just 15 Minutes from USAG Humphreys, Korea
GRAND HOTEL PYEONGTAEK LAKE

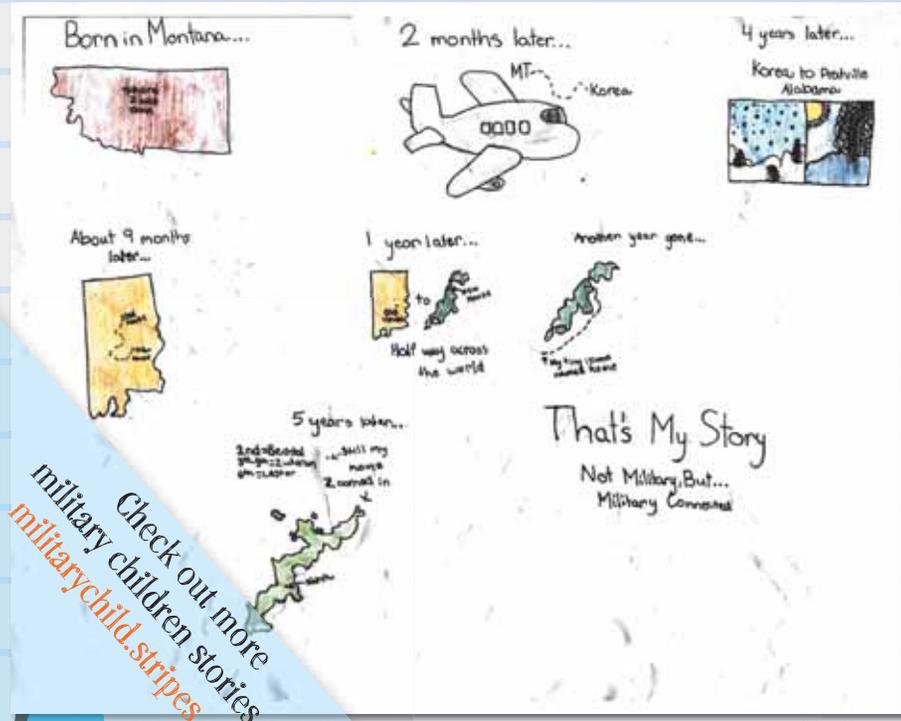
Reservation : 82-31-683-8899 thegrandhotelptl@gmail.com

Facebook : www.facebook.com/thegrandhotelptl

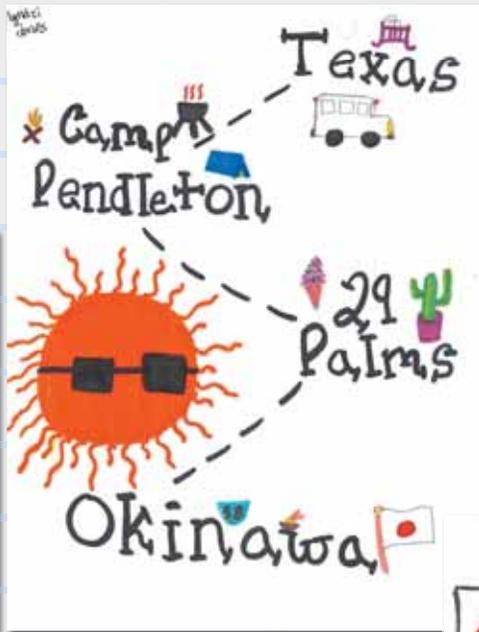
- Free Shuttle
- Sky Lounge
- Pet Friendly
- Parties & Seminars

Celebrating Month of the Military Child Lester Middle School

6th Grade
Ms. Burch



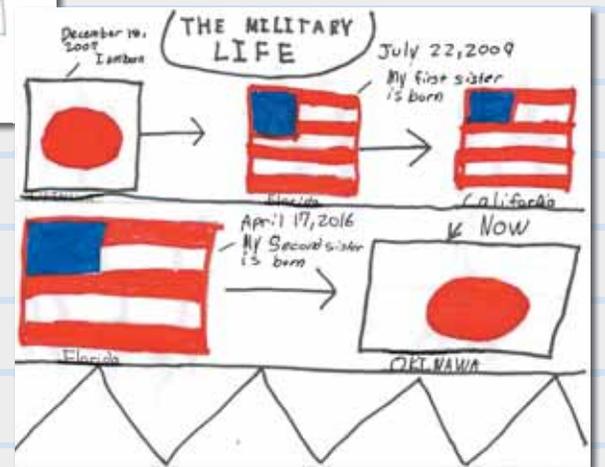
- Mia Perez



- Lyndzi Jones



- Miranda Norwood



- Yoshinosuke Esparza

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

Celebrating Month of the Military Child

1st grade

Sullivans Elementary School

Editor's Note: Mr. Cox is extremely proud of his group of talented 1st-graders. Folks, take a look at their wonderful drawings and words!



Sophia



Gabriel



Alexa



Nola



Neyah



Kahlene



Braedon



Ryu

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

Celebrating Month of the Military Child Lester Middle School

Ms. Migita

Editor's Note: Every year Kendra Migita's students enlighten us with their prose. This year is no exception. Take a look at what they have to say.

A Great Adventure

Moving is a big part of the great adventure of being a military child. I have lived in San Diego for three years and now I live in Okinawa, Japan. Moving is a great way to experience new things and meet new people. When I moved I thought I would make no friends. I also missed my old friends but it turned out I made a lot of new ones. A fun fact about Military children is we have our own flower. It's a Dandelion because it represents "the plant puts down roots almost anywhere, and it's almost impossible to destroy." Our color is purple. We wear it to show support and thank the Military youth for their strength and sacrifices. Being a Military child is a great respect to have and I'm proud to be a Military Child.

- Cinnamon Escamilla

The joy of getting you toys
They are good, exciting, and overwhelming
As you capture the sight of everything you own
Then the sight of it all in your new house
And the sight of all your favorite toys
You will never forget that one feeling
The Joy of getting your toys
- Collin Graniero

I think moving is a part of life. I have to pack, live, pack again, and then leave. Then the whole process starts all over again. Everyone I meet, I'll probably never see again. I have to make new friends, start a new system, and make things seem like they're normal when they aren't. Everything and everyone around me is different. There are different customs and traditions I have to get used to, like when Japanese people take their shoes off in specific places. I just end up in a world of confusion from what everyone is used to.



I think moving is different for everyone. Some people have to be left, while others are the ones that leave, but I think in the end, everything gets better. For example, I get to meet people I've never met before, see more places like Japan and Spain, and even try new food like sushi.

When I move I feel that I can see the world through the eyes of many different people. I can live like how other people live and enjoy their customs. To me, moving is a gift, and I am so glad to be a military child.

- Eiva Maizano

Being a military child is not as bad as it sounds. I know that there are a lot of stories of people who don't quite fit into groups when they move. And I know that some of these stories are true and others are made up because of the military child stereotype and people feel bad. But there is one thing that I don't like about being a military child is that everybody treats you like that stereotype like "Oh you poor little thing you must be so upset that you left your friends behind and I feel so bad for you" And all I can think is "person Excuse me but my life is amazing I get to travel the world with my parents and they serve the united states of america the greatest country in the world. My parents get paid enough to feed me and buy a house. I am anything but sad I am proud. I am proud my Dad defends my country OUR country. And yes I am sad about leaving my friends but I can always call them or text them so they are never truly gone. And so I don't think that being a military child is that bad.

- Jedidiah Goebel

I am a military kid because my dad is in the military. Being a military child is difficult, because I need to move around many times and meet new friends. The excellent thing about moving around is that I can go to new places and learn about new cultures such as in Japan. I needed to get used to eating different foods but they were delicious. The rough thing about moving around is that I need to meet new friends and leave my other friends behind. My experience about moving every 3 years is difficult because I need to learn the other peoples culture and adapt to their culture. I don't really want to move around because I would need to get used to the environment all over again. Another good thing about moving is I get to meet heaps of new people. Since my dad is in the military I am a military kid and sometimes he has to go on trips to other places since he is a food service officer. He has to check the water to make sure it is potable, which means to check if it is okay to drink. My dad goes there for 3-4 weeks sometimes and it is difficult without him being at our house. It is stressful moving because I would need to get ready to move 6 months ahead. It is stressful being a military child because I have moved around many times. As a military child, I know what it feels to move around many times and need to meet new friends and learn new cultures that I haven't ever learned before.

- Mina Hyatt



Think

Have you ever seen a military child's reaction when asking them "Where are you from?" I'm going to tell you about what most military children have to go through when being asked that question. Military kids are always on the move, so when being asked that question, it is difficult for them to answer. They travel around the world to many different places that they may not want to go to. I, who have experience, understands how they feel because I too am a military child. But we military children have quite a few stories to tell about our adventures in the outside world. We take pride in your adventures that you had. We have more protection while we are moving around. We can make more friends while we are away from you other friends. But remember that we still need to be careful. We can still be kidnapped, poisoned or, made sick with a virus. In places, certain people don't like the military and cause riots.

- Israel Alvarez-Giron

As I look to my window,
I see a world full of hate.
I see no smile
Nor a laugh
I only see black
I pick up my stuff
For today I leave
To go across the world
Do I see a point to go?
No. I see no point to go.
I'll just have to pick up again
And leave my life behind.
- Rebekah Roundy

See more from Ms. Migita's class on Page 6

How to Leave and Make Friends when Everybody PCS

PCSing can be very difficult for many children such as myself. Most military children have to leave their friends and when they get to their new school, they are isolated from all the other kids. When military students leave their friends, they should find a way to contact them or they can say "Hope we meet again." If the child does find a way to contact them, he or she can request for support and comfort. Of course, they should probably ask their parents for support first. Trying to make friends at a new school can be hard. What the child can do is include themselves in different activities such as signing up for clubs, sports, and etcetera. PCSing is hard, but the most can someone can do is seek support.

- Matthew Ian Delacruz



Say bye to old friends
And hello to new ones met
This life feels like it never ends
Yes, we all get upset
But our life is the best
We don't have a true home
Each place is a new quest
Everywhere we roam
Is new and better than the last
Sometimes the new place moves slow
But other times it moves fast
But where ever we are we know
This is the life we live
And we wouldn't trade it for the world
- Peyton Steele

I am not a military child, but my friends are and here is what I see. Being a military child seems to be rough, but according to my friends and the people around me, there's wonders and impressive experiences. In my opinion, I think that being a military child and also the parents in the military have a hard time getting used to the environment after moving to a different place and before moving too. What is it like to live in a military community? There is enjoyment and sadness and depression too when your best friend goes somewhere that is far away and sometimes there's no chances to keep in touch. In my whole life, I have been the one who is left out because my friends were moving away. I always felt extremely the first thing I do is to talk to an adult to help me and understand me and feel a little better. Then I reset my mind to finding new friends and also help other new students to the school and make new friends, so it's not only the moving kids that need to make new friends but the left friends need to too. It's not the people that leave are having problems but the people left are having problems too.

- Tiffany Ferguson

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

Celebrating Month of the Military Child Lester Middle School

Ms. Migita

Military Kid

Hi, my name is Nevaeh Gilbert and I am not a military kid. I am totally the opposite. My mom is a teacher so we mostly stay in one place for three years or more before we move. I am the kid that is on the other end when a Military Child leaves. I am the one who gets left behind. Sometimes my mom and I don't even try to meet people that are in the military because we know that we are going to see them eventually leave. This is why my mom says to make friends that have a teacher parent because we know they will be around for a longer time. Whenever we have these activities at school to write about your experience as a military kid and have a chance of getting your work in the newspaper I feel this does not include me. The whole activity is about military kids but the other people in that class might have a teacher parent or their parent is a civilian. Most people focus on the kids who have to move many times. I am not saying that is a bad thing but I think we should also know the people that get left behind. It is just as hard to leave as it is to get left behind. That is all I want to say thank you for taking your time to read what I have to say.



- Nevaeh Gilbert

My dad puts on his military uniform
He puts on his fighting boots
He puts on his dog tags
He puts on his combat hat
He finishes packing his marine bag

Then we all say our final goodbyes
We are all sad but it's part of his job as a Marine
In the end I may not wear a uniform
But I still serve as a military child.

Everyday I would put on clothes and eat breakfast
And get on my backpack and go to school
Just like I do with my dad.
It's my job to help my mom with keeping our
House clean and spotless just like we would do
With our dad there.

- Jonah Preston



We are everywhere
We shed tears
We say goodbye
We're gone for years
Across the skies
We are everywhere

We make a friend
It is all a process
until the end
We will bless
We do the same thing over again
Don't want it to end
We are everywhere

- Dominic Zagone

Leaving

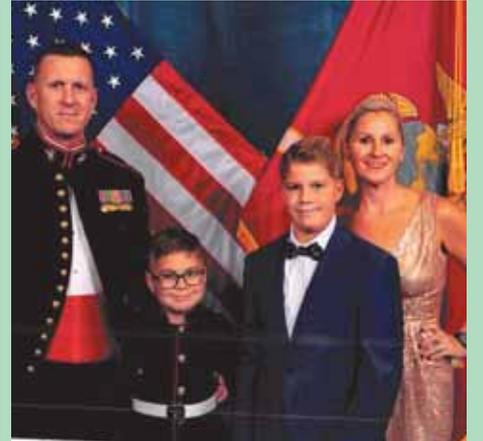
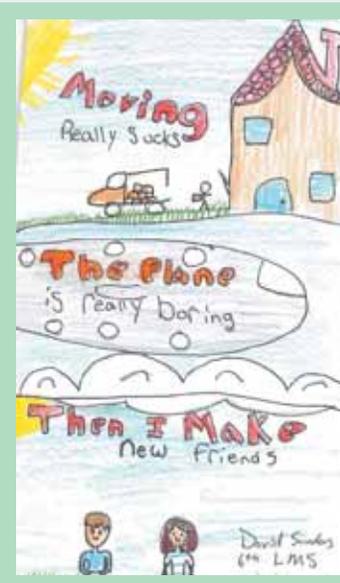
We move from place to place meeting new people, leaving other people. For every lost there is a gain for every gain there is a lost. When we drive, I feel the rushing wind on my face it's chilly-cold. We drive my dad to the airport and say farewell. We see the airplane go bye. After six months go by, we will see him. I miss him already it feels like a year, then he comes back home. We missed him, but now he is back. An the cyle repeats. We move, people leave, dad leaves, dad comes back, and the cycle repeats. We move, people leave, dad leaves, dad comes back, and the cycle repeats...

- Nicholas Stahler

Being a military child is hard but it's worth it when you look around and see how great your life is. When it comes to bills like water, and electricity, as well as medical expenses your parents don't have to pay for it which ultimately means that you get more items or things you would like to have. And this overall takes anxiety off your parents while nine times out of ten if none of your parents were in the military there would most likely be lots of more stress in your house simply because some expenses aren't covered by the military, therefore, causing stress and while stress is doing its job it causes arguments and arguments cause divorces. It's kind of like an algorithm. Military family = less rate of divorce While on the other hand, Ordinary family + stress ie argument= high rate of divorce. My point is that we should be grateful for what we have and for the rates of unfortunate things are simply lower.



- Jaden Love



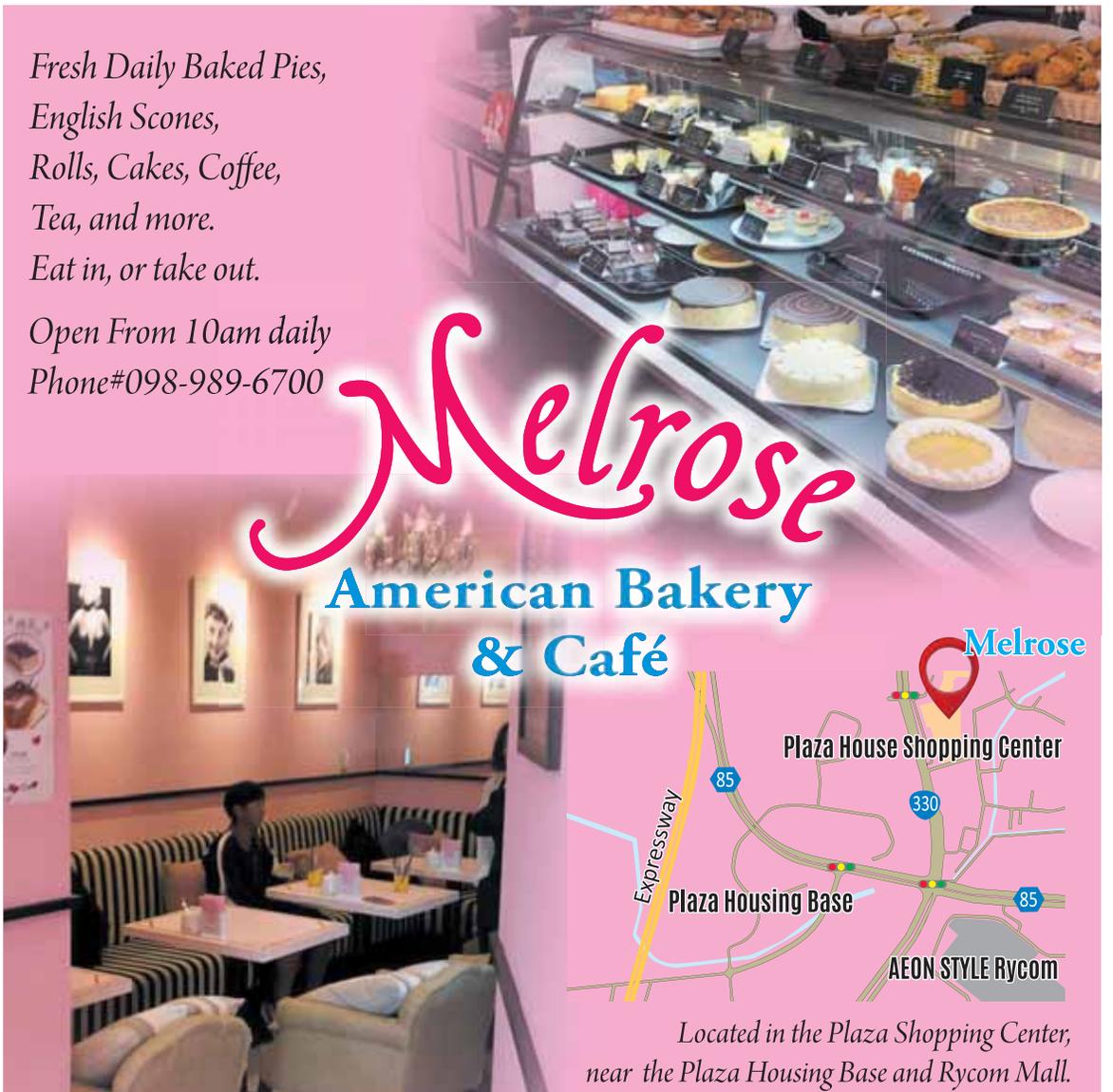
- David Sanders

Fresh Daily Baked Pies,
English Scones,
Rolls, Cakes, Coffee,
Tea, and more.
Eat in, or take out.

Open From 10am daily
Phone#098-989-6700

Melrose

American Bakery & Café



Located in the Plaza Shopping Center,
near the Plaza Housing Base and Rycom Mall.



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.

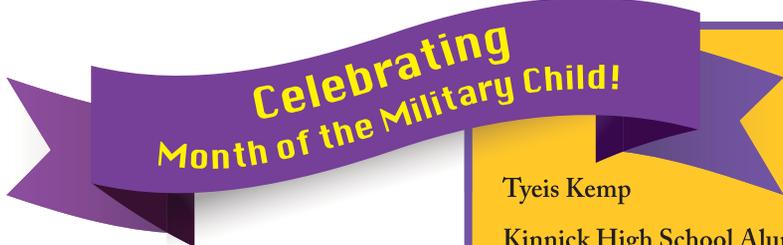
Lakeland University Japan has all the US Military Educational Benefits Available.

(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



LUJ.LAKELAND.EDU

**LAKELAND UNIVERSITY
JAPAN CAMPUS**
5-7-12 Shinjuku, Shinjuku-ku, Tokyo 160-0022
EMAIL: 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.

Yokota Middle School

Mr. Whipple

7th Grade

Celebrating Month of the Military Child

Editor's Note: Matt Whipple's students have a lot to say. So, sit down and give their short stories a read. Kids, thanks for sharing your thoughts!

“It is an honor to be a military child because I know that my parents who are in the U.S ARMY are helping this country to help make this a better place,” Aneshka Malave says with pride. I also try to help this place by being respectful, asking how I can help, having a smile every day and saying good morning because that can make someone's day. There was this one time in Germany, K-town there was this teacher and she was tall with black hair and big glasses. She was always mad like a gorilla, but when I smile and said good morning, she would smile, and her smile was as bright as the sun. I'm also very grateful because I have a roof top under my head and great food, which many kids don't have so, I hope that those kids get the privilege to have and do the things I'm able to do. That's one reason why I'm so grateful to be a military child. I love going to places too like France, Germany and much more. I want to say thanks to all those soldiers who sacrifice their lives every day and in other ways. So, I'm proud to say and call myself a military child.

- Aneshka Malave

While back in time, I lived in a beautiful, big house in Belleville, Illinois. This house had everything! Its walls were a dark, deep gray and the front windows overlooked the lush garden in the front of the house. The backyard was large and bright green during the summer from soft grass. One day, in this house, my family and I were going to eat dinner, an assortment of Japanese food. We normally did not have Japanese food, but that was what my mom brought home that day. Mom, who was tall, loving, and had blondish - brown hair, started taking all the food in styrofoam boxes out. All my siblings' eyes as well as mine lit up. There was dumplings, noodles, sushi, and eggrolls galore. The thing was, all the chairs had their specified owners except one empty one who's owner was not there. Its owner was my dad. He was away on a trip soon to figure out where we were moving in the summer. Terra, my older sister with brown curly hair, dove into the food first, ignoring the empty chair. She has always been the one who craves the taste of Japanese culture right on her tongue. About halfway through the meal, our bellies about to explode from so much food, my mom called my dad so we could talk to him. The phone rang three times. Ring! Ring! Ring! Finally I heard the voice I had missed for

so long. It was my dad's voice, calm, soothing, and kind. I was listening intently when suddenly my ears picked up, “We're moving to Japan!” My jaw dropped. I felt like I was falling down a waterfall as fast as the speed of light, the cold water splashing my face, and my belly feeling filled with excitement. I knew that life had hit its excitement peak and there were going to be many adventures to come. Being a military child had never been better.

- Brisa Mills

It's sort of ok. My family and I have to move every 3 years, which is the exact time as soon as I get settled in. But then I get to travel to new places like California, Japan, Guam, and Germany. Also there are bonuses like free dental care, slightly reduced taxes and no hospital bills. And when you say, “Oh, no I can't pay for these overly expensive reading glasses!”. Guess what? Free eye wear, too! And also there are bonuses for living on a military base like free heating, no electric bills, free running water, free base housing, and every time something breaks, the base mechanics come and fix it (eventually). But then there are downsides to living on base such as, no airsoft, the base police are really “jumpy”, you have to bring your military ID everywhere to do anything, and the fruit is horrible overseas. Then again, we are totally safe (I think). That is my experience of a military lifestyle.

- Nate Frazee

For me, living in Hawaii was if living in a good dream. My parents, sister, and I equally loved Hawaii. From the food to the culture, it was if my family hit the jackpot. Hawaii was the best for me, and in the time there, we as a family made many good memories. But, in the military, as time goes by, you, too, must go. Like the seeds of a dandelion, we must plant ourselves somewhere new. As for me only being seven, I just thought it was an extended vacation. “Muscat, Oman” were the words the pilot said when we landed. We then went to our house, knowing that this was a new beginning. A new hello.

- Maui Marquez

My family and I lived in Japan, and being a military child isn't that bad. My name is Jai Fitzgerald Bailey and I was born in Yokosuka, Japan, and then 4 years later we moved to Yokota, Japan. When my family and I were packing, my sisters were sad because they had to leave their friends, but I wasn't sad because I didn't have any friends because I didn't care about making any friends because

I had my dog. Then My parents said “we're not taking Sierra with us” and I was sad. I ask “why do we have to leave her I don't want to leave her” my mom said “Because I don't think we can take dogs to Yokota” I said “WHY” my mom said “Because I said so” so then we left our dog in Yokosuka. The first day of my new school I made my one best friend named Kenzi. I would always ask my mom saying “Hey mom, can Kenzi come over to play” my mom would say yes or no. Then in 2nd grade Kenzi moved and I was very sad because there was nothing I could do and it felt like my heart was going to fall out of my body. Being a military child isn't bad but, when your friend is and had to leave it is sad.

- Jai Fitzgerald Bailey

When my mom told me that “We're going to move to Tokyo,” I was surprised. Back then, my family and I had been living in Aomori, Misawa for around four years. Misawa was WAY different from Tokyo. Afterall, it was not a large city. I don't even remember it having a mall. In winter, pure white snow would cover everything like a blanket, and it would be hard to get around places in Misawa. I had heard about Tokyo, and downtown Tokyo, about how there were LOTS of people there, and that there were tall buildings that looked like it reached the sky, that I have probably never seen before. I was excited. On the other hand, though, there were some tough changes for me. Until moving here, I had gone to Japanese speaking schools; Japanese kindergarten, and Elementary school up until around half of second grade. I was told that I would be going to an English speaking school after moving, so I started getting a bit anxious in the pit of my stomach. On my last day of school, I said goodbye to the friends and teachers that I met there, it was sad, and upsetting. It was also my first time moving, where I actually knew what was happening. That day was a good day with the sun shining into the windows of the car. I remember my mom, again, telling me about Yokota Air Base, she told me “The base that we're moving to is a place where there is a cross road, “ and that got me even more excited. The trip on the road took my family and I about 2 days, stopping at a hotel in between. As we got closer, there began to be more cars, and a little more buildings. Moving here, Yokota Air Base was a big change for me, but also really exciting!!

- Aoi Brinker

The first time I moved I was in Elpaso, Texas. I was living in El Paso for my whole

life, but I moved to Japan. My mom told my siblings and I that we were moving to Japan and when she did, I felt like my heart skip 3 beats. I've never thought that I'd move to Japan. But when I did it wasn't as bad as I'd thought it would be, but I've been to many other places like Guam, Germany and Hawaii, so I was used to going places out of state for my mom's job. I really find it interesting being a military child. Living in a lot of places or going to a lot of places is pretty cool because I get to experience what it's like to travel a lot.

- Leanna Flores

I feel like being a military-connected child is hard. I remember my mom and dad picking my brother Paul and I up from school. My parents took all of us to a frozen yogurt shop called Yo-Tea-Go. My mother said “How would you guys feel about moving to Japan?” at first I thought she was joking. Then I realized she was serious, my heart stopped. I had never moved before let alone overseas. My brother and I both agreed that we would be fine with it. After we moved I was very sad I had lived my whole life in Clovis New Mexico, that's what I called home. I was also sad because I had left all my friends which were the people I grew up with. One hard thing about moving to Japan was the culture shock. Nobody in my family knew what to expect and no one spoke Japanese. After a while though we grew used to living here in Japan. I still miss my friends and New Mexico but I'm glad we moved to Japan.

- Jessica Franks

There was a time in 2017 when my dad had told me, “Hey, kiddo, I have to tell you something”. At this point I already knew something crazy was about to go down. We went outside and sat on the porch and he told me that we were moving to Japan. My mind was filled with so many thoughts, I didn't know whether to be sad, mad, happy, thrilled or scared. That day, I went into my room and thought to myself, “All the friends and places and people I've met are gonna be gone.” I felt like I could cry water bags. Two months later were packing up ready to leave. The day felt gloomy, the sun was gone, clouds filled the sky, no one outside, not even the kids that usually play in their lawn. It was a sad day. We went to the airport and got on the plane and all I can see is the place I felt welcomed, secure. But most of all, Loved. Being a military child isn't the best, but it prepares me in life to adapt to my changes and to always be ready.

- Antonio McCraven

Being a military-connected child is like being a leaf in the wind. With constant factors blowing you this way and that, you never stay in one place for long. Though it can be sad to

have to leave friends and places that you have grown to call home, being a military-connected child is also a very unique and interesting experience. Living here in Japan has been an awesome experience for me. I've gotten to try new foods like Okonomiyaki and Udon, and visit cool places like Mt. Fuji and Kyoto. However, when I start to feel homesick, I can always go back to Yokota Air Base. The base isn't a complete replica of the States with its plain brown roofs, bland peach walls, and a massive runway not even a mile from your house! But it's close enough so that you don't feel too sad every time you move. When my family and I first arrived I remember my surprise when I realized, “Mom, they're driving on the wrong side of the road!” We experienced much more culture shock in our first few weeks but after three and a half years here, I've gotten used enough to it to call it home. Being a military-connected child has been an amazing experience for me and I'm going to make the most of it before I move on.

- Frank Petty

I was at my friend Keke's house when my Mom and Dad said, “We're moving sometime in September 2020.” I was so sad, I felt like my life was ruined. My friend was devastated when she heard this. I didn't know what to do. “No you're not.” said Keke. “Keke, I am moving, I have been here since I was 5,” I said sadly. When you're a military connected child you move from place to place. Moving makes me sad, but I know I'll make new friends.

- Carrera Schmidt-Webb

To be a military-connected child is the best because I get to see all different places like Germany. In Germany they had a big pool with the best water slide. Also, the pool had two diving boards, one of them was tall and the other one was short. I would go on the tall diving board like a thousand times. And one time I went on the tall diving board one too many times and then my head started ringing close to my ear, but I kept go on the tall diving board until I had to go home. And in the car, I said, “Mommy, my ear hurts.” My mom said, “What did you do?” I said, “I think I hurt my head on wail on the diving board”. So, then we went to the doctor a week later and the doctor said “No more diving boards for six more weeks because my ear drum exploded. So, I was sad for six weeks because I didn't get to go on the diving boards. But at least I can still swim, so I could still go on the big yellow slide. So, I went on that a lot and nothing happened.

- Ethan Shields

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

Amelia Earhart Intermediate School

3rd grade

My name is Emmalyn Ayim and I live in Okinawa, Japan. I moved here when I was 6 years old. My mom is a teacher and my dad is in the military. I live in Okinawa City. Here is some advice that I have for other kids like me.

First of all, when you are bullied you should tell them to stop. Then ask a friend you can trust for help. Last you should let a teacher know that there is a bully bullying you.

Second, Be yourself. Be confident. Be a good student. Be kind to others.

Lastly, Never be afraid of trying new things. I'm saying this because if you practice you will get better. I know being a military child is hard. But you need to try your hardest.

For more advice, Go to a counselor, a family member or a trusted adult or your friend for help.

- Emmalyn Ayim

Editor's Note:
Jennifer Honnold
has some talented
youngsters in her
class. Take a look at
what they have to say!

My name is Grace and I live in Okinawa, Japan. I moved here when I was 4-2years old. My mom is a House wife and my dad is in the military. I live in Awase. Here is some advice that I have for other kids like me.

First of all, it's alright even if you move you can make new friends.

Second, when you move, ignore your inner critic.

Lastly, let it all out.

For more advice, talk to people.

- Grace

My name is Christian and I live in Okinawa, Japan. I moved here when I was 8 years old. My mom is a substitute and my dad is in the Air Force. I live on Kadena Air Base. Here is some advice that I have for other kids like me.

If you are moving to a new country, try to learn that language and try to be friendly to a person that has a different culture than you and also try to find what they are interested in and maybe you and that person might have the same interest?

Be yourself. Don't try to act different and if you act the same you might have a friend that is just like you. If you act the same. Also, if you are scared of moving don't be scared because you get to make new friends and get to go places you have never been. when you see a bully just ignore them because if you ignore them they will probably stop bullying you.

Lastly, If you move away from a friend keep in touch so you can still remember them, and also when you move you usually make lots of friends. Maybe if a new kid moves to your school and they are scared try to help them out and if you are probably the first to help them out you might become really good friends?

For more advice, go ask your MFLAC because they move to a lot of places. Ask your parents they will have lots of advice and that all I have for you.

- Christian Mendez

My name is Makayla and I live in Okinawa, Japan. I moved here when I was 4, 5 or 6 years old. My mom works at the hospital and my dad is in the military. I live at Kadena Air Base. Here is some advice that I have for other kids like me.

First of all, you should stand up for people who get bullied. If anyone is mean to you or others, you can ask them to be a little kinder. If they are kind of mean, you can tell a parent or a friend.

Second, if someone is bullying you, you can tell a teacher, a parent, or a friend. If they don't respond you can tell someone else. If you don't have someone at home and you have someone close to you, that would be your opportunity!!!

Lastly, try your best to be yourself. What I mean is try to not act like other people. If you do for a while to your friends and your friends think that person is a bully, your friends won't like you that much.

For more advice, you can ask your parents, your MFLACs, or principles. A MFLAC is a good choice because their whole job is to work with the military children. If you are having difficulties, you should ask them!

I hope you have learned a lesson!

- Makayla Stemick

My name is Eizen and I live in Okinawa, Japan. I moved here when I was 6 years old. My mom watches my baby sister at home and my dad is in the military. I live on Kadena Air Base. Here is some advice that I have for other kids like me.

If a friend is moving away, you can call and text each other to stay in contact or look at photos you took together. You can

also mail each other stuff. Ask them their information before they leave. Crying will help you get your emotions out. You have TONS of other friends, so don't scream if you visit them.

If one of your parents are deployed or live far away, you can remember the best times with them and stay in contact. Call each other every day. Send them photos and look at old memories. But also, if they're gone, think of the good possibilities. YOU CAN SLEEP WITH YOUR MOM OR DAD! No dark can overcome you now!

If you are new to a school, you should ask people their name and spend time with them for the rest of the school day. Walk home together and take a selfie! Tell them about your old home and what you did.

For more advice, ask other military children. Ask their parents. Ask your parents and your siblings. Remember, your teachers, principles, and counselors are there too!

- Eizen Tagama

My name is Jaxon and I live in Okinawa, Japan. I moved here when I was seven years old. My mom is a and my dad is a firefighter. I live in Kadena AirBase. Here is some advice that I have for other kids like me.

First of all, You can make friends if you get used to the time you get up. You will be friendly to others for other people to like you. As you progress, people will get used to you and will like to be friends with you.

Second, Don't be afraid to walk into the wrong classroom, it's what sometimes that people do it's normal and don't be afraid.

Lastly, duck your head and look around observe the perimeter. It's the way you will find out what's happening in your perspective.

For more advice, Ask your students for what they have been through. They might have been through the same thing but don't ask new students.

- Jaxon Belcher

My name is Camryn Cominski and I live in Okinawa, Japan. I moved here when I was two years old. My mom is the Lester Middle School counselor and my dad fixes computers at Lester Middle School. I live in Chatan, Okinawa, Japan. Here is some advice that I have for other kids like me.

First of all, if your friend is moving away, ask them for their email. Then you will be able to talk to them over email. Before you let your friend go make sure they know how much you are going to miss them. Make them a card. But if that's too hard just give a big hug the last time you see them. If you need to, it is always ok to cry! If you know your friend is moving away don't act like it is the end of the world, make new friends! Even if it is hard, in the end it is totally worth it.

Second, if you are switching schools, try to be positive. Don't let it ruin the rest of your day. Try to make the best out of your new school. Make some new friends, the more the merrier. It can be hard adjusting to your new school, but if you really try to make the most out of it, you will feel so much better.

Lastly, talk to somebody if you are upset or feeling stressed. It makes you feel worse if you don't tell people how you feel. If you think about it, when something happens it can be stressful. But if you don't talk about it, where does all that stress go? When I think about it, I think about it like Santa's toy sack. If he is putting too much stuff in it, the bag overflows or explodes. Then all the presents fall out of his sleigh and there are no presents during Christmas. That's why you have to tell people how you feel.

For more advice, you should talk to your counselor. They can help a lot with anything. You can also talk to your parents. They know exactly what has been happening in your family. They might have some really good tips.

- Camryn Cominski

My name is Francesco and I live in Okinawa, Japan. I moved here when I was 8 years old. My mom stays home and my dad is in the air force. I live on Kadena air base. Here is some advice that I have for other kids like me.

First of all, make new friends but if you want friends you have to be nice. Also find a person that likes the same things as you. If you want to have a sleepover with your new friend you could ask your parents to meet each other and plan a sleepover.

Second, If your parents get divorced you can make the best out of it and think positive. Also you can go to your happy place. Lastly, be nice at your new school and try your best.

For more advice, ask your parents

- Francesco

My name is Lily Mae Fason and I live in Okinawa, Japan. I moved here when I was 6 years old. My mom is becoming a teacher and my dad is in the military. I live on Camp Shields. Here is some advice that I have for other kids like me.

First of all, it is fun moving because you have a new house and a new room that you can decorate however you want and you make new friends.

Second, if your friend is leaving make a card or show how much you will miss them then say good-bye and go home.

Lastly, now do you think being a military child is not that bad?

For more advice talk to mom, dad, sisters, brothers, teachers.

- Lily M. Fason

My name is Dallas and I live in Okinawa, Japan. I moved here when I was 6 years old. My mom is a jewelry maker and my dad is in the military. I live on camp shields. Here is some advice that I have for other kids like me.

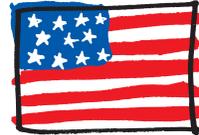
First of all, you might think it is going to be absolutely horrible and miserable but it can actually be very fun. Once you get to your destination you should be able to make new friends. Once you move 2 or 3 times you should have friends all around the world.

Second, make new friends. These are some ways to make new friends: be nice and find someone that likes the same thing as you do! You could also just be yourself!!! But if you are going to move and miss your best friend just ask them for their email address.

Lastly, before you move make sure you know what you are going to do and how you are going to make new friends. Oh and if someone is new, you should try and include them because I bet you know how it feels to be completely new and embarrassed.

For more advice, if this did not make any sense to you, then you can either ask your parents, ask older siblings or you can ask a military child that has gone through the same thing you are going through right now that I am trying to teach you and give advice so that you will feel better.

- Dallas Mauricio



My name is Devon and I live in Okinawa, Japan. I moved here when I was 6 years old. My Mom is an office worker and my Dad is Marine. I live in Orchid Valley. I

know how hard it can be to adjust to being the new student in class or the new kid in the neighborhood. Here is some advice that I have for other kids like me.

First, whatever you do, you need to make new friends. You should spend as much time with them as possible. You may move again soon.

Second, you should learn the culture of your state or country. You do not have to be in Okinawa or overseas to learn culture. Each place has its own culture. Learn as much as you can about each place you live.

Third, ask your parents to allow you to play sports. It is a good way to stay in shape and meet new friends.

Finally, remember to be yourself. People will always like that about you.

- Devon Stevenson

My name is Arianna and I live in Okinawa, Japan. I moved here when I was 7 years old. My mom is a home mom and my dad is in the military. I live in Okinawa city. Here is some advice that I have for other kids like me.

First of all, stand up to people who bully you. You could say you will never make me feel hopeless because I will always look at the bright side and be happy.

Second, don't act like someone you are not. Always be you and be happy for who you are and don't care about what people think.

Lastly, don't give up on your dreams. When people say things like give up or you can't do it, don't listen because they just want you to feel miserable like they do.

For more advice, ask your friends, teachers or parents.

- Arianna Miravalles



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



CELEBRATING MONTH OF THE MILITARY CHILD BECHTEL ELEMENTARY SCHOOL

Ms. Leone
5th Grade

Editor's Note:
The students in Ms. Leone's class know a thing or two about poetry. The way they express themselves is poetic!

If you're not from the military
...Inspired by Bouchard

If you're not from the military,
You don't know change,
You can't know change.
Exploring new cultures and places we see
All these memories are now part of me.
Leaving close friends to a place unknown,
Starting a new journey only to be alone.
If you're not from the military,
You don't know change.
- 5th grade poets

If you're not from the military,
You don't know PCS,
You can't know PCS.
You leave your life behind and start new,
You meet many new friends to be with you.
Soon you say goodbye from where you began,
And then you'll start all over again.
If you're not from the military,
You don't know PCS.
- Adam Santana

If you're not from the military,
You don't know the language,
You can't know the language.
From, "ohayo gozaimas" to just saying, "hi,"
To greet people who are just passing by.
Learning new cultures in school and the street,
People so patient, kind, and sweet.
If you're not from the military,
You don't know the language.
- Jazmine Anderson

If you're not from the military,
You don't know DoDEA,
You can't know DoDEA.
New teachers teach you and watch as you grow,
Like a young blossom flower in a field of new hope.
After awhile you will move from your school,
Then miss that old teacher who helped like a tool.
And a piece of your heart will never mend.
If you're not from the military,
You don't know DoDEA.
- Alyssa Thomas

If you're not from the military,
You don't know losing buddies,
You can't know losing buddies.
When you feel sad about losing your friends,
It seems as if it will never end.
Leaving old pals is never easy,
And it will feel like you're very empty.
If you're not from the military,
You don't know losing buddies.
- Tristan Nolan

If you're not from the military,
You don't know our feelings,
You can't know our feelings.
A new me, unseen only because of the change,
Happiness and fun washed away by waves of pain.
Though from a new journey comes a new start,
But you'll never forget those in your heart.
If you're not from the military,
You don't know our feelings.
- Sierra Peterson

If you're not from the military,
You don't know me.
I'm always traveling with my family
If you're not from the military,
You don't know me.
- Adam Santana

If you're not from the military,
You don't know food,
You can't know food.
Parents from the military eat MREs
They have creamy delish meals
You won't understand that there's loads to eat
You won't know the chills and the feels
If you're not from the military,
you don't know food.
- Ayla Byrne

If you're not from the military,
You don't know exploring,
You can't know exploring.
Traveling to places that seem like they're new,
All the wonderful things you could do.
Walking through nature and passing through time,
Viewing old photos you had once left behind.
If you're not from the military,
You don't know exploring.
- Kailee Current

If you're not from the military,
You don't know leaving pets,
You can't know leaving pets.
When you go on the airplane, you leave them behind,
And you think about those memories you with them all the time.
The cute fluffy pets you saw every day,
Are now gone but you wish that they were here to stay.
If you're not from the military,
You don't know leaving pets.
- Senna Holladay

If you're not from the military,
You don't know traveling,
You can't know traveling.
Flying or driving to an unknown place,
Everyone in the new area has a mysterious face.
Riding on a plane, going somewhere faraway,
Leaving your close friends the opposite way.
If you're not from the military,
You don't know traveling.
- Dominick Genovese

Attractive and beautiful beach near Okinawa Churaumi Aquarium.

Emerald Beach

Season Opening April 1st !!!



Bring your family to enjoy the gorgeous and unique beach in a lagoon contrasting the emerald green sea and pure white coral sand.

- Parking, swimming, and showers are free
- Coin Lockers available in the dressing rooms : ¥ 100
- Protected by jellyfish defense net
- Safe for families: Nurses and guards are on duty during the swimming season from April through October.
- * Please note: No snorkeling, scuba diving, smoking, or swimming under influence
- * The event could be canceled or postponed depending on the new coronavirus infection situation. Visit the park's website for the latest information.

OCEAN EXPO PARK [OCEAN EXPO PARK](http://oki-park.jp/kaiyohaku/en)
<http://oki-park.jp/kaiyohaku/en>



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



Use Your GI Bill to Earn an American Degree in Tokyo

TEMPLE UNIVERSITY
Japan Campus

Admissions Counseling Office
1-14-29 Taishido, Setagaya-ku, Tokyo 154-0004, Japan
E-mail: ac@tuj.temple.edu Tel: +81 (3) 5441-9800
www.tuj.ac.jp #TUJapan





Aubrie Owens, left, and Yuko Nesbitt prepare bento lunch boxes for needy Okinawans

Feeding the children

STORY AND PHOTOS BY
AYA ICHIHASHI,
STARS AND STRIPES
Published: March 13, 2020

URUMA CITY — Donations of bento boxes for local school-children missing their daily lunch brightened an otherwise gloomy Mar. 12 in Uruma City.

Since Prime Minister Shinzo Abe asked that schools across the country close during March to stem the spread of coronavirus, some children on the island prefecture are going without their only healthy meal of the day.

American and local volunteers stepped up to ease that need by collecting 126 Japanese box lunches, called bentos, along with 10 cases of fruit drinks and 30 pounds of rice and distributing it at Grace Asia International Church.

“When I heard of the school closure, my immediate concern was those less fortunate children who rely on the free school lunch,” said Chris Nesbitt, director of Help Oki, on Thursday. “For those kids, school lunch may be their only nutritious meal of the day.”

The delivery was just the latest. Last month, Help Oki made and delivered more than 190

bentos, 220 pounds of rice and 90 beverages to children and single parents in Uruma City, Nesbitt said.

Help Oki, a volunteer group of military personnel, their families and locals, has been helping the less fortunate on the island since 2014. Chris Nesbitt, a retired Marine sergeant and New Jersey native, and his wife, Yuko Nesbitt, are the founders.

When schools closed in early March, Help Oki contacted the local food bank, government welfare offices and other non-profit organizations, Chris Nesbitt said.

“It’s my passion to help others, and I don’t feel like it’s a work to me,” he said. “If you do what you love, it’s never work.”

On Okinawa, the prefectural government reported three people tested positive for coronavirus of 196 people tested as of Mar. 12, according to its website.

A third of Okinawa’s children, 29.9%, live in poverty, a rate twice Japan’s national average, according to a study by the prefectural government and released in March 2019.

ichihashi.aya@stripes.com
Twitter: @Ayalchihashi

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



USO Okinawa staff spotlight



- **NAME:** Ashley DeBerry
- **POSITION/TITLE:** Title: Center Manager
- **TIME WORKED AT USO:** 1 June 2018 to present
- **CENTER/OFFICE LOCATION:** USO Hansen

Tell us about them:

Ashley was born and raised in Seattle, Washington. As a young adult, she had a great ambition to become a fashion editor. At 18, she moved to Los Angeles to study Fashion Design at the Fashion Institute of Design and Merchandising (FIDM). She lasted three months in L.A. becoming incredibly homesick and broke. Ashley moved back to Seattle, met her husband (whom quickly afterwards joined the Army) and continued to follow her passion for design at the International Academy of Design and Technology, where she graduated with B.A. in Fine Art. In her senior year of college, Ashley landed a job with Nordstrom in Downtown Seattle where she spent the next six years climbing the corporate ladder. Burned out and ready for a change of scenery, Ashley and her husband transferred to Okinawa where she exchanged heels for flip flops and took a job in scuba. Before coming to the USO, Ashley spent five years working for MWR at the Torii Beach Scuba Locker where she managed the retail operations and occasionally acted as the dive guide for the Whale Shark Tours. Ashley loves the dive culture – but even more working with our military community and being a part of their journey here in Okinawa.



that may seem simple or easy to us, like a homemade dinner, birthday cake delivery, or a free greeting card to write to loved one back home, is a wonderful reminder of why I love coming to work every day and being a part of this amazing organization.

Q. What is your favorite memory of working at the USO?

A. My favorite memory was from our 2019 USO Holiday programming. Our team surprised 750 children at Bechtel Elementary School on McTureous with ice cream treats a few days before their Winter break. Dressed in elf costumes and armed with ice cream, their faces lit up when we strolled into their classrooms. Based on the many huge smiles and big hugs, I feel like we made a lasting impression on our military children and families that day.

Q. Which program do you want to feature from the USO?

A. LEAP (Learning, Engaging, Activity and Play) is a monthly program created to provide families with children a learning-based and play-based activity facilitated by the Marines and Sailors throughout Camp Hansen. The purpose of the program is to unite our service members with our families and challenge them to create something educational together while having fun at the same

time. LEAP is now offered at 2 locations! Join us at USO Hansen on the 3rd Thursday of every month from 1130-1230 and/or USO Camp Foster on the 2nd Wednesday of every month from 1130-1230. For all the details check out <https://www.facebook.com/USOHansen/>

USO Hansen’s Power Hour Beach Cleanup, a 1-hour cleanup held on the 2nd Saturday of the month, a new location is selected each month. Groups and individuals of all ages from our military and local community are invited to participate and support this monthly environmental cleanup effort. Site and details are available on our Facebook page at <https://www.facebook.com/USOHansen/>

Fun Questions!

Favorite spot/activity on Okinawa: Anywhere north of the island/scuba diving.

Favorite vacation spot: My backyard – the beach!

Hobbies: Running, Dragon Boat, Paddle Boarding, Scuba Diving, Reading

Finish this phrase: “I can’t live without coffee and the ocean.”

Q. Why do you love working at the USO?

A. The genuine thankfulness that we, our staff and volunteers, often receive from our military community for something

Butler spouse selected in national competition

STRIPES OKINAWA

A Camp Butler spouse was selected on Mar. 9 as the Armed Forces Insurance Military Spouse of the Year.

David Carrera, a Windsor, Connecticut native, is married to U.S. Navy Lt. Cmdr. Flores-Carrera with U.S. Naval Hospital Okinawa.

Carrera was selected in the military branch round to represent the Navy. The next round is an overall Armed Forces winner which will be announced in May.

Carrera is an avid volunteer in the community, dedicating his time to coaching military youth soccer on island, volunteering with a dragon boat team, school PTO, and Help Oki, a non-profit that service orphanages and women's shelters here in Okinawa.

"It's important to let our host nation of Japan, and those in Okinawa know that we appreciate and celebrate their culture," said Carrera on his AFI MSOY candidate profile.

He also assists service members and their families by serving as a sponsor, providing transportation for those who have larger families and pets, and running a YouTube channel in which he explores Okinawa to celebrate unique sights and culture.

Carrera leads a Facebook



David Carrera, center, with his wife and son. Carrera was selected as the AFI MSOY Navy Spouse of the Year. Courtesy photo

group for supporting male military spouses with their PCS, with getting jobs, and even emotional support. Carrera says, "Depression, anxiety, and homesickness are a real part of a spouse's life here, with our Manpendent support group, we try to bridge the gap and open doors to make

Okinawa feel more like home. The support and meet ups we create, help build a sense of community and strength."

Founded in 2008, the Armed Forces Insurance Military Spouse of the Year (AFI MSOY) award honors military spouses from all branches of service.

According to the AFI MSOY website, more than one million military spouses support and maintain the home front while our service members defend this great nation.

AFI MSOY nominations are made by the civilian and military community. There are four

rounds voting to determine the overall winner for all U.S. Armed Services. The announcement of the overall AFI MSOY will take place an awards dinner in Arlington, VA slotted for early May.

With information from the U.S. Marine Corps.

Other Okinawa spouses lauded

Four other spouses based in Okinawa were also recognized as Spouses of the Year. They are:

- **Kati Poston** (Army) - 2020 Armed Forces Insurance Torri Station Spouse of the Year
- **Elizabeth A. Castro** (Marine Corps) - 2020 Armed Forces Insurance Camp Courtney Spouse of the Year & Top 18 and Top 3 Finalist for the Marine Corps
- **Tracy Steele** (Marine Corps) - 2020 Armed Forces Insurance Marine Corps Air Station Futenma Spouse of the Year
- **Jordan Lambay** (Air Force) - 2020 Armed Forces Insurance Kadena Air Base Spouse of the Year

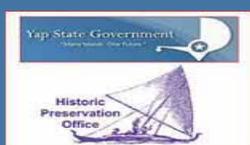
Taste of Yap Homecoming

June 19th, 2020-5pm-11pm

Yap Living History Museum



- Local Handicrafts
 - Game Booths
 - Traditional dances – Stick dance, Men's standing dance & more.
 - Food Demo & Food Tasting
 - Ongoing Demo Activities
- ~ALL JUST FOR YOU! Support by attending the festival!**
- Bring your friends & families.**





The 2019-2020 Kadena High School Wrestling Team, from top left, Coach Dave Compton, Ty' Asiah Williams (manager), Halley Russell, Axel Shepherd, Joey Puterbaugh, Nick Neary, Caleb Wise, Nathaniel Hartman, Elle Campion (manager), Coach Joey Wood. Next row, Coach Simon Reilly, Coach Christopher Miller, Kevente Speight, Kurt Chapman, Garron Lee, Gabe Barrientos, Liam Amiot, Paul Maskery, Larry Carver, Oluwabukunmi "Jojo" Adesuyi, Head Coach Scott Maskery. Front row, Mizuki Sato-Marsh, Thomas Frye, Mirai Sato-Marsh, Aiden Russell, Joshua Dodge, Dominic Farris, Nathan Rowberry, Jorge Mendez, Donovan Navarro.

Colonel teaches more than wrestling

STORY AND PHOTOS BY
MARK A. KAUFFMAN,
STRIPES OKINAWA

CAMP FOSTER — Col. Scott P. Maskery, Army and Air Force Exchange Service Pacific Region Headquarters commander volunteered his time and his experience to coach Kadena High School student-athletes, the proper techniques and rules of competitive wrestling.

More than just wrestling, Maskery wanted to teach his team about discipline, commitment, hard work and respect.

"I truly believe sports and being part of a team helps educate and prepare them for life," said Maskery. "It's about teaching them discipline, the value of hard work and the importance of teamwork and being a good teammate; those are the traits and qualities I want them to learn."

Last season, Maskery volunteered as an assistant coach but this year was promoted to the challenging position of head coach.

"I never thought I would have this amazing opportunity [to be head coach] while serving as an active-duty Airman or at a school where my son, Paul, is a wrestler," Maskery said.

As a husband, father and Commander of AAFES PAC Region, Maskery's daily duties are quite robust even without the added responsibilities of being head coach. From mid-November to mid-February, he juggled his schedule to attend their practices and matches. He would come to the office early, work late at nights and work on weekends, so he could be physically present to lead his team.

"I'm extremely fortunate that I'm surrounded by very competent military and civilian Exchange personnel who



Coach Scott Maskery, AAFES Pacific Region Headquarters' Commander, gives a congratulatory handshake to Oluwabukunmi "Jojo" Adesuyi (158 weight class) after posting a victory Jan. 15 against the Kubasaki Dragons.

"I truly believe sports and being part of a team helps educate and prepare them for life"

through their outstanding abilities allowed me to be away from the office for a couple hours-a-day in the late-afternoon," said Maskery. "I also have a very supportive wife, Jennifer, who picked up a lot of 'home duties' during my busy days."

Last year, KDHS had 15 wrestlers, one head coach and three volunteer coaches.

This year, the first thing Maskery did as head coach involved recruiting students and coaches to become members of the Panther's wrestling team. Maskery's team was compiled of 14 first-year wrestlers and

nine returning wrestlers along with seven experienced volunteer coaches with accomplished resumés including former Department of Defense Education Activity (DODEA) Far East Champion and former Indiana State Champion.

Wrestling on Okinawa as a DODEA student-athlete is much different from being on a wrestling team in the U.S. where every match, wrestlers are paired up with someone different. Here, there are two DODEA high schools; KDHS and Kubasaki High School, which are about 10 miles apart and they

wrestle each other every week.

"I think our season could have been better, but a big part of that is the lack of [different] competition on the island," said Air Force Staff Sgt. Christopher B. Miller, Cable/Antenna Maintenance Supervisor and volunteer coach. "They need to face a plethora of different opponents."

Throughout the 2019-2020 season, the KDHS wrestling team had their shares of highs and lows, ups and downs; all part of the growing pains of being a young wrestling team. Maskery and his seven volunteer

assistant coaches invested more than 1,600 hours into their wrestlers in preparation for their finale, the DODEA Far East Tournament at Osan Air Base, South Korea.

KDHS was well represented on the podium at the tournament as sophomore Kurt Chapman took 1st Place in the 125 pound division, freshman Aiden Russell, 108, took second place, sophomore Mizuki Sato-Marsh, 101, and the only female to place, took fourth, sophomore Crisean Covington, 135, took fifth place, while sophomore Joshua Dodge, 115, and junior Nick Neary, 168, took sixth place.

"[I am] extremely pleased with how he progressed throughout the season," said Command Sgt. Maj. Dennis N. Dodge, U.S. Army Garrison-Okinawa at Torii Station's Senior Enlisted Leader and father of Josh. "In Col. Maskery's words, 'He didn't know the difference between hitting a take-down from ordering a take-out' referring to Josh when he first started but now he has developed a passion for wrestling."

"Mentoring the student wrestlers on life choices and goals, the importance of academics, and how to treat others with respect, was just as important as coaching wrestling to Coach Maskery," said Dave Compton, a teacher at KDHS. "His zeal and love for the sport as well as the young men and women who participated this year was obvious from day one."

As the 2020 wrestling season came to a close, the foundation for next year's team has been planted.

"This has been a great season, both for wrestling and individual maturity," said Maskery. "I can't wait to see what the next season holds for the Kadena High School Panther wrestling team."



Try a traditional Japanese comfort food with updated twist

STORY AND PHOTOS BY SHOJI KUDAKA,
STRIPES OKINAWA

It wasn't until toward the end of the Muromachi period (1336 to 1573) that tea, or ocha, would solidify its place in Japanese food culture.

According to major Japanese food company Nagatanien, as tea became widely available, consumers began to try tea poured over rice and as the dish became popular, it would adopt the name "ochazuke" or "chazuke" (rice with tea).

It's a simple dish. And it is that simplicity which allowed it to quickly become a comfort food after a night of drinking or as a hearty breakfast at home. Some love ochazuke so much, it has

been elevated with different garnishes and toppings, both at home and in restaurants.

NODO, a café which opened last October near Sunabe Seawall, adheres to its "Tea, Relax, Healthy, and Beauty" concept. Though it was early afternoon and the café was full of ladies having tea, the calm and relaxed atmosphere melted away any concerns I had. Its fancy interior with its wooden shelves, sleek tables and soft leather sofas, was just as polished, yet cozy, as its Instagram account photos indicated.

I happened upon NODO on a search for a good cup of tea, and I wasn't disappointed with its variety. Although I was looking

forward to the standard roasted green tea, ginger tea or orange hibiscus tea, it was their signature item— ochazuke— which convinced me to step inside.

I went for their Umami Dashi Chazuke set (1,500 yen or about \$14), which includes a salad, and rice bowl topped with kelp, shiitake mushrooms, green perilla leaf, and chili threads. The set had another bowl, which was meant to be used to mix rice, dashi (soup stock), and vegetables and other ingredients which were served up on a plate together. A few pieces of chicken breast were sitting in the bowl, waiting to be joined by other food.

I also opted for the drink and cake set for an additional 400 yen.

Ochazuke Café NODO

- GPS: N 26.323170, E 127.750480
- Hours: 11 a.m. – 3 p.m. (Wed – Sun)
- Instagram: https://www.instagram.com/nodo_okinawa/
- *Parking space available by the café
- *English menu available
- *Meals include a refill of soup stock

When my ochazuke set arrived, I was pleased with its neat presentation, similar to dishes served during a traditional tea ceremony, or Kaiseki Ryori.

Kaz, an assistant manager of NODO, delivered my tray and indicated I should pour a little bit of the dashi in the accompanying tea pot in the empty bowl and enjoy the taste with the chicken first. After I tried the savory meat, he suggested adding a little bit of rice and some of the vegetables for a richer taste.

"I recommend that you enjoy this as a mini ochazuke each time," kaz said.

There were many ingredients to cater the flavor of my mini ochazuke every time, including dashi-flavored okara (soy pulp), butter-sauteed renkon (lotus root) and ninjin (carrot), pickled nozawana (turnip greens), fried takana (mustard greens), daikon pickled with wasabi, and umeboshi (pickled plum).

"Umami (savory taste)" was the word kaz often used to describe the dish. True to his explanation, the soup stock had a mild but rich savory taste, which was extracted from chicken farmed in Itoman City, kelp harvested in Rausu in Hokkaido, and flying fish caught in Nagasaki, according to the café's website.

Every time I mixed rice and ingredients with the soup stock, the dish created many variations of colors, textures and umami. The sesame sauce

served on the side added a nice kick when added to the soup stock. Of all the combinations, the takana and umeboshi were my favorite.

Soon, my ochazuke was all gone, but it was time for dessert. I ended this lunch on a high note with a refreshing cup of hot green tea and a small slice of creamy okara (soy pulp) cheesecake. The cake's restrained sweetness was a delight.

As I sat and reflected on the delicious meal I had just devoured, I wondered: "Is it okay to call a dish ochazuke if I pour soup stock not tea over the rice?"

Nagatanien notes that the method of eating tea and rice together has its roots in suihan (rice with water) or yuzuke (rice with hot water), which were consumed since the time of the Heian period (794 – 1185 or 1192).

Plus, while ochazuke is mostly consumed with tea in the Kansai area, having it with hot water or soup stock is commonly seen in other areas, according to Nikkei newspaper's Nikkei Style website.

I enjoyed my meal at NODO and had no clue ochazuke had such a rich background. And now that I've had it once, I'm ready to seek out other variations of this ancient delicacy. Taste the history for yourself and some great tea, too, at NODO today!

kudaka.shoji@stripes.com

VETS
DO YOU WANT TO HELP OTHER VETERANS



**JOIN YOUR LOCAL
VETERAN OF FOREIGN WARS POST
9723/DISTRICT 1**

**ON THE 4th WEDNESDAY OF EACH MONTH AT 1800 IN THE
McDANIEL CENTER FOR PROFESSIONAL DEVELOPMENT BUILDING
3445, KADENA AIR BASE**

**POC: Curtis Kozlesky, Commander - VFW Post #9723/District 1
Email: KOZLESKY@YAHOO.COM
Cell #: 090-1945-9306**

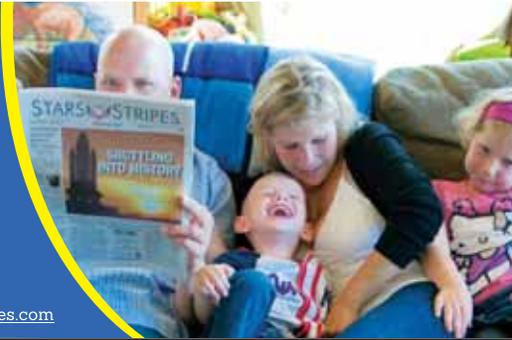
Stripes Sports Trivia

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

Answer

Carolina Panthers (2015)

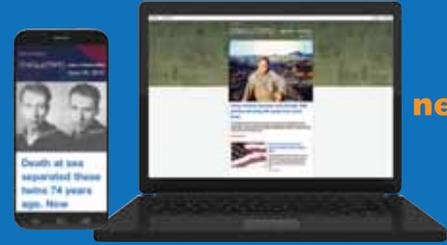
Subscribers Know the **VALUE** of Getting **STARS AND STRIPES** Delivered at Home.



To get content that matters delivered to your door - and save some real money, visit subscribe.stripes.com for details or email Europe: CustomerService@stripes.com Pacific: CustomerHelp@stripes.com

Get the news that matters to you, delivered free to your inbox

STARS AND STRIPES



FREE E-mail newsletters

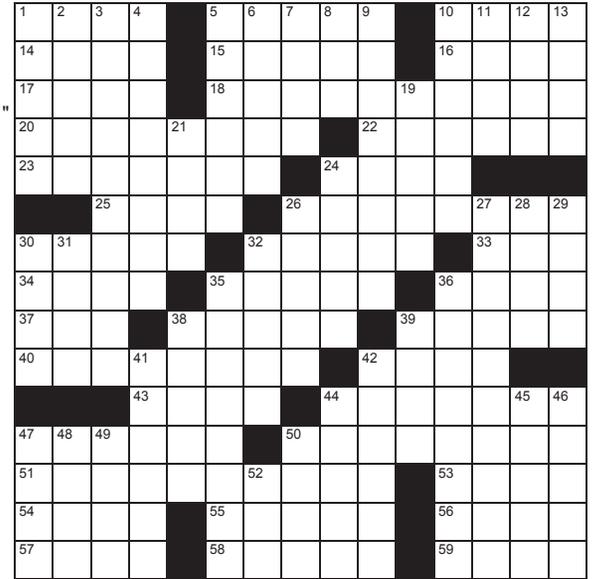
Sign up now at Stripes.com

The Weekly Crossword

by Margie E. Burke

ACROSS

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



Copyright 2020 by The Puzzle Syndicate

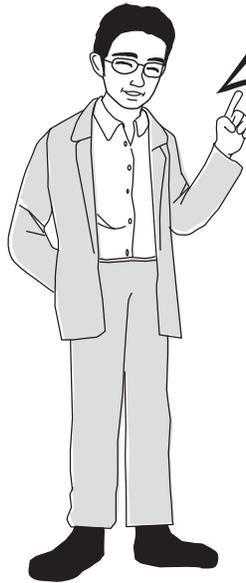
- 2 Animated mermaid
- 3 Tiny metric volume
- 4 Trigger was one
- 5 Skiing specialty
- 6 Birth surname of Warren and Shirley
- 7 On pins and needles
- 8 Bio bit
- 9 Rapid, as a rise to fame
- 10 Word before ride or seeker
- 11 Send to the gallows
- 12 News tidbit
- 13 Hospital fluids
- 19 Band together
- 21 Command to Fido
- 24 Object pettily
- 26 Brooklyn's _____ Island
- 27 Responsibility
- 28 Type of lily
- 29 Rotunda feature
- 30 Like some points

- 31 Green Gables girl
- 32 Lament a loss
- 35 Turncoats
- 36 Neighbor of Poland
- 38 California slugger
- 39 Close with a bang
- 41 Versailles agreement
- 42 Like Roger Rabbit
- 44 UCLA player
- 45 Likewise
- 46 "Caribbean Queen" singer
- 47 Dog in "The Thin Man"
- 48 Fishhook feature
- 49 Uppity one
- 50 A ___ a dozen
- 52 50 Cent piece?

Answers to Last Week's Crossword:

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

DID YOU KNOW?



Higan is a seven-day Buddhist memorial service held three days before, after and on the spring and autumn equinox (Mar. 21 and Sep. 24) to honor loved ones who have died. Many mainland Japanese visit family tombs to offer prayers for deceased friends and family during the period. On Okinawa, families traditionally gather at their ancestral tombs for the Shiimii Festival, which occurs every year during the third lunar month in early April.

Kanji of the week

食
taberu/shoku (Eat)

Language Lesson

Hang in there!

Gambatte!



us on Facebook!

Facebook.com/StripesPacific

Get up to date news about the Pacific Theater, information about local events, and exclusive chances to win great prizes from

STARS AND STRIPES

SUDOKU

Edited by Margie E. Burke

Difficulty: Easy

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

HOW TO SOLVE:

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

Answers to Last Week's Sudoku:

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

Copyright 2020 by The Puzzle Syndicate

Check out the new, improved **StripesOkinawa.com**

for more base, travel & culture stories

Time to check out Kin Town, Okinawa



ESCAPE TO EXTRAORDINARY

Great eats and views at Okinawa's Transit Café

STORY AND PHOTOS BY SHOJI KUDAKA,
STRIPES OKINAWA

With convenient access from Kadena Air Base, Sunabe Seawall draws divers and surfers for a quick adventure with beautiful fish, coral and a nice wave to catch.

It's not just those in wetsuits, however, the seawall brings in. On the shoreside, a relaxing atmosphere invites joggers, walkers and strollers. For me, this side of the Seawall is a happy-place I turn to when I need a quick pick-me-up. Better yet, having tasty food there surely helps me leave the stress behind and a smile back on my face.

This mood carries on into Transit Café, a fusion restaurant where Italian, Mediterranean and Asian cuisines will make you feel like you're in Greece or on vacation at a beach resort.

Transit Café's terrace is especially popular at sunset during the summer, making it difficult to snag a table without prior

reservations. If you visit in the winter like I did, the inside seating will still give you a great ocean view and the café's food is tasty no matter the time of year.

For a starter on my visit, I was thinking about ordering the camembert cheese "fondue style" with toasted bread (900 yen, approx. \$8.23, inclusive of tax), which owner Itaru Maeshiro said is a popular menu item. Feeling hungry, though, I could not take my eyes off a deluxe set (1,420 yen or about \$13), which comes with fried chicken, vegetables in addition to the toasted baguette slices. I followed my appetite.

From the look of the food, I expected the taste to be similar to ordinary cheese fondue, but the camembert flavor was surprising. With cream mixed in, the sauce wasn't too cheesy, had a good balance on the richness and had a nice kick. It had the kind of flavor you want to dip all your food in. I was glad that I ordered the deluxe set.

I also tried the summer roll, a Vietnamese-style roll with shrimp, ham, cream cheese,

cucumber, mustard and lettuce. A touch of Nam pla added a nice tropical taste. The roll was a different delight to the fondue, but I'm glad I ordered both.

Other popular items on the menu are the pizzas, spicy curry with tandoori chicken, grilled salmon with porcini cream sauce and the grilled meat combo. Transit café's vast menu spreads to great tropical drinks like lemon and peach soda.

Everything about Transit Café makes it a great spot for special occasions and quality time spent with friends or a loved one. I enjoyed the relaxing vibe and a delicious meal.

The restaurant is family-friendly and while there is no kid's menu, they do adjust to tailor the flavors and meals if requested. Transit Café also offers party plans.

Maeshiro opened the restaurant in 2003 and said he and his staff are committed to providing the local community a great dining experience. At Transit Café, you won't have to go far for nice getaway.

kudaka.shoji@stripes.com



Transit Café

GPS: N 26.329583, E 127.743916

Hours: 11 a.m. – 5 p.m. (lunch, last call at 4 p.m.); 5 p.m. – midnight (dinner, last call at 11 p.m.)

Tel: 098-936-5076

Website: <http://transitcafe-okinawa.com/home-en/>

Stripes Okinawa is A Stars and Stripes Community Publication. This newspaper is authorized for publication by the Department of Defense for members of the military services overseas. However, the contents of Stripes Okinawa are unofficial, and are not to be considered as the official views of, or endorsed by, the U.S. government, including the Department of Defense or the U.S. Pacific Command. As a DOD newspaper, Stripes Okinawa may be distributed through official channels and use appropriated funds for distribution to remote and isolated

locations where overseas DOD personnel are located. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement of those products by the Department of Defense or Stars and Stripes. Products or services advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user, or patron.