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Celebrating Month of the Military Child
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So strong and so brave

Military child,
So strong and so brave.
Their hearts beating wild,
A goodbye they wave.

As they move once again,
Bringing memories along.
Awaiting their next plane,
This cycle's lifelong.

Now away they go,
Off into the distance.
Tears begin to flow,
But they carry persistence.

But finally they smiled,
With the passing of days.
Military child,
So strong and so brave.

– Nagone Reid,
Kadena Middle School

DADDY'S HOME!



Have you ever moved place to place to place every 2 or 3 years? Do you get to find out about a lot of cultures? Have your parents ever gone away for a while? That is what military life is like. Being a military child is good and bad.

Most of the time, being a military child is awesome. Like they have parties you can take your kids to or your parents will get a rank and get a new insignia! It is cool to see the new insignia, but the best part is you move a lot. You get all kinds of new friends moving all the time. Then when you leave you can still facetime them.

Sometimes, being a military child is not so fun. In a military family your parents might get deployed or stay over the night at work and not get any sleep. Maybe they will even do deployment on the weekend. That is just what it is like being a military child these days!

I love being a military child. I can go from place to place and I will always have a friend nearby.

– Laurel Wagers, 3rd grade,
Bechtel Elementary School

Proud of my parents

I love being a military child because I make friends everywhere I go. I always miss them when I move but I keep in touch.

It can be challenging sometimes adjusting to a new place, but I am grateful I get to experience new places and different cultures.

It is so much fun to be able to see so many places and experience how other people live in many places.

I have lived in five different places since I was born, so I think it's funny when people ask where I'm from. I have plenty of homes.

Every new address is a new adventure and I help my parents make each house we have lived in our home.

As a military child, I feel special, but every child is unique in their own way. You're always special no matter who you are and where you come from.

I love how my friends are from different places and backgrounds because we get to share cool things about each other. Everyone is special and even though it can be hard to leave friends and family I care about; they get to visit us in cool new places like Japan!

Month of the Military Child is very special to celebrate. There is purple up day and activities during the month at school! It is so fun to participate in wearing purple and doing all sorts of fun and crazy activities!

I love being able to go on base to go to school, go shopping, and participate in fun activities in and after school. I get to learn so many things and I will be forever grateful for them and to my teachers.

April is Military Child Month, and we get to wear a purple shirt celebrating this at school and on base.

Anyways, being a military child is not just good, it's great! I love it!

We are lucky to have a whole month to celebrate us! I think that is awesome and it makes me feel special that my parents wear the uniform and get to serve our country. I am proud of them, and they are proud of me as well.

Thank you for reading about my experience as a military child! It truly is an amazing experience, and I am so blessed.

– Adelyn Turner, 3rd grade,
Amelia Earhart Intermediate School



Special 8-page pullout inside!

Hello and goodbye

Moving every 3 years, or so,
In a wave full of tears and dread,
Loving where you live very quickly,
In realization that you may never see your friends again,
Trying to say goodbye,
Absolutely very sad,
Remembering all the great times you had
You want to say hello, but never goodbye,

Can never forget a teacher or friend,
Having to know the fiendish day will come,
In the process of moving to come,
Looking at the calendar with eyes of tears,
Devestated that your time there has come to a end.

– Kamiyah Phillips, 4th grade,
Kinser Elementary School

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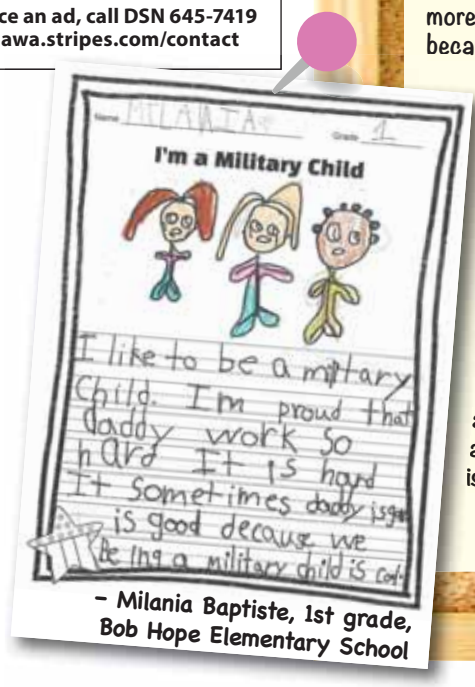
CELEBRATING MONTH OF THE MILITARY CHILD

Military Child Life Story

Hello! My name is Athena and I will now be telling you about my Military child life. To begin I moved to Okinawa, Japan when I was five years old and I made a really good friend about a year after moving to Okinawa, Japan later on at the age of six. I was quite scared when I first moved here but later learned that the people here in Okinawa, Japan are quite kind. Later on I ended up trying soba, sushi, and fish. I absolutely love all of those foods. My bff soon moved away in either May or June in 2022. I still keep in contact with her and I've made many new friends in my years of being in Okinawa. I'm currently working on a book of a Fandom I made up on my own I'm also working on a fan made "Five Nights At Freddy's" movie, then I'm also working on horror movie with my best friend then I'm not sure I'll do this movie or book but for the movie it is gonna be about my new fandom and the book is gonna be about the horror movie and the horror movie is going to be called "The Haunted Neighborhood Game" and the fan made fnaf Movie is gonna be called "Fnaf Night" might be some gore in both movies and I'm still trying to collect more people for the movies sadly I've had to remove people from the movies but I leave next year in May 2024 off to Minnesota and meaning I have to leave my friends instead of them leaving me and since I've been overseas for so long almost seven years now and I most likely will have habits from living in Japan as of saying thank you and excuse me in Japanese because I've lived in Japan so long I'm probably going to have a habit of bowing to others I'm honestly scared to move because I feel like Japan is more of a place I trust and know better then I know America I also feel more at home in Japan and I think it might be because I've been here most of my life because five to twelve years old is seven years in Okinawa, Japan I do go to America every summer to visit family and I'm pretty sure this year I'm going to visit my best friend that moved last year. This year is my fifth grade year and so far it's quite amazing. I've made quite a few new friends and sure I've had arguments with some of my closest friends but we're still really close friends. I have I think exactly a year and two months left in Okinawa.

Being a Military Child comes with pros and cons like one of the pros is seeing new and more beautiful places, one of the cons is leaving your friends or they leave you.

– Athena Madero-Craven, 5th grade, Amelia Earhart Intermediate School



– Milania Baptiste, 1st grade, Bob Hope Elementary School

The Bird

I was walking down a path, I wandered off the trail hours ago. The sunlit sky has turned to dusk, I walk into a field so green, yet filled with sunflowers that gleamed in the glow of gold. In the center I saw a cage, the key just dangling out of reach. Yet, as I walked closer I realized that only time could keep this key and unlock it for all to see, a magnificent bird only ,squawked when not displayed for it's only purpose was not for life, but live a life longing for the life of a bird so free. I wondered how could a bird with a cage of gold, with fruits and snacks that a human would only ever hope to eat, all in it's cage, a velvet bed of silk sheets, this bird had the life I wish I could keep. Behind the material value I looked again only to see a cage of gold, with just a bird and no other.

– Maivys Barrosocruz, Kadena Middle School

"The Few. The Proud."

"The Few. The Proud", the simple yet powerful slogan belonging to the U.S Marine Corps, can also be used to describe the military child. My experience as a military child has been a grand one and I would not trade it for that of a "normal life". Being a military child has allowed me to experience things that most kids my age could only watch or read about. My favorite example of this is when my father received orders to Bratislava, the capital of Slovakia. Bratislava? Slovakia? Where's that?, I asked myself. Back then I had no idea where or what this place was. The fact that we were moving there very soon was scary. When we arrived, it felt like we had walked into a storybook village. I knew I would love living there. Bratislava still maintains old world character while growing as a modern city. In Old Town, we would eat gelato by the castle, ride our scooters along winding cobblestone roads, and play laser tag at Space World with our new friends who came from all over the world. I was able to live in this incredible place because of the military, the Marine Corps, and my father's job. I am very proud and lucky to be a military child. I have done and experienced things that were magical. Thank you for your service, dad, and for giving us these unique opportunities.

– Kanen Sanmateo, 9th grade, Kubasaki High School

Our Goodbye

As we said our goodbyes,
The sadness never left our eyes.
They said we'd talk everyday,
but they never stay.
As we depart,
a tear is left in my heart.
In moving we took a leap;
Now I'm left to weep.
They ask if I'm okay,
my only response is, "They promised they'd be the ones to stay."

I've lived in one place my whole life, only leaving the state once and that was to go to Maine, coming to Okinawa was horrifying. I only had two friends and one of them was the most important person in my life. We promised to talk everyday but we ended up growing apart and they left.

– Hadley Strode, Kadena Middle School



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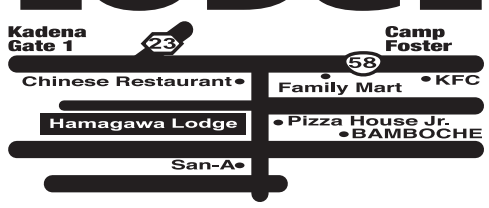
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CELEBRATING MONTH OF THE MILITARY CHILD

3rd grade Ms. Johnson

Bechtel Elementary School

What community do you lose friends? How did your bird statue get broken? Why isn't your mom with you? Because you're a military child.): Being a military child is sad.

Being a military child means you lose things. Sometimes I never see Mom because she deploys. Sometimes the work schedule never lets me be with her. It feels like she's on a different planet. I lose stuff because I move a lot. And I lose friends . . . a lot of friends.

I wonder if my sister hates being a military child as much as I do. No matter if I visit the best place in the world, I'll still hate being a military child (Unless mom retires there).

– Alex Harris

When I think about adventures and making new friends, it reminds me of being a military child. Not all people like to be a military child, but I like being a military child.

I live in Okinawa, a small place where you can learn new languages and try new food that you have never tried in your life. You can live in a new house. I live in an apartment. When I go in my house, I think it is big. I can go outside and climb on the tree.

But the sad thing is your family has to go to deployment, like my dad. He is going on deployment in summer. He is going to stay there for six months, and I will miss my dad when he is gone. You have to lose your friends, like my friend Hazel and Loretta. You also have to leave your teacher like my teacher. I still like being a military child. You can get a new teacher and make new friends.

That is why being a military child is fun and not fun.

– Coral Kim

I ran out of the plane excited to live in a brand new place to explore, see cool things, make nice friends, try tasty food, and learn new cultures. That's the life of the military! Being a military child is exciting!

My favorite things about being a military child are trying new food, exploring cool places, having kind friends, and experiencing cool cultures like Okinawa's cultures. If I never came to Japan I would have never tried Onigereiry. Also with Okinawa's culture I wouldn't know that it is polite to bow to an elder. In Japan there are so many places I wouldn't see or go to if I never came here. I also have friends all over the world. I was going to the restroom in Okinawa when my friend Vivian from Virginia was coming back and I almost bumped into her and it just clicked and I was like, "Vivan?" and she said, "Amelia?". I was so happy to see her again. Today I'm lucky she is in my same class and my old friend Michael, also from Virginia!

My least favorite things about being a military child are parent deployment, leaving friends, leaving the place you love, and having your parents at work all day. Like when my dad was gone on deployment and he wasn't home for my birthday, or when I had to leave my best friend Kelby when I had to go to Japan.

That is what I like and dislike about being a military child. I think this life is the perfect one for me.

– Amelia St. Louis

Do you like to travel around the world, make new friends, and learn new languages? If so, you might like being in the military. Being a military child is awesome, but sometimes it can be a little hard.

Ok, the hard part first. The first thing is moving away from your friends and family. It is sad because sometimes you can't communicate. When I moved away from Ruby, Nana, and Papa, they told us they would video call us, but in the end, video calling just wasn't their cup of tea. Sometimes my parents go on deployment, which is the worst. When daddy's on deployment, he doesn't always have the internet, so he can't text or call us. When he's home, my dad has to wake up at 4:30 AM and work until 11:00 or 12:00 AM, so I barely get to see him.

Ok now that we've got the bad part out of the way, let's move onto the good stuff. The first thing is, getting new houses. Right now my house in Okinawa is really small, which means it's easy to find my brother when we play hide and seek. I love trying new food. My favorite Japanese food is ramen or sushi, it's a close call. Also, I love to move. The process is exciting and fun knowing you'll get to explore a new place.

Even though you have to move away from family, friends, and teachers, being a military child is still awesome.

– Cadence Muma

Where can you go to travel all over the world? How can you meet new people? How can you learn new languages and cultures? By being a part of the military child life. Here are the good and bad things about life as a military child.

The bad things are when you have to move away from your friends and when your parent goes on TDY or deployment. The good things are you meet new people and make new friends. It is also fun going to new places.

Life as a military child is exciting and fun. Life would not be the same if I was not a military child.

– Daven Richardson



Do you want to learn about new cultures? Do you want to go to new places? Do you want to meet lots of new friends? If you do, you might like being a military child! Being a military child is awesome and sometimes bad.

I like being a military child because I can meet new friends and experience new cultures. I went to Hokkaido to go to the dragon temple. It is cool bumping into old friends around the world like when I saw one of my classmates at ComicCon. Sometimes I don't like to be a military child because my dad has to leave and go on work trips that are 6 months long! Also losing friends like Dommink and soon Cadence are hard.

With the good and the bad I still love being a military child.

– Stella Hill

When I think about all of the crazy and fun places I've been, I realize the military is awesome! I love to be a military child.

It will teach you to speak a different language. Our parents are so fun.

And I don't like to leave my friends in Jacksonville. And when you have to take apart the staff you build with your dad.

– Jaxon Snyder

Have you ever been to a place where it is lush and tropical? Have you tried exotic fruits and gone to beautiful lands? Well if you have, you might be a military child in Okinawa! Okinawa is the best place I've been to! There are beautiful smells of the flowers, amazing food, and peaceful coral reefs. Being a military child is amazing!

There are so many parts I like about being a military child. I get to explore new lands and try new things, like Tsukemen dipping noodles, which I got to try because I live in Okinawa. It's also really cool you can run into old friends. For example, I met two of my classmates in Quantico, Virginia, and ran into them again in Okinawa! That's pretty crazy if you ask me. I also like making new friends.

Now let's talk about the sad part about being a military child. Sometimes one of your parents goes on deployment. When my dad went on deployment for six months to Sicily, I missed him a lot. I would call him every day. When he came back, I didn't recognize him much, but then after a little bit, I knew it was my dad. It's also hard when you lose best friends. I lost my best friend because I had to move to Okinawa and he stayed in Virginia.

Even though there are good things and bad things about being a military child, I'm happy that's the job my dad picked!

– Michael Patry

When I think about all the communities out there, I would pick the military. It's awesome and fun traveling with your family, and you get to make a lot of friends. Sometimes it's sad, but overall, I love being a part of the military community!

I adore it because you meet new friends and learn about new cultures. For example, Shasa dogs are really cute with one open mouth and one closed mouth!!! I also like trying new food and new beverages like the one time I tried a rice ball. It was really good with the fillings or melon soda. It was very good. My favorite place I lived in is Florida because I was close to family and friends.

But the downside is that I have to move a lot, which means losing friends and teachers, but it's still amazing because I meet new people. Being a military child is still awesome!!!

That's why my life would not be complete without the military community. The memories I made as a military child will always have a special place in me.

– Emma Maggard

What kids get to learn new languages? What kids get to hear new stories? What kids get to meet new friends and family? A military kid! Being a military child is fun and sad.

Being a military child is fun! You get to try new food like sushi and ramen. If I wasn't in the military, I wouldn't get to try those new foods. You get to explore new places too. Like I've gotten to see an aquarium in Japan and Sea Glass beach, which not all kids get to see.

Sometimes, being a military kid is sad. Sometimes you will leave your friends or family. One time I went to a new school and lost my friends. It was hard, but I had to because of the military.

This is the life of the Military Child. It's a great life.

– Eli Cunningham

Being a military child is fun but sad because my dad is going back to California for 4 weeks. But it is fun to be a military child because I get to go to new places. I traveled all around the world to get to Japan. I learned to speak Japanese and I ate Japanese food and had Japanese snacks.

You have to be away from your grandparents which is very sad. Even though it is hard, when I go to Illinois for the summer, it is really fun. One time we went to Illinois to see my grandparents and I made friends and I went fishing and my sisters came and my sister mila caught a turtle. Me and my sis Eva caught big fishes in the lake, and then we set the fishes free. And went home. I went to my room in happiness.

Now I will tell you why I hate being a military child. Fact 1, I have to leave my friends and it is sad. Fact 2, I have to go on a plane for a long time and I get tired of it fa

That is why I hate and love being a military child.

– Abel Carrera

I rush to the airport. I'm still so tired. I'm carrying two suitcases and dragging my feet on the floor. Now I'm on the airplane, half asleep on my mom. She gets me through it all. If you didn't know, I am a part of the military community. It's hard but so so so fun.

There are so many things I love about being a military child. It is fun to see places around the world. I also love learning about new cultures. New schools and friends are fun too. I love trying new food. Here in Okinawa, I found out I love sushi. The new holidays I learn about are really cool and I get to celebrate them. My school here in Okinawa is the best. I love my teacher. Her name is Miss Johnson. On holidays, she decorates and we do something fun.

Being a military child is hard because I have to leave my friends when I move. It is really hard when your parents leave for work. When mine do, I get really sad.

Even though being a military child is hard, I love it.

– Madeleine Fussell

What job can your parents have that lets you travel a lot? What job do you get to meet new friends around the world? What job do you or your parents get that you get to learn new fun cultures? It's the fun life of being a military child!

FIRST You get to travel to new places every 3 years like Okinawa. My favorite place I have been to is California. NEXT you can learn about new cultures and languages every time you move to a country or place you haven't been before. THEN you can see different things that maybe not a lot of people in the world have seen before. LAST there are some sad things like when you have to leave your family members or friends like my BFF is moving this November and I am super sad because we have the same birthday in November, and we always have sleepovers every other weekend.

My life would not be complete without all of the good and sometimes bad parts of being a Military child. I love being a military child.

– Kinzley Goyings

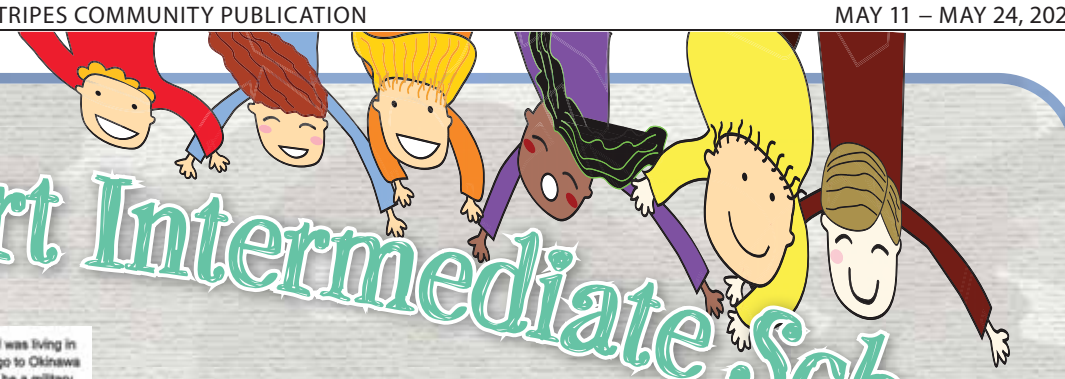


LOVE YOU MOM AND DAD!

– Vivian Boada

Celebrating Month of the Military Child

Amelia Earhart Intermediate School



3rd grade Mr. Winans

Hi, I am a military child. I have lived in different places around the world. Being a military child has been sad sometimes and happy sometimes. We have moved two times since I was born.

I am very sad when we have to move. I have to leave all my friends. I don't want to move but I have to because that is part of being a military child. It is also sad to leave the house I have lived in for many years.

There are some things about moving that make me happy. I get to move to different places and it's fun to see different places that I have never been before. I also enjoy making new friends when we move. When we moved to Okinawa, my friend from New Orleans moved here to Okinawa. There are more happy things about moving than sad things and I enjoy being a military child.

– Hailey

Hi my name is Megan. I am a military child because my dad served full-time as a US Air Force. He is now an Air Force veteran. He now works as a civilian. I am proud of my dad! I love him so much because he always plays with me, buys my favorite snacks, and takes me to school about three to four times a week. We love watching Marvel movies together.

My experience as a military child includes living in a military base, attending a DoDEA school, and making friends with military children. My family and I lived in Fort Bragg, North Carolina. Also, I went to a DoDEA school there and made lots of memories. Some of my friends PCSed before we moved to Okinawa. I was sad but I hope that someday I will see them because our US military is stationed in many countries in the world.

Did you know that when we moved to Okinawa, Japan, my Dragonfly friends at my previous school sent some sweet notes to cheer me on? I felt really good to know that my friends in North Carolina remembered me. In return, I sent them many Japanese goodies!
Being a military child opens doors to many great things.

Mahal Kita Pappa!

– Megan W

My dad used to be deployed for two months, so it was just my mom and I. My mom had to take us to school and still continue to do her job. We still called my dad, yet he was so far away from us and our family hearts.

The fun part of being a military brat is that we get to travel around the world. We get to meet new people and try new foods. I often miss my friends but I can still call them. I am always a new student. We visit places like Museums and gardens.

When my dad came home, I gave him a big hug.

We always do game night when he is home. When we went to the airplane, I got bored and my dad made me pay attention, my sister and brother are always so happy when he returns. Sometimes my dad misses my birthday and I get sad because of it. It's not his fault though because he is in the military.

– Malia H

Being a military child is sometimes hard . When I was four, I was living in Hawaii and ,because my dad was in the military, he had to go to Okinawa for his work. That move was very shocking. It is also hard to be a military child sometimes because whenever I don't want to go, I have to.

So that is why being a military child is hard, but I am also enjoying the nicety of being able to travel and meet more people along my young journey through life.

– Hana R

My parents are connected to the U.S. military because father works for the military. I am still connected to the military because I go to an on base school. I live off base and it is o.k. Most people live off base but they are still part of the military. I have a lot of friends at this school and they are nice and kind. They are also military brats like I am.

– Melanie S

It is hard being a military child.
You (meaning I) must go through a lot like moving and leaving the place that you (I) love.
A good example would be leaving your school behind. Be thankful for being a military child because you get to go to cool schools and have cool teachers like Mr. W.
Before I leave from writing my personal letter to someone I don't even know, is to say that my dad is in the military.
I don't know how long he has served in the military, but I do "think" I know what he does.
He's a Commander, that's what I think he told me. I believe him because if he is not commanding his troops, he is commanding our family.
I am glad that I am a military child because I can go to AEIS - the best school ever and fall in love with learning new things every day.
Thanks for reading my small piece of my opinion writing.

– Chase D

I have ups and downs about being a military child and I'll tell you why.
My dad worked for the Army for 16 or18 years and moving from place to place was very hard for me to get used to.

I do not like having to leave my dad for 12 months. I loved Arizona, Florida and Tokyo, but it wasn't the same like it is here on Okinawa.

My dad sometimes must work and by the time he is home, I am sleeping.
Here is my ups. I respect my dad because he is a great Soldier in my eyes, and he serves our family by protecting us. I love that he cares for the community and serves so many.

Being a military child is being honored by our elders. I like to respect the fact that people risked their lives for a mandatory reason to save our country, people and many families.

– Nolan A

Dear dad,
I love my dad with all my heart, but one time, a long time ago, my dad had to go away for an entire MONTH! I missed him so badly.
While he was away, my sister I got to sleep with my mom. Then after a month had passed, my dad came back. When my dad came back, my sister, my brother and I were so surprised because dad was hiding at the door.
My dad had to go back for ANOTHER MONTH! I didn't want him to leave. Then after a month, again my dad came back, it was over those months that I went to school and at lunch time, since I am a military brat, I went to the special table and was allowed to bring my lunch and play board games. I miss my dad at this very moment as I am writing this.

– Uziel B

My name is Antonio, and I am a Military Brat

I enjoy being a military child because it is easier for my family to travel on Space Available. Also when my family has a permanent change of station (PCS), the military covers most of the money that is spent while we are traveling.

I feel safer on base because, off base, there's usually more accidents that happen. On base, it makes me feel much safer because there's much more protection with the men and women that serve.

I am proud of my mom because she is in the military. She is a nurse and has helped me when I'm sad, mad, or hurt..

Also, I'm proud of my whole entire family because they also help me with everything, even though my dad is not working in the military, he is still my hero.

What I don't about being a military child is because we have to move around a lot. We get stationed in different places. I usually don't know who's there.
I hate leaving my best friends because usually in one area, I make a ton of friends and there's that one best friend that I usually always play with.
Then I had to leave him because we had to get stationed somewhere else.

We ended up in/ on Okinawa, however, Okinawa is pretty nice.

When I was six or four, I really didn't know my mom had to go get deployed and that was really sad. I was crying for a day and she was gone for about two months, I think,

And it was really hard for me and my sister.i cried longer than her because well i didn't wanna clean because my dad yelled the most and my mom d to calm things down....

– Antonio I

Dear Dad,

I'm happy that you're in the military because we can visit new places and discover new things like how we came to the beautiful island of Okinawa.

I am very thankful for you putting clothes in our closet, giving us food to eat, and letting us explore new things we haven't tried.

I really love you and would not like you to go on TDY, but that's what it takes to be a military child. I know you've been in the military since I was born, but I want you to know that I'm proud of you and your job. I really, really, really won't like you to go but I know you must for a reason and that makes me proud.

Well now that I got that done, I'll write to you about the Month of the Military Child is celebrated in April. It is when we write about being a military child.

It is also about me and other kids, but this is about you and other people in the military.

I am very grateful that you and other people are serving our country to protect us. You've done so much for us like making sacrifices, also, now I realized, your job is so important to our world.

Saranghae Dad,

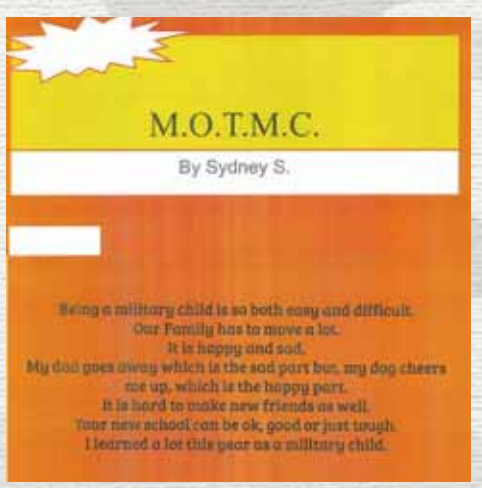
Your Daughter,

Alma

– Alma

My name is Hannah Mc.
As a military child, the month of the military child is important to me. It's a time where people can see the sacrifices and special experiences that military children must go through.
Being a military child is not always easy. Moving to a new place every few years is hard, and it can be difficult to make new friends and changing to new places. But, as a military child, you also get the opportunity to see new places, meet new people, and experience different cultures.
One thing that I like about being a military child is that it has taught me to accept the things that I cannot change. When we move to a new place, we must learn how to navigate a new environment and make new friends. It can be hard, but it has also taught me to be more open-minded towards others. I've learned that everyone has a unique story, and it's important to be understanding of others' experiences.
In conclusion, the month of the military child is an important time for me as a military child. It does make me happy - Thanks for reading.

– Hannah Mc



– Sydeney S

Hi! My name is Heath D.
I am a military child, and I am proud. I like being a military child, yet sometimes it is not easy because I must move to different places a lot and I have to make new friends.
There are some good things about it like I can live on a military base, and living on base is cool. My dad works in the military and for the military.
My dad is a Special Forces Soldier, his job is very important as well as difficult.
When I move, I am sad, but I don't cry about it.
I always bring a little something to remember when I lived in that place.
Sometimes my dad must take a long or short trip for his work called a TDY (Temporary Duty Assignment). I miss him when he departs but am so happy when he arrives back.
Thank you for reading my story - Heath

– Heath D

Hello, my name is Kanasa Henz. I am a military child! What makes me a military child is because my dad serves in the Marine Corp. The Marine corp is a type of branch in the Military.In 1775, November 10th the Marine corp was invented.

After two hundred thirty eight years I was born and officially became a Military child. The other thing that makes me a military child is that every three years, we move to other places.
The places that I have been to are Okinawa and North Carolina.
There are things that I like and also dislike about being a military child. The thing I like about being a Military child is meeting other people. The thing I dislike is always having to leave.
Being a Military child comes with challenges. Some of the challenges are moving houses, school and places. Also, meeting new people and packing all of our belongings to travel.

I am glad I am a Military child.

– Kanasa Henz

Dear Father,

I love you very very much because you take care of me and love me. You play fight with me, play with me, help me with work and take care of me. I am very grateful that I have a dad like you.

You are the reason that I am in this school, having the best time while I'm here. Thank you so much for the toys you give me and things you buy me. I love you very much and thank you for everything you gave me.

April is the month of the military child. I came to be a military child because my father serves in the U.S. military.

I came to be a military child because my father married my mother and entered into a new way of life. I also started school at Amelia Earhart Intermediate School, so I also entered into a new way of life.

I'm very happy that I moved to Japan because I entered this school, and I made a lot of new friends. I also had a lot of great learning experiences from Mr. Winans. He one time told me that great families + caring teachers = happy students (and of course, gaining vast knowledge along the way).

Being a military child is great, but sometimes it is not. It's because every 2-3 years, my family has to move away.

I get very sad when I hear news like that, but at least I'll get new friends at a new school! When I have to move, I have to say goodbye to my best friend and my friends. But at least I'll be here at A.E.I.S. until 5th grade. Being a military child is hard, but not that bad actually.

I love my dad because he loves me too. He is the reason why I'm typing my story for the Month of the Military Child newspaper article - to show the world how great he is.

My father takes care of me and gives me what I need. He goes to other countries for his job, but my mom, brother, and I miss him everyday when he is not home.

One time he went to Philippines, and I wanted to go REALLY badly, but I couldn't because it is only for him to go for his work.

I wanted to go to Philippines because it is where I was born and my cousins, uncles, and aunts live there. I have so much fun with my Filipino family, and I wish my dad safe travels when he goes to a plane to go somewhere else. That is my life about being a military child.

Mahal Kita Daddy (always and forever your daughter)

– Jensine "Miel" Dela Cruz

It is hard being a military child. You have to constantly go somewhere that you (I) don't know anything. The good side about being a military child is that you get to find new friends and they start to become your best friends.

In the end, they always go away. At t least you (I) can go somewhere new. I like that. You get to eat new foods and everything is new and exciting – the food and the drinks.

The food and drink might taste bad or it could be good…either way, there are new tastes for every food.

When I go somewhere new that I don't know, I get homesick but I'm still happy that I'm a military child and going to new places, seeing new people, and making new friends.

Currently, I'm in Okinawa - the home of the beautiful beaches and rising sun. it's beautiful and I love that and I love Okinawa. Most of all, I love learning and my school "Amelia Earhart Intermediate School."

– Samson F

Hi! My name is Luca F.
As a military child, I am proud to celebrate the Month of the Military Child. Being a military child is not always easy, but it has its perks. Moving every few years can be tough, but it also means that I get to experience different parts of the world and meet new people.
One of the most challenging things of being a military child is leaving friends behind. It can be hard to say goodbye to people you have grown close to and start over in a new place. However, I have learned that making new friends can be just as rewarding. I have made some of my closest friends in places where I never thought I would.
Being a military child has taught me to be tough and accept changes. I have learned to be flexible and to adjust quickly to new things. It has also taught me to appreciate the time I have with the people I care about. When you move a lot, you learn to cherish the moments you have with loved ones, and to make the most of the time you have together.
Thanks for reading about me.

– Luca F

Hi,

My name is Matthew and I am a military child. I have moved 4 times. I was sad to leave my friends, but I made new friends near my house.

His name is Bralen and we play a lot on his trampoline, almost every day.

Sometimes, it is sad, but you can see new things and try new things also.

When I went somewhere it was hard leaving my friends, but when I heard I was going to Japan my parents told me that it was beautiful.

I loved going on the airplane. Now that I'm here, I'm seeing the beautiful plants.

These are some things that you can do:
1. go to the beach
2. Going to one of the castles
3. picking up trash on the beach

– Matthew A

Hi! My Name is Nomar E. and my teacher is Mr. W.
Being a military child could be difficult and Sometimes it could be easy.
You can be a military child if your parents are serving in the military or if you're in some kind of school like Amelia Earhart Intermediate School because your sponsor here is a contractor - which means that they work for the military too, but they don't wear the uniform.
A Military child also has to do a permanent Change of Station and the acronym is called a P.C.S. That's when we move to different places like the United States or Japan.
I love learning new things and making new friends.
Thank you for reading my story.

– Nomar E

Dear, Daddy

I am very happy that you are in the marine corps! I hope you enjoy everything I wrote about you! I Love that you come home early so we can appreciate you. It is an honor to be a military child. You get to move many places and try new things! You will also know that your parents are fighting for our freedom either physically or conversationally. There are highs and lows, but that is what makes being a military child fun! You may have difficulties moving and making new friends but that is part of the experience! My father is in the Marine Corps and I am very thankful for everything I have because of him!

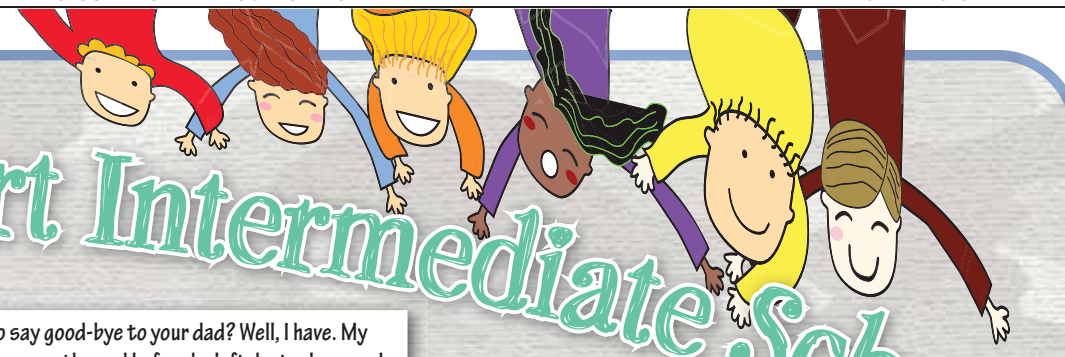
It is not easy to be a military child. There are many bumps on the way. You also won't get it right away. I understand that children just like me may have mixed emotions but after having the joy of being a military child for a while you will be content!

The joy of being a military child is that you get to learn new languages, learn new cultures, learn new habitats, and make new friends!
It is very fun moving to a new country or state although it may also at the same time be very difficult. It's like a rollercoaster!

– Olivia Tijerina

Celebrating Month of the Military Child

Amelia Earhart Intermediate School



3rd grade Ms. Schneider

My dad is a Marine and before he goes away on long deployments, we do something special. This time we went to the Daddy and Daughter Dance. In my opinion the Daddy Daughter dance was amazing. One reason the dance was amazing, was it was held in a very cool place. There was a little pond with tadpoles, fish and glowing jellyfish. The pond had a little bridge above it. The second reason it was amazing was the food! Everything tasted delicious! There was even a chocolate fountain with strawberries, marshmallows, and even more fresh fruit. Another reason it was amazing is my dad taught me a new dance. He taught me to slow dance. My dad is leaving tomorrow and will miss Easter. I am so glad that I was able to go to the Daddy and Daughter Dance before he leaves. I love my dad and will miss him.

– *Baylee Carter*

Military kids move to new places often. My family is getting ready to move to Maryland. I am excited about my move for many reasons. One reason is my mom and dad want to move because they don't like the traffic here. Another reason is we have bought a big new house that has a baseball park nearby. I can't wait to get on the plane.

– *Murphy Haskell*

I am a military connected child and I know how much I miss my family in the United States. I can't stop thinking about my trip back to the United States this summer. I'm going to meet my new stepmom. Her name is Kaylee and she and my dad are getting married. I'm also going to the Great Wolf Lodge and I am most excited about that because there is a giant pool and lots of obstacles in the water so if you fall you won't get hurt you will just end up in the water. There is also a quest that you can go on and they are very fun. I'm very sad because my grandma passed away but I get to go to her grave and put flowers on her stone. Here are the nicknames my grandma called me Meli and turkey feet. When I go back to the United States I will get to see my friend Natili. Military connected kids often miss their families in the United States. I can't wait for summer!

– *Melody Richardson*

In my opinion being a military connected child is fun but sometimes it is not. The reason it's sometimes not fun is when my dad DEPLOYS. When he deploys he is gone for 6 months. While he is when he is gone we keep ourselves busy. Here are the things we do. We play games like P V Z, we draw, we watch cooking shows and we play outside.

One reason it is fun being a military connected child is because most of the time my dad does not deploy and because I like his uniform. I am proud to be a military child.

– *Jonah Richardson*

Being a Military Child means that my dad sometimes deploys. Last month, when my Dad was deployed to Thailand, my family and I tried to do special things to keep busy and not miss him so much. One Saturday, we went to Pineapple Park with my Mom's friends. The first thing we did there was we rode on a pineapple bus. Then we took pictures next to three pineapple. The colors were red, yellow and green. Next, we went on a tour around pineapple park. I was so, so, so hangry because of how long the car ride was, so when we got to a restaurant we got a lot of ice cream and two giant pineapples. That same day, we also saw robot dinosaurs. My friend and I tried to scare our Moms, but we were not able to scare them. We rode on top of the dinosaurs. one of the dinosaurs was a velociraptor and the other one was a triceratops. It was so much fun! My dad is home now, and I am glad he is back with our family.

– *Colton Goetsch*

Have you ever had to say good-bye to your dad? Well, I have. My dad just deployed for two months and before he left, he took me and my sisters to a Daughter Dance. There was slow music and there were cookies, cake and pretzel sticks. I miss my dad but I know he will be back soon.

– *Aliyaia Dew*

Have you ever needed to leave your friends and family behind? I have . . . and it was one of the saddest days of my life. It was April 1, and everything was perfect until shocking news came upon me as my mom told me this in her words as she explained to me "We are moving to Okinawa." At first, I thought it was a joke, until she told me it was not. To me it was shocking. I had to leave my friends and family behind! That is why half of me says being a military child is sad and hard. But the other half says being a military child is fun because I am grateful to be a military child because I can see new friends and places. That is why being a military child is hard but amazing! Remember my fellow military kids, bend but do not break.

– *Logan Pontious*

Being a military kid is fun because you get to see a lot of places and you get to see the culture and that is why being a military kid is good. But I had to leave all of my friends like Matthew, Ty, Rider and Moana. It was super sad but I will always have them in my memory.

– *Ashton Arroyo*

I am a Military Child and I know what it feels like to have your dad deploy for a long time. Here are 10 things you can do with your dad before he deploys.

1. Cry into your pillow. It is okay to be sad when your dad leaves.
2. Take a walk with your dad and talk about your favorite memories.
3. Ask your dad to play your favorite game with you. My favorite game would be Sorry.
4. Do something special with your dad. I would go on a golfing date with my dad.
5. Help your dad pack his suitcase so he doesn't forget anything.
6. Make a plan for how you will stay in touch while your dad is gone. My dad usually tries to call me almost every single night.
7. Go somewhere special with your family and friends. My family likes to go play Bingo.
8. Draw a picture that your dad can take with him so he can remember you.
9. Make a calendar to help you count down the days until he comes back.
10. Make a journal so you can write down all the things you do while he is gone, so you can share them when he gets back.

– *Lyla Ann Crane*

Being a military child is fun but sad too. It is fun because we get to see new places and make new friends. But the sad part is leaving your old friends behind. When I am sad, I just remember there will always be hope in life.

– *Juliet Lee*

I am a military child and that means we move a lot and we have to find new homes. I have three brothers and two sisters. One of my sisters is in heaven. When we looking for our new house in Okinawa, we wanted a bright colored house. The last apartment we saw was a big purple building and that color reminded us of our baby sister in heaven because her favorite color was purple. I am glad we found a new home that has a special meaning.

– *Blaise Patlan*

In my opinion being military child is the best. One reason is you can live in a military house and you can go off base and go to see new places. Places I have enjoyed visiting are Blue Seal, Pineapple Park, and so much more. Another reason is you can go to a military school. I am in third grade at Amelia Earhart Intermediate School. This is my opinion about being a military child.

– *Keoni*

Being a military kid means your family member may go on long deployments. The last time my dad went to Hawaii on deployment my mom and sisters did some special things so that we didn't miss him so much. One thing that we did, was have a tea party. We had tea, cookies, and CHOCOLATE CAKE! Before my dad left, we went to his favorite restaurant and played Nintendo switch games. When my dad got back he gave me special HAWAIIAN earrings.

I am glad he is back with our family!

– *Lillian Kay Rieger*

Being a military connected kid, means I get to travel to many places. Since living in Okinawa, I had traveled to Legoland. It had a fun shows and puppets and 4d movies. I rode the roller coaster called the dragon and it was so fast all of us was screaming so loud that me and my dad rode it 3 times!!!! And when you eat at a restaurant you can get two or one coin and we got a Santa coin and an elf coin too.

I had traveled to Tokyo Disneyland. I took a picture with mickey mouse and friends. We went to a game with me and my dad. The game was to place a plastic ball in a hole and I got lucky and won a minion doll. We bought a bubble gum machine and chewed one piece of gum on my way home.

These are just a few of my many travels I have been able to do as a military connected kid.

– *Dex Kaneshiro*

As A military child it is hard to see your dad leave. But it can be really fun and exciting when they come back. The last time my dad went to Guam I was so sad when he left. But when he came back we threw a big party and made a batch of gumbo to welcome him back. It was the most fun night!

– *Grant Rios*

I have experienced my dad going on deployments. Here are my top 5 things to do before or after your parents deploy.

1. Do something special before or after your parents deploy. For example, go out somewhere for dinner.
2. Do something to keep your family happy and busy while your parents are deployed. For example, have a movie night.
3. Keep your mind off the person who is deployed by a listening to your favorite song.
4. Invite your friends and family over for company. My last but not least example is to invite your cousins, aunts, and uncles.
5. Maybe make a "welcome home" banner for when your parents come home.

I hope my examples and my top 5 things to do helped you and your family.

– *Rania G. Walker*

I am a military connected kid. My dad works as the food service manager at my school which is Amelia Earhart Intermediate School. He helps support my family by buying food for us to eat. He helps everyone at my school by making sure we eat breakfast and lunch. My dad is very funny and kind to everyone. I love my dad.

– *Hakuto Maines*

Being a military child is fun because I get to see many new places. One of the places I have been to is Tokyo Disneyland and Legoland. My favorite place I have been to is the Okinawa Aquarium and Fun Land. At Fun Land there were bumper cars and a Mario Race Game. In the aquarium my favorite exhibit is the touch zone. In Legoland my favorite place was when me and my friend Dex got to play with little figures. I have also been to the movies and the Pokemon Store in Aeon mall. I have also visited Nago Pineapple Park. In Nago, I saw fake dinosaurs, I ate ice cream, and saw pineapples millions of pineapples. I have also been to Blue Seal Ice Cream Park. Next, I will be moving to Portugal and I can't wait to see all the new places there!

– *Micah Hong*

Celebrating Month of the Military Child

Amelia Earhart Intermediate School

3rd grade
Ms. Matthews



Being a military child is hard because sometimes you have to make hard decisions and my dad has to work long hours at Space Force as a military trainer. He trains to be smart and strong, protecting the country and people he does not know. My granddad also went to war and he drove trucks while serving in the military delivering bombs which was very dangerous, risking his life for our freedom.

Some can retire as a noble person from the military. It's really difficult to be a noble because they have a higher tier of training. They work longer hours and the commitment to the job is a true sacrifice. That is why they retire early. The sacrifice that they make is a huge one because they can't see their family or it becomes very difficult to spend quality time with loved ones.

Military people train and practice hard, sit in places for hours, and patiently wait until the morning. They sit in a box for over 17 hours. They jump out of planes and they land in water for high high ground and they can break their legs doing so. This is just one example of the sacrifices made for military people to be outstanding in their jobs like my dad is.

– Noah Adams



Being a military child is not easy because you have to move to places, you will miss all the people you know, and you have to get used to moving to new places. I miss my sister because she is in another place in Asia, so I have to call my sister on social media. If I have to move to another place, I would be sad since I have to move somewhere else. I will miss all my friends.

If I grow up and move away from my family to join the military, I will be sad if I am gone for like 3 years. This would be a very long time. I will miss my siblings too, because they care about me, even my parents. I am a military child because my grandpa fought in a war. It was The Vietnam War I think, because my dad told me. My mom told me, "If you join the military, you can move to Kadena. On base, you don't have to pay water bills or electric bills. Because you have joined the military, Kadena pays the water bills and electric bills for you." Here is what I think you will get from being in the military. I think you will get a lot of money to get a house in Kadena. I wonder what I'd do if I was in the military? I guess I will have to wait and see!

– Chelsea

Being a military child has its ups and down. I don't think I would've ever been born in a different country if I wasn't a Military child. I have been blessed to see different parts of the world because of my dad. Okinawa, Japan, being one of those countries, where I lived for 6 years of my life.

My dad is a Marine who has served 30 years this year, 2023. He retires in June. I'm proud to be a Military child, although it is hard because you have to make sacrifices. I have to make sacrifices when my dad gets deployed for a long time. Sometimes I go weeks without talking to him. I have to help take care of my mom and my siblings for my dad. So it is hard being a military child. I feel sad when my dad has to leave us. My mom helps me to stay busy.



Being a Military child we get to make friends all over the world, but sometimes it's hard. When I want to play sports, it's difficult because my dad is deployed. My dad has missed some of my soccer games because he was deployed. I love to play sports with my dad because he is a good player, like me. My dad has deployed for 8 months or longer. He has deployed 5 times in his career. Being a military child we have to move a lot. I have to move again and hopefully this will be our last move to our forever home.

– Cameron

Being a military child is not easy. I have to make a lot of sacrifices. My dad had to go away for 2 years. I have had to move around to different places. I don't like it because I lose all my friends and it's sad because I really want to be with my friends. I had a really close friend. Her name is Kaylie. We used to have sleepovers and playdates at her house. She's really nice. When I told everybody at my old school, Kaylie cried so much because I was leaving for Okinawa, Japan. She was really sad because we were like besties for EVER and EVER!!! So I'm very sad.



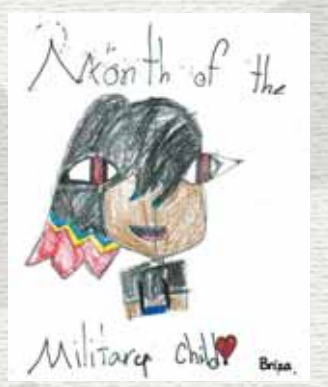
There is also another friend named Grace that I miss. She was my friend and my sister's friend. My brother Braylon is 5 years old and Grace has 2 brothers that are my age. They are 9 like me.

Braylon plays with the brothers. I think it's very very hard to be a Military child because I was in Washington then I moved to North Carolina then we were in Washington again then we moved here to Okinawa, Japan. I don't know how many planes we took. I'm not very good at going on planes because my ears get plugged so I can't hear very well. That's one of the downsides of being a Military child. It's very hard being a Military child but the fun thing is we get to move all around the world, so it's awesome.

– Brielle

My name is Briza and I lost my dad's parents, my grandma and grandpa.

Bobo, my sister, and I had to lose a lot of our friends when we moved to Okinawa, Japan. We lost 92 friends! I am a military child because I travel the U.S.A. and to other countries as well. My mom's dad is retired from the military. My Papa John was a jet mechanic and flew planes. This is why I like planes. This makes my mom a military child as well.



When you leave a place, you take all the memories with you. I felt sad because I left 25 friends and some of my friends I met in San Diego. This is what I do not like about being a military child - that my dad goes to Camp Kinser and comes back only on the weekends. My sister has to have a babysitter sometimes because my mom works at Kadena Marina late at night at times. My mom and I make my sister laugh. My dad comes home and makes cookies with me.

Sometimes my dad takes me golfing. My mom and dad give me the best hugs ever!

When my sister and I fight, two more minutes later, we stop fighting. When my sister and I are bored, I make up a joke. This is one joke: So a man likes cheese and he bumped into a man. What does he say? "My apolacheese". That is the funniest joke ever! One time when I told the joke to my sister, while eating cereal, she laughed so hard she spit out milk! So there you have it. That is the crazy life of a military child.

– Briza

I am a military child, because my family has to move every 3 years, and my dad is in the military. It's hard to move from Louisiana, because I had a really good friend named Capri. Shortly after I knew where she lived, I moved here, and a month after that she moved to Florida. I had a friend in Louisiana, and her name was Anna, and I had a few playdates at her house, and her house was across the street.



Actually she had two houses because her parents are sort of divorced. But in the airport on the way to Okinawa, I made friends that ended up going to Okinawa, in the same plane and were in the hotel as well. And they were across the hall on the same floor.

I am a military child because I moved to 3 places, which are California, Louisiana, and Okinawa. I am a military child because I am adventurous. I am adventurous because I went to Tokyo Disney Land and Sea and Osaka Universal Studios, Harry Potter World and rode the Castle ride which was really scary and also rode the hippogriff ride and I only like it if I can sit in the front with my mom. My dad is a marine and is 37 years old but he is younger than my mom. My dad goes to the port in Naha sometimes. Other times he works in his office on Camp Hansen. Thank you for reading!

– Collette

I like that I am a military child because if I were not a military child I couldn't live in the big house that I am living in right now. I also wouldn't have this big TV. Also if I were not a military child I also couldn't inside the bases like Foster, Camp Shields, and Kadena. I also couldn't have toys like nerf guns, my watch that I got on Christmas, and computer parts. I also wouldn't be able to play with my friends if I were not a military child. I also couldn't have any American snacks if I were not a military child.



I love to be a military child a lot. Also, if I were not a military child, I could not go to daycare (SAC). I also do love to be a military child because there is a park nearby and also a basketball court. I can do kickboard, balance board, scooter, and ride a two wheel kickboard. Also, if I were not a military child, I couldn't go inside the exchange and the express stores. I also couldn't have a Pokemon trading card binder if I were not a military child. If I were not a military child, I also couldn't have a computer. Also, if I were not a military child, I couldn't have good baby stuff.

– Luka

It is hard being a military child because you make sacrifices often. There was a time when my dad left for 6 months. During that time, I was only 4 years old. I still remember missing my dad tremendously. I also remember my mom had just had a baby and my dad's time with my new sister was very short.

Being a military child is also hard because I have moved two times.



I was two years old when we moved to Okinawa, Japan. It was pretty busy on the planes. It's also busy in the airport. Sometimes my ears get clogged so I can't really hear that much. It's also fun to be a military child because I get to see lots of cities and towns and cafes and lots of other places. I love to visit new places.

I think being a Military child is hard. I have been here for 6 years. Being here is so fun because there are so many fun things to do! I can go to the park and visit new places around the world. I love to visit places around the world because I can watch sunsets. My dad is in the Air Force and sometimes he works really late - from 7:00 to 8:00 p.m. Being a Military child is awesome because you get to do new things. Be strong, helpful, kind, and loving to others. Moving is also hard because you need to say your goodbyes and it is very sad.

– Aria

Being a military child is hard because you have to move away from friends. And sometimes your parents have to leave you for deployments. That can be difficult because you won't have both of your parents with you. But it can be fun too! You can celebrate with your parents when they get back home, or when they get promoted. It gives you life experience and memories to have for your whole life, until the day you die.



You have to make sacrifices for yourself and your family. I miss a lot of food places in the U.S. You lose friends and make new friends. You also can get separated from your family and it can be really hard when you have to leave your family behind. But, memories are always there for you to keep. The experiences, memories and cultures you experience can also be there for you to remember, and even the languages along the way.

I love to meet new people. I personally like to go back to places I've lived or visited. I also like to go visit friends or family. On base we sometimes have big celebrations. I love when family comes over to our house for the holidays. My favorite holiday is Christmas because I get gifts, good food, and most Importantly, family friends and I get two weeks of school off. I don't like school. It is boring, But I can play four squares with my friends and play fun games with them. I only like lunch and recess. What do you like about school? I also like to sometimes work with my friends on math or any other school related subject

– Chase



I am a military child. I miss my friends from North America that I left behind when I moved to Okinawa, Japan. I wish I could see my friend in North America again because I haven't seen my friend in a long time.

I wish I could come back to North America and Texas because that's where my dog is from. I miss my grandparents from Texas. I miss the Yokai Watch Show because they got banned from Netflix.

I miss my grandparents from Australia. I miss my Dad because he has been deployed for a long time. I miss my Uncle and Aunt. I miss the hikes I do in Texas and North America. I miss running in the forest with my dad. I miss my teachers in America. I miss all my old stuff I used to draw with. I miss my light up roller skates in America. I miss my uncle and aunt who live in Australia. I miss my Dad because I can't practice baseball.

– Kirito

Being a Military Child is good but not really because sometimes my dad works all day, and I don't see him at all because I have to go to bed. When my dad goes somewhere and comes back, he brings me toys. A Military Child is awesome! Sometimes I think a Military Child can ride a horse. I love horses. I'm very good at drawing. I have some questions: Why does the military have so many guns? They scare me. Why are the Russians our enemies? Why was there a war when there could have been world peace? Do you ride horses? And if you do, do you have a foal? If so, I would like to see him because I love horses. Do you name your horses? I love drawing horses. Maybe I can draw you something and then print it so everyone can see it. Would you like that?



Do any of you believe in God? I know a man who did and now he is popular. I have not met him in person. He did know God, but he did not get shot once. He even brought his enemies to safety. He is now dead, but he did something good in this world like Dr. Martin Luther King, Jr. I wonder if military people have ever accidentally killed someone during war. I think war is dangerous for everyone.

– Meadow

It's both hard and easy to be a military child. I will say it in an easier way. It is bad and good to be a military child. I can say a lot of stuff about being a military child but I will just say a few things that I have felt while being a military child.



A downside of being a military child is leaving your best friends. There was this one time I had to leave my friend Jet because I had to move away from him in Camarillo. My dad had to go to Okinawa for 3 years and maybe a little more. This was one of those friends that would help me and help me up and ask me if I was ok. I had to let him go. In Okinawa I have new friends that do the same almost every day. But I still miss him.

Sometimes, I miss some food that I used to eat in Camarillo because I love eating a lot! I love eating foods from around the world, like Okinawa. I got to eat a bunch of soba and the hot chewy noodles and the warm soup and the yummy meat.

I love adventuring around the world because I get to learn some of the languages and traditions. I learn everything that there is for me to learn. Another reason I like to travel is because I get to meet new people.

– Kenji

Being a military child is easy,but hard at the same time. Hi, I'm Lauren, one of the Military children! I have to go through a lot of sacrifices since I'm a Military Child. Every child in this world is different in many ways. Some people wear a hijab, or they wear different clothes, and that's ok!



Sometimes we go through problems, like losing someone, or your parents have to go somewhere far away from you. Another problem is your best friend ends up having to move. Life doesn't stay the same. Mine has changed a lot. Whoever you are, White or African American, you should not feel left out because Martin Luther King, Jr., knew what he wanted the world to be. He was a very nice person back in the past.

The military is more than one thing. It means a lot of things like taking care of your family, protecting them, and keeping them safe.

Sometimes I can't have everything I want - like toys or going to Build A Bear, because my parents are busy all the time. It's ok because I can Facetime with my best friends. Everyday I Facetime my friend Brianna. She lives in America while I live in Okinawa! Sometimes I miss my friends from America. My parents love my brother and I, even when our parents are mad at us! I love my parents in many different ways!

– Lauren

I'm not an active duty military child, but I am a military connected child. Being a military child or a military connected child is very tough, but it is not hard if you believe in yourself. It could be hard because you will miss your family and friends. But it will be fun because you could make new friends when you move! It may be loud but it doesn't matter to me. ☺ You need to protect yourself. You should know that the Month of the Military Child is hard to wait for to celebrate.



When your mom or dad leaves for a war anywhere or has to deploy, it can be hard. I do not want to be a military child because I do not want to miss my friends. But sometimes I want to be one because I was a military child before but my dad retired when I was a baby. My sister was with me every time my dad deployed. I love military children, and I will be one forever because my dad is retired. My dad works as a civilian for the military. My grandpa was also in the military. I want to be like my dad because I want to be a military soldier! My dad joined the military in 1995. My grandpa joined the military in 1962. My dad retired in 2011. I love military children! I love to be back to being a military child maybe. Someday I will be my grandpa and my dad.

– Nicolas

I am a military child. Being a military child is hard. You have to go through hard times. You have to go through moving away, losing your friends, losing family, which is sad. Everyone goes through things like this. Being a military child means your parents have to go for a few weeks. In 2022, my mom kept leaving to be with her friends or go to her graduation. It was just my dad, my sister, and I. I would miss her everyday. The only thing that breaks my heart is she never brings us with her. My sister and I would usually get to sleep with our dad, but the house feels really empty without her being there. Once, my dad went to this hotel. He stayed in California with us, but I missed him. We would drive past there sometimes, and I would always try to see him.



This was when I was 3 to 5 years old. I remember having a lot of friends in SAC. We would play with the little dinosaur toys together. I miss them every day. Most of my friends would eventually end up being from school, but I wasn't going to school yet. That's why I enjoyed playing with them together. I never got that one girl's user on Roblox. Her name was something that started with an "M". I bet she forgot about me, but I have new friends and they are the best friends you could ever have.

– Brooke

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



I like being a military child because I can make new friends. I don't like being a military child because I have to move every 3 years and make new friends, leave my teacher, and I will miss everything we do. I get to stay here for 1 more year so I can stay with my friends for 1 more year. When the year is over, I won't be with my friends anymore and I will miss my friends. I don't like being a military child because I won't see my family members.

I was born in Virginia in a military hospital. That is how I'm a military child. From Virginia, I moved to California and then Okinawa, Japan. While I was in Virginia, I got to go to Busch Gardens. It had a fun roller coaster named Griffin. Last summer, I got to go on vacation in Madrid, Spain and then Paris, France, London, and England. If I was not a military child, I wouldn't be able to live here in Okinawa, Japan. In Florida there was an amusement park called Sea World. I liked the shows there. There is also another SeaWorld in California. In Paris I went to Disneyland. We got to eat cooked snails. We had macaroons on the Eiffel Tour and we saw Notre Dame. If I was not a military child, I wouldn't go to Las Vegas. If I was not a military child I wouldn't go to Paris.



– Spencer

Sometimes being a military child can be both easy or hard. It's a lot of sacrifice for little kids. I've lost some friends due to moving and disagreements. Sometimes they come back to me and sometimes they don't.



Sometimes they tell me they are sorry and we are able to be friends again. When my siblings ask me for some snacks, I just give them a lot of snacks because it's my responsibility to take care of my siblings. I also have to help my grandma and grandpa and the rest of my family. I also help my mom because I have a new born sister named Chiara. I also love being a military child because I want to be like my dad. Sometimes it is hard, but I still like being a military child. Some of the things I don't like are my dad going to train some military workers and he has to deploy.

When I grow up, I want to be in the military and make some friends. When I grow up, I will share my favorite military history. It is about the life of Alexander the Great. I also like the history of WW2. Finally, my favorite part of being a military child is exercising with my dad and going to work with him. What makes me sad as a military child is that I have to move and not see my friends.

– Ryden

I am a military child. My dad left for eight months when I was one year old and my mom was struggling. My dad left for a war that was being held in Afghanistan. My mom was so stressed, she got in a car crash. My mom was so stressed because she was taking care of three little kids - ages one to eight.



My mom was struggling so much. While I was sleeping, my mom would go to her room and cry. She would not even go to sleep. When my dad returned, she was so happy to see him!

It is hard to make sacrifices for your family. When I moved to Okinawa, Japan, it was hard to make new friends. On my first day of school, I met Brielle, Aria, and Briza. I do not like when I move because it is hard. When I got to Okinawa, Japan, I had to stay in a Hotel for 14 days! I love Okinawa because there are a lot of fun places to visit. Some of the places I like to go are the park, the beach, pool, and the arcade. Before moving her, I lived in Jacksonville, North Carolina. I had many friends, so it was hard to move. I like my class because everyone is nice to me and my teacher always teaches us new things every day. I get to learn a lot every day.

– Sofia

I am always traveling and when I make a friend, I have to move. I never see them again, but I still talk to one of them. Her name is Amelia and she is my bff. I talk to her through games, but we have not talked in 2 Months. I miss my sister who is 20. She is in college and she left Okinawa on 1-6-2023, the same day I started writing these lines. She came back home for winter break and she left today. And when I see her I will run to her and hug her and I will be so happy!



It is hard moving and not seeing your friend for years. I have met some people who I have become friends with. I have never seen them since then.): I love making friends and I love playing with my friends. When was the last time you spoke to your bff? Do you like to play with friends?

Do you always talk to your friends? So, do you have a bff? If so, it is nice, and if so, I bet you always talk to them. And if so, they are nice properly. Now, all of my friends that don't live here, I will never see again. Do you ever go to dinner with your friends? Do you always go with them to different places?

– Jameson

My family and I are going to PCS in June or July. This means we will not be able to see my Japanese Grandma, Grandpa, or aunt for 3 years. My friends from first grade and second grade are still here, but they won't know who I am since it's been a few years.



I had a friend that left and it's sad. My friend from first grade didn't know who I was in second grade. I still remember his name; it was Matheo. My friends from first grade won't know who I am because it's been 3 years since I've seen them.

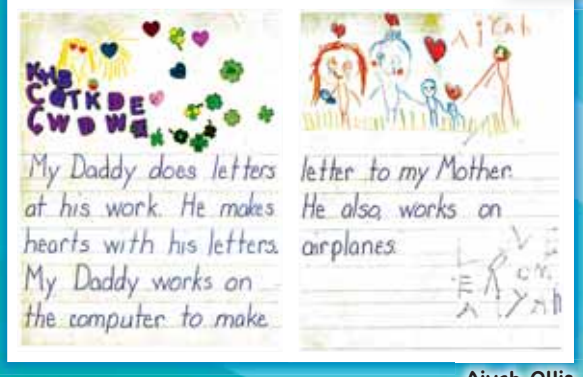
My sister, my mom, and I, have all had Covid. When it was my first day of getting covid, my stomach hurt, but I was a tough boy and got through it. My mom and I had to stay in a room upstairs. Then my sister had to come because she was feeling sick. My dad had to get us food. He was the only one that didn't get Covid. My dad stayed alone downstairs. I knew he was feeling lonely, so my heart was sad. My kindergarten friends won't know me because it's been 4 years since I last saw them. I don't know my kindergarten friends' names. My Japanese friends from Japanese school won't know who I am since it's been 5 years since we have seen each other. It is sad that they haven't seen me.

– Maximus

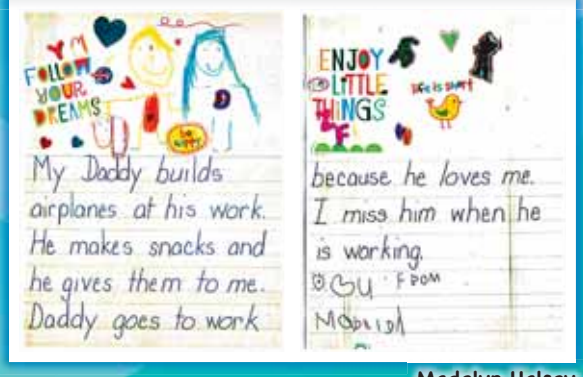
CELEBRATING MONTH OF THE MILITARY CHILD

RALPH F. STEARLEY PRIMARY SCHOOL

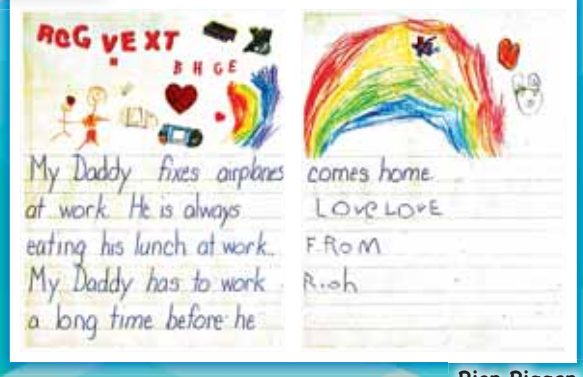
Sure Start • Ms. Langford



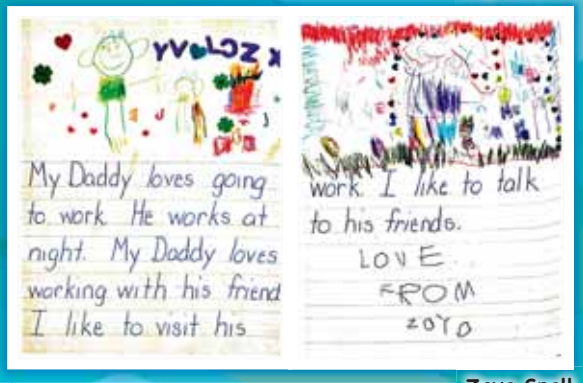
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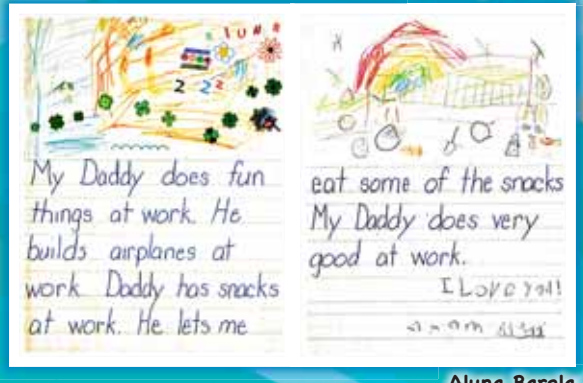
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Rion Riggen



Zaya Snell



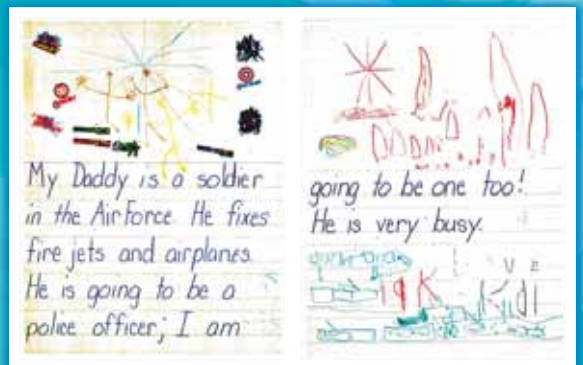
Aluna Barela



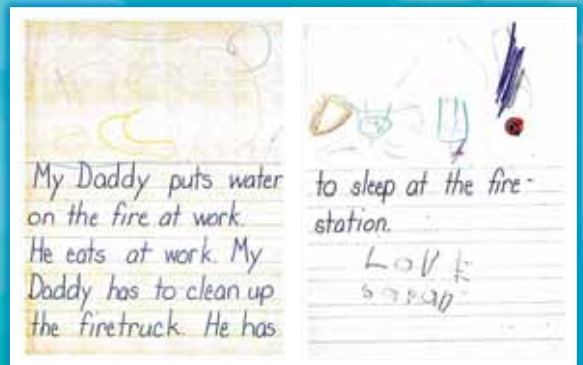
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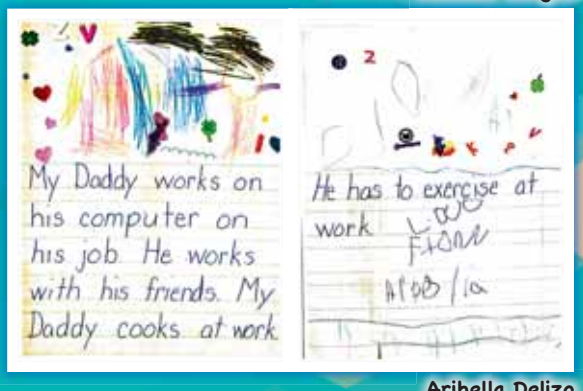
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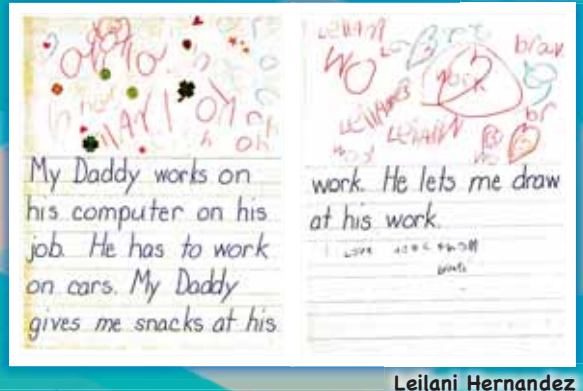
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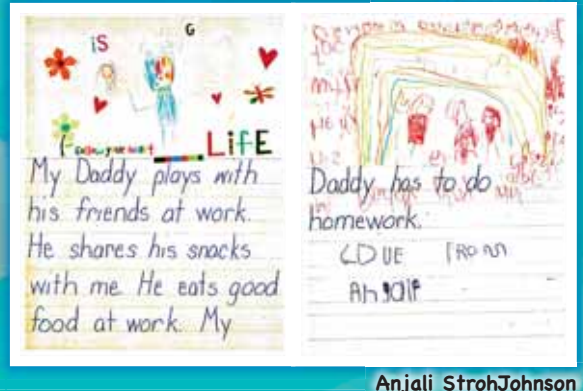
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Aribella Delizo



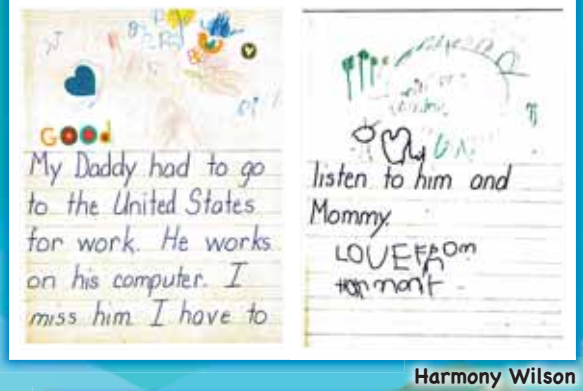
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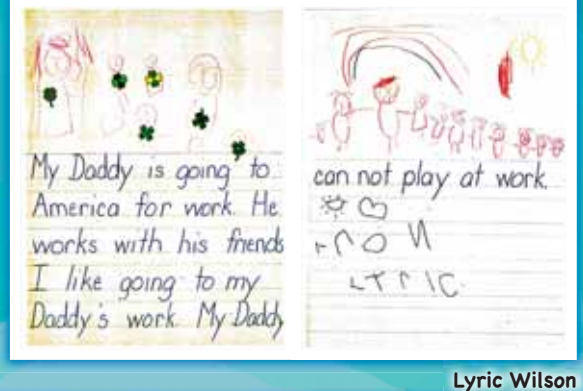
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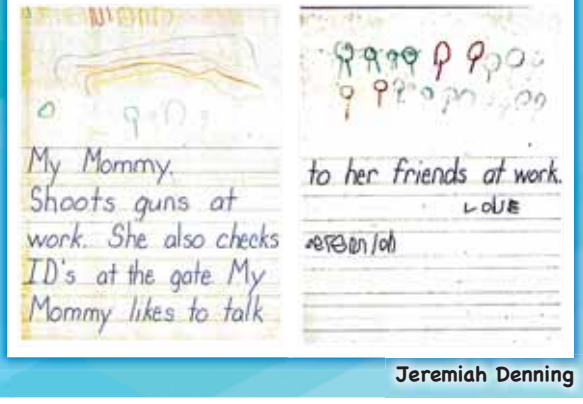
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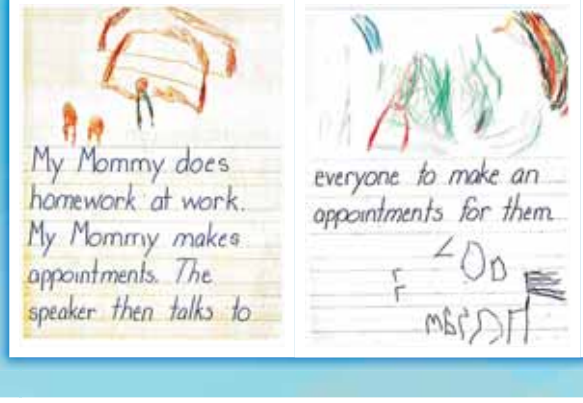
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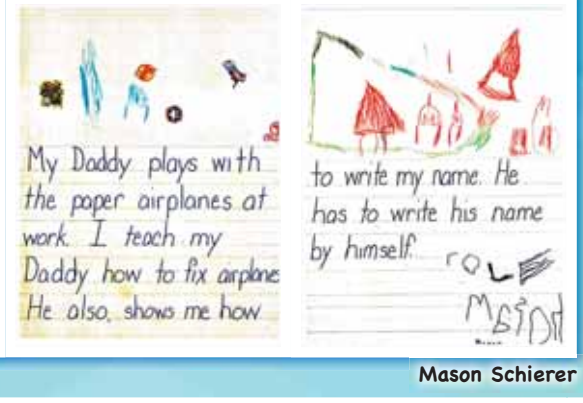


Lyric Wilson



Jeremiah Denning



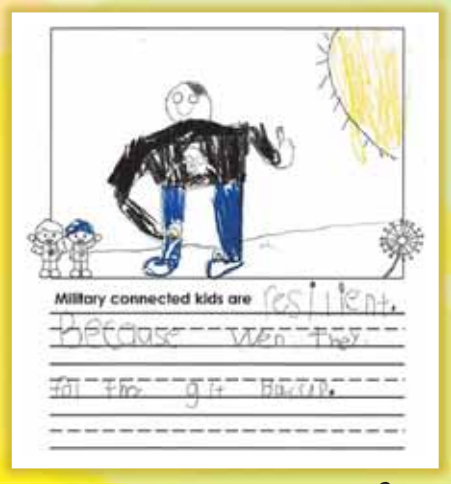


Mason Schierer

CELEBRATING MONTH OF THE MILITARY CHILD

RALPH F. STEARLEY PRIMARY SCHOOL

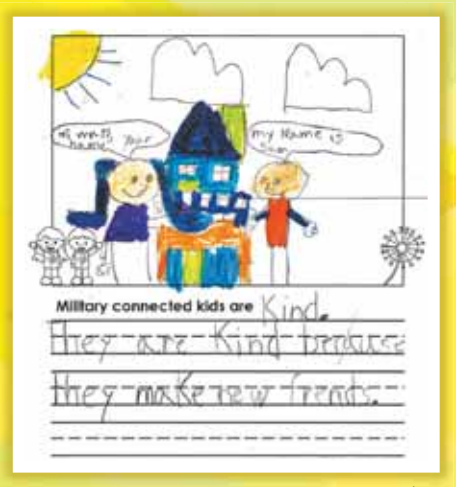
Kindergarten • Ms. Kleiss



Boone



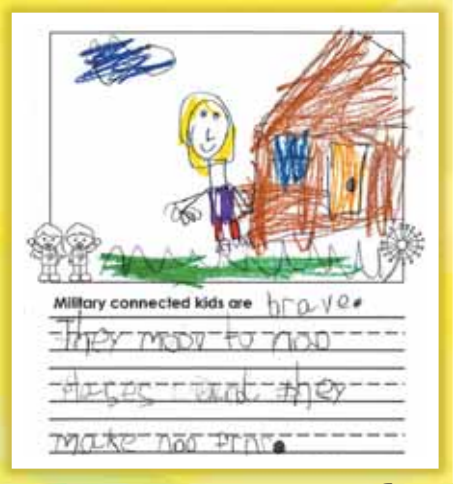
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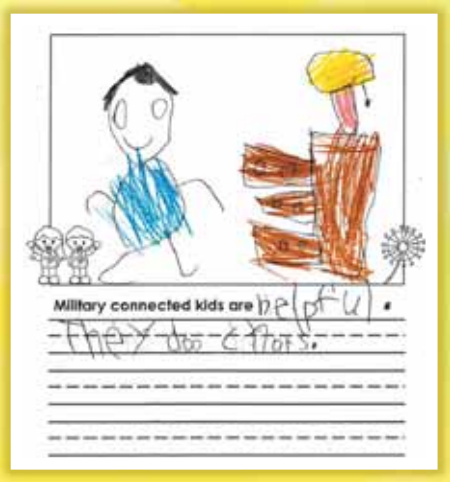
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Arina



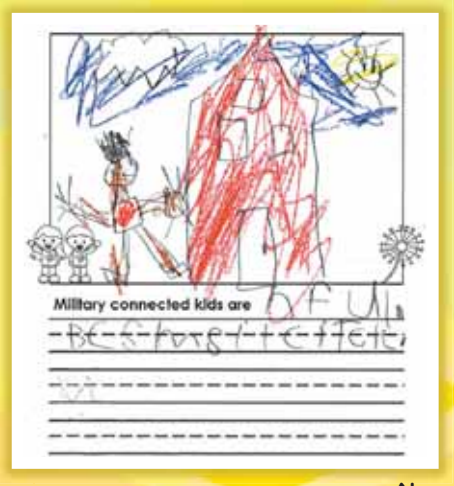
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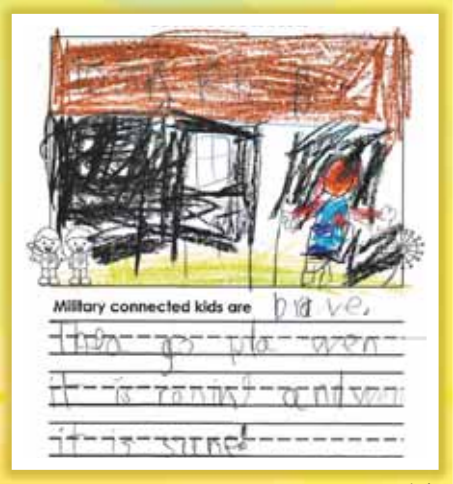
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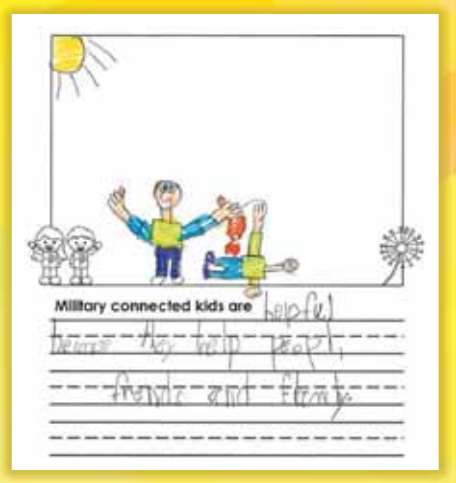
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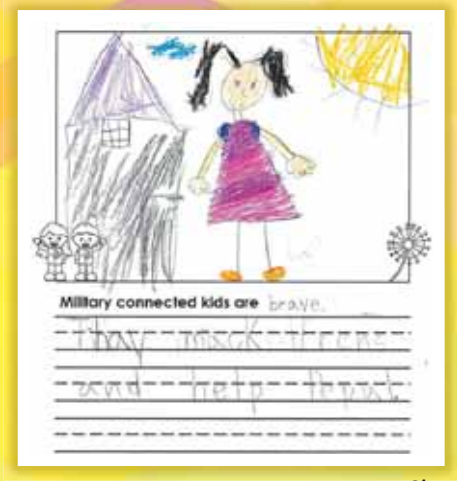
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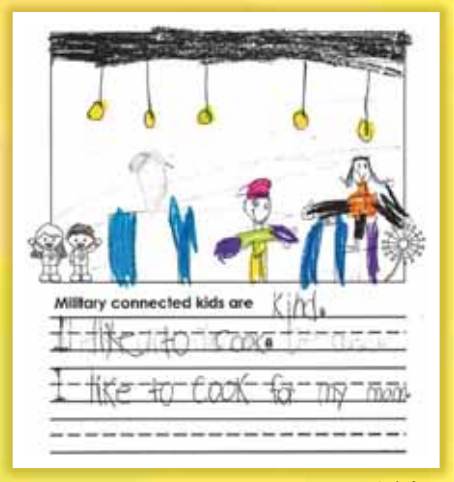
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Nehemiah



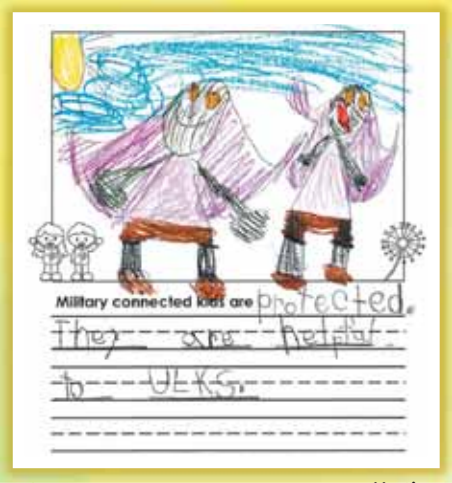
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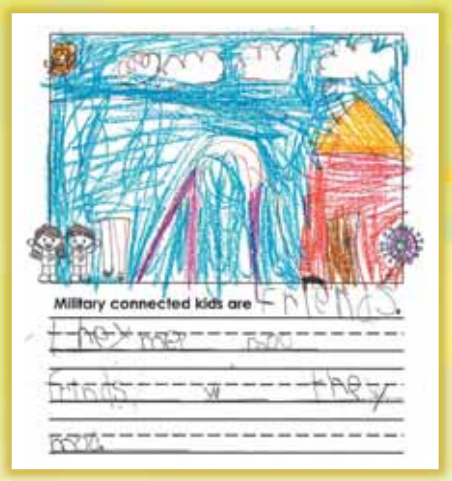
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Amari



Hayley



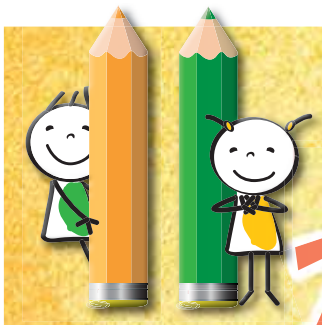
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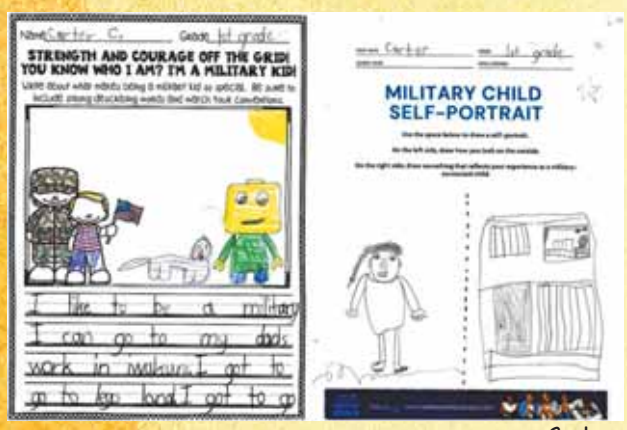
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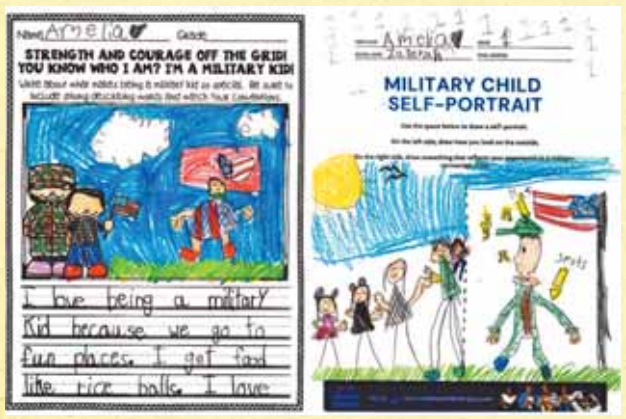
Celebrating Month of the Military Child

Zukeran Elementary School

1st grade
Ms. Cordle



– Carter



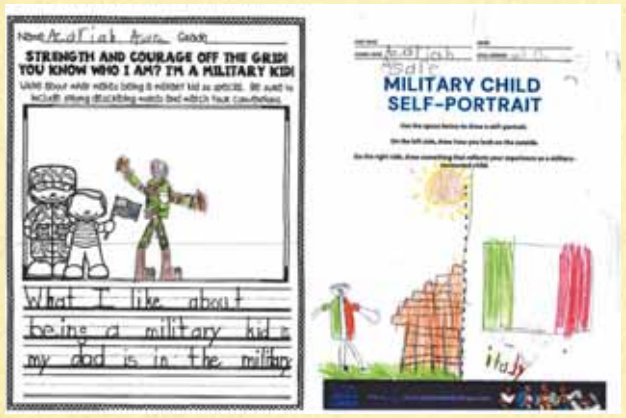
– Amelia



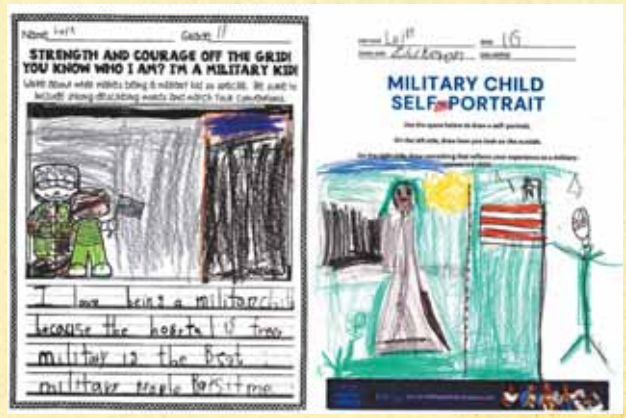
– Aidan



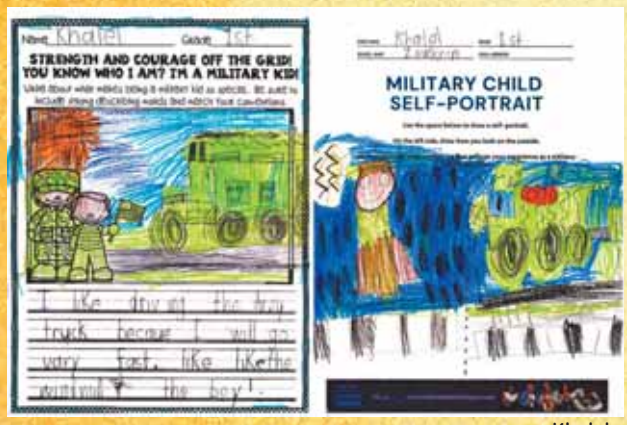
– Precious



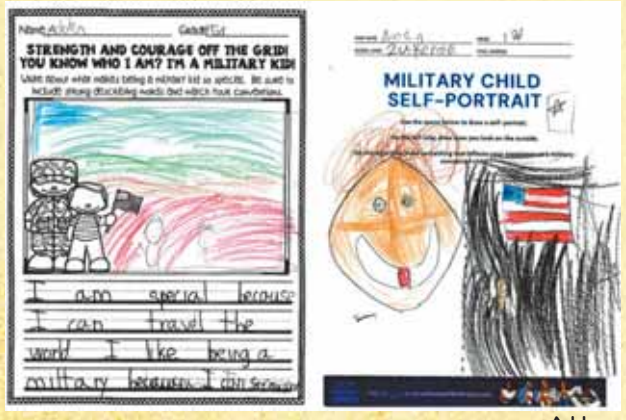
– Azariah



– Laila



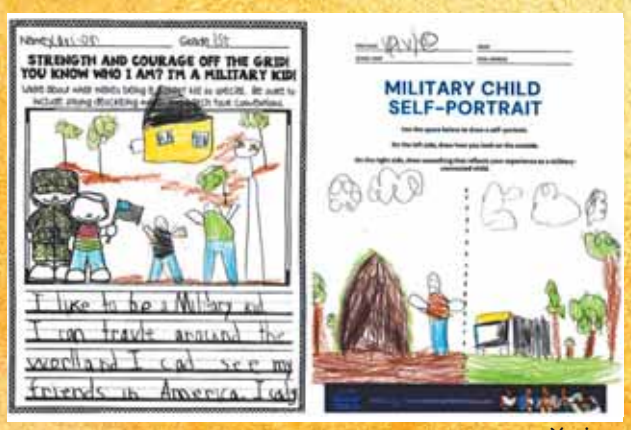
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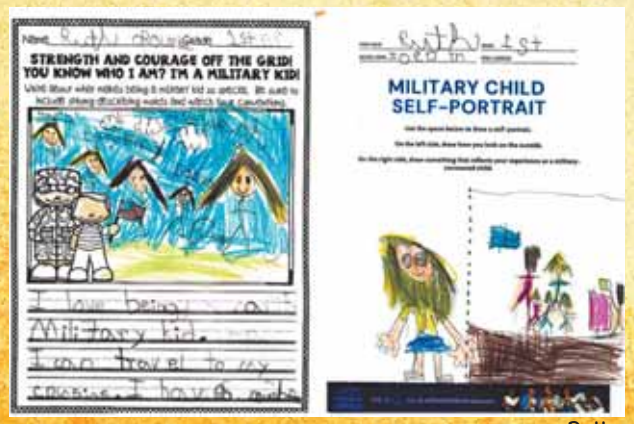
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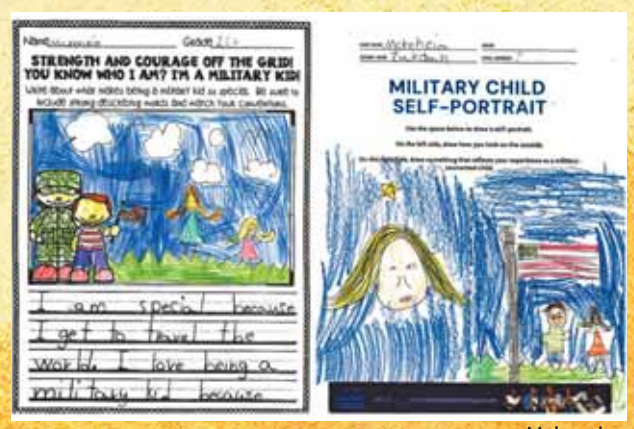
– Anna



– Xavier



– Ruth



– Mckenzie



– Mahkai

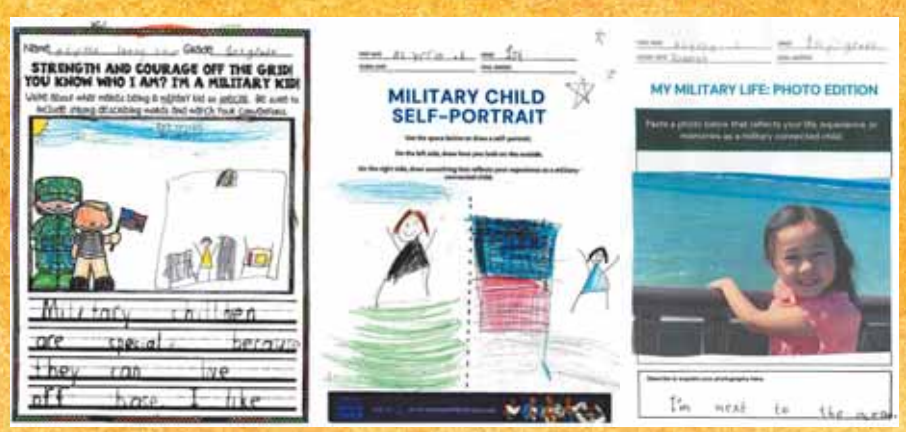


– Shirley

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– Alyssa

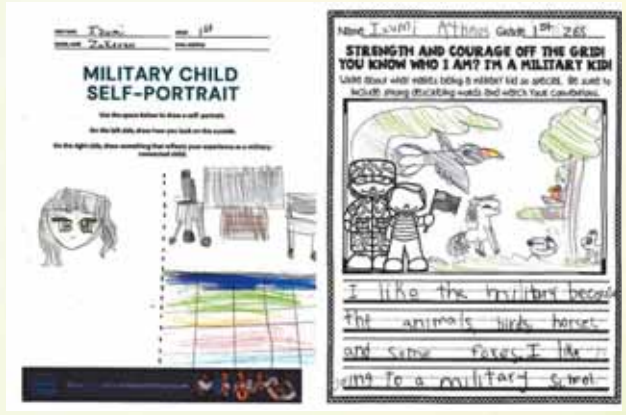
Celebrating Month of the Military Child

Zukeran Elementary School

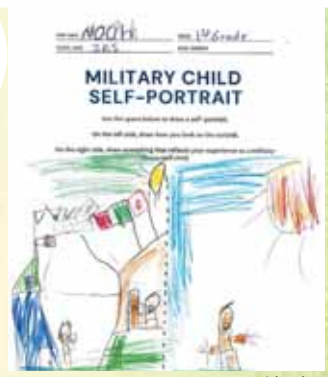
1st grade
Ms. Velazquez



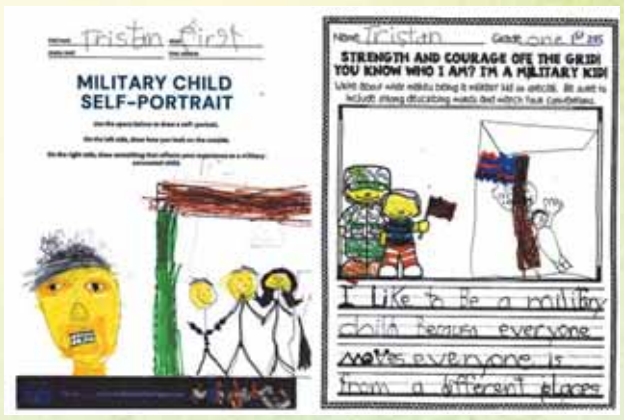
– Sofia



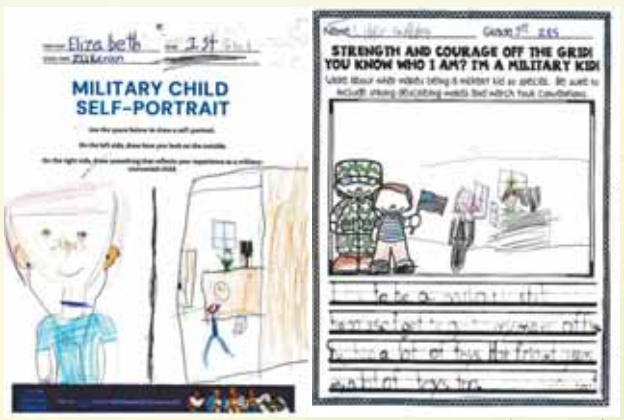
– Izumi



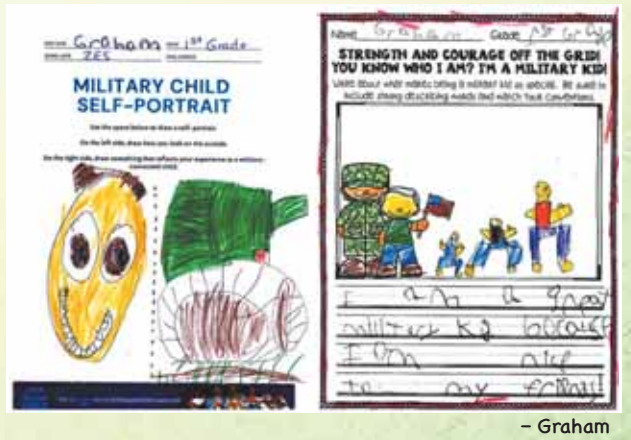
– Noah



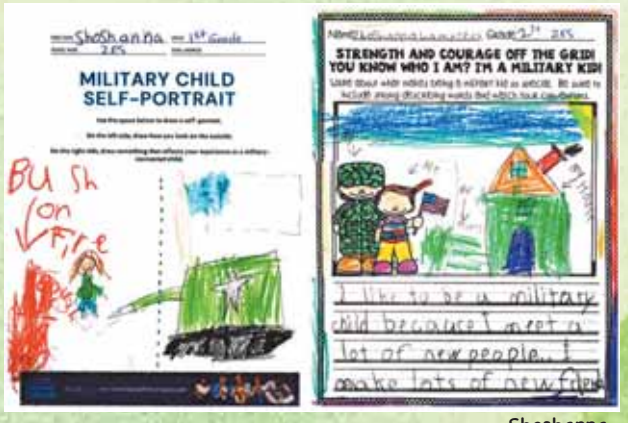
– Tristan



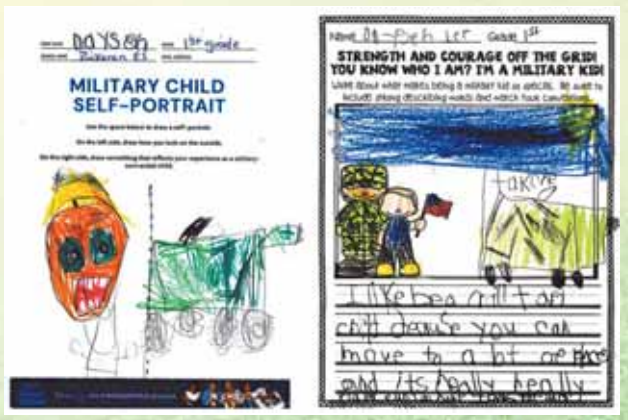
– Libby (Elizabeth)



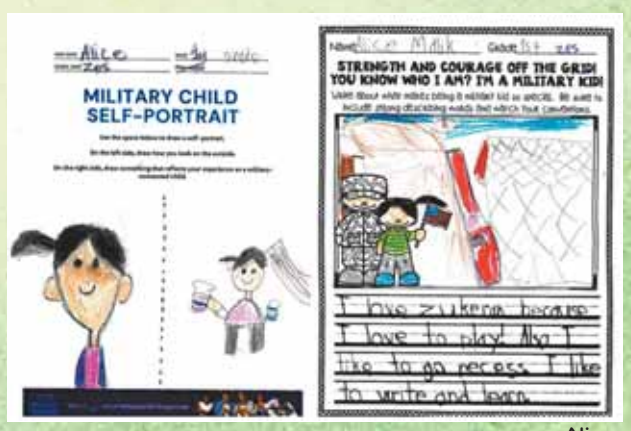
– Graham



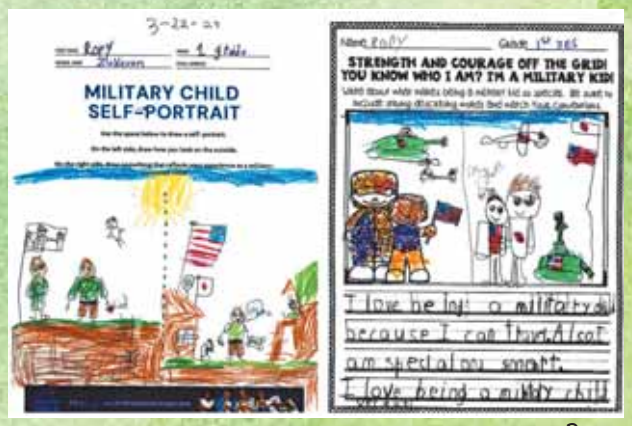
– Shoshanna



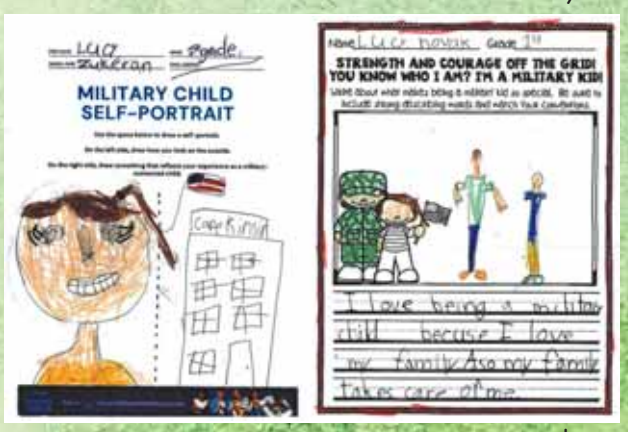
– Daysen



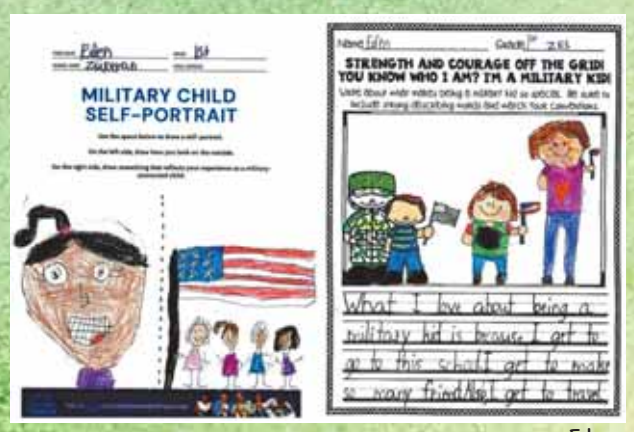
– Alice



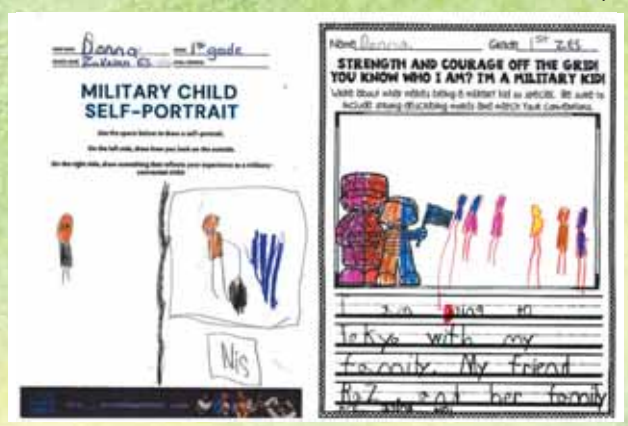
– Rory



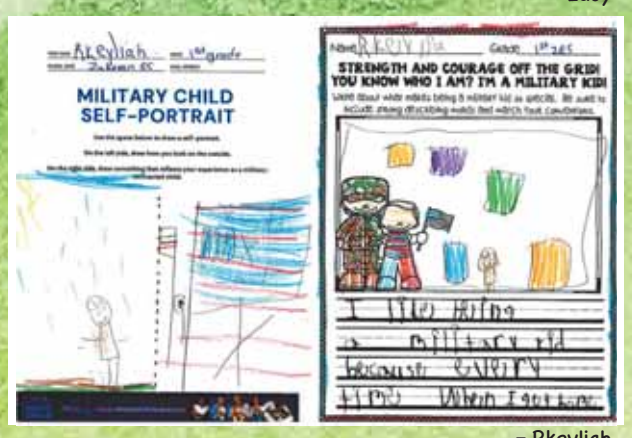
– Lucy



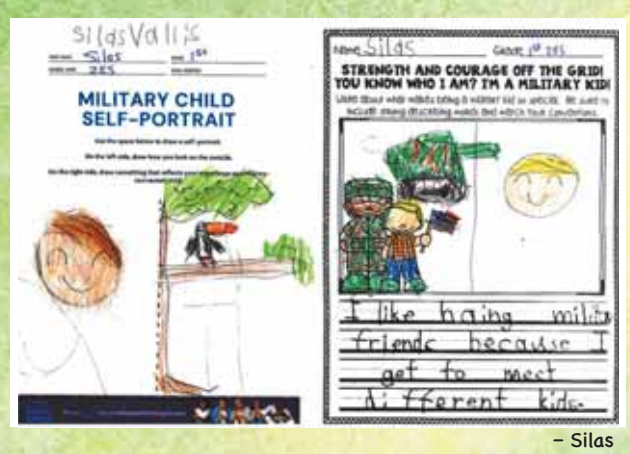
– Eden



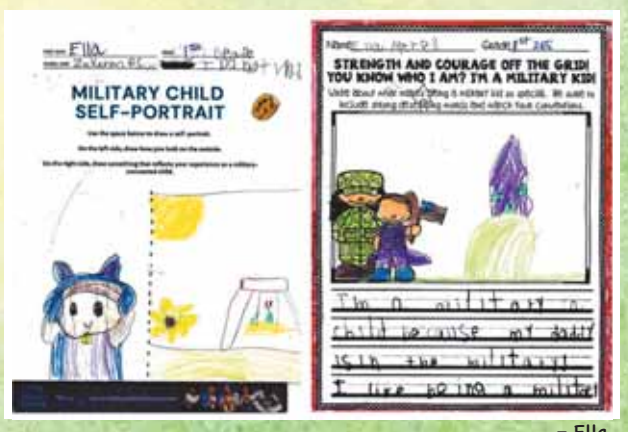
– Donna



– Rkeyliah



– Silas



– Ella

Celebrating Month of Zukeran Elem

1st grade Ms. Ms. Baker



– Roselynn



– Saige



– Omari



– Selena



– Daniella



– Emery



– Elise

1st grade Ms. McElwee





– Andres



– Alessandra



– Lily



– Sebastian



– Kaynan



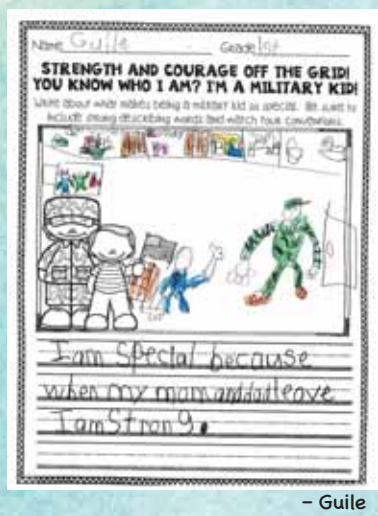
– Eliana



– Kassandra



– Jon



– Guile



– Emily



– Silas



– Annabella



– Damon



– Jack



– Zoey

f the Military Child
entary School

2nd grade Ms. Allan



– Kayden



– Gio



– Camila



– Mateo



– Jeremy



– Olivia



– Athena



– Ruby



– Isaac



– Tillie



– Abbie





– Autumn



– Eben



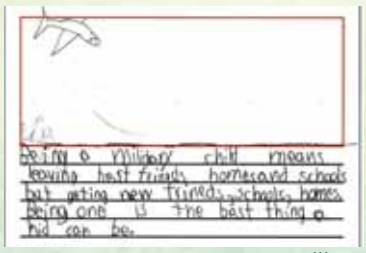
– Alexandria



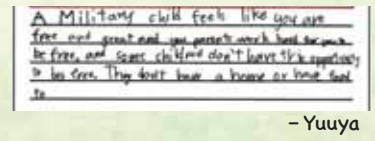
– Dylan



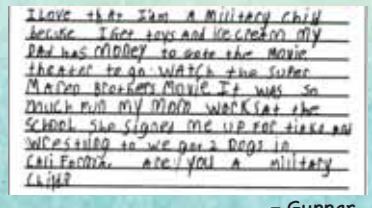
– Lucas



– Dillon



– Yuuya



– Gunnar



– Mila



– Jaxson



– Emery



– Jendayi

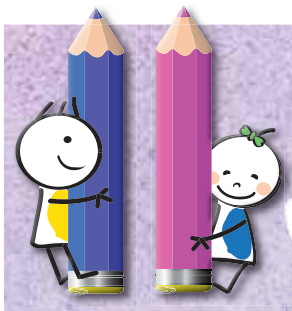


– Olivia



– Ezra

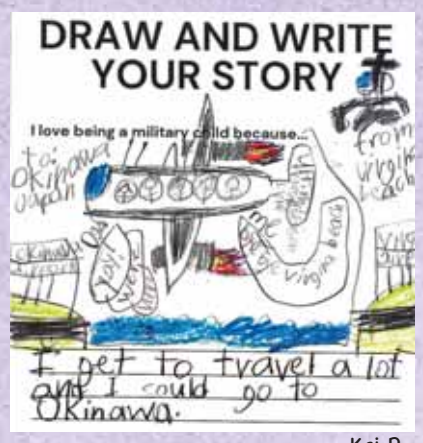
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Celebrating Month of the Military Child

Zukeran Elementary School

2nd grade
Mrs. Aguilar
Ms. Pruemer



– Kai P.



– Anson P.

I like being a military child because moving is fun. I get to see lots of different places. I get to make new friends at new places. I like that we can go on base and off base. It's like going to two different places at the same time. Whel like when my dad comes back home from his work because I get happy. I go to new places to learn new things. I also can learn new languages. That is why I like being a military child.

– August

Being a military child is hard because you will have to move. It's hard because of how old you are and if you have a lot of friends it's hard to move away because you don't want to miss your friends. It's just that my friend moved but she's a military child too. I don't care much anymore because I still have more friends. You just have to move on. It helps even if you're crying about if your dad moves away to a different country because he has to do that to get money to work and it made me sad because it happened to my dad and now I have to text him and call him. It makes me feel sad and upset and if your dad's gone he misses you and he probably knows you miss him.

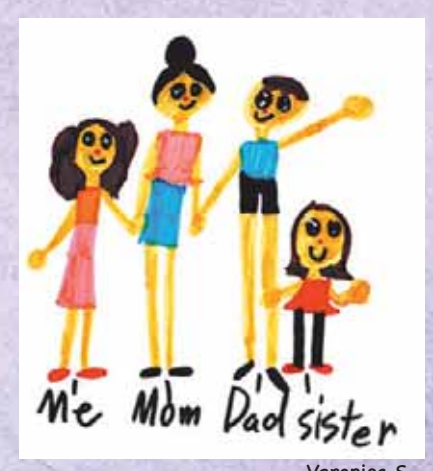
Aurora B. 2nd grade Zukeran



– Aurora B.



– Thiago R.



– Veronica S.



– Malayia T.



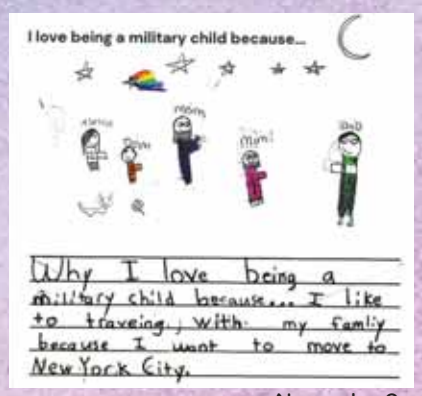
– Ayshalyn R.



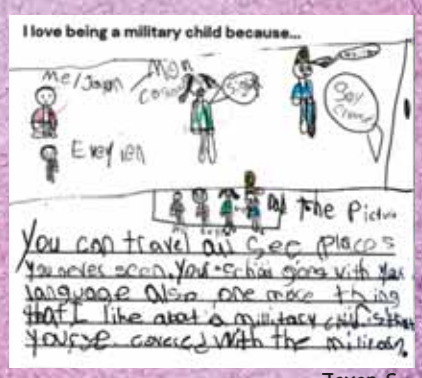
– Chloe.



– Damien Z.



– Alessandra O.



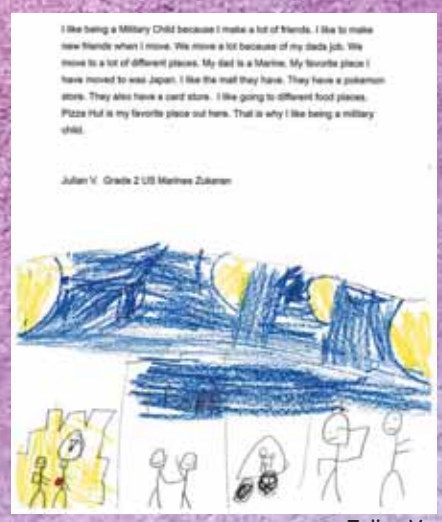
– Jaxon S.



– Tanner S.

I think being a military child is fine because sometimes they come with good news and bad news. Like we are going to Hawaii or I'm leaving for 2 months. Sometimes you can go to a potluck and have parties and have fun there. There is a lot of food. I think you should go to your dad's potluck today.

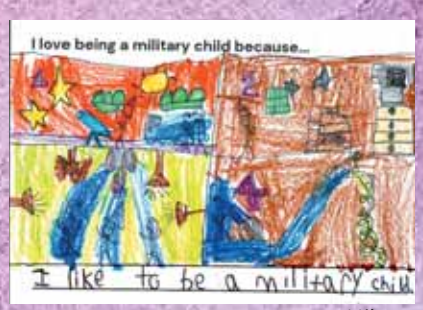
– Adrian R.



– Julian V.



– Eli L.



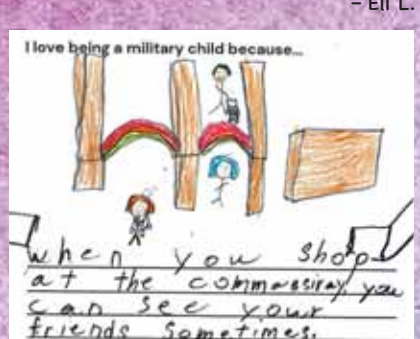
– Mikey

I like to be a military kid because you make new friends at new places. Now you can play with your new friends.

– Kaylani A.



– Maiya C.



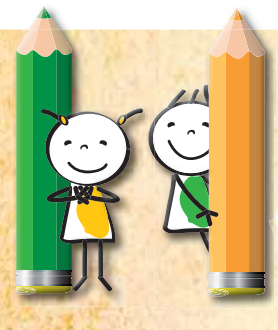
– Daniel N.



– Joachim L.



– Arianna A.



Celebrating Month of the Military Child

Zukeran Elementary School

2nd grade
Mrs. Meehan



– Rynka



– Dyshawn



– Logan



– Blake



– Paisley



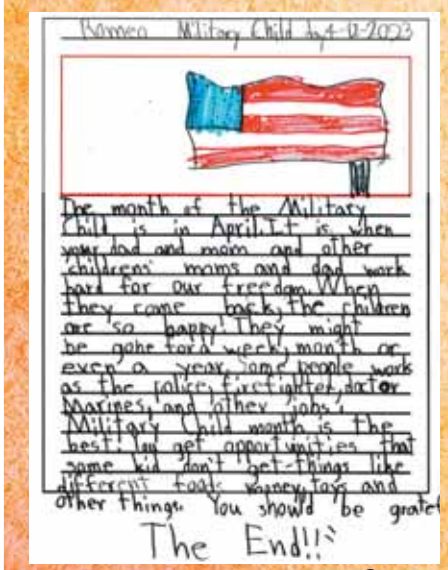
– Esley



– Lillian



– Adam



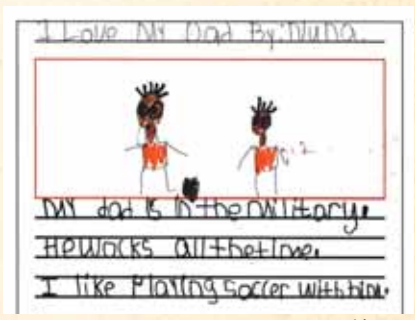
– Romeo



– Amore



– Peyton



– Nuna



– Stella



– Skylar



– Catalina



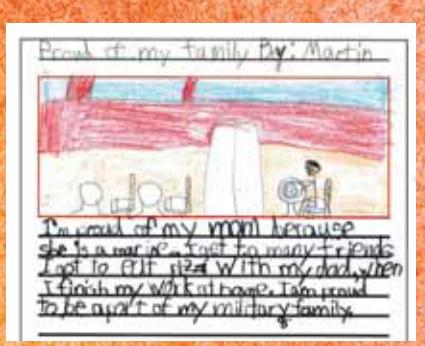
– Payton



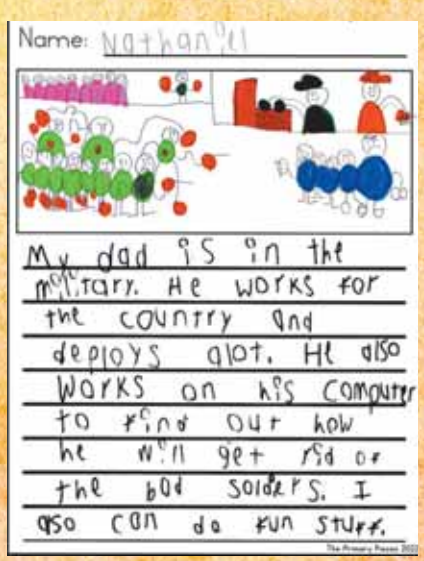
– Aubree



– Bennett



– Martin



– Nathaniel

Celebrating Month of the Military Child

Zukeran Elementary School

3rd grade
Mr. Stanford,
Mr. Vallis, and
Mrs. Weisz



What is special about being a military child?

Being a military child is special because you can learn about different cultures. I am learning about Japanese culture. I get to eat new food, and see cool stuff like Shuri castle. I get to see cool places such as Okuma in the northern part of the island. I also get to try new foods like ramen, sushi, and Japanese curry.
Being a military child can have some challenges also. Some people have to experience deploying like my dad. We have had to move a lot because of my dad changing his job location. Sometimes he has to leave for his work too. He went to Korea once! Also, when you move you lose some GOOD friends and it can be sad. Although it can be challenging being a military child, I think it is a great experience.

Lukas Hoy



What is special about being a military child?

Being a military child is special because you can move to different places like the states and maybe other places around the world. Also you can learn different languages like Spanish and Japanese. Recently I've learned how to say the colors in Japanese. Additionally, you can make new friends from different places and learn about different cultures. I've had the privilege to visit new places like Okinawa, Japan. There are some of the hard parts of being a military child. We are going to have to leave close friends and family behind, but you can call them or visit them. And sometimes it's hard to understand languages like Spanish or Japanese. And it's hard to leave your pets! Sometimes you might have to sell your pets or find a pet sitter. Although it can be challenging behind a military child, I love being a military child!

Leilani Grace Rico



What is special about being a military child?

It is special being a military child because you can see historical places like the world war II bunkers. I felt like I did not belong when I first came to Okinawa because I live in Tennessee for ten years. Then I moved to Okinawa when I was 4 years old. When I got used to my new home it was very fun! We got to see a cool place like Shuri Castle. My favorite part is I get to go to different places like England or Italy. And I get to learn new languages! My family is planning a trip to Tokyo Disney for my birthday and I get to go home for the summer. It is also hard being a military child. Moving is so hard you have to leave what you have known for the last year or so and everything is unfamiliar and different. So don't say "I don't want to be a military child." Being a military child is special, not terrible.... it is a gift!

Analysia M. Windom-Perdomo



What is special about being a military child?

Being a military child is special because you can move to many places all over the world and discover different things you didn't know before. We get to learn in a different school and also discover historical things too. It is also so hard because we have to leave our old life behind. So you should be thankful you are a military child and you should be thankful you get to learn new things. Not a lot of kids get to be a military child and learn about different places around the world. You can also live in different places and visit different shops and restaurants. We also get to learn new languages and discover famous or cool things. In Ukraine I got to visit a really cool statue. In Okinawa I have visited so many beautiful beaches. Being a military child is hard because you may have to leave loved ones behind. Although it may be hard to leave family and friends behind, I feel fortunate to have the opportunity to visit these different places and learn about their culture.

Mia Alexis Blua



What is special about being a military child?

Being a military child is special because you can try so many new things: food, activities, etc. You also get to see many things. For example, if I hadn't moved to Okinawa I wouldn't have ever seen Okinawa World or tried Japanese curry. Also, if I hadn't moved to Texas, I wouldn't have tried Aldacos, the best restaurant in the world in my opinion. But there are also challenging things about being a military child. For example, you have to leave everyone behind except for siblings and parents. You also have to go to a new school where you don't know anyone. I moved to Texas and after I moved there my great grandma died and when I moved to Okinawa I had to leave my BFF Emmie behind. And when I moved here I didn't know anyone. But now I know almost everyone in my grade and some other people in other grades. I am so glad I'm a military child!

Eloise Hansen



What is special about being a military child?

Being a military child is special because you move to different places and make new friends. I've been through exciting and challenging times before and it was hard to leave places that you love or miss.

Being a military child is hard and special because you leave your best friends, your favorite place and sometimes leave your family, including pets too. My dad left for Korea and I was very sad but he came back a month later and I was filled with joy! And being a military child is special too because you get to see cool places like Okinawa pineapple park or cool beaches. And you might go to Zukeran Elementary and make new friends. You can try new foods too like curry and noodles. Those are the reasons why being a military child is special and hard at the same time.

Jayda Wright



What is special about being a military child?

Being a military child is special because you get to do new things. Another cool thing is you get to learn new languages. Being a military child we get to move a lot. I have lived in Florida, North Carolina and Okinawa Japan. Being a military child is hard because I have to leave friends behind. After leaving friends behind I have to make new friends at my new school. Although it can be challenging to make new friends, I get to enjoy new foods at my new home. Here in Japan, my favorite food is Yakiniku! I get to see new things like different types of stores. My favorite store is Daiso. At Daiso I like to buy erasers, cool pens and pencils, and yummy snacks. I like to see the different animals that different places have to offer. That's why I love being a military child!

Zigglynn Dockery



What is special about being a military child?

Being a military child is special because you get to move to new places like Okinawa! In Okinawa there are exciting moments for example when we try new foods like curry, ramen and other special dishes. We get to go to fun places like forest adventure world in Onna, Round 1, and Bios on a hill. Being a military child is also special because you get to learn about different cultures around the world like Hawaii. I learned that Hawaii has a haunted house that was actually beautiful. There are some sad moments. What sad moments we have to experience like leaving friends. My dad has to move to different places because of his job which can be difficult. Although it can be challenging being a military child, I think it is also special.

Cody Vossler



What is special about being a military child?

A special thing about being a military child is learning all kinds of new words from different countries. We also get to make so many new friends. We get to live in different places around the world that we can experience so many fun activities.
You can travel back to the states as well as different countries. My favorite part of traveling is going on planes.The hard part is when my dad has to leave for his work. It is sad when he leaves his family, but I know it's for the best. Our family has also had to leave our cats and dogs behind. Even though it can be challenging I get to go to places like Okinawa, Japan. I get to learn about Japanese culture and eat food that people have not heard of before like wasabi. I've recently been learning how to perfect holding chopsticks. That's why being a military child is so much fun!

Addison Garcia



What is special about being a military child?

Something that's special about being a military child is moving. Moving can be exciting and challenging. It can be exciting because you get to go to a new place. It can also be challenging because you can be upset leaving a place that you got used to. I mean, if you were at a place for three years, you would be upset about leaving too right? Another thing that's special about being a military child is making new friends. Making new friends can also be exciting and challenging. It's exciting because you might have a lot of stuff in common with them. It's also challenging because it can be nerve racking making new friends.... please believe me! So don't be afraid to be a military child because you get to move to new places, and meet new friends. Just remember, that being a military child can be awesome!

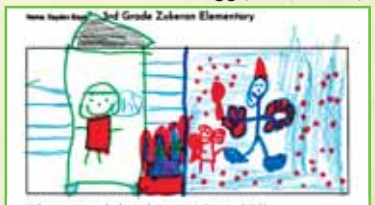
Trip Whitaker



What is special about being a military child?

Being a military child is fun because you can go to your dad's work and eat candy. You can also learn military time and the military alphabet. Also, you can go on-base and move around the world to make new friends. We get to go to different schools and meet new teachers. I have had a lot of nice teachers and principals. I get to wear my dad's clothes, which are always too big for me. We also get to go to new places like Okinawa World, camping in Okuma, and Universal Studios in Osaka. We experience different weather like the hot sun here in Okinawa. We get to try new food like soba noodles. We get to go to different stores like family mart. Sometimes it is hard being a military child because we have to leave friends behind. Overall I think being a military child is very special.

Jahziel Sanitiago



What is special about being a military child?

Being a military child is special because I get to go places like California, North Carolina, and Okinawa. I have eaten ice cream from different places. I like learning a lot of new things. I can go camping in different places. I have been swimming in the Atlantic and Pacific Oceans. I visit fun parks, like Okinawa World and the Okinawa Zoo. I love baking cookies with my family.
It's fun to meet new people and make new friends. I can try McDonald's in different places. I get to find and catch Pokémon from many different places using Pokemon Go.

Moving is a challenge as a military child because I have to say "see you later!" to my family and friends. I'm sad my best friends won't be here for my birthday. I don't like when my friends PSC (move) because I don't know if I will see them again. Going to different schools is also a challenge because changes are hard.

Xayden Boyd



What is special about being a military child?

Being a military child is special because you can make new friends, learn new languages, and move to new places like Okinawa, Japan. Okinawa is really fun because you can make new Japanese friends. I made a Japanese friend named Rio! There are some challenges when you are a military child because when you have a really good friend, you have to move somewhere else and you really miss them. But at least when you're a military child you get to learn about new cultures. Moving to new places allows you to go to new schools and make new friends. And in Okinawa there are beautiful beaches, waterfalls, and restaurants. My favorite restaurant is yakiniku, where you can cook your own meat. This is what it's like to be a military child. Although it can be challenging at times, I really like being a military child.

Zoey



What is special about being a military child?

Being a military child is special because I get to travel to many places, but traveling it's also challenging because you leave friends and they might forget about you after many years. You can learn NEW LANGUAGES. It's very cool to learn new languages like espanyol (also known as Spanish). Right now I moved to my old home in Okinawa, Japan. My favorite part is the eisa [known as Okinawan drumming]. We sometimes have to leave the family behind. It can be difficult to leave things that we are familiar with. It's very hard, but exciting too. You can also experience many new things about countries around the world. Although it is challenging being a military child we can get stronger, become intelligent, and eventually become a man. It is a challenge being a military child because we can sometimes be in life or death situations being overseas. Our parents need to protect us from bad people that want to harm our country. These are reasons why being a military child is special.

Ayden Treherne



What is special about being a military child?

Being a military child is special for many different reasons. One reason why being a military child is special is I can learn new languages and explore new animals that I have never seen. Also seeing different cultures and learning about them, like when Okinawa got separated from mainland japan by an earthquake.
The worst part of being a military child is when I have to move places like Washington, California, Georgia, and now Okinawa! I was born in Washington but I don't remember much. But I do remember my old school's mascot.... The BUILLDOGS! In Georgia my school's name was Stevens Creek Elementary. Now I am in Okinawa, Japan. My new school is Zukeran Elementary. Go TOUCANS! It can be challenging being a military child because we have to leave friends behind. Although that can be sad leaving friends and family behind, I enjoy being a military child.

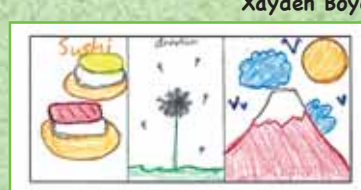
Shion Causey



What is special about being a military child?

Being a military child is special because you can move to new places. It's cool because you get to eat new food, meet new people, and go to new places. It is challenging because you have to go to new schools, and meet new people. Being a military child you get to learn about the military, buy military things and wear your dads clothes. We also go to cool places. Have you ever been to Osaka or Hokkaido? Well, I got to go to Universal Studios Japan and the ice festival in Sapporo. We also get to eat good food like Okinawa soba. Living in Okinawa is awesome because it's always warm, even in the winter. Have you ever been to Daiso? It's like a dollar store but with yen. That's why being a military child is awesome!

Maddison Fretwell



What is special about being a military child?

Being a military child is special because I get to see the world and explore many countries, states, and cool islands. Sometimes your friends leave and we have to let them go, but on the bright side you get to make new friends. You will most likely be able to see your old friends. Another thing we should be happy about being a military child is we get to travel a lot. You can travel to places like Okinawa. After experiencing a place like Okinawa, you get to tell about all the fun things you got to do. For example, I went to the Okinawa world, beautiful beaches, and a place called Okuma. I've also visited Tokyo Disney in mainland Japan. In Japan I have eaten many different foods like sushi, soba, and ramen. So don't be mad leaving friends because you will make new friends. I hope you are happy to be a military child and I hope you move to Okinawa so you can explore everything I told you about.

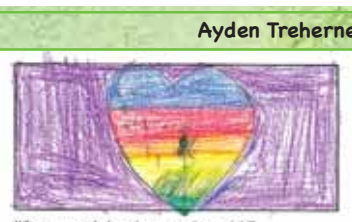
Aurora Russell



What is special about being a military child?

Being a military child is special because you can move to amazing places such as Okinawa but it is also challenging because you will move away from your old school/teachers/friends. I had moved from California and the flights and trips were so stressful at 1am in the morning. We were looking for a place to sleep at the airport. I woke up at 3am to catch our flight, then finally we arrived. I was nervous for my new school because I had a best friend, let's call her Sandwich. Sandwich and I were friends for 2nd grade till 3rd grade but then I had to move and I miss her a lot. For now I'm having so much fun in my new school. Another thing that I find exciting is food, the food is so good! But my favorite food is ramen. That is why being a military child is special.

Alexis Naval



What is special about being a military child?

It is special to be a military child because you get to travel to different places like Japan(I was born in Japan!!!) or Okinawa. I made a lot of friends in Okinawa, like my best friend Nora! And I got to go to a place named 'Round 1' and it's very fun there. But it's hard to. It is hard because you have to say goodbye to your family, friends, even your best friends, like my best friend Nora. She had to leave Okinawa. But sometimes it's fun to go to other places, and you can make new friends, go to different places, go to different schools, even meet your family members. You can eat new foods, go to the beach, and play with your friends. Maybe these things happen to you and your family or your friend. And if it happens to you it's okay, it's just a part of being a military child. That is why I like being a military child.

Daniella Malabanan



What is special about being a military child?

Being a military child is special because it can be fun and hard. I have moved 5 times and I am only 9 years old! And I have to make new friends every time I move but I have made some really good friends. I like living in Okinawa and it is an island. They have different foods like sushi and ramen. My favorite food in Okinawa is sushi. Also, I have lived in Washington but, I can't remember a lot about Washington because I was a baby. Being a military child is hard too. I don't like being a military child because I have to move a lot and I have to leave my best friends and sometimes family. My dad goes on deployment a lot and I miss him. It is hard to leave everything that you are used to and when you move to a new place you have to learn everything again. It is really hard being a military child.

Alexander Bates



What is special about being a military child?

Being a military child is special because I get to move to places I haven't been to. Like when I moved here to Okinawa. But, I didn't really have a reaction when I moved to Okinawa. It's hard too, because I need to leave my old neighbors and friends. It's challenging being a military child because you might need to say bye to your pets which is also really hard. I also need to say bye to my mom when she leaves to go to deployment which is really hard. It's exciting to be a military child because of the places you move to. You can try the food there that you haven't tried before. I have tried Soba, Blue Seal Ice Cream, Ramen, and Sushi. I like being a military child because you get to go to DODEA schools, like the school I'm in, Zukeran Elementary School. I have been in Zukeran Elementary for 3 years. That's how it's like to be a military child. I can't wait for my next adventure.

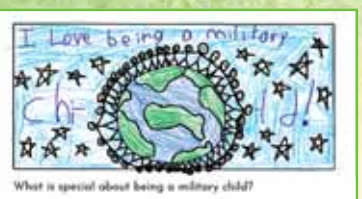
Eliza Manalac



What is special about being a military child?

Being a military child is special because you get to meet new friends, move all over the world, and learn different languages. It is fun knowing different people in different places. Also it is fun eating different foods. It is bad because you leave your close friends. I left many places and left a lot of good friends. In Italy, I left someone named Max. He was one of my best friends. I've been to New York, Samoa, Guam, Italy and other places around the world and now I live in Okinawa. And I like Okinawa a lot. It is one of the best places to be and I liked Samoa, Guam, Italy and New York the best. I basically liked all the places I've been to. I took some vacations and I liked them too. In Okinawa and Italy I learned origami. That is why being a military child is good.

Noah Jaskowiak



What is special about being a military child?

Being a military child is special because you get to go to new places and learn new languages like Japanese or Spanish and any other different languages. I have lived in North Carolina and Okinawa. I like Okinawa the best because the people are kind and I like learning new languages. Another reason I like Okinawa is that you can look at new things and buy new things. You can learn new history and new foods or how they greet you. You get to meet new people and make new friends. You can learn how other people eat. You can learn how they write and Sometimes it's hard to be a military child like leaving your relatives, buying a new house, car or leaving your friends. But it's still special to be a military child. I love being a military child because we are all special.

Erik Higgins



What is special about being a military child?

Being a military child is special because things are exciting, like finding out about different types of cultures, eating different and unusual foods like sushi. You also can learn about the cultures and how to do traditional things, like how to use chopsticks, how to do origami, how to speak different languages, how to write different languages, and many more. You can make new friends too!
But, being a military child is very hard to do. You have to move so much, you have to pack your things and go on airplanes for hours, you have to get a house and figure out which school you are going to go to. You also have to leave your best friends. You have to leave your family, and you have to stay where you are moving for years. But the good thing is that you can get a chance to go back to your hometown and relatives. I'm so proud to be a military child.

Jasmine Isabelle Cruz



What is special about being a military child?

Being a military child is special and the first reason it is special is you get to go to many different places like Okinawa. I've moved to Chicago and Okinawa. My favorite place is Okinawa because I was born there. But being a military child it's not the easiest because you have to move away from the place you've been for a lot of your life is very difficult and hard but you have many people helping you like your family, friends, and maybe pets. So there are many fun things and hard things too but it is very fun because you get to have lots of fun and do things some kids have never done before. I have been able to travel to many places such as the Philippines, Tokyo Disney, and Thailand. So before you say something like "but I don't want to be different." Being different is a gift and it is super fun being a military child.

Ethan Leong





What is special about being a military child?

Being a military child is special because you get to move a lot. I have moved to Okinawa and it was hard. I was born in Hawaii so I know some Hawaiian words. Things that have been challenging to me are losing two of my pets. I lost my turtle and my dog. My turtle's name was name Hizek and my dog's name was Charly. The food in Okinawa is good, some of them are sobo, strawberries, and ice cream, rice balls, chicken, chips and all sorts of food. There are good places to go like the beaches, restaurants, the pool in the summer, and waterfalls, and Lawson is where you can go on the way there if you are hungry. I have been enjoying third grade but it has been seeming shorter than second grade and I have been having fun. It has been challenging because I had a few friends moved so I am sad that they moved. That's why being a military child can be challenging and can be happy too!

Brezlynn Coe



What is special about being a military child?

Being a military child is special and fun but it's also hard. I like being a military child but it's sometimes hard. For example if you live somewhere for a long time, you have so many friends and you love the place you're staying. But, then you move to a different state or country and it makes you sad because you moved away from your friends. However, it is also fun to be a military child. For example, you can do things like go to different schools, make new friends, and learn new languages. You can also do stuff that if you were not a military child you would not be able to do like move to places like North Carolina, Montana, and Okinawa. I like Montana the most because it snows. That is why I think being a military child is special. I love being a military child.

Madison Cherry



What is special about being a military child?

Being a military child is fun and hard. The first reason why it is fun is because you can move to different places like Okinaw, Japan and California. I have been in Okinawa for six years. In Okinawa, I have gone to many fun places such as hotels, Okinawa World and the aquarium. In California, I was a baby so I really don't remember living there. Another reason it is fun being a military child is I get to make a lot of new friends. My favorite friend is DJ and we like to play at each other's house. Because he always plays with me and we go to his house every day. And the first reason why it is hard is because I have to leave your friends and it is sad. Also, you have to leave a place that you like staying in and I have to leave my family. I haven't seen my grandparents in a long time
That is why being a military child is hard and fun.

Rodney Livingston



What is special about being a military child?

Being a military child is special and hard. The first reason it's special is that I can learn new languages. The first reason it is hard is because I have to leave my friends and family. The second reason it's special is that I can go to new places like Okinawa. The second reason it's hard is that I Lose a lot of stuff when I move. The third reason it's special is that I can try new foods like blue seal ice cream. The third reason it's hard is because I don't know my way around my house when I move. The fourth reason it's special is that I meet a lot of new people when I move, like Felix, Noah, Rodney, and Zander. The fourth reason it's hard is I lose a lot of memories. The sixth reason it's special is that I move all around the world. The sixth reason it's hard is because I have to get rid of a lot of stuff like toys, clothes, stuffies, pillows, and blankets. The seventh reason it's special is I make a lot of new friends like Lucas, Cody, and Evan. The seventh reason it's hard is because I have to get up really early like at 3:00 in the morning to get to the airport. That's why being a military child is special.

Joey



What is special about being a military child?

Being a military child is special because you get to move to new places like Washington D.C., Hawaii, Florida, and Okinawa. In D.C. I saw a bunch of snow. In Hawaii I got to go to this hotel a lot and got to see friends a lot. Also, I got to go to the beach and rode my boogie board. In Florida, I went to Disney and Universal. My Favorite of Disney was the roller coasters and at Universal the Harry Potter Ride. Also, you get to learn new languages like Japanese. My favorite thing to say is Konnichiwa (koh-nee-chi-wa). It means hello. You can explore places like in Okinawa. I went to a bunch of castles, cool playgrounds, and two Dinosaur parks. It can also be challenging because you leave your friends, your school, your house, and the place you're familiar with. In first and second grade, I had this friend named Raylan and I miss hanging out with him. A couple of weeks ago my dad went on a deployment to Korea and I really missed him. Now he's back home and I can play with him. That is what's special about being a military child.

Felix Krebsbach



What is special about being a military child?

Being a military child is special because I can travel the world. I have been to California, Mexico, Japan, and Okinawa. There are a lot of beautiful beaches and a lot of parks to go to. It's challenging because I need to leave some of my family and friends. I had to leave my best friend in Kindergarten named Julie. I miss seeing and playing with her. I think it's going to be hard leaving my friends after 4th grade. It's exciting because I get to move to new places and try new foods. In Okinawa I like crab and shrimp sushi and miso ramen. I can also learn new things, like learning new languages like Japanese or other languages. I can also learn to write in Japanese. I even went to Tokyo to go to Tokyo Disney. There were a lot of fun rides and I liked the firework show with the Disney character parade. Also, I went to the aquarium and zoo in Okinawa. The best part of the aquarium was the dolphin show and the best part about the zoo was that I got to feed some animals. That's why I like being a military child.

Lailah Villalva



What is special about being a military child?

Being a military child is special because you get to meet new people and move to different places. I moved to Virginia, Florida, and Okinawa. One of my favorite places is Okinawa because it has good food like shaved ice. Also, I like the cup of noodles and fluffy pancakes. In Virginia I saw a lot of snow. It was really cold but I still had a snowball fight with my sisters. It was so much fun. When you move you get to make new friends too. My friends in Okinawa are Jackson, Aliya, and Ayden and I play soccer with Jay, Nani, and Josh. Being a military child is hard because you have to know what school you are going to go to, you have to move to different houses and to leave your stuff behind. I have gone to two different schools so far. My favorite school is Zukeran Elementary. I like going to the library there. Being a military child is special and hard but I like being a military child.

Daniel Lamptey



What is special about being a military child?

Being a military kid is very special because you get to go see a lot of places. For example, Japan, the United States and China. You also get to eat a LOT of interesting food! For example, ramen and sobo! You can also learn a lot about new cultures, like Okinawa Wala! Finally you can see a lot of cool stuff like the zoo! At the zoo here in Okinawa you can see animals like habu snakes! And you can make new friends. Some of my best friends are Nora Layla Elleanna, Jash, Maylee, Ziggiynn, Samantha and many more! What's hard about being a military kid? Well moving away can be hard. Like me when I moved away from my home that I knew. It's hard because when we get to a new place it feels different and you don't know a lot of people. You have to make new friends, which can be hard at first, but it means you have friends all over the world!

Riley Chapter



What is special about being a military child?

Being a Military child is special because, sometimes I get to go to where my Dad works. Sometimes I'm proud of being a Military child. I feel proud because my Dad works SO hard! And the rest of my family works hard too, and that's what I love about them! Being a Military child takes courage, and you have to face lots of difficult challenges that sometimes you would never know about. If you are a Military child and you are reading this you should be proud. You are strong and brave. I love being a Military child. It's amazing! It's fun to have friends that live in all sorts of cool countries, states and continents. And that is why I think being a Military child is special!

Annabelle Murray



What is special about being a military child?

Being a military child is special because it is fun going to new places. It is also really hard to leave places that I love but it is still fun. Learning a new language is hard. For example, Japanese can be confusing. But it is kind of Fun learning new languages. I know how to say, "Usagi" which means rabbit in Japanese! In Okinawa there are a bunch of new foods, like ramen, Blue Seal, sushi, yakiniku, and more. Also I have been to lots of places like Yomo, AZ, and North Carolina and here in Okinawa! Castles are also cool to explore here. One of the castles I went to had a HUGE statue of a Japanese man! I can't name them all but they are cool. You also learn a lot of culture. I am happy for my dad being in the military. The money he makes allows me, my mom, and my sisters to visit my cousin's house in America for summer break. Still my dad can not go because he has to work. I feel bad for my dad but I am happy to be a military child!

Nora O'Rourke



What is special about being a military child?

Being a military child is special because you get to move and meet new friends around the world, and try new foods, visit new places! Some of the places I've been to are California, Georgia and Okinawa, Japan. Sometimes it's challenging to move because you have to leave your friends, your house, and your life and the place that you are in and move to a new place around the world. It's ok to move because you get to try things that you have never seen or thought about before. For example, I've been to a trampoline park, that's really fun because you can play dodgeball and climb rock walls and fall down into a pit with soft squares. Another thing that's challenging is learning new languages like the first language I started learning was Spanish. It was easy at first because I had Spanish class but when I came to Japan I wanted to learn Japanese. It was fun to learn! That's why being a military child is amazing, awesome and cool!

Carter Wilson



Being a military child is special because you go to beautiful places like Okinawa! The reason it's beautiful is because it's a peaceful and quiet place. For example, the sea is quiet and peaceful. Another reason is because they have a beautiful language. For example, how they say good morning in japanese- 'ohaiyagozaimasu'. I like Okinawa because they have more history about the past including legends! For example,about the guardian lions- shishi dogs! In my opinion I think they have the best snacks. One of my favorite snacks is the veggie chips! Another opinion I have is that they have the coolest animal! My favorite places in Japan are the Aeon mall and Blue Seal! Because Blue Seal has the most creative ice creams, like crepes! And the mall has the coolest things there, they also have a food court which has all kinds of cultural food. You can sit inside and outside! Another one of my favorite places is the aquarium. They have all kinds of sea animals there. One time I saw a dolphin in action swimming with a diver! The dolphin also ate shrimp in action. It was my coolest experience in Okinawa!

Maylee Saengchanh



What is special about being a military child?

Being a military child is special because you can learn new languages. For example 'si' means yes in Spanish. You can also eat yummy new foods. I like Okinawa dumplings because one of them has soup inside of it. The reason why I like living in Okinawa is because I really like sushi crab meat. Okinawa is also a fun place to live because there are a lot of places to go. One of my favorite places to go is the arcade because I like the claw machines. Another place I like to go is to the park. In Okinawa the parks have big playgrounds with big roller slides that make me itchy! It can also be challenging when you move somewhere and you make a new friend and then they have to move away from them. It makes me sad and when you move, you start to miss your old house too. It's fun to be in Okinawa because you get to explore a lot of stuff. It's fun to be a military child and you get to have cool parents!

Josh Moran



What is special about being a military child?

Being a military child is special because you get to move to places all over the world like Okinawa! Okinawa is a beautiful place to visit. There are really good foods like popcorn shrimp, oysters, sushi, ramen, seaweed, and many more foods. Another special thing about being a military child is learning new cultures everywhere you go! You get to learn how to make foods that different countries eat or write your name in different languages. One more special thing about being a military child is going to really fun places like the Botanical Gardens, Churaumi Aquarium, the Trampoline park, the beach, and all sorts of really cool places. Another special thing about being a military child is being able to make new friends at new places like America, Tokyo, Italy, Germany, North Carolina, and many more places. I'm so proud to be a military child!

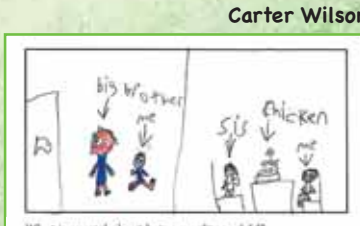
Christian Ramos



What is special about being a military child?

Being a Military Child is special because you can travel to a lot of different places like Japan, Tennessee, and more. I have been to more than 4 of the states. You can make lots of new friends in new places a lot of the time. Military Children can learn new languages like Japanese. My favorite thing to say in Japanese is "Arigato" (ar-ee-gat-oh). It means thank you. Military children can go to lots of different fun places like Tokyo Disney, Universal, Yellowstone park, Okinawa world and more. It is also hard because we have to say a lot of "goodbyes" because you have to move around so often. I had a really good friend named Ali in Virginia once and I had to leave her, same as most of my life. Also one of your parents, or sometimes both parents, can get deployed from home for long periods of time. My dad was once deployed for 8 months. But he is back now and we can play. I am so proud to be a Military Child.

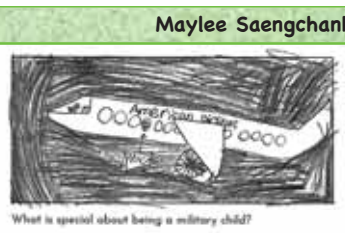
Elise Boenecke



What is special about being a military child?

Being a military child is special because I travel, meet new friends, eat new foods, and learn new languages. I have traveled to Las Vegas, Texas, Hawaii, and Rhode Island. Some of the new languages you can learn are French and Japanese. I'm learning Japanese and can say 'ohaiyo gozaimasu' which means good morning. New friends are nice to you when you meet them. Some of the friends I've made at school are Jherren and Alec. At recess we play tag together. Right now I live in Camp Foster, Okinawa, Japan. Some of the new foods I eat here are yakiniku, ramen, coco's curry, and chicken and waffles. In Okinawa you can see the Aeon Mall, the Churaumi Aquarium, and Okuma Beach. At Okuma you can stay in your own beach house and you can swim in the ocean! At the Aquarium you can see dolphins, sharks, and lots of fish! I love being a military child.

Ismael Bamba



What is special about being a military child?

Being a military child is special because you get to move around the world. Another reason it's special is that you get to experience new things like snorkeling with fish and climbing mountains and going to gigantic parks or going in tunnels that North Vietnam used to win a war. But there are some challenges like if your dad goes on deployment. And when you have to leave your friends behind. Or when you leave your life behind. That's what I feel all the time but then when I get to the new place I always like it. Like Okinawa! I get to try new things like sobo or ramen and trampoline parks and I get new things like new friends, a new school, a new house and a new life. I always loved being a military child with all the cool schools and fun places to go to all the opportunities and when you leave your old friends you can always visit them. And that's why I love being a military child!

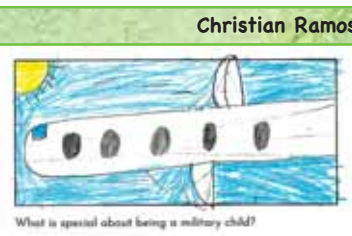
Parker Schulze



What is special about being a military child?

Being a military child is special because we get to go to new places like Okinawa Japan. It's also fun meeting new friends all over the world, seeing new things, learning new cultures, going to new places, and traveling in cars, planes and even trains. Some of the friends I play with at school are, Parker, Lukas and Alec. Some of the new things I've seen in Okinawa are Okinawa World. Okinawan culture is interesting because there are castles! I also like that they have Sushi go rounds. They also speak Japanese. One of the difficult things about being a military child is that I have to move away from friends and family and schools like when I moved away from Woodland Elementary school in Illinois in the United States. I had to fly to Okinawa, Japan in Asia. It was hard with the flight but it was fun to see our new house for the first time and to see my new school too! I love going to new places and I love being a military child.

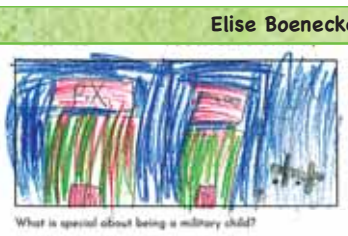
Michael Gibboney



What is special about being a military child?

Being a military child is special because you get to travel around the world and learn some new languages and make new friends around the world. You also get to eat different foods! In Okinawa you can eat at yakiniku or at Coco's or Jolly Pasta, Blue seal, Sumo Burrito, Bull Doggies and Curry House. Being a military child is hard because you have to leave your family and your friends but you get to have fun and get to go to places that you never go to and try the foods there and go to fun places. Then you go back to the military base and you get to see you family again! Sometimes you have to go back to the military base and work hard, but then you travel to the Philippines or USA or Tokyo and you get to go to a new school. When you move you get to make new friends around the world that's why I love being a military child!

Jherren Caigoy



What is special about being a military child?

Being a military child is special because you can go to different places like Tokyo. You can also eat interesting foods at restaurants like Yakiniku. You can take off your shoes there. They give you raw food, and then you cook it and eat it! At ramen noodle shops they just give you cooked ramen noodles and they are very good. Next, in Okinawa there are stores where you can buy toys and clothes. My favorite toys are Bakugan and Pokemon, as well as Playdough and little figures that you can buy at the p.x. You can only buy toys there. But at the commissary you only buy food there. A military child is hard because when your friends leave forever you miss them and you be thinking about your friends. I'm glad I'm a military child!

Gavin Krofta



What is special about being a military child?

Being a military child is hard because I have to say bye to friends and family. But a fun thing about it is visiting new places. I traveled to Hong Kong, Japan, and America. I met a lot of friends in America. I was in 1st and 2nd grade over there. In Japan it's my favorite because I love the beaches, I go snorkeling, and because I was born there. I don't remember what I did in Hong Kong because I went there when I was 6 months or 2 years old. I can also eat different foods like curry chicken, shaved ice, different pizzas, and mochi. Mochi is a dessert. It is squishy and good! The park Okinawa World was so much fun. I went there for a school field trip. The places where i can eat are Coco's Curry House, Bull Dog's, Garlic House, and Blaze Pizza. Those places are really good. I also went to Tokyo, in Tokyo, I went to Disneyland and Disney Sea. It was really cold but fun!

Alex Gallardo



What is special about being a military child?

Being a military child is special because I can go to super fun schools like Zukeran Elementary! At my school we took a field trip to Okinawa World and saw a cave with stalactites and stalagmites. We also touched snakes! I was terrified when I touched it but it felt squishy! When we ate lunch we got to listen to a taiko drum show! At school I also get to make friends, and read fun stories like Ricky Ricotta's Mighty Robot. I also love Okinawan food. In the ramen they have little pink flower fish cakes called kamaboko! They're delicious. Sometimes it's hard being a military child because my dad has to go away for a week or a couple days. I've been a military child for my whole entire life! I have lived in 4 or 5 places. I have lived in Arizona, Colorado, Maryland, and now Okinawa. Being a military child is good but also hard because I have to leave my friends sometimes. But who knows, someday I may see them again!

Mya Caramella



What is special about being a military child?

Being a military child is special because you get to do more things the others can. I find being a military child fun because you can move to new places and you can experience different cultures. And eat different foods such as, ramen and spaghetti and blue seal ice cream. I like ramen because sometimes they add extra seasonings, and at Blue Seal I like how they make milkshakes out of your favorite flavor ice cream! Moving to new places is also special! I have lived in Florida, Okinawa, and Japan. In Okinawa, I got to go to a new school, Zukeran Elementary. At Zukeran I met new people and new teachers. Some of my new friends are Maylee and Nora. At recess we like to go on the swings and talk. Being a military child can also be hard because when you move you don't get to see your friends for a long time. I miss my friend Aniya. She moved last year. Still I like being a military child.

Layla Heidleberg



What is special about being a military child?

Being a military child is special because you can live in different countries and get a chance to shop at cool stores. My favorite store in Okinawa is Daiso because you can buy cool things. My favorite things to get at Daiso are the miniature vending machines that come out of the gasha ball machines. I like the cat-themed ones. Some of the places I like to go in Okinawa are the restaurants because the food is so good and I never want to leave but there are more restaurants in the world and my favorite restaurant is the sushi go round. I like it because I really like sushi and the food there! Being a military child can also be hard because you have to move a lot and you have to make new friends. Sometimes it's hard to make new friends. But! Being a military child is fun too!

Samantha Sanchez



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Celebrating Month of the Military Child

KADENA ELEMENTARY SCHOOL

2nd grade • Ms. Hein



Kendric A



Hannah J



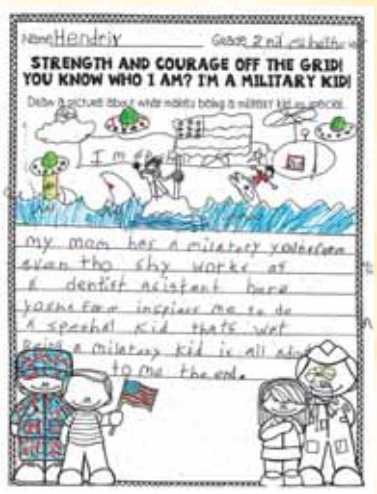
Sophia M



Maisy F



Aliana R-O



Hendrix B



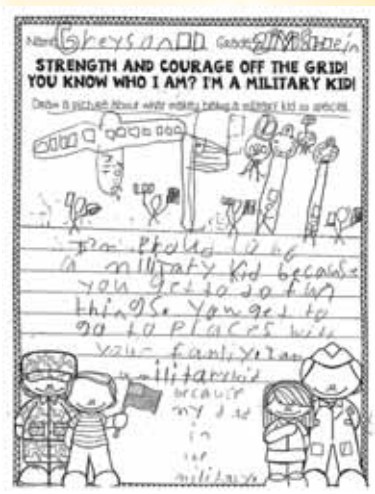
Judith D



Adelyn S



Lotus N



Greyson P



Macrae B



Finnegan C



Jason S



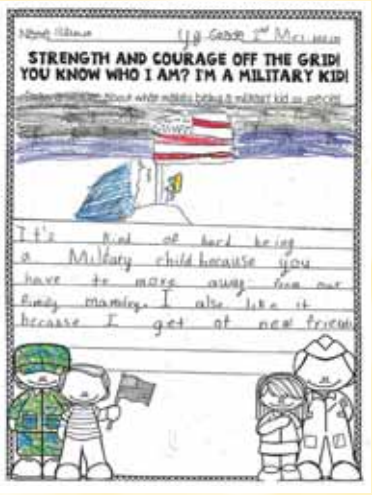
Victoria S



WIllow C



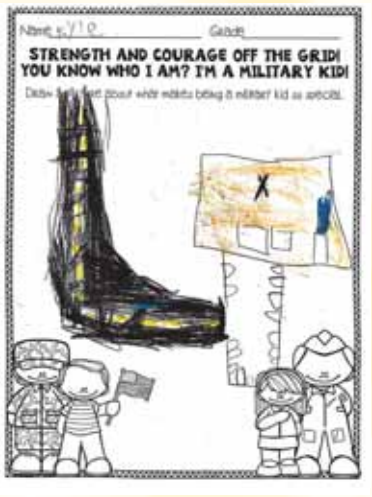
Kai F



Olivia B



Jack M



Kylie T

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Celebrating Month of the Military Child

KADENA ELEMENTARY SCHOOL

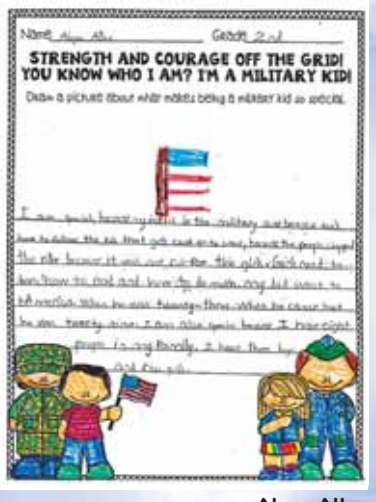
2nd grade • Ms. McKoy



Derek Varela



Maddox Akins



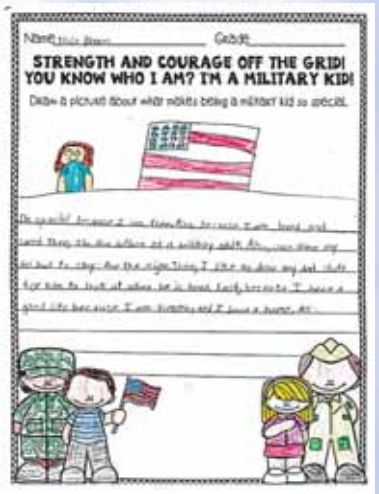
Aleya Allen



Lincoln Banks



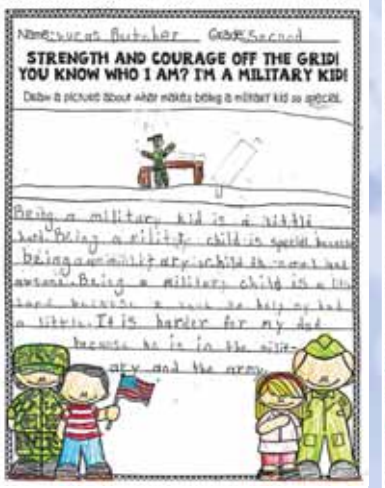
Ayla Beard



Olivia Blanco



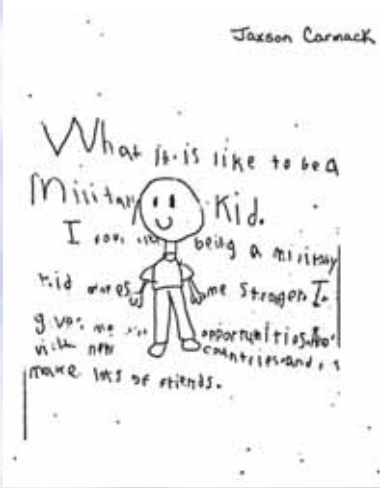
Liam Boucher



Lucas Butcher



Cayden Coccio



Jaxon Carmack



Peyton Fitzpatrick



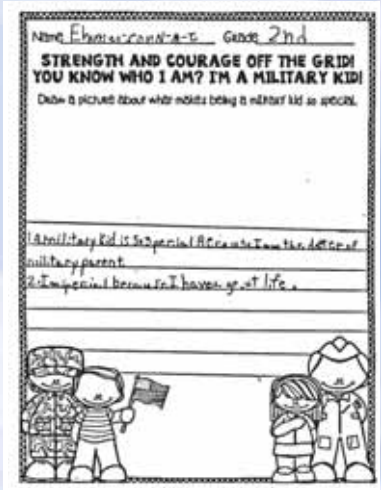
Gianna Griesgraber



Sebastian Huggins



Noah Kelly



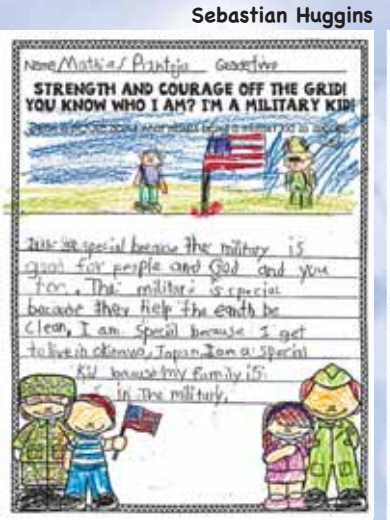
Emmerson Morgan-Jones



Jade Morse



Dimitri Olvera



Mathias Pantoja



Xavier Rodriguez



Lilly Mae Romancek

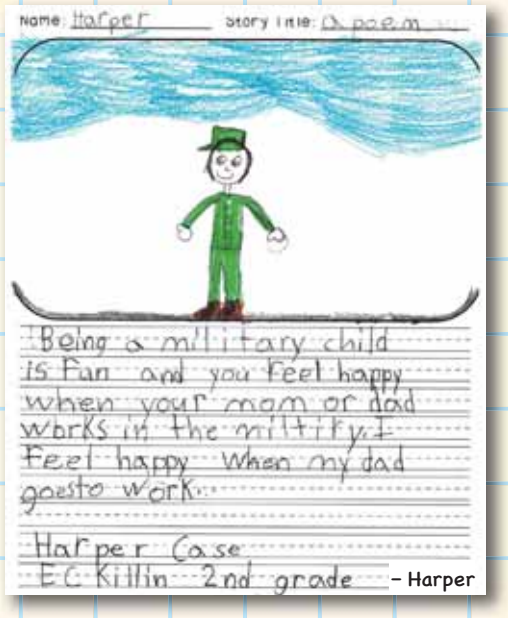


Inai Smith

E.C. Killin Elementary School

CELEBRATING MONTH OF THE MILITARY CHILD

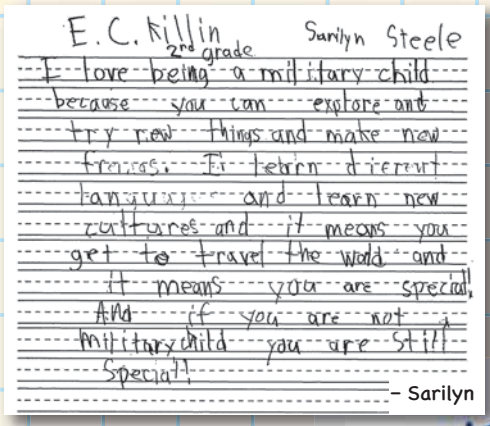
2nd grade Ms. Bodkin



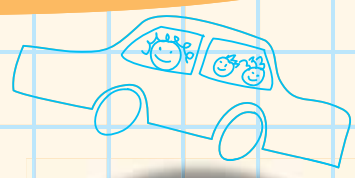
– Harper



– Kazin



– Sarilyn



1st grade Ms. Warters



– Kai Taguchi.

FUN

3rd grade Mrs. Hernandez

Hi my name is Matai, I am from Italy, I am a military-connected child. My dad is a contractor for the military. He used to be in the Air Force to get parts for the vehicles. The only good thing about being a military child is that you go to different fun places. The challenge is that you have to leave your friends and family. why we celebrate the month of the military child is because military children have a job, it is a job to leave your friends and family, they can't say no to it, they immediately have to do it, it is the most important part of the U.S military children.

– Matai Auva'a

My name is Kayla Rose M. and I am in third grade at E. C.Elementary School. I live at Camp New Lester, on the island of Okinawa, Japan. I am here with my mom, dad, sister and my dog because my dad serves in the Military. My dad serves in the Navy. Some of the advantages of being a military child is when my dad travels to different countries he gets me toys and snacks from that country for me to try. I also get stuffed animals. My family gets discounts because my dad is in the military. I get to meet new people and make new friends.W I get to try and eat many different kinds of foods. Being a military child comes with many challenges too. When my dad lives, I am really sad and I don't know what will happen. I also miss my dad so much when he is deployed to different locations. It is hard for my mom because my sister and I are in sports teams and our mom has to take care of us by herself.

– Kayla Manzo

My name is Gabriel and I am here with my mother and I am in 3rd grade. I attend E.C.K. I live of base next to the aeon mall.

Some advantages of being a military child are.

You get to try new foods. You get to go to new places and see new things. Trying new snacks. You get to eat american food in different places because you get to go on bases.

Being a military child comes with many challenges.

One challenge is you don't get to see your parents for long periods of time. Another challenge is that you never get to spend time with your family because they always get lots of calls.

– Gabriel Rice

My name is Ryan Ongkeko and I am in third grade at E.C Killin Elementary school. I live in Camp New Lester, Okinawa, Japan. I am here with my family because my father serves in the military.

Some of the advantages of being a military child are I can go places I have never been but some people cannot so I can move to multiple places. I get discounts for being a military child. When I go to new places I can learn different languages from the different places I go. I can taste different foods and I can make new friends.

Being a military child comes with many challenges. I have some challenges with my father deploying because last time he was deployed for eight months or more! Our military parent deploying is a challenge because you probably wouldn't know when they are coming back. Sometimes your military parents will be on duty which means they are at work all day and I don't really like that!

These are some things about being a military child.

– Ryan Ongkeko

My name is Emma and I'm in 3rd grade at E.C.Killin. I live off base in an apartment in Okinawa, Japan. I am here with my family because both my parents serve in the military.

One advantage of being a military child is that I get to meet new people all over the world. Another advantage is that I get to live with mom at her duty station and with my dad at his duty station. I also love that I was born and raised in Japan.

Being a military child comes with many challenges. I have to leave my friends and make new ones. I also don't get to live with my mom and dad at the same time because they're at different duty stations.

With the advantages and challenges, I love being a military child!

– Emma Trueblood Thompson

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GSA in Japan

GSA Global Supply® is now storing and delivering approximately 750 high-demand National Stock Number (NSN) items formerly stored in and shipped from the continental United States. The change reduces delivery time to a few days from weeks or months.

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Sid Frazier

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KINSER ELEMENTARY SCHOOL

4th grade / Mrs. Washington



– Taylor Woodward



– Kaih Figueroa

Oh, military, why must y ou be so wide from North CAROLINA to Japan. And when I leave my friends, I just want to hide. Thousands of miles I travel so far, and the only thing to eat on a plane is an energy bar! My actual home is so far away it makes me want to leave this place without delay.

Oh, military, America is the only place I've ever lived, and you took me away. New memories to be made, old ones to be forgotten. Sometimes I still wonder if my friends remember me From when I flew across the sea.

– Kayla Iden

Moving every 3 to 4 years
Inviting friends to a to-go party as you pass out smarties
Living in places you'd never think of
It's the day you leave you see amazing things along the way
Thoughts running through your head
As you come and go, you learn things from your new friend
Reading notes from your old friends in your new house
You can learn new languages from new places

Creating new things for your old friends, like origami
Houses you love new rooms you see
Incoming fears as you go to your new house
Learning new things as you go
Doing things you love every second of the 4 years you have

– Riverly Fuller

Moving a lot
It may be sad
Leaving many friends
It may take a while to make more friends
Taking many memories with me and leaving some behind
Already made many memories, and now we have to leave
Really scared I'll make no friends
Years of moving around

Chilling while waiting for our furniture
Hesitating a little too
I think of all my friends and how I miss them
Listening and hoping for a call from a friend
Doing this again and again, but that's ok!

– Alivia Smack

Waiting for 4 years,
My family waits in America
Full of joy and sadness
These years feel like a millennia
As I wait for June 10
Full of eagerness for this special day
But dread for waking at 4:00 a.m
I've waited so long to leave Okinawa
But now I don't want to go
As the special day nears, I
Am full of tears.

– Annabelle Johnson

Moves a lot
Influenced by parents
Loves or dislikes the military
I love the military
Tries their best
A lot of food
Reads a lot
Young or old

Kind kids
I think military kids are cool
Do your work

– Julissa Gonzalez







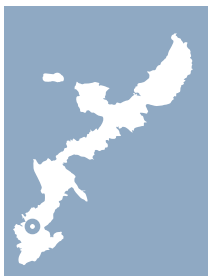
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Sugar Loaf Hill

A visit to Sugar Loaf

Site of brutal conflict in Battle of Okinawa



GPS Coordinates

Sugar Loaf Hill
N 26.222700,
E 127.695935

Halfmoon Hill
N 26.222648,
E 127.701710

Horseshoe Hill
N 26.220908,
E 127.695097

VIEW VIDEO

STORY AND PHOTOS BY SHOJI KUDAKA,
STRIPES OKINAWA

Among the notable battle sites in Okinawa such as Hacksaw Ridge, Kakazu Ridge, and the Former Japanese Navy Underground Headquarters, Sugar Loaf may not attract as much attention as the others. Compared to the likes of Hacksaw Ridge, which has an impressive 400-foot-high elevation, Sugar Loaf's 230-foot-high elevation, which translates to only 50 feet above the surrounding ground, should not diminish its importance.

Only 78 years ago, Sugar Loaf was the site of one of the deadliest conflicts during the Battle of Okinawa. Today, the surrounding area is popular among locals and tourists visiting the Naha Shintoshin and Omoromachi shopping centers. Looking at the malls and restaurants lined up there, I can't imagine what the site looked like back in 1945.

According to the book "Okinawa: The Last Battle," it was on May 12 in 1945 that the 6th Marine Division encountered the Japanese 32nd Army's stronghold. The division was heading south to cut through a defense line to the west of Shuri. On this day, Company G, 22nd Regiment of the 6th Division attempted to take the hill four times, but were met by intense enemy fire and had to retreat every time.

It was Sugar Loaf's unique geography that made it difficult to conquer.

The book described the Sugar Loaf crest as "curved back slightly at each end, affording the Japanese weapons on the reverse slope excellent protection from American flanking fire as well as from frontal attack."

The Japanese military adopted their "reverse-hill" tactics where they hid behind a hill to take cover and launch attacks from there. The hill was also honeycombed with underground tunnels, which the Japanese utilized to mobilize themselves without being attacked.

The reverse-slope defense and underground tunnels were not something new for U.S. forces. Kakazu Ridge and Hacksaw Ridge both have similar topography which allowed for similar strategies.

However, there was another geographical advantage to Sugar Loaf. When the Marines attempted to descend on Sugar Loaf, they were exposed to fire from the hills to the east and south. Then, attempts to reach those hills met the Marines with fire from Sugar Loaf. Plus, they had to deal with artillery from Shuri up higher on the eastern side.

The battle on Sugar Loaf took days and by May 19, the Marines subdued the Japanese forces. According to the book, a total of 2,662 Marines from the 6th Division were lost, killed or wounded.

After the war ended, Sugar Loaf underwent development and transformation. From the nearby Omoromachi Station of the Yui Monorail, you can easily spot the small hill thanks to the water tanks installed on its tip.

During my visit, I climbed the stairs to the top and saw the only signal of the hill's tragic history: a small monument.

Half Moon Hill, the hill on the eastern side, is now part of the Makabi Minami Kouen, a park in a residential area. This small hill is covered with grass and at the top, a box displays some remnants of the war like a bayonet and water canteen. Though this location once commanded a good strategical view of Sugar Loaf, today the surrounding buildings and monorail lines obscure this view.

About a 10-minute walk away from Sugar Loaf, I made it to a spot where Horseshoe Hill, the other important hill in the Japanese Army's defensive position back in 1945, was thought to be located. Today, you'll find Asato Hachiman Gu, a small shrine.

Although the history of this area is what I've read in books, visiting Sugar Loaf today was difficult to translate from what I'd read on the page. The surrounding urban landscape and infrastructure development has created a separation from Sugar Loaf's past. The battles on this hill, on Kakazu Ridge and Hacksaw Ridge, is definitely one for the history books.

kudaka.shoji@stripes.com



Halfmoon Hill



Horseshoe Hill

*Half Moon Hill and Horseshoe Hill are located in the middle of residential areas. (Horseshoe Hill is also surrounded by narrow streets.) Discretion needs to be exercised around there.

For further reading:

"Okinawa: The Last Battle" by Roy E. Appleman, James M. Burns, Russell A. Gugeler, and John Stevens is available as PDF at https://history.army.mil/html/books/005/5-11-1/index.html

"Killing Ground on Okinawa: The Battle for Sugar Loaf Hill" by James H. Hallas available on Amazon Kindle for $25.60

PDF

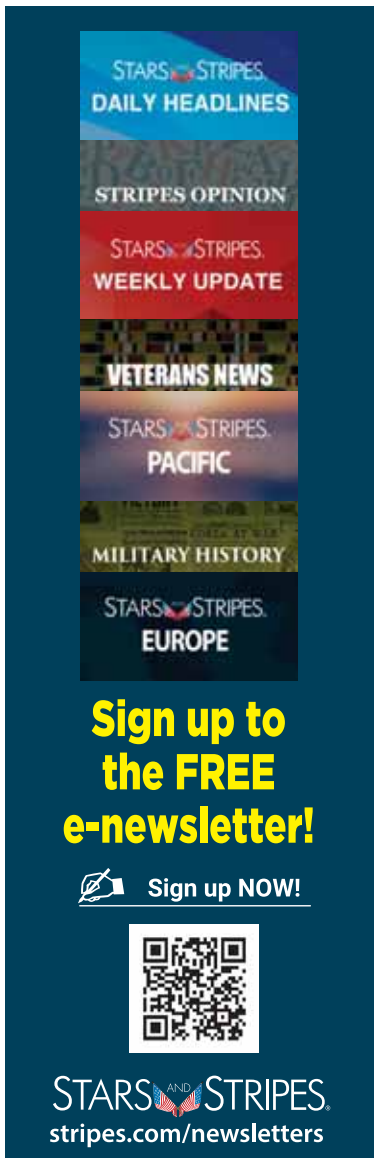
Stripes Sports Trivia

In the 2001 Daytona 500, infamously known for the tragic accident that killed racing icon Dale Earnhardt, it was Dale Earnhardt Jr. who finished 2nd in the race. Now a NASCAR broadcaster, who finished ahead of Junior to win the race and snap his 462-race winless streak?

Answer Michael Waltrip

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DID YOU KNOW?

Okinawa has its own kokeshi dolls. "Ryukyu Miyarabi Kokeshi," are Okinawan versions of the popular wooden dolls. While many traditional kokeshi dolls have a cylindrical torso with a big head, Ryukyu Miyarabi Kokeshi has a sweeping profile with a small head on top. These Okinawan kokeshi dolls are manufactured at a studio run by Taiki Okinawa, a facility for disabled persons on the island. They were commonly called "sayonara dolls" because they were popular souvenirs.

Kanji of the week

夏

Natsu (summer)

Language Lesson

Good morning.

Ohayoo gozaimasu.

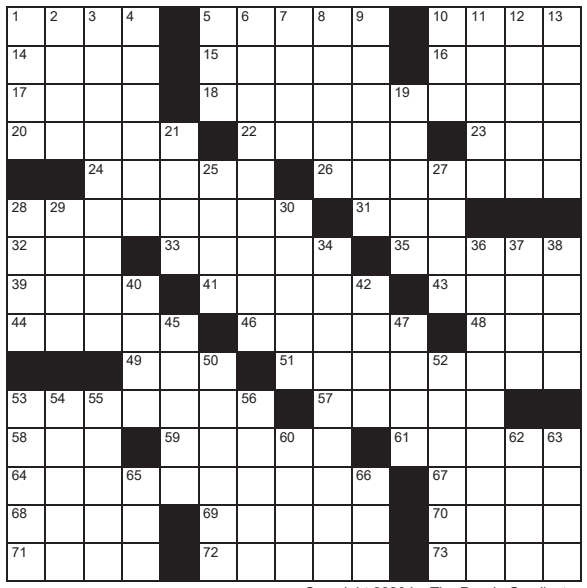
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Crossword

by Margie E. Burke



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ACROSS

1 Dad, slangily
5 White-plumed wader
10 Swiss peaks
14 Southern veggie
15 Bluish gray
16 Heavenly strings
17 Kite part
18 Mercy killing
20 Church council
22 Build a beehive?
23 Scatter seeds
24 Raccoon's kin
26 Nursery occupant
28 Pestle's purpose
31 Author Harper
32 Toddler's break
33 Sailing vessel
35 Tripmeter feature
39 Riyadh resident
41 Moon-related
43 Clothing, in Madrid
44 "The Time Machine" author
46 Fluid with antibodies
48 Quick drink
49 Cries of pain
51 Glow
53 Tree layer
57 Kravitz of music
58 Carte lead-in
59 Out in the sticks
61 Leg bone
64 City bordered by San Gabriel Mountains
67 Purely academic
68 Picnic pests
69 Oscar-winning Berry
70 Do-others link
71 Profound
72 Secret rendezvous
73 Wet bar?

DOWN

1 Lobster traps
2 Word of assent
3 Eve Arden played one in "Grease"
4 "Gunsmoke" hangout
5 Opposite of WNW
6 Type of rice
7 Part of APR
8 Wharton's "____ Frome"
9 Prickly plant
10 "Bingo!"
11 Cowboy's rope
12 Former
13 Produce offspring
19 More up-to-date
21 Root beer brand
25 Money drawer
27 Ballpark drink
28 Nibble
29 Steak order specification
30 Doomed one
34 They never touch
36 His headstone reads "And the Beat Goes On"
37 Big-budget film
38 Crime scene barrier
40 Completely bungle
42 Far from polite
45 Like much testimony
47 Perfect condition
50 Looked for
52 Hostile feeling
53 Dieter's lunch
54 "Leave me ____!"
55 Wallpaper goo
56 Gloomy, in lit.
60 Friend in war
62 Very small amount
63 Resting on
65 Nile viper
66 Workout unit

Answers to Previous Crossword:

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

SUDOKU

Edited by Margie E. Burke

Difficulty: Medium

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

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HOW TO SOLVE:

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

Answer to Previous Sudoku:

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



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



The white sands and clear blue-green waters of Akajima's Nishihama Beach might take your breath away.

Treat yourself to uncrowded beaches, array of wildlife at Akajima

STORY AND PHOTOS BY AYA ICHIHASHI, STARS AND STRIPES ARCHIVES

Akajima is one island of Okinawa's Kerama archipelago and only 25 miles from the Tomari Port of Naha.

Zamami, its sister island, is a more popular destination, and nine of out 10 ferry passengers disembark there passing on Aka.

I'm secretly happy with that, and happy, too, with Aka remaining under the social media radar and never becoming as crowded and popular as its sister island.

One of the reasons I favor Aka is that it's much less touristy than Zamami. Its population is just 260 and it is connected by bridge to Geruma and Fukaji islands.

The water gets very shallow during the low tide, and the sea turtles swim out to the deeper waters, so hit the beach during the high tide to protect the corals and yourself. The sea turtles are super friendly and keep snacking on the seaweed no matter how close you get. But be mindful not to touch any marine animals.

Nishibama Beach is the most popular beach in Aka, and it's incredibly beautiful. The sand is so fine and as white as snow; the water is many shades of blue and green. I have visited more than a dozen times, but it always takes my breath away.

There is a newly built oceanfront seating area, a cozy, shaded terrace where visitors can eat their packed lunches or snacks. Lifeguards will be on duty from mid-April to late November. The current can be a little tricky there, so stay within the swimming area.

Aka Bridge connects Geruma and Aka islands, and the view from the bridge is astonishing. There are many beautiful sites on Okinawa, but I consider this view to be in the top three. This amazing view is the reason I'll keep coming back. You can also cross the bridge to bike around Geruma and Fukaji islands.

Maehama Beach is right next to the port and bridge, and it's a family-friendly beach with fine white sand. Parents with small children can easily walk to this beach from the port. Since there are no shaded areas there, it's better to bring a small pop-up tent to keep little ones out of the direct sun.

Wild Kerama deer can be seen on the beach or road at Aka. Kerama deer are indigenous to Aka and Geruma and are very timid. So please be mindful when you see them as they are federally protected.



DIRECTIONS: Aka Island is 60 minutes by express ferry from Tomari Port in Naha. The round-trip fare for Queen Zamami is 6,080 yen for adults and 3,040 yen for children.
COSTS: Credit cards can be used at the ferry ticketing office; however, you'll need cash for renting a bicycle.
FOOD: Dining options are very limited at Aka, so it's a good idea to pack a lunch or buy something at a convenience store in Tomari Port. Be mindful to bring back all the trash with you as trash disposal is very limited in Aka.
FERRY INFORMATION: Phone: 098-868-4567
WEBSITE

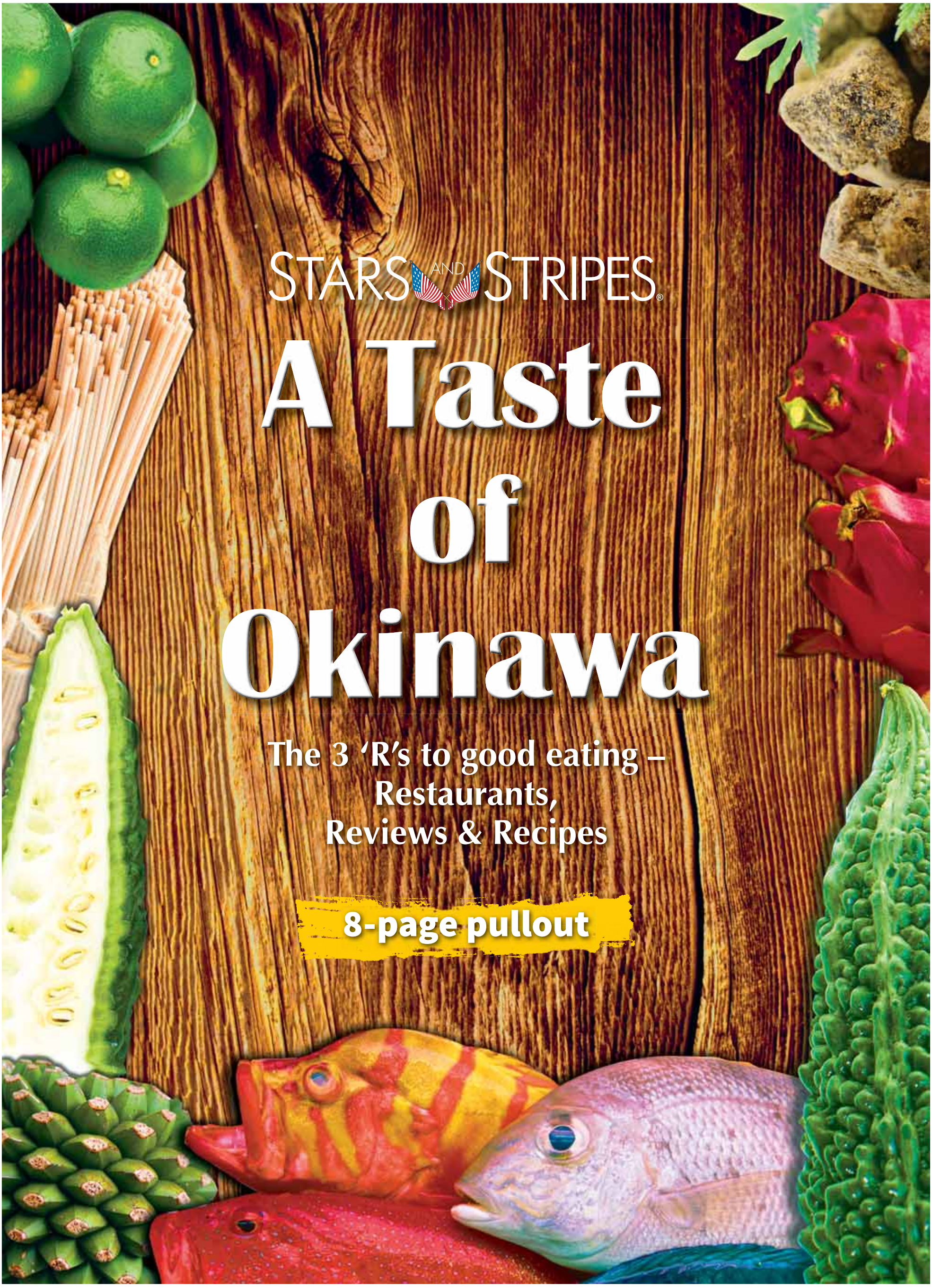


Snorkeling off Aka Beach at Akajima may offer your best chance to spot a hawksbill sea turtle on Okinawa.



Kerama deer are indigenous to Okinawa's Aka and Geruma islands and can often be spotted wandering the area.

You can sometimes spot swimming sea turtles from Aka Bridge, which connects Aka and Geruma islands in Okinawa's Kerama Archipelago.


STARS AND STRIPES®
A Taste of Okinawa
The 3 'R's to good eating – Restaurants, Reviews & Recipes
8-page pullout

Pancake lovers rejoice!

Try this Okinawan crepe recipe today!



STORY AND PHOTOS BY SHOJI KUDAKA, STRIPES OKINAWA

Chinpin is an Okinawan sweet often described as a pancake or crepe flavored with brown sugar.

According to Jitsuyou Ryukyu Ryori, a textbook on Okinawan cuisine, this sweet used to be a special treat made to celebrate Yukkanuhi, a seasonal festival marked on May 4 or May 5 of the lunar calendar.

Today, you can have chinpin year-round at local cafes with a cup of tea or coffee. It's really easy to make and doesn't require special ingredients you don't already have in your kitchen.

The recipe for chinpin calls for brown sugar, which gives it a delicate and restrained sweetness different from traditional pancakes and crepes made with regular granulated white sugar.

Adding to the sweetness is the brown sugar syrup topping which will not ruin the taste of the treat itself. So, let's dig in and try this Okinawan delight!

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INGREDIENTS (for approx. eight cakes)

FOR CHINPIN CREPE/PANCAKE

- Flour (approx. 600cc)
- Baking powder (a small spoonful)
- Salt (a little)
- Brown sugar (Crushed and powdered, 500cc)
- Water (600cc)
- Egg whites of one egg

FOR BROWN SUGAR SYRUP

- Water (100cc)
- Powdered brown sugar (50g)

RECIPE

FOR CHINPIN CREPE/PANCAKE

1. Crush and powder brown sugar.



2. Pour the powdered brown sugar and an egg white in a pot and mix in water. Smooth out clumps with a whisk.



3. Heat the pot on a stove with moderate heat while constantly whisking the mixture.
4. If the mixture starts to boil, stop stirring and continue heating the pot for about five minutes more until the brown sugar melts in the pot.



5. With a strainer, remove the foam that collects at the top. (If you have a larger strainer, you can carefully pour the hot mixture into a bowl instead.)



6. Let the mixture cool.
7. Sift flour and baking powder into a separate bowl.



8. Pour the cooled mixture into the bowl and add salt.

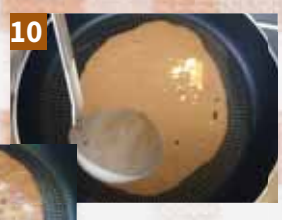


9. Whisk the mixture and let it sit for about 10 minutes with a wet towel covering the bowl.





10. In a pan, pour a little mixture as you would a crepe or pancake. Use oil or non-stick spray so the cakes do not stick to the pan.





11. As it starts to cook, make sure to roll your crepes.



* Ingredients (especially the brown sugar) can be adjusted to your preference.

FOR BROWN SUGAR SYRUP

1. Pour 100cc of water and 50cc of powdered brown sugar in a pot stirring until the sugar dissolves. Let the ingredients reach a boil.





2. Once the ingredients start to thicken into a syrup, it is time to top your chinpin!



VIEW VIDEO!

Bon appetite!





COOL LEMON

Try this tasty, tangy gelatin treat

Check out the video!

STORY AND PHOTOS BY SHOJI KUDAKA, STRIPES OKINAWA

When it comes to fruits that people love to eat, lemon may not be on the top of their list. According to YouGov, an international research and analytics group based in London, lemon is ranked 9th on the chart of the most popular fruits. In Japan, the story is not that different: the fruit is placed on 23rd by Japanese website Mina no Ranking.

If strawberry and green grapes were the rockstars that take center stage, lemon may be just a supporting cast. In the summer, however, the citrus fruit does have it's time in the spotlight. Supermarkets and convenience stores around Japan will stock plenty of limited-time lemon-flavored snacks, sweets and drinks to refresh customers during the warm season.

Lemon's popularity in summer is understandable due to the sour taste's ability to cool us down and maybe even give us goosebumps. A recent article by Time Internet, a digital company out of India, listed some of the benefits of consuming lemon as strengthening the immune system, avoiding skin problems, making hair healthy, and subduing body odor.

Since the summer began in full swing on the island, I adopted the habit of eating lemon-flavored snacks after each meal. Though I really enjoyed the "cool" and "sweet" flavors of the lemon foods, I have also been concerned about having too many sugary foods. So, instead I looked for a healthy alternative to my summer snack time and found a recipe for lemon gelatin.

The recipe contains a small amount of sugar, but its sweetness is restrained. The lemon gelatin's smooth texture makes the acidity easy to consume and it's very easy to cook.

Top with mint leaves to give it a restaurant quality before serving. Cool off with this delicious gelatin and enjoy lemon, this season's star fruit!

Kudaka.Shoji@Stripes.Com

Ingredients

- Powdered gelatin 10g
- Hot water 500ml
- Lemon juice 45ml (To prepare this, I squeezed a lemon)
- Sugar 30 ml (add some if you like it very sweet)
- Mint leaves (as many as you like)

Recipe (adapted from Ajinomoto)

1 Juice lemon until you have 45 milliliters.





2 Pour 50 ml of hot water into a heat-resistant bowl and add in powdered gelatin (10g). Mix until the powered gelatin dissolves. Add in remaining hot water, lemon juice (45ml), and sugar (30ml) and mix well.





3 Pour the mixture into a tray. Once it cools down, put the tray in a refrigerator and further cool it down to fixate it.



4 Slice the jelly into small pieces with a fork and serve it up on a plate or a cup. Top it with mint leaves.



5 いただきます (Bon appetit)!





Mainland Japan and Okinawa aren't left out of the healthy food craze

BY TAKAHIRO TAKIGUCHI,
STRIPES OKINAWA

Just as in America, superfoods are currently a trendy topic in Japan.

Visit a convenience store or drug store, and you will find a rack exclusively for superfoods, such as chia seeds, maca and spirulina. Magazines and TV programs often feature these trendy foods, as well.

Despites the trend and high media exposure, some don't know what superfoods are all about.

"They are natural, organic foods, mostly vegetables, which pack a lot of essential nutrients and vitamins," says Ayumi Katsuyama, managing director of the Japan Superfoods Association. "They are usually low in calories but rich in nutrition that prevents us from forming various lifestyle-related diseases, such as cancer and diabetes."

Today, JSA lists spirulina, maca, chinese wolfberry, cacao beans, chia seeds, coconut, acai, camu camu, broccoli sprout and hemp seeds as the 10 primary superfoods.

"These foods have proven their superb health effects and food safety throughout the long history of usage," Katsuyama said.

Why are these "super" foods getting so much attention these days?

"As it is getting harder and harder to sample natural foods free from additives, agrochemicals and contaminated soil and water, we have become more aware of the relationship between our health and foods," Katsuyama said. "Eventually people noticed that powerful foods in the world, such as maca in Peru and Chinese wolfberry (kukonomi) in China, were improving the health of local people."

Although these raw vegetable materials were only available exclusively to locals, modern technology has enabled them to be frozen or powdered and delivered to any part of the world without spoiling the nutritional quality.

So, most superfoods are actually processed products, according to Katsuyama.

The term "superfood" dates back to the 1980s when physicians in North America who were applying healthy diet in their medical treatment, began calling foods that had outstanding nutritional values "superfoods". Then, two books, "14 Foods that will change your life" (2004) and "Superfoods" (2009), helped to establish the moniker.

Categorized as foods, superfoods are neither medicines nor supplements.

"As supplements contains artificial additives, overdosing them can cause physical troubles," Katsuyama said.

Although it's unclear what the true definition of a superfood is, thanks to global marketing approach of major food companies, today, they are widely available in convenience stores and grocery stores even in Japan.

Health conscious American celebrities have helped them to become popular, according to Katsuyama. "Since they started applying the foods to their everyday diet, people see the foods fashionable as well as healthy," she said.

How can we apply these superfoods daily to improve our health?

"Nowadays, it is next to impossible to avoid all foods contaminated with farming chemicals and artificial additives," Katsuyama said. "So, we would recommend you add some superfoods in your daily diet. Just put some spirulina powder into your dishes, for instance, to improve your health."

JSA actually promotes superfoods by developing various products in Japan's market, such as powders or noodles made from acerola and spirulina.

Japanese foods: superb in nature

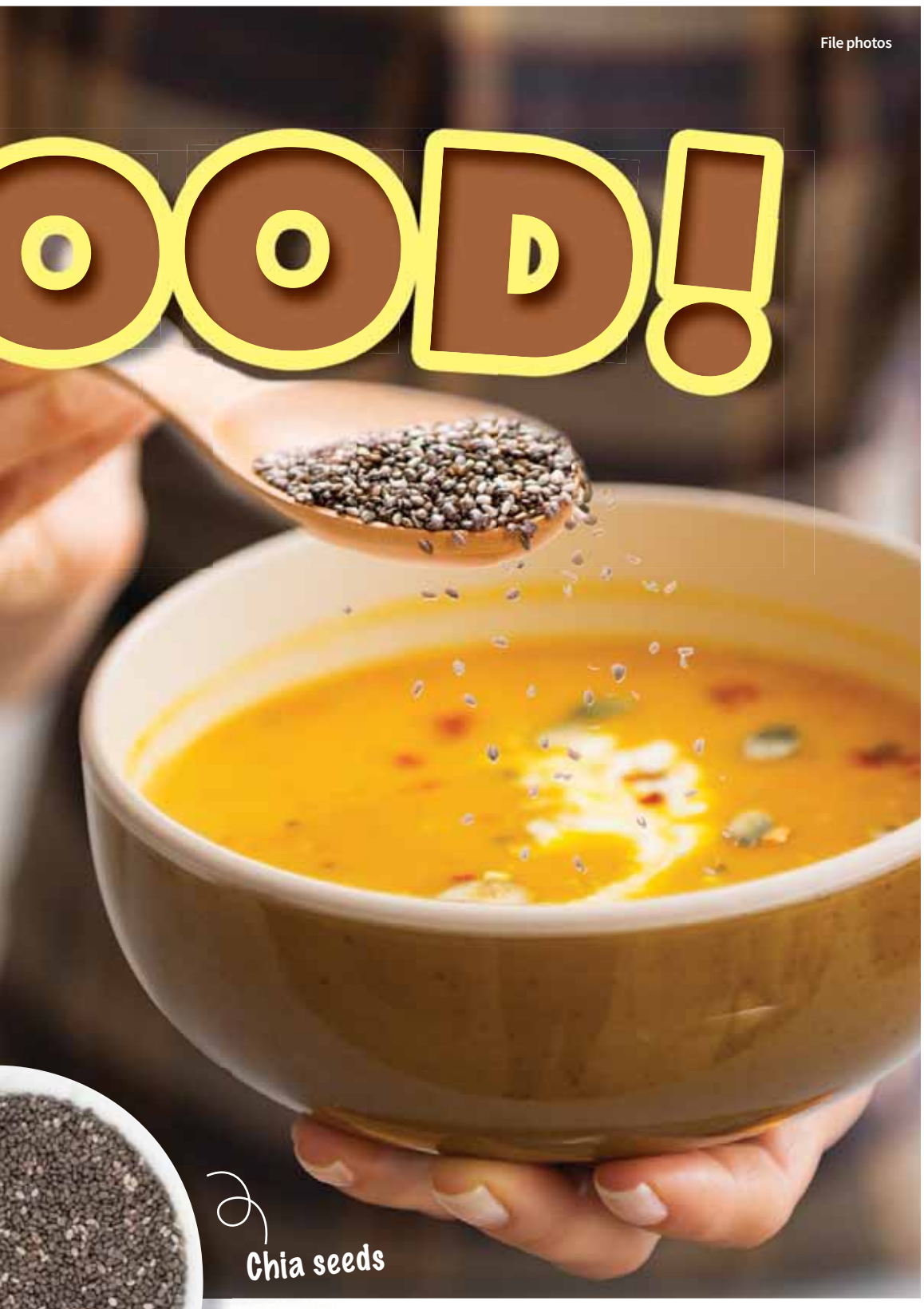
According to Katsuyama, many Japanese foods can be called superfoods in their nature. "Nominated as one of the UNESCO World Heritage, Japanese cuisine is superb - It is tasty and nourish while it has unique sophisticated culture," she said.

What makes Japanese cuisine unique is that its depends on dashi stock made from dried groceries, such as shiitake mushroom and kelp. These are all low in calories and contain a lot of superb minerals. Habitual drinking of green tea, instead of juices or other white-sugar beverages helps Japanese to enjoy such longevity, according to Katsuyama.

JSA categorizes Japanese superfoods into four groups – fermented foods, teas, seaweeds and traditional natural foods.

1. **Fermented foods**: natto, miso, shoyu (Japanese soy-sauce), nukaduke (vegetables pickled in a fermented rice
2. **Teas:** maccha, (course tea)
3. **Seaweeds:** ko hijiki, kanten

File photos



bran), amazake
green tea, bancha

nbu (kemp), nori,

volfberry

4. Traditional natural foods: umeboshi (pickled plum), edamame, genmai (unmilled rice), tofu, soba, azuki

Among various fermented foods, Katsuyama pointed out amazake as one of the best superfoods. Made from fermented sake lees, amazake is often compared to yogurt.

"Yogurt, however, is a dairy product and contains animal fat and some people are concerned that the over ingestion might lead them to chronic illness," Katsuyama said. "On the contrary, amazake contains only vegetable fat and is very effective in protecting us from various lifestyle-related illnesses. Plus, the price of amazake is very reasonable."

Located in Japan, you can enjoy these superfoods in your dairy diet anytime.

"Pay attention to superfoods and incorporate them more into your daily consumption," Katsuyama said. "This will help keep you conscious about your health and surrounding nature and environment, and that is sure to contribute to your quality of life as a result."

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Umeboshi

Japanese Superfoods

Natto
A traditional Japanese food made from fermented soybeans and served with soy sauce, mustard and Japanese bunching onion. Along with its powerful smell, strong flavor and slimy texture, it contains a lot of protein, vitamin K, dietary fiber, NattoKinase, mucin, and is considered to keep stomachs healthy and beautiful.

Tofu
Bean curd. Being basic whole food nature, it contains a lot of protein and isoflavone, and is considered to lower the risk of several chronic diseases including cardiovascular diseases.

Miso
Fermented soybean paste, which is used in soups in Japanese cuisine. Since it contains a lot of protein, vitamins B and E, this fermented food is considered to improve gut health and is effective at preventing radiation sickness and preventing cancer.

Soba
Buckwheat noodles are low in calories and contains a lot of lutein and vitamin B. It is also thought to help with anti-aging, preventing degenerative diseases, improving blood circulation and lowering blood pressure.

Umeboshi
Pickled plum is a traditional Japanese snack, usually dried and preserved in a salty brine using shiso leaves. Umeboshi is rich in citric acid and calcium, combats fatigue, stimulates digestion and promotes the elimination of toxins. Eating a couple of them before and after a party may prevent hangover, as well.

Nori
One of the most popular seaweeds in Japan, nori contains a lot of calcium (10 times as much as milk), copper, iron, vitamins A, B, C, D, E and K, and is considered excellent at regulating and purifying blood. It is also helps reduce cholesterol levels.

Nukaduke
vegetables picked in a fermented rice bran. Since vegetables picked in a fermented rice bran doubles or triples the vitamins and minerals of normal vegetables, plenty of vitamins A and B, along with calcium and iron help to keep the nervous system healthy and improve constipation.

– Source: "Best 50 Superfoods" "Shokuhin Seibunhyo" and "Superfood Benricho"
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Nori


Nukaduke


Soba


Tofu

Challenge yourself with this famous Osaka dish!

How to make okonomiyaki at home

LIVE JAPAN

One of the best ways to experience Japan's cuisine is to make it at your own home! Here, we'll take a look at how to make okonomiyaki, the famous Osaka specialty.

Okonomiyaki is a mixture of cabbage, flour, and water, baked into a flat, round shape. Sometimes it's referred to as "Japanese pizza" (or "Japanese pancake") because you can put anything you want in it - but quite frankly it tastes nothing like pizza!

Choose your favorite ingredients, such as pork or squid, cook it, and top with sweet and sour okonomiyaki sauce to finish. There are various theories regarding the origins of okonomiyaki. However, since its spread through Osaka after the war, it has become well-known as a specialty dish of Osaka.



Today we met with Masahiko Miyazaki, the owner of Taisho Okonomiyaki Mamama. Mr. Miyazaki opened his shop in Osaka's Taisho Ward after training in a popular shop in Dotonbori. Today, he will teach us how to make okonomiyaki!



Restaurant-quality okonomiyaki made in your own frying pan

Ingredients & Directions

Today we will be using ingredients more widely available abroad, and the following ingredients will make 4 servings of batter: 200g flour, 80g instant corn potage powder (can be substituted with vegetable stock powder), 400g cabbage (chop into 5mm squares), approx. 120g zucchini (grated and shredded), 80g sliced bacon, 4 raw eggs, and potato chips as you like.

In Osaka, the dough is usually made combining powdered bonito dashi, grated yam, and tenkasu (excess batter from frying tempura). However, you can substitute corn potage powder or vegetable stock for the dashi, zucchini for the yam, and potato chips for the tenkasu. Also, for the meat, pork belly is generally used, but you can use bacon instead.





1 First, make the base. Mix in the flour and corn potage powder/vegetable stock, add water, and mix until slightly thick. Be sure to mix the batter until no lumps remain.



2 Place 100g of cabbage into a separate bowl, then add 40g of the base batter, 1 egg, 30g of zucchini, and the potato chips. Mix thoroughly, incorporating air for fluffiness. Be careful not to over-mix, which may drain water from the cabbage, causing the dough to become runny. It is also a good idea to cook the batter and ingredients in individual serving sizes for best results.



3 Once mixed, add oil to the frying pan, heat on medium heat, and pour in the batter. Spread it to the size of an adult-sized palm, lay out 20g of bacon on top, cover with a lid, and cook on low heat.



4 While this is cooking, prepare the sauce. Okonomiyaki sauce is sold in Japan, but if you can't find it, you can make your own! For a 4 person serving, mix 40g ketchup, 40ml soy sauce, 20g sugar, and 20ml vinegar. Mix well, and add a dash of pepper. Pro tip: Don't mix the pepper into the sauce!



5 Once the batter is browned, flip it over, and cook the other side for about 5 minutes.



6 Once cooked, serve on a plate, and top with the sauce. While you can enjoy it with just the sauce, you may also want to add mayonnaise for extra flavor. In Osaka, it is also usually sprinkled with dried green seaweed on top, but you can substitute with chopped parsley - the color will be just as lovely!

Irresistibly soft and fluffy okonomiyaki!

Time to dig in!

The moisture of the zucchini is what makes the okonomiyaki fluffy, for a melt-in-your-mouth texture. The slightly-sour sauce also pairs well, and the bacon fat adds to the delicious, rich flavor of the entire dish.

In addition to bacon, you can add shrimp, squid, or kimchi for even more flavor, so be sure to challenge yourself, and try whichever you like!

If you can't visit Osaka to try okonomiyaki, the next best thing is to try it at home. There are so many shops that will cook it right in front of you on iron plates at the table. It's fun to watch, but often you cook it yourself in the restaurant - so this is good practice for next time! And in Osaka, there are plenty of okonomiyaki restaurants where you can enjoy a variety of styles, from steak and shrimp, to Western styles such as tomatoes and cheese.

In Japan, enjoying hot okonomiyaki fresh off the grill is one of the greatest pleasures in life. But for now, enjoy making this pan-fried okonomiyaki in your own home.

Today's okonomiyaki instructions are courtesy of Taisho Okonomiyaki Mamama.

A teppanyaki shop where Mr. Masahiko Miyazaki, who trained at a famous Dotonbori shop, flaunts his skills. The okonomiyaki here (748 yen) was created by self-improving the recipe inherited at the place where he trained and has a very fluffy texture. Also available are Negiyaki (935 yen) and Yakisoba (748 yen), as well as other one-of-a-kind dishes. Take your time and enjoy teppanyaki with sake. Taisho Okonomiyaki Mamama takes precautionary measures against coronavirus, including open doors for ventilation, and preparing hand sanitizer.

TAISHO OKONOMIYA MAMAMA

ADDRESS: 1-17-33 2F, Sangenya Higashi, Taisho Ward,Osaka City 551-0002
NEAREST STATION: 1-minute walk from Taisho Station on the JR and Osaka Metro lines
PHONE NUMBER: 06-6552-1109
HOURS: 11:30-14:00, 17:00-23:00, Saturdays/Sundays: 14:00-23:00
CLOSED: Open daily





A Very Hungry Caterpillar Sandwich

STORY AND PHOTO BY RIEKO SUZUKI, METROPOLIS MAGAZINE

Let's cook something easy, healthy, and fun with your kids! This tuna okara sandwich contains a good amount of soy protein and fiber from okara (soy pulp that you can get from local supermarket at quite a reasonable price). Slicing the tomato just a little bit makes it easier to keep it on the bread. I kept the stem of the tomato to make antennae, but it will do without them.

Servings: 2 sandwiches
Cooking time: 30 min (with kids)

Ingredients

- 2 pieces of french baguette (15cm long each) or any bread you like
- 40g of canned tuna (drained)
- 4 tbs of raw okara
- 2 tbs of finely chopped onion
- 1 tbs of yogurt
- 1 tbs of mayonnaise
- A pinch of salt
- A pinch of pepper
- 1 tbs of butter
- 1 cucumber
- 2 mini tomatoes
- Small amount of hard cheese (for caterpillar's eyes)
- 4 pieced of black sesame seeds (for caterpillar's eyes)

Directions

1. Combine tuna, okara, onion, yogurt, mayonnaise, salt, and pepper, and mix well.
2. Slice bread if needed, and toast lightly. Spread butter, then the tuna okara mixture.
3. Place cucumber slices and mini tomatoes on tuna okara spread.
4. Put small pieces of hard cheese on tomatoes, then black sesame seeds to make eyes.

A Taste of Okinawa





Learn how to cook like a Master Chef

Learn how to prepare mouthwatering dishes that will leave your dinner guests begging for more, all from the comfort of your home in a virtual cooking class hosted by Luca Manfe, winner of Master Chef Season 4. Fish tacos, braised beef short ribs and homemade gnocchi are all on the menu for the remaining courses. By attending a class, you are automatically entered for a chance to win a private virtual cooking class, and an in-person gala dinner at your installation cooked by Chef Luca! Sign up now at www.kadenafss.com/blog/af-campaigns and watch your cooking skills become five-star level!

COOKING CLASSES



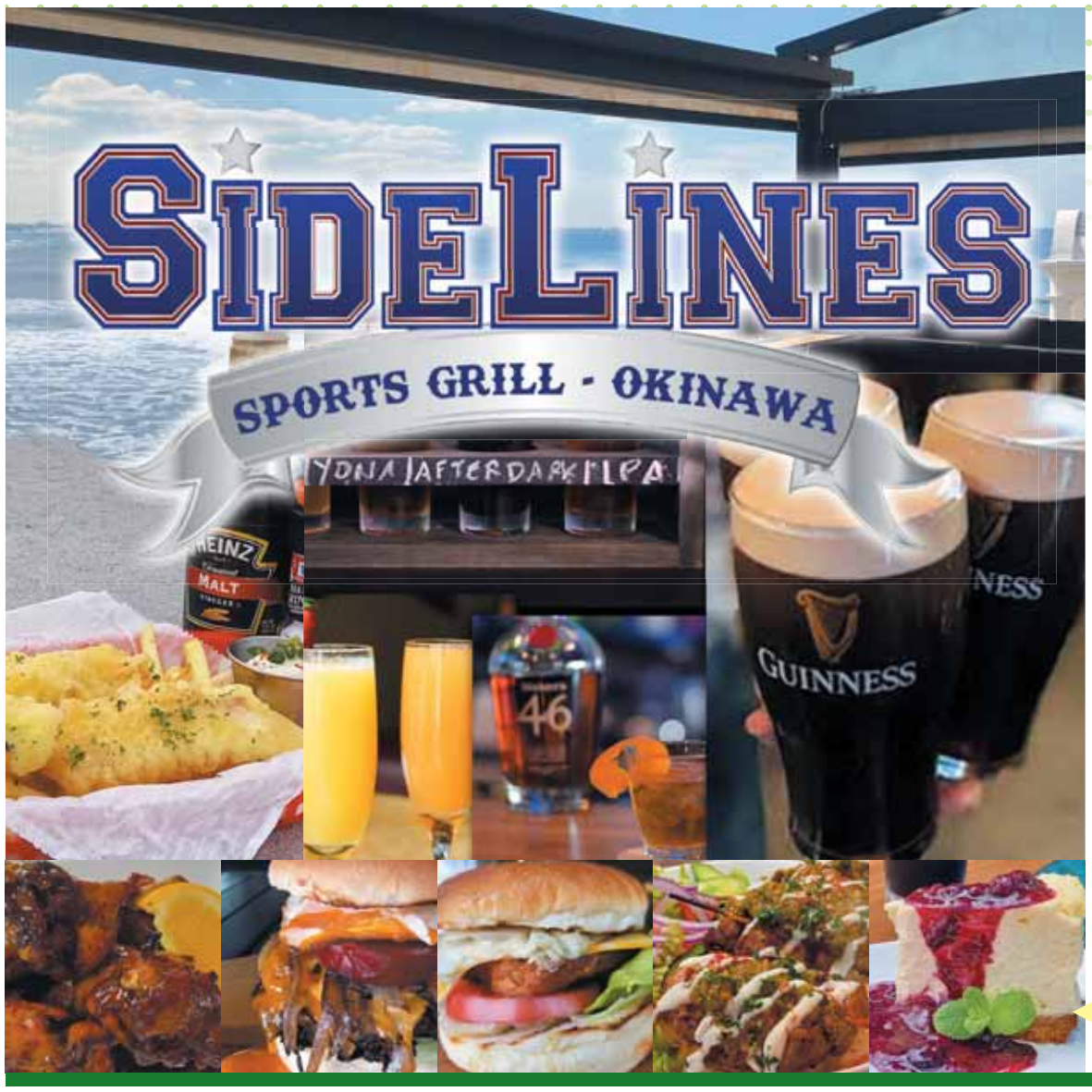
Gen a real gem on Okinawa

Offering authentic Japanese and Okinawan cuisine at a reasonable price, Gen was recognized in Stripes' Best of the Pacific 2013 as the best restaurant to experience the local culture on Okinawa. Owner and Head Chef Naoki Tsukayama highly recommends the "Fish Garlic Butter Combo," a popular dish among American customers. Tsukayama and his staff make you feel at home, so stop by and enjoy a delicious meal. Gen is located across from Camp Foster's fire station. Just look for shi-shi dogs on a traditional Okinawan tile roof outside Foster's Fire Station Gate.

RESTAURANT INFO



A Taste of Okinawa





Great food, fun always in play at Sidelines

Established in 2012, Sidelines is a family owned, family friendly upscale sports-themed restaurant. Offering a quality menu with something for everyone, including classic American choices, plant-based menu, kid's options and diverse Specials. Our Homemade Cheesecake and Fish & Chips are undoubtedly best on Island and most of our menu is completely homemade! Theme-nights including Trivia Tuesday, Wing Wednesday and Game-Night Thursday offer welcome midweek distractions, while weekends are busy and vibrant. We pride ourselves in providing unrivalled service in an attractive space with a full bar, large outdoor seating area and unobstructed ocean views. We're looking forward to meeting you!

RESTAURANT INFO