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#### APRIL 19 - APRIL 25, 2024

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# am a Gold Star Child

#### BY ALISE W., 12TH GRADE, NILE C. KINNICK HIGH SCHOOL

am a Gold Star child, which means I have experienced the loss of a parent who served in the military. Currently, I am attending a DODEA school Japan, where the military in

community has been a pillar me the opportunity to connect with of support in my life. Since my father's passing, the military has stood by me through all challenges, providing not only emotional support but also invaluable financial assistance. Attending a DODEA school in Japan has offered

an amazing community, fostering a deep sense of belonging and shared experience that has been invaluable to my emotional well-being. As I familiar and more comfortable to school or a DODEA school. I am is where I feel most at home.



moved to Japan, my options were stay connected to military life since to go to either an international I am a former military child and this



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

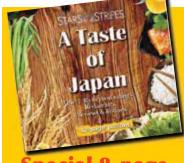
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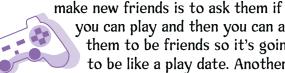
IT'S HERE,

Being resilient a good thing

hat does resilient mean? So resilient means that you are strong and brave. And what I mean by that is you have to be brave and strong in hard situations. Being resilient is a compliment.

For example, you have to go to a new school and you have to move to a new house. One time I had to be brave was when I moved to Japan in 3rd grade. I had to make a new friends and meet new teachers.

An advice I would give to someone who has to



you can play and then you can ask them to be friends so it's going to be like a play date. Another

advice I would give to someone that is moving is to make the trip fun by playing games. If I had to give advice to someone who has to be away from a parent I

would tell them to spend as much time as possible with each parent when you are with them.

In conclusion, I think that being resilient is a good thing. It means you stand up to things you are afraid of. That's why I think

military kids are resilient.

- Ulysses, 4th grade, Iwakuni Intermediate School

EE MORE MILITARY CHILD STORIES INSIDE!



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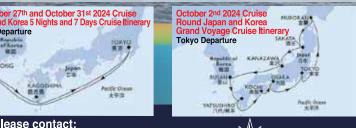
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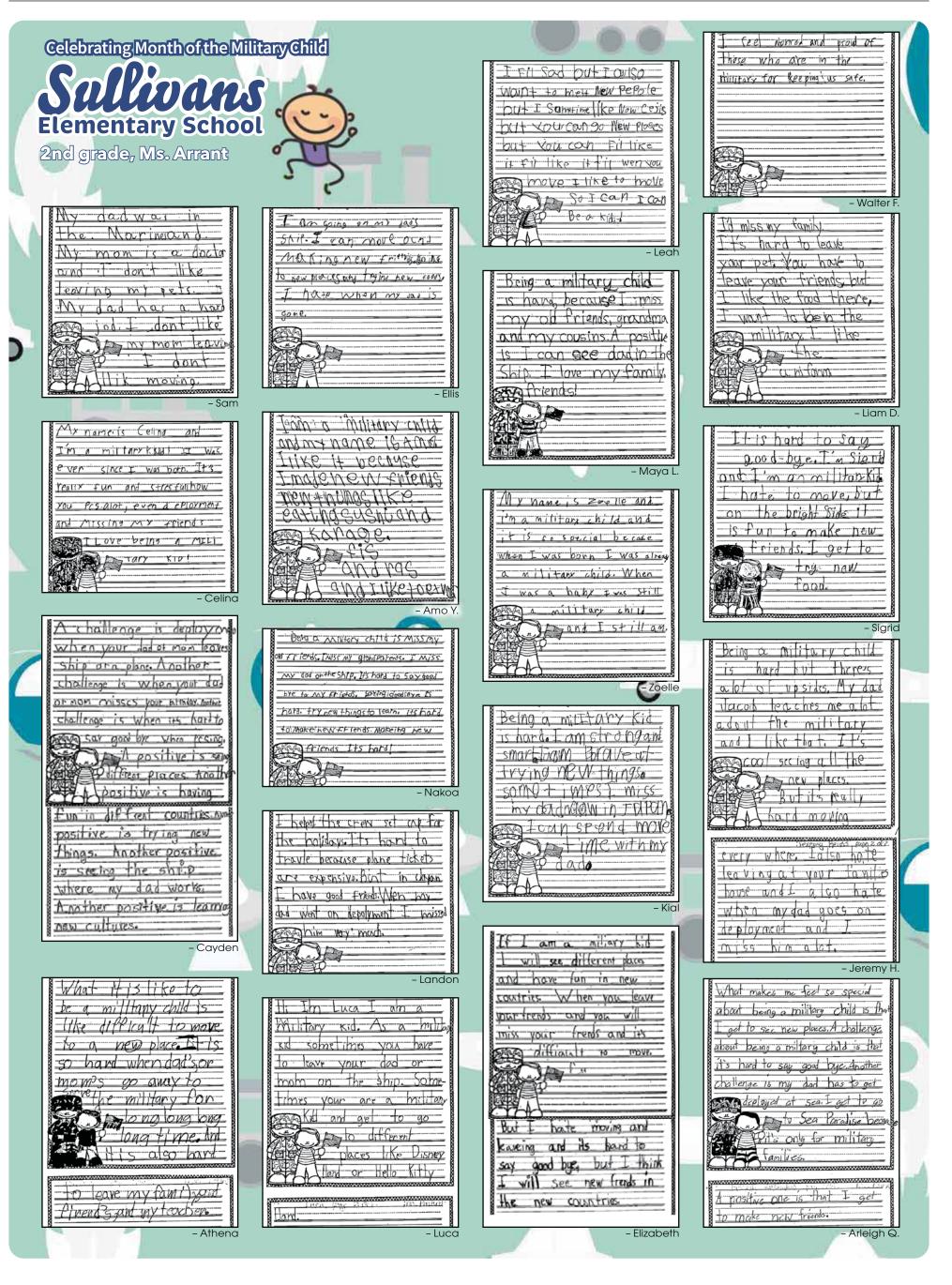
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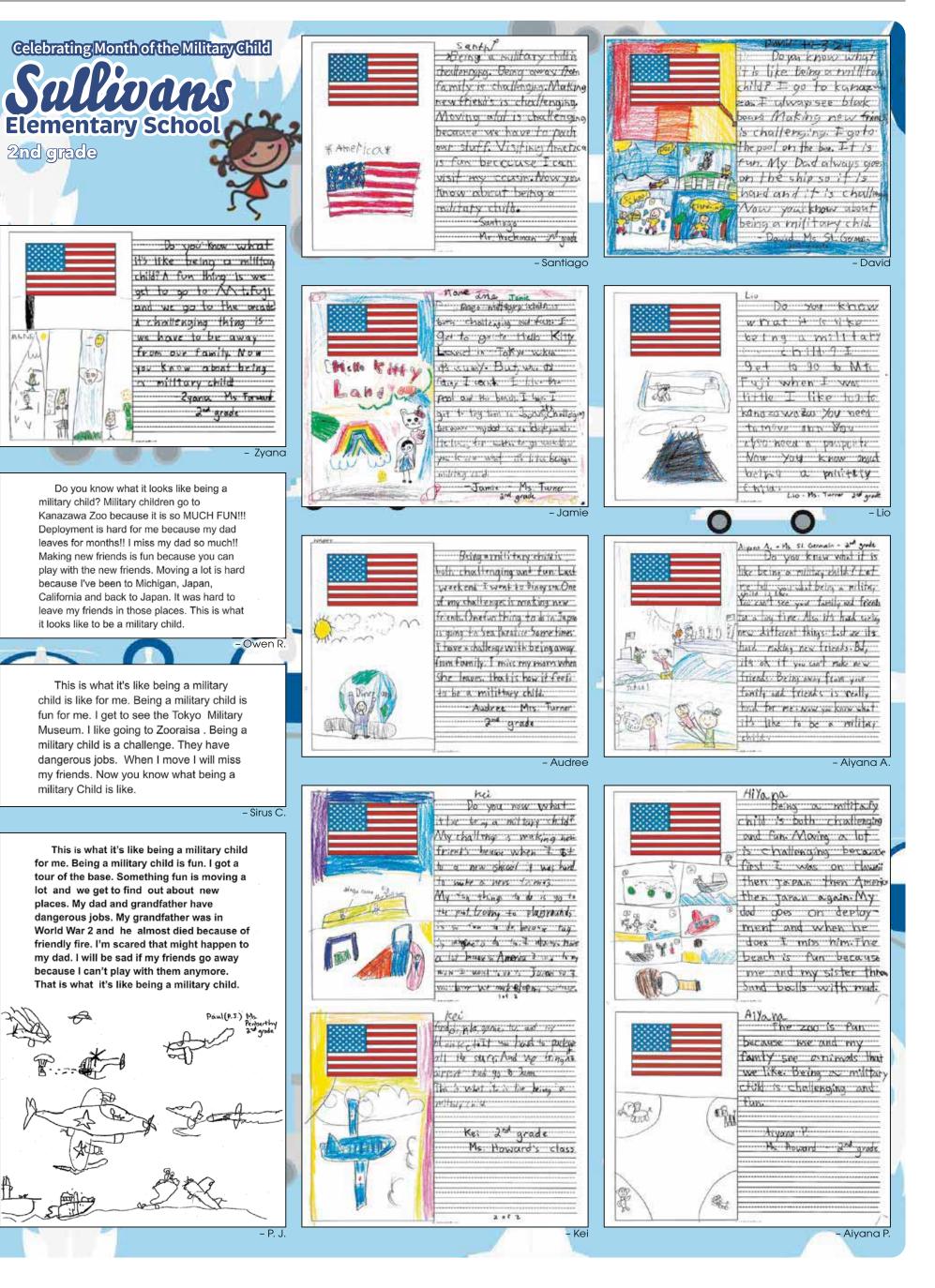
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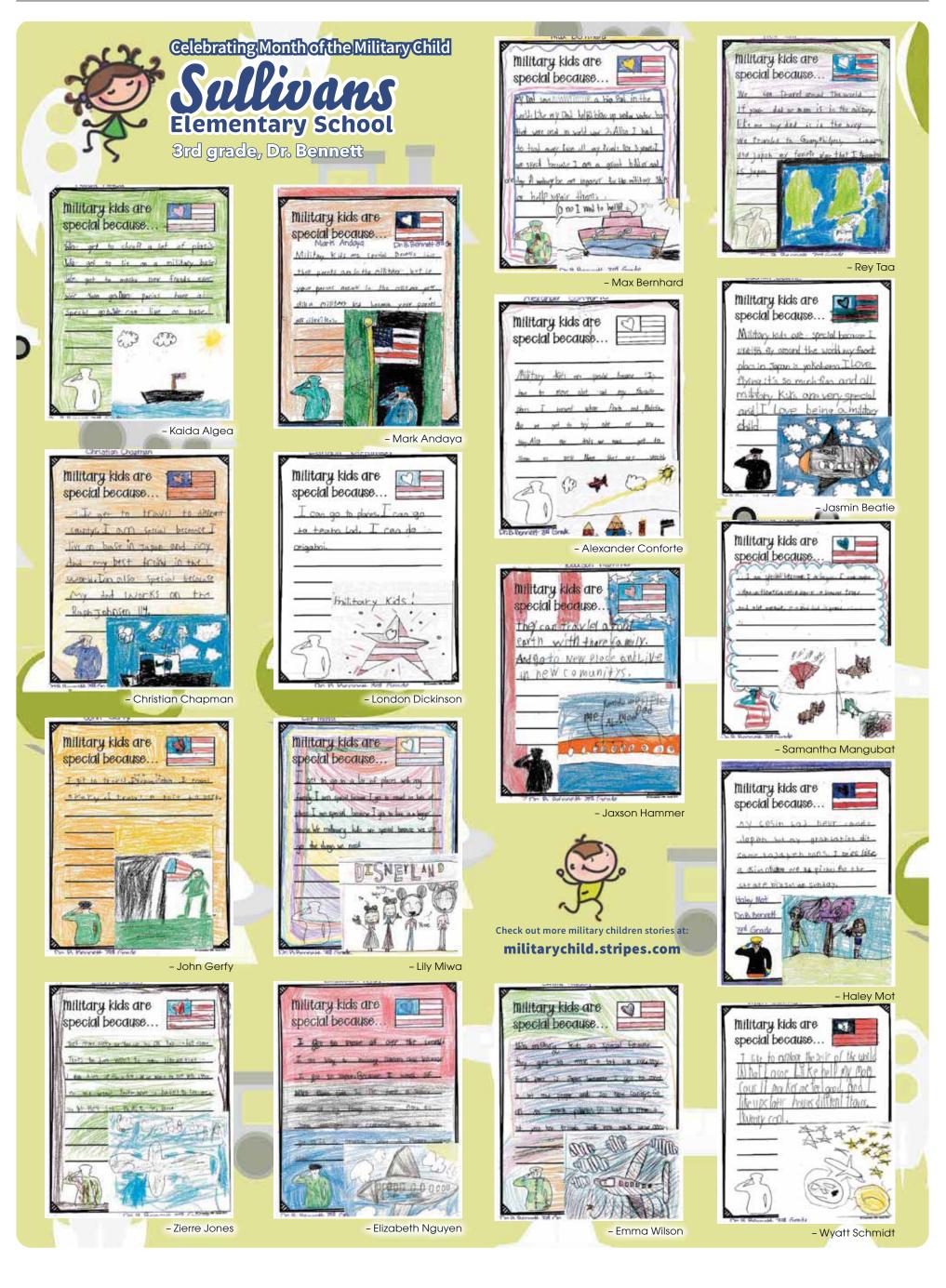


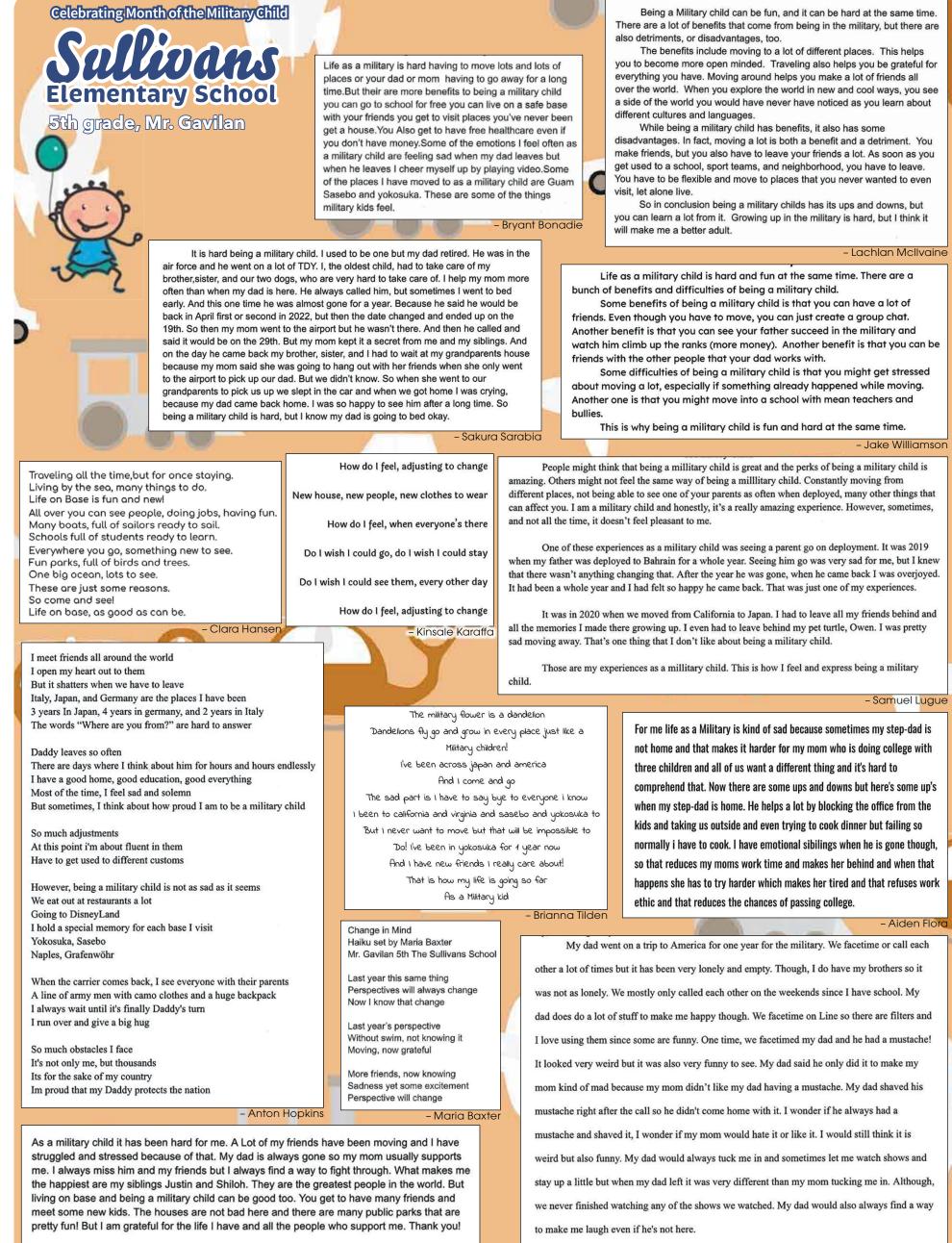












- Lilica Oglesby

Resilience To be a military child is part of being resilient. Resiliency is kind of

sad and not. For example, if you are a military child, you have experienced moving. I am a military child and I had to move away from home. I miss my old friends and my daycare. I have new ones here but won't replace my old friends. I felt scared that no one would like me in the place I was moving to.

If you ever have to go through this, I have some advice for you. First, buy or get something for your

friend they can treasure/keep as a memory of you, like matching necklaces or friendship bracelets. Second, take photos/selfies so you can always see them. Third, get/have them on any social media you have. Finally, take deep breaths if you are scared and think about things that make you happy.

In conclusion, you know how it feels to be a military child.

# 4th grade • Ms. Shimak

CELEBRATING MONTH OF THE MILITA

# What does resilient mean to me? It means that you're

strong and you're brave. If someone calls you resilient it is a apliment. Being resilient can be hard. One time I had to be resilient was when I moved to Japan. When I moved to Japan it was hord for me to go to a new school and make new friends. It was also hard to settle to a new school with new teachers. Another example is my parents have to leave and I can't see them.

Resilience

Rikyla

- Maliyah

My advice to my friend when they have to mave is to nake traveling fun and enjoy the plane ride. Also, to make new friends I would be nice and ask to be their friend or to have a playdate. If they have a parent leaving my advice would be to spend time with them and do things their parent likes to do, like going to the movies

In conclusion, I think all the military kids are resilient. That means they are strong



#### Resilience:

This is what happened when I had to face resilience. One time I had a dog named Kisa. She was a gentle dog and didn't do much. One day she passed away of old age. My mom and dad were sad. Then we got 2 gerbils named Olaf and Max. Olaf was a little scared but he wasn't as scared as Max. When I moved to Japan me and my family weren't able to bring them with us and had to leave them with someone else instead.

Here is some advice for you about resilience, first is if you are moving away from your friends don't be sad. Always be happy, and brave, always know that you could meet new friends. When you lose something that you really loved you can get a new one, but if it's a person or pet that's not replaceable. Just always have faith in yourself, and never give up.

Mikah



#### RESILIENCE

This is what you go through as a military child and some advice for it. This is what happened to me when I moved from place to place. The place I moved to is amazing but moving there was sod at the same time

When I moved to Japan from North Carolina I was very sad nd wanted to go back to North Carolina because I loved it there. After being in Japan for 1 month I stopped being sad though, because I realized all the pros that Japan had to offer me. I still was sad sometimes though but I pushed through and adapted to Japan. My friends helped me make it through all the sadness and helped me out

My advice for military children is that you should realize all the pros placet you go. When you go to new placet, you make new friends there and you can still keep in contact with old friends through the cellphone and on online

I think it's best to keep all your friends because you never know, you might see them in the future and you'll already know what happened in the time you haven't seen each other from the contact you guys have been getting. Always remember the best of the people you have met, because those people might be the best you get so always have a memory of them. The reason all this happens is to help the state or city that you're in, remember to alway

a inside the place you're at. Remember it's ok to be sad or cry 12676 50.566 - Nathan

#### Resilience

This is how I felt as a resilient military child. Being resilient was sometimes sad and fun. Here are some examples. When I was little I had to move to America and leave all my friends behind. After 2 years in America I had to move again and leave my friends again.

If you have to move ane day and leave your friends here is some advice. Be brave, don't be sad and think this is just part of your life. But here are some good things about being a resilient military child, you get to go places your friends might not be able to go. Since you're moving you get to also learn a new language. Also you get to eat new food and go to new schools and make new friends.

Conclusion, it might be hard being a resilient military child but just be brave

Ruito



NUQ .....

If you're a military child, you should be resilient. If you're not resilient, you probably won't feel like you fit into a new place.

Resilience

For example, when I moved from California to Japan, I had to leave my friends. But since I was resilient, I was able to make new friends and some I was even more close to them then my old ones. I was really glad that my family had to leave my old friends. I was surprised by myself because when I first moved I didn't think I would like it as much as I liked California.

If you have to move away from somewhere and have trauble making new friends at new places, my advice is to try to get to know people. You can ask them questions or ask if you play with that person. You can also try to

spend some time with them to get to know their personality. So if you move away from your home and friends and you want to make new friends, just try to get to know other people.





#### Being a Military Child

- Zoey

Luke

- Elana

Being a military child is sometimes is sad because you ave to move. I lost a best friend because of moving when I

- ed from Japan. When I was couple of years old, I had
- in the military. I had to move
- to Japan again. It was easy to make friends again
- kids like me. Right now, he's a

civilian and we will still have to move be My advice to kids who have to move a lot is if you are not shy you can make



#### Resilience

To be a military child you have to be resilient, ma new friends and move to a bunch of different places! Don't worry though it may be sad moving from a place you love.

I had to go through that a bunch of times like the time I had to move from Florida to here, Japan. I remember crying so much when I had to leave Florida because I had so many friends there and I knew I was going to miss them, but I also knew I was always going

The second second second

When I got to Japan I thought it was amazing and it is! I have had a lot of adventures and maybe when you move you will find something you're interested in! Like before I moved to Japan I didn't like clams but now I absolutely love

Conclusion, don't be afraid and have some resilience! I bet you are going to ave the best time moving to s

#### Resiliency

Hi my name is Elana and I am a Military Child. My Dad has been serving since I was a little baby and now he is still serving. Being A Military Child is hard and sometimes but it is good because you can meet new people like my friends Karmen, Sailey, Rikyla, Deuce, Daniel, Reese and Andres. You can also eat new foods and that the life of a Military Child. Advice: you shouldn't hold back and cry, you should say

goodbye to all of your stuff. Go and remember you would be ok! Just go with the flow. That is my advice for you. So in conclusion, that is why you should never hold back on

your home or our friends and family.



all When I got to Jap gone for a long time a to resilience, I made a learned how to be ok

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Resiliend

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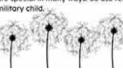
to another place and having a bod life b places. When I first came here I had to I also had to try foods that look kind of People can discover being resilient i different ways. When I was resilient I wa ad to do a lot of stuff before having the In conclusion, it is brove to be resilie



ou how t Here ou move ave left find a frie resilience

Io be by your side Bounce back and fin ou are alone, meet the guidance co

that you are a military child. Now you know that being a mil when you are a military child you ha are special in many ways. So use res military child.



to be their friend.

them! That is because I tried something new!

iere new! I hope you have a nice day and have fun moving. ۲

- Sailey

nilitary c

- Nichole

Caden

# CHILL

#### Resilience

Resilience is an important thing to have a military child. We have to move a lot d start all over again.

Like when I had to move away from ifornia, on the outside, I looked fine, on e inside, I was really nervous. It was not a od feeling when I had to leave and start over again.

an, I had to experience my dad being nd had to make new friends. And thanks new best friend named Logan. I also with my dad being gone for a looong time.

- Sammy

- Vinny

- Nydia

- Reese

Resilience -Ability to bounce back

e means to bounce back when something is Being resilient is sometimes good to have. You es try new foods when you come to Japan and try ke getting new friends and knowing their names.

resilient, try to have a good life. It also experience this when you are going to a d try new things. For example, when you go to a d find bullies in the same school on the first day when I came to school there were a lot of people now

silient can have some hurtful feelings like moving ut not to worry because we can explore new do a lot of things just to be their friend. Sisgusting.

n different ways like doing a lot of things in s having a really bod life in my time. I always stuff I wanted.

nt when you are a military child.

(ithe)

#### indful

Creative ventive Hoppy Joky Insightful ventive Lucky noughtful Dynamic uthentic elaxed oung-at-heart

#### Resilient

a military child is amazing. So I am going to tell you ions why it is so good to be one.I am also going to tell o be resilient when you are a military child.

is an example of being a resilient military child. When to a new place like Japan, you are sad because you all your friends and family behind. Bounce back, and nd to be with you to support you when you need it. Use and find a new way to solve the problem and bounce

going to give you some advice about being a resilient hild. First, When you move and you have no friends to d one. Second, when your parents are deployed and unselor and tell them how you feel. Finally, Be grateful

tary child is awesome and fun. Just remember that ve more experience than a regular child because you ilience and bounce back. Have fun being an awesome

our new area are kind, honest, helpful, and thoughtful. And you may see a new teacher and that person will help you. Also try to learn their age like japanese, spanish, or something else, try to learn their too. And eventually you will speak with kids that are speaking My advice? Look around and try new things, like those matcha pasta ice cream. And some orkers speak English, plus there are exciting parks. You might make some friends there too. And

some food in your new place might look disgusting but they are secretly delicious.

So now you know, you must try new things or you'll never find out what it is like and you'll e new friends and must importantly do not be afraid of what is ahead because you're strong kind, helpful, and never be afraid because people know how you feel and are by your side with ople who felt the same way. - - -

> Resilient To be a military child you have to have resiliency. An example of this is when your friends move or you move it is sad because you

Resilience

As a military child I saw it tough like when I moved to Japan. I

will never see them again but you have to be Some advice is to have a memory box of

stuff you want to remember like you could take pictures of the stuff you will want to remember. You also can have something that will help you remember stuff from where you used to live. An example of this is when your friends move

or you move it is sad because you will never see them again but you have to be resilient. Some advice is to have a memory box of stuff you want to remember like you could take pictures of the stuff you will want to remember. You also can have something that will help you remember stuff from where you used to live. In conclusion to be a military child you have to be resilient.

89. **\*** 

Resiliency

1.5

Being a military child is hard. Especially having resilience. One example is that when you move to a new place and move away from your friends and have to get new ones, you need to have confidence and resilience.

Another example is when I moved away from Texas. I had to move away from my family and go to California. I made a lot of friends there and explored new things.

Some advice would be to always keep our head up because you never know where you are going to end up because if it is here in Japan where I am there is so much to do. One thing is go see Mt. Fuji and try japanese food but it is my personal favorite theme parks. But there is still much more you can do. It is not like America. The language is different ,and people are really nice here

keep our heads up so we can do better and keep going and don't cry.

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

SUSSIONAL.

#### Resilience

Being resilient is something that many military children need. Resilience is the ability to bounce back even when you need to take A break from it. For example, you move to a new place and leave most of your friends. What do you feel? I Can relate to this because this happened to me A few years ago. Today, I will talk about resilience and a story I have from leaving my home, Virginia Beach, to Japan. The changes I had and when I few

what I felt. First I will talk about traveling to where we were going to stay for a while until our apartment was ready. In the morning of what I believe was January, me and my family get our stuff and went to the airport. This airpart was not new though, this airport is where I had gone to visit my grandparents obout a year or two aga and where my family comes to visit. So the customs and security was not new. About 5-6 long hours later we stapped at my grandparents house after they picked us up. They give very good hugs that make me so happy. We went to our room, Fost forward to the last day at the dinner table. I remember my uncle saying "I can't believe that you are leaving temarrow."

The next day in the early marning I think it was 5 A.M. I was sod. When we got to the airport we sold our goodbyes. This was mental forture to me and my family. Though, the parents had to stay strong for their children. After all of that drama we had boarded the plane. This plane was, I think, about 1 hour long. After that we had

be placed in the year of the year of the year of the endown of the year of the the of the year of the

Resilience To be a military child it means to be the child of a military officer. To be a military child you have to be resilient. If you are resilient you can bounce back in tough situations. Like if you don't want to move or do something but you have to.

Times 1 had to be resilient were when 1 didn't want to move. I didn't want to leave my friends but instead of crying I knew I would make new friends in japan. When I got to Japan I didn't really like how humid it was but I had to be resilient and soon I adapted to the humidity. Another time I had to be resilient was when I didn't want to go to Hiroshima because that place is often boring because all I could do was watch the ocean. It was so boring but I decided to be resilient because I didn't want to ruin the fun time everyone else was having.

This is some advice if you want to be resilient you will have to practice hiding your bordism or anger. This is good to practice so you won't get angry or bord as easily and If you can do that then everyone else will have a better time. Some more advice is that once you can keep in your bordism and anger then you can also have a better time. Some better advice is to just have a good time and be resilient then you will have true

In conclusion, if you can be resilient then you will be able to have fun and be



fun around people

- Olivia

- Deuce

- Daniel

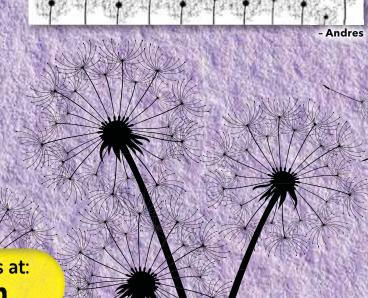
#### Resilience

Being resilient is a bad and a good thing. Why? Because resilient means to bounce back. You think there is sothing about that. But there is way more

As a military child when you move then many things happen. But the worst is this: losing all your friends. But then you may get to see family and siblings. That is why it feels like everything has been reset, taken away, but old things come back. As you move to your new area you will be able to make new friends once you get there. Still don't get it? Then let me say it this way, you've

created a neat drawing. Then it gets wet, You have to start over again because the drawing got messed up. Or don't. This can happen to some military children. They get their friends taken away. But they don't want to make any more friends because they are sad. But don't not fear this sad time, as there are more friends along the way.

So in conclusion being a military child is good and bad. You lose friends but meet family members. Always be brave and stay happy, and push through. You should ALWAYS be ready for what to come as a military child





Resilient

To be a good military child you have to be resilient to do that you have to be brav Here are things you will come across being a military child; you could have friends moving but it's sad and all of the memories might be forgotten but the good part about this means you can make new friends from the other military kids. That thing is sad, moments

these are also sad moments also to be brave is to be brave when your friends leave or when you're leaving your friends when you leave. These are the things you might en being a military child. Firstly, Since you're a military child this is why you have to be brave and resilient, why you have to be brave and resilient is. When you leave your family to go to another countr that's the time you have to be brave and this also a time where you would probably be resilient also when you leave your friends. Second and also my advice would be when you are leaving your friends and family,

always be brave and also sometimes you do not have to be brave you can cry and miss your family or friends so my advice would be to be brave and sometimes you don't have to. Lastly, My example of being Resilient is when I was in Washington I had to leave my friends and I had to bounce back from that so this is my example of me being Resilient

this is what being resilient is when

#### Love

I am the one who sees my mom's big, sweet smile when I wake up in the morning as I am coming down the stairs in my home on the east side of Yokota Air Base.

- I am the one who hears my mom's beautiful voice speaking during a pasta lunch we share on the weekend. Usually, she is asking me about school, and what I am learning at school, all while in my home on the east side of Yokota Base.
- I am the one who feels my mom's hugs as she wraps her arms around me. They are warm and soft like my white furry jacket. I like the hugs I get from her after I do my chores, like emptying the dishwasher and taking out the trash. These hugs make me happy and feel proud while in our home on the east side of Yokota Air Base.
- I am the one who tastes the food my mom gives me. Banana bread, warm, and sweet, not too moist, not too dry, just right, fresh out of the oven is one of my favorites, in our home on the east side of Yokota Air Base.
- I am the one who smells the fresh pink Sakura flowers my mom gives me on special occasions in our home on the east side of Yokota Air Base.
- I am the one who hopes my mom will always be there for me, not just in our home on the east side of Yokota Air Base, but wherever we live, around the world!

Who am I?

- Isabella Beatty

#### Me as a Mayor

- I am the one who sees endermen teleporting. Do not stare at them for too long or they will chase you, and you do not even want to know what will happen if they catch you!
- I am the one who hears creepers
- exploding in the distance. I am the one who feels the rain as it plops to the ground; and ironically, outside it is actually raining.
- I am the one who tastes baked potatoes, fresh from the furnace. I am the one who smells the scent of
- flowers racing with the wind to my nose.
- I am the one who hopes the creepers do not explode my builds which take hours to finish, because every time I come across a new village I start by making walls, and save space for my house, and work to save the villagers. I am now up to ten towns, and ten homes. In each village, I am like a mayor, overseeing and protecting, in Minecraft. Who am I?

#### - Makiah Holden

#### Indy

I am the one who sees my dog Indy lying on the couch.

I am the one who hears my dog Indy barking at the door.

- I am the one who feels my dog Indy's silky golden fur on the palm of my hand.
- I am the one who tastes my dog Indy's fur when I pet her.
- I am the one who smells my dog Indy's terrible fishy breath. I am the one who
- hopes my dog Indy will be safe when we move in June. Who am I?

- Ellie Lawson

# ELEBRATING MONTH OF THE MILITARY CHILD Joan K. Mendel Elementary School

4th grade • Mr. Anderson

#### Ang Buhay Ko Sa Pilipinas

I am the one who sees the kind, wrinkled face of my dad's mom my grandmother, Nanay Jo, in the

- Philippines. I am the one who hears the creaky sounds as I'm going up and down the stairs of Nanay Jo's house, in the Philippines.
- I am the one who touches the rails as go up and down the stairs, in the Philippines.
- I am the one who tastes sinigang with spinach, potatoes, carrots and meat which I think is beef, hot with the first sip. Also, I taste tocino, a type of pork with a nice flavor and chewy sometimes, in the Philippines I am the one who smells the cold air
- at night under the bug nets while sleeping, in the Philippines.
- I am the one who hopes to return to my grandmother's house again, in the Philippines.

#### Who am I?

- Eli Napa

#### Deep in Thought

- I am the one who sees little yellow people, moving and playing in my room. I am the one who hears little people
- talking, in my mind, as I make up stories about them in my room. I am the one who feels my hands touching smooth, colorful, round little
- heads as I hold them in my room.
- I am the one who tastes my little pinky finger deep in thought as I think about where my characters are going to move and what they are going to do, sometimes in a city, sometimes Harry Potter, sometimes Spiderman, and sometimes Star Wars. I love them all!
- I am the one who hopes to have an amazing LEGO adventure! Who am I?

#### - Matthias Goodwin

#### "Monke"

- I am the one who sees all the lava "monkes" chasing me through canyons. I am the one who hears the Minigames
- Kid asking to play minigames, annoying everyone in City.
- I am the one who feels the branches that I'm bouncing on, one by one. I am the one who tastes the fresh air
- while I'm wall running, then branching. I am the one who smells the sweat

dripping from my forehead to the cushioning around my eyes, while I am running fast, super-fast, which I can do by flicking my wrists with VR controllers in between my legs. I am the one who hopes everyone tries the free virtual reality game, Gorilla Tag, because the game is good for all people ages 5 and above (or aliens). Who am I?

- Oliver Sharp

#### **Remembering Grandma**

- I am the one who sees the delicious food we are about to eat for dinner at my grandparent's house in Virginia Beach, Virginia.
- I am the one who hears my Papa, my Grandma, my Dad, my Mom, my older Brother, and my younger Sister all talking over each other, while I am crunching on lumpia in my grandparent's house in Virginia Beach, Virginia.
- I am the one who feels the smooth wooden kitchen floor, which massages my feet in my grandparent's house in Virginia Beach, Virginia.
- I am the one who tastes the delicious pancit my grandma has made. The noodles are very thin with cooked carrots and pork. My grandma makes the best pancit in the whole world to include Virginia Beach, Virgina.
- I am the one who smells the room fresheners that smell like apple cinnamon. So good, I can almost eat them, in my grandparent's house in Virginia Beach, Virgina.
- I am the one who wishes my grandmother was still alive, and my Papa wasn't alone, and I could visit them both again, in Virginia Beach, Virginia. Who am !?

#### - Bennington Herrin

#### Fun Day

- I am the one who sees the hair swaying side to side while playing with my BFFs in the park. The park does not actually have a name. We, my friends and I, just call the park "the red park" because there is a lot of red on the playground equipment.
- I am the one who hears the laughing sounds my BFFs and I make all day long because one of us either says something funny or we are trying to get away from each other while exhausted after running all day long
- while playing tag in the red park. I am the one who feels the sweat slipping off my face as I am feeling the cool air rushing around my face, while I am playing tag in the red park
- I am the one who tastes the drops of water hydrating me as I sip water from my purple water bottle, after playing with my BFFs in the red park. I am the one who smells the stinky odor
- coming off me, and my BFFs, after playing in the red park. I am the one who hopes to play again, tomorrow, with my BFFs; however,
- next time, we might go to a different park that my BFFs and I call the school bus park. Who am I?

- Katelyn Quinn

#### Final Showdown

- I am the one who sees the orange ball bouncing up and down while thinking how to steal it because that is what you should do to score points and help a team to win, in the Samurai Gym.
- I am the one who hears my coach screaming different plays just to score from an inbound pass. His commanding voice drowns out the screaming fans, helping me focus, in the Samurai Gym.
- I am the one who feels the curves and dents of the ball on my fingertips while dribbling and catching and passing, but not when shooting. You're not really thinking about how the ball feels in the moment or you might get blocked in the Samurai Gym.
- I am the one who smells the stink on the hard-working players as they sweat, up and down the court, in the Samurai Gym.
- I am the one who tastes the sweat dripping down my face while my mouth is open from panting on the bench after playing an entire first and second quarter. I don't want to be on the bench. I want to be in the game. I want as much playing time as possible, in the Samurai Gym.
- I am the one who hopes that my team will win the championship, in the Samurai Gym.

Who am I?

# - Noah Hocker

#### Pulchritudinous Peacefulness

I am the one who sees the beautiful streams, rivers, lakes, trees, animals, and mountains while camping in Japan

I am the one who hears a huge flock of crows cawing their pulchritudinous sounds while

- camping in Japan. 1 am the one who feels the nice breeze brushing my face like a gentle stream when I am in a natural pool of water while camping in Japan.
- I am the one who tastes scrumptious warm, spicy, sweet curry made by my mom while camping in Japan.
- I am the one who smells the peace and quiet which is why I love camping in Ĵapan.
- I am the one who hopes to go camping with my family again and again and again, not just in Japan, but in other countries, too

Who am I?

#### - Kaila Howard

#### I am the one who...

- I am the one who see trees. I see other beauties, others can't see.
- I am the one who hears a wonder. A wonder of noises playing together joyfully.
- I am the one who feels a breeze. This is a breeze of peace.
- I am the one who tastes a taste others will not experience. What a wonder of taste!
- I am the one who smells the smells of nature, fresh like a lake.
- I am the one hopes for pollution to end. So please help mother nature! Who am I?

- Heidi Behringer

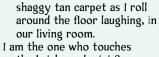
Check out more military children stories at: militarychild.stripes.com

#### The Injury

I am the one who sees the mass of bricks I use to animate, in our living room. I am the one who hears my dad's yelps

of pain as he steps on the plastic pine tree, in our living room. I am the one who feels the laughter

erupting from my chest as my dad hops around on one foot in our living room. I am the one who tastes the



the bricks and mini figures, moving them so I can animate them, in our living room.

I am the one who smells the delicious food mom is making as dad nurses his foot, in our living room.

I am the one who hopes that my stop motion animation techniques will continue to improve; and of course, to not see my dad step on any more of my Lego pieces, despite how funny it might be, in ourliving room. Who am I?

- James Thrower

#### The Connection

- I am the one who smells the burning of the dirt as the heat rises off the ground in the batter's box, though you can really feel it anywhere on the diamond during practice, on Taichi Field, Yokota Air Base.
- I am the one who sees the spin of the red and white ball, moving toward home plate while I wait for the right moment to swing, at baseball practice, on Taichi Field, Yokota Air Base.
- I am the one who hears the bark of the aluminum bat as the ball makes contact and rips through the air between first and second base, getting a double at baseball practice on Taichi Field, Yokota Air Base.
- I am the one who tastes the sweet taste of victory, because normally only our most accomplished hitter can get a hit off of Cline, the best pitcher on our team, on Taichi Field, Yokota Air Base.
- I am the one who hopes I can connect again, though I'd rather it be a home run, and not just in practice, but in a real game!

Who am I?

- Henry Cline

#### Pure Gold

- ${\ensuremath{\mathsf{I}}}$  am the one who sees the two trees on the left and right side. There's a house right in front of us; however, there's a road right in front of us too that blocks us from the house. I don't know whose house that is; however, mom knows whose house that is.
- I am the one who hears my mom talking to my grandma. I don't know what they're talking about. I know the language but they talk too fast, so it is a mystery to me.
- I am the one who touches the brown metal gate as I open it for my mom so she can walk to the store PureGold. I usually go with her. PureGold is like Walmart but PureGold smells better.
- I am the one who tastes my grandma's cooking. On special occasions she makes pancit, and lumpia too.
- I am the one who hopes to relive these memories again, in Manila, Philippines. Who am I?

- Min Sparkman

#### Waves Crashing

- I am the one who sees the ocean waves crashing into me and my twelve year-old brother at Chaweng Beach, Ko Samui, Thailand.
- I am the one who hears my mom telling me to be careful in the waves. She doesn't tell this to my older brother. He can handle the strong tide. She only speaks to me, so I move closer to the shore; but it is okay, because I can still find seashells at Chaweng Beach, Koh Samui, Thailand.

I am the one who feels wet and dry sand on my fingertips. The wet sand feels moist and cool. The dry sand feels bumpy, and rough, but my mom and I need both kinds to make our sandcastle on Chaweng Beach, Ko Samui, Thailand. I am the one who tastes the delicious

- white, milky treat every time a lady stops by with her cart selling coconuts at Chaweng Beach, Ko Samui, Thailand. I am the one who smells fish in the ocean water. The smell is NOT good,
- but my brother caught a fish in his net. Then I made a bucket home with sand on the bottom and filled it with ocean water and added in some seaweed. The fish had a new home for about fifteen minutes, before I let him go back to his bigger ocean home, at Chaweng Beach, Ko Samui, Thailand.
- I am the one who hopes to return to Chaweng Beach, Ko Samui, Thailand only next time my mom lets me go further out from the shore. Who am I?

- Olivia Clark

#### Strokes of Grace

- I am the one who sees my ballet teacher, Ms. Chinatsu, moving her arms and feet, slow and soft, moving them from one position to another, in the Natatorium on Yokota Air Base. I am the one who hears my classmates' feet, and my feet, touching the floor with our ballet shoes. The sounds of feet in the shoes change depending on the moves the class repeats, from Ms. Chinatsu. Sometimes we drag softly, and usually we tap gracefully, in the Natatorium on Yokota Air Base.
- I am the one who feels my leg muscles being stretched in many different positions, at different times. While I'm doing the stretches, it feels as though nothing is happening; however, when I am done, I can feel the difference at home, and at the Natatorium on Yokota Air Base.
- I am the one who tastes the cold, but refreshing water from the water fountain when the class is having a water break. When I first started ballet, I brought my own water bottle; however, I made a decision to just drink from the class water fountain. The water tastes just the same, and no water bottle is just one less thing to remember to bring into the Natatorium, on Yokota Air Base.
- I am the one who smells the fresh air outside, coming through the open class door. The heaters are overpowered in the winter, and the temperature outside is cold from the winter, so Ms. Chinatsu opens the door for a balance of hot and cold air, in the Natatorium on Yokota Air Base.
- I am the one who hopes that I will be great in my recital, Sleeping Beauty, in April. The recital will be at the Taiyo Center though, not in the Natatorium, on Yokota Air Base. Who am !?

- Jessie Danniels

#### Family Forever!

- I am the one who sees my two sisters Nubia and Naiorbe coming to our front door. I can't actually see them, but I can see their shadows at the door. Naiorbe gets there first, and I know they want to come inside and give me a big hug, which always makes me smile.
- I am the one who hears Mickey Mouse on our TV while I am making snacks for Nubia and Naiorbe after school.
- I am the one who smells the Jamaican jerk wings my mom is cooking on the stove in the evening. I can't wait to eat them. I wish I could eat them every day!
- I am the one who tastes the Jamaican culture in the warm spicy, chewy, chicken wings with a bit of Sriracha sauce, at the dinner table, with my family. Everyone except my dad. He is sleeping because he has the night shift.
- I am the one who touches the warm purple comforter I pull around me while my head rests on the matching purple pillow in my bunk bed. I sleep on the top bunk. Noni, my other sister, sleeps on the bottom. Knowing she is sleeping below me makes me feel safe, but sometimes a little annoved because when she moves, she makes the whole bed wobble.
- I am the one who feels loved every day by my big family!
- I am the one who hopes or wishes these family memories would happen every day; except, I would want my dad at the dinner table and not on night shift! Who am !?

The Victory Royale

- Naima Bowers

I am the one who sees my hands pressing the black buttons, controlling the characters on the screen. There are over 2,000 skins, but I usually just use the crash dummy skin, inside of my bedroom on Yokota Air Base. I am the one who hears the buttons that I am pressing, "click", "clack", cluek!" One of my buttons make a

deeper noise and the word cluek is the best way to describe the sound, inside of my bedroom on Yokota Air Base. I am the one who feels the vibrations which make the game play feel alive.

- Plus, when I am playing with my friends, it makes me feel like my friends are actually next to me, playing with me in person, instead of online, inside of my bedroom on Yokota Air Base. I am the one who tastes the salty tortilla
- chips, mmmmmmm, nice and crunchy. Sometimes I grab a bite to eat and my friends take over my game so I don't get eliminated, inside of my bedroom on Yokota Air Base.
- I am the one who smells my mom cooking dinner. I don't have a favorite dish because they are all so good, and when I hear that dinner is done, I instantly abandon my video game and just rush to eat, from my bedroom on Yokota Air Base.
- ${\ensuremath{\mathsf{I}}}$  am the one who hopes that  ${\ensuremath{\mathsf{I}}}$  can find more friends to play video games with online, using my headset to talk with them while inside of my bedroom, on Yokota Air Base. Who am I?

- Max French

- My Happiness on the Field
- I am the one who sees the soccer ball going into the net to score a goal. I am the one who hears the people in the
- bleachers on the sidelines helping.
- I am the one who feels the soccer ball force off my feet after a kick. I am the one who tastes the air while
- running towards the other team's goal.
- I am the one who smells the wet grass after the morning dew on the soccer field
- I am the one who hopes that I get better at soccer.

Who am I?

- Mahalia Powell

#### England is a Cup of Tea

- I am the one who sees castles, strong and gray, sitting on hills like soldiers, in Ēngland.
- I am the one who hears the pitter patter of rain mixed in with the light chirping of robins playing, usually these sounds are soft and calm, in England. I am the one who touches the fresh
- lemons. Their skin is rough and smooth at the same time. I would pick them, fresh from a tree, in Ickworth, near Bury St. Edmunds, in England. I am the one who smells honeysuckle
- flowers on a gate, in England.
- I am the one who tastes the delicious spaghetti my mom would make for me. The sauce would get stuck on my face, in England.
- I am the one who hopes to get to see old friends again, so they can see how much I have grown, and perhaps one day, raise a family of my own, in England.

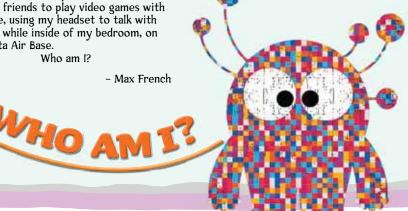
Who am I?

- Hope Woodard

#### Jumping, Wrestling, and Laughing

- I am the one who sees my friends as we run to go wrestle, or jump and think about what we will play, on the trampoline.
- I am the one who hears screaming, yelling, and laughing as we run to the trampoline.
- $\ensuremath{\mathsf{I}}$  am the one who feels the cold wet grass between my toes. We usually run around barefoot. Nobody really cares about shoes when we run to the trampoline.
- I am the one who tastes the fresh air as my friends and I are tackling each other. I almost always win; unless Pace is there, then it is an endless battle because he and I do not go down easily, on the trampoline.
- I am the one who smells the sweat, slippery, but drying off us in the sunshine as we just sit, dangling our legs on the outer edge of the trampoline.
- I am the one who wishes all my friends who moved away would come back. The trampoline is still here, waiting, but now it is at Wesley's house. Who am I?





MONTH OF THE

**CELEBRATING** 

- Caleb S.

#### Military life

Life as a military child can sometimes be hard. One of those reasons being is that you have to move to a new country or state every 3 years depending on your orders it could be longer. One of my moves was to japan when i was 5 years old I had to move to japan at first I was really sad because I wouldn't see my friends and I would have to go to a new country when I got there we had to go on the bus when we go to yokosuka base we checked into our hotel and slept at the navy lodge after a while i made new friends and i've been to a lot of fun places but sometimes my friends move away and i can't go to school with them or hangout with them. This year I made new friends that have recently came to Japan. Some of those people are Chris, Colton and Trent. I hope that their orders will be extended. Although military life could be hard it will always become enjoyable when you get used to it.

#### My life as a Military Child

My life as a military child is a wonderful experience. You can travel anywhere in the world without having to pay so much but sometimes it's a hard experience because you have to leave your friends all the time and sometimes they leave you. It's also fun because you get to go to new schools and you get a lot of special treatment. My dad is in the military, specifically the NAVY as a Fire Controlman (The person that



have to pay for a hospital bill Plus, you get to put your child if you have work, to a SAC, CDC, or even a Teen Center, All in

all, Being a military child is a fun Experience to have.

#### Life as a Military Child

- Davis R.

I am Ethan Bakari Kyles and I am a military child. I was born in Virginia when my dad was working for the Navy in West Virginia. My dad is in the Navy and my mom used to be in the Army. I have lived in many different places such as Connecticut, Florida, West Virginia, South Carolina. I live in Japan now. I have been to seven different schools since I began preschool. I have never liked school since the beginning. I do not like moving every couple of years because I worry about different things that could happen when I travel on planes and trains. Things that I currently like about being a military child are living in Japan, eating Japanese ice cream, and being able to buy a lot more snacks with my money because of the exchange rate. My favorite place I have lived was in Connecticut because it was the first home I remember living in and I have great memories from there. Since my dad is still in the military, I will likely move again next year and I hope to move near Georgia because I have friends there that I miss. Now it has been 200 words .... Bye



Good and bad things happen when me and my family move to a different Country or do new stuff we are not used to doing. Here are some CHALLENGES

My family and I faced when we moved to a military life

When My family and I moved to a new country, we have to learn How to go to new locations and new directions. Like when we start learning where a place is, every time we remember where it is or visit , we get used to it and know more about the place. One of the big challenges we faced is the language of the country. When we moved to Japan the language was hard, especially for me because I at least have to learn the important Japanese words. Like Thank you or Excuse me.

My dad works in the Base Hospital helping patients by scanning their bones He helps many people in the Military in the night and day. When I go to school I make a lot of friends and learn new stuff in class. We do fun experience

Overall, I am glad that I am a military child.

#### - Harper D.

#### Military Life

Being a military child is a rollercoaster ,full of ups and downs.Life as a military child can be fun and annoying at the same time. Traveling is fun but sooner and later you're going to have to move. Moving was a very hard and confusing experience.After all everyone should feel that way but after a while we find it exciting to learn about others and yourself.

Sometimes it feels unfair to move because of our parent(s) but you have to know that parents just want to take care of you.We experience foods,culture,music,and history.Getting new friends is a great thing to have and a special privilege.Going to different school was a great experience.I got to learn from different people and different point of views.

That is the life of a military child where we travel and have experience that is a great privilege to have.Our parent(s) have served our nation and have taken care of us kids at the same time. The least we can do is give them credit

# amangary 20

# Mr. Shiver

MILITARY

CHILD

#### Life as a Military Child

military child and I love and hate being one. One thing I do like is all the amazing people and friends I have. But I hate not ever being able to see my friends in Iowa Tenly Mallie Courtney and Quinn. Yes, every other summer we get to see them but I wish I could see them more. So if I could not be a military child it would be different but here are the things I love about being one.

First living in Japan I would never be here. Second, I would never have so many amazing friends. Also people I get to connect with and more people I could imagine. I also get to go so many place i have only moved 4 times but been 11 places isn't that crazy i am only 10 years old have traveled a lot already 11 places. Thank you for reading about what I love and hate about being a military child.

#### Life of a Military child

Life as a military child has a lot of challenges and a lot of rewards. One of my



5th grade

favorite rewards being in the military is that you get to see so many different places. For example, I'm only 11 but I've been to the other side of the world and back. And I get to learn about so many different cultures. I have seen Buddhism, Christian, and more cultures in my life.

- Lennon G.

My life is still a roller coaster though because I move a lot. So far I've moved 6 times but, this summer I'm moving again and my count will become 7. When I move I usually leave friends. On the bright side I have friends everywhere. I also sometimes have my dad go deployment which means he goes on his ship for a few months. After a few months he always comes back

Lastly, one thing that I know I have is care, love and happiness. I know wherever I go I will always be safe and happy living on or off base with friends and family around me. As you can

Me and my dad

I am the oldest of 4 kids. My dad name is James he is a nuclear electrician on the Regan and a master chief. I have moved 6 times about to be 7 in the summe and have lived in california and Japan. Today I'm 11 years old and my dad is 40.



2

3

- Eden S. He fixes ships

> He has a yellow hard hat He goes on big ships He is strong

Military life has positively affected my education by giving me knowledge on subjects. In social studies, we learned about the world. We can also use computers to help us research information on topics for writing. At school my brain constantly gets challenged which helps my brain grow. My experiences as a child of a serving member education, Yokosuka, and Ikego communities has been great.

One challenge that me and my family had to overcome was a permanent change of station. We had to move out of our house to Japan. I had to say goodbye to my best friends. We then had to travel 13 hours on an airplane. When we landed in Yokosuka and we had to stay quarantine for 2 months. I went to Ikego and I made lots of friends and learned about new cultures.

When you're a military child changes happen a lot. For example, climate, food, culture, and language. I learned that you have to adapt to the changes instead of fighting the changes. As a military child I learned how to accept others and to appreciate family time because as a military child you can experience a lot of separation that teaches you to appreciate being together with family. Being a military child also taught me that the world is very big and diverse. Travel and meeting new people can also enhance social skills. When you are a military child, you learn to say goodbye and keep in touch, while also making new friendships with each move. As a military child you learn how to appreciate diversity, and learn how to cope with difficult situations.

#### My Life of as a Military Child

#### My life as a military child is nice i get To have a safe community and good education with good security and good citizens, With a clean community and no being a military child is not all being perfect but there are some twists and turns like for example when your father or mother has to go on <u>deployment</u>, deployment is when your mother or father are going away for a few months or even years and they are sailing off the boat to go to another country. Which is sad se you won't see them for a long time.

Next thing is when you have to move. When you move it will be exciting but then all those years you were there with your friends will be gone and then you'll be really sad about you leaving your friends and maybe even your family behind but the fun thing is you get to travel the world which will be exciting in my opinion but as a military child you have to deal with it and it can be stressful but over the years you'll get used to it. So as a military child it is fun and cool but can sometimes be sad and diffic

#### - Areli Rivera F.

#### My life as a military child



My life as a military child is cool because I get to travel to various places, meet new friends & have a month-long celebration.

First, I get to travel to various places. Traveling is awesome, the view on the plane is great. Flying aver different cities is beautiful. Leaving Japan to San Diego will be sad but cool. The view will be amozing, me & my brother will probably get to watch movies on the ipads connected to the seats.

Secondly, I get to meet new friends. Rhode Island is where I met my #1 friend, Robbiel Even though we are pretty for from each other, (cough, over 100 miles) we still talk to each other on our devices.

Lastly, we get a month-long celebration in April, (that's 30 days of enjoyment) April also has lots of other events such as pajama day (you get to wear your comfy pajamas to school,) and the family picnic (where your mom and dad aets to come to school to have lunch with you) Isn't that awesome? In conclusion,

I love being a military child because I get to travel, meet new friends and get a month-long celebration

- Jaxten M.



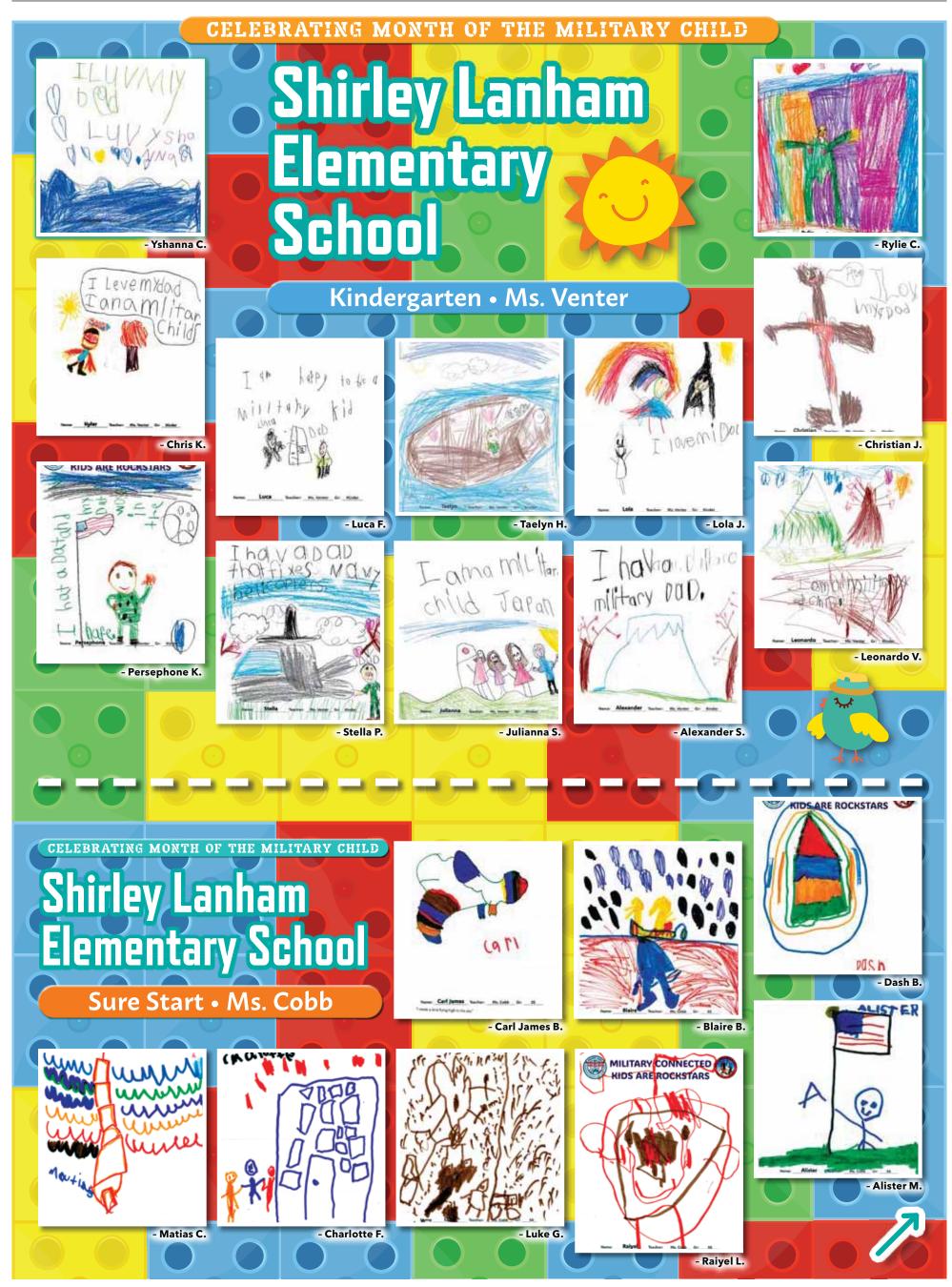
3. He works on the Dewey ship

#### Life of a Military Child

I think that the life of a military child is very areat and interesting. You can go to many places around the world and have many fun trips while you stay in those homes. Life as a military child can be hard sometimes because you need to leave your friends and family behind. It can also be hard to communicate with them too. I like military life because I get to meet new people. A con of military life is that most of your parents go underway, so you might feel sod without them. When you are in the Navy, you have many chances to learn many different cultures. You also can get scholarships and other special things. It is my first year as a military child and so far I can tell you that it's not easy moving, especially if you lived your whole life in another country. When I moved here, I didn't know anyone, and no one knew me. I was really shy, and still am, but I've gotten better about it. I just think that when you get used to the surroundings, you can open up more. I can't wait to understand more about military life!

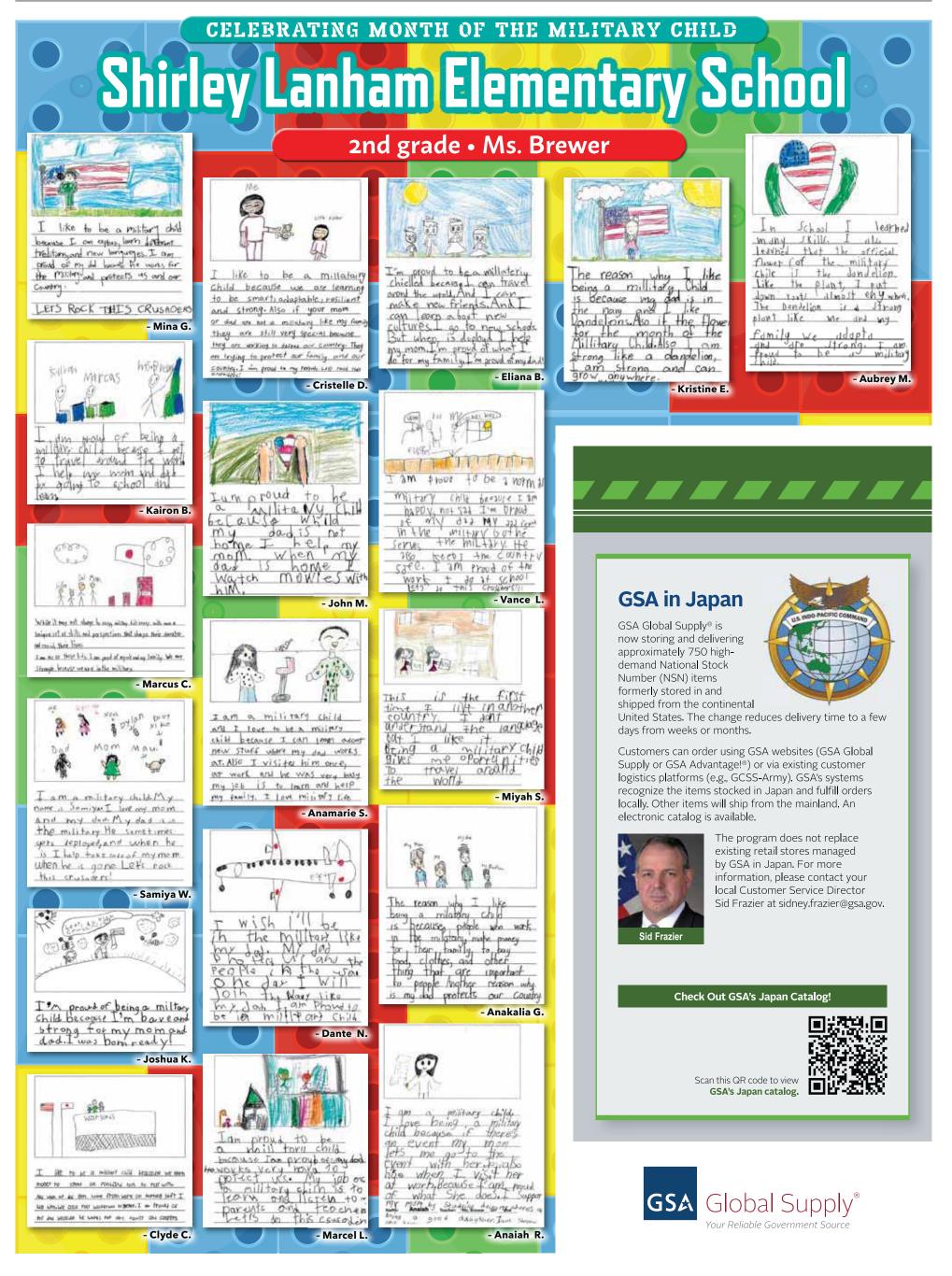














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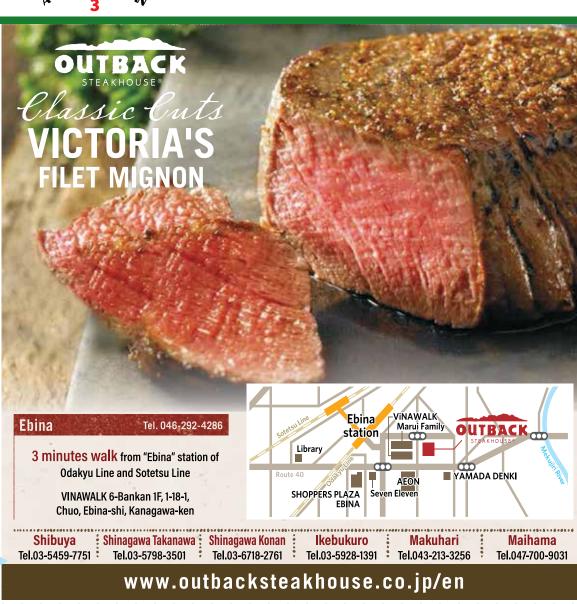
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# **RESTAURANT INFO**







# Lots of tasty options at Sky Plaza Misawa

Pizzeria Massimo, a restaurant specializing in Neapolitan pizza and located on the 1st floor of Sky Plaza Misawa, offers a wide variety of delicious pizzas, as well as Hawaiian Huli Huli Chicken and Lani Chicken. At Dem's Café, also located at the Sky Plaza, you can enjoy snacks and desserts, including churros, pretzels and tapioca drinks. Inside the Aomori Prefectural Misawa Aviation Science Museum, stop by Jack & Betty II for tasty hot dogs and hamburgers. And during special events, there is a food truck outside that serves up some tasty treats.

## **RESTAURANT INFO**

about

STORY AND PHOTOS BY SYDNEY SEEKFORD, BYFOOD

ost people would agree that if you haven't tried tonkatsu, you're missing a big part of Japanese food. It can be

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found on just about every menu at home and abroad, alongside staples like ramen (hint hint). But just what is tonkatsu? Where did it come from? And more importantly, have you ever ordered it, expecting to get a crunchy, juicy plate of fried meat and been met with a table of soup instead!?

Keep reading. All secrets will be revealed.

#### What is tonkatsu?

Tonkatsu is best explained etymologically. That's to say, looking at the word itself since it is basically just a description. Like calling ketchup tomato paste, for example. The "ton" in tonkatsu is simply a reading for the kanji  $\mathcal{K}$ , meaning pork. The katsu part is a little more complicated and gets really complicated later, but stay with me.

To katakana-ize the English word "cutlet," we get  $\pi \mathcal{Y}$  $\mathcal{V}\mathcal{Y}$  "katsuretsu". Pull out the first part, 'katsu', and top it off with the pork 'ton', and you get 'tonkatsu'.

From here, you can probably figure out that tonkatsu is a pork cutlet.

Specifically, it's a pork cutlet that has been rolled in breadcrumbs and egg and double-fried for that extracrispy, like-no-other texture. Abroad, the dish has taken on many forms and is occasionally double-named pork tonkatsu, but technically tonkatsu only refers to katsustyle fried pork to begin with.

You might be a little surprised to learn that the katsu part of tonkatsu comes from English, but its culinary origins are even more interesting than that!



Photo by Kai keisuke, Shutterstock

#### The history of Tonkatsu

The first iteration of tonkatsu was served in Tokyo's glamorous Ginza district in the 1890s under the simple moniker "pork cutlet." According to the Nihombashi Restaurant Association (whose authority, I believe, personally.) this took the form of a thin slice of pork served aside raw cabbage due to a lack of personnel and funds. It wasn't until 1929 that today's melt-in-your-mouth juicy, thick tonkatsu was born in a competitor's kitchen in Chiyoda, a few train stops away.

Clearly, tonkatsu came out of Japan, which doesn't explain the foreign name. In fact, plenty of Japanese apparently even debate the classification of tonkatsu as yoshoku (western-inspired Japanese food), because it is so entrenched in the country's food culture. Thankfully, there's an explanation for this as well.

About a quarter century before the first tonkatsu ever graced a heap o' cabbage, the Meiji restoration established policies to popularize Western culture. Along with this came cuisine, such as the French côtelette de veau. Without Europe's long history of incorporating rich animal products in their diet, the buttery, pan-fried veal of this French dish proved not only expensive but unsuited to Japanese tastes. Fortunately, the Japanese had developed the deepfrying technique of tempura, which wicks off excess oil on the second dip. In this way, Tonkatsu uses the original flour-egg-breadcrumb breading technique of French cuisine but Japanese frying methods to achieve its unique texture. Sounds perfect for something that came out of Ginza, right? Add to that readily available cabbage, a characteristic tonkatsu sauce with its own history, and you get the beloved tonkatsu of our time.

#### Tonkatsu vs. tonkotsu

At the start of this article, I asked if you have ever been unfortunate enough to witness this scene: Eagerly, you eye waitstaff coming around the corner, tonkatsu hopefully in tow. Then, in horror and surprise, that same waitstaff places before you or your dining companion a steaming bowl of soup instead of the requested hunk of meat.

The graphic scene I paint here is one that can only be born of experience. And shame.

On my first trip to Tokyo, I had the misfortune of ordering tonkotsu instead of my desired 'tonkatsu' thanks to a little language slip. Briefly, let's return to that etymology issue to explain.

We know that ton is pork. So obviously, I had ordered pork something. The kicker is that kotsu-katsu delineation. With a single letter, the whole menu changes.

Katsu, as we have learned, comes from cutlet.

Kotsu on the other hand comes from Japanese originally, and means bone. What I had requested (and you may have too, had I not saved you from this) was 'pork bone', which naturally conveys a desire for pork bone soup, a common base for ramen and readily available at most Japanese restaurants alongside its fried, hammy companion.

In brief, tonkatsu is a fried pork cutlet dish. Tonkotsu is the name for the rich pork-bone broth used in ramen. Sound similar, very different. Should one order tonkatsu ramen outside of Japan, however, you will probably get tonkotsu soup and not noodles topped with pork cutlet, though that would probably be great.



#### Variations of 'ton'katsu

Aside from the original tonkatsu combination of pork cutlet, cabbage, and sauce on a plate, other delicious takes on tonkatsu have been born of novelty and necessity.



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Katsudon is a tonkatsu recipe that swaps out the crunch of cabbage and zing of vinegary katsu sauce for an easy-to-eat meal even young children feel at home with. Fried pork cutlet gets simmered with sweetened egg, onion, and sauce, then

served over rice. It's a one-bowl meal popular across the world and brings together some of Japan's best cooking techniques.



Katsu Curry

Apparently, the product of a customer's whims, katsu curry is now a staple in katsu and curry restaurants alike. Slightly spicy, thick Japanese curry meets the crunchy savoriness of tonkatsu in a perfect harmony of texture and flavors.

Photo by Katie Thompson, byFood

#### Katsu Sando

Some genius came up with the perfect way to enjoy the classic katsu combination of katsu sauce, shredded cabbage and pork cutlet on the go. Pillowy shokupan style Japanese white bread soaks up the sauce to prevent drips and



softens the prickly crunch of katsu panko. Served hot or cold, katsu sando are a delicious, discrete riff on tonkatsu.







## Types of 'but it's not really ton' katsu

Now that tonkatsu has become an international catchall word for katsu-style fried foods, let's look at a few other members of the katsu-family you may come across in Japan or abroad.

#### Other Meats: Chicken, steak and tuna "rare" katsu

For the many reasons one might abstain from pork, there is torikatsu. It's what you'll be getting if you order chicken tonkatsu or chicken katsu overseas. I like to think of it as a katsu that was adapted for western tastes back again....

On the other hand, recently popularized rare katsu takes inspiration from searing to flash fry high-quality tuna or steak in a katsu-style panko breading. The mouthfeel retains the juicy quality and envelopes the rare morsels in crunchy katsu-style goodness. It's the opposite of the humble katsudon and elevates katsu to the luxury dining sphere with wagyu and maguro. Are you drooling yet?



Photo by Eliska Sikulova, byFood



#### Kushikatsu

Katsu on a stick! Shove a yakitori stick through just about any bite-sized piece of food, fry it katsu-style, and you get kushikatsu. This style of katsu frying has become popular enough to have its own restaurant chains and is a great way to enjoy many different types of ingredients. Some especially fun takes on kushikatsu are mochi, cheese (mozzarella stick...on a stick. Excellent.), and quail eggs, plus tons of veggies! Kushikatsu is a popular food in Osaka, the city known as the nation's kitchen.

#### Bento-box katsu: Menchikatsu and friends

Menchikatsu, a combination of mince-meat menchi and katsuretsu katsu, is essentially a hamburger or meatball that has been katsu deep fried. It is often billed as a "healthy" form of katsu because cabbage and onions are included in the patty. Other bento-box staples like ham cutlet get the katsu treatment too, and korokke use the same panko-frying technique to get their unique soft inside crunchy outside texture.



Photo by Toyakisphoto, Shutterstock



#### Seafood katsu: Ebi-fry and Aji-fry, etc.

Although the name is different, the prep method for making these seafood "fries" is the same as making katsu. Since dishes like ebi fry are made from whole shrimp, aji fry from fish filets, and ika fry from sections of squid, they don't receive the cutlet-shaped delineation of katsu. If you want a lighter taste with the same katsu crunch, try a fry! As a side note, ebikatsu does actually exist - in the form of a katsu-fried shrimp paste patty. Yum!

#### Hirekatsu: Actually, this one is tonkatsu?

Hire(hee-ray)katsu uses leaner cuts and has a reputation for being popular with women since it's a little more tender, less fatty, and higher quality compared to classic tonkatsu. The characteristic shape of tonkatsu is called "ros" or "roast" katsu, as opposed to hirekatsu. These are still made of pork but tend to come in a nugget or round shape instead of a slab and at a higher price point. The precise cuts for each classification vary depending on where you look, but fat-on pork katsu is usually ros, and lean is typically hire.



Photo by Katie Thompson, byFood



#### How to enjoy tonkatsu

The short answer is: However you like!

Even within Japan, people's preferences for tonkatsu vary greatly. The classic tonkatsu recipe is simple. Serve a panko breaded and fried sliced pork cutlet with a pile of shredded cabbage and drizzle it with tonkatsu-sauce. In Hokuriku, sauce tonkatsu features a pork cutlet dredged in sauce and served over rice donburi style, sometimes omitting the cabbage altogether. Nagoya is known for its misokatsu using sweet miso sauce, and of course, you can class the dish up or down as you please. The best thing about katsu, ton or otherwise, is that it is a super versatile and always delicious way to enjoy Japanese food. So go out and explore the wonderful world of katsu!

#### Fun facts about katsu

The official unofficial companion to tonkatsu is bulldog brand sauce, but plenty of restaurants make their own. On Bulldog's English website they assert that it is indeed a form of washoku and not yoshoku. Rengatei, the inventor, calls it yoshoku, though! And so the debate con-

tinues... Katsu sauce is based on British Worcestershire sauce, adapted to Japanese tastes. How's that for cultural exchange?

Originally, julienned carrots and other root vegetables formed the sides of cotolette, but shredded cabbage was quicker to prepare and its antioxidant properties helped break down the oiliness of tonkatsu, so it won out.

Katsudon is similar to oyakodon made with tonkatsu instead of chicken! You can easily adapt an oyakodon recipe into katsudon at home.



Photo by Katie Thompson, byFood

#### A ton of information

The word tonkatsu, born of a combination of languages and lifestyles, has taken on a life of its own. In the modern day, Katsu has globe trotted its way to become one of the most recognizable Japanese dishes on the planet, no matter what form it takes. If you've ever wondered, "what is whatever-katsu? Is it the same as tonkatsu? Why did they bring me soup?!" hopefully, this article helped.

byFood is a platform for food events in Tokyo, with over 80 experiences to choose from and a fantastic resource for learning about Japan's thriving food culture! What's more, byFood runs a charitable outreach program, the Food for Happiness Project, which donates 10 meals to children in Cambodia for each person who books a food event through our platform! 

# Kanten Japanese jelly a sweet, healthy alternative

STORY AND PHOTOS BY SHOJI KUDAKA, STRIPES JAPAN

s a kid, every New Year I would look forward to a sweet jelly called kouhaku kanten. Kanten is a jelly made from boiled tengusa algae and seaweed. It is known for being lowcalorie and rich in fiber, so it is often used as a healthy alternative to regular sweets.

If you are a foodie, you may have heard of or tried tokoroten, another Japanese food with a similar jelly texture to kanten. Though both tokoroten and kanten look the same, tokoroten retains some smell of the sea (weed) and kanten does not. This is because kanten is frozen and dried after boiling, which casts off the ocean odor.

According to officials of Nagano Prefecture, a major producing area of kanten, this unique food recipe was accidentally discovered by a lodging owner in Kyoto during the Edo Period (1603 - 1868). Tokoroten, on the other hand, can be traced earlier to the Heian Era (794 - 1185)

Back in the Edo times, it may have taken a lot of time and effort to create kanten from red algae, but these days konakanten, powdered kanten, saves us time. Konakanten is mixed with water and milk and once set with fruit, creates a photogenic food which has recently become a popular sweet to cook at home.

I found the recipe below online to try my hand at making the healthy and eye-catching treat. It was fun to mold the white jelly in a milk carton and see the way canned fruit can add vibrant colors to it. And most importantly, it tasted great and the soft texture was delightful.

Making this dish was probably the least difficult of any of the previous dishes I've tried. The recipe did call for any cutting or slicing ingredients, so it only required time to heat the milk, water and condensed milk.

Though hearing that kanten is made from algae may make you second-guess trying it, I guarantee that after the first bite you will not care what it is made from. It is that delicious!

Why don't you try kanten and find what this unique Japanese food tastes like? kudaka.shoji@stripes.com



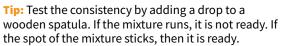
#### DIRECTIONS

Pour the milk and condensed milk in a heat-resistant bowl. Microwave the mixture for three minutes (600w).

Measure out sugar and powdered kanten into the water

in a pot over low heat. Stir the mixture while heating it. Once the mixture starts to boil, heat for two more minutes.

Next, add the microwaved milk and condensed milk to the pot and continue to heat the mixture over low heat. Remove from heat once mixture reaches a thick consistency.









cools down, put it in the fridge to let it set for several hours (I refrigerated it overnight). To remove the

of water to loosen it from the milk carton and gently slide it onto a plate. Alternatively, cut through an edge of the carton and use a splash of water to



kanten, pour a splash ease the process.



Cut into even portions, serve and enjoy with tea or coffee. いただきます(Bon appetite)!

Any size over 800 ml would suffice.) Mix in the vanilla

INGREDIENTS

essence then pour the mixture into an empty milk carton. (Make sure the milk carton is washed well). Tip: Pour the mixture through a tea strainer to keep your final product smooth.



**PICTURE-PERFECT DESSERT** 

Milk (600 ml) Water (100 ml) Powdered kanten (4 g)

Canned fruit, strained (one can of whatever fruit you like)

Sugar (40 g) Condensed milk (30 g) Vanilla essence (a splash)

Empty milk carton, washed (I used a milk carton with 946 ml capacity.

Add in the strained canned fruit.

**Recipe adapted from Cookpad** 

Close the milk cartoon and apply a laundry clipper to secure

the top opening. Once it



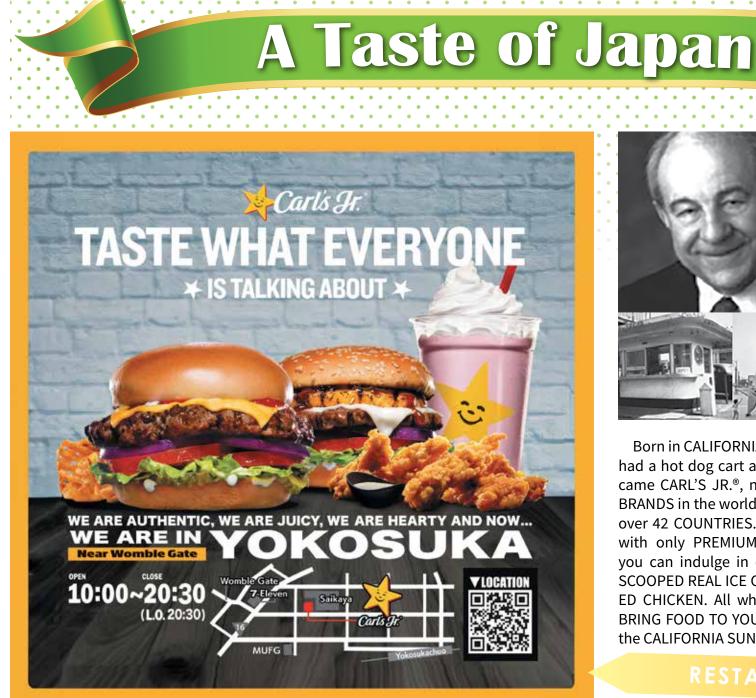
## **THE NEW SANNO**

# All-Day-Dining **'Pacific Standard'**

In May, The New Sanno Hotel will be introducing our new American Pacific Coast inspired menus that will tingle your taste buds and put you in relax mode. Imagine diverse, modern, seasonal flavors matched with specially curated beverages, within a vibrant setting offering positive vibes and friendly service. Sounds good, doesn't it? Our chefs and staff want to give you a reprieve from your hectic daily lives. Let us pamper you and give you a taste of America's finest in the heart of Tokyo. The New Sanno Hotel, ready to give you a taste of the American Pacific Coast!

## **RESTAURANT INFO**







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# **RESTAURANT INFO**







# PIZZA HUT LOCATIONS:

# Yokosuka 1000-2100

(Delivery 1130-2030) Offering: Pizza, Personal Pan Pizza, Wings Pasta, Breadsticks, Dessert, and multiple drinks.

# Atsugi 1000-1900

(Delivery 1600-1830) Offering: Pizza, Personal Pan Pizza, Wings Pasta, Breadsticks, Dessert, and multiple drinks.





LIVE MÁS

# TACO BELL LOCATIONS:

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Offering: Tacos, Burritos, Quesadillas, Salads, Desserts, Tostadas, and Many other TB Promotional items.



# Atsugi 1000-1900

Offering: Tacos, Burritos, Quesadillas, Salads, Desserts, Tostadas, and Many other TB Promotional items.



# Sasebo 1000-1900

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