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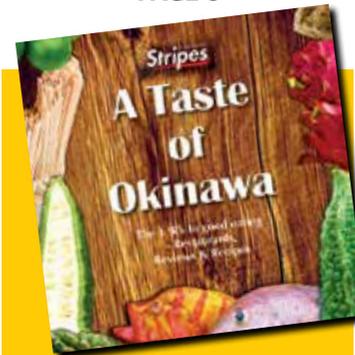
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Special 8-page pullout inside!

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Photos by Shoji Kudaka

MCCS PRESENTS COMIC CON OKINAWA!

Foster to host Oct. 14 event

BY SHOJI KUDAKA, STRIPES OKINAWA

When October rolls around, monsters and superheroes get busy preparing for the spookfest at the end of the month. But here in Okinawa, the party starts a little earlier.

The Okinawa Comic Con is coming back Oct. 14 on Camp Foster, and will once again feature cosplay contests, art competitions, gaming tournaments, panel discussions and more. Just like last year, this celebration of fandom is dedicated to a wide spectrum of pop culture to target both American and Japanese fans.

Courtesy photo

SEE COMIC ON PAGE 6

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Know what not to do at cultural sites

STORY AND PHOTOS BY
LANCE CPL. KELCEY SEYMOUR,
MARINE CORPS INSTALLATIONS PACIFIC

CAMP FOSTER – Okinawa is rich in cultural sites, from the family tombs scattered throughout the landscape, to the springs that sustained whole villages, and the ruins of castles.

These sites are sacred and respected by both the local community and the Japanese government. The sites of Okinawa are not in remote gated areas, they are flecked among the hiking paths in crevices and beside homes in simple stone structures.

“Marines shouldn’t go into caves or crevices because many of the time these places are tombs,” said Nicholas Chamberland, Marine Corps Installations Pacific archeologist. “These places can have remains and we don’t want to disturb or disrespect the families. There are plenty of shrines and historical locations that are open with English translations so visit there, don’t go looking off a beaten path.”

As guests of the Japanese government on Okinawa, Marines are to uphold the highest standard of conduct along with the laws that govern both the U.S. and Japan. It is against the law to litter, graffiti, or damage any cultural site. If a Marine locates a site that looks disturbed



These tombs are used to hold the remains of families. When they are closed, the tomb is still in use. When open, the family spirits are released.

or if they find remains, they are to inform the military police as soon as possible. Marines are not to touch or move anything in or around the site.

“Be aware of where you are,” said Masayuki Yonaha, the cultural resource manager for MC-IPAC. “The tombs and sacred sites are maintained to a degree. They look almost lost to nature but they are not. Moss, trees, and vine covering a structure does not mean it is forgotten or abandoned. It is just the way of the local culture.”

The sites on the military installations are just as protected as the sites off base. If a place has a sign that says private or to not

enter, then Marines need to comply. There are places on base that allow for visitors such as a prayer tree on Marine Corps Air Station Futenma, and the Chibugaa Spring on Camp Foster, but Marines need to be respectful if they visit. Okinawa does not hide nor horde their cultural sites, but they do require respect is given when visitors are present.

“Okinawa is filled with many sites that the local community encourages us to visit but we need to be respectful,” said Chamberland. “This is their culture, their history, and their home. Treat all the sites here how you wish someone to treat your own home.”



Members from the local community survey Chourouyama, a holy prayer site. Prayer stones are housed within the structures, which are still visited and cared for by the local community.

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Izakaya devoted to team a home run

STORY AND PHOTOS BY
MATTHEW M. BURKE,
STARS AND STRIPES
September 27, 2018

Tucked away in a sleepy residential neighborhood in Okinawa City is Akai Helmet, a spacious and trendy traditional Japanese izakaya opened in honor of the Hiroshima Carp, one of the most popular teams in Nippon Professional Baseball. The restaurant's name, which translates to "Red Helmet," is a direct reference to the team's colors and the headgear sported by players during their appearances at bat.

Although located more than 600 miles from the Carp's hometown, Akai Helmet's baseball theme isn't entirely out of left field. The team has held spring training on Okinawa since 1982, and as a result has a large local following on the island. According to Akai Helmet's staff, the izakaya is even a regular hangout for Carp players during the winter months.

Once inside, diners are led past player autographs covering nearly every bit of restaurant — walls, balls, pictures and signs. A red samurai suit of armor stands watch over the cash register, the iconic Carp "C" adorning its helmet.



Signatures from Hiroshima Toyo Carp players who have visited Akai Helmet over the years decorate the izakaya, inside and out.

The restaurant's menu is entirely Japanese, which might be difficult for some English-speaking patrons — so be prepared to come armed with a smartphone app or a friend to help to translate.

Akai Helmet serves up a variety of regional delicacies from across Japan, all designed for

family-style sharing. A variety of appetizers and salads — include kimchi, Japanese pickles and edamame — range in price from 300 yen (about \$2.60) to 700 yen. I tried the Caesar salad (700 yen), which comes topped large chunks of bacon, an egg and shredded cheese. It wasn't spectacular, but it was still as good as any other to be found on the island.

Fried items, like Japanese-style fried chicken, known as karaage (480 yen), and fried prawns (750 yen) are also available. The karaage was perfectly crispy on the outside while succulent on the inside, and also came with a small salad topped with carrot dressing.

Akai Helmet touts its Hiroshima-style okonomiyaki, a type of kitchen-sink savory Japanese pancake cooked on a griddle, as its signature dish. Hiroshima-style okonomiyaki differs from other regional variations of the dish due to its use of noodles and cabbage, as well as the way in which the dish is assembled.

Diners can choose either Hiroshima noodles, or opt for a local twist with Okinawan noodles. Hiroshima noodles are similar to those found in yakisoba, while Okinawan noodles are slightly thicker. Patrons can also order the pancake with meat (700 yen), seafood (1,450 yen), or mochi and cheese (930 yen).

If you want to watch the chefs craft this iconic dish, ask for seating at the bar for a front-row view of the action.

Akai Helmet's okonomiyaki is massive and delivered to

the table sizzling on a skillet. I chose Hiroshima-style noodles for my okonomiyaki, which had a crunchy exterior and came filled with vegetables. The dish was topped with a traditional tangy okonomiyaki sauce. The taste of the okonomiyaki was average overall, which probably says a lot about its quality.

The highlight of my meal at Akai Helmet was the pork and bean sprout chan-chan yaki (580 yen) — a sweet and tangy hot pot-style dish featuring

vegetables and meat topped with miso sauce that's a staple of Japan's northernmost island of Hokkaido. The restaurant serves a few other varieties of chan-chan yaki as well, including chicken (600 yen), skirt steak (980 yen) and oyster (900 yen).

With all the food on offer, diners are bound to get thirsty. Akai Helmet's drink selection contains a wide variety of alcoholic beverages, such as draft beer (380 yen) or awamori (upwards of 900 yen), Okinawa's famous local liquor.

Non-alcoholic drinks (400 yen and up) are also available.

Akai Helmet's tasty and affordable fare, served up in a comfortable and welcoming environment, offers the perfect opportunity to try a wide assortment of Japanese regional cuisine not normally found in Okinawa. At the end of your meal, perhaps you too will be singing the praises of Akai Helmet with a rousing rendition of the Hiroshima Carp's fight song: "Carpu! Carpu! Carpu! Hiroshima! Hiroshima Carpu!" burke.matt@stripes.com

LOCATION: 1 Chome-14-16 Hiyagon, Okinawa-shi,
HOURS: Open Tuesday through Sunday; closed Mondays. Tuesday through Thursday, the hours are 6 p.m. to 1 a.m. Friday and Saturday, the hours are 6 p.m. to 2 a.m. Sunday, hours are 6 p.m. to midnight.
COST: Small menu items start at 300 yen (about \$2.50), while larger dishes such as the restaurant's signature okonomiyaki, are 700 yen and up.
DRESS: Casual **INFORMATION:** s-g.jp/akaheru



Akai Helmet

MISAWA YOKOSUKA ATSUGI ZAMA YOKOTA FUJI IWAKUNI SASEBO OKINAWA MISAWA YOKOSUKA

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OKINAWA MISAWA YOKOSUKA ATSUGI ZAMA YOKOTA FUJI IWAKUNI SASEBO OKINAWA MISAWA

Local Zoos Provide Unique Fun

STORY AND PHOTOS BY SHOJI KUDAKA, STRIPES OKINAWA

They may not be Disney’s Animal Kingdom, Safari Park, or even the Okinawa Zoo, but there are places on the island where you can bring the kids to hang out with animals. And, often, these small zoos, ranches or farms are free.

Even without star animals like a panda or a koala, these local spots entertain visitors with unique kinds of fun.

Dachyou Land

Dachyou Land

There may be other places in Japan where you can see ostriches, but when it comes to touching the largest and heaviest bird in the world, not many places can top Dachyou Land (Ostrich Land) in Nakijin Village. In this ranch-style facility, you can feed them, touch them, and take photos with them posing like an ostrich rodeo.



When I tried the “rodeo photo,” the owner of this place advised me not to put weight on the bird. That’s a sound advice given the fact that the huge birds’ kicks are strong enough to kill humans. The ostrich I took photos with looked gentle and let me pet its neck without any problems during the photos session.

Having been featured on TV shows, this place is well known throughout the country. There is a restaurant by the entrance where people can enjoy “ostrich steak”, “ostrich eggs sunny side up” and more.

ADDRESS: 309 Heshiki, Nakijin Village
GPS COORDINATES: N 26.689395 E 127.963736
OPEN LOCATION CODE (OLC): 7QR9MXQ7+QF
HOURS: 9 a.m. – 6 p.m.
URL: dachyou.net/index.html

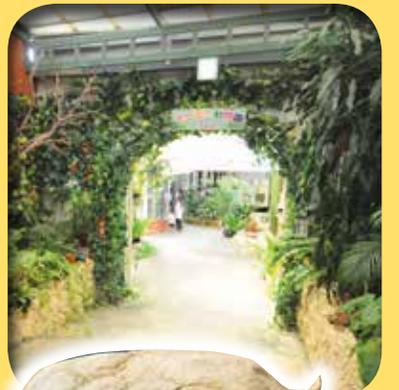


Mini-mini Doubutsuen

Just a 10-minute drive from gate 3 of Kadena Air Base, Mini-Mini Doubutsuen (Mini-Mini Zoo) is home to animals such as turtles, monkeys, rabbits, ostriches, peacocks, ponies and more. Entrance to the small zoo is free and it even includes a bird that says, “Ohayou Gozaimasu” (good morning).

The front of this place may look small for a zoo, but the look can be deceiving. More animals and creatures are waiting than people would imagine from its compact façade. Many animals can be seen at close-up or even touched.

There is also a food court in one section where people can buy sweets.



ADDRESS: 660 Akamichi, Uruma City
GPS COORDINATES: N 26.359836 E 127.822925
OPEN LOCATION CODE (OLC): 7QR9R5F+W5
HOURS: 8:30 a.m. – 7 pm. (9 a.m. on Sun.)



Denkuu no Eki Haaso

A roadside station near the Expo Park and Churaumi Aquarium, this place has a neat-looking park in the back where visitors can see animals for free. Many goats are kept in small ranches with huts installed on site. Food for the animal can be purchased from capsule toy machines at the entrance.

A part of the ranch is inhabited by Yonaguni Uma, a breed of horse indigenous to Yonaguni Island. Other local animals such as a bull and Ryukyu-ken (Ryukyu dog) live there as well.

This is a good place to take a walk. Many parts of the facility are covered with trimmed grass and paved roads running between each section. There is also a restaurant, farmers market, a pond, and a creek on site.



ADDRESS: 1334 Gushiken, Motobu Town
GPS COORDINATES: N 26.697228 E 127.908896
OPEN LOCATION CODE (OLC): 7QR9MWW5+VH
HOURS: 10 a.m. – 5 p.m.
URL: denkuu.okinawa/



Neo Park





Neo Park Okinawa

In this large zoo that is five times the size of Tokyo Dome, there are 100 kinds of animals, which include capybara, emu, lama, lemur, monkey, wallaby and more. The biggest feature of this place is that many animals come close to visitors - sometimes beyond a fence line. Once past the entrance, cranes and flamingos will sometimes flock around people, and food for some animals can be purchased at the gate.

Each section has a title such as Flamingo Lake, Amazon Jungle, and Oceanian Flora and Fauna, some of which charge extra to see. People can also tour via a small train, which is a replica of one that used to be in service on the island.

Nostalgia is everywhere, partly thanks to a slow tempo song with a catchy ukulele melody going, "Neo Neo Neo Neo Neo Park..." at many parts of the facility.

ADDRESS: 4607-41 Nago, Nago City
GPS COORDINATES: N 26.610698 E 127.991376
OPEN LOCATION CODE (OLC): 7QR9JX6R+7H
HOURS: 9 a.m. - 5:30 p.m.
ADMISSION: 660 yen for adult, 330 yen for middle and high school students, 220 yen for ages 4 to elementary school age.
URL: www.neopark.co.jp/



Noborimata Nouen

Within a 10-minute drive from the Legion Gate of Camp Foster, Tamaki Shouten is a farmers market near the Nakagusuku Kouen. People go there for fresh produce and reasonably priced commodities and plants for gardening. But, you can also advance to the deeper part of the site, toward the "Doubutsuen" (zoo).

Although the scale of the zoo has become smaller than it once was, there are still animals you can see for free. Ponies, pigs, chickens are kept together at a barn. Hay is stacked on the side, so people can feed them. They also feature turtles and a peacock in another section. Many parts of the facility are old, but the location presents a glimpse into an old local farm.

ADDRESS: 1261-2 Noborimata, Nakagusuku Village
GPS COORDINATES: N 26.287808 E 127.788389
OPEN LOCATION CODE (OLC): 7QR97QQQ+49
HOURS: 8 a.m. - 7:30 p.m.



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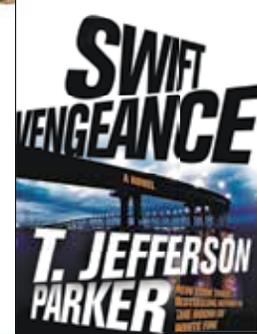
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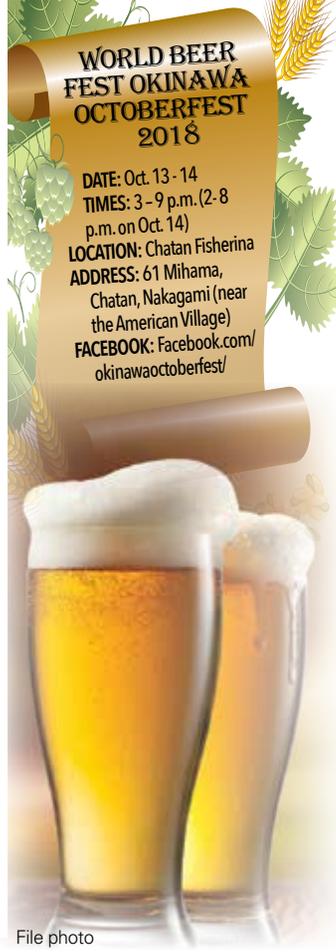
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OCTOBERFEST RETURNS OCT. 13-14

BY SHOJI KUDAKA,
STRIPES OKINAWA



**WORLD BEER
FEST OKINAWA
OCTOBERFEST
2018**

DATE: Oct. 13-14
TIMES: 3-9 p.m. (2-8 p.m. on Oct. 14)
LOCATION: Chatan Fisherina
ADDRESS: 61 Mihama, Chatan, Nakagami (near the American Village)
FACEBOOK: Facebook.com/okinawaoctoberfest/

Just because the calendar says it's fall, it doesn't mean the outdoor festivals have to stop. Okinawa Octoberfest 2018, the largest craft beer festival on Okinawa, is scheduled to be held at Chatan Fisherina near Camp Foster and Kadena Air Base. Various brews from home and abroad be available to quench the thirst of the beer lovers in this still warm fall season.

The lineup includes German brands such as Hofbräu, Flensburger, Spaten, as well as American beers like Georgetown and Brooklyn Brewery, BrewDog from Scotland, or those from mainland Japan and Okinawa such as Spring Valley Brewery, Suntory, Chatan Harbor Brewery or Helios.

Local vendors will be on hand to serve up a variety of foods such as hamburgers, BBQ, tacos, steak and more.

There may not be anything like celebrating an Octoberfest in Munich, but beer under the autumn sky on this subtropical island is hard to resist.

kudaka.shoji@stripes.com



Neil Kaplan

Michael Copon Courtesy photos

COMIC CON: Celebs to sign autographs

CONTINUED FROM PAGE 1

The guest lineup includes actor Michael Copon, the Blue Power Ranger, Neil Kaplan, the voice of Optimus Prime from Transformers, and Anime Mecha Designer Junichiro Tamamori, who designed space battleships and attack fighters for the Space Battleship Yamato (Star Blazers) 2199/2022.

Tickets for Gold Pass Exclusive,



a Pre-Con event on Oct. 13, is available now. The ticket fee (\$25 for adult, \$15 for children under 13) covers a meet and greet, expedited entry to autograph sessions and more.

Since it launched in 2011, Comic Con Okinawa has been stepping up its game. The passion and dedication that fans bring to this subtropical island is expected to once again make this event a special one.

kudaka.shoji@stripes.com

Comic Con Okinawa

DATE: Oct. 14 (Pre-Con event on Oct. 13)
TIME: 10 a.m.-6 p.m. (Pre-Con event from 2 to 5 p.m.)
LOCATION: Camp Foster Fieldhouse, Community Center Auditorium, and Ocean Breeze
WEBSITE: www.mccsokinawa.com
FACEBOOK: Facebook.com/comicconokinawa/



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Stripes Sports Trivia

Ben Roethlisberger and Antonio Brown have led the potent Steelers offense for a while now. The two superstars are both near the top of their positions, and both are likely headed to the Hall of Fame. When it comes to their college days, the duo both played in the same non-power conference. Where did they go to school?

Answer

Miami of Ohio (Roethlisberger), Central Michigan (Brown)

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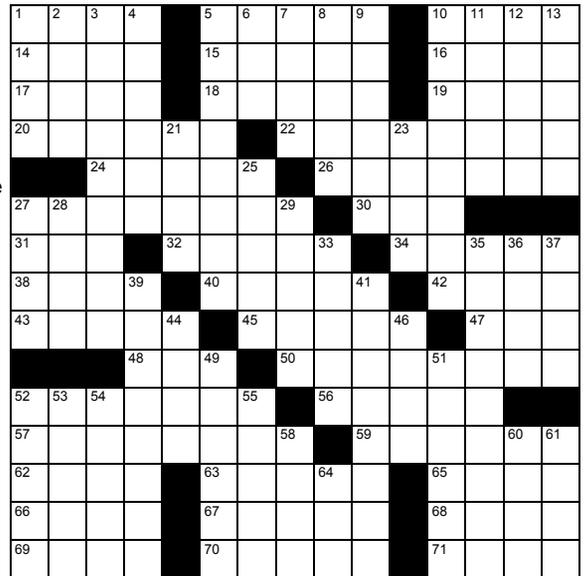
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The Weekly Crossword

by Margie E. Burke

ACROSS

- 1 Choir attire
- 5 Sentry's stint
- 10 Senate staffer
- 14 Mountain goat
- 15 In the know
- 16 Enthusiasm
- 17 Horseback game
- 18 Archeologist's find
- 19 Major defeat
- 20 Rarely
- 22 Alienate
- 24 Potato, for one
- 26 Early settler
- 27 Like some DVDs
- 30 Arroz ___ pollo
- 31 Mend a hem
- 32 Piano technician
- 34 Commotion
- 38 Geometric measure
- 40 1970's AMC car
- 42 Remote control button
- 43 Linus' younger brother
- 45 "Dream ___" (Darin hit)
- 47 Kicks
- 48 Wine holder
- 50 Replant timber
- 52 Very disorderly
- 56 Fragrant bloom
- 57 One at the wheel
- 59 Rub the wrong way
- 62 Aquarium growth
- 63 Penniless
- 65 Work hard
- 66 Braid
- 67 "The Biggest ___"
- 68 Arsenal stash
- 69 Seafood selection
- 70 Melancholy verse
- 71 Hunt and peck



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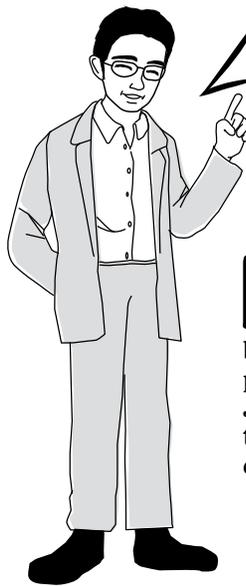
- 1 Saws with the grain
- 2 Wind instrument
- 3 Quasimodo's milieu
- 4 Genesis follower
- 5 Ready to play
- 6 Amazement
- 7 Canterbury story
- 8 Like new dollar bills
- 9 Frantically busy
- 10 Every year
- 11 One way to stand
- 12 Assess
- 13 Computer key
- 21 Newspaper bio
- 23 Gable or gambrel
- 25 Concerning the kidneys
- 27 Bygone autocrat
- 28 2002 film, "We ___ Soldiers"

- 29 Room scheme
- 33 Whoop it up
- 35 Monastery dining hall
- 36 Heavy burden
- 37 Litter member
- 39 Mechanize
- 41 Petroleum plant
- 44 Tavern snacks
- 46 Character
- 49 Light-footed
- 51 Drum sounds
- 52 Leather leggings
- 53 Conversation starter
- 54 Like pond scum
- 55 "Brady Bunch" mom
- 58 Cyrano's famous feature
- 60 Like some lettuce
- 61 "If all ___ fails..."
- 64 Beer barrel

Answers to Last Week's Crossword:

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

DID YOU KNOW?



Hari (acupuncture) and kyu (moxibustion) may sound somewhat mysterious and painful, but they are known as the two most popular oriental medical therapies in Japan. Many Japanese routinely use the time-proven treatments for their chronic symptoms.

Kanji of the week

教
Oshieru/kyo (Teach)

Language Lesson

Before - now - later

Sakki - ima - atode



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STARS AND STRIPES

SUDOKU

Difficulty: Medium

Edited by Margie E. Burke

HOW TO SOLVE:

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

Answers to Last Week's Sudoku:

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

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Grit Motorcycle Shop
Sales-Repairs-Rentals-Storage

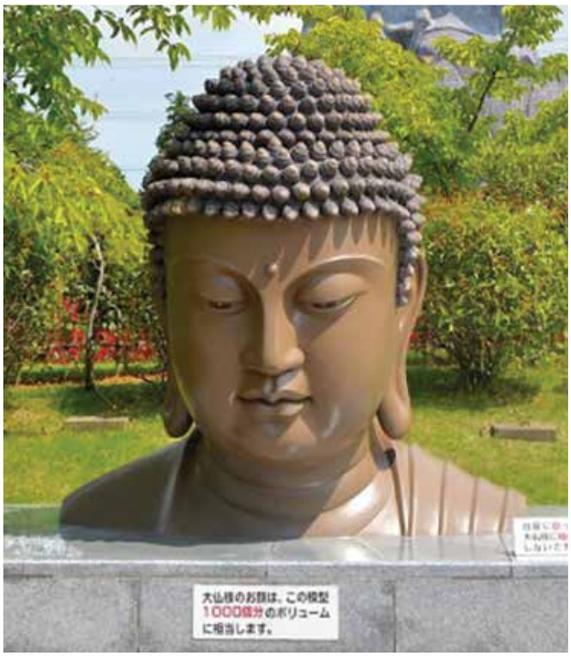
Open Mon-Sat, 1100-1900. Closed Sundays
Tel: 098-874-2460

Route 58 Go through one overpass Route 58
http://sites.o-cross.net/grit/

Ushiku Daibutsu

The largest Buddha statue in Japan

STORY AND PHOTOS BY BRAD STEPHENS,
JAPAN TRAVEL



Model of the Ushiku Daibutsu's head

Located in the Ibaraki prefecture, in a town called Ushiku, there is a statue of a Buddha that has been recognized and recorded in the Guinness World Records. This Buddha has been acknowledged as being the largest Buddha in the world! It is 120 meters tall and weighs about 200kg. The width of the left hand is 18 meters long, so the Buddha statues in Nara and Kamakura can fit right into its palm. Ushiku Daibutsu itself has many attractions for you to enjoy.

You can actually go inside the statue and there are many exhibits for you to look at and learn from. The highest you can go is up to its chest and there you will be able to gaze at scenery in all four directions. There are also gift shops located throughout the statue, so be sure to purchase a souvenir before you depart.



There are many attractions around the Buddha statue.

They have a petting zoo located just behind the statue. There are bunnies, hamsters, and goats for you to feed and pet throughout the day. They also have shows where you can see monkeys perform all sorts of tricks, so be sure to check it out while you are there. Of course, all of this is included in your ticket. There is no entry fee to the side attractions.

There is also an alleyway comprised of souvenir shops and restaurants, which would be a nice place for you to take a break and have a snack before continuing with your sightseeing.

Kids under the 3 years old can enter the park and the buddha, free of charge. It would be wise to get the entire package, because it will cost you extra if you change your mind about entering the buddha or not after you purchase the ticket.



A place for you to rinse your mouth and wash your hands before going in the sacred area



Two bunnies relaxing under a bench



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your one source for all the
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Updated 24/7 for the military community at home and abroad.

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Stripes

A Taste of Okinawa

8-page pullout

The 3 'R's to good eating –
Restaurants,
Reviews & Recipes

The Rose Garden



Italian chefs crazy about Rose Garden's **pasta!**

"We have never tasted any finer pasta in Italy than the Rose Garden's pasta in Okinawa. We were very pleased with the fresh quality and taste. The Rose Garden selections were very nice, especially Genovese Pasta prepared with fresh basil sauce, Cheesy Eggplant Spaghetti with assorted cheese and eggplant. Also one of our favorites was the Fettuccine Alfredo prepared with a Parmesan cream sauce."

- Alessia, Camilla and Gino from Milan, Italy

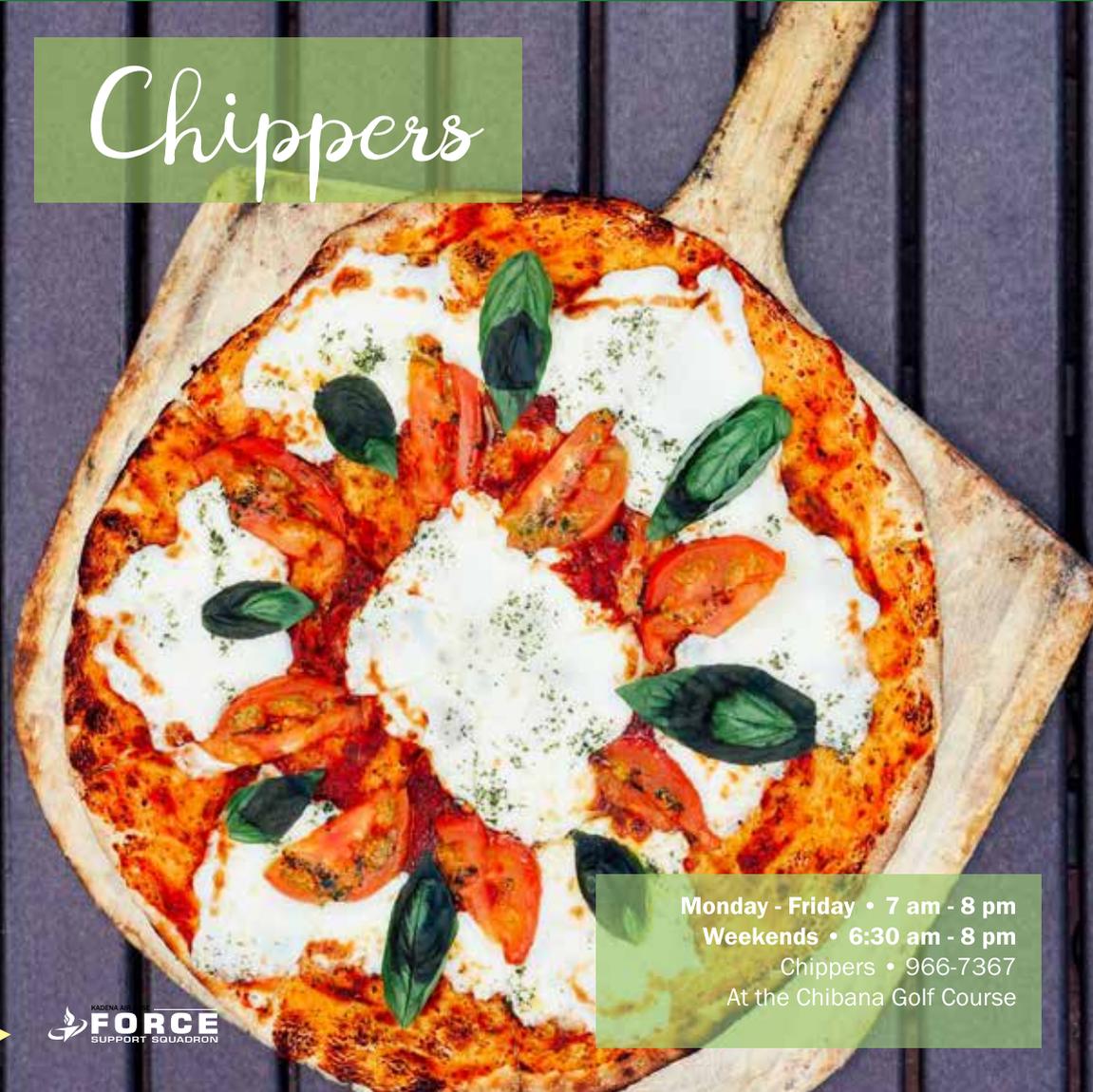
All Rose Garden pastas are prepared to order, served with garlic bread, seasonal salad, hot Arabica coffee or iced tea with unlimited refills. Reservations are recommended. 098-932-2800

RESTAURANT INFO



Chippers a hole in one when it comes to pizza

If you're craving mouthwatering, brick oven pizza, look no further than Chippers! Located inside the Chibana Golf Course, you'll find the perfect combination of fun activities and delicious food! This month we are featuring the classic Margherita pizza – tomatoes, mozzarella and basil make the perfect bite! You can't beat the quality of fresh ingredients atop handmade dough, tossed to perfection. Play a round, and grab lunch or sit outside and enjoy your surroundings. If golf isn't your sport, bring your dog out to the Chibana Dog Park for a fun time, and take a pizza home for dinner!



Monday - Friday • 7 am - 8 pm
Weekends • 6:30 am - 8 pm
Chippers • 966-7367
At the Chibana Golf Course



RESTAURANT INFO

A Taste of Okinawa



Kamisushi

Come and Enjoy Your Dining With Our Fresh, Delicious Seafood.

Lunch Time: 11:30-14:00 (L.O. 13:30)

Sushi Set, Chicken Teriyaki Set, Fried Chicken Set and more.

Dinner Time: 17:00-23:00 (L.O. 22:30)

Sashimi, Sushi, Sushi Rolls, Yakisoba, Fried Rice, Tempura, Deep-Fried Food and more. Custom Rolls (Create your own sushi roll with items from the menu)



Lunch hours have changed, please come early!



Kamisushi opens up their new location

Kamisushi, Okinawa's favorite sushi restaurant, is now conveniently located near Carnival Park Mihama. Our friendly staff awaits your arrival! You don't have to go to the U.S. to get American sushi rolls. At Kamisushi, not only can you try traditional Japanese sushi, but you can also enjoy a variety of American sushi rolls – California, Dynamite and Caterpillar. Try our original Kami Rolls and Mihama Rolls by Chef Isamu Kamiya. You'll be blown away by his sushi magic! Not a sushi eater? We also have a variety of Okinawan and Japanese dishes available to satisfy your taste buds.

Open Wednesday through Monday (Closed Tuesday)

098-926-3290

RESTAURANT INFO



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

RESTAURANT GEN & SUSHI BAR



We're located just outside Camp Foster Globe & Anchor Gate No.3



Open 10:30-22:00 (Last order 21:00)

Open Everyday Cash Only (\$/¥)



A Taste of Okinawa

Sushi Lover's Paradise! Price ¥110~



Gurume Kaiten Sushiichiba

OPEN EVERY DAY!

11am-10pm (Last order 9:50) Tel: 098-926-3222

- ❁ We Use Fresh Fish
- ❁ Take out menu & Party Trays
- ❁ English picture menu



American-friendly rotating sushi place

Have a craving for sushi? Try Gurume Kaiten Sushiichiba at Mihama. We offer a variety of sushi, so don't worry if you're not sure what you like. We have plenty of raw fish, but we do offer some that is cooked for those testing the sushi waters. So sit down and pick a plate as it rotates by. With a motto of "making our customers smile," manager Kazuya Kaneshi and his staff provide "good food and customer service." Stop by Gurume in our bright yellow building next to the American Village to experience true Okinawan hospitality. You'll be glad you did!

RESTAURANT INFO

HISTORY OF TAMAGO-KAKE-GOHAN

Since ancient times the main meat consumed by the Japanese people has been fish, because of the Buddhist commandment against killing animals. Although the consumption of chicken was a little bit higher than the consumption of other land-animals, the egg was not considered to be food for a long time. In Shintoism, the egg is regarded as an offering to the Gods, and people believed that they would be punished if they ate eggs.

During the Edo Period (1603-1868), people began keeping chickens as pets (what is this, Portland, OR?). Shortly after, eggs began to become a regular part of some diets because they quickly came to realize that unfertilized eggs didn't hatch. One result of this new knowledge was that they could stop considering an egg as a creature under heaven. Because of that, people eventually lost the belief that eating an egg was a sin, so the act of doing so was no longer taboo. They then moved on from having chickens as pets to having chickens for the sole purpose of egg production and collection. Because eggs were considered a luxury and were a very expensive food item for a long time, nobody ever dreamed about using eggs for such



a simple dish like tamago-kake-gohan.

The first person to make tamago-kake-gohan is said to be Ginko Kishida (1833-1905), who was considered a pioneer in various things. For example, not only was he Japan's first war reporter, but he was also the creator of line dancing. In addition to this, Ginko was a close friend of James Curtis Hepburn, who made the Hepburn Romanization System. Ginko also helped him to make the Japanese-English dictionary, which, in case you haven't heard of it, is called "Wa-eigo-Rinshuusei". My favorite accomplishment of Ginko's was his invention of tamago-kake-gohan, which he did during the Meiji Era (1868-1912). He was amazed at how tasty it was and recommended it to everyone he knew. His affection for his tamago-kake-gohan did not go unnoticed and it was introduced to the public in a magazine. That issue wrote about how he puts 3-4 eggs on top of cooked rice for breakfast.



BY MAMI TOFUG

When you get like something that most of you have never seen, you feel disgusted just by thinking about Salmonella poisoning. Yet, consisting of only the two ingredients, usually you add a bit of soy sauce and a bit of rice to many Japanese people. Some people refuse to consider tamago-kake-gohan as "cooking". Yet, famous Japanese chef Kurihara introduced this dish to foreigners: "Harumi's Japanese Restaurants" in Japan that actually serves a raw egg over cooked rice dish, and so on. There is even an annual tamago-kake-gohan festival. I know it's pretty hard to see a raw egg-citing to learn about a Japanese dish? Please "chicken" your egg-ucated in this

THE SPECIAL SOY SAUCE ONLY FOR TAMAGO-KAKE-GOHAN

Because of Ginko, tamago-kake-gohan gradually spread among the Japanese populace, but for a long time all it really could become was a popular comfort food eaten in people's homes. It wasn't until a special soy sauce made strictly for tamago-kake-gohan was made (in the early 2000s) that it really became a big hit. It sounds like some guy just got really lucky and made a lot of money because he was struck with an idea for a unique take on soy sauce, but the fact is that it only became a hit after a lot of work and effort on his part.

This special soy sauce was first produced by a group formed out of a public-private partnership, which was a joint venture between local government and private investors from a small mountain village named Yoshida, Iishi-gun, in Shimane Prefecture. Today, this village is now Yoshida Town Unnan City in Shimane prefecture. The town used to be famous and prosperous for its "Tatara Iron Manufacturing" plant, but they started having trouble as the manufacturing of steel blast furnaces came to Japan. Despite this, they



didn't give up and started making firewood, charcoal, and timber from nearby forests. But, due to energy revolutions of the time, jobs had to be cut again. Sadly, more and more people had to leave in order to get a job. The population was around 5,000 in 1955, but it dropped to 2,800 in 1980.

Some people living there were aware of the decreasing population, so they became very determined to increase it. They knew the biggest reason why young people were not settling down in the village was because there weren't enough jobs to go around, so they decided to create job opportunities. They considered how they could improve upon something that was already a part of their community. They knew that they had tasty rice and wonderful vegetables, so at first they tried making pickles and nishime (which includes vegetables such as carrots, taro, konnyaku, etc). In order to achieve their goal, local government and residents had to combine efforts and work together.

The people had to convince every resident in the village that they had to do something

to save the village and asked them for help. For 50,000 yen, you could get a single share of the company. They understood that was a great deal of money for poor villagers, but they ended up raising more money than they had expected because village groups, companies, and villagers (everyone, young and old alike) were resolute in their desire to make their community stronger and better. Thus, a public-private partnership company, named Yoshida Furusato Mura Co., Ltd., was established in April of 1985.

A very long time passed until they stumbled upon their idea for their tamago-kake-gohan soy sauce. It began when a chicken farmer made the request: "Could you make something that we can sell with our eggs?" Just like that, the soy sauce venture got underway in March, 2001. The initial conception of how this sauce was going to taste was very difficult to come by as they had no other sauces to build off of or compare to. They had numerous meetings, made an infinite amount of samples, and conducted countless taste tests with rice until, finally, the first specialty soy sauce, named (Otamahan) was born a year later in May, 2002.



TOFUG



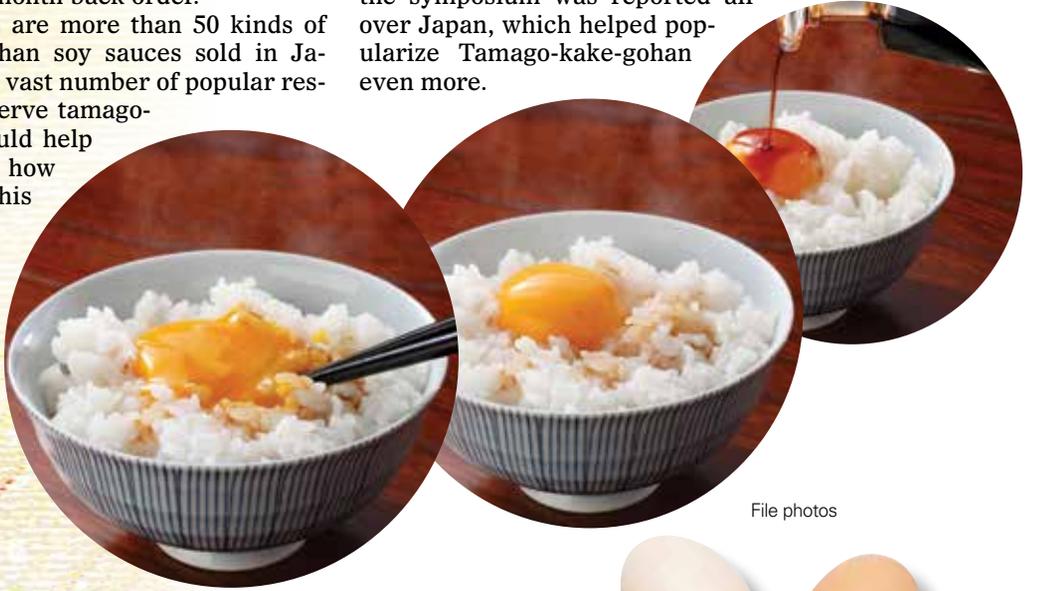
TAMAGO-KAKE-GOHAN BOOM

Thanks to the unique concept, great taste, cute name, and assurances that only all-natural ingredients and very little fertilizer was used, it built itself a nice reputation. They started selling it with rice out of Yoshida Town and the success became evident soon after sales began. It wasn't long before they had a 4-month back order.

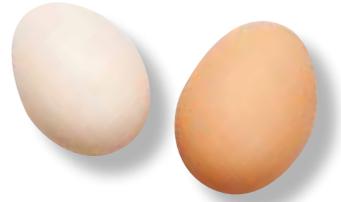
Today, there are more than 50 kinds of Tamago-kake-gohan soy sauces sold in Japan, and there is a vast number of popular restaurants that only serve tamago-kake-gohan. That should help to give you an idea of how popular this dish (and this soy sauce) has become.

The people of the Yoshida Town community were reminded of the importance of tamago-kake-gohan

to the Japanese by witnessing the boom they basically created. So, they made a "Tamago-kake-gohan Symposium Committee." When Yoshida Town held the first "Japanese Tamago-Kake-Gohan Symposium" for three days in October of 2005, around 2,500 people came from all over Japan. That's a lot of people for a village with a population of around 2,300. And, the people attending weren't just ordinary folks like you and me. There were many TV and radio stations attending as well, and the news about the symposium was reported all over Japan, which helped popularize Tamago-kake-gohan even more.



File photos



SAFETY AND NUTRIENTS

Eggs contain many nutrients and a good amount of protein. Though the bio-availability of cooked eggs is 91% (compared to 51% in raw eggs), other nutrients become denatured when exposed to high heat, so raw eggs have some special benefits as well, maximizing what the body can intake and process.

However, raw egg yolks are also known as a medium for Salmonella. Although Japanese egg farmers provide

eggs that have been very well washed, as they expect Japanese people may consume them raw, the number of people getting salmonella poisoning in Japan has increased since the 90s. So be careful, everyone! I wonder if this is just in line with the increased popularity of tamago-kake-gohan or something else?

Salmonella is found in chicken intestines and it sometimes attaches itself to egg shells via chicken poop (there's only

one hole in a chicken, and it all comes out that one hole). Most Japanese eggs get sterilized at GP Center, which is a factory for grading eggs and packing them, but you shouldn't eat an egg raw if it has a crack in its shell. Moreover, even if there is no crack in the egg shell, you shouldn't eat a raw egg that has been left for a long time after cracking it open. If you want to eat raw eggs, please make sure to get fresh ones!

TAMAGO-KAKE-GOHAN PRODUCTS

Following the tamago-kake-gohan boom, various products for tamago-kake-gohan were made. For example, there is a tamago-kake-gohan stirring rod which acts like a whisk to mix raw egg to a smoother consistency and also a tamago-kake-gohan T-shirt to express your love of tamago-kake-gohan.

Although it is such a simple recipe, there is a tamago-kake-gohan recipe book which boasts one recipe for each day of the year. The book has also become an app. Following the release of the book, they also made a catchy 365 day tamago-kake-gohan song that you can listen to on the app or you can buy the CD from 365tkg.com/cd.html, if you like.



END OF A BOOM?

Since the typical food boom usually only lasts for a couple years, some people say that the tamago-kake-gohan boom quickly reached its end, too. However, others point out that it has been a "staple" meal for Japanese people and will continue to be so in the future. I agree with the latter opinion. Regardless of whether it was a boom or not, I like tamago-kake-gohan and I will have it every time I come back to Japan.

In fact, I recently visited a famous tamago-kake-gohan place and wrote about it for Tofugu's Travel Section. I was impressed to see such a long line of people

waiting to eat such a simple meal, especially because the restaurant is located in such an inconvenient place. I was so impressed that I asked to do an interview with the president of the restaurant and he agreed (so we'll post that up tomorrow!). Not to spoil it for you or anything, but he had the idea for tamago-kake-gohan long before the boom started and his road to success is such an interesting one. So, be sure to stay up all night hitting the refresh button on your browser so that you can find out how he took the simplicity of tamago-kake-gohan and made it into his life.





New to Okinawa? Come try Linya!

At Linya, you can taste a wide variety of Japanese foods. Can't decide what to order? Try something from our set menu! We have a number of options to choose from, including our popular Ramen and Gyoza Set. Our Jumbo Gyoza is to die for! If a quick lunch is what you seek, stop by for some ramen and fried rice – the prices are very reasonable. Spicy food lovers, we've got your back! If our spicy ramen isn't spicy enough, tell our staff and they'll add more spice! Bring your friends and family to Linya and introduce them to the staple dishes of Japan!



CHATAN LINYA

Authentic Kyoto Ramen on Okinawa

Hours: Fri-Sat 11:00 - 23:30
Sun-Thu 11:00 - 22:30
Phone: 098-926-0220



RESTAURANT INFO

A Taste of Okinawa

HALE NOA CAFE  Check our Instagram! @halenoacafe








Phone: 098-989-8244
Open: 7 a.m. - Last Order: 8 p.m.
facebook.com/halenoacafe
Breakfast, Lunch and Dinner



Get a taste of Hawaii at Hale Noa Cafe

The Hale Noa Cafe in Chatan may have had a grand re-opening in January, but it has been serving its customers since 2015. With its Hawaiian vibe, Hale Noa serves up the some of the best of the 50th state's favorite foods. Enjoy Macadamia Nut Pancakes, Hawaiian Bowl, Grilled Salmon and more! Hale Noa's fluffy French Toast with berries and crème brulee sauce is to die for! Afterwards, wash it all down with one of our healthy and homemade smoothies. At Hale Noa Café, we are always adding new items to our all menu, so stay tuned!

RESTAURANT INFO



Make it a date at SAM'S!

Satisfy your seafood and steak cravings at Sam's by the Sea, the popular restaurant with a nautical-themed interior and exotic Hawaiian and Polynesian décor that was elected "Best Date Night Restaurant" in Stripes Best of the Pacific 2018. Take in the view of the ocean as you and someone special enjoy a tasty full-course dinner by candlelight. Delight your taste buds with our fresh lobster, King Crab, prawns, red snapper, mahi mahi, swordfish and oysters. And our top-quality juicy steaks will leave your mouth watering and your stomach satisfied. Our friendly staff promises to make it a memorable dinner.

RESTAURANT INFO

Fresh Island Seafood & Charbroiled Steaks

SAM'S BY-THE-SEA

Oct.1 - Nov.30

Seasonal Specials

Full Course Dinners from ¥1,500

Deep Fried Oysters A La France & New York Strip Sirloin Steak ... ¥2,850

*All Sam's Dinners Include Soup, Salad, Seasonal Vegetables and Bread or Rice.

Fish & Crab Mountain
King Crab Legs, Salmon, Swordfish, Sole ¥2,580

King Crab Legs ... ¥4,280

Crispy Pan-Fried Autumn Salmon ¥2,200

King Crab Legs (Crustacean Sauce Oven Baked) on Seafood Paella with Oysters ... ¥2,850

Live! Maine Lobster... ¥4,300

Okinawa city Awase Tel.098-937-3421
 Kadena Gate 2 through Awase Yacht Club building.
 • Open Every Day. • 17:00~23:30 (L.O.22:30)
 • Free Parking. • Bilingual Staff.
 • No tipping please at Sam's.
 • Major credit cards accepted.
 • English and Children's menu available.
 • \$ Rate is better than Money Exchange.



COMPLIMENTARY APPETIZER

One coupon valid per group. Maximum 6 people.
 Valid with dinner orders only.
 Not accepted with any other coupons or discount tickets.
 Please present coupon when ordering.
 Complimentary items may vary at each restaurant.
 Accepted at All Sam's Restaurants
 Expires. Nov. 30, 2018

A Taste of Okinawa

Authentic Thai Dining



Treat yourself to the taste of authentic Thai cuisine.

NEW!!

Lunch Course menu
¥5,000 (for two people)

- Jai Thai salad fresh spring rolls
- Fried prawn cake
- Roast chicken,
- Tom yam kung soup, etc.
- Drink and dessert

Fried rice with gaiyan
 (Thai roast chicken)

We use local organic vegetables.

Kid's menus/course meals/vegetarian menus are also available

Okinawa Mihama (098-936-0828)

Weekdays: 11:30 – 15:00 & 17:00 – 23:00

Weekends: 11:00 – 23:00

Last order: 22:00



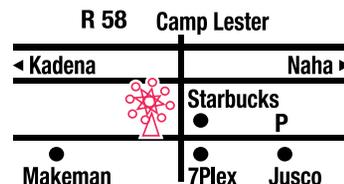
Vegetarian fried rice with assorted fresh Vegetables.

The most famous of all Thai soups.

Vegetarian Menu is available!

Takeout OK!
 Credit cards / \$ accepted

American Village
 – Giant Ferris Wheel 2F –



Experience the true heart of Thailand

If you're looking to enjoy some tasty, authentic Thai food in a friendly and inviting environment, Jai Thai is the place for you. The first restaurant in Japan to win the prestigious Thai Prime Minister's Award, Jai Thai has many delicious dishes to offer – including vegetarian. Jai Thai takes pride in the safety and freshness of the ingredients, which is why we use locally produced vegetables from contracted farmers. So, you can taste the freshness in every one of our dishes. Bring your friends and family to Jai Thai, and enjoy good food, drinks and fun!

RESTAURANT INFO

SINCE 1972
www.the4seasons.jp



STEAK HOUSE FOUR SEASONS TEPPANYAKI

Welcome to Four Seasons Mihama

Lunch Steak Set ¥1,450~
Dinner Steak Set ¥1,890~

❖ Current Prices

- Mihama branch has 40 parking spaces
- Seafood & other menus are widely available.
- All set come with soup, salad, bread or rice, tea or coffee.



Credit card accepted



Okinawa city

FOUR SEASONS

Okinawa City Police, Music Town, Lawson, DoCoMo, KOZA, P2, P4, P1, P3, P3 and P4 - 2 hours free parking in pay lot, To Plaza Housing Area & Camp Foster, KAB Gate 2

3-1-25 Sonda, Okinawa City
TEL(098)933-5731
Open Hours: 11:00 -

Awase

FOUR SEASONS

San-A, KFC, NBC, To Awase & 330, Family Mart, Grand Mer Hotel, McDonald's, To Foster Legion Gate, To KAB Gate #2

4-12-13 Awase, Okinawa City
TEL(098)937-0029
Open Hours: 11:00 -

Urasoe

FOUR SEASONS

Family Mart, au, Plaza Shopping Center, Park, To Futenma & Foster, Pizza House, Kinsler Gate #3

Enjoy great teppanyaki just five minutes from Camp Kinsler!

2-4-5 Iso, Urasoe City
TEL(098)877-0429
Open Hour: 11:00 -

Mihama

FOUR SEASONS

Mihama Ferris Wheel, Starbucks, To Foster, Futenma, Kinsler, Camp Lester Navy Hospital, Kedans gate #1

2-5-2 Chatan, Mihama Town
TEL(098)926-1329
Open Hours: 11:00 -

*Mihama Branch does not accept reservations.