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Community Publication

IAPAI

VOLUME 6 NO. 27

SUBMIT STORIES TO: JAPAN@STRIPES.COM STRIPESJAPAN.COM



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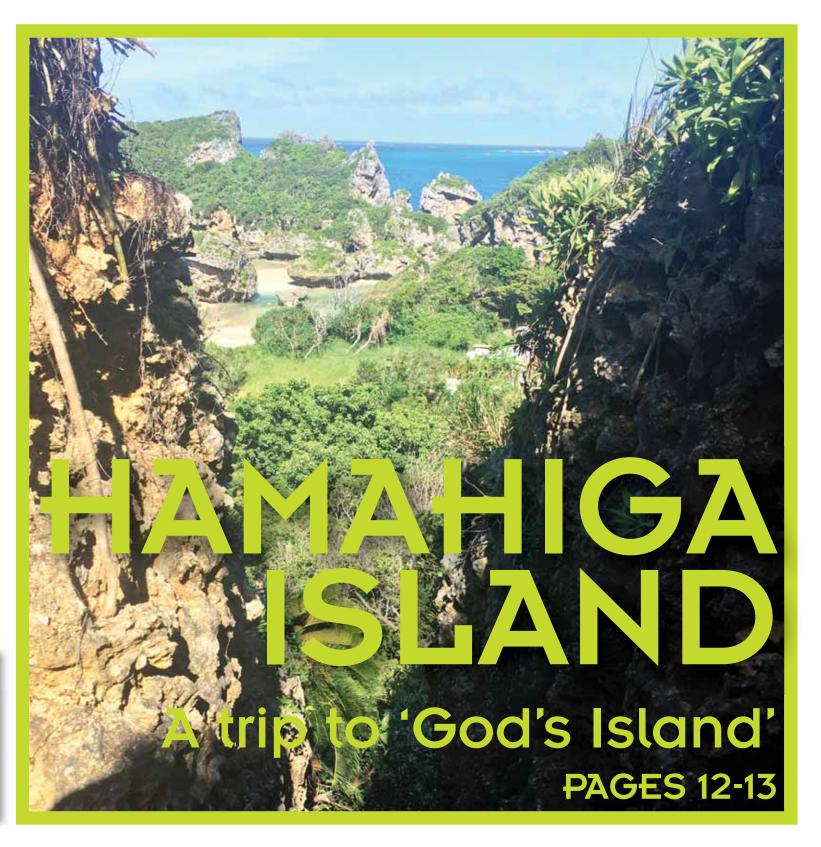
BY JAMES BOLINGER, STARS AND STRIPES

Published: September 26, 2019 hildren, parents, teachers and administrators celebrated the opening of a new \$57

million school Sept. 25 at **EXCLUSIVE NEWS FROM:** Sasebo Naval Base in southwest-Sasebo Elementary School

took three years to build and serves approximately 220 children from pre-kindergarten to sixth grade at one of the country's busiest naval bases. Sasebo is the home of the Navy's amphibious fleet in the Far East.

SEE SASEBO ON PAGE 3





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Between blind faith and stranger danger

Before our girls went back to college this year, we gave them the usual advice. Don't walk on campus at night alone, don't take rides with strangers, etc. I stopped short of arming them with pepper spray.

I wondered, do they really need to have their thumbs poised, ready to blind someone with pepper spray? Or, has our culture become paranoid?

As a freshman at Miami University in tiny ivy-covered Oxford, Ohio, I was utterly naive. Violent crime seemed some faroff rarity that happened in New York City or Los Angeles. So, when a strange man with a thick foreign accent offered me a ride when I was stranded at the Cincinnati bus station, I took it.

I was on my way back to school from my cousin's wedding in Louisville, Ky. Due to some kind of mechanical failure, my bus was late arriving in Cincinnati, causing me to miss the one daily connection to tiny Oxford. I used my last coins at the pay phone trying to call my dorm phone to see if anyone could make the 50mile drive to pick me up, but no one answered.

I sat in the vinyl bus station chairs and glanced around the shabby terminal. Realizing I would have to wait for the next day's bus, my mind raced. "I'm

The Meat and Potatoes of Life

Lisa Smith Molinari

out of money. No one knows where I am. I have to spend the night in the bus station. What am I going to do?"

I began to cry.

Mid sob, a thin man with a brown face and a thick Indian accent tapped me on the shoul-

"Es-cuse me, Miss, can I help you?" he said.

I was so relieved to have some kind of human contact and looked up at the man with tears flowing from my eyes.

"I missed my bus back to school!" I sobbed.

He inquired where I needed to go, and after a moment of thought, offered to drive me to Oxford.

"Are you sure?" I asked. "It takes about an hour." But he agreed, and I followed him out of the grungy bus station to his car — a brown Ford Fairlane sedan with no distinguishing features.

The stranger closed the passenger's seat door after I willingly got in with my backpack. I didn't even know the way to Oxford, and could only tell him to go north. He headed out of the city on unfamiliar roads, looking for signs along the way.

Soon, the last traces of suburban sprawl were in the rear-view mirror, and we were surrounded by the vast cornfields of southwestern Ohio. Not many cars on the road; no one really noticed the plain brown sedan with the foreigner and the 18-year-old girl. No one - not my roommates, my parents, my aunt in Kentucky — had any idea that I was in the middle of a cornfield, locked in an unmarked car with a strange man.

It would take hours for them to realize that I wasn't on that Greyhound bus. The stranger had plenty of time to hide my lifeless body in a cornfield and

get back to the anonymity of the city, and his secret life as a serial

But that didn't happen.

"Thanks so much for the ride, Mister," I said to the stranger as he pulled up to my dorm. I offered to run inside and get money to pay for gas, but he politely refused, only asking me to point out the nearest fast-food location.

Without the need of pepper spray, my faith in human kind was blissfully blind, and I gratefully waved farewell as the stranger pulled away.

What am I saying? Should we unlock our doors, unzip our purses and tell our teenage daughters to take up hitchhiking from city bus terminals?

Definitely not a good idea, but who wants to live with the pessimistic assumption that all strangers are dangerous? Sure, there are a few wackos out there who make it smart to carry pepper spray, but as we protect ourselves, let's not chastise the entire human race.

Besides, without the kindness of strangers, I might still be stuck at that bus station in Ohio. Read more of Lisa Smith Molinari's columns at:

themeatandpotatoesoflife.com Email: meatandpotatoesoflife@ googlemail.com



Every left DODEA Doubling For the party DODEA disputes Themps of Party DODEA

From left, DODEA Pacific East superintendent Judith Allen; DODEA director Thomas Brady; DODEA Pacific director Lois Rapp; and Sasebo Naval Base chief of staff Cmdr. Douglas Kennedy cut the ribbon for a \$57 million elementary school. Photo By Erin Arocho, DODEA



SASEBO: School first of its kind on base

CONTINUED FROM PAGE 1

A ribbon-cutting ceremony at the school included Department of Defense Education Activity director Thomas Brady and area superintendents, but the doors opened for class Aug. 28.

Principal Hattie Phipps, who spoke to Stars and Stripes via telephone after the ceremony, said the students have already taken ownership.

"I asked my education technologist to put together a video of everything inside the school to show today," she said. "As the video was playing the kids start pointing and saying, 'That's my classroom. That's my culture classroom. That's our neighborhood. That's my school.""

The school is the first of its kind at Sasebo and is part of a \$3.7 billion DO-DEA plan to rejuvenate and modernize 134 schools worldwide.

The school is built around a concept called 21st Century Education that features open, collaborative workspaces called neighborhoods and studios instead of traditional classrooms.

According to a factsheet provided to Stars and Stripes, a school built around the concept includes an interactive element. For example, the building becomes a teaching tool with systems and building components exposed to provide real-world relevance and examples to reinforce STEM curriculums. STEM

stands for science, technology, engineering and math.

"One of the other differences you will see between a traditional school with classrooms, and a 21st Century Education design is very few desks and tables," Phipps said. "Instead there are more table groups, and less chairs. Seating is flexible. One child might be in a chair and another is sitting on an ottoman."

The school also has increased energy efficiencies with teaching models of renewable energy production that reinforce energy independence.

The school has a system that shows children how much energy is being used at the building each day, Phipps said.

Teachers don't have desks in studios or neighborhoods, like they would in a traditional classroom, she said.

Teachers are not isolated from one another. Instead they, have a workstation near the students, but keep their course materials in a staff collaboration lounge, where they can share ideas and work as a team.

Phipps said the school is a safe, secure facility that will provide the children of sailors stationed at Sasebo a stable learning environment and a sense of community. She said her teams capitalize the UNITY part of that word because they strive to unify the people, big and small, to whom Sasebo's new school is a home. bolinger.james@stripes.com

Twitter: @bolingerj2004





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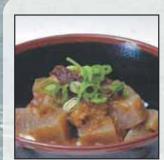
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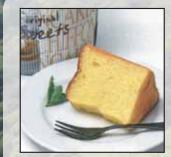
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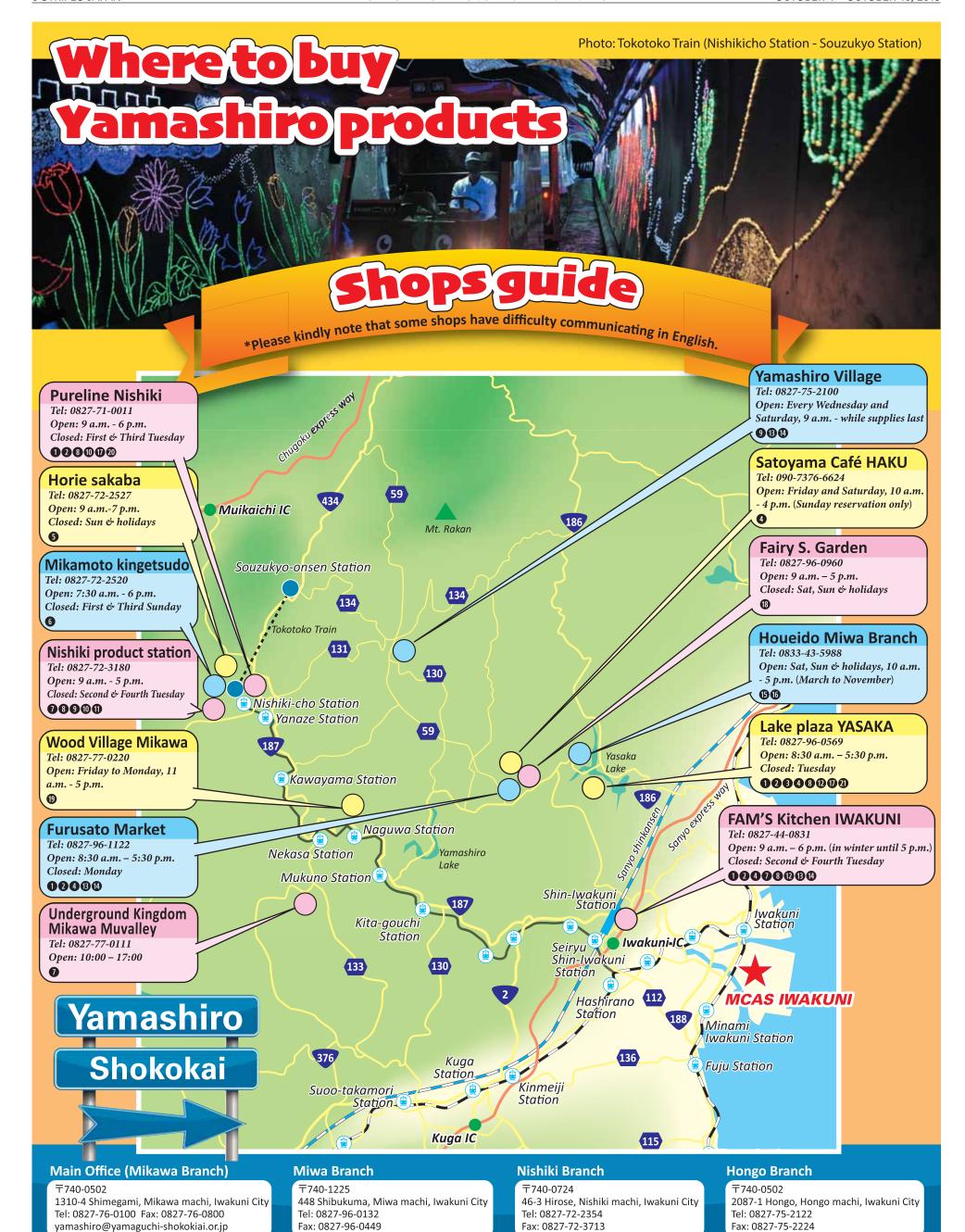


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Turn to next page to check out location of shops that sell these products.



Soldier's advice: Get off base, explore the culture!

BY SGT. ERICA EARL, U.S. ARMY

here is something vital lacking in many service members, and that is curiosity of life outside of America's borders.

The first time I directly noticed this was during a training exercise in Japan. The day after the closing ceremony, we were given one day, or about ten hours, to take a train into the nearby city of Sapporo to explore.

I had been looking forward to the chance to get a taste of the local culture and had been talking to our native counterparts about their recommendations. By the time our free day was near, I had the train schedule and a list of things to see and do.

The problem was, I was seemingly the only Soldier with wanderlust.

Here we were, with an opportunity to explore the sights of another country, try authentic food and experience a culture wholly different from our own, and I was struggling to find anyone willing to leave the barracks.

Responses ranged from reluctant hesitation (What if I don't understand the trains?) and unreasonable worry (What if there is a strike on the public transportation?) to about the food's weirdness reflat-out apathy (I just want to fused to eat and sat with his stay in and watch Netflix).

When I finally found a small entire meal. group interested, the most junior Soldier asked, unironically, "So can we please eat Soldier said, "The first thing unit, missing the potential at McDonalds? I don't want to I'm doing in America is taking try the food. It seems weird." Somehow I knew this was gorest of the trip.



There is a world out there waiting to be explored and engaged with. Take the opportunities you can to immerse yourself. Photo illustration by Sgt. Erica Earl, U.S. Army

was a losing struggle to get himself. any of my peers away from the train station, which boastshopping mall. I only managed to get them about a block

a huge bite of a Big Mac."

Once in Sapporo, the incarcerated and sustained ence. fifth largest city in Japan on only bread and water. All

marketplaces and gardens, it was because he had confined lack of curiosity, or a lack of

frustrated, but that eventually ed a large, Western-influenced gave way to empathy and even be a fear of going out in big a bit of sadness. Would some of my peers, either weeks or away to try a restaurant that years later, be filled with rewasn't American fast food. gret about being so close to The one who had commented experiencing the culture of Japan but choosing not to? I felt bad that they passed up arms crossed in protest the having a new adventure and creating those "remember On the flight back two days when?" moments of exploring later, another exasperated the Sapporo streets with their of creating new inside jokes and capturing photos and be-We had only been in Ja- ing immersed in something show off their home and get ing to be the precursor to the pan one month, and he was that was unfamiliar and didn't sounding like he had been have direct American influ-

interest in our foreign coun-I couldn't help but feel terparts, but I'm willing to admit there is more to it. It could crowds, for example, or wanting to stick to a budget. Maybe it is a case of discomfort of the unfamiliar. Navigating a foreign country's transit system, in another language no less, can be intimidating. However, these concerns are not insurmountable.

One way around this is to have genuine conversations with counterparts about their country. In many cases, locals are excited to get a chance to excited about giving travel advice. This involves reaching out to have that conver-It is easy for me to assume sation and, again, being cuand host to many temples, I could think was perhaps it that this is purely driven by a rious. Many Soldiers who

I have seen leave post, not just in Japan but in Europe as well, haven't strayed far from Western comforts, such as shopping malls and movie theaters, and expressed doubt and hesitation about traveling beyond such places. But there's so much else to see! Natural sites, like hot springs and beaches, cultural and historical sites, like temples or castles, even a simple city block in another country may look very different from what is at the perimeter of the installation. By only sticking to the familiar, Soldiers are robbing themselves of an authentic experience that may not come later in their lifetimes. I don't want to see anyone regret missing that chance in favor of video games and American chain restaurants and big box stores.

It is also true that soldiers may be discouraged from the wonders of travel. Horror story hyperbole from briefings ensure safety by discouraging any exploration. It is like the cliché: a ship is safe in the harbor, but that is not what ships are for. Only staying on the American base can also be seen by hosts in a foreign country as lack of interest or cultural respect on our part. There is a line to draw between traveling safely and responsibly and being completely fearful or dispassionate of experiencing our allies' and partners' cultures and an environment outside the familiar.

These are not war-torn areas I am talking about, but countries with high safety ratings from the State Department's recommended areas of travel.

military grants

SEE EXPLORE ON PAGE 10



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EXPLORE: Be a gracious guest

CONTINUED FROM PAGE 7

opportunities to service members to stay in some pretty beautiful and awe-inspiring places, and I am a huge proponent of seizing the chance to venture outside the gates and enrich myself in another country's traditions once the mission is over. But I almost always find myself at a loss for a partner to explore with, which is usually a mandatory requirement when overseas. So what I am asking of everyone is, simply, "Why?"

Is it truly apathy? Is it just needing guidance for making travel plans and navigating a foreign city? Is it their commands instilling fear to not engage in another culture? I don't know, but I feel like too many Soldiers miss out on authentic experiences that will educate them and strengthen host nation bonds when they travel overseas for work.

Understanding our allies, after all, is a formidable part in strengthening our connection with them and forging trust, and actually experiencing their country and expressing interest in their culture is a great starting place.

American troops stationed overseas already run the risk of natives forming and maintaining the opinion that Americans only want Westernization and to rob them of their cultural identity, or that we are there for ourselves more than for them, ideas instilled and perpetuated by anti-military media or potential adversaries' propaganda. In truth, our goal is shared training, cultural understanding and security of our allies' and partners' regions. Choosing not to engage in another people's lifestyle, customs and way of life or culture identity has the potential to disrupt diplomacy, public image and trust.

From food to dress to mannerisms, things in a foreign country may seem strange, but this is where curiosity and authenticity with our counterparts come in to play for a chance to lean in. Ask questions about the things that seems strange. Foreign visitors in America likely think the same things about our dress and culinary options. A Romanian local once told me he would never forget trying a mac-n-cheese stuffed burger in the states.

There is a joy in the shared experience of doing something outside your personal norm. Try that dish that seems unsettling; it could create a funny memory or be your new favorite thing. Try to pronounce that new word. Learn another nation's history. The willingness to try something new is a sign of bravery, a memory maker and a bridge between all humans.

There is no mandate that troops have to love every overseas station to which they are assigned. Chances are, they won't, and that is alright. But close mindedness or refusal to leave the boundaries of comfort zones should not be the norm. Years down the road, when reflecting on foreign travel, those who don't leave the installation gates are likely to regret the missed memories, photographs and cultural and linguistic knowledge that could have been gained. In other words, you don't have to like the sushi, but please, be a gracious guest and give





BY SETH ROBSON, STARS AND STRIPES Published: Sept. 23, 2019

TOKYO — The best international rugby teams in the world will be in action in Japan over the next six weeks with dozens of matches scheduled as part of the Rugby World Cup, which kicked off Sept. 21 at Tokyo Stadium.

U.S. sports fans may not be too familiar with rugby but some servicemembers in Japan are taking advantage of the event to get to grips with one of the world's toughest sports.

For rugby fans in Japan the World Cup is a kind of Valhalla. While there's plenty of on-field action, fans are known to party hard and there have been warnings about beer shortages in the Japanese capital.

Japan — home to 125,000 rugby players — has been pro-

moting the tournament, seen as a test **EXCLUSIVE NEWS FROM:** run for next year's Summer Olympics. Colorful street banners show a

greatest moment for Japan's national team, the Brave Blossoms - their victory over South Africa at the 2015 Rugby World Cup.

Japan defeated up-and-comers

chance of reaching the tournament quarterfinals for the first time.

The U.S. Eagles will play their first game against another traditional powerhouse, in and But the each the world Cup. The tournament kicked off on Sept. 20 at Tokyo Stadium. England, in Kobe on Thursday. They take on France in Fukuoka prefecture Oct. 2, Argentina in Saitama prefecture Oct. 9 and Tonga in Osaka Oct. 13. But the Eagles need an upset to reach the quarterfinals for the first time.

U.S. military personnel and their families can watch many of the games on national broadcaster NHK's free-to-air service that can be accessed on American Forces Network digital decoders.

Match tickets are in short supply, although some may still be available from the Rugby World Cup official website — rugbyworldcup.com. Those who miss

out can gather at "fan zones" all over the country where crowds can enjoy beers and watch the games

on giant screens.

#STRIPE

For some American servicemembers the tournament is their first experience of rugby.

Air Force Master Sgt. Mark

730th Air Mobility Squadron at Yokota Air Base in western Tokvo, joined an online ticket lottery with a friend ahead of the tournament.

He ended up with a ticket to a clash between the New Zealand All Blacks and the South African Springboks at International Stadium Yokohama on Saturday

The All Blacks performed the haka, a Polynesian war dance, before besting their rivals 23-13 in a thrilling encounter that lived up to its billing as the most anticipated pool match of the tournament.

said Morgan after seeing rugby for the first time.

The Oklahoma City native tuned in over the weekend to watch another top team, Ireland, beat Scotland 27-3 and plans to check out more matches at some of the fan zones.

Staff Sgt. Nathan Martin, 29, of Chicago, a member of the Air Force Band of the Pacific, started playing rugby two years ago and plays socially for the Tokyo Crusaders at "lock" – a position that's roughly equivalent to a football tight end.

He was in Yokohama on Sept. 26 to watch Ireland beat Scot-

Martin has already been to

and a fan zone in Tokyo and plans to watch the U.S. games against France and Argen-

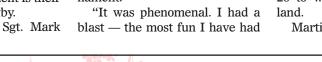
"I really like that it's a sport for everybody," he said. "You have your big guys who play up front and your fast guys who play out back. It's a physical game like the NFL but it's got this international vibe."

Japan's red-and-white striped national team jerseys are ubiquitous around stadiums but so are the uniforms of visiting teams. Fans from archrival teams can be seen drinking together before and after games.

Part of rugby's culture is to leave the violence on the field. Players who might have been punching each other in the heat of battle shake hands and remain friends when the final whistle blows.

"You can go to any sports bar in Tokyo and they are packed with people having a beer and watching the games," Martin said. "At convenience stores near the grounds, people from different countries are drinking together. It doesn't matter who you are rooting for when you are having a beer."

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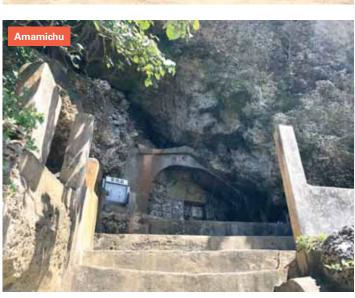


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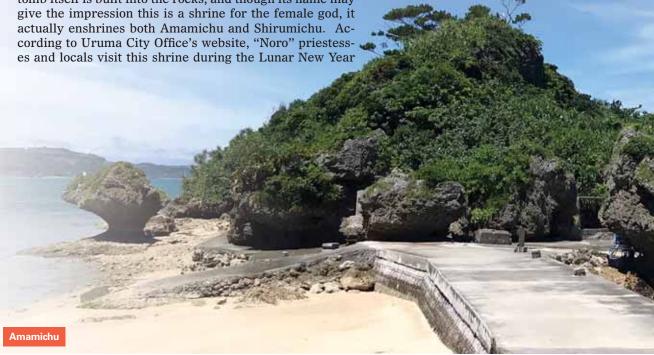


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the rising tides and sea waves crashing onto them. The tomb itself is built into the rocks, and though its name may







your Okinawa trip

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605 acres of land in a 4.1-mile circumference. It's a small island with many tourists eager to check out the sites. If you plan to visit this area, be aware that the streets are narrow and be respectful of the residential areas and especially the sacred sites you are sure to travel through. Drive carefully and enjoy all that Hamahiga has to offer.

kudaka.shoji@stripes.com



Oil tanks

STORY AND PHOTOS BY SHOJI KUDAKA, STRIPES JAPAN

n the road to Miyagi Island, Henza Island takes only six minutes to travel through, often making it more of a passing point than a destination. But, make no mistake, you will not regret making a longer stop to enjoy the wonders of this small island.

On the side of a hill and overlooking the southern coast, Ippukuya is a café housed in a red-roofed cottage. To get there, take a small detour off the Kaichu Doro Causeway, which leads drivers on through the island.

Located in a quiet community, the café is decorated with sea-inspired curios and cacti, with a terrace presenting a superb view of Hamahiga Island beyond the bridge of the same

Here, try some reimen, or cold noodles, for 950 yen (about \$8.76), presented in the style of Morioka, a city in Iwate prefecture. The noodles are made of potato starch and wheat and are served up in cold and savory ox tail soup. Thin like Japanese soba noodles, and yellow in color similar to Okinawan soba noodles, Iwate's reimen, however, have a chewy and smooth texture. And the taste is completely different than both the mainland and Okinawan noodles.

In addition to standard toppings such as kimchi pickles and a boiled egg, at Ippukuya, reimen noodles are topped with pickled goya (bitter melon) and pork ribs to add a touch of Okinawa to the specialty dish. I found the chewiness of the noodles very enjoyable. Although I see myself as a die-hard Okinawan soba fan, the reimen was hard to resist.

For extra Okinawa flavor, pair your noodles with juice made from shiikwaasa, a tangy citrus fruit native to Okinawa and Taiwan (350 yen). The combo of the two is a refreshing way to cool down in the hot Okinawan summer.

After lunch, I headed back to the coastal road

to check out a 984-foot seawall featuring a number of colorful paintings. They were drawn by local children for an art competition called "Hiramiya Gogan Art Concour." The artwork depicts various scenes from local culture and life, livening up the huge canvas.

Past the colorful seawall, just before the road transitions to Miyagi Island, one of Henza's most

> symbolic landmarks will come into view - a group of many large tanks. These 45 oil tanks contain more than 1.1 billion gallons of oil and form the southmost petroleum terminal of Japan, according to the Okinawa Central Terminal Station.

The tanks were originally constructed in the 1970s by Gulf Oil, which at the time was known as one of the "Seven Sisters" along with Mobile, Texaco, Chevron and others. The then-major oil company was behind the construction of Kaichu Doro Causeway, which in 1973 finally connected Henza and the Okinawa main island, according to Okinawa OCTS' website.

Before, locals either crossed the ocean at lowtide or took a boat at full-tide to the main island. In the 1950s, a truck would transport locals at low tide, but accidents would raise Henza residents' desire for a bridge.

Once a lifeline for locals, today the causeway brings many tourists not only to the island, but also further to other surrounding islands, and the tanks are a reminder of that history.

With 1314.6 acres of land and a 4.3-mile circumference, Henza Island may not be big, but the views and history are a nice reason to pause and enjoy it over a cold bowl of reimen.

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Malt and hops

Hoppy times at Okinawa's Orion Happy Park

BY MATTHEW M. BURKE, STARS AND STRIPES Published: Sept.12, 2019

f there is a recipe for happiness, it surely contains malt and hops— and there is plenty of that to go around at Orion Happy Park in Nago city.

Happy Park is home to the Orion Beer Plant, which makes Okinawa's most renowned brew, Orion Draft Beer, a champagne-colored slice of heaven synonymous with never-ending summer and Okinawa's tropical beach lifestyle.

The Happy Park gives free tours that allow guests to see how the pilsner is made. The result feels like the answer to the question; what would happen if Willy Wonka was replaced in his factory by Samuel Adams' Jim Koch and surf legend Kelly Slater?

The experience leaves visitors feeling like Charlie Bucket, as if they'd sampled the Fizzy Lifting Drinks and were handed the factory keys.

The company, known today as Orion Breweries Ltd., was founded by Sosei Gushiken on May 18, 1957,

according to the Orion website. The island was firmly in the hands of the U.S. military at the time and Gushiken sought

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to develop manufacturing that would contribute to the economic and social reconstruction of an island decimated by World War II.

Two years later, the company's name was chosen by the public, the website said. After placing advertisements in local newspapers, it received 2,500 entries with 823 potential names.

Orion was chosen because the constellation is in the southern sky and Okinawa is a southern Japanese island. The stars symbolize dreams and aspirations, and the commander of U.S. forces governing Okinawa at the time was a three-star general.

The blue and red colors on the bottles and cans symbolize the sea and sky of Okinawa and the southern sun, the website said. They also stand for harmony with nature, freshness and purity, as well as burning passion, energy and solidarity.

Gushiken chose the factory location in Nago for the quality spring water from Mount Nago, according to factory staff. Orion Draft Beer was born in July 1960.

Early in its existence, Orion experienced growing pains, Okinawa's Ryukyu Shimpo newspaper reported in 2017. American beer reigned supreme on the island, with Yamato Beer in second place. Orion was disparagingly referred to as "island swill" at the time and treated as second-rate.

Gushiken refused to concede.

He dispatched employees to the cabarets and restaurants of Naha's Sakurazaka social district, selling Orion door to door, the Shimpo reported. "They developed their market by

selling beer directly to stores during the day and observing the pub-crawling customers and the goods being offered during the evening."

Gushiken's gambit paid off. By 1964, Orion accounted for 83% of beer consumed in Okinawa, the Shimpo said. It has been growing its market share ever since.

In 2002, Orion partnered with Asahi Breweries to produce and distribute Super Dry in Okinawa in exchange for nationwide distribution, the Shimpo reported. Today, Orion can be found on the Japanese mainland as well as in countries all around the world.

The refreshing draft — with its unique flavor profile that is light, crisp, malty, with a hint of citrus and a slightly bitter finish — has endeared itself to U.S. servicemembers and connoisseurs alike for decades. It is often the first thing mentioned by nostalgic veterans recalling their Okinawa deployments. Posts on social media detail what stateside stores carry the distinct brown bottles.

Tours of the Orion brewery must be booked in advance. This can be

done online. While the tours are in Japanese, English scripts are available for English speakers to follow along.

The tours are 30 minutes long, followed by 20 minutes of tasting — and don't worry, designated drivers, non-alcoholic beer is available for you.

The tour starts in front of an oldstyle Okinawan sundries store, the site of Orion's genesis. Then it is off to see the carefully selected ingredients that go into each Orion beer.

Orion's main ingredients are malt—or germinated and dried barley—from Europe, Australia and Canada and hops from the Czech Republic and Germany, Orion literature said. Crushed malt is placed in a mash tun and heated, producing sweet wort.

This is filtered and transferred to a kettle. Hops are added into the mixture, which is then boiled.

The mixture is cooled and piped to fermentation tanks. The fermentation tanks at Orion's factory contain so much beer, that if you drank one beer a day, it would take 1,500 years to finish a silo's contents.

Yeast is added to the mixture and it takes about a week to turn into

fresh beer. The beer is then transferred to maturation tanks, where it will sit for another 10-15 days.

After being filtered, the beer is ready for bottling and canning, the brewery literature said. Orion fills 19,200 bottles,



72,000 cans and 720 kegs per hour.

Everything at the factory is automated and moves seemingly at the speed of light, putting on a show. The swirling wort, massive kettles, whizzing cans and bottles, computers and even robot arms are a sight to see.

Two free beers are provided at the tasting, ice cold, the way Orion was meant to be consumed on a hot Okinawa day. Then visitors are unleashed on the Orion factory store where fresh beer is available by can or case, along with a smorgasbord of souvenirs.

Orion Happy Park is aptly named, and one of Okinawa's historic postwar golden tickets.

burke.matt@stripes.com Twitter: @MatthewMBurke1



Machines bottle and prepare Orion been



Cans of Orion beer are displayed during a tour.



- TIMES: The factory is open from 9 a.m. to 6 p.m., seven days a week. It is closed on holidays.
- **COSTS:** Brewery tours, including a sampling of Orion beer, are free. Fresh beer and souvenir items are on sale at the brewery store.

Orion beer cans are displayed

during a tour.

- FOOD: There is a restaurant on site where food and beer are available for purchase.
- INFORMATION: Phone: 0980-54-4103

 Brewery tours can be booked on the Orion website, orionbeer.co.jp/brewerytour_en/.

 They are conducted in Japanese, but English-language materials can be provided upon request.

MY FAVES

STORY AND PHOTOS BY TAKAHIROTAKIGUCHI, STRIPES JAPAN

apan, aka the nation of noodles, offers more than just ramen. In The Land of the Rising Sun you can taste virtually any type of noodle – hot or cold, white or grey, flour or rice, and with or without broth. Traditional udon noodles can be enjoyed with its springy or even sticky texture, while soba offers a chewy texture and wonderful aroma. Plus, each region twists the variety of noodles with its own local flavor. Here are some of my favorite noodle dishes and places to try them. While located in Japan, make sure you find your way to at least one of these noodle joints.

■ Kurayoshi (Tsuyu Yakisoba)

Tsuyu Yakisoba is a popular local dish created by Kuroishi residents. It features thick and chewy noodles with shrimp and mushroom tempura in soy-sauce based broth. They then perfect the dish by putting some Worcestershire sauce on top. I recommend sampling the noodles with broth before mixing in the sauce, so you can appreciate what the Worcestershire adds to the taste. It is really impressive as the taste of broth gradually got thicker and more bitter which made the flavor of shrimp and mushroom tempura stand out. The chewy texture of thick noodles go along well with the broth, as well. You can sample tasty tsuyu yakisoba at Kurayoshi, located in a building built nearly 200 years ago (2-hours from Misawa AB). This eatery offers a variety of other local dishes, such as tempura, sushi and shabu shabu, as well.

LOCATION: 13 Yokomachi, Kuroishi City Aomori Prefecture, **TEL:** 0172-53-2111

■ Yajiguwa (Okinawa Soba)

Okinawa Soba is made up of thick, springy wheat noodles that resemble udon, broth flavored with kelp, bonito flakes and pork, and topped with fish cake, sliced scallion and a thick slice of stewed pork belly. Located in Nakadori district of Tsurumi City aka "Little Okinwa," (15 miles south of central Tokyo), Yajiguwa is the oldest Okinawan restaurant in the district. Its popular Okinawa soba noodles contain sliced bacon, fish cake and spring onion. The white broth is flavored with pork and fish and goes well with homemade soft and chewy noodles. The restaurant has used its original recipe for more than 60 years. The restaurant also offers its popular goya set and tofu champuru.

LOCATION: 3-72-2 Nakadori, Tsurumi-ku, Yokohama City, Kanagawa Prefecture, **TEL:** 045-506-5754.

■ Araki Soba (Soba)

Soba is a popular Japanese noodle dish made from buckwheat flour or a combination of buckwheat and wheat flours.

Kurayoshi Araki Soba Yokota ★ Yokosuka Yajiguwa Ichiraku Shokudo Sai Gon

They are served either chilled with a dipping broth or in hot soup. Murayama City is known for many great soba joints packed in the area called "soba road". Among the many soba joints in the district, Araki Soba is considered the best, and was named by prominent French gourmet project, "La Liste," as one of the world's top 1,000 restaurants in 2015. The dark grey, thick soba noodles come in a long wooden box, which is done because locals usually ate soba by sharing them in the box after their work on the farm. It was indeed the hardest and most chewy noodle I have ever experienced in my life. At first, I felt as if I wasn't going to be able to finish, but as I got used to it, I became obsessed with its authentic taste and sweet aroma, and finished them off in no time. The broth, made from stock of herring, really went well with the extremely chewy noodle.

LOCATION: 65 Ookubo-ko, Murayama City, Yamagata Prefecture, **TEL:** 0237-54-2248

■ Sai Gon (Pho)

Pho is a popular Vietnamese street noodle dish made up of chicken-flavored broth, rice noodles, herbs and meat (either beef or chicken). You can sample authentic noodles at Sai Gon in the multicultural Ichodanchi Housing Complex, 20-minutes from NAF Atsugi. This restaurant offers genuine and authentic tastes of South Vietnam. With many popular dishes, such as cha gio (fried spring roll), pho bo (beef pho) and banh xeo (crispy pancake), pho ga (chicken pho), Sai Gon exemplifies the traditional tastes of South Vietnam. Although it simple and less salty and did not have a particularly strong flavor that Indian, Tai and Korean cuisines have, mixed herbs and spicy sauce made the mild flavor intense. The broth is extremely smooth and full-bodied – various fragrant herbs combined with the gentle flavor of chicken help make it a really sophisticated soup, which reminded us of sampling superb consommé soup at a 5-star French restaurant.

LOCATION: 3173 (1F) Kami-lidamachi, Izumiku, Yokohama City, Kanagawa Prefecture, **TEL:** 045-805-6081

■ Ichiraku Shokudo (Hirado Champon)

Ingredients for champon, a popular dish in the Nagasaki region, differ depending on the district. The dish typically features chewy noodles, fried pork, seafood and vegetables. Hirado City offers its local champon with extremely thick and chewy noodles, along with tasty porkbone broth with "ago" (flying fish), squid, clam and local vegetables. Located near the center of Hirado City, the 85-year-old Ichiraku Shokudo will serve you up original Hirado Champon noodles at a reasonable price. Sample its signature "Ago Champon," for an impressive dish.

LOCATION: 77 Kihikidacho, Hirado City, Nagasaki Prefecture, TEL: 0950-22-2269 takiguchi.takahiro@stripes.com

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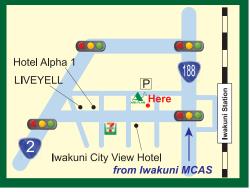
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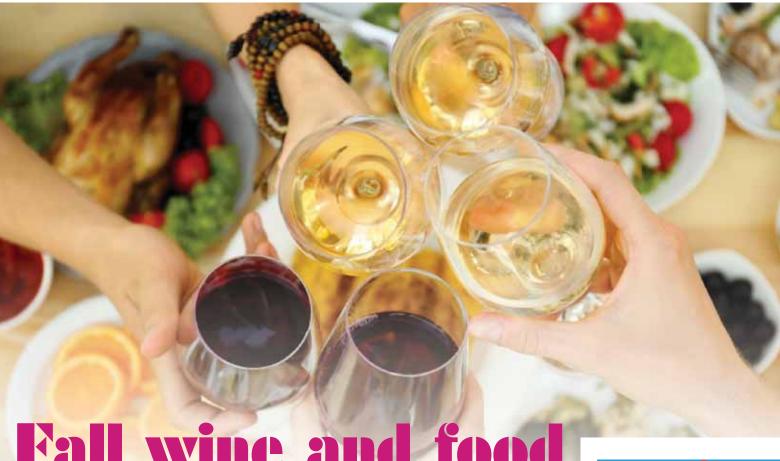
Palau offers a unique area for the obstacle course that makes the race all the more exciting designed for individuals or teams, we even have a special kids course.

KONQER is the first and biggest obstacle course event of the region that debuted in Guam in 2015. The obstacle course challenge is made up of several intense physical fitness activities that require participants to jump, crawl, swim, run and climb to the finish line.

KONQER is an event that hones in on teamwork, physical fitness and fun.

Also get a chance to experience diving in our pristine waters, tour around Palau, enjoy local traditional dishes and explore our rich culture and history during your stay.

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Fall wine and food tips for outdoor entertaining

utumn is the ultimate time for outdoor dining. For your next gathering, bring the party out to the deck or patio for an eve-

ning of enjoyable light bites and delicious wines. If you need some inspiration to create a delec-

table spread, one resource is St. Francis Winery and Vineyards, a certified-sustainable winery in Sonoma County, California. The winery offers luscious, fruit-driven varietal wines and a food-pairing program voted #1 Restaurant in America by Open Table.

If you are hosting an autumn gathering, elevate the evening with some tips and pairing ideas from the winery's culinary team.

White wine pairings

Chardonnay is a perfect white wine to drink in cool weather. Consider serving a Sonoma County Chardonnay 2016 (SRP: \$16.99), a classic, medium-bodied white wine that is refreshing, yet rich in flavors of green apple, juicy pear and melon. The winery achieves these aromas and flavors by picking the grapes in the cool of night and fermenting in French oak barrels.

Serve the Chardonnay alongside a tray of Smoked Salmon Mousse in Phyllo Cups. The creamy salmon mousse, paired with the crisp, bright flavors of the wine, refresh the palate and will have guests going back for seconds.

Another delicious pairing with Chardonnay is a Burrata, Beet and Grilled Peach Salad. Featuring fresh, seasonal produce, the sweetness of the

beets and peaches will pair wonderfully with the melon and citrus notes of the wine for an enjoyable combination.

Red wine pairings

With the brisk fall air upon us, add a spicy, rich and balanced Sonoma County 'Old Vines' Zinfandel 2015 (SRP: \$20.99) to

your spread. This classic red wine, produced from 50 to 100-year-old vines, has enticing baking spice aromas and mouthwatering flavors of wild, crushed berries and red licorice.

You can serve this 'Old Vines' Zinfandel with a starter, such as Goat Cheese and Olive Skillet, a robust, easy-to-make dish perfect for dipping your choice of breads or crack-

ers. The cheeses with tomato sauce and herbs bring out the warm spicy scents and fruit-forward flavors within the wine. Better yet, the wine's velvety texture accentuates the olives' saltiness, making for a harmonious pairing.

One more appetizer option to make your guests is Peperonata and Ricotta Crostinis, an appetizing blend of tomato sauce, red pepper flakes and garlic, topped with ricotta cheese. The Zinfandel's bold flavors and richness will balance this dish nicely without overpowering the creamy ricotta.

Create an evening to remember, complete with perfect pairings of two Sonoma wines and four appetizers. Your guests are sure to leave satisfied and impressed by an array of flavors that nod to the transition of seasons and help you welcome the tastes of even cooler weather.

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STOY AND PHOTOS BY JAMES BOLINGER, STARS AND STRIPES Published: Sept.19, 2019

he floating O-torii and Itsukushima Shrine at Miyajima south of Hiroshima are two of Japan's most popular attractions, but ongoing restoration work there shouldn't stop Americans stationed in Japan from planning a visit.

Miyajima, or the "Island of the Gods," is one of the three most scenic places in Japan,

according to the island's official tourist website, and a prime destination for an easy day trip or weekend getaway for those at Marine Corps Air Station Iwakuni.

It's especially popular for professional and amateur photographers who make their way around the picturesque landscape.

The most popular photo subject is the O-torii, which appears to float gently on the waves when the tide is high. The bright orange structure,

which stands nearly 60 feet tall in stark contrast to the dark green, forested hillsides behind it, was built in 1875 and is the eighth

O-torii at Miyajima. The first was built in 1168.

Other photo ops include It-

sukushima Shrine, a UNESCO maples changing color, or the World Heritage site, with its brilliant orange pillars and wooden walkways. There's also the five-story Tahoto Pagoda, which pokes above the

scenic orange footbridges in Momijidani Park that cross a small river. They're perfect for family photos.

your trip right, you can catch leaves on the Japanese

If you time

cherry blossoms that blanket the entire town in pink and white flowers.

A long tramway makes its way through a primeval forest to the peak of Mount Misen, which many tourists with physical fortitude choose to hike. From the top of Misen one can see the islands of the Seto Inland Sea.

The kids will enjoy the wild deer that inhabit the island. They walk the streets and are friendly enough to pet.

My most recent adventure included a visit to the Miyajima Brewery to sample the three varieties of Miyajima beer. My favorite was the red ale, which



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Many of the wild deer that walk the streets of Miyajima are friendly enough to pet.

was strong but not overly hoppy. Best of all, the brewery let me take the cup with me, and I sat on the beach with my feet in the water enjoying the peaceful sound of the surf striking the sand.

The most popular dish on the island is grilled oysters, and they are served at a variety of stands on the oceanside road. They are as big as an adult's hand, and from my understanding are quite tasty. I'm not an oyster guy, so I did not partake, but those who did seemed pleased.

Miyajima is halfway

between Iwakuni and Hiroshima and is best accessed by train. After arriving at Miyajima Guchi station, take a short walk following the signs to the ferry. A roundtrip ferry ticket costs 360 yen.

Visitors will want to bring plenty of yen for food and

shopping. I started my day with 5,000 yen (about \$45) and was running on empty after dinner, dessert and a few beers.

It's possible to see most of the sights on Miyajima in a day if one takes the tramway to the top of Misen and starts early.

However, to see the entire

island and get the best lighting for your photos, I recommend more than one trip, especially if you want to hike to the mountaintop. The photo opportunities also change throughout the year.

The five-story Tahoto Pagoda pokes above the cherry trees at Miyajima.

bolinger.james@stripes.com Twitter: @bolingerj2004

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TEL: 03-6913-1511



STORY AND PHOTOS BY TAKAHIRO TAKIGUCHI, STRIPES JAPAN

n search of a casual Italian dining experience with homemade dishes at a reasonable? Mingo has you covered. And to make it even better, Mingo is within a stone's throw of the Hardy Barracks in Tokyo and is perfect for a quick, cheap lunch.

This place isn't stuffy. No fancy Italian restaurant seating here. Mingo's seating involves a wooden bar and wooden picnic tables for a casual, cozy dining experience. The restaurant accommodates 46 diners and is a great

spot for hosting a party or large group. They even offer various party menu options, including all-youcan-drink options.

Mingo's owner and chef, Ikuhito Ono, opened the eatery in 2006 after learning authentic dishes in Sicily. He carefully hand makes Sicilian-based dishes using fresh seasonal ingredients every day, so you can sample the best possible Italian dishes throughout the year.

"I am trying to employ a good use of my cooking experience and expertise to make Mingo a restaurant where any guest can enjoy," Ono said.

Ono said he can accommodate diners on specific diets. Are you vegan or need a gluten-free meal? Ono has you covered, just ask!

Among the regular four lunch sets that are available throughout the year (at prices ranging from 800 and 1,300 yen), the "Great" lunch plate for 1,300 yen is a recommendation, as it contains 8 items - daily pasta and main dish, a slice of bread, mini appetizer, salad, soup, dessert and soft

Since Ono's menu revolves around what is available at the market, the main dish and pasta vary every day. On the day I visited, my "Great" lunch plate came with sautéed tender pork rib with mustard cream sauce as the main dish, and spaghetti puttanesca with bacon and shrimp tomato

sauce for the pasta dish.

The carefully sautéed pork rib had an extremely tender texture and rich taste. Hot and sour mustard cream sauce along with garnished mashed potato, stir-fried arugula and bell pepper really brought out the flavor.

The pasta featuring tomato, cream and cheese, had

sweet and sour taste with stir-fried onion, tomato and olive oil. The slightly salted bacon and plump shrimp paired well with the rich cheese and cream on the noodles cooked al dente. Along with salad, appetizer and dessert, the lunch set nicely arranged in a plate actually reminded me of a luxurious full-course of Italian dishes.

For my soft drink, I had many to choose from. Mingo offers coffee, teas, juices, soft drinks and even drinks like

I went for the cappuccino, a good choice to accompany

the tangy panna cotta dessert included with my set.

Another option at Mingo is upsizing your meal to a larger portion for an additional 100 yen. Definitely worth it to go big because the food is delicious, and you'll wish you had more.

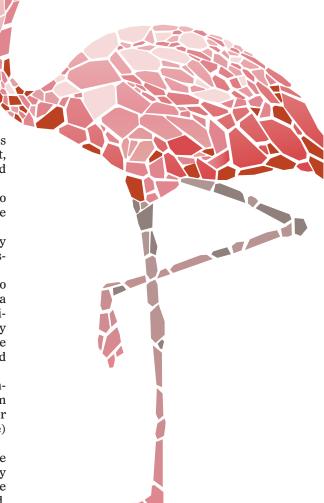
If you are off duty, enjoy a lunch beer (Premium Malts or Carlsberg) or lunch wine (red or white) for only 300 yen.

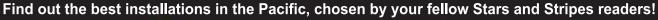
The next time you're looking for some tasty

Italian food, or just need that glass of wine, check out the unique atmosphere at Mingo. If you're bringing a crowd, make sure to reserve ahead.

takiguchi.takahiro@stripes.com



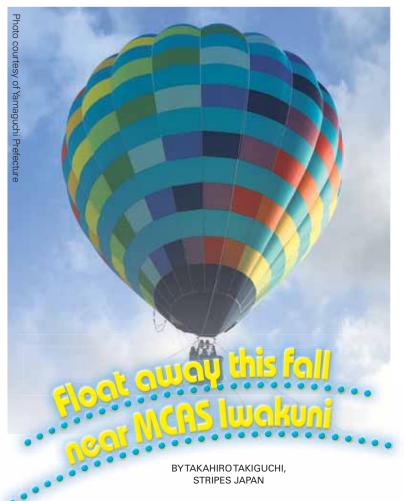






WHO IS THE BEST OF 2019?





loat away this autumn on a hot air balloon near MCAS Iwakuni.

"Super view from the Sky" hosted by Yamaguchi Prefecture will fly guests above the famous Kintai Bridge and over the area's fall foliage.

This is a limited event on a few weekends in November and requires reserving in advance. To reserve send in a postcard to the address below post stamped by Oct. 7 for a chance to hitch a ride on this fall balloon outing.

takiguchi.takahiro@stripes.com



1. Your favorite day (From the dates above)

Applicants will receive notification of

3. Your name and address

- Send your postcard here: Tourism Promotion Office,

Yamaguchi Prefecture

1-1 Takicho, Yamaguchi City,

Yamaguchi Pref., 753-8501

For more information, visit

https://yamaguchi-magic.jp/event/autumn/1053/

or call 083-933-3204

selection.)

Number of participants (adult/elementary/infant)

they will conduct a drawing to deter mine the winners.

(In case applications exceed more than 200,





Contact us at helena.vigil@gsacademy.com for more information



\$1,567

Iwakuni departure (Nov.24 - 28 departure)

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BLDG 410 (Crossroads Mall) iwakuni@iace.co.jp DSN: **253-3942** or **3841** From cell/off base: **0827-79-3942** or **3841**

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2 offices in Tokyo (Yokosuka, Atsugi)

(Nov.26 departure - Dec.01 return)

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Thanks Giving Day Special Samurai Train Aizu & Nikko 2-Days / 28NOV Departure - 29NOV Return

*** Prices are in US dollar, per person, based on 2 per room, unless specified



Holi: 10 am - 2 pm

Price 27,200yen (248 USD)

Price includes:

- -Round trip train between Asakusa and Tobu Nikko
- & Aizu Tajima and Asakusa (reserved seat) 1night stay at Aizu Wakamatsu Washington Hotel English guide and tour escort
- -Breakfast x1, Lunch x 2

*Single room price is 28,200yen (257USD) *Purchase by 28OCT *Minimum 20 guests required \sim For more details, please feel free to contact us

- -Visiting at Nikko Toshogu shrine, Kanaya Hotel History House, Tsuruga castle and Japanese archery experience
- -Samurai performance by KAMUI (the Samurai Artist)

Snow Festival Escorted Tour 4-Days / 2FEB Departure - 5FEB Return

Price 108,000 yen (982 USD)

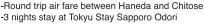


Price 111,000 yen (1,009 USD)



- Price includes: -Round trip air fare between Haneda and Chitose
- -3 nights stay at Tokyu Stay Sapporo Odori
- -Breakfast x 3, Lunch x 1 and Dinner x 1
- -Tours to Tsudome (a family oriented site with a variety of snow and ice attractions), Chocolate Factory, Lake Shikotsu and Hitsujigaoka Observation Hill

Price includes:



-Breakfast x 3, Lunch x 1 and Dinner x 1 -Tours to Nikka Whiskey Distillery, Lake Shikotsu and Hitsujigaoka Observation Hill

Single room price: 114,000 yen (1,037 USD) for Kids Plan, 118,000 yen (1,073 USD) for Adult Plan



More information is available at... https://www.iace.co.jp/en/

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Feel free to call, IAGE YOKOSUKA office

Office: 264-6297, 6298

Email: atb@iace.co.jp Mon-Fri: 9 am - 6 pm, Sat: close

For Misawa customer

Inquiries from Misawa misawa@iace.co.jp and tell Atsugi Office you ring from Misawa!!





MISAWA YOKOSUKA ATSUGI ZAMA YOKOTA FUJI IWAKUNI SASEBO OKINAWA MISAWA

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BYTAKAHIROTAKIGUCHI. STRIPES JAPAN

aytime is getting shorter and autumn is starting to creep in. Enjoy the crisp and cool weather at some scenic attractions off base. If you are located in the Iwakuni area or. will be in the area this season, take a ride on the limited-time "sake train" running along the scenic valley of the Nishiki River throughout autumn season.

Nishikigawa Railway Company will run "Kikizake Ressha" (literally "sake-sampling train"), every other weekend between Oct. 5 and Dec. 14 this year.

The 7,000-yen (about \$65) fare includes a round-trip ticket between Iwakuni and Nishikicho Stations on Nishikigawa-Seiryu Line, a gorgeous bento lunch box packed with local delicacies and five small sake bottle samples from local breweries. The train will take passengers through breathtaking scenic areas while they enjoy local sake and local foods.

Yamaguchi Prefecture is home to wonderful breweries that brew high-end sake of smooth, fruity texture with well-balanced flavors of bitterness and sweetness. You can sample five of the most popular brands of their products

NISHIKIGAWA-SIRYU LINE "KIKIZAKE RESSHA" (SAKE TRAIN)

DATE: Oct 5, 19, Nov. 2, 16, 17, 30 and Dec. 14

NUMBER OF SEAT AVAILABLE: 50 (Nov. 16 and 17: 70)

FEE: 7,000 yen (including roundtrip tickets of Iwakuni - Nishikicho Stations, five small bottles of sake and a lunch box) URL: http://nishikigawa.com/

Reservation and more information, call 0827-72-2002.

- Gangi, Kinkankuromatsu, Kinsuzume, Gokyo and Dassai on this special train.

The sake train leaves Iwakuni Station at 12:30 p.m. and will take you on a 90-minute ride to Nishikicho Station. Once there, hop onto the optional "tokotoko" electric tram for some more sightseeing on another 90-minute tour of scenic Kusatsuki Spa for 500 yen.

The train will get you back to Iwakuni at 5:13 p.m,, if you would take the optional tokotoko train. If you don't take the option, then you will be back at Iwakuni at 3:23 p.m.

It's absolutely a great idea to enjoy a beautiful autumn day in Iwakuni. Only 50 seats are

available for each train. So, call Nishikigawa Railway at 0827-72-2002 and reserve your seats today! takiguchi.takahiro@ stripes.com



Stripes Sports Trivia

Rich in tradition and history, this storied NFL franchise plays in the smallest TV market of any NFL squad. The team is the only community-owned major pro franchise in the U.S., and was the last stop in the career of "the punky QB known as (Jim) McMahon."

Answer

Green Bay Packers

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DID YOU KNOW?

ust 40 miles west of Misawa Air Base on the northern extremity of mainland Japan (Honshu), Aomori City is known as the gateway to Hokkaido Island. Surrounded by orchards, it's famous for production of apples (446,000 tons annually), as well as the yearly amounts of heavy snow (up to 60 inches a year), holding the nation's record for both. In 1945, about 90 percent of the town was destroyed during an Allied Forces bombing and most of the city had to be rebuilt during the postwar boom. Today, the city center is

Kanji of the week



Awa or hou (Foam/bubble)

Language Lesson

a model of urbanity.

Let's eat.

Tabe mashoo.

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by Margie E. Burke

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The Weekly Crossword

- **ACROSS** 1 Sidewinder sound
- 5 Smart-mouthed
- 10 Lends a hand
- 14 Social starter 15 "The Republic" writer
- 16 Flat-bottomed boat
- 17 Kind of mark
- 18 Bold poker bet 19 Stick up for
- 20 Funeral pile 21 Figure skater
- Johnny 22 Cuban dance
- 23 Periphery
- _-than-life 25
- 26 Flement no 5
- 28 Demand 30 Jennifer Garner
- series 31 Trip planner's aid
- 32 Dandy dresser
- 35 Secure with straps
- 37 Pizzeria herb 39 Lawn starter
- 40 Colorful parrot
- 42 Done to death
- 43 The Louvre, e.g. 44 Gypsy's deck
- 45 Secure
- 48 Temporary
- teacher
- 50 Full of chutzpah 51 Novelist
- Mae Brown
- 52 Bit of rain
- 55 Cheat
- 56 Biblical length 57 Like some beds
- 58 Slender musical
- instrument
- 59 Assign
- 60 States further 61 Take care of
- **62** Bopper lead-in
- 63 For fear that

DOWN

1 Door securer

- 2 Pitch-black 3 Cooked in a wok
- 4 Detour route.
- often
- 5 Breed, as salmon
- 6 Loyalty
- 7 Most noticeable 8 Awaken
- 9 "Silent Night"
- adiective 10 Separate into
- groups
- 11 Cake topper
- 12 Dakota maker
- 13 Take an oath 22 Boombox insert,
- once 24 To such an
- extent
- 25 Rail anagram
- 26 Off one's trolley
- 27 Spicy stew
- 29 Replay feature 32 Win-win
- transaction
- 33 Cognizant of 34 Longfellow, eg.

- 36 Diluted art 47 Prey grabber 49 Like some medium
- 38 Type of seizure 41 Within earshot

Ranger

keeper?

46 "Survivor" team

45 Brothers'

- 51 Ann of true crime 43 Like the Lone
 - 53 Racetrack figures
 - 54 Dennis, to Mr.

remarks

- Wilson 56 Alley prowler

Answers to Last Week's Crossword:

T E R M P E R M I S S I V E APRIL REVCONTOURTUB RIGHTTURRET ACTIVE WHITEWATER WADE

SUDOKU

Difficulty: Easy

Edited by Margie E. Burke

HOW TO SOLVE:

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

Answers to Last Week's Sudoku:										
8	4	1	2	7	3	5	6	9		
3	2	9	8	6	5	4	1	7		
6	5	7	9	1	4	2	8	3		
4	9	8	1	3	6	7	5	2		
5	3	2	7	8	9	6	4	1		
1	7	6	4	5	2	3	9	8		
9	8	3	5	4	7	1	2	6		
2	6	5	3	9	1	8	7	4		
7	1	4	6	2	8	9	3	5		

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Sunday, October 27 10 a.m. - 1:30 p.m.

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