

**PET FRIENDLY?
YES, WE ARE!**



Yokosuka: 243-6708
Atsugi: 264-6880
Sasebo: 252-3601

WORLDWIDE LOCATIONS
1-800-NAVY-INN Navy-lodge.com

INSIDE INFO



**EXPLORE KYOTO
OFF-THE-BEATEN-PATH**
PAGES 8-10



**CAPSULE HOTELS ...
YES OR NO?**
PAGE 13



**GREAT SUSHI FOR
AROUND 5,000YEN**
PAGES 14-15

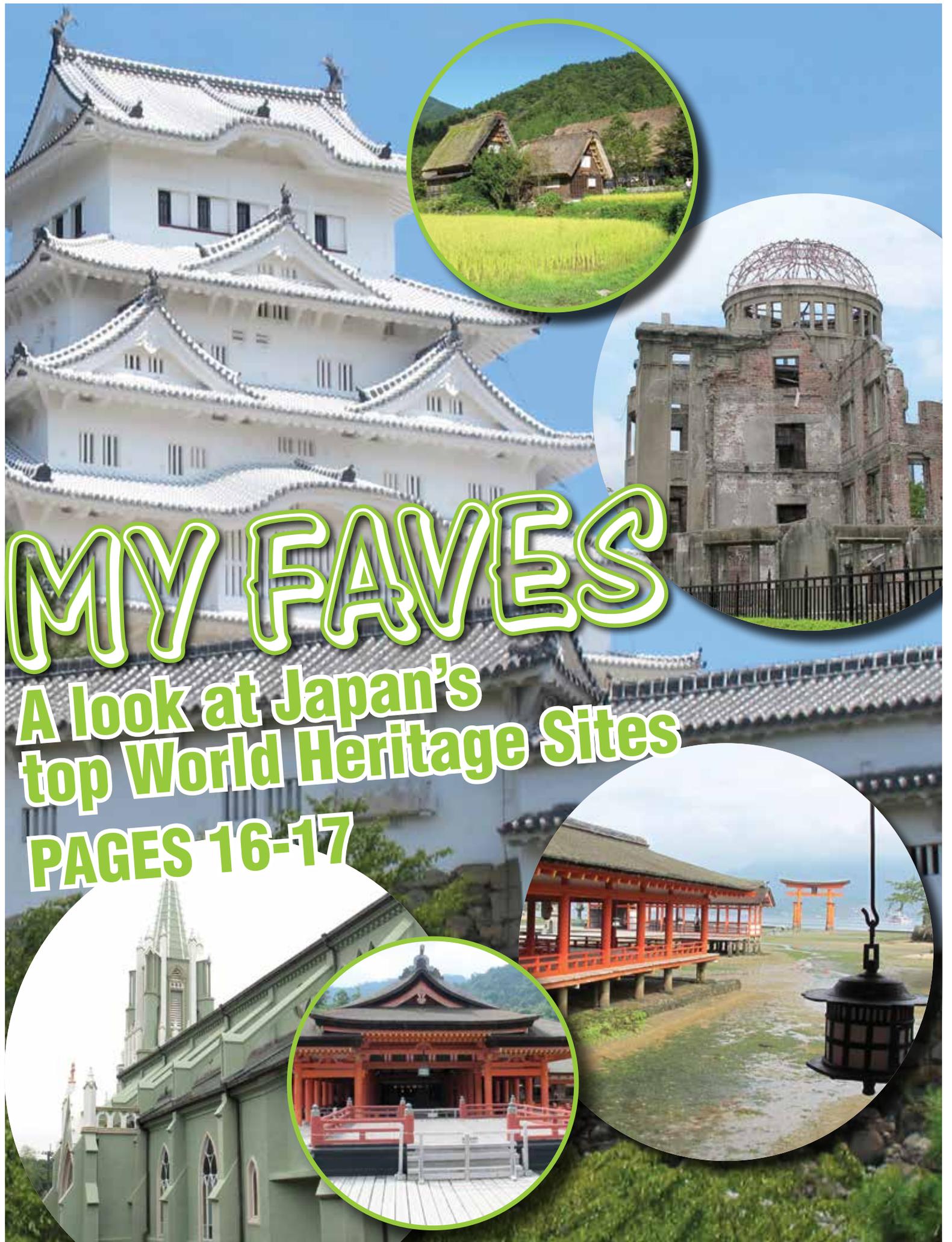


**FROM MOUNTAINTOPS
TO THE DEEP SEA IN
NEW ZEALAND**
PAGES 22-24

**CHECK US OUT
ONLINE!**



STRIPESJAPAN.COM



MY FAVES
A look at Japan's
top World Heritage Sites
PAGES 16-17

STARS AND STRIPES

www.stripes.com

Max D. Lederer Jr.
Publisher

Lt. Col. Richard E. McClintic
Commander

Michael Davidson
Revenue Director

Marie Woods
Publishing and Media Design Director

Chris Carlson
Publishing and Media Design Manager

Monte Dauphin
Japan Area Manager

Kentaro Shimura
Production Manager

Rie Miyoshi
Member Services Manager

Ian Waddick
Publishing and Media Design Editor

Publishing and Media Design Writers
Shoji Kudaka
Takahiro Takiguchi

Layout Designers
Ayako Kamio
Yukiyo Oda
Yuko Okazaki
Kayoko Shimoda

Multimedia Consultants
Max Genao Doug Johnson
Jason Lee Hans Simpson
Chae Pang Yi Gianni Youn
Robert Zuckerman

Graphic Designers
Kenichi Ogasawara Yosuke Tsuji

Sales Support
Kazumi Hasegawa Hiromi Isa
Ichiro Katayanagi Yoko Noro
Yoichi Okazaki Yusuke Sato
Chae Yon Son Saori Tamanaha

For feedback and inquiries,
contact MemberServices@Stripes.com

To place an ad, call DSN 227-7370
stripesjapan.com/contact



Deported military spouse's quest for legal status proves futile

Alejandra Juarez, 38, left, says goodbye to her children, Pamela and Estela at the Orlando International Airport on Friday, Aug. 3, 2018 in Orlando, Fla. Red Huber/Orlando Sentinel/AP

Stars and Stripes has covered Alejandra's journey as she has fought for a hearing to reverse her deportation. Now she's back in Mexico, struggling to start over. Read earlier articles at stripes.com/go/veteranwife

BY DIANNA CAHN,
STARS AND STRIPES
Published: Sept. 26, 2018

WASHINGTON — After sneaking across the border into the United States in 1998,

Alejandra Juarez spent years and thousands of dollars trying to legalize her status and stay in the country with her American Marine veteran husband and their two U.S.-born children.

In the end her efforts failed,

not for lack of trying but because of immigration laws that have been on the books for years but were not strictly enforced until President Donald Trump took office. Her story illustrates the difficulties ↗

NEW SANNO PRESENTS HALLOWEEN SUNDAY BRUNCH
OCT 28 SUN
10:00 - 15:00
ADULT: \$29.95 / CHILD: \$14.95 (6-12)

KIDS ACTIVITIES

PUMPKIN WEIGHT GUESS PRIZE
BRUNCH COUPON FOR FAMILY (2 ADULTS, 2 CHILDREN)

COSTUME CONTEST
11 AM (UNDER 12)

★ MUSIC ★ GAMES ★ TRICK OR TREAT
★ STORYBOOK READING
★ CRAFTING ACTIVITY

NEW SANNO HOTEL PRE THANKSGIVING TURKEY & HAM ON THE GO MENU

Planning a Pre-Thanksgiving Gathering with your Command, friends and family to celebrate the Thanksgiving Day festivities, let us do the cooking for you. Enjoy a traditional Thanksgiving feast especially prepared and ready to go by the New Sanno Culinary team.

75 per order 12-15lb WHOLE ROAST TURKEY INDIVIDUAL ORDER	110 per order 20lb WHOLE HONEY GLAZED OF LEG HAM (BONE IN) INDIVIDUAL ORDER	90 per order 12-15lb WHOLE ROAST TURKEY PACKAGE INCLUDES PINT OF GRAVY, HALF PAN OF MASHED POTATOES OR RICE, TRADITIONAL STUFFING, PINT OF CRANBERRY SAUCE	130 per order 20lb WHOLE HONEY GLAZED OF LEG HAM (BONE IN) PACKAGE INCLUDES PINT OF PINEAPPLE GLAZED, HALF PAN OF MASHED POTATOES OR RICE, PUMPKIN PIE
--	---	--	--

Pick up Schedule: November 21, 2018 – Wednesday
Morning Time: 10:00am – 11:00am
Afternoon Time: 4:00pm – 5:00pm
Pick up area: Rotunda at the Lobby

Payment must be made in advance.
Last day to order & pay by November 20, 2018, Tuesday at 5pm.

ORDER NOW!! 229-7151, 03-3440-7871 EXT. 7151
events@thenewsanno.com

SPONSORED by **STARS AND STRIPES** **NEX** Navy Exchange



▶ facing thousands of undocumented immigrants who have built lives for themselves that are now at risk because of mistakes they made years ago.

Alejandra says she decided to flee Mexico after receiving death threats for reporting a robbery at the shop where she worked.

She says she applied four times for U.S. visas, including a tourist visa, a work visa and a student visa, but was repeatedly refused, perhaps because American consular officials feared she would overstay her permit. After the final refusal, she sneaked across the U.S. border but was captured. A border agent gave her two choices — sign a document and return to Mexico or be placed in detention. She elected to return to Mexico. Days later she crossed the border, this time eluding arrest.

Two years later, she met her future husband, Cuauhtemoc, or "Temo," Juarez, a Mexican citizen and U.S. Marine with legal U.S. residence status, or green card. They married in 2001 and within a week went to a lawyer to try to get her a green card — the first step toward citizenship. She says the lawyer told them to wait until Temo became a citizen, which would improve her chances.

Temo, who by then had completed his Marine service and joined the National Guard, became an American citizen in 2002, just days before he deployed to Jordan and later to Iraq. She planned to apply for

her green card when he returned.

In 2004, she submitted her application. She received a letter from U.S. Citizenship and Immigration Services that says because she entered illegally, the only way to apply for a green card was to leave the country and seek a waiver from the embassy in Mexico. The couple consulted with several lawyers, she says, and was told that if she returned to Mexico, she risked not being allowed back into the U.S. The lawyers advised her to wait until there was a change in the immigration policy that could make it easier for her. By this time the couple had one American daughter — a second was born seven years later.

Over the years, she and her husband paid taxes every year and consulted repeatedly with lawyers, only to learn that immigration law remained unchanged.

"The whole time since I got married I sought out lawyer's advice to see what I could do to adjust my status," Alejandra says. Some lawyers charged a lot. Some wouldn't take her money, telling her they couldn't

help her. Others took thousands and did nothing, she says.

"I went from lawyer to lawyer,"

she says. "I did everything humanly possible to try to fix my status."

In 2013, Alejandra — who had obtained a driver's license with her Mexican passport back in her early years in the

country — was pulled over by police for a routine traffic stop. When she came up as undocumented, the officer reported her to immigration authorities.

Two weeks later, agents from Immigration and Customs Enforcement showed up at her door. They informed her that the document she'd signed back in 1998 was an "expedited removal order." It stated that if she came back to the U.S. within five years, she would be barred for life.

The agents told her she was not a priority for deportation since she was not a convicted felon. However, she needed to check in once a year, which she did. Meanwhile, ICE authorized her to get a work permit and later a driver's license when her previous one expired and told her to try to fix her status.

Each year, she tried, and hit the same obstacle — she entered the country illegally after signing an expedited removal. It was a mark she could not erase.

After Trump assumed office

"I went from lawyer to lawyer to lawyer," she says. "I did everything humanly possible to try to fix my status."

— Alejandra Juarez

Desperate, the couple sent letters to Secretary of Defense Jim Mattis and White House Chief of Staff John Kelly, both former Marines like Temo, asking them to intercede.

"Maybe Mattis or Kelly would step in and say, 'You know, maybe this is not the best way to say thank you for your service,'" Maney says.

They never received a response, Maney says. "This is a huge slap in the face For these letters to Mattis and Kelly to go unanswered. Wow!"

Rep. Darren Soto, D-Fla., sponsored a bill seeking to waive her ban, but it never made it through the House.

Alejandra says she has been getting notes from other military spouses facing citizenship obstacles. She wants them to come forward, because she needs people to understand: "I am not the only one," she says, and she's not just a "crazy lady unwilling to apply for a waiver."

cahn.dianna@stripes.com
Twitter: @Dianna Cahn

EXCLUSIVE NEWS FROM:

STARS AND STRIPES

www.stripes.com

YOKOSUKA DICE Cafe

Contents: Internet, Shower room 15min, soft-serve ice cream, Drink, Free Wi-fi, Goout OK

Cut this article and go to "DICE cafe"! There may be something good!

This store's package fee will extend automatically. Depending on your stay, the package fee will automatically change to the most cheapest price. You can stay as long as you want. 5hours ¥1,780 / 7hours ¥2,380 / 10hours ¥2,980. Longest time is basically 10 hours. 12hours reception time start from 18:00~24:00. Holidays will be increased by ¥200.

YOKOSUKA BASE DICE TEL:046-826-7044
Camp ZAMA DICE TEL:042-701-8241

Military Community Welcome!

International Friendship Sports Day

OCT. 27 / 2-4 p.m.

Tug-of-War, Bite off the bread

- ❖ Sign up by Oct. 22
- ❖ Limited to 100 people
- ❖ Bring gym shoes
- ❖ Free event
- ❖ Must be at least 6 years old to participate

Sign up here

Venue : Sasebo Civil Activity Exchange Plaza (5-1, Tonoo-cho, Sasebo, Nagasaki pref.)

Check out our video of the event here!

Find us on Facebook

Sponsorship : Sasebo Intercultural Project "Sports Day Team"
Co-host : Sasebo City Sasebo City Board of Education

Photos of fallen service members who have been identified by the Defense POW/MIA Accounting Agency line a wall inside a laboratory at Joint Base Pearl Harbor-Hickam, Hawaii.

Ruben Stai

Lindsey Freeman

James Samuel

A forensic anthropology display inside the Defense POW/MIA Accounting Agency's headquarters building at Joint Base Pearl Harbor-Hickam.

A UNIQUE MISSION

Soldiers give identity back to fallen troops

STORY AND PHOTOS BY
SEAN KIMMONS,
ARMY NEWS SERVICE

JOINT BASE PEARL HARBOR-HICKAM, Hawaii – When her duty day is over, Sgt. 1st Class Jennifer Owen often reflects on if she did enough to help identify fallen service members.

As the morgue noncommissioned officer in charge at the Defense POW/MIA Accounting Agency, which is tasked to account for more than 82,000 Americans still missing from past conflicts, she analyzes human remains and personal effects in hopes to close a cold case.

“At the end of the day, I have to be able to look in the mirror and say I’ve done my best,” she said. “And when I get up in the morning, I say I’m going to do better, because these families have been waiting years and years.”

Owens is one of about 100 service members and civilians who work at the agency’s

laboratories here and at Offutt Air Force Base in Nebraska. Each year, the labs identify the remains of around 200 Americans that are then reunited with families.

On Aug. 1, more than 50 caskets of believed-to-be American service members were provided to DPAA after North Korea handed them over as part of ongoing peace negotiations.

The caskets, which may include one or more sets of remains, are now undergoing further analysis and identification at the labs.

The painstaking work, which can take months to years to complete, is Owen’s passion. Whenever a positive identification comes in, she said, it is as if the service member’s name is given back.

“What drives me the most is that these are heroes,” she said, looking

“It’s extremely gratifying,” he said, “and it kind of keeps you grounded where you know why you’re here and why you’re doing this work.”

– John Byrd

ing across a lab room with hundreds of unknown remains. “These are all heroes that have a name and a family.”

IDENTIFYING HEROES

Each year, DPAA has up to 80 investigation and recovery team missions throughout the world to pinpoint last known locations of missing Americans and to attempt to excavate their remains.

“The work is complex, the work is difficult, and it takes that dedication, that passion ... to be able to perform this solemn obligation that we make to the nation and to the families,” said Kelly McKeague, the agency’s director.

The joint agency, which employs many Soldiers and Army veterans, has agreements with nearly 50 nations that assist in its missions, he added.

Most of the missing were lost at World War II battle sites in the Pacific region. There are also almost 7,700 unaccounted for from the Korean War, with the majority believed to be in North Korea.

DPAA teams were allowed to conduct missions in North Korea from 1996 to 2005, but operations halted due to safety concerns. Agency officials hope these missions could soon start up again.

Before he became the agency’s lab director, John Byrd had the opportunity to help recover Americans who fought in North Korea.

One of the sites his team was allowed to go to was where the Battle of Unsan took place. The 1950 battle pitted Chinese forces against American and South Korean armies. Hundreds of Americans eventually died in the battle, later deemed a huge victory for

the Chinese army.

When remains are identified by his staff, whether they were found at Unsan or another site, it is always a testament to good field and lab work that solved the decades-old case, Byrd said.

“It’s extremely gratifying,” he said, “and it kind of keeps you grounded where you know why you’re here and why you’re doing this work.”

A majority of DPAA cases involve some type of DNA testing, where samples are taken from the remains and sent to the Armed Forces DNA Identification Lab in Delaware.

To help this process, family members who have a missing loved one are encouraged to reach out to the agency and provide a DNA sample that will serve as a comparison.

If none are on file, a battalion of professional genealogists working for service casualty offices will try to locate family members.

Many times their starting point is the service member’s home address from the 1940s, if they served in World War II. This makes it extremely difficult to track down a living family member as the years pass on.

“It’s one of the greatest challenges of all. How do you find close family members of a missing serviceman from 1944?” Byrd asked. “It’s not easy. Some [cases] we run into dead ends and we can’t find anybody.”

The Defense Department has kept dental records of troops dating back to World War I that can be used to help in the process.

In 2005, the agency also discovered another method that has proved successful. For troops who served in the older conflicts, many had to get chest x-rays as part of a tuberculosis screening when they first signed up.

Like the dental records, these radiographs were stored in a warehouse by the DOD. The agency later obtained thousands of copies of them. They now assist lab personnel who use them as a comparison tool since the shape of a person’s chest



Sgt. 1st Class Jennifer Owen, a morgue NCOIC for the Defense POW/MIA Accounting Agency, examines personal effects that potentially belong to fallen service members inside a laboratory.



is different from others, like a fingerprint.

“The process of comparing this induction chest x-ray to an x-ray we take from the remains is analogous to doing fingerprint comparison,” Byrd said. “It’s a very similar kind of mindset that you take when you look at the two side-by-side; you’re looking for commonalities and differences.”

When a service member is identified, family members often come to the lab so they can participate in escorting the remains back home, Byrd said. For those who work at the lab, those family member visits make the months or years of work seem worthwhile.

“When you have a family member come in and the staff who actually worked on the case get to meet them, they get to see the tangible results of their hard work,” Byrd said. “It’s definitely a boost to their morale.”

INTHE FIELD

Before that sort of closure can start for families, recovery teams spend weeks at a time doing the grunt work of excavating sites.

Capt. Brandon Lucas, who serves as a team leader, recalled his team digging nearly 20 feet into the ground in Laos in search of an F-4 Phantom fighter pilot who vanished during the Vietnam War.

While no remains were found on that mission, they were still able to confidently close the site and shift efforts elsewhere.

Then there was another mission in Slovenia, where the tail gunner of a bomber aircraft from World War II went missing.

When his plane crashed, the gunner was the only one in his aircrew killed. Locals later buried him next to a church.

As Lucas’ team arrived at the site, the town still knew about the crash and the gunner. They regularly visited his team, often bringing Lucas and the others food and drinks. An elderly woman even told him that for decades she would clean the gravesite once a week.

When his team recovered the remains, a somber tone spread through the community.

“A lot of them actually shed tears when we found the remains,” he said. “It was special to them and it was special to me.”

The poignant moment, along with others he has experienced during missions, galvanized the meaning of the mission for him.

“I’m potentially bringing back a fallen comrade,” he said. “I would want to know that if it was me lost out there somebody is trying to recover me and give my family closure.”

Recovery missions also extend out into the sea, where many service members have disappeared as a result of aircraft crashes or ships sunk.

While she served as commander of the 8th Theater Sustainment Command, Maj. Gen. Susan A. Davidson was an advocate for her unit to support the solemn mission.

The unit regularly supplies DPAA with highly-trained Army divers from the 7th Engineer Dive Detachment, who often work on the sea floor with no visibility and use a suction hose to remove loose sediment from recovery sites.

On a barge, team members then sift through the sediment for the remains or personal effects of those missing.

When divers returned to Hawaii, she encouraged them to share their experiences and what they got out of the mission with others in the unit.

“They come back a different person and they have a different respect for our Army and for what we do,” Davidson said. “And it is hero work that we do.”

Back in the lab room, Owen and others strive to identify those heroes who have been found.

“I feel that I am part of something so much bigger that I can contribute to,” she said. “It might not be a lot, but it’s something.”

Combined with all the other efforts made at the agency, her “something” may just one day bring closure to a family that has waited years for answers.

MISAWA YOKOSUKA ATSUGI ZAMA YOKOTA FUJI IWAKUNI SASEBO OKINAWA MISAWA YOKOSUKA

IACE TRAVEL CONNECT TO WORLD
 = Serving the Military Community since 1998 =
 Kadena, Camp Foster, Yokosuka, Atsugi, Iwakuni

*** Please ask agent or check our website for more
 *** Prices are in US dollar, per person, based on 2 per room, unless specified. All Prices include Tax/Fuel/Fees Based on rate 109, subject to exchange rate

THANKSGIVING DAY SPECIALS

<p>INDIA 6DAYS (Nov.18 departure - Nov.23 return) \$1,744 ★Early Bird discount★ \$257 less from the price if purchased by 28Sep or until seats are filled, whichever is earlier *Iwakuni departure *6 World Heritage Sites included *Deluxe 5star hotel stay *Flight by All Nippon Air (5star)</p>	<p>CLUB MED ISHIGAKI 4DAYS (Nov.21 departure - Nov.24 return) ★ALL INCLUSIVE PACKAGE★ \$945 *Fukuoka departure *Price includes... Air, Transfer, Hotel(3nights), Meals, Various sports activities, Alcohol & Soft drinks, etc..</p>	<p>CLUB MED PHUKET 6DAYS (Nov.19 departure - Nov.24 return) ★ALL INCLUSIVE PACKAGE★ \$1,395 *Fukuoka departure *Price includes... Air, Transfer, Hotel(4nights), Meals, Various sports activities, Alcohol & Soft drinks, etc..</p>
<p>CHINA 8DAY (Nov.17 departure - Nov.24 return) *Hiroshima departure \$2,322 *Fukuoka departure \$2,184 *Visit Beijing, Xian and Shanghai (3city) *China visa fee included *Great Wall and Terra-cotta Warriors included *Luxury 5.5 star hotel stay *Tour escort & Local guide in China</p>	<p>HONG KONG 4 or 5 DAYS (Nov.20 departure - Nov.23 return) (Nov.20 departure - Nov.24 return) Salisbury Hotel stay (4star) 4days \$808 5days \$927 The Royal Pacific Hotel & Towers stay (4.5star) 4days \$817 5days \$927 *Fukuoka departure *Prices includes... -Round trip air fare -Half day city tour -3 or 4nights hotel accommodation -Transfer between airport & hotel -Tax and Fuel charge</p>	<p>BALI 6DAYS (Nov.19 departure - Nov.24 return) Bali Mandira Beach Resort & Spa stay \$1,423 *Fukuoka departure *Price includes... Flight, Hotel, Transfer, Tax/Fuel, Breakfast, Half day tour on 20 Nov & Full day tour on 21 Nov</p>

For Iwakuni & Sasebo customer, please call or email for any of your travel inquiry or booking.

IACE TRAVEL at IWAKUNI

IACE TRAVEL BLDG 410 (Crossroads Mall) iwakuni@iace.co.jp
 DSN: 253-3942 or 3841
 From cell/off base: 0827-79-3942 or 3841
 9:30 - 18:00 Mon-Fri Website: https://www.iace.co.jp/en/

3 offices in Okinawa (Kadena ITT, Camp Foster, NAVY MWR)
 2 offices in Tokyo (Yokosuka, Atsugi)

OKINAWA MISAWA YOKOSUKA ATSUGI ZAMA YOKOTA FUJI IWAKUNI SASEBO OKINAWA MISAWA

WHAT IS HAPPENING ON YOUR BASE?

STRIPESJAPAN.COM

G.I. BILL PAY

Having a hard time paying your rent and utilities?

WE CAN HELP!

It's all done by electronic bank to bank transfers!

To get started: Voided Check or Statement, Housing Lease, Photo ID

Call us 046-828-4387 • yokosuka@gibillpay.com

YOKOSUKA OFFICE (2F) MAIN GATE WOMBLE GATE

ROUTE 16

HERE!!

Surrounded by clear blue sea, Yashiro Island is great for hitting the beach in the summer and fishing year round. It is known as a place of solace and repose, offering an excellent place to enjoy cherry blossoms in the spring and mandarin orange picking and hiking in the fall.

Explore Yashiro Island



Pecan Tarts & Ice Cream



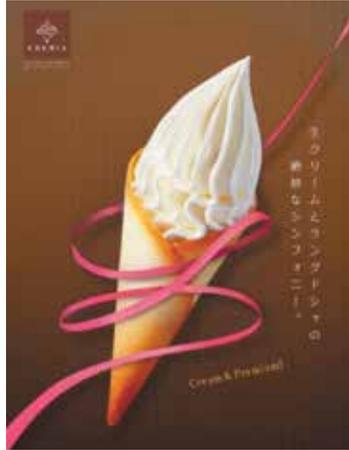
Enjoy our homemade mini pecan tarts with freshly made drinks and desserts!
We promise the premium rich taste soft cream is worth trying!!

Hours: 10 a.m.- 4 p.m. (Closed Friday)

Tel: 0820-74-5755
1698-4 Nishimigama,
Suo-Oshima town, Oshima-gun,
Yamaguchi Pref.



americanstandard-oshima.com/pecan/

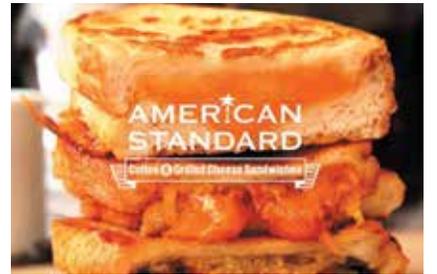


AMERICAN STANDARD

Coffee and sandwiches at their finest!



Open: Sat.-Mon., 11 a.m.- 4 p.m.
(Including Japanese holidays)



We serve grilled cheese, pimento cheese and Philly cheese steak sandwiches with our special drinks and desserts.

Tel: 0820-74-5755
1958-77 Nishigata,
Suo-Oshima town,
Oshima-gun,
Yamaguchi Pref.



americanstandard-oshima.com/

SURUWARE PIZZA

Pizza and pasta by the sea!



Open Daily
Lunch: 11 a.m. – 2 p.m.
Café time: 3 p.m. – 5 p.m.
Dinner (Reservations only):
6 p.m. – 9 p.m.



Handmade Italian and Japanese cuisine perfect for a date night or family fun.
Try our popular smoked tongue pizza!

facebook

Visit our web site at:



Tel: 0820-80-4317
Email: salvus.herb@gmail.com



Setouchi Jam's Garden

Our 180 flavors of jam feature our island's fruit!



Open Fri. – Tue.,
10 a.m. to 6 p.m.
(to 5 p.m. from end of Nov. to end of Mar.)



Relax in our café while enjoying our delicious jams, sweets and drinks.

Tel: 0820-73-0002
331-8 Hikuma,
Suo-Oshima town,
Oshima-gun,
Yamaguchi Pref.



jams-garden.com/english (English)



Surrounded by clear blue sea, Yashiro Island is great for hitting the beach in the summer and fishing year round. It is known as a place of solace and repose, offering an excellent place to enjoy cherry blossoms in the spring and mandarin orange picking and hiking in the fall.

EXPLORE Yashiro Island

POWER BEACH

The ultimate beach restaurant!



Churros & ice cream (¥580)
10 flavors to choose from



Enjoy the view of the ocean blue with a loved one or make it a beach outing with friends. Dig into our homemade Taco Rice, Spam Rice Balls, Cheese Fries and more!

Tel: 0820-72-2170
663-1 Kuka, Suo-Oshima town,
Oshima-gun, Yamaguchi Pref.



60 minutes from MCAS Iwakuni

OneHeart

Our Bread Studio bakes up scrumptious delights



Local recipes!
Local ingredients!
The best tasting bread around!
Try our popular
Cocopan Coconut Bread!



Hawaiian Coconut Island Bread, Campagne Natural Yeast Bread, Setouchi Lemon Cream Bread, Raisin, Raisin Cream And Walnut Raisin Bread, Orange Bread and Walnut Pan, to name a few!

Tel: 090-7999-3597
ONEHEART-OSHIMA.COM/



Available at
Road Station Sazan Seto



Essence – Café & Bar

Soul, R&B Music



Café Time
Mon. - Sun.
8a.m. – 5:30p.m.

- Features:
- Fresh homemade fruits smoothies
 - Free WiFi

Bar Time
(20 years and older only)
Mon.– Sat.
6p.m. - 11p.m.

- Features:
- Soul, R&B Sound BAR
 - DJ booth • Live stage
 - 7" surround speaker with 150 inch projector monitor
 - EV speaker for live music
 - YAMAHA mixer • Drum Set
 - Keyboard • Karaoke



Tel: 0820-72- 0355
Email: essence@atbb.ne.jp
Web: suo-oshima-essence.com
Parking Available for 7 vehicles



MAKANA DESIGN

Perfect gifts for that perfect someone in your life!



Hours: Sat.-Thurs.
10 a.m.- 4 p.m. (Closed Friday)

Custom Designed Aloha T-shirts
Suo-oshima Necklace



Our Aloha original goods are designed by Makana graphic designers. Our souvenir shop features Suo-oshima T-shirts, Suo-oshima Necklaces and Key Holders and much, much more!

Tel: 0820-80-4101
Design Plus Office,
1698-4 Nishi-Migama,
Suo-Oshima town, Oshima-gun,
Yamaguchi Pref.
makana-design.com





KYOTO

Off-the-beaten-path

STORY AND PHOTOS BY SARAH HODGE,
STRIPES JAPAN

Kyoto, Japan’s imperial capital for more than a millennium, offers a wealth of picturesque temples, museums, and gardens, but with millions of international visitors a year, many of Kyoto’s “must-see” destinations like Kiyomizudera, Kinkakuji, Gion, and Arashiyama are thronged with school groups and tour buses nearly year-round.

To experience a more tranquil side of Kyoto, venture off the beaten path and you’ll be rewarded with stunning Japanese gardens, a magical kimono “forest,” and the chance to try your hand at traditional stencil dyeing and tea ceremony sweets.

SHOSEI-EN Kyoto Station area

One of Kyoto’s best-kept secrets is this beautiful 8-acre garden down the street from Kyoto Station. Shosei-en has belonged to nearby Higashi Honganji temple since 1641, when it was donated by Japan’s third shōgun Tokugawa Iemitsu. This peaceful oasis features traditional villas and teahouses, several ponds and bridges, and best of all, relatively few visitors. The garden was destroyed by fire on several occasions, so the present structures are 19th century reconstructions. Notable features include a unique ceremonial gate and covered bridge. Shosei-en is surrounded by a high wall and the entrance is easy to miss. Admission: 500 yen, includes a beautifully-photographed full-color booklet of the gardens.

ADDRESS: Higashitamamizuchō Shimojuzuyamachidōri Ainomachi Higashi Iru, Shimogyō-ku, Kyoto-shi, Kyoto Prefecture

HOURS: March - Oct.: 9 a.m. - 5 p.m. (last entry at 4:30 p.m.)
Nov. - Feb.: 9 a.m. - 4 p.m. (last entry at 3:30 p.m.)

URL: www.higashihonganji.or.jp/english/tour/shosei-en/

FUREAIKAN (Kyoto Museum of Traditional Crafts) Higashiyama

This gem, tucked in the basement of Miyako Messe near Heian Shrine, features displays and demonstrations of some of Kyoto’s famed crafts like Kyo-yuzen dyeing, Nishijin-ori woven textiles, Kyoto ceramics, lacquerware and dolls. In addition to being a great place to pick up affordable and unique souvenirs, Fureaikan also has real maiko-san (apprentice geishas) who give free dance performances, short talks about their traditional kimonos and accessories, and great up-close-and-personal photo opportunities. Normally it is quite expensive to book a private event with maiko-san, so the opportunity to meet and photograph them (for free, no less!) is extremely rare. For a current schedule of Fureaikan maiko performances, go to www.miyakomesse.jp/fureaika/event_eng.php#01

ACCESS: •By bus: City Bus 5, 100 from Kyoto Station, get off at “Higashiyama Nijo, Okazaki Koen-guchi” bus stop or “Okazaki Koen/Bijutsukan, Heian Jingu-mae” bus stop or “Okazaki Koen/ROHM Theatre, Miyakomesse” bus stop •By Subway: Higashiyama Station (Tozai Line) about 10 minutes’ walk.

ADDRESS: B1F Miyakomesse, 9-1, Okazaki Seishoji-cho, Sakyo-ku, Kyoto-shi, Kyoto Prefecture



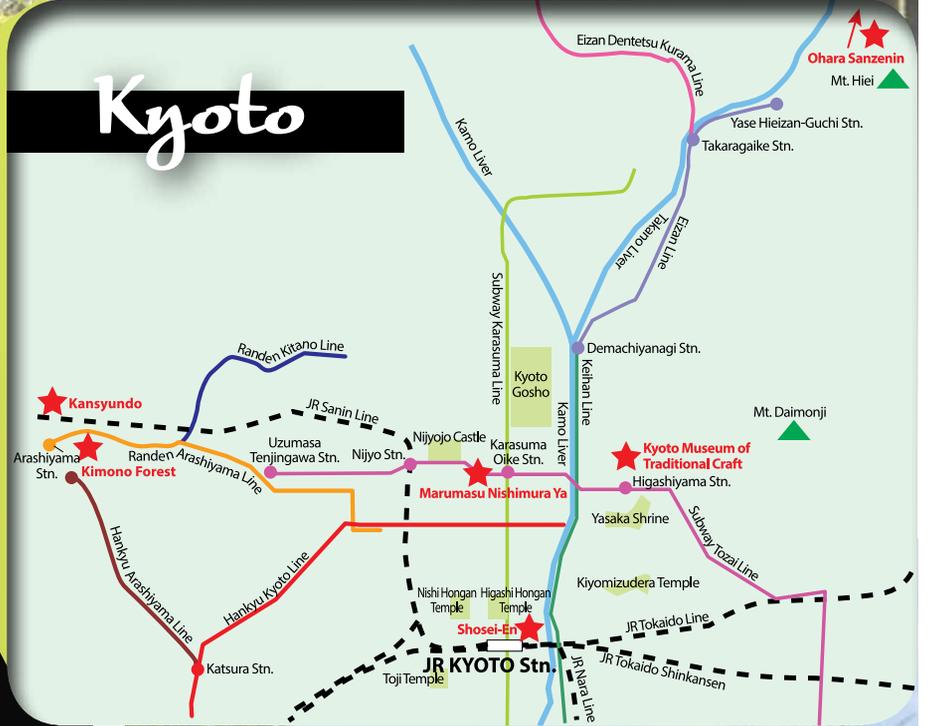
Sanzenin



Sanzenin



Ohara



HOURS: 9 a.m. - 5 p.m.
ADMISSION: Free
TEL: +81 75-762-2670
 English audio guide for smartphone: www.musenavi.jp/supports/fureaikan/index_en.html
URL: www.miyakomesse.jp/fureaika/index_eng.php

SANZENIN Ohara

One of western Kyoto's top attractions is Kokedera (Saihō-ji), famed for its beautiful moss gardens. However, visiting Kokedera requires making an advance reservation by special postcard; even then, a spot is not guaranteed, especially during peak seasons.

Sanzenin in nearby Ohara (about one hour north of Kyoto) offers a similarly gorgeous moss garden with no reservations required. Green tea and a seasonal sweet is available for 500 yen; it's worth the price to sip and savor as you look out over magnificent Shuhakien Garden. Several nearby temples offer additional Japanese gardens and fantastic photo ops. Ohara is famous for the red shiso leaf used in Japanese pickling, and you can try akajiso soft serve at many roadside stands leading to Sanzenin.

To reach Sanzenin, from Kyoto Station take the Karasuma subway line to terminal station Kokusaikaikan Station (20 minutes, 290 yen), then catch Kyoto Bus number 19 to Ohara (20 minutes, 350 yen, every 40 minutes). From the Ohara bus station, the temple is about a 10-minute walk and is clearly marked.

ADDRESS: 540 Ohara Raikoin-cho, Sakyo-ku, Kyoto-shi, Kyoto Prefecture
HOURS: March through Dec. 7 8:30 a.m. - 5:30 p.m. (Entry closes at 5 p.m.)
 Dec. 8 through Feb. 9 a.m. - 5 p.m. (Entry closes at 4:30 p.m.)
ADMISSION: 700 yen
TEL: +81 75-744-2531
URL: sanzenin.or.jp/en/
FB: www.facebook.com/kyotooharasanzenin/

SEE KYOTO ON PAGE 10



Shosei-en



Shosei-en



Shosei-en



Kanshundo Kyogashi Workshop

KYOTO: Try a Japanese workshop

CONTINUED FROM PAGE 9

KANSHUNDO KYOGASHI WORKSHOP

Arashiyama

This sixth-generation confectionary shop offers hands-on classes on how to make the beautiful realistic sweets served during the Japanese tea ceremony. Using ingredients such as rice flour and bean paste, you'll learn to make four different seasonal sweets that you can take home. Demonstration is in Japanese, but English-language recipes with photos are provided. Advance registration required. After class, be sure to visit nearby Jodosect temple Seiryoji for some fantastic photo ops around the temple grounds and gardens.

ACCESS: JR Saga Line, 10 minutes on foot from Arashiyama station

ADDRESS: 1-1 Sagashakadodaimoncho Ukyo-Ku, Kyoto-shi, Kyoto Prefecture

ADMISSION: 2160 yen / 1 person, 3-4 days advance reservation required. There are three classes a day, approximate length 1 hour 15 minutes:

- ① 11 a.m. - 12:15 p.m.
- ② 1 p.m. - 2:15 p.m.
- ③ 3 p.m. - 4:15 p.m.

TEL: +81 75-861-5488

URL: www.kanshundo.co.jp/museum/make/annai_e.htm

Online reservations: www.kanshundo.co.jp/museum/make/school-e.html

KIMONO FOREST

Arashiyama

Private railway Keifuku renovated their Randen Arashiyama station in 2013 to include 600 Plexiglas pillars lined with Kyoto's prized Kyo-yuzen kimono textiles. During the day, the colorful fabrics make for a pleasant stroll. At night, the pillars are illuminated and the details of the prints shine in the darkness, making for truly magical photos. An energy spot featuring a small pond with a dragon is said to grant wishes. There is also a fantastic hot spring footbath that allows you to soak away the day's sightseeing for only 200 yen; purchase a ticket and receive a towel in the station's tourist information office. Randen Arashiyama station also offers several coffee shops, restaurants, and souvenir shops as well as electrically-assisted bicycle rentals for only 1,500 yen a day, making it a convenient way to explore the Arashiyama / Sagano area.

ACCESS: Take Karasuma Subway Line from Kyoto Station, transfer at Shijo Station to Hankyu Karasuma Station, transfer to Hankyu Omiya Station, then catch the tram at Randen Shijo-Omiya Station.

HOURS: Randen Arashiyama station shop / restaurant hours: 9 a.m. - 8 p.m.

Arashiyama Station Onsen Footbath: 9 a.m. - 8 p.m. (6 p.m. in winter)

Ranbura Cycle Rental: 9 a.m. - 5 p.m. (reception open until 3 p.m.)

Kimono Forest lightup: evening - 9 p.m.

ADMISSION: flat-rate 220 yen (adults) / 110 yen (children)

URL: randen.keifuku.co.jp/en/

Downloadable map: randen.keifuku.co.jp/common/image/train/pdf/randemap_en.pdf

MARUMASU-NISHIMURAYA KYO-YUZEN WORKSHOP

Karasuma Oike

Kyo-yuzen, the technique of painting dye directly onto cloth, has been practiced in Kyoto since the 17th century and allows for incredibly detailed designs and color gradients.

To try your hand at Kyo-yuzen, you can sign up for a fun, informative hands-on workshop at Marumasu-Nishimuraya. You're able to choose your design from many available stencils, then you apply the dye directly to the object of your choosing (tote bag, fabric fan, etc.) in layers to create beautiful three-dimensional images. This is a great activity for families or when the weather is less than cooperative.

Prices range from 1300 yen for a small handkerchief to 3000 yen for a colored fan. Same-day reservations available; duration is 1-3 hours. There is also a small café available onsite.

ACCESS: From Kyoto Station, board a subway bound for Kokusai-Kaikan. Get off at Karasuma Oike station, then walk west (takes about 7 min.)

ADDRESS: 457 Tsuboya-cho, Ogawa-dori, Oike-sagaru, Nakagyo-ku, Kyoto-shi, Kyoto Prefecture

HOURS: 9 a.m. - 7 p.m. (last entry 5 p.m.)

TEL: +81 75-211-3273

URL: marumasu.sakura.ne.jp/english/

EMAIL: reservation@marumasu-nishimuraya.co.jp



Kimono Forest

Hacchi's House



Open: 10 a.m. - 4 p.m.
Sat, Sun and holidays

Tel: 0827-28-4666 (Mon. - Fri.)
260-1 Seta Kon-yasaku, Waki Town
Kuga-gun, Yamaguchi Pref.



About 20 minutes
from MCAS Iwakuni

Located in
Hachigamine Grand Park
We serve up great snacks and desserts!
We sell special Waki Town products



MENU

	• Bayberry • Premium ice cream 400 yen	• Coffee (Hot / Ice) • Tea (Hot) 150 yen
	Tomato sauce pizza (seafood) 1,100 yen	 Udon noodle with egg and seaweed 500 yen
	White sauce pizza (ham & vegetables) 1,100 yen	 Taiwanese noodle in local Waki flavor 500 yen



Let us sweeten your day!

Our popular items



French toast ¥500

Morning Breakfast Set	¥ 500
Specialty Coffee	¥ 400
Design Cappuccino	¥ 450
Cake Set	¥ 500

Daily lunch	¥ 950
-------------	-------

Take Out Items

Daily Special Lunch w/drink	¥ 500
Drink	¥ 300~

Cash Only • Credit card not acceptable

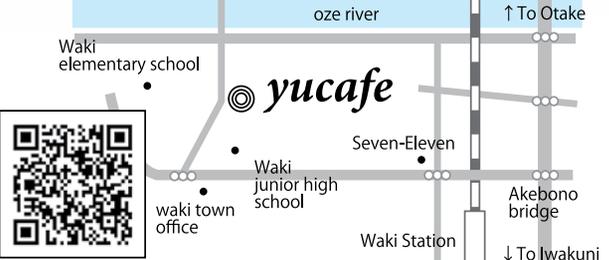
Hours:
Breakfast: 9-11 a.m. * Closed Tuesdays
Lunch: 11 a.m.-3 p.m. * Parking available
Cafe Time: 3-5 p.m.




Berry Berry French toast ¥650
Chocolate banana French toast ¥650



Design Cappuccino ¥450



yucafe

1-9-11 Waki Waki-Town Kuga-gun TEL 0827-35-6135

IWAKUNI FRIENDLY BUSINESSES



Waki Chinese Restaurant

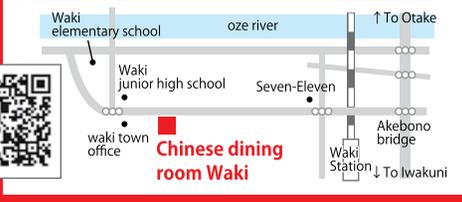
中華食堂 和木

We serve up the finest Chinese cuisine!




Private Dining/Party Rooms Available.
Great for anniversaries, birthday parties
and other special occasions!
**Accommodations for parties up to 40 people.
Reservations Required 2 to 3 days in advance.**

Affordable full-course meals starting at ¥3000!	Ramen ¥ 500
Lunch 11 a.m.-2 p.m. Dinner 5-9 p.m. Closed Mondays Parking available!	Grilled dumplings (Gyoza) ¥ 320 Five-ingredient Fried Rice



Chinese dining room Waki

Chinese dining room Waki 2-2-5 Waki Waki-Town Kuga-gun TEL 0827-28-5900

Take no Nori Co., Ltd.

Make our scrumptious seaweed part of your daily life!



- Nori (seaweed) is popular because it is tasty, healthy and nutritious!
- Make sushi and rice ball with it, or just eat it as it is!
- Please visit our web site store or order online from us NOW!
- Available for your delight in several flavors: plain, salted, soy sauce, oyster sauce, wasabi (horse radish) and rice mix.





Grilled Seaweed Sushi Rolls & Rice Balls Great for Parties!

Only available online, so go to our website or Onward March Online Store
Email Inquiries: info@takenonori.co.jp Website: <http://www.takenonori.co.jp>
Onward Marche Store: <https://marche.onward.co.jp/>



Body-friendly Italian Cuisine

TEL 0827-28-2908
1-6-5 Shinmachi, Otake City

We use the freshest veggies and herbs!

huit∞

Lunch menu

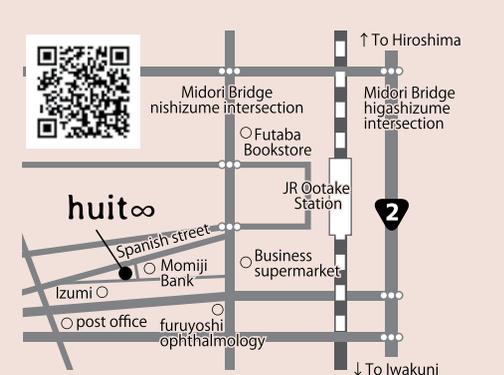
(Tuesday - Sunday)

Pasta Set ¥ 1,100 to 1,700
Salad Set ¥ 1,250
Children's pasta set ¥ 900

Dinner menu

(Friday · Saturday)

Opening hours
Lunch 11:30 a.m.~2:30 p.m.
Dinner 6 p.m.~9:30 p.m.
Closed Monday



Special Area For Children

PELVIC CHIROPRACTIC CLINIC

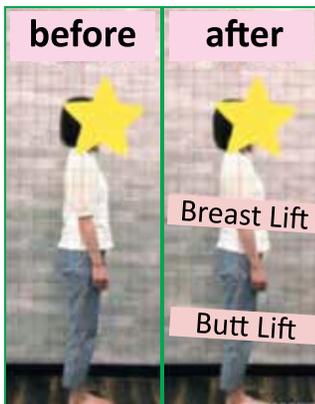
縁 EN

We offer American-style chiropractic pelvic adjustment

Recommended for people suffering from:
headaches, insomnia, stiff shoulders, neck stiffness, knee pain, lower back or leg pain, swelling and bad posture

SAVE 1,000 yen
NOW for a 70-minute treatment!
Regular Price is ¥4,500,
during our discount campaign PRICE IS Only **¥3,500**
Offer good through Nov. 30, 2018

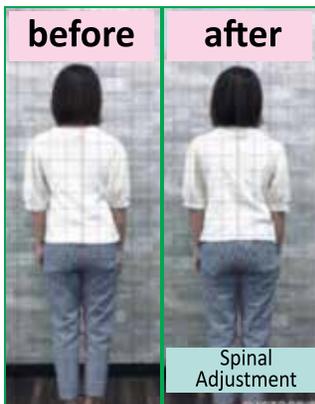
before after



Breast Lift

Butt Lift

before after



Spinal Adjustment

Must make appointment at **080-3896-2498**
Hours: 10 a.m. - 10 p.m., Monday-Saturday (Closed: Sunday)
1-6-1 Minami Sakae, Otake City, Hiroshima Pref.
Parking available.

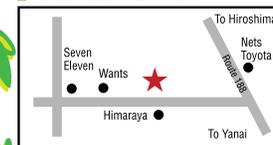
IWAKUNI FRIENDLY BUSINESSES

KUNIKIYO Flower Shop

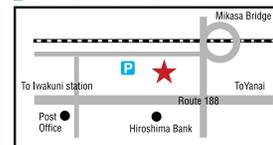
Let us help you create wonderful memories!
Our beautiful flowers are grown in Yamaguchi Prefecture.



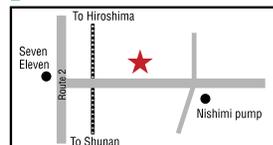
Minami Iwakuni Shop
Iwakuni-shi Minami Iwakuni-cho 1-20-30
Yume Town Minami Iwakuni 1F
Open: 09:00 - 20:00
Tel: 0827-32-3190



Iwakuni Shop
Iwakuni-shi Marifu-cho 2-9-8
Fuji Grand Iwakuni 1F
Open: 09:00 - 20:00
Tel: 0827-22-0233



Iwakuni Nishimi Shop
Iwakuni-shi Nishimi 8-21-56
Marukyu Nishimi
Open: 09:00 - 19:00
Tel: 0827-44-1015



<http://www.flower-kunikiyo.co.jp>

Teppanya Jyubei

Enjoy our traditional dishes the Japanese way!

Come enjoy our Japanese-style grill menu or savory Okonomiyaki pancakes.

Cook it yourself at your table or have us cook it.

Make it a party with family or friends!



OKONOMIYAKI
Okonomi = "how you like"
yaki = "grilled"

Waki Town 4-6-16 Waki
0827-52-6002



Grilled pork with salt and pepper

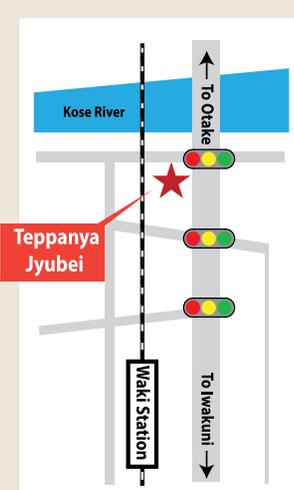


Grilled beef with salt and butter



Grilled intestine

Lunch: 11 a.m.-2 p.m.
Dinner: 5-9 p.m. (Tue. - Thur., Sun.)
5-10 p.m. (Fri. · Sat.)
Closed Mondays and Japanese holidays



Capsule Hotels ... Yes or No?

STORY AND PHOTOS BY
JOELY SANTIAGO,
JOELYTRAVELS.COM

Capsule hotels (also called pod hotels) are very popular in Japan. You see them in most cities, and a lot of people really like them for overnight stays because they are relatively cheap (¥3000 – ¥4000). I'm cluster phobic and never really had any interest in staying in a tiny space only big enough for a bed. Also, I'm not really a fan of communal bathrooms. But I just couldn't leave Japan without experiencing it at least once. It'd be like visiting Japan and never eating sushi or ramen. So on a recent trip to Kyoto, I decided to try one out.

I did my research before selecting my capsule. I'm picky about hotels. I'm very particular about cleanliness, and I really like to make sure the location meets my travel goals. So I checked all the hotel travel sites (Hotels.com, Agoda, Kayak, Booking, Trivago, etc.), Trip Advisor and Google. I read reviews, mapped the locations, and looked into amenities for each capsule hotel available. After several hours, I decided on the First Cabin Capsule Hotel in Kawaramachi Sanjo.

Capsule Hotels vary. A lot. They're like hostels in that you share all facilities except the bed. However, the pod itself and types of common areas differ from hotel to hotel. Some are more like fabric-covered bunk beds while others are like stacked cubby holes with mattresses in them. The pods at First Cabin are not stacked, so you have more room than a



lot of the other capsule hotels I saw online. The one I stayed in was as wide as a twin bed (the walls of the pod surrounded the mattress on all sides) and maybe six feet tall. I could sit up completely in my bed and even stand on the mattress with only having to duck just a tiny bit (I'm only 5'2"). The room also includes a TV, temperature control, two plugs, and a secure compartment to store your valuables while you're out. The pod doesn't have a door, but it has a shade that slides all the way down for privacy. This hotel also offers mini-suites (they refer to them as first-class cabins), which are slightly bigger spaces that offer more than just a bed but don't have private bathrooms. All capsules provide guests with disposable

slippers, pajamas, and a towel and washcloth.

The two major concerns I had about staying in this kind of hotel were safety and noise. Neither was an issue here. Rooms and floors are separated by gender for safety reasons at First Cabin. This isn't the case at all capsule hotels, though, so if it's something you're interested in, ask before booking. Japan is a relatively safe country, but I prefer staying in all-women dorms when traveling alone (as a peace of mind thing). At this hotel, the sleeping areas are accessed with key cards so not just anyone can get to the pods. And it's a completely noise-free zone. Guests are not allowed to listen to music or watch television without

headphones. They're not supposed to talk on the phone and, honestly, I didn't even hear travelers talk to each other in the capsule space.

The shared spaces at First Cabin exceeded ALL my expectations. The lobby features a few sofas, a big table for travelers to sit around and socialize, and a bar with a variety of beers and cocktails available for purchase. The hotel also hosts special events in the lobby on some nights that offer guests free food or drinks. The bathroom situation is also quite good. Each floor has sinks, toilets, and vanities, and there's a shower area for each gender on one of the floors. The spa (shower area) has several private shower rooms, one or two secluded bathtubs (complete with body wash, shampoo, and conditioner), and a few vanities stocked with everything you could need, to include curling irons, facial care products, and even toothbrushes. There are also irons, steamers, and humidifiers in the dormitories and a spot to store your luggage.

From what I saw, most capsule hotel guests only stay a night or two. I stayed for five, and felt completely at ease and comfortable. The small space didn't bother me at all. It felt way more private than I thought it would, the amenities were great, and the hotel staff was wonderful. I managed to get a business-class cabin for only \$20 per night; a terrific value! I can't imagine a better accommodation for the price. I would definitely try a capsule hotel again. I highly encourage you to try one too.

Flower Arrangements, or a Bouquet of Flowers Made Just Your Loved Ones!

Don't forget those special occasions, such as,
Anniversaries, Birthdays or Wedding Events!

Preserved flowers · Flower Colleagues · Hand-crafted dried Flower Arrangements etc.
We make our arrangements one by one hand-crafted according to your wishes.
Cut Flowers and Potted Plants items are available.






Waki Flower Shop
2-8-13Waki Waki-Town Kuga-gun
TEL: 0827-52-7254
Closed: Sunday
Opening hours: 10:00~ 18:00

Otake Flower
1-11-5 Shinmachi Otake City
TEL: 0827-52-8787
Closed: Tuesday
Opening hours: 10:00~ 19:00







Great sushi for around 5,000 yen

STORY AND PHOTOS BY OLIVIER DESMET, METROPOLIS MAGAZINE

The best Tokyo sushi restaurants can be very expensive, typically charging between ¥20,000 and ¥35,000 per person for a full omakase experience. But that doesn't mean that you can't find incredible sushi in Tokyo at more reasonable prices. You don't have to settle for kaiten-zushi (conveyor belt sushi) shops or large chains, even if you're on a tight budget. Below is a list (in no particular order) of ten Tokyo sushi restaurants that offer lunch deals for around ¥5,000 or less. These cheaper offerings are typically comprised of "nigiri-only" sets (no expensive osumami, or appetizers, are offered) and won't feature the priciest ingredients like o-toro (tuna belly) or uni (sea urchin), but you'll be able to indulge in great sushi without breaking the bank.



Sushi Ryusuke

My recent experience at Ginza's Sushi Ryusuke surpassed my expectations in every way. To sum it up: incredibly delicious, somewhat unorthodox sushi priced very reasonably and served by a friendly chef. Ryusuke alternates between akasu shari (sushi rice seasoned with red sake lees vinegar) and gomesu shari (sushi rice seasoned with rice vinegar) depending on the neta (sushi topping) served. He is known for occasionally using non-traditional ingredients and also for offering unexpected dishes. A 10-piece nigiri set is offered at lunch for only ¥5,000. Reservations are required.



LUNCH: 12 p.m.
TEL: 03-3572-1530
ADDRESS: B1 Kanai Building, 7-3-13 Ginza, Chuo-ku.

Bentenyama Miyako Sushi

Located in the no-frills, blue-collar neighborhood of Asakusa, Bentenyama Miyako serves up delicious, traditional Edomae sushi. Fifth generation master chef



Tadashi Uchida has an encyclopedic knowledge of sushi and is a pleasure to chat with, making this shop a must-visit for anyone interested in trying classic Edomae sushi. Nigiri sets start at only ¥2,200. Reservations are not required but they are recommended to avoid disappointment.

Lunch: 11:30 a.m. – 2:30 p.m.
Tel: 03-3844-0034.
Address: 2-1-16 Asakusa, Taito-ku

Ginza Iwa

If I had to describe chef Hisayoshi Iwa's sushi in one word, it would be "balanced" – seasonal ingredients prepared skillfully, paired with delicious sushi rice to form a whole that is tasty, refreshing and addictive. Iwa's cheapest lunch set will set you back merely ¥5,000, for ten mouthwatering pieces.



Reservations are required; I would recommend booking two or three weeks ahead.

LUNCH: 12 – 2 p.m.
TEL: 03-3572-0955
ADDRESS: 1F Miura Bldg., 8-4-4 Ginza, Chuo-ku.

Kyubey

Kyubey offers a foreigner-friendly atmosphere, making it my top recommendation for those looking for their first high-end sushi experience. The chefs are highly skilled (many top sushi chefs apprenticed here at some point), the food is very good, and the service impeccable. Nigiri lunch sets start at ¥4,000. Walk-ins are allowed at this Ginza institution, but I would recommend calling a few days ahead to reserve.



LUNCH: 11:30 a.m. – 2 p.m.
TEL: 03-3571-6523
ADDRESS: 8-7-6 Ginza, Chuo-ku.

Sushi Taichi

Chef Taichi Ishikawa has been operating this L-shaped, nine seat counter in Ginza since 2008, and has gained a very loyal local following. His sushi is fairly classic in style:



pieces are on the larger side, rice is seasoned with akazu and sea salt, and neta is of excellent quality, with an emphasis on seasonality. This shop is without a doubt one of my very favorites in Tokyo. The basic lunch

set is priced at ¥5,000 + tax, and reservations are necessary.

WEEKDAY LUNCH: 11:30 a.m. – 2 p.m. **Saturday LUNCH:** 11:30 am – 2:30 pm.
TEL: 03-3573-7222.
ADDRESS: 2F Asagi Bldg., 6-4-13 Ginza, Chuo-ku



Sushi Keita

Sushi Keita opened in September of 2017 and is located in Tsukiji, not far from the famed market. Keita apprenticed at Sushi Taichi so his sushi is reminiscent of Taichi's style: medium-sized pieces with an emphasis on seasonal items and shari seasoned with akazu and salt. Keita's rice, paired with excellent quality neta, has a good sourness to it and a lot of presence. Some pieces (like the fantastic kohada — gizzard shad) are right up there with the best I've ever had. The base lunch course is priced at only ¥5,000. Reservations should be secured a few weeks in advance.



Wednesday, Saturday and Sunday LUNCH: 11:30 a.m. – 1:30 p.m.
TEL: 03-6264-2234. 6-6-4 Tsukiji, Chuo-ku.

Sushi Tokami

If you love tuna, Sushi Tokami is the place for you. Partially owned by a famous Tsukiji tuna wholesaler, this Ginza shop is known for offering some of the very best hon-maguro available. Those on a budget should order the ten-piece lunch set for ¥5,000 — it features some of that amazing tuna. Reservations are required and should be made a month in advance.



LUNCH: 12 p.m. – 2:30 p.m.
TEL: 03-3571-6005. B1F
ADDRESS: Ginza Seiwa Silver Building, 8-2-10 Ginza, Chuo-ku.



Sushi Ichijo

This fairly new shop in Higashi-Nihonbashi is not well-known to foreign sushi enthusiasts, but I have a feeling this might change as the sushi served here is truly excellent. I enjoyed absolutely everything that was put in front of me, but particularly loved Ichijo's shellfish preparations, especially the akagai (red clam) and kobashira (clam muscle). A nigiri lunch set can be found at this wonderful shop for under ¥5,000.

LUNCH: 12 p.m. – 2 p.m.
TEL: 03-6661-1335
ADDRESS: 1F Okuda Bldg., 3-1-3 Higashi-Nihonbashi, Chuo-ku.

Yoshino Sushi Honten

An old-school shop with a vibe that is distinctively working class, this is not a fancy Ginza sushi-ya but rather a neighborhood joint. The cheapest nigiri set consists of eight pieces of nigiri and one hosomaki (sushi roll) for a very affordable ¥2,200. I am amazed by the high level of quality Yoshino is able to deliver at such low prices. The food is much better than most other sushi options at that price point, including chains like Sushi Zanmai or Umegaoka Sushi No Midori. Anyone looking for affordable, great tasting sushi should put lunch at Yoshino Sushi Honten high on their list. Walk-ins are fine at lunch.



WEEKDAY LUNCH: 11a.m. – 1:45p.m.
SATURDAY LUNCH: 11a.m. – 2p.m.
TEL: 03-3274-3001.
ADDRESS: 3-8-11 Nihonbashi, Chuo-ku.



Kizushi

Another traditional shop in an old Edo neighborhood, this time we have Kizushi in Ningyocho. Sadly, third generation sushi chef Ryuichi Yui recently passed away, but his sons continue to strictly adhere to Edomae-style preparation techniques. The rice here is really good: seasoned with komezu, a little salty and fairly sour. A ten-piece nigiri set is available at lunch for a mere ¥3,000 — fantastic value. Walk-ins might be okay at lunch, but I personally wouldn't risk it and would recommend calling to reserve a few days ahead.

WEEKDAYS AND SATURDAY LUNCH: 11:45 a.m. – 2:30 p.m.
TEL: 03-3666-1682.
ADDRESS: 2-7-13 Nihonbashi Ningyocho, Chuo-ku.

English speaking US board-certified plastic surgery clinic just a short walk from The New Sanno Hotel



Dr. Robert K Kure

Albert Einstein College of Medicine, NY
 UCLA Plastic Surgery
 (Chief Resident)
 Certified by the American Board of Plastic Surgery
 Over 18 years of experience in the U.S.

Foreign insurance accepted



- Laser hair removal
- Botox
- Botox for migraine headaches
- Restylane, Juvederm
- Retin-A, Obagi
- liposuction, eye, mole, scar, breast, facelift, tummy tuck
- Laser (Titan, Genesis, IPL)
- Tatoo removal
- Men's (ED, AGA)
- Reconstructive surgery

Laser Hair Removal
50%off ~one time offer~

(some restrictions apply. Ask for details)

A book "New You with Botox" is given to all new patients!



Tel. 03-5475-2345
 English is spoken • Open on Saturday
 Hiroo 5-5-1 4F, Shibuya-ku
www.plazaclinic.net

Use Your GI Bill to Earn an American Degree in Tokyo



TEMPLE UNIVERSITY
 Japan Campus

Admissions Counseling Office
 2-8-12 Minami Azabu, Minato-ku, Tokyo 106-0047
 E-mail: ac@tuj.temple.edu Tel: +81 (3) 5441-9800
www.tuj.ac.jp #TUJapan



MY FAVES UNESCO World Heritage

STORY AND PHOTOS BY TAKAHIRO TAKIGUCHI,
STRIPES JAPAN

Japan is home to many tourist attractions - both natural and cultural - and as of 2018, 22 are registered as UNESCO World Heritage sites.

I have visited 16 of the 22 sites, and although I've seen most of the natural heritage sites, such as the breathtaking Mount Fuji and Shiretoko Peninsula, I prefer the sites filled with myths, legends, traditions and history. While strolling in Hiroshima, Miyajima and Hirado, I felt as if I was communicating with ancestors, who were telling me how they lived and what they have experienced.

Here are some of my favorite World Heritage sites. Explore one or more, and you surely will encounter a unique attraction that you have never experienced before.

■ GENBAKU DOME AND HIROSHIMA PEACE MEMORIAL (Hiroshima Pref.)

Hiroshima is the first city in human history to suffer atomic devastation.

On Aug. 6, 1945, a four-ton bomb code-named Little Boy exploded above the center of the Hiroshima City that wiped out most of the city and killed more than 140,000 people.

Registered as a World Heritage site, Genbaku Dome is the only structural ruin of the atomic devastation that was left standing. It was originally built as a Prefectural Industrial Promotion Hall in 1915. Miraculously, the hall did not completely collapse during the bombing, despite being located near impact point of the bomb. The half-shattered structure has remained untouched since the bombing.

When I saw the dome, I couldn't help but shudder learning what the A-bomb actually did to the city and locals. Today, the ruined dome stands calmly aside a beautiful blue river, which only me remind of the devastation that locals must have met at the moment.

Don't miss the Peace Memorial Museum nearby the Dome. The exhibits range from a model of the bomb and maps and pictures of the devastated city, to charred fragments of clothing and melted tiles. The most shocking display for me was the so-called Human Shadow Etched in Stone. It was a stone with a black shadow. According to the description, the stone was found 853 feet away from the blast point. A person sitting on the stone was exposed directly to the atomic flash. The victim is presumed to have been consumed on the spot by a 12,632-degree Fahrenheit atomic fireball, and only the shadow remained.

Hiroshima Peace Memorial (Genbaku Dome)

WORLD HERITAGE REGISTRATION: 1996
HOURS: March – Nov. 8:30 a.m. - 6 p.m.;
Aug. 7 p.m.; Dec. – Feb. 5 p.m.
LOCATION: 1-2 Kakajimacho, Naka-ku,

Hiroshima City, Hiroshima Pref.
(in Peace Memorial Park)

ADMISSION: Adults, 50 yen (\$0.40); high school students or younger, 30 yen; (Audio guide, 300 yen)

URL: www.pcf.city.hiroshima.jp
TEL: 082-241-4004

■ ITSUKUSHIMA SHRINE (Miyajima, Hiroshima Pref.)

More than 4 million tourists a year make their way to the majestic Itsukushima Shrine and its large torii gate built on the shore of the island.

Although most of the shrine is closed to the public, you can walk around its main deck, along the main altar and noh performance stage. And, when it is low tide, you can walk along the sea floor right up to the gate for a close look. It is amazing that such this gigantic gate stands firmly by its own weight and four supporting pillars.

According to legend, because the Island had been worshiped as a god for centuries, the shrine could not be erected on the island. And to this day, there are no cemeteries on the island because no one is allowed to die there. Nor are folks allowed to be born there. When either time comes, it must be done on the mainland.

Itsukushima Shrine

WORLD HERITAGE REGISTRATION:

1996

HOURS: 6:30 a.m. - 6 p.m.

LOCATION: Miyajimacho,
Hatsukaichi City, Hiroshima Pref.

ADMISSION: Adults, 300 yen (\$2.50); high school students, 200 yen; elementary and middle school students, 100 yen.

URL: www.miyajima.or.jp/english/index.html

TEL: 0829-44-2020

■ HIRADO ISLAND'S SACRED PLACES AND VILLAGES (Nagasaki Pref.) (Hidden Christian Sites in the Nagasaki Region)

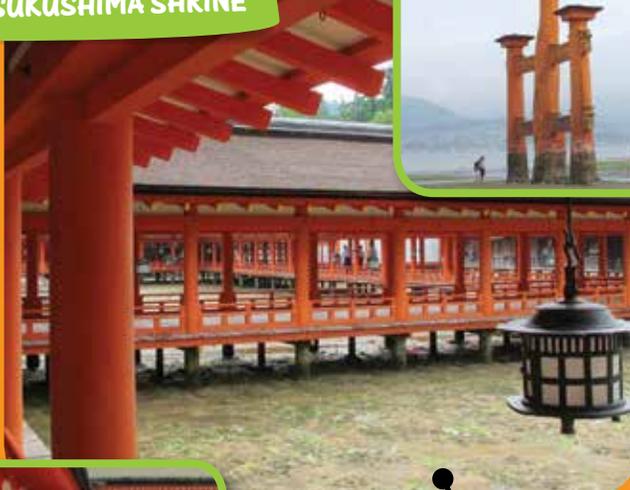
The exotic look created by traditional Japanese homes shadowed by gothic-style cathedrals and a Dutch trading post with stone port facilities, makes Hirado a great attraction on the western island of Kyushu. Fortunately, Hirado is only a 40- to 50-minute drive along Route 22 from Sasebo Naval Base.

This island is known as one of the Hidden Christians' homes and sanctuaries, and was recently registered as

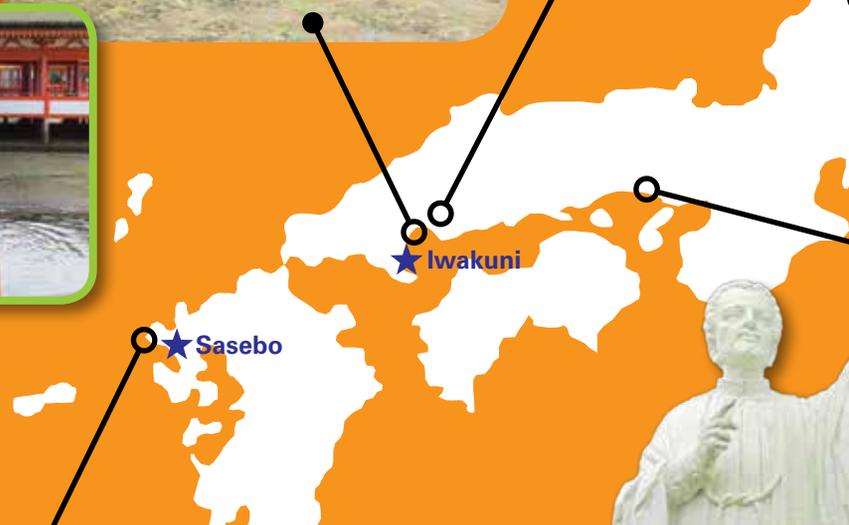
GENBAKU DOME



ITSUKUSHIMA SHRINE



HIRADO ISLAND



World Heritage sites in Japan



World Heritage. Walking up a sloping stone path to the Hirado Church, I encountered a very impressive view of the spire and cross of another Catholic church in combination with the traditional Japanese tiled roofs and grave stones of Komyoji and Zui-onji temples. This really symbolized how much this island merged Japanese and Western cultures.

Since the Portuguese Jesuit missionary Francis Xavier introduced Catholicism to Hirado in 1550, the new faith soon took root on Hirado Island's western coast and Ikitsuki Island. But by 1614, the Tokugawa Shogunate outlawed Christianity before closing the country to foreigners, especially Westerners, in 1641.

The crackdown on the foreign faith from the West was brutal. It's estimated that more than 40,000 Christians were martyred in Japan until the ban was lifted in 1873. When Christians were discovered in Hirado, they were usually executed on the Neshiko Beach and their bodies disposed of in nearby Ushiwaki Forest.

To survive, Hirado's Christian communities went underground, pretending to be Buddhists in public. They hid their religious icons, paper crosses and medallions in storage cabinets, continuing to venerate them in secret.

Visit the Hidden Christian Museum, which is located near Neshiko Beach, the sacred location for all the Hidden Christians. There, you'll learn about the strong faith of the Japanese Hidden Christians who kept their faith a secret for more than 250 years. Enjoy viewing various religious items while touring the museum.

hands being placed together as if praying. In Japanese, it is called "Gassho-dukuri" (hands-in-prayers style). Since UNESCO declared the regions as World Heritage Sites in 1995, millions of domestic and international tourists have traveled to see the pristine rural landscape every year.

Some of the farmhouses are used as restaurants, souvenir shops and inns, and a folklore museum housed in a traditional farmhouse offers you a chance to take a closer look at the inside, outside and architectural structure of the buildings.

Travel around the regions, and you will be overwhelmed with its unique rural landscape of traditional farmhouses with steep-angled roofs and a backdrop full of stunningly beautiful nature.

Gokayama (Gokayama Information Center)
WORLD HERITAGE REGISTRATION: 1995
LOCATION: 754 Kaminashi, Nanto City, Toyama Pref.
URL: gokayama-info.jp/en/
TEL: 0763-66-2468

Shirakawago (Shirakawago Tourist Association)
WORLD HERITAGE REGISTRATION: 1995
LOCATION: 1086 Ogimachi, Shirakawa Village, Ono-gun, Gifu Pref.
URL: shirakawa-go.gr.jp/en/
TEL: 05769-6-1013

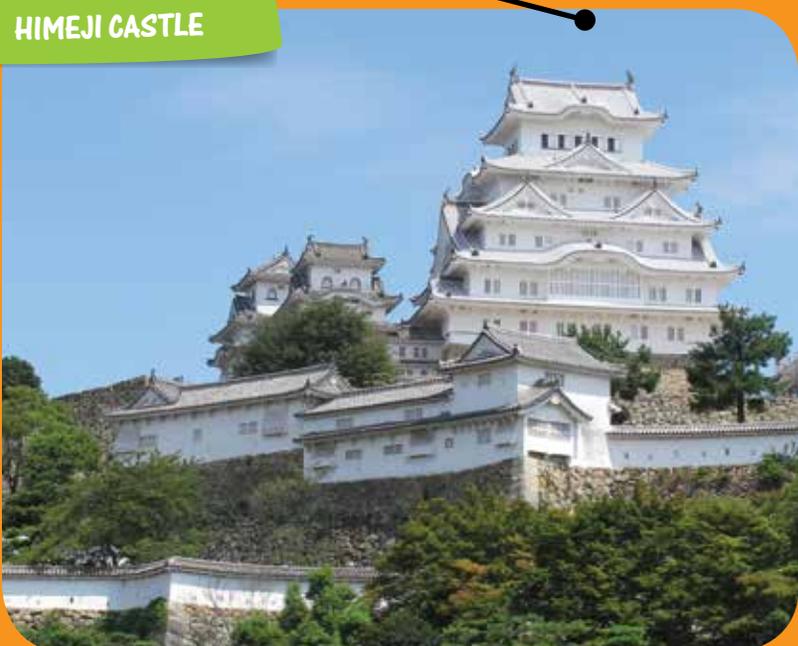
■ **HIMEJI CASTLE (Hyogo Pref.)**

Anyone wishing to experience an air of Japan's traditional and elegant past should consider visiting Himeji in Hyogo Prefecture. A three-and-a-half-hour drive from MCAS Iwakuni brings you to this quiet, calm and conservative city that harkens back to its old-world roots. The streets are filled with old-fashioned eateries and clothing stores as well as countless souvenir shops catering to tourists drawn to the 400-year-old Himeji Castle. The castle is one of a very few to have remained standing after World War II. There are many volunteer guides on hand, some that speak English. In addition to the historic landmark, Himeji offers visitors a classic Japanese garden, Koko-en, and a decent zoo. In all, Himeji not only impress you with the majesty and elegance of traditional Japan, it will give you new memories that will last a lifetime.

Himeji Castle
WORLD HERITAGE REGISTRATION: 1993
HOURS: Late April – Aug. 31, 9 a.m. - 5 p.m., Sept. 1 – Late April, 9 a.m. - 4 p.m. (closed Dec. 29 and 30)
LOCATION: 68 Honcho, Himeji City, Hyogo Pref. (15-minute walk from the central exit (north) of the JR Himeji Station)
ADMISSION: 400 yen (\$3.50), ages 5-12, 100 yen
URL: www.city.himeji.lg.jp/guide/map/castle/castle.html
TEL: 079-285-1146

■ **GOKAYAMA SHIRAKAWAGO (Toyama and Gifu Pref.)**

Located on the hilly valley in the central part of northern Japan, the inverse V-shaped farmhouses in Gokayama and Shirakawago regions look like two



GOKAYAMA SHIRAKAWAGO

HIMEJI CASTLE



Aibs
Anna International Business Support



How do I get there? *Douyatte sokoni ike masuka?*

Where can I buy it? *Dokode sorega kae masuka?*

What did she say? *Kanojo wa nante ittano desuka?*

We're here to help you speak Japanese!
Let us take you under our wing

What we offer:
• English conversation classes • Translation services • Interpreter services

742-0337 5261 Kugacho Iwakuni City, Yamaguchi Pref.
Tel: 0827-82-6603 Fax: 0827-82-7150
Email: T.survey@nifty.com
Mobile: 090-7547-8963 (Masako Uehara)

HARADA Hair Salon



**Enjoy our at-home style barber shop the Japanese way!
We are experts in skin and scalp care.**

- Men's Haircut: 3,500 yen
- Ladies Haircut: 3,500 yen
- Men's & Women's Facial Hair Shaving: 3,000 yen

HARADA Hair Salon



5 parking spaces available
Our shop is located in the central shopping area of Kuga Town.

Open: 8 a.m. – 7 p.m.
Closed: Every Monday and Tuesday and 3rd Sunday of the month.
5933 Honcho, Kugacho, Iwakuni City, Yamaguchi Pref.

IWAKUNI FRIENDLY BUSINESSES

Bee-an Honey Shop

ビ庵 

Taste what all the buzz is about!
Great for gifts / We can ship orders



- 100% pure Japanese honey
- Honey products from around the world
- Propolis products
- Royal Jelly

  <http://www.bee-an.com>

Open: 9 a.m. - 6 p.m.
Closed: Wednesday and 3rd Sunday
Tel: 0120-038-438
128 Shimosu Street, Shutocho, Iwakuni City, Yamaguchi Pref.

We'll take care of all your bicycle needs!

We have loads of accessories and our repair shop is top notch!



Bicycle Shop Yamada



Looking to buy?
Plenty popular brand bicycles in stock and ready to ride!

★ CINELLI	★ CARRERA	★ ORBEA
★ DEDACCIAI	★ MERIDA	★ SHIMANO
★ MET	★ PROLOGO	

**Come visit our shop or call us at
0827-84-0215 for more info**
1104-17 Shimokubara, Iwakuni City, Yamaguchi Pref.

Paintings, ceramics, ancient accessories, old confectionery wood form molds, buddha statue and more!

Antique Shop
Modern Times

Paintings, ceramics, ancient accessories, old confectionery wood form molds, buddha statue and more!

Our store is full of treasures that can be yours!

10% discount for military community!



Open: Noon 5 p.m. daily
 Tel: 090-1017-0704

2-7- 20 Yumachi Chuo,
 Iwakuni City,
 Yamaguchi Pref.

Aburaya

Soup Curry Restaurant

Travel back in time and eat the like the Japanese did over a 150 years ago!
 This traditional dining experience is one you'll never forget.
 Enjoy our creative dishes, featuring local beef, vegetables and herbs.



We serve soup curry and creative lotus root dishes!
 Don't forget to say "Itadakimasu!" before eating!



❖ Lotus Root Dish 1,400 yen	❖ Beef Cutlet Curry 1,500 yen
❖ Chicken Curry 1,100 yen	❖ Shrimp Fried Curry 1,300 yen



Hours: 11 a.m. – 3 p.m.
 (Closed: Tue. Wed. and Thurs.)
 Call us at 0827-84-0067
 We are open for dinner from 5-8 p.m.,
 Friday-Sunday (reservations required)
 *Parking Available

1343 Simokubara, Syutoumachi, Iwakuni City, Yamaguchi Pref.

IWAKUNI FRIENDLY BUSINESSES

Aqua Labo

Snack shack located on beautiful Shiohaze Beach Park Minato Oasis Yuu.

30-minute drive from MCAS Iwakuni.
 Please come to our beach to interact with Japanese people.





Menu	
Ice Cream	350 yen
Iced Coffee	150 yen
Yuu Tomato Juice	180 yen
Beer	350 yen
Coke M	150 yen
L	200 yen
Fried Potato	200 yen
Fried Chicken Nuggets	300 yen
Corn Dog	150 yen



Try our tasty tomato soft cream!

Beach rules:
 •No open fires •Pets not allowed on beach sand •No fishing

Hours: 11 a.m. - 4 p.m., (10 a.m.-5 p.m. in July – August)
 Tel: 0827-63-3399
 8500-6 Yuu-cho, Iwakuni City, Yamaguchi Pref.

Taste our famous Hiroshima-style Okonomiyaki!

Kobuta Chan

*Kobuta Chan: Piglet



Okonomiyaki is a Japanese-style, pancake-like contraption stuffed with different ingredients and cooked on an iron griddle.

Try our popular **Spicy & Healthy Okonomiyaki** or our **Rice Okonomiyaki**.




• Pork and egg 630 yen	• Pork and egg with Soba or Udon 680 yen
• Rice Okonomiyaki 760 yen	• Spicy Healthy Okonomiyaki 780 yen

*Optional ingredients you may add to the mix:
 Squid, octopus, clams, shrimp, cheese, mochi and many others.*

Hours: 10:30 a.m. – 3 p.m. and 5-7:30 p.m.
 (Closed: Wednesday, 1st and 2nd Tuesday)
 Tel: 0827-63-0626
 1-12-13 Chidorigaoka, Yuu-machi, Iwakuni City, Yamaguchi Pref.



An impressive Shinto shrine in the Nagano countryside

STORY AND PHOTOS BY PETER SIDELL, JAPAN TRAVEL

Near Hotaka station in the farming countryside of Azumino, about half an hour by train from Matsumoto, Hotaka shrine is an impressive, spacious shinto shrine, with a number of interesting features to enjoy as you stroll around the grounds.

There seems to be a distinct nautical theme, even though the

shrine is about as far from the ocean as it's possible to be in Japan. There are statues of seafarers, one riding some mythical animal through the waves, and carvings in wood and stone of ocean scenes, boats and turtles being tossed around by unfriendly waves.

The shrine is surrounded by peaceful forest, and there are also a couple of imposing torii gates and impressive wooden halls for visitors to

GETTING THERE

The shrine is just a couple of minutes' walk down the main road, heading away from Hotaka station on the infrequent JR Oito line.

ADDRESS: Nagano-ken, Azumino-shi, Hotaka 6079

admire. You'll also see elegant metal sculptures in the shape of origami cranes, these near a carp pond, where it's very relaxing to watch the fish glide serenely through the milky water.



English translation services provided!

USHIHAMA PET CLINIC

Located outside Yokota Air Base, Ushihama Pet Clinic has been serving military community pets since 1977! Providing top care in all aspects of pet and exotic pet needs is our specialty with full translation services. Our goal is to keep your pet Healthy & Happy during your stay here in Japan.

Preventive Care

- Health Check Ups
- Vaccinations, Rabies, DH2PP, DHPPL, Bordetella & more
- Complete Dental Services

Procedures

- Spay/Neuter – Dogs, Cats & Rabbits
- Declawing, Cesarean, Extract. Objects, Full Dental & more
- Intensive Care Unit Surgery with boarding

COME IN NOW for FREE PET REGISTRATION

COME SEE US!

Map showing location relative to Yokota Air Base and surrounding roads.

YOKOTA AIR BASE
Route 16
Supply Gate No.5
Ushihama Pet Clinic

Earn your Stripes

Write on Japan Travel and earn rewards: 500 bonus points for Stripes readers!

japantravel.com/stripes

NEW IN JAPAN?

To get your **FREE Stripes' Welcome to the Pacific** magazine, contact us at CustomerHelp@stripes.com

Local Culture and Customs
Public Transportation
Local Food
Language
and more!

STARS AND STRIPES

Stripes Japan is A Stars and Stripes Community Publication. This newspaper is authorized for publication by the Department of Defense for members of the military services overseas. However, the contents of Stripes Japan are unofficial, and are not to be considered as the official views of, or endorsed by, the U.S. government, including the Department of Defense or the U.S. Pacific Command. As a DOD newspaper, Stripes Japan may be distributed through official channels and use appropriated funds for distribution to remote and isolated locations where overseas DOD personnel are located. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement of those products by the Department of Defense or Stars and Stripes. Products or services advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user, or patron.

The view from Cape Chikyu is stunning and still much wider than in this picture

The amazing coastline of Muroran

Check out wild cliffs and a stunning view over the horizon

STORY AND PHOTOS BY SANDRO BERNARDINELLO, JAPAN TRAVEL

Muroran is not usually a place that first or even second time visitors to Hokkaido will think of, but for those the venture beyond the city itself, the coastline that frames the city culminating in Cape Chikyu has plenty to offer,

including some spectacular look-outs and it's a great place to go whale watching.

The best way to explore the area is undoubtedly by car. The coast is several kilometers long and it's not easily accessible by public transportation. If you can rely only on your legs, your best option is to get to Cape Chikyu by bus. You can then hike on the trail that goes up north passing by the

niciest spots nearby. Another option is to get here by motorcycle or bicycle, it was even part of stage 5 of the Tour de Hokkaido bicycle race to Sapporo.

When you will arrive at the top viewpoint over the lighthouse, it will take you a few moments before noticing it. The view from there is so wide over the horizon that you can actually see the Earth's curvature. It's

impressive. Similar to a mountain summit, the picture of a cape is somehow related to the idea of reaching a goal. That is probably the origin

of that feeling of fulfillment and satisfaction this kind of places give. Needless to say, here that sensation it's particularly strong. The constant wind blowing from the ocean, the clouds moving fast in the sky and the amazingly wide view make this place a must-see.

The whole south-eastern coast also offers great spots. Vertical cliffs almost one hundred meters high tower over the

ocean while countless seagulls chirp loudly. The bushes covering the top of the shore look like a green wavy sea under the strong winds. Regardless to the weather or season these views are undoubtedly spectacular.

Furthermore, if you are coming from Hakodate by car (the rental rates are way cheaper than the Sapporo area), I personally suggest to skip the highway and follow the

provincial road that runs along the ocean. You will save the toll money

(more than ¥3000) and you will be rewarded with some great views. The sight of the Mount Komagatake from farther north can turn in some epic scenes in a stormy day.



MISAWA YOKOSUKA ATSUGI ZAMA YOKOTA FUJI IWAKUNI SASEBO OKINAWA MISAWA YOKOSUKA

IACE IACE TRAVEL CONNECT TO WORLD

= Serving the Military Community since 1998 =

Kadena, Camp Foster, Yokosuka, Atsugi, Iwakuni

IACE Official Website www.iace.co.jp/en

*** Please ask agent or check our website for more
*** Prices are in US dollar, per person, based on 2 per room, unless specified.

All Prices include Tax/Fuel/Fees Based on rate 110. subject to exchange rate

Snow Festival 2019
3 FEB Departure - 5 FEB Return
¥80,000 (\$728)
*No Escort Plan
Tour including:
-Round trip air fare between Haneda and Chitose
-2nights stay at Sapporo Tokyu Rei Hotel
-Airport transfer from Hotel on 5 FEB
Escort Plan will be coming soon!

MISAWA Thanksgiving Day Special
India 6-Days
18 NOV Departure - 23 NOV Return
¥177,000 (\$1610)
Tour including:
-Round trip air fare between Misawa and Osaka
-3nights stay at Osaka Shin-Hankyu Hotel

Thanksgiving Day Special

Club Med Phuket 6-days 19 NOV Departure - 24 NOV Return ¥136,000 (\$1234) Tour including: -Round trip air fare between Narita and Phuket -Airport transfer in Phuket -Meal/Snacks during your stay -Wine & Beer during your lunch/dinner	India 6-Days 18 NOV Departure - 23 NOV Return ¥140,000 (\$1273) Tour including: -Round trip air fare between Narita and Delhi -Airport transfer in Delhi -English guided tour from 19 NOV to 22 NOV	Taipei 4-Days 21 NOV Departure - 24 NOV Return ¥102,200 (\$929) Tour including: -Round trip air fare between Narita and Taipei -Airport transfer -3nights stay at The Landis Taipei (5-star hotel) -Full-day Taipei Gourmet & Landmark Tour on 22 NOV	Sydney 6-Days 21 NOV Departure - 26 NOV Return ¥165,000 (\$1500) Tour including: -Round trip air fare between Narita and Sydney -Airport transfer in Sydney -4nights stay at Travelodge Hotel Sydney -ETAS Visa application fee
--	--	---	---

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

YOKOSUKA BRANCH
ITT Office: **243-3498** Commercial line: **046-816-3498**
Email: yokosuka@iace.co.jp
Mon - Sat: 10 am - 6 pm,
Holi: 10 am - 2 pm

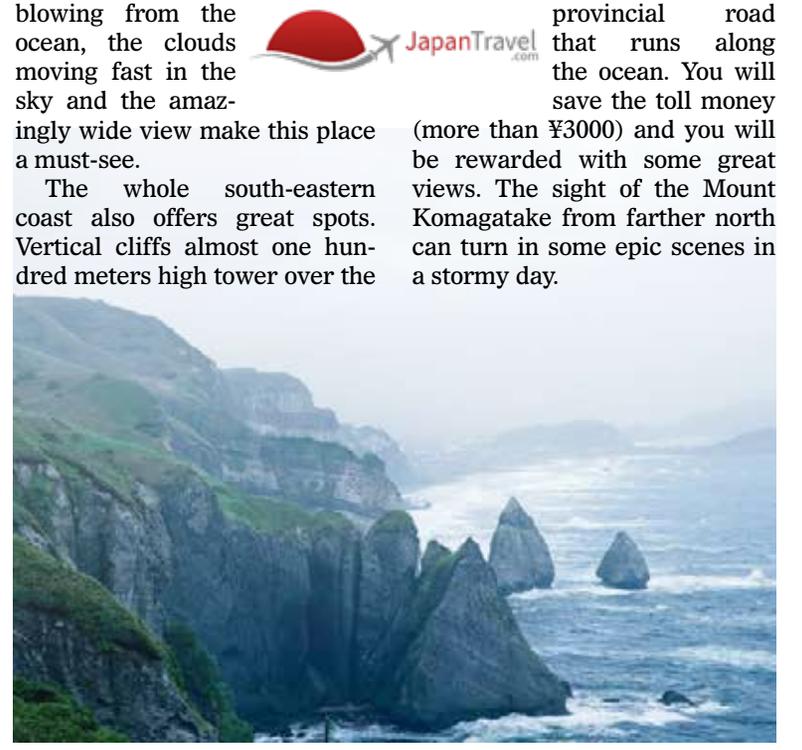
ATSUGI BRANCH
Office: **264-6297, 6298**
Email: atb@iace.co.jp Mon-Fri: 9 am - 6 pm, Sat: close

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

Feel free to call, IACE YOKOSUKA office

IACE IACE TRAVEL Find us on: [facebook](https://www.facebook.com/iace)

OKINAWA MISAWA YOKOSUKA ATSUGI ZAMA YOKOTA FUJI IWAKUNI SASEBO OKINAWA MISAWA



Home Service iRepair Center jp

Computer Desktop, Server, iphone, ipad, Network, MacBook, any Apple product, Unlock iphone, smart phone, Data Recovery

Saturday/Sunday/holidays 10:00-18:00
www.calvatron.net/usabsjp.html
050-5367-7053/070-4128-1372

Rental & Real Estate Agent

ARK-PLAN **ABLE Network Iwakuni**
Open Daily 9:30-18:00

Our office is now near Iwakuni Station!
Welcome to Iwakuni

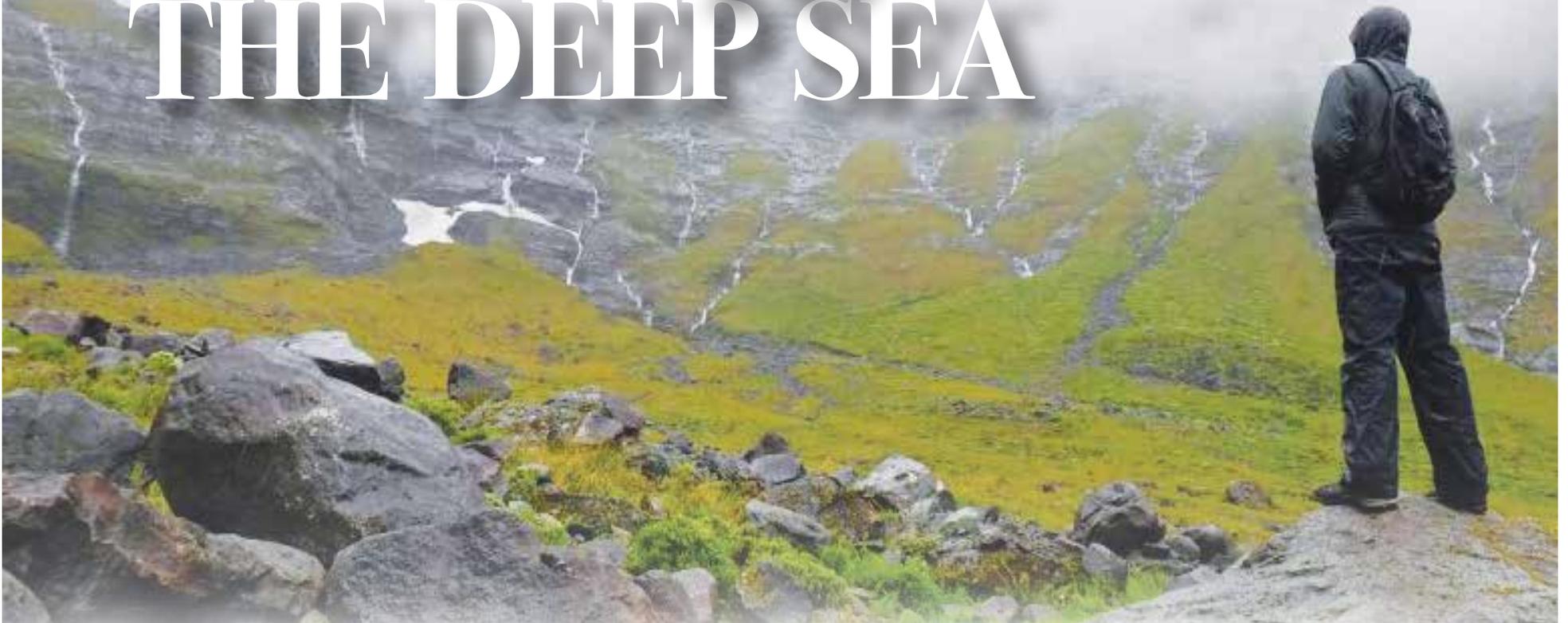
call: 0827-28-2100
E-mail: info@ark-plan.com
<http://www.ark-plan.com>

English information available

Hotel Alpha 1 LIVEYELL
Iwakuni City View Hotel from Iwakuni MCAS

A hiker surveys the natural granite amphitheater that frames the Gertrude Saddle Route in New Zealand.

FROM MOUNTAINTOPS TO THE DEEP SEA



New Zealand's popular Milford Sound a real gem

STORY AND PHOTOS BY ERIN E. WILLIAMS,
SPECIAL TO THE WASHINGTON POST

We were on top of the world at the bottom of the world, encircled by a 360-degree panorama of mountain peaks. My husband and I had reached Key Summit, the pinnacle of a half-day hike in New Zealand's Fiordland National Park. I wanted to lollygag and drink in the views, but the weather had other ideas. The temperature plummeted about 30 degrees and a blustery wind threatened to whisk us away. Andrew and I started back down the path. With bent heads, we pushed through the wind — extreme for us, but weather as usual for a Kiwi.

Key Summit is one of many hiking

trails — or as locals call them, tracks — that crisscross the South Island near Milford Sound, the green gemstone atop New Zealand's wilderness crown. Milford Sound sits within Fiordland National Park, which in turn is part of Te Wahipounamu — South West New Zealand, a UNESCO World Heritage site that covers 10 percent of the country's landmass.

Milford Sound's mountains, rain forests and its fjord draw more than 500,000 visitors each year. Many of them are tour bus day-trippers from neighboring Te Anau or Queenstown who take a quick boat cruise, snap photos and head back to town. A landing strip and helipad accommodate sightseers who forgo the drive and whiz in and out. One lodge is available

to those who prefer to stay a little longer.

Andrew and I chose a different option: driving a rental car and pitching our tent. This provided us with maximum flexibility to experience this famous landscape without the infamous crowds — from ascending mountaintops to descending below the water's surface to float among deep-sea creatures.

To reach Milford Sound, we departed our hostel in Te Anau, a nearby lakeside town, and hit the road: the Milford Road, or State Highway 94, which is the only land-based route. We left before sunrise to allow enough time to ↗



At New Zealand's Milford Sound, a cruise boat awaits its passengers.



Wild lupines frame Cascade Creek in Fiordland National Park, New Zealand.

make our 9 a.m. Milford Sound cruise departure.

The nearly 75-mile journey stretched toward cloud-ringed mountains that glowed pink in the pre-dawn light. Fog draped over lowland pastures, and yellow wildflowers framed the road. As we passed the Fiordland National Park entrance, the road twisted through an enchanted fairyland of red beech forests and golden grasslands draped in stalky wild lupines. The Livingstone and Earl mountain ranges loomed closer with every mile.

After many stops to gawk at the natural drama, we reached the nearly mile-long Homer Tunnel, which passes through a mountain into the Milford Sound area. Although there was no traffic, a Department of Conservation ranger in Te Anau had warned me that vehicles would be queuing later in the day.

As soon as we pulled over to enjoy the view before the tunnel, a large green parrot landed on our car hood with an insouciant thump. The native kea set to work stripping the rubber from the windshield wiper, eyeing me for my reaction.

The world's only alpine parrots are highly intelligent and seem to hang around parking lots solely to

continued on page 35tease camera-snapping tourists and dismantle their vehicles. One tried to rip off our antenna before clumsily sliding down the back of our car on his belly. Three clung with their beaks to the top of a camper van leaving the parking lot. They rode with apparent glee down the mountain until they released together, a flash of emerald flying into the treetops.

We could have watched them clown around all day, but we were running late. My need to stop for every vista, flower and bird had turned a two-hour drive into nearly four. Tearing ourselves away from the rambunctious parrots, we drove through the Homer Tunnel and descended the mountain to Milford Sound.

We checked in for our cruise at the bright visitor terminal and boarded the boat for the two-hour circle around the misty fjord. Milford Sound isn't actually a sound; rather, it is one of 14 fjords in Fiordland. Ice age glaciers carved the valley, and as they receded, the Tasman Sea filled it.

Moments after the boat pulled away, Mitre Peak appeared overhead. Below, its reflection tattooed the water's surface. At 5,522 feet, it rises directly from the fjord floor. Taller still is Mount Pembroke, which cradles the last glacier visible from the water. Granite cliffs adorned with precious jade-colored greenstone soared hundreds of feet in the air. Rain forests clung to the slopes. Waterfalls thundered into the fjord.

This early in the day, there were only a couple dozen passengers. The crew pointed out natural features and described the fjord's Maori and European history. The boat passed Dale Point, Milford Sound's entrance from the Tasman Sea, which eluded sailors for years. Although generations of Maori used the fjord (naming it Piopiotahi) to gather greenstone (or Pounamu) and food, European

explorers only realized in the early 1800s that what appeared to be a bay was actually a gateway to the fjord.

We slowed down to pass a group of fur seals sunning themselves on rocks. I leaned over the bow to scan the water for sharks, dolphins and penguins who visit the area, but they were a no-show.

When the boat reached Harrison Cove, the fjord's shallowest area, Andrew and I disembarked with another couple at the Milford Discovery Center and Underwater Observatory. Opened in 1995, the observatory floats on the water's surface. Steel beams bolted to the fjord wall stabilize the structure yet allow it to rise and fall with the tide. The creators designed the structure for minimal effect on its environs, and the animals are free to come and go as they please.

A guide greeted us among rows of panels that detailed the area's natural and cultural history. We descended 64 steps to a circle of windows that opened onto a reef, part of the Piopiotahi Marine Reserve that protects more than 2.5 square miles along the fjord's northern side.

Outside the window, a blue cod regarded me with curiosity. Snake stars draped over black coral, and sea perch lay camouflaged on the reef. Starfish clustered in crevices, and schools of fish undulated around the observatory.

Excited, I began peppering the guide with questions.

She gamely explained the factors - calm water, lack of sediment and low light conditions caused by a freshwater layer that floats atop the saltwater - that create deep water emergence, a unique marine environment that allows species that normally live hundreds of feet below the surface to flourish in the shallows.

"Do you get to know any of the individual animals?" I asked.

"Yes, although my boss warned me not to become attached to any of them," she said. "I had a favorite cod, and a few weeks ago, another fish ate him right in front of me."

I pressed my face to one window after another, asking rapid-fire questions. Finally, she gave me a handout.

The hour-long visit ended too quickly, and we boarded a second boat for the return.

Back on the Milford Road, we parked the car at the trailhead for the Key Summit Track. The four-mile, out-and-back hike branches from the Routeburn Track, one of New Zealand's nine famed Great Walks that meander through some of the country's most varied and spectacular environments.

The Routeburn section started with a gradual climb

SEE GEM ON PAGE 24



The world's only alpine parrots - keas - are native to New Zealand's South Island.

MILFORD: A REPUTATION FOR BEING VERY WET

CONTINUED FROM PAGE 23

through beech forest. Sunlight flickered off green rocks decorating the trail, and moss dripped from the trees. After an hour, the Key Summit Track split from the Routeburn and climbed above the tree line. Snow-capped mountains became our trail companions. They kindly didn't say a word about my huffing and puffing as the terrain steepened.

At the 3,000-foot summit, a nature trail curved through an alpine wetland where pools reflected gnarled trees and clouds. The Humboldt, Ailsa, Livingstone, Earl and Darran mountain ranges encircled the peak. Bright blue lakes adorned the mountains like pendants, a surprisingly spectacular payoff for such an accessible ascent.

And then the weather turned mean.

By the time we reached our campsite at Knobs Flat along the Milford Road, it was 15 hours after starting our day. I was ready to tent for the night. The small operation in the Eglington Valley, which

one of New Zealand's most extensive lowland beech forests and more than 30 threatened plant and animal species.

The facility has six studio units, tent sites, hydro-powered amenities (a rustic hot shower, kitchen and laundry) and an unwelcome committee: sandflies. As soon as we stepped out of the car, the region's most notorious residents began assailing us. We hurriedly pitched our tent, waving away the marauders while spindly legged, white-bellied South Island robins investigated our work.

We dashed into the campground's shared kitchen, knocking elbows with German campers as we cooked dinner. I zipped into my sleeping bag well before the 9:30 p.m. summer sunset and fell asleep to the lullaby of sandflies hurling themselves against our tent.

The next morning, we broke camp in the rain and consulted our host about hiking the first segment of the Gertrude Saddle Route from its trailhead near the Homer Tunnel.

"Be careful," he said. "We lose trampers out there every year."

Given the weather and his warning, we decided to traverse only the route's flat, boulder-strewn glacial

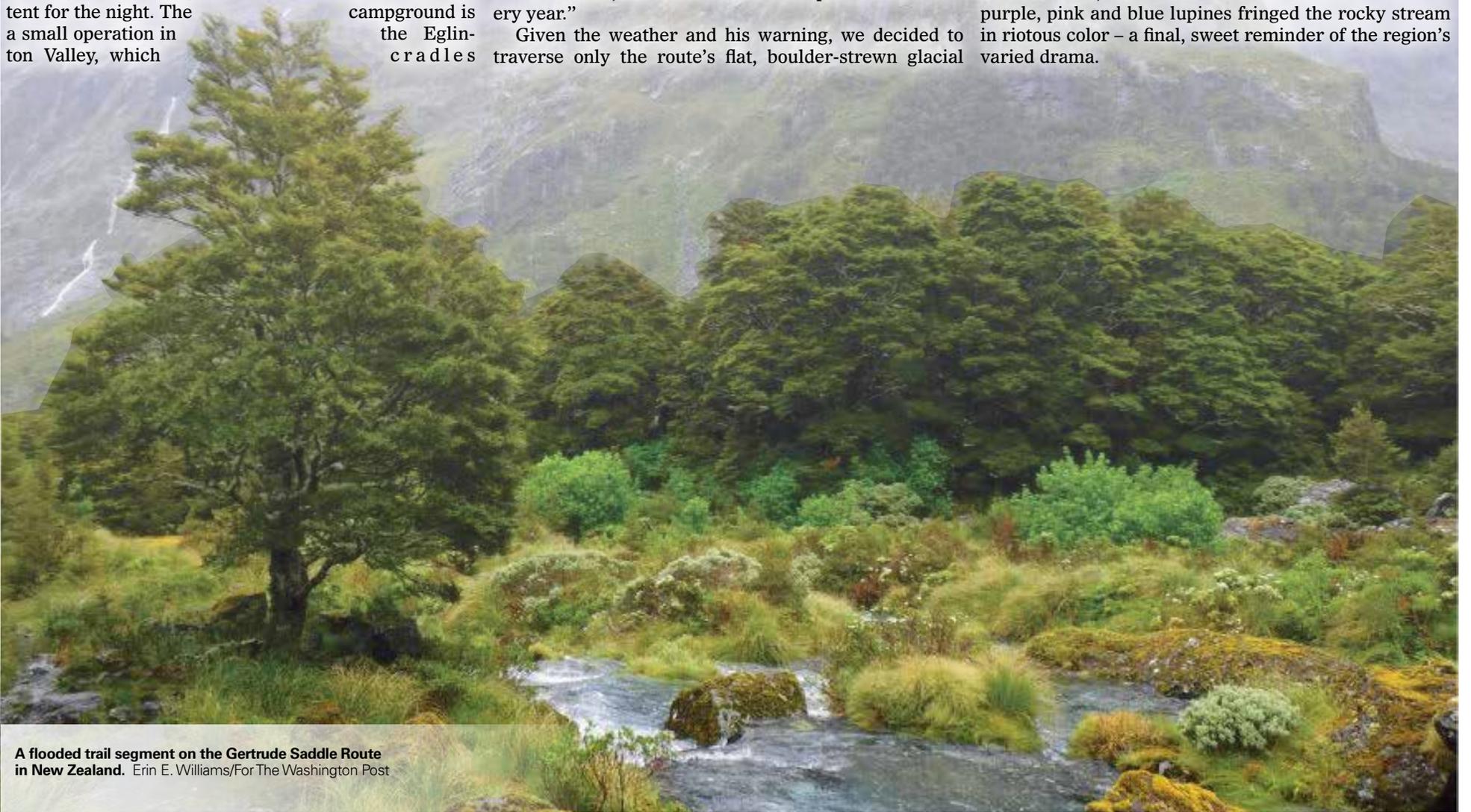
valley and turn back before a difficult rock face made passage treacherous.

The trailhead parking lot was empty. We crossed several rain-swollen creeks and cerulean pools. Low-hanging clouds nearly obscured the waterfall-ribboned cliffs surrounding the valley.

After a couple of hiking hours, we reached the rock face. Rain and sleet pelted my gear. Milford Sound was living up to its reputation as one of the planet's wettest places.

It was time to turn around. Andrew carefully rock-hopped along the flooded trail, but I slogged along knee-deep in water, not caring whether I became any more soaked. I lowered my eyes to avoid the stinging rain and delighted in all the details – the mist, trees, boulders, moss and water – that the mountains might have overshadowed on a sunny day.

Heading back to Te Anau, we made our last stop at an easy pull-off for Cascade Creek. Alpine peaks poked from the mist, but wildflowers stole the scene. Acres of purple, pink and blue lupines fringed the rocky stream in riotous color – a final, sweet reminder of the region's varied drama.



A flooded trail segment on the Gertrude Saddle Route in New Zealand. Erin E. Williams/For The Washington Post

FURNISHED APARTMENTS AVAILABLE!

HOUSE & U-CARS AGENT KAZ CO.

WE MAKE LIVING IN THE IWAKUNI AREA EASY!

HOME RENTAL AGENT & USED CAR SALES

We offer total support for you daily life needs such as

- Medical/Dental Provider Listings
- Pre-Owned Vehicle Sales
- Transfer to Iwakuni License Plate Service
- House and Apartment Realtor
- JCI Inspections / Repairs
- Vehicle Junking Service
- Internet Set-up

English OK! Call NOW at 0827-35-4917
OPEN Monday thru Saturday 10am to 7pm

Iwakuni MCAS MAIN GATE Gate Construction

CELEBRATING 51 YEARS 1967~2018

of Service to the Military Community!

Visit us at <http://kellyandkellyjp.com>

KELLY & KELLY

PRE-OWNED CARS & INSURANCE AGENCY

"ONE STOP SHOP" offering all types of clean, reliable vehicles to fit your needs!

Auto Insurance Provider

Free Registration, All Vehicles are Warranted & Payment Plans are Available.

Discount Store **Here!**

Route 16

Terminal Gate

AMC YOKOTA

Mon – Fri: 9a.m. – 6p.m.
Saturday Close at 5p.m.
Closed Sundays

On Base pick-up & drop off service!

042-551-0556

Serving the Military Community for 51 Years!

KELLY & KELLY

AUTO SALES & INSURANCE

TEL 10421551-0556

Café HAKU

Welcome to Satoyama's café!

Chef's Daily Specialty Menu
We grow our own vegetables and herbs!



***HAKU Set ¥1,300**
•main plate •sweets •drink




***Pot Baked Pizza ¥1,300 *Cake Set ¥700**

Enjoy a beautiful countryside setting where you are literally wrapped in green!

Hours: Fri, Sat, Sun 10 a.m. – 4 p.m. (Sunday reservations only)

❖ reservation required ❖

We can set up parties for you!





364-4 Shibukuma, Miwamachi, Iwakuni City, Yamaguchi Pref.
Tel: 0827-96-0897
Website: <http://space.geocities.jp/yellowlife443/>
Blog: <http://ameblo.jp/haku443/>

Fairy S. Garden – Original Dog Food

Fairy S. Garden

ORIGINAL FOOD




We deliver fresh handmade products. We use domestic natural ingredients and absolutely no additives. Our Pet Care Qualification Advisor will assist with your dog's dietary needs.




Please order on our website or contact us.

<http://www.f-s-garden.com>
E-mail: fairy-s-garden@y4.dion.ne.jp
Tel: 0827-96-0960

Open: 9 a.m. – 5 p.m. Closed: Sat, Sun & holidays
1363-1 Shibukuma, Miwamachi, Iwakuni City, Yamaguchi Pref.



IWAKUNI FRIENDLY BUSINESSES

Gan-neguri



We create a variety of award-winning Japanese cultural foods and sake in our factory. Our handmade delicacies are perfect gifts for family and friends!

Homemade chestnut sweets and treats!



Chestnut Sweets
Gift Box – 3 pieces (110g each)
¥2,800 (Tax Included)




Phone: 0827-97-0727
Email: info@ganneguri.com
<https://www.ganneguri.com/>

Flower Shop Setsuka

Flower Arrangement Shop

We offer the ultimate flower arrangement service!

❖ Tell us your budget and what you want, and we'll make it special ❖
❖ We provide flower delivery service to your event ❖

Our designs and arrangements have been featured in exhibits in Japan and overseas!

Make a reservation with us to learn how to make flower arrangements!

We sell handmade goods and gifts from all over Japan!





Tel: 090-7547-9301
Open: 10 a.m.- 5 p.m. (Closed various days so please call us)
5009-2 Naguwa, Mikawa-cho, Iwakuni City

FANTASTIC UNDERGROUND KINGDOM

RAIN OR SHINE, START YOUR ADVENTURE!

Rare & Huge Underground Theme Park. ONLY 35km from MCAS Iwakuni.

(OPTIONAL EXPERIENCES)

Jemstones Panning

Gold Panning

INFORMATION

OPEN: 9:30 a.m. - 5 p.m.
 CLOSED: Wednesday
 ADMISSION FEE: Adults ¥1,500 (junior high-school students and older)
 Children ¥950 (4years and older)

(OPTIONAL EXPERIENCES)
 Gold Panning (20 min.) ¥500
 Jemstones Panning (20 min.) ¥700

www.muvalley.com



www.muvalley.com



YouTube video guide

Underground Kingdom Mikawa Muvalley

1564-1 Nekasa Mikawa-machi Iwakuni-shi

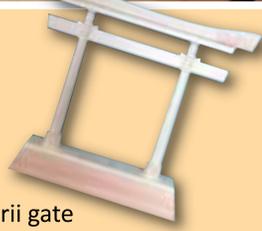
Wood Village Mikawa

Wood Furniture & Cafe

*Our hand-crafted furniture is one of a kind
We take orders, so contact us!*



<http://m-woodwork.com>
 Facebook: / mikawa wood work



Torii gate

Wood Village Cafe – Drink, sandwiches & sweets!



Handmade pita bread



Handmade pumpkin bread

Hours: Friday to Monday, 11 a.m.-5 p.m. **Phone:** (0827)77-0903 / 0220
 15-20 Naguwa Mikawa Iwakuni City (25minutes from Iwakuni IC)
 Wood Village Mikawa / Mikawa Wood Work Co.,Ltd.

Parking available P

IWAKUNI FRIENDLY BUSINESSES



Farmers Restaurant

Udonge

Full of Nature's Grace!

*What is Udonge?
It is a legendary flower that blooms once every 3,000 years.*



We look forward to meeting new people and sharing our hospitality.

*** Menu ***

Lunch sets featuring Inarizushi or Udon and Curry.







- ✿ We live by our motto: "Safety and Healthy Foods". ✿
- ✿ We use only natural ingredients, herbs, vegetables. No additives. ✿
- ✿ We rotate our selection of vegetables weekly! ✿

Open: Friday - Sunday 11:30 a.m. – 3 p.m. (*Last order 2 p.m.)
 TEL: 0827(72)3494
 670 Hirose, Nishikimachi, Iwakuni City, Yamaguchi Pref.

Local Products Store

Yamashiro Village

We offer the taste of the four seasons!

Our fresh food products are made from ingredients grown in Hongo, Iwakuni. Local vegetables and hand-crafted items made by local residents are available.



Yacon Jam
 Enjoy the health benefits of our smooth jam of vegetables and yacon root, which are rich in oligosaccharides and polyphenols.



Freeze Rice Cake
 It is thick-tempered, sweet cake made from glutinous rice grown in Hongo's clean water.

***** Other goodies *****

yacon tea, soy sauce pickled bamboo shoots, sweet bean sushi, mochi, croquette




Open: Every Wednesday and Saturday, 9 a.m. - noon
 Tel: 0827-75-2100
 1694-1 Hongo, Hongomachi, Iwakuni City, Yamaguchi Pref.

Camping in the great outdoors!

Discover Rakan

30% Military Discount!
About 80 minutes from MCAS Iwakuni

* Closed wintertime (Dec 1 - Mar 31)



Visit www.go-rakan.jp/rakan_top.php for more information and reservation.



Rakan Plateau Car Camping Site
 699-5 Rakan, Ohara, Nishiki-cho, Iwakuni City,
 Yamaguchi Prefecture, 740-0903

TEL 0827-74-0010 FAX 0827-74-0606

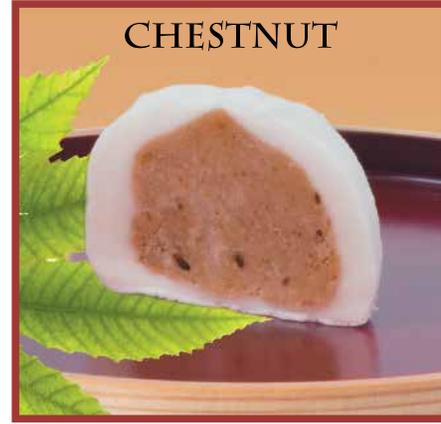
Japanese Confectionery Shop

Houeidou



Please try our popular frozen Daifuku, a rice cake stuffed with sweet red bean paste.

Just thaw out from the freezer before you eat. Enjoy Daifuku's cool rice cake texture and flavorful bean paste.



We deliver your frozen Daifuku to your door!



To place order or learn more:
<http://www.houeidou.com/>
 Tel: 0120-43-5988 (Free call)

1-20-30 Yume Town, Minami-Iwakuni-cho, Iwakuni City
 Tel: 0827-32-5008

IWAKUNI FRIENDLY BUSINESSES



Kitchen Paddle Curry Restaurant

Curry with salad & soup ¥800 (Kids ¥700)

Please visit our kitchen located in a mountainous area where we blend spices and herbs to make our very special curry.



OPEN: 11:30 a.m. - 1:30 p.m.
 Open: Wednesday – Sunday Closed: Monday and Tuesday
 Please call us in advance for irregular holidays.
 Tel: 090-1189-0989
 7873-9 Hirose, Nishikimachi, Iwakuni City, Yamaguchi Pref.
 Located on 2nd floor of the Nishikicho-Station of the Nishikigawa Seiryu Line.

Tacos Del Rio

We serve the tastiest tacos around!

- Fresh handmade corn tortillas
- Chicken, pork or beef prepared daily
- Delicious side orders
- Homemade chili beans



Discount for active-duty and military retirees



We're located on the Nishiki River. Dogs are allowed on terrace eating area and in the river.



Open on weekends
 OPEN 11:00 a.m. ~ 17:00 p.m.
 Last Order 16:30
 Check us out on Facebook
 Instagram#tacosdelrio_iwakuni
 TEL 070-7566-4450
 15-20 Naguwa, Mikawacho, Iwakuni City,
 Yamaguchi Pref.
 20 min. from iwakuni IC by car.



7 best things to do in Phuket

TRAZY.COM

Phuket has something for everyone no matter whether you're a budget, luxury, family or adventure traveler.

Phuket is the largest island in Thailand, also the main hub for island hopping. It is, without a doubt, one of the top destinations not only in Thailand but in the world. Phuket has so much to offer from the beauty of nature to rich culture, island paradises, plenty of adventure activities, and the vibrant nightlife!

Here are the best things to do in Phuket to make your time in Phuket a blast. See if you can fit some of them into your itinerary and do it! You will end up having great memories in Phuket.

TRAVEL + CRAZY
TRAZY
www.trazy.com



1 Enjoy the nightlife!

Phuket is famous its bustling nightlife. It attracts all kinds of travelers with great nightclubs, fancy rooftop bars, and live bands music.

Patong beach is famous for its colorful nightlife. **Thanon Bangla** in Patong is where all travelers gather for drinking and dancing, making it the perfect place to have an exciting night out.

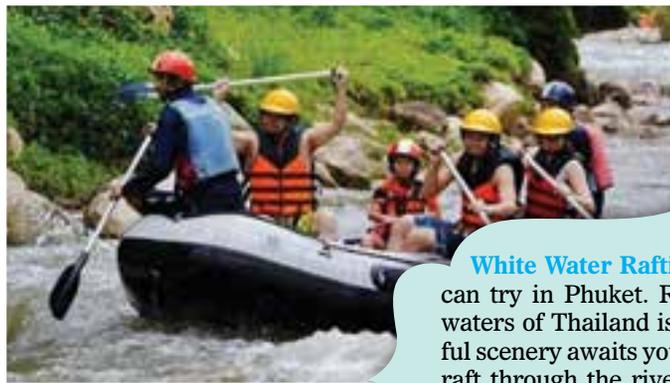
Phuket Town is where you can get a taste of the local life in Phuket. If you are looking for funky yet cheap souvenirs, head to the night markets in Phuket town.



Bangla walking street

2 Try outdoor activities!

If you're an adventure seeker, Phuket is the right place for you. It will spoil you with countless adventure activity options.



White Water Rafting is an epic adventure you can try in Phuket. Rafting through the reckless waters of Thailand is a fun-filled activity. Beautiful scenery awaits you around every corner as you raft through the river! You can book the rafting tour here.

To find more information about Phuket White Water Rafting: bit.ly/2MGM9z4



Ziplining will give you a chance to be Tarzan for a day and fly from one treetop to another at super-fast speeds. It is such a refreshing experience to feel the breeze of the jungle as you fly in the forest.

To find more information about Phuket Ziplining: bit.ly/2wkK69s



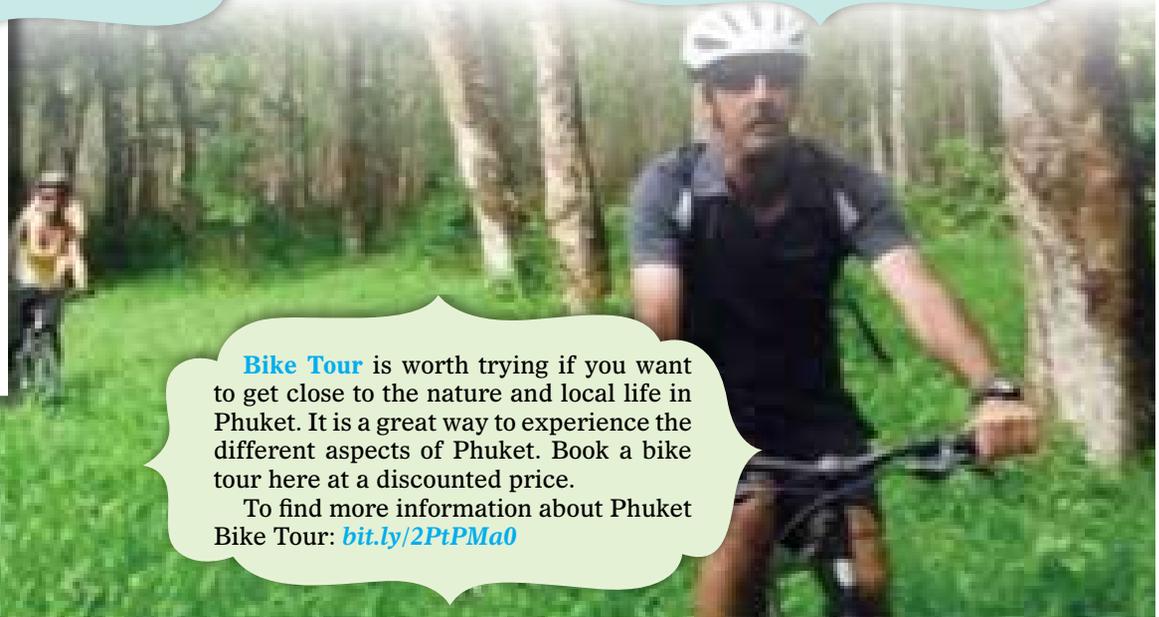
Helicopter Tour certainly is a unique way to explore Phuket in a bird-eyes view. You will see the must-visit places in and around Phuket while listening to interesting commentaries from the pilot.

To find more information about Phuket Helicopter Tour: bit.ly/2OSLIz9



Snorkeling & Scuba Diving around the islands is something you must try in Phuket. Whether you are a newbie or a veteran diver, you will have a memorable diving experience in Phuket.

To find more information about Phuket Snorkeling & Scuba Diving: bit.ly/2Bvi29r



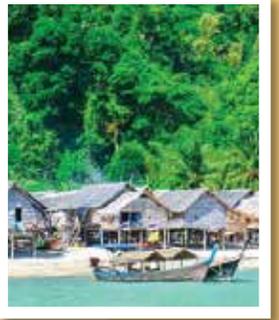
Bike Tour is worth trying if you want to get close to the nature and local life in Phuket. It is a great way to experience the different aspects of Phuket. Book a bike tour here at a discounted price.

To find more information about Phuket Bike Tour: bit.ly/2PtPMa0



Surin Islands are very secluded and incredibly stunning islands paradise. It is definitely less busy than the other popular islands so you can surrender yourself to the clear water and quiet beach without getting disturbed. You can book a day tour to Surin Islands here.

To find tour information about Surin Islands: bit.ly/2PuJvej



3 Go island hopping!

Your Phuket trip won't be completed without island hopping. There are so many islands with incredible scenery that you shouldn't miss.



Similan Islands are the hidden gems of the Andaman Sea. Water near Similan Islands is warm and incredibly clear. If you're looking to dive into Thailand, it's certainly the spot to put on the top of your bucket list.

To find tour information about Similan Islands: bit.ly/2nYCPsc

Similan Islands

James Bond Island is located in Phang Nga Bay which offers jaw-dropping seascape. Canoeing around Phang Nga Bay is a great way to immerse yourself in the beauty of nature.

To find tour information about James Bond Island: bit.ly/2BxGlni



James Bond Island

Mai Thon Island is a tiny island located on the southeast coast of Phuket. It's a popular honeymoon destination with its fine white beaches and crystal waters.

To find tour information about Mai Thon Island: bit.ly/2LjEJhy

Phi Phi Islands are some of the most visited islands from Phuket. The most popular spot in Phi Phi Islands is Maya Bay, a beautiful white sandy beach surrounded by rocky cliffs. It's an extraordinary natural wonder to should see in person.

To find tour information about Phi Phi Islands: bit.ly/2wkKcOm

To find tour information about James Bond Island & Phi Phi Islands: bit.ly/2N8aI4Y

Coral Island is only 3 km away from Phuket, which makes it a very popular destination for a day trip from Phuket. Here you can be surrounded by multi-colored coral reefs.

To find tour information about Coral Island: bit.ly/2OXFzBT



PHUKET

Mai Thon Island
Coral Island
Phi Phi Islands
Racha Island

Racha Island is another peaceful island paradise, which consists of Racha Yai Island & Racha Noi Island. Racha Yai Island has many water activities to offer such as snorkeling and diving. You can even try going a bit fancier with a catamaran from Racha Yai to Racha Noi Island.

To find tour information about Racha Island: bit.ly/2w2KYAz



4 Watch fantastic shows!

Phuket is also well-known for its spectacular entertainment. There are 3 most popular shows in Phuket of all time.

Siam Niramit Phuket is a world-class Thai cultural performance. It also features Thai history and culture with over 100 performers, stunning costumes, and ravishing set design.

To find more information about Siam Niramit Phuket: <https://bit.ly/2MuK8XD>

Phuket Simon Cabaret is the most famous ladyboy cabaret show in Phuket. Its venue is located in Patong Beach, which makes it easier to access for a fun night out.

To find more information about Phuket Simon Cabaret: <https://bit.ly/2wjDlov>



Phuket FantaSea is not only a show but a family-friendly theme park packed with a variety of activities and entertainment. Its show "Fantasy of a Kingdom" depicts traditional Thai culture and history in unique ways. To find more information about Phuket FantaSea: <https://bit.ly/2Mttl9q>

PHUKET: A variety of things to do!

CONTINUED FROM PAGE 29

5 Visit extraordinary attractions!

Elephant Sanctuary is a sustainable eco-tourism project. Visit here if you are an ethical traveler who feels uncomfortable about how elephants are treated in the Thai travel industry. Here you can touch, feed and bathe the adorable elephants living happily in their natural habitat.

To find more information about Phuket Elephant Sanctuary: bit.ly/2MuCAUH



Phuket is home to a range of authentic yet extraordinary attractions, which makes this city one of the best cities to travel. Check out some of the best attractions we selected in Phuket!



Dolphin Bay Phuket is the only dolphinarium in Phuket presents a wonderful stage by their dolphins and seals. They have multiple showtimes throughout the day so it will be easy to suit your schedule.

To find more information about Dolphin Bay Phuket: bit.ly/2whv58t

Phuket Thai Cookery School will teach you how to make your own authentic Thai dishes. If you are interested in the authentic tastes of Thailand, enroll in their 1-day Thai cooking class.

To find more information about Phuket Thai Cookery School: bit.ly/2PsuE47



The Upside Down House is designed just like its name, with every interior design turned upside down. It is a cool place to go to take fun pictures.

To find more information about The Upside Down House: bit.ly/2waFp39



6 Enjoy extreme Muay Thai!



Patong Boxing Stadium is located on Sainamyen Road near Patong beach. It is one of the most popular venues for Muay Thai in Phuket and the fights are always intense and exciting. Fights are on every Monday, Thursday, Saturday at 9 p.m.

To find more information about Patong Boxing Stadium: bit.ly/2MsxuZ4

Muay Thai, aka Thai boxing, is one of the best internationally known fighting sports. It is the national sport of Thailand and Thai people are very proud of their fighting art.

Phuket is one of the top destinations for anyone interested in Muay Thai. Many travelers come to the island to watch some great fights during their stay. There are Muay Thai events in Phuket nearly every day of the week so you will have tons of opportunities to see real fighting events.

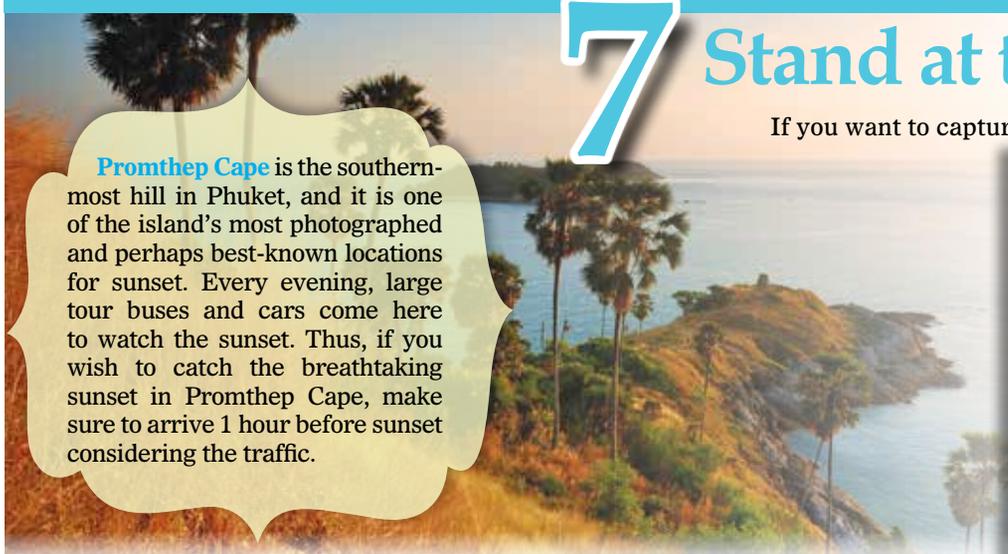
Bangla Boxing Stadium is also located near Patong Beach. This is one of the oldest and the most famous stadiums in Phuket. Fights are on every Wednesday, Friday, Sunday at 9 p.m.

To find more information about Bangla Boxing Stadium: bit.ly/2N8aZow

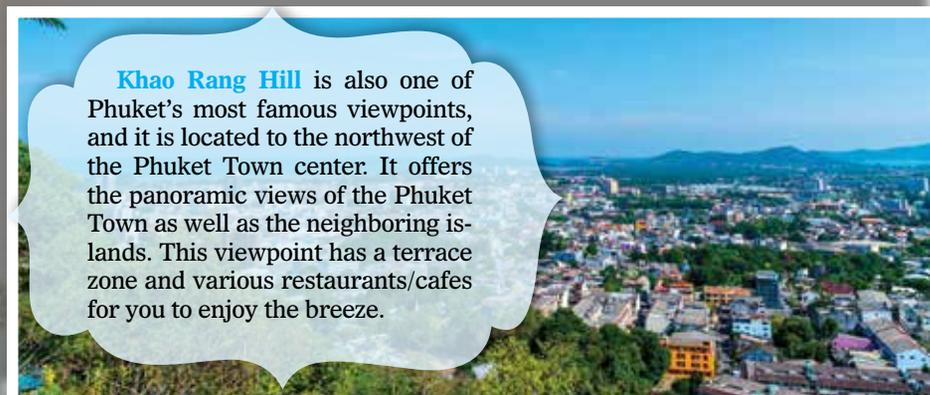
7 Stand at the best viewpoints!

If you want to capture the best view in Phuket, head to these viewpoints!

Promthep Cape is the southernmost hill in Phuket, and it is one of the island's most photographed and perhaps best-known locations for sunset. Every evening, large tour buses and cars come here to watch the sunset. Thus, if you wish to catch the breathtaking sunset in Promthep Cape, make sure to arrive 1 hour before sunset considering the traffic.



Khao Rang Hill is also one of Phuket's most famous viewpoints, and it is located to the northwest of the Phuket Town center. It offers the panoramic views of the Phuket Town as well as the neighboring islands. This viewpoint has a terrace zone and various restaurants/cafes for you to enjoy the breeze.



Stripes Sports Trivia

Utah Jazz legend, and fan of the short-shorts, John Stockton is the NBA's all-time leader in career assists with 15,806. Jason Kidd is second with 12,091, while six-foot-eight, 250 lb. LeBron James is currently No. 11 with 8,208. Only one active player currently sits in the top 10. Who is he?

Answer

Chris Paul

YOKOTA A Taste Of Mexico

MIKE'S

TEX-MEX

OPEN DAILY

- ☆ Lunch 11:30-14:30 (last order 14:00)
- ☆ Dinner 17:30-22:00 (last order 21:45)

☆ Child Friendly ☆ Parties Welcome
☆ Credit Cards Okay ☆ Parking Assistance

QR Code: mikes.jp

Phone: 042-513-5210

YOKOTA AIR BASE

Higashi-Fussa Station ent. Gate No. 2

Higashi Fussa Sta. Fussa Hospital MIKE'S TEX MEX YOKOTA JR Fussa Sta.

Welcome to Yokota Air Base!

GET MORE AT... **REAL SPEED AUTO** Used Car Dealer

FEED THE NEED!

Quality cars at affordable prices!

Customer advantages!

- English speaking staff
- Full vehicle Registration service included
- Clean & Well-maintained cars
- "We Care" after care service
- 90 Day Warranty
- Payment Plans available

GO now to see our vehicles in stock
Or check out www.realspeed.jp

TEL: 042-513-3593

Open Mon. – Fri. 9am until 6pm
Sat. & Holidays 9am until 5pm (Closed Sundays)

Like us on Facebook!

Facebook.com/StripesPacific

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

DID YOU KNOW?

In Japan, it is widely believed that graduation from a prestigious high school and university virtually guarantees preferential treatment from prospective universities or employers after graduation. Every year, major universities are besieged by four to eight times as many applicants as there are available slots, making for stiff competition.

Kanji of the week

Kau/Bai (Buy)

Follow me, please.

Tsuitekite kudasai.

The Weekly Crossword

by Margie E. Burke

ACROSS

- 1 Like a fabled piper
- 5 Depth charge target
- 10 Club at a club
- 14 Troop group
- 15 Power glitch
- 16 Snap-together toy
- 17 Xeriscape option
- 19 Cooking fat
- 20 Look of contempt
- 21 Do goo
- 22 Delhi dough
- 23 CBS symbol
- 24 Professor
- 27 Figure skater Johnny
- 28 Cigarette flavor
- 32 Compassionate
- 35 Type of agent
- 36 Impassioned
- 37 Indian yogurt dip
- 39 Miles away
- 40 Applicable
- 42 Plant with stinging leaves
- 44 Box with a bow
- 45 Mound of sand
- 46 Cold-hearted
- 48 Granola morsel
- 51 Back of a boat
- 54 Cozy room
- 55 -violet
- 57 It comes and goes
- 58 Mythological daydreamer
- 60 Pond scum
- 61 Musical exercise
- 62 Do some darning
- 63 Cattail, e.g.
- 64 Plains dwelling
- 65 Farm call

DOWN

- 1 Dissect, in a way
- 2 Literary device
- 3 Roast host
- 4 TV's Dick Van
- 5 "Suits" network
- 6 Fast food favorite
- 7 Judge's issuance
- 8 21, at a casino, say
- 9 Royal flush card
- 10 Give an example
- 11 Pear anagram
- 12 Storybook villain
- 13 Connecting point
- 18 Type of energy
- 22 Mystical mark
- 25 Wandering worker
- 26 Rusty nail danger
- 27 Sweeping
- 29 Dagger handle
- 30 Like some vaccines'
- 31 Orpheus' instrument
- 32 Bony fish
- 33 State confidently
- 34 Get to
- 35 On, as a lamp
- 38 Poison remedy
- 41 Miner's find
- 43 Follow as a result
- 45 Strip bare
- 47 Diminish, as rain
- 48 Sleek swimmer
- 49 "Gladiator" setting
- 50 Late for class
- 51 Antares, for one
- 52 Mah-jongg piece
- 53 Margin
- 56 Flock member
- 58 Give the go-ahead
- 59 "I told you so!"

1	2	3	4	5	6	7	8	9	10	11	12	13
14					15					16		
17				18						19		
20					21				22			
23				24	25				26			
			27					28		29	30	31
32	33	34					35					
36				37	38				39			
40				41				42	43			
44								45				
			46			47				48	49	50
51	52	53					54			55	56	
57						58			59			
60						61				62		
63						64					65	

Copyright 2018 by The Puzzle Syndicate

Answers to Last Week's Crossword:

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

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 contain the numbers 1 to 9.

Answers to Last Week's Sudoku:

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

Copyright 2018 by The Puzzle Syndicate

Fast, friendly and convenient!

Insure Your Concerts, Events & Tournaments!

Chubb Insurance Japan

Serving Yokota Air Base since 1955

Auto, Fire, Theft & Travel Insurance Providers

Complete Auto & Motorcycle JCI / Liability Policies

- Vehicle Registration/De-registrations Services
- George's Insured Customers only-Import/Export Services
- Living Support Rental Insurance
- We speak English and US Dollars Okay!

Recommended by!

Email us: georges@cocoa.ne.jp or Call 042-551-2744

Open Monday thru Friday 0900-1800 & Saturday & Holidays 1000-1600

Executive MBA Program in Tokyo

Join us for Open Class!

- ✓ Observe a class
- ✓ Meet students & faculty
- ✓ Speak with our staff

www.tuj.ac.jp/mba/open-class



Executive MBA Program
 4-1-27 Mita, Minato-ku, Tokyo 108-0073
 E-mail: emba@tuj.temple.edu Tel: 03-5441-9800
www.tuj.ac.jp/emba **GI Bill accepted.**





lifehouse
Fun Kids Program

INTERNATIONAL CHURCH

WE WOULD LOVE TO SEE YOU ON SUNDAY!

Find your closest location at www.mylifehouse.com

We have Churches near military bases:

YOKOHAMA // YOKOSUKA // ATSUGI
ZAMA // YOKOTA // IWAKUNI
 + other locations across Japan & Asia.

arc **Hillsong** **ACC** AUSTRALIAN CHRISTIAN CHURCHES

A Hillsong Network Church. Partner with the ARC Church Planting Network. Member of Australian Christian Churches.



Tamie's Auto - SASEBO Used Car Dealer
"Serving America's Best"

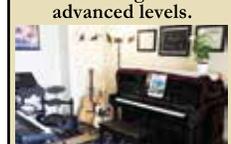
- FAMILY/FRIEND SPECIAL- Purchase 2 vehicles at same time and receive a \$1000.00 Discount!
- We provide JCI Renewal & Vehicle Repairs with loaner car available!
Exporting / Importing & Complete Auto Service Experts!
- VISA, MC and AM Payments Accepted! Three Month Warranty & all paperwork fees included in price!
- **Call Tamie now for free consultation or pickup at 090-9478-0227 English OK!**

tamie*s
auto inc.

View our cars at
<http://www.sasebo-y-post.com/>
 or
 Find us on Facebook **Tamies Auto Sasebo**



Stripes Home Business Directory

Yokosuka				Kadena		Atsugi	
HOUSE CLEANING	PARTY ENTERTAINER	SKIN CARE	SHOPPING	HAIR ACCESSORIES	BEAUTY	MUSIC LESSONS	WEALTH CREATION+
<p>Yokosuka Lily and Sasebo Lily Housekeeper and Services Co. U.S. Veteran owned cleaning business for base housing, mansions & corporate offices.</p> <p><i>*Services offered:</i> 1. Daily/Weekly Housecleaning 2. Laundry 3. PCS Cleaning 4. Cooking/Personal Chef</p> <p>For free assessment and consultation, please contact: Cisco: 080-5478-5855; Email: yokosukalily@yahoo.com Naoko: 070-5271-6640; Email: sasebohouskeeper@yahoo.co.jp</p>	<p>Planning a party? Let Mrs. Cooper join and make it more fun and memorable! Face painting, glitter tattoo, and balloon spark service available anywhere in Kanto area. </p> <p>Service fee is from \$80 for 2 hrs. (Transportation fee will apply outside of Yokosuka) For more information visit http://www.kirakiraart.com</p>	<p>RODAN+FIELDS Independent Consultant</p> <p>Get your best skin!</p> <p>#1 Skincare Company in the US</p> <p>Melissa Perkins 080-4322-5632 mperk28@gmail.com</p>	<p>thirty-one independent consultant</p> <p>Find that perfect bag, gift, or organization option that will not only be functional but fashionable too!</p> <p>Leigh Anne Schouest Independent Consultant FashionMeetsFunction.com facebook.com/schouestla</p>	<p>BAND-ITS Headbands MillSpouse Owned Since 2011</p> <p>Non-slip Headbands for Every Active Woman and Girl</p> <p>Shop Online banditheadbands.etsy.com @BandItsHeadbands</p>	<p>RODAN+FIELDS Independent Consultant</p> <p>Life-Changing Skincare. Tiffany Hill 080 3417 7806</p> <p>www.facebook.com/getyourbestskin tiffany.hill100@gmail.com</p>	<p>Piano, Voice and Guitar Experienced teacher with Music Degree Ages 4 onward. Beginner to advanced levels.</p> <p></p> <p>http://facebook.com/melmayuga melmayuga@gmail.com 080-3710-9198</p>	<p>Want More from Life?</p> <ul style="list-style-type: none"> - More \$\$\$, \$\$\$ - More Time - Better Health - Loving Relationships <p>Contact Michael Today! exgen.thinkingintoresults.com michael.tsutagawa.phd@exgencorp.com <i>"Helping people generate exponential results"</i></p>
Yokota		Guam					
PERSONAL ASSISTANT		CHINESE LESSON					
<p>LITTLE BLESSINGS Spread Joy Through Acts of Kindness @AshleyPhillipsLittleBlessings</p> <p>Please check out the Facebook page for more information and requests for Little Blessings, a base approved personal assistant business!</p>		<p>LEARN CHINESE GUAM</p> <p>One to one Mandarin Chinese lessons from experienced native speaker. Customized individual lessons to better suit your needs. learnchinese Guam@gmail.com</p>					

Got a home-based business?

Find new customers with the Stripes Home Business Directory.
 For rates and information, email
HomeBusinessDirectory@stripes.com.