

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



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

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



STARS AND STRIPES

Community Publication

JAPAN

VOLUME 7 NO. 32

JANUARY 8 – JANUARY 14, 2021

SUBMIT STORIES TO: JAPAN@STRIPES.COM


STRIPESJAPAN.COM

 [FACEBOOK.COM/STRIPESPACIFIC](https://www.facebook.com/STRIPESPACIFIC)

FREE


**SUBMIT A PHOTO
FOR THE COVER OF**

Welcome to the Pacific



Got a great shot of mainland Japan, Okinawa, Korea or Guam? If so, submit it and maybe it'll end up on the front page of Welcome to the Pacific.

Photo deadline: Jan. 15



[Facebook.com/StripesPacific](https://www.facebook.com/StripesPacific)
stripesjapan.com

YEAR OF O +



An optimistic look at 2021

PAGE 2

INSIDE INFO



**HIKING TRIP TEACHES
ZAMA COUPLE
TO PLAN AHEAD**

PAGE 6



**GO FOR THE GOLD
EXPLORING THE RICHES
OF KANAZAWA**

PAGES 8-9

Coming-of-Age Day incites rite of passage



STORY AND PHOTOS BY TAKAHIRO TAKIGUCHI,
STRIPES JAPAN

Becoming an adult is an important milestone in most cultures, and in Japan it is celebrated on Seijin-no-Hi, or Coming-of-Age Day, the second Monday of January (Jan. 11 this year).

This year the rite of passage, like many other activities, is another victim of COVID-19. Cities all around the country are canceling, postponing or hosting ceremonies online.

Despite the many adjustments this year, the reason for this occasion still rings true: to mark Japan's young men and women becoming legal adults.

In Japan, age 20 is when someone becomes a legal adult.

SEE AGE ON PAGE 5



Max D. Lederer Jr.
Publisher

Lt. Col. Richard E. McClintic
Commander

Chris Verigan
Engagement Director

Marie Woods
Publishing and Media Design Director

Chris Carlson
Publishing and Media Design Manager

Eric Lee
Advertising and Circulation Manager

Monte Dauphin
Japan Area Manager

Kentaro Shimura
Production Manager

Rie Miyoshi
Engagement Manager

Denisse Rauda
Publishing and Media Design Editor

Publishing and Media Design Writers
ChiHon Kim
Shoji Kudaka
Takahiro Takiguchi

Layout Designers
Mamoru Inoue
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
Yusuke Sato Saori Tamahana
Toshie Yoshimizu Un Chong Yu

For feedback and inquiries,
contact MemberServices@Stripes.com

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

Year of Ox offers optimistic look at 2021 after dreadful 2020

BY DAVE ORNAUER,
STARS AND STRIPES
Published: January 1, 2021

The turning of the page from a year bygone to a new year brings with it new hope and optimism, especially after what we experienced in 2020, when the coronavirus pandemic turned life as we know it pretty much upside down.

At least according to the Chinese Zodiac, 2021 could be a harbinger of good things to come, a very welcome sign after all the trials and difficulties endured during the last 12 months.

Welcome to the Year of the Ox, the second of the 12 zodiac signs: Rat, Ox, Tiger, Rabbit, Dragon, Serpent, Horse, Goat, Monkey, Rooster, Dog and Boar.

Technically, the Year of the Ox does not begin until the Chinese or Lunar New Year, which this year falls on Feb. 12 and lasts through Jan. 31, 2022, but it's generally observed on Jan. 1 according to the western calendar. Previous years of the Ox have been 1937, 1949, 1961, 1973, 1985, 1997 and 2009, and the next one will be 2033.

According to thechinesezodiac.org, the Year of the Ox will be a lucky one and is also perfect to focus on relationships, whether friendships or love, and when hard work will be rewarded. Those zodiac signs lucky in terms of money will be ones who make a considerable effort.

The Chinese zodiac describes oxen as creatures known for dependability, strength, determination and diligence.

Male oxen are strongly patriotic, according to the zodiac; they have ideals and ambitions for life and attach great importance to family and work.

Female oxen are known to be traditional, faithful wives and parents, who put great emphasis on their children's educations.

Yet the oxen can be stubborn. They work may be too much, have a tough time relaxing and tend to forget meals, which may cause intestinal problems. Solutions: Regular diet and rest.

Colors considered lucky for those born in the year of the Ox are white, green and yellow; blue is considered unlucky.

Peach blossoms and tulips are thought to be lucky flowers, as well as numbers 1 and 4 and numbers containing each, like 14 and 41; 5 and 6 are considered unlucky. North and south are said to be lucky directions, while southwest is considered unlucky.

Signs considered best matched for those born in the year of the Ox are the rat, monkey and rooster; the worst matched signs are the tiger, dragon, horse and goat.

Among the many famous (or in some cases infamous) people who were born in the Year of the Ox were:

Napoleon (1769), Adolf Hitler (1889), Walt Disney (1901), British Prime Minister Margaret Thatcher (1925), presidents Gerald Ford and Richard Nixon (both in 1913) and Barack Obama (1961), Iraqi strongman Saddam Hussein (1937), actor-filmmaker Charlie Chaplin (1889), actors George Clooney (1961), Richard Gere (1949), Meryl Streep (1949), Morgan Freeman and Dustin Hoffman (1937), artist Vincent Van Gogh (1853) and Princess Diana (1961).

But whatever sign you are, a very happy and blessed New Year to each and every one of you!
ornauer.dave@stripes.com
Twitter @daveornauer

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

Chinese Horoscope



<https://www.thechinesezodiac.org/chinese-horoscope-2021-year-of-the-metal-ox>



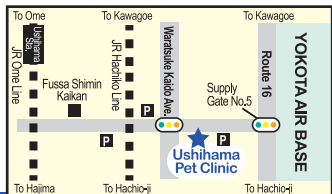
Chinese Zodiac Sign



<https://www.chinahighlights.com/travelguide/chinese-zodiac/ox.htm>

Calls accepted 7 days a week
042-553-0046

Credit Card or Cash Payments Accepted
OPEN 7 DAYS A WEEK 0900 until 2000



for more details!



ushihama.com/english/

USHIHAMA PET CLINIC

Located outside Yokota AB, 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! Our goal is to keep your pet Healthy & Happy during your stay here in Japan.

Preventive Care

- Complete Vaccinations
- Health Checkups
- Full Dental

Procedures

- Intensive Care Unit Surgery with boarding
- Spay/Neuter
- Cesarean, & much more

English translation services provided!

PART TIME BILINGUAL VET STAFF WANTED!
CALL US FOR MORE DETAILS!

COME IN NOW for FREE PET REGISTRATION

LIFEHOUSE INTERNATIONAL CHURCH

We have churches near military bases:

**YOKOHAMA // YOKOSUKA // ATSUGI // ZAMA // YOKOTA
IWAKUNI // SASEBO // MISAWA // OKINAWA**

+ other locations across Japan & Asia.



Fun Bible-based Kids Program!

WE'D LOVE TO SEE YOU!



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



Find your closest location at mylifehouse.com



*Furnishings include linens, kitchen items, and toiletries.
** We can provide a land line or pocket Wi-Fi.

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

SUNNY-NET
INTERNET SERVICE PROVIDER
www.sunny-net.ne.jp

SUNNY-NET HIKARI
Family Type
¥6,100/month
Fiber Line + Provider fee

SUNNY-NET HIKARI
Mansion Type
¥5,100/month
Fiber Line + Provider fee

No Minimum Contract, Reasonable Monthly Fee for Internet Service

Call 050-5212-1355

Visit Us at Kaz Housing Office!



We Provide Full Support for All Your Vehicle Needs!



“I can see people using this to save millions of lives.”

– Staff Sgt. Julia DaSilva

Staff Sgt. Julia DaSilva, of the 35th Medical Group at Misawa Air Base, designed a pocket-sized card that lists first-aid fundamentals for easy access in a medical emergency. Photo by Jaotorey Johnson, U.S. Air Force

Misawa airman lauded for pocket-sized emergency checklist

BY ERICA EARL,
STARS AND STRIPES
Published: December 17, 2020

An airman from Misawa Air Base has created an easy emergency checklist that earned recognition from the Air Force surgeon general and the American Red Cross.

Staff Sgt. Julia DaSilva, of the 35th Medical Group, designed a pocket-sized card that lists first-aid fundamentals for easy access in a medical emergency, the 35th Fighter Wing said Dec. 10 in a news release.

DaSilva, of Port Saint John, Fla., has a lead role in the air base's response to the coronavirus pandemic as flight chief for the medical group's COVID cell.

The card she created includes step-by-step instructions for treating an unresponsive person.

Col. Regina Agee-Cruz, on behalf of Lt. Gen. Dorothy Hogg, the Air Force surgeon general, contacted DaSilva via FaceTime on Oct. 23 to personally applaud her idea, according to the release.

Hogg's office intends to distribute it across the Department of Defense, and the American Red Cross plans to push it

nationwide.

“It was truly surprising as I had not heard anything about my idea for some months due to COVID-19,” DaSilva said in an email to Stars and Stripes.

DaSilva got the idea for the card July 2019 when she was taking a Basic Life Support refresher course and realized that a quick-reference tool could make critical medical knowledge more readily available.

The card features a diagram of basic emergency care steps, including checking responsiveness, checking for pulse and

breathing and administering CPR.

“Anyone can use this card if they froze or

were scared that they didn't know what to do,” DaSilva said in a video posted on Misawa's Facebook page Dec. 13.

It's particularly useful for someone who's never had to respond to a medical crisis or taken a life support class recently, she said.

“I can see people using this to save millions of lives,” DaSilva said in the news release. “I never expected it to be able to reach so many people, so it is truly beyond a dream come true.”

earl.eric@stripes.com

Twitter: @ThisEarlGirl

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

PREPAID DATA LTE SIM

Convenient:

- Fits any Mobile Phone and Wi-Fi Router
- Easy to Use

Network:

- NTT DOCOMO Network
- Best Network and Coverage in Japan

Compare:

Pocket SIM 31 Day Card \$41.00

- Unlimited GB
- High speed for entire period

Other SIM Cards

- Limited to usually 30 GB
- Once limit reached, speed declines to about 256 Kbps

Presently being sold at:

- NEX Yokosuka
- NEX Sasebo

Customer Support 24x7x365:
050-5835-2190
English, Japanese, Korean
Spanish, Portuguese, Chinese

Third Axis Nihon, YK

Card	GB	Price
8 Days	Unlimited	\$28.00
16 Days	Unlimited	\$35.00
31 Days	Unlimited	\$41.00

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 (Diode & YAG)
- Botox
- Botox for migraine headaches
- Restylane, Juvederm
- Retin-A, Obagi, Sun Spots treatment
- liposuction, eye, mole, scar, breast, facelift, tummy tuck
- Laser (Ultherapy, Genesis, IPL)
- Tattoo 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!



Plaza PLASTIC SURGERY
プラザクリニック

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

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.



Left: ULL Brothers present \$500 scholarship to International High School Essay Contest 1st Place Winner – Ms. Ashton Williams at Yokota High School: Bro. Scottie Jarrett, Ms. Ashton Williams, Bro. Marcus Snoddy, Bro. David Days, Principal Ms. Marian Leverette, Bro. Paul Jordan and Bro. Lymas Johnson. Courtesy photos Above: ULL Brothers present \$250 scholarship to International High School Essay Contest Winner Runner Up - Ms. Rachel Perry at Zama Middle High School: Bro. Eric Blue, Assistant Principal Ms. Latasha Tia, Principal Mr. Henry Lefebvre, Ms. Rachel Perry and father, and Bro. Baba Ibrahim.

DODEA seniors awarded scholarships

BY BROTHER MICHAEL ROBINSON,
UPSILON LAMBDA LAMBDA

Fourteen high school seniors from three high schools on Kanto Plain recently competed for three

scholarships during the 2020 International High School Essay Contest sponsored by the Brothers of Upsilon Lambda Lambda Chapter of Omega Psi Phi Fraternity, Inc. Participants wrote

a 700- to 750-word essay based upon the following: “Against the backdrop of the global ‘Black Lives Matter’ movement, why is it even more important for young people to become and

remain politically engaged?”

Judges, Bro. Charles Hicks, Bro Scottie Jarrett and Bro. Michael Robinson selected the following winners:

1st Place Winner \$500 Scholarship – Ashton Williams from Yokota High School.

Runner Up Winner \$250 Scholarship – Rachel Perry from Zama Middle High School.

Runner Up \$250 Scholarship – Rian Merritt from Nile C. Kinnick High School.

In addition to the scholarships, each winner received a Certificate of Excellence. Ashton Williams will represent Upsilon Lambda Lambda Chapter

in the 13th District International High School Essay Contest. The winner will be announced during the Spring of 2021.

Upsilon Lambda Lambda Chapter supports our youth in education and will continue to advocate for youth academic excellence and leadership. All college-bound high school seniors on the Kanto Plain are encouraged to apply for more scholarships. Scholarship applications will be available March 1-30, 2021 by the Brothers of Upsilon Lambda Lambda Chapter. For more information contact Scottie Jarrett at: ULL.OPPF@samuraiques.com



TAKE OUT

You can takeout with fried chicken alone

A long-established Japanese udon restaurant that has been in business for 16 years and is supervised by a former French chef.

- English Menu is Available
- Coin parking available nearby

Freerefill Noodle Once!

Udon koubou Sanuki
<https://www.udonkoubou.jp>
TEL:046-828-5558
Annex Building 1st Floor, 1-6 Wakamatsucho, Yokosuka City, Kanagawa Prefecture

MON - SAT : 11 AM - 10 PM
SUN : 11 AM - 9 PM
Go to the English menu website ▶



ULL Brothers present \$250 scholarship to International High School Essay Contest Winner Runner Up - Ms. Rian Merritt at Nile C. Kinnick High School: Assistant Principal Dr. Quiana Obeng, Bro. Michael Robinson, Bro. William Hogan, Bro. Randy Pringle, Ms. Rian Merritt, School Counselor Audrey Murphy, Bro. Leslie Dinkins and Bro. Erle Arnold.

ENTER TO WIN A \$100 GIFT CARD!

MONTHLY TRIVIA
CONTEST! TO WIN

ONE WINNER EVERY MONTH!

GO TO 75.STRIPES.COM TODAY!



AGE: Day to dress up and celebrate adulthood

CONTINUED FROM PAGE 1

At age 20, they can legally drink, smoke and get married without parental consent. They also become subject to the laws and social responsibilities that bind adults. However, they need to wait a few more years to run for a public office. The minimum age for a congressman and mayor is 25; it is 30 for a senator and governor.

“The purpose of this holiday is to congratulate and encourage young men and women who attain the legal age of adulthood to fulfill their new-found responsibilities and become self-reliant members of society,” said Masahiko Uchino, of the National

Cabinet Office’s holiday section. The number of new adults has been decreasing in recent years due to Japan’s shrinking birthrate. According to the Ministry of Internal Affairs and Communication, the number of new adults in 2020 was 1.22 million (625,000 men and 595,000 women) – less than half the 1976 peak of 2.76 million.

The number of new Okinawan adults in 2019 was 16,647 (8,488 men and 8,159 women), increasing 165 from the previous year. The birthrate was 18.9 newborns per 1,000 people in 2018, the highest among all 47 prefectures in the nation. Nothing new for Okinawa, which has been the prefecture with the

highest birthrate for the past 43 years.

The tradition of celebrating coming-of-age in the middle of January can be traced back to ancient times, although the national holiday was established for Jan. 15 in 1948. (In 1998, it was moved to the second Monday in January as part of Japan’s Happy Monday system, which moved several holidays to create three-day weekends.)

Originally, coming-of-age was celebrated on or around Jan. 15 according to the old lunar calendar. Traditionally called “koshogatsu” (Small New Year’s), it was the day of the first full moon of the year. “It was considered right to celebrate

coming-of-age in the beginning of year with festive atmosphere,” Uchino said.

Although there was no precise age that determined the onset of adulthood throughout Japan’s feudal era, it was usually celebrated when boys reached the age of around 15 and when girls reached about 13. The Meiji government set the legal age of adulthood for both sexes to 20 in 1876.

“Seijin-shiki,” or coming-of-age ceremonies, are generally held the morning of the national holiday at local city offices throughout the country. Those who turn 20 during the current school year, which runs from April 2 to April 1 the next

year, attend. During the ceremony, heads of local government and guest speakers from various backgrounds give speeches and small presents are handed out to the new adults.

On this day, young adults also often visit shrines or have parties with family and friends after the ceremony.

In some Okinawan villages, such as Shiraho, Ishigaki City, new adults perform a dance to thank the villagers for their support.

Though Seijin-shiki will be different this year, the rite of passage will continue in a manner to ensure the safety of others.

takiguchi.takahiro@stripes.com



Dressing the part in style

For most of young women, Coming-of-Age Day and the related ceremony are an opportunity to dress up in their most formal clothes. Many don “furisode,” a style of kimono with long sleeves that hang down.

The furisode is the most formal style of kimono worn by an unmarried woman in Japan. It is made of very fine, brightly colored silk, and is commonly rented or bought by parents for their daughters to wear to celebrate their coming-of-age.

By wearing a furisode, a young woman signifies that she is both single and a legal adult, and thus available for marriage, since the garment may not be worn either until adulthood or after wedlock. In this sense, a furisode might be associated

with the formal gowns worn by debutantes in the West.

A full furisode set is very expensive, so it is usually borrowed from a relative or rented. Typically, a young woman rents a kimono, dresses up and has her hair styled at salon before having a formal photo shoot at a portrait studio to commemorate the occasion. This can easily cost 150,000 yen (\$1,250) or more. Purchasing a new kimono set may cost more than 1,000,000 yen (\$8,400).

There are some young men who might wear a traditional dark kimono, called a “haori” (half-coat) and “hakama” (loose-legged pleated trousers) on this holiday. However, nowadays most of young men wear a Western suit and tie for the occasion.

Post-teen shenanigans mar adult day

In recent years, there have been a growing number of complaints about the rude behavior of 20-year-olds celebrating their official arrival into adulthood at “seijin-shiki,” or coming-of-age ceremonies.

The most common problems are youth chatting with friends or talking on mobile phones when local officials and dignitaries give speeches at these Seijin-no-Hi, or Coming-of-Age Day, ceremonies that occur the second Monday every January. However, heckling speakers and other disruptive behavior also is often reported by media.

In some cities and towns, groups of participants have set off firecrackers or created disturbances inside and outside of the venue, sometimes resulting in arrests. Some municipalities have even canceled the annual ceremonies as a result.

Okinawa, in particular, garners

a lot of media attention every year for raucous drunk 20-year-olds that get arrested for reckless driving and other violations at or near these events.

In response to a spate of complaints in Okinawa and throughout the nation, Okinawan officials have issued a memorandum calling on local businesses to help curb the problem.

“We ask liquor shops not to sell new adults too much alcohol and to thoroughly verify their age,” says Keisuke Yamada, from Okinawa Prefecture’s Youth, Infant and Family Division. “We ask clothing rental shops to advise young patrons renting multiple matching sets of flashy traditional clothes (as potential gang-for-a-day uniforms) not to cause trouble. We are also asking car rental agencies not to rent to anyone that seems intent on reckless behavior.”

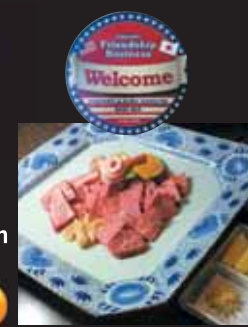
0956-25-2764

- We have an English Menu
- Child friendly
- All you can eat & drink available
- Large wine selection.

Let's UNITE our Hearts and FIGHT SARS-CoV-2!



長崎和牛指定店
牛味処 愛山亭
YAKINIKU & Buffet
AIZAN-TEI Restaurant
Temporary Reduced Hours of Operation
11:30 AM - 09:00 PM
(Open at 5:00pm on Tues.)
Thank you for understanding



AIZAN-TEI Restaurant
Nimitz Park
Sasebo River
12 minutes walk (0.6 mile)
Commander Fleet Activities Sasebo
Credit cards accepted

Zama couple hopes story encourages hiking safety

STORY AND PHOTO BY
WINIFRED BROWN,
U.S. ARMY

Bobby Rakes can see Mount Oyama, a 4,107-foot peak, from his office window in the U.S. Army Garrison Japan Directorate of Public Works headquarters.

Rakes needs no reminder of the mountain though. He will always remember his recent ordeal there, and he wants to share his story so others will have only pleasant memories of hiking the forested mountain. This spot in Tanzawa-Oyama Quasi-National Park is about an hour away from Camp Zama and features shrines, temples, waterfalls and beautiful maple leaves in the fall.

"I would recommend hiking Mount Oyama to anyone," Rakes said, "but plan and prepare and start a lot earlier than we did. It was just too late in the afternoon to complete it like we wanted."

On Nov. 11, Rakes, director of DPW, and his wife, Kim, planned to hike to the top of the mountain.

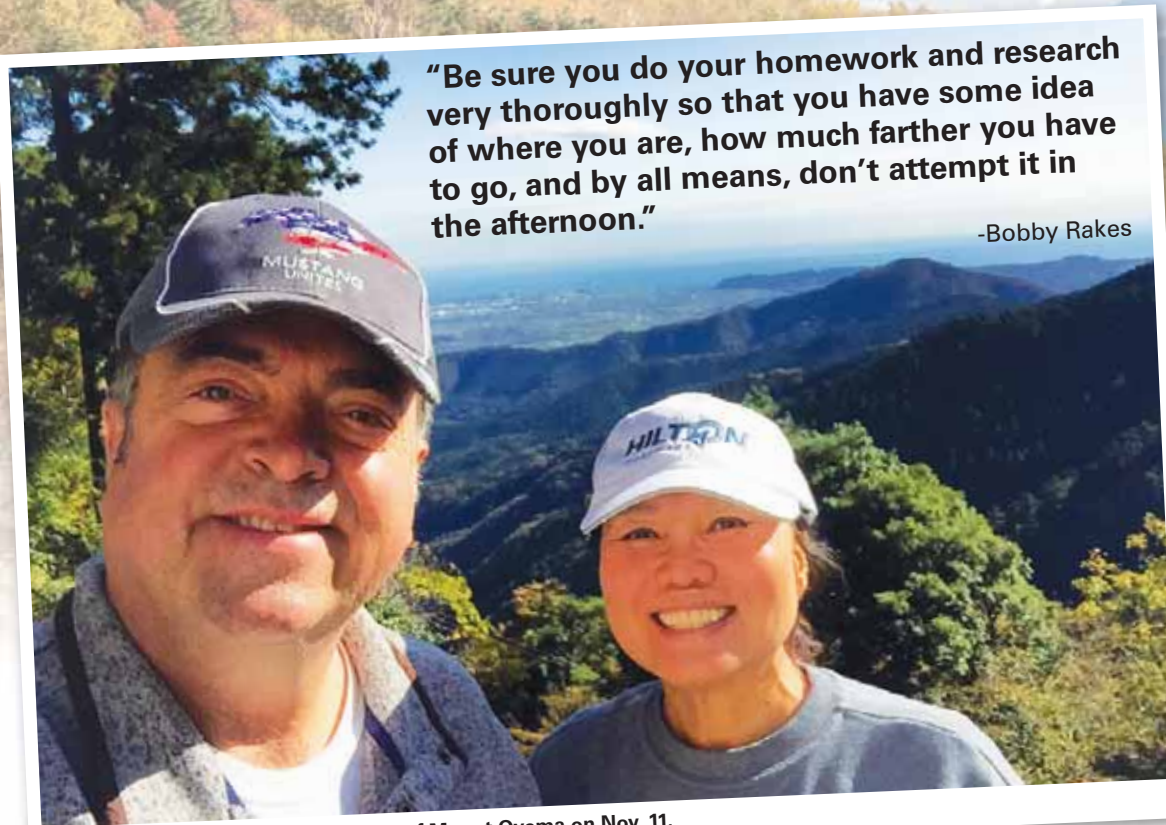
Due to an online meeting Rakes had in the morning, however, they got a late start and didn't get off the cable car at Afuri-jinja Station, where many hikers start their climb, until 1 p.m. The Oyama Afuri Shrine Shimosha is near the stop, and there are two trailheads nearby. One goes to the right and is easier but longer, and the one to the left is steeper but shorter.

The Rakes took the trail to the right, and had a good time at first, but then began to become concerned about making it to the summit in time to descend and catch the last cable car back down. If they didn't make it back by 4:30 p.m., they faced having to hike down in the dark.

Online, some guides say the hike from the cable car stop to the top takes about 90 minutes, but the Rakes did not find the hike that fast.

After hiking for about an hour, they met a couple who told them it was still 30 minutes to the summit. After hiking 20 minutes, they met another couple who told them they were still 30 minutes away.

"I was getting concerned—really concerned, because we had already hiked another 15 or 20 minutes and they were telling us



Bobby and Kim Rakes start their hike of Mount Oyama on Nov. 11.

"Be sure you do your homework and research very thoroughly so that you have some idea of where you are, how much farther you have to go, and by all means, don't attempt it in the afternoon."

-Bobby Rakes

it was the same or maybe a little bit longer," Rakes said.

Kim said she wanted to turn back, but Bobby was concerned that at the rate they had been moving, they still wouldn't get back in time for the last cable car.

"Our only hope was to finish this last bit and get to the summit and go down the shorter route on the other side," Rakes said of his mindset.

In hindsight, they should have turned around at that point on the easier, known trail, he said.

"Don't be so committed to a plan of action that you won't consider other alternatives," Rakes added.

Rakes, however, did not know at that point that the shorter trail he planned to take would be so steep and treacherous, especially in the dark. So, they continued on.

Right before reaching the summit, Rakes remembers seeing for the first time the man who would become their guardian angel. He was stopped and adjusting his gear.

"[The man] just stood, straightened up, almost as if to say, 'Where have you been?' Rakes said. 'You're late. I'm expecting you.' That of course is all looking back on it. At the time I

didn't think very much about it."

The man, who spoke limited English, stayed with the couple as they reached the summit.

At the top, Kim started to feel ill and couldn't keep her food down, Rakes said. So, they quickly took one photo and, with the help of the man, started down the shorter, steep, and, more dangerous, trail.

"As soon as we took our step down that trail, he was right there by our side and never left us the whole way down," Rakes said.

After a while they reached a fork in the trail, Rakes said, and the hiker gestured that one way was easier than the other, so they took that trail.

"If that was the easy route, I don't even want to think how difficult the other route was because, especially after it got dark, it was extremely treacherous," Rakes said. In fact, Kim slipped and fell at one point, Rakes said, but thankfully the fall did not severely injure her.

After a while they saw what Rakes believes was the intermediate cable car stop, and the route had some lighting on it.

Then, however, after they had been hiking down from the summit for about two and a half hours, Kim sat down and said she

could not go any farther. Rakes looked down the trail and saw that an upcoming portion would be very difficult.

"I was looking at this next portion of the trail that we had to negotiate, and I was thinking, 'There's no way,'" Rakes said. "There's no way in the condition that we're in now that we're going to safely get down this really difficult, treacherous looking portion of the trail."

The hiker said the word "rescue" and indicated he could call for help. Rakes deferred to his wife, and she asked for assistance.

The man called an emergency rescue team, and soon members of the Isehara City Fire Department West Branch responded. One of the rescuers spoke English well, so The Rakes could communicate well with him.

Kim was placed on a canvas, with a helmet strapped on her head and attached to the back of one of the rescuers, Rakes said. Two or three other rescuers attached themselves to straps on the harness around Kim and they ran down the mountain, Kim told her husband. Rakes and the rescuer who spoke English hiked down to the ambulance waiting to take Kim to the Isehara Kyodo Hospital.

Medical personnel ran tests and took X-rays, and thankfully there was nothing seriously wrong with Kim. The Rakes made it back to Camp Zama a little after 11 p.m., weary but glad their ordeal hadn't been worse.

"We were so thankful to be safely back home and uninjured ... we had so many people to be grateful for, and so much wonderful help from the Japanese fire department, the hospital medical staff, the police department, and then not to mention our guardian angel, the Japanese hiker," Rakes said.

Kim spent the next few days in bed, and Rakes experienced considerable pain going up and down the stairs at home. Rakes had left his contact information at the hospital so he could pay his bill, and he was afraid it was going to be thousands, if not tens of thousands of dollars.

In the end, however, it cost less than \$500, and when the Rakes went to pay it in person, they also stopped by the Isehara City Fire Department West Branch with many snacks and drinks to say thank you. The hiker had contacted the fire department about the clothing Kim borrowed, so they also dropped off the clothing, a new set and a new space blanket to replace the one Kim used.

Rakes, who has had extensive survival training in the military, including U.S. Army Ranger School and a couple of years with Special Forces, regrets that he was not better prepared—especially because his wife was with him.

Rakes said he advises hikers, at a minimum, to include food, water, clothing, a space blanket, a fire starter, a multi-tool, a signal flare and something that could double as a blanket and a lean-to shelter.

Looking back, Rakes wishes he had started earlier or postponed the hike for another day. He also has other recommendations.

"Be sure you do your homework and research very thoroughly so that you have some idea of where you are, how much farther you have to go, and by all means, don't attempt it in the afternoon," Rakes said. "Don't start a hike like that after noon."



Rental & Real Estate Agent

アイプラン

call: 0827-28-2100

E-mail: info@ark-plan.com

<http://www.ark-plan.com>

Open Daily 9:30-18:00

ARK-PLAN

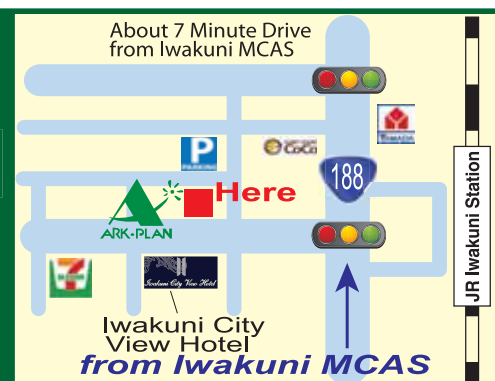
Our office is near Iwakuni Station!

Welcome to Iwakuni

English information available



@arkplan.english



Yokota swim coach chases Olympic dream

BY SETH ROBSON AND
HANA KUSUMOTO,
STARS AND STRIPES
Published: December 17, 2020

YOKOTA AIR BASE — One second separates a swimming instructor at the home of U.S. Forces Japan in western Tokyo from his dream of representing Japan at next year's Olympic Games.

Shotaro Shimazaki, 27, of Ome, Japan, has been swimming since age 6 and teaches intermediate and expert adult swim classes at the Yokota Natatorium.

The speedster doesn't brag, according to his colleagues, but he's a competitive breaststroker and plans to enter trials in April that will determine who competes for Japan at the summer games in Tokyo.

To be selected, Shimazaki, ranked 16th in Japan for 100-meter-breaststroke based on this year's results, will need to be one of the fastest two swimmers at the National Swimming Championships and clock a 100-meter time of under 59.21 seconds, according to information provided by the Japan Swimming Federation.

Right now, he's swimming the distance in about a minute flat, he said during a Dec. 9 interview.

"If I can drop one second, I'll make the team," he said.

Shimazaki hoped to enter the Olympics for the first time this year but the trials and the games were postponed due to the coronavirus pandemic.

Olympic organizers and



Shotaro Shimazaki, 27, a swimming instructor at Yokota Air Base, Japan, is a competitive breaststroker who plans to enter trials that will determine who competes for Japan at the summer games in Tokyo. Photo by Theron Godbold, Stars and Stripes

Japanese officials say the games will start July 23, 2021, despite recent polling that suggests most Japanese people want the event canceled or postponed again.

As a youngster, Shimazaki competed for the Central Fussa Swim Team, in the city that borders Yokota's main gate.

"My teammate was a breaststroker," he recalled.

"He was a few years older than I was and I felt that breaststroke was so cool."

Keiko Aso, 54, coached Shimazaki for three years in high school. During a phone interview, she said Shimazaki has a

great build for the sport.

"He had a natural aptitude as a swimmer but didn't have the motivation," she said.

But, after competing at the junior level, Shimazaki's attitude changed and he started talking about the Olympics, Aso said.

"I have hopes for him since he has accomplished, no matter what, when he decided to do so," she said.

The young athlete trains 90 minutes a day, five or six days a week, mostly at Yokota in preparation for trials at the newly built Tokyo Aquatic Center, where the Olympic events will take place,

Shimazaki said.

"I swam there last week. Everything is big and there are huge stands and monitors," he said, adding that the water in the pool is very smooth.

He fuels himself for training with Japanese food such as rice and natto, a sticky fermented bean, he said.

Shimazaki is popular with swimmers at Yokota and the parents of the 160 kids who take lessons at the Natatorium, according to base aquatics director Jason Fay.

"When I started working with him I didn't realize he was trying out for the Olympics," he said. "He didn't mention it and I heard

it from other staff."

Swimming is a great sport for kids, Shimazaki said.

"It's good for fitness but they also learn to survive if they fall in the sea or a river," he said.

Lately, however, he has been focused on teaching 15 adult expert and intermediate swimmers to improve their breaststroke times. He tracks their progress on a chart that shows their improvement from week to week.

Competitive breaststrokers must breathe every stroke, but Shimazaki said he can swim the length of an Olympic 50-meter pool underwater.

A common problem among the recreational breaststrokers is improper leg technique, he said.

"The legs are the most important," he said, demonstrating how they should be kicked in the correct manner to generate power through the water.

In summer, Shimazaki goes to Shimoda Beach in Shizuoka prefecture, south of Tokyo, but doesn't try to impress people there with his breaststroking and just enjoys the sun and the sand, he said.

Even if he doesn't make the Olympic team, Shimazaki said he's excited about the games coming to Tokyo and hopes to watch Japan's baseball team compete.

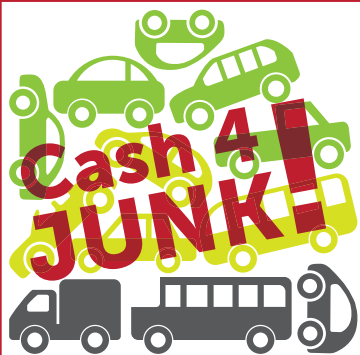
robson.seth@stripes.com

Twitter: @SethRobson1

kusumoto.hana@stripes.com

Twitter: @HanaKusumoto

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



Are You PC'ing & Looking to Junk Your Car?

GET AN OFFER NOW!

Drop your car off & get extra ¥3,000

- We buy it!
- Any Condition!
- Any Location!
- We Beat all Quotes!
- It is Very Easy!

junkmycar.jp

CALL / TXT : 090 -7123-7100

info@junkmycar.jp

www.junkmycar.jp



TRIP CYCLE
The Journey of a Lifetime

We Offer all bikes
• Road Bikes
• Mountain Bikes
• Hybrid Bikes
• E-Bikes
• Kids Bikes

TREK
BIKES · SERVICE · GEAR

Bike Service & Repair
• Bike Repair
• Bike Assembly
• Bike Parts
• Cycling Apparel

It's All About Bikes in Yokosuka!



TRIP CYCLE
The Journey of a Lifetime

info@tripcycle.jp

046-854-9118

https://tripcycle.jp/english/

Open Hours: 11:00 -19:30

Closed Wednesday

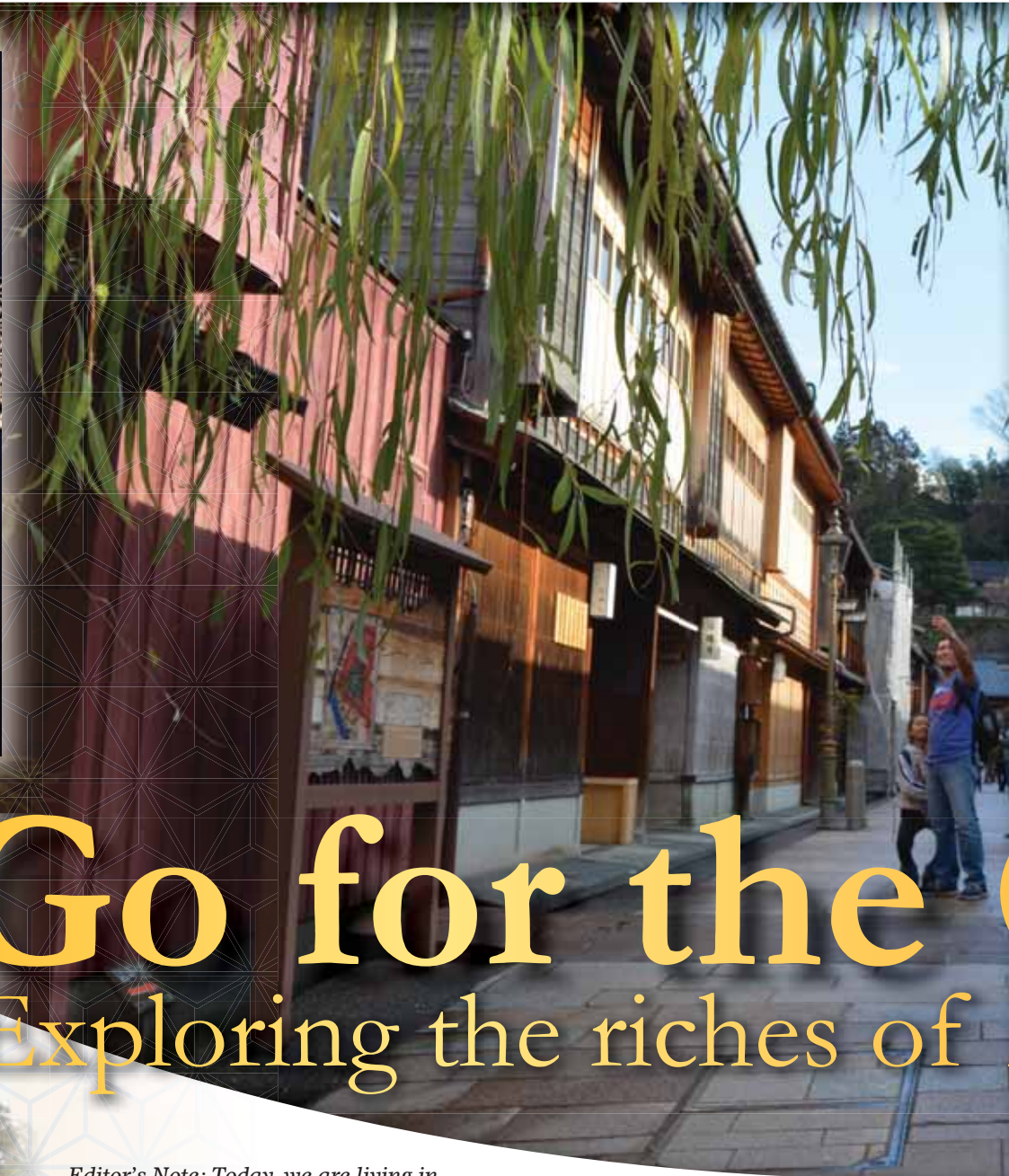
Earn your Stripes

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

japantravel.com/stripes

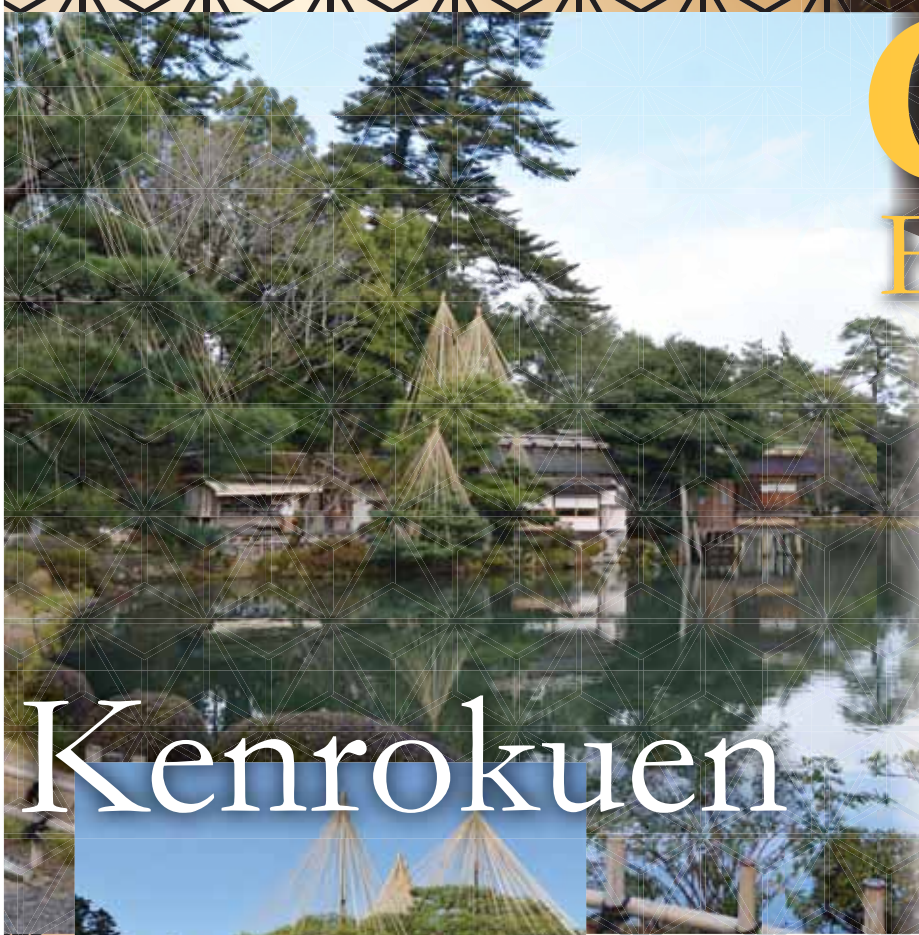


JapanTravel
.com



Go for the

Exploring the riches of



Kenrokuen

Editor's Note: Today, we are living in uncertain times, so please plan ahead if, and when, you decide to travel. Follow safety guidelines set by your base and always remember to wear a face mask, practice proper hand-washing and social distancing.

STORY AND PHOTOS BY SARAH B. HODGE,
STRIPES JAPAN

Kanazawa (<https://visitkanazawa.jp/>), easily accessible via the Hokuriku Shinkansen from Tokyo Station, offers travelers a wide range of experiences, from hands-on craft and cooking classes to strolling beautiful Japanese gardens and samurai and tea districts.

Formerly known as Kaga, Kanazawa was ruled by the powerful Maeda clan, who were

second only to the Tokugawas in wealth and power. The fertile Kaga domain produced five million bushels of rice annually, which earned it the title “Hyakuman Goku” (a goku was a measurement of rice).

Although little remains today after a series of fires, **Kanazawa Castle** is still worth a visit. Located across from Kenrokuen (known as one of the top three classical gardens of Japan), it was the seat of power of the Maedas and has a second smaller garden, **Gyokusen'inmaru**, which was originally built as the residence of the wife of Toshi-naga Maeda in 1614 (the garden was established later in 1688 and restored in 2015). Gyokusen'inmaru is illuminated to spectacular effect nightly until 9 p.m. on Fridays and

All that glitter



work, and some truly spectacular gold work on display. Hakuichi's gold leaf gifts make great souvenirs, and you can even sign up to make your own mas-

Hakuichi Hakuko-kan

ADDRESS: 2-1-1 Morito, Kanazawa City, Ishikawa Prefecture
PHONE: 076-240-8911

HOURS: 9 a.m. - 6 p.m., open daily (except January 11th)



Nomura House



Higashi Chaya

Gold Kanazawa

Kanazawa Castle

Saturdays with a seasonal light and music show. **Kenrokuen** is one of the jewels of Japan; based upon six classical attributes, you'll find beauty at every turn. Be sure not to miss green tea in the beautiful teahouse set over the pond and the famed Kotojitoro lantern.

Kanazawa is home to three well-preserved tea districts, the most photogenic being **Higashi Chaya**. There are still around 40 geisha ("geigi" in local dialect) working in Kanazawa, and you can see them perform at Geisha Evenings in Kanazawa (<http://geishaevenings.jp/>), at Kanazawa Geigi no Mai, or if you have extra cash, by private appointment at Kikumi (<http://kikumi-kanazawa.jp/>). You can also tour historic geisha houses Shima (<http://ochaya-shima.com/>

[english/](http://www.kaikaro.jp/eng/index.html)) and Kaikaro (<http://www.kaikaro.jp/eng/index.html>) for a fee.

Nagamachi Bukeyashiki District contains the homes of the samurai who supported the Maeda clan. The standout is the **Nomura House**, with its gorgeous garden and upstairs tea room (matcha available for an extra fee). Nearby **Myoru-ji** ("Ninja Temple") requires advance reservation and was designed as a defense outpost complete with secret passageways, nightingale floors and trapdoors.

I also had the pleasure of touring Kenrokuen and Higashi Chaya with one of the fantastic guides from Kanazawa Goodwill Guides (http://kggn.jp/index_e.html); if you're looking for a more in-depth history lesson, definitely consider signing up for a volunteer guide.

Kanazawa cuisine



in a gorgeous 150-year-old kimono shop. Each of the private dining rooms has elegant touches and the food and service were impeccable.

Kanazawa's riches also resulted in the evolution of kaiseki and Kaga Ryori that uses 15 Kaga vegetables and local specialties such as duck. Kanazawa's many temples also gave rise to Kaga Shojin, a variation on Buddhist vegan temple cuisine. You can sample all three cuisines at the exquisite Kotobukiya, housed

If you prefer a hands-on approach, consider a market tour and cooking class with the lovely Moe and Chikako of Cooking Studio Kanazawa Salon. Hosted in a restored machiya townhouse, you'll learn about the history, production, and use of koji (the base for miso, soy sauce, sake, and more) as flavoring agent and health food in the modern kitchen. You'll then cook a customizable menu of traditional dishes such as jibuni while making new friends and memories.



Kotobukiya Kanazawa
ADDRESS: 2 Chome-4-13 Owaricho, Kanazawa, Ishikawa Prefecture
PHONE: 076-231-6245
WEBSITE: <https://www.kanazawa-kotobukiya.com/>

Cooking Studio Kanazawa Salon
ADDRESS: 6-6 Musashimachi, Kanazawa, Ishikawa Prefecture
PHONE: 090-9445-5473
WEBSITE: www.cookingkanazawa.com

CENTURIES-OLD ART

Tattooing has complicated origins

BY SEBASTIAN MODAK,
SPECIAL TO THE WASHINGTON POST

In today's travel guides to Japan, tattoos are generally only mentioned in the context of places where tourists should be prepared to cover them up, such as gyms, public pools and bathing houses known as onsens. A century ago, it was a very different story.

Guidebooks, like Basil Hall Chamberlain's 1893 "Handbook for Travellers in Japan," feature ads for fine art galleries that double as tattoo parlors; you could pick up a piece of Japanese pottery while getting a more permanent souvenir. In "Vacation Days in Hawaii and Japan," published in the early 1900s, Philadelphia-based writer Charles M. Taylor Jr. devotes multiple pages to a meeting with Hori Chiyo, an artist who claimed to have tattooed the British princes Albert Victor and the future King George V.

In Japan at the time, tattoos were seen as a sign of degeneracy. They were used to brand criminals — and for those criminals to then cover up their brands. As the country opened up to the West for the first time, the emperor outlawed the art, seeing it as antithetical to modernity. Ironically, tattooing for tourists remained legal — and, as Chamberlain wrote in a 1905 travel guide, the Japanese take on the art was considered the champagne of tattooing: "an art as vastly superior to the ordinary British sailor's tattooing as Heidsieck Monopole is to small beer."

Today, tattoos are popular among travelers, as ways to pay homage to a place (e.g., Japanese kanji script, an iconic building) or to traveling as a way of life (e.g., a compass, a map of the world). But how far back does the practice go? The history of tattooing as a way to mark travels is hard to pin down. But there is something that most scholars agree on: The most common origin story is wrong, and the meaning of tattoos isn't always clear cut.

Yes, Capt. James Cook sailed the Pacific Ocean in the 18th century, and many of his crewmen might have received tattoos from the Polynesian people they encountered along the way. Sometimes there might have even been an overlap in the reasons British and Polynesian sailors got tattoos: protection, for example. The letters "H-O-L-D F-A-S-T" tattooed across the knuckles was thought to save a sailor when letting go of a rope was a matter of life and death.

But the common narrative that those sailors were the first people to bring tattoos back to Europe isn't true. Rather, according to some, it's a story



Michelle Myles, a co-owner of Daredevil Tattoo, sits inside her shop. The shop also serves as a kind of museum, showcasing antique tattoo machines, original photos, news articles and sideshow banners. Photos by Sarah Blesener, for The Washington Post

rooted in some of the same instincts that make people get tattooed on their travels today.

"There's a misconception in certain Western cultural memory that tattooing is sort of something that's foreign," says Matt Lodder, senior lecturer of art history at the University of Essex in England. "Certainly that's what drove a lot of the history: it was part of a cultural encounter, acquiring something 'exotic.'"

Tracing the history of Europeans getting tattoos to mark trips to distant lands brings us much further back than British nobility visiting Japan or even sailors returning from the Pacific islands with the bold, black Polynesian tattoos that are still popular today.

Both Lodder and Lars Krutak, a tattoo anthropologist, pinpoint some of the first instances of traveler tattoos in Europe to

pilgrims visiting the Holy Land. In the 1600s, a trip to Jerusalem was arduous, dangerous and the ultimate way to show just how good of a Christian you were. There, Coptic Christians from Egypt had tattooing down to a brisk business, using carved blocks to replicate commonly requested designs, like the Jerusalem cross — a grid of four small crosses around one central cross — accompanied by the year of the pilgrimage.

"By having a stencil block pre-made, they could just stamp it on somebody's arm and go on to the next person," Krutak says. "On holy days, you'd have a line of people out the door and around the block."

Hundreds of years later, some of those blocks can still be found at Razzouk Tattoo in Jerusalem's Old City. Claiming to be in operation in some capacity

since 1300 and run by the 27th generation of tattooists in the Razzouk family, the shop still attracts long lines of pilgrims during Easter festivities.

By the 19th century, tattooing was integral to the pilgrimage tradition in Jerusalem, to the point that even British nobility — the future King George V among them — were getting inked as a way to show their piety. At the same time, according to Lodder, some visitors complained about it being too commercialized.

"We have traveler accounts from the 1850s, where people are complaining about how dirty, busy and noisy it is," Lodder says. "And in those descriptions, you have peddlers selling trinkets in a big list of things found objectionable, right alongside all the tattoo shops."

They were descriptions that

would be just as applicable to tourist strips in Bali or Cancun today. Or New York City's Bowery neighborhood more than 100 years ago.

'Flash' in the Bowery

Starting around the 1880s, the Bowery in Lower Manhattan was a destination for a far less wholesome kind of pilgrimage.

"The Bowery was the place that you came to in New York City when you wanted to have fun, get in trouble, do some drinking, maybe do some fighting — and get tattooed," says Michelle Myles, a co-owner of Daredevil Tattoo in New York's Lower East Side. "Whether it was with tourists, sailors or New Yorkers, the Bowery just had this reputation as a playground for the working class."

Myles, who also led tattoo history walking tours of the neighborhood before the coronavirus pandemic, says she often meets visitors from all over the world looking for vestiges of that past.

Myles and her business partner, Brad Fink, opened Daredevil Tattoo in 1997, the year tattooing was re-legalized in the city after being banned since 1961. Today, the shop doubles as a museum, with artifacts including a Thomas Edison electric pen that the first electric tattoo machines were based off; signage from Charles Wagner's shop, where he was famous for giving tattoos for a quarter; and plenty of "flash" (tattoo designs) from the Bowery's glory days.

As a tourist attraction itself, Daredevil has always received a steady stream of visitors looking to mark their trip to New York City. Oftentimes, they will pick a design "off the wall," where the shop has vintage flash on display. Many will go for more predictable images of New York: a linework skyline of the city is a common request. But Myles says that what comes to symbolize New York City varies from person to person. Case in point? Her husband's New York tattoo depicts a cockroach riding a rat.

A tradition for millennia

Of course, talking only about Europeans and their descendants in the United States traveling around the world and getting tattoos ignores large populations. Indigenous groups across all six inhabited continents have incorporated tattooing into their traditions for thousands of years. Tattoos told uplifting stories of cultural exchange, like shipwrecked sailors who married into Polynesian families and got the tattoos to mark their new allegiances, or French fur traders in North America who got tattoos from their indigenous colleagues. But there were far less harmonious interactions, too.



→ Krutak, for example, talks about an Inuit mother and daughter, both tattooed, who in the 1560s were taken from their home in the Arctic and sent to Belgium to be put on display in taverns. Some time later, a tattooed man from an island that is now part of the Philippines was taken to London to be shown off. He died of smallpox.

“Christian doctrine stated that to mark one’s skin was basically the mark of Cain,” Krutak says. “And so people were fascinated by these individuals.”

Long before the Western narrative of exoticism, some indigenous people were using tattoos to mark their own travels. The word “tattoo” itself comes from Polynesian languages. Krutak points to the Iban “bejalai” tradition in Borneo, for example, wherein young men were sent away from their communities as a rite of passage. As they explored the wilds and neighboring settlements, they received tattoos to mark their journeys.

Krutak believes that those young men were getting tattooed for reasons that aren’t so different from today’s travelers getting a permanent reminder of their journeys. “These guys were also taking a souvenir; a story to talk about, of this incredible journey,” Krutak says. “It’s something they can always share with their family and friends.”

The thick blackwork of Iban tattooing became popular around the world with non-Iban travelers in the 1970s, in part because of a few intrepid tattooers who went into Borneo to get tattooed by some of the last remaining masters of the tradition and learned the craft. With that, of course, came questions of appropriation. You only need to go to Venice Beach in Los Angeles for an afternoon to see a plethora of “tribal tattoos,” derivative of Polynesian traditions that go back thousands of years. So when is it OK to mark yourself with a souvenir that might intersect with the traditions of another culture?

The appropriation consideration

For Indian tattoo artist Morangam Khaling, who goes by Mo Naga, it is a question that he grapples with daily. Mo Naga, who splits his time between Delhi and his home state of Manipur in the country’s northeast, has spent the past decade devoted to reviving the traditional tattooing practices of his people, the Naga, a group made up of more than 30 tribes spread across northeastern India and northwestern Myanmar. To do so, he has spent years traveling in the northeastern regions the Naga call home, talking to

elders who are the last people to have the tattoos that were once commonplace.

After years of research, Mo Naga began offering tattoos that used many of the motifs and symbols of traditional Naga tattooing, something he dubbed “Neo-Naga.” Today, he says, more than 80% of his clients are members of the more than 30 tribes that make up the Naga, but travelers from abroad play a role in reviving a lost art and spreading awareness of its importance.

“I have a very tough job,” Mo Naga says over the phone from his home in Manipur. “But people who come to me are also very conscious about appropriation. They have no idea what they are going to get, and they want to be part of the revival. They know this is something important.”

Mo Naga says he gets regular requests on social media from people overseas asking for Naga designs they can use in their tattoos, but he always refuses. A big part of his process is the consultation, in which Mo Naga explains the history of Naga tattooing and the intricacies of the tradition to his client, and then they settle on an appropriate design.

“Sometimes that consultation can go on for one whole day — and the actual tattoo might just take an hour,” Mo Naga says.

Some off-limits tattoos, regardless of the tourist, include the tattoos that were once given to headhunters to mark their bravery in battle and those that symbolize family lineage. Instead, Mo Naga often opts for motifs that draw from the natural world, something relevant to both the Naga people and his clients from far away.

Mo Naga, who is in Manipur working on building a Tattoo Village where people would come to learn more about traditional Naga art, hopes that the travelers he tattoos today could lead to more interest in the at-risk tradition.

“When you have a Neo-Naga tattoo on your body, you become a cultural ambassador for my people: you will be telling a story about us to the world,” Mo Naga says. “You’ll be spreading the news of a dying tradition, and maybe you’ll get my people excited and interested in preserving and protecting it.”

Tracing the history of Europeans getting tattoos to mark trips to distant lands brings us much further back than British nobility visiting Japan or even sailors returning from the Pacific islands with the bold, black Polynesian tattoos that are still popular today.

“There’s a misconception in certain Western cultural memory that tattooing is sort of something that’s foreign. Certainly that’s what drove a lot of the history: it was part of a cultural encounter, acquiring something ‘exotic.’”

- Matt Lodder, senior lecturer of art history at the University of Essex in England

TOKYO MENTAL HEALTH

TOKYO MENTAL HEALTH

**Announces the Opening of
TMH Okinawa Mihama Therapy Office in Mihama, Chatan!**
Counseling | Psychotherapy | Psychology

- Services now in Okinawa, Tokyo and Online
- English Speaking Psychologists and Counselors
- Specialist Services for Children and Adults

Also accepting referrals with TRICARE in Okinawa and across Japan both at our offices and for telehealth.

TMH OKINAWA
Mihama Therapy Office



TMH OKINAWA Mihama Therapy Office

- Located on Route 58 (right next to Kuwae bus stop)
- Extensive parking within 5 min walk
- 10 mins drive from Kadena Base Gate 1
- 10 mins drive from Camp Foster Commissary Gate

Contact information

301 Hawk Town II, 2-5-23 Mihama, Chatan, Nakagami-gun, Okinawa, Japan 904-0115
www.tokyomentalhealth.com | TMH0kinawa@tokyomentalhealth.com | +81(98)9620730

**DO YOU HAVE A STORY TO SHARE?
IF SO, LOG ON TO**

STRIPEJAPAN.COM

**Cable TV
Subscribership**
(total number of households)

No.1

J:COM TV

Over 100 channels

Multi-language support



©The Walking Dead Season 9, THE WALKING DEAD TM & © 2018 AMC Network Entertainment LLC. All rights reserved.
©Discovery Channel, How the Universe Works, Credit: Discovery Communications



English support

Call center staff
Shop staff

J:COM NET

Stress free

Internet /



J:COM Shop Yokosuka-chuo Branch

10:30 a.m. to 5:30 p.m. (Closed Tue - Wed) The Tower Yokosuka Chuo LIDRE 2F, 2-6, Otakichou, Yokosuka-shi, Kanagawa-pref.

•Take the train to Keikyu Yokosuka-chuo Station and walk in the direction of the U.S. military base. The branch is located on the second floor of The Tower Yokosuka Chuo LIDRE.



F
Free Call

0120-989-989

**9:00 a.m. to 6:00 p.m.
(Open 365 days a year)**

J:COM

Note: The navigation menu is set to Japanese by default. Please press 2→1. If your phone is set to avoid displaying your number when making a call, dial 186 before dialing 0120.

*1: Source: Cable and Satellite Fact Book 2019.

*2: Service for J:COM TV standard Plus, which includes digital terrestrial television broadcasting and BS digital broadcasting. Notes: Numbers are current as of the end of April 2019 (Portions excluded). May not be useable due to circumstances related to the house or building. Company names, product names, or service names are registered trademarks or trademarks of their respective holders. Includes some trademarks pending registration.

*J:COM TV and J:COM NET are only available with subscriptions of at least six months, including the initial month. In the case of early termination, the remaining unpaid balance for the required six-month subscription will be billed in one lump sum (including consumption tax).

Photos courtesy of byFood

10 Japanese food blogs that will make your mouth water

BY EMILY SUVANNASANKHA,
BYFOOD

Here on the byFood blog, we love bringing you the deepest dives on Japanese culture, adventurous food tours and hidden spots, and of course, recommendations on where to eat in different cities and locales of Japan. Some of our hits include

the Beginner's Guide to Mochi, a mouth-watering Yokohama Chinatown Street Food Guide, and a comprehensive article on eating as a vegan in Japan.

But what about other Japanese food blogs? Right now is the perfect time to learn some classic or innovative Japanese recipes, or simply browse other people's kitchens from the comfort of your home.

So we picked 10 awe-inspiring blogs based on their unique content, high-quality photos and videos, and popularity among Japanese food blogs. We include blogs both old and new, but all have made an indelible mark on the Japanese food blogging scene. If you're looking to discover more blogs, here are some Japan-inspired food blogs we love!



1 Just One Cookbook

The famous Just One Cookbook is the first place I go when looking for any Japanese recipe at all. Nami, a Japanese home cook living in San Francisco, keeps me and millions of other people from fumbling by providing over 700 clear, easy recipes for traditional Japanese food as well as innovative takes on classics. She also supplies healthy alternatives, such as baked katsudon (pork cutlet bowl) instead of fried. Check out her YouTube channel and beginner's guide to Japanese cooking to try some of these recipes yourself!

WEBSITE:

<https://www.justonecookbook.com>



2 Beer Tengoku

For all your beer-related needs, Beer Tengoku is here to provide copious reviews of craft and draft beers, bars, and breweries in Japan. Aside from their, ahem, intoxicating reviews, Joe and Rob the beer enthusiasts also interview different Japanese brewery companies to gain insight into the Japanese beer-making process and hunt down rare and interesting beer varieties. The site is available in both English and Japanese as the pair of beer lovers aim to spread their love of Japanese craft beer to the English-speaking world.

WEBSITE:

<https://www.beertengoku.com>



3 I am a Food Blog

Food bloggers Mike and Steph have been traveling around the world for seven years, and their special love for Japanese cuisine shows in their posting habits. This blog's food photography is nothing short of awe-inspiring — for example, the aesthetics of their creative Mini Japanese Soufflé Pancakes nearly bring a tear to my eye! (I'm not kidding.)

Mike and Steph specialize in trendy, cute renditions of classic Japanese recipes, like Miffy tuna onigiri, fluffy Totoro cheesecake, and tamagoyaki-inspired french toast. This is the perfect place to get inspired for your next at-home Japanese cooking experiment!

WEBSITE:

<https://www.iamafoodblog.com/tag/japanese>



4 Chopstick Chronicles

Shihoko and Elizabeth are a Japanese mother and daughter living in Australia who started a massive food blog to recreate the Japanese foods they now miss. The sheer breadth of this cooking compendium rivals Just One Cookbook, and the care they take in providing history, background, and tips on each dish is astounding.

Along with classic Japanese dishes, they also feature innovative takes on Japanese snacks and sweets, such as checkerboard matcha cookies, Halloween-themed dango, and even homemade Pocky. You can save your favorite recipes on Chopstick Chronicles by clicking the heart button in the bottom right corner of each page, so get to it!

WEBSITE:

<https://www.chopstickchronicles.com>



5 Japan Food Addict

Mai from Japan Food Addict writes quick and easy recipes, most of which take only 20 minutes or less. The posts on Japan Food Addict feature lots of traditional, off-the-beaten-path Japanese vegetable dishes, such as lotus root chikuzenni and satsumaage fish and vegetable paste.

She also makes several types of osechi, or traditional Japanese New Year dishes. If you want something different from what other Japanese food blogs have to offer, dive into Mai's huge archive of local and regional Japanese dishes!

WEBSITE:

<http://www.japanfoodaddict.com>



6 Ramen Ramen Ramen

Need more ramen news in your life? Edjusted, the writer of Ramen! Ramen! Ramen!, provides their thoughts, recipes, and reviews on all things ramen, with a supremely helpful ramen glossary and fascinating archive dating back to 2005.

The blog specializes in cup/instant ramen ratings, so consult this exhaustive inventory before your next lunchtime trip to the konbini! And if you're in the market for ramen-themed lapel pins, Edjusted can supply.

WEBSITE:

<https://www.ramenramenramen.net>





7

Cooking with Dog

→ Since 2007, the mysterious unnamed “Chef” and her poodle Francis have been teaching viewers how to make traditional Japanese dishes on their YouTube channel, Cooking with Dog. For over 13 years, Chef has traversed a wide expanse of Japanese cuisine in these charming videos as Francis “narrates” the process by her side. Francis may no longer be with us, but his memory lives on in plush and animated form in the latest videos.

The Cooking with Dog website, available in 13 languages, is a veritable treasure trove of written step-by-step recipes for everything from chocolate coronets to homemade udon noodles. Beginners, experts, and everyone in between can learn something from this real-life Cooking Mama!

WEBSITE:

<https://www.cookingwithdog.com>


8

Kyoto Foodie



to and checking out the Do Not Miss tag for their best recommendations!

Mocha Rose of Kyoto Foodie uses her local knowledge of Kyoto to share the best food spots in the city. Aiming to tell you what sightseeing guidebooks leave out, Mocha posts restaurant recommendations, recipes, tours of the gorgeous historical city, and introductions of unique local dishes like kinako ice cream and natsumikan citrus jelly. I recommend perusing Kyoto Foodie before any trip to Kyoto.

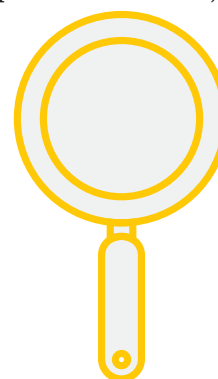
WEBSITE:

<https://www.kyotofoodie.com>


9

Kitchen Princess Bamboo

Not many Japanese food blogs focus on cakes and breads, but this is one of Kitchen Princess Bamboo's specialties! Akino, the Japanese blogger, creates posts and videos on a variety of Japanese dishes, but my favorites are her cumulative guides on the basics, such as how to make 8 basic onigiri fillings, and recipes for trendy sweets in Japan, like choux cream, melon pan, and “rain-drop cake.”



WEBSITE:

<https://www.princessbamboo.com>


10

Contemplating Sweets

Speaking of Japanese desserts, Alisa of Contemplating Sweets is an expert on making Japanese dishes look Pinterest-level adorable. As a half-Japanese mom, Alisa started the blog to chronicle the dishes she made to feed her family. Now, her blog and YouTube channel host incredibly aesthetically pleasing recipes for main dishes, like beef soboro, as well as unique sweets, like Hawaiian butter mochi and kabocha squash muffins. And it might not be strictly Japanese, but her video for cute baby seal marshmallows will surely captivate you!

WEBSITE:

<https://www.contemplatingsweets.com>


Those are some of our favorite 10 Japanese food blogs! There's something for everyone on this list, from the casual browser of cute food pics to the determined, armed-with-spices home cook. Go ahead and get lost in the sauce of all these delicious-looking recipes; I know I'm set for the next decade at least!

Looking for activities to do at home? Browse our online Japanese food experiences, hosted from Japan!

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

Family-Friendly Food Tours & Cooking Classes in Japan

Each Booking Helps Children in Need



Book on [byFood.com](https://www.byfood.com)

Free STARS AND STRIPES
2021 Calendar is now available!

Get your copy at Stars and Stripes Office

Sponsored by



LAKELAND
UNIVERSITY JAPAN



File photo

Tips to recover from holiday shopping

BY DAKOTA FINDLEY,
STRIPES JAPAN

You've made it through your grandpa's jokes during the Christmas meal and handed out all of your gifts. The holiday season has officially wrapped up, but the bills from your holiday shopping certainly haven't. Post-holiday financial stress is no joke. As the holidays become memories, the fun indulgences give way to large bills and pressing due dates.

January doesn't have to be such a shock, however, if you put some practices into place. If you start now, you can transform the unpleasant experience of paying the price for the holidays into stress-free chore.

Let's take a look at some ways to recover from overspending.

Make sure you have the funds to pay credit card bills

Adding a line in your December

budget to pay for higher credit card costs is a smart way to plan ahead. Many of you are using the gift-giving and party days of December to rack up points and rewards on credit cards, and while that can be a solid strategy, don't forget to plan for the results.

Even a simple extra payment in January can reduce your overall bill total and get you set up to win with your finances for the rest of the year.

Create a slush fund

Even better than planning for your minimum payments in January is creating a budget all year to save for holiday expenses. You can still use your credit cards if you want to rack up points, but now you have the funds already sitting in an account to pay off the total when everything is over.

Alternately, you can pay cash for your holiday merriment and not even worry about a looming credit bill come January. All the better to enjoy the gifts of

the season knowing you've paid for them outright.

Assess the situation

Ok, you didn't plan throughout the year or in December for larger bills, and now you have a situation on your hands. While this may be a time you'd like to ignore the total cost, that's only going to cause you a headache in the long run.

It's important to sit down and take an honest look at your finances in January since this both sets the tone for the coming year, and allows you to reconcile the previous year. Once you rip the band-aid off and understand what you owe, this makes it easier to make a sound plan to pay off the debt.

Find creative solutions

Don't just make the minimum payments. You can find creative ways to lessen your debt load. Consider transferring balances to cards with lower interest rates, or consolidating credit

balances to make one easy payment.

You can also rethink your overall budget to find ways to put more money into repaying the debt. No one says to give up all your luxuries forever, but you might put a hold on that fancy coffee for a few months until you reach your goal. When you get something paid off, use the minimum payment you used to make to reward your efforts.

Get cash back

If nothing else, finding ways to get cash back can give you some extra momentum. Did you love all the gifts that you received? If not, consider returning them if you can to get cash to fund your pay-off.

Even if you can't get cash back, many stores will issue gift cards. If your gifts came from stores that carry a multitude of different types of items, this might free up your budget to put down cash if you can pay for groceries or household items with the gift card.

You can also check on reward points you've accumulated and apply them towards items in the budget that will benefit your paying off debt. You might be surprised how getting rewards from online retailers through your credit card will save you in household expenses.

You can also go the old-fashioned route and put things up for sale. It's likely that others are looking for things they didn't receive during the holidays, and this can give you some immediate cash.

It isn't necessary to panic when January 1st rolls around. With some planning for the future, and a creative attitude now, you can recover from your holiday indulgences in no time.

The tradition of New Year's resolution ... breaking

Writer's Note: I originally wrote this story three years ago. I updated it a bit, but one thing remains: I continue to break my New Year's resolution. You can drink on that.

BY TAKAHIRO TAKIGUCHI,
STRIPES JAPAN

As an old Japanese saying goes, "The whole year's plans are made on New Year's Day." That's because many Japanese make New Year's resolutions on the first day of the year, just like Americans.

I am no exception. I make a New Year's resolution every year. I've done it almost as many years as I have been around (58).

My dear wife's ceaseless unsolicited advice not drink too much, along with results from my annual physicals, have prompted my New Year's resolution to be quitting or cutting back on drinking – every year for the past decade or two.

Too much drinking during customary "bonenkai" year-end parties always leaves me hung over, fueling plans every new year to quit drinking sake – that quintessential Japanese adult beverage that we also call "Nihonshu" (which literally means "Japanese liquor").

Although I am a Roman Catholic, after attending church with my wife and daughter for Midnight Mass on New Year's Day, I usually drop by a local Shinto shrine to make my New Year's resolution. It's a long-held Japanese tradition followed by Shinto believers and

non-believers alike.

So I always feel delighted on New Year's Eve, giddy with anticipation – and no small amount of Nihonshu – that I'll begin keeping my resolution the next day.

Then morning comes.

The following morning is "Oshogatsu," or New Year's Day. And what self-respecting Japanese guy would snub the customary "toso," a traditional sip of New Year's sake on this special morning to kill off the evils that can bring bad luck to the coming year.

Is there a little "hair of the dog" involved? Perhaps. But I have been observing this great Japanese tradition without a fail since I was 3-years-old.

OK. I'll admit it has also become my tradition to drink an entire bottle of tasty sake throughout the day on this auspicious occasion – just to ensure my New Year's resolution gets that extra kick.

Anyway, on the second day of the year, as Japanese custom dictates, we visit or welcome family, relatives and neighbors to offer New Year's greetings. And I can't help but to enjoy another bottle of sake with them to celebrate the new year. It would be improper not to. This is time-honored tradition, after all.

On the third day, we meet more friends for New Year's greetings and – yep, you guessed it – we drink with them as well. So, by the time Jan. 3 rolls around, I find that my resolution has already gone by the wayside. So it only makes sense to save it for the next year.

This is an annual resolution rite of passage for me.

Don't laugh. Turns out I'm not the only one.

According to a survey by OPT-ism advertising agency, 85 percent of 1,000 Japanese ages 20-69 who made New Year's resolutions gave them up by Jan. 15.

In general, it is not easy for us to keep New Year's resolutions. In fact, there is nobody around that I know who has ever kept a New Year's resolution.

So, how can I beat the trend and keep my resolution?

Designate a witness and a pre-determined penalty for breaking the resolution. At least that is what some say works. But I haven't seen much success with this method either.

When I was in my 20s, some of my friends used to call me and ask me to act as a witness for their resolutions.

"I will definitely give up smoking," one of my friends once told me. "If I break my resolution and you catch me smoking, just remind me and I will have to buy you lunch."

A few weeks later, I found him smoking. When I reminded him, he smiled and kept puffing away.

"I decided to quit smoking on New Year's Day according to the lunar calendar," he said of the movable date that occurs about a month after Jan. 1 (Feb. 12 in 2021).

Needless to say, he didn't quit smoking then either. And I never got my lunch.

Riki Natsume, an online advice columnist, suggests that the key to success is to simplify and specify your resolutions. For example, instead of vowing to "cut back" on the amount of sake you drink, commit to drinking no more than "two cans of beer a day." Or set Mondays and Tuesdays as "drink-free days."

It made sense to me.

So now I have a plan of action for my 2021 New Year's resolution: I'm making Fridays my alcohol-free days next year, as I am a Roman Catholic.

Wait. ...

Next year, Jan. 1 is a Friday OK, Mondays. Starting next year, Mondays will be my drink-free days – well, except for when I have the day off or it's a holiday. (Did I mention that many Japanese holidays fall on Mondays?)

Anyway, I am confident I can pull off this New Year's next year!

As you readers as my witnesses, I am looking forward to making this resolution on New Year's Day with all earnestness before the altar. But not in church; heavens no!

I'll just stop by the Shinto shrine on my way home – Just in case.

takiguchi.takahiro@stripes.com



Stripes Sports Trivia

George Blanda played in 340 games over his four decades in pro football. Blanda, who spent time at quarterback and kicker, has thrown seven touchdowns in a game, as well as kicked 943 extra points in his career. If you don't include Blanda, or any other kicker/punter, who are the only two players to have played in more than 300 NFL games?

Answer Jerry Rice (303) and Brett Favre (302)

KELLY & KELLY

USED CARS & INSURANCE AGENCY

On Base pick-up & drop off service!

042-551-0556

VISA MasterCard AMERICAN EXPRESS

ONE STOP SHOP

- Wide Selection of Vehicles
- Payment Plans Available
- Warranty Included
- Auto Insurance Provider

GO TO OUR WEB SITE

USED CAR EXPERTS

CELEBRATING 53 YEARS 1967-2020 of Service to the Military Community!

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

Discount Store Route 16 AMC YOKOTA

http://kellyandkellyjp.com/

Tire Mount Service

Near Yokota!

https://tire-torikae.com

Email: info@tire-torikae.com

TIRE EXPERT, QUICK, REASONABLE DEPENDABLE SERVICE!

- MOUNTING
- ROTATION
- REPAIR
- REPLACEMENT
- ORDERING
- STORAGE
- OIL CHANGE
- TIRE SALES (All brand available)

VISIT US FOR ALL YOUR TIRE NEEDS!

Call: 042-513-0920
Open 9 a.m. - 7 p.m. (Closed Tuesday)

Major Credit Cards Accepted VISA MasterCard

DID YOU KNOW?

It is a no-no in Japan to pick up food with your chopsticks when it was already held by someone else's chopsticks. There are many dos and don'ts in Japan, and this one in particular seems innocent, but not so much to Japanese. This dining don't reminds Japanese of an old tradition – one that involves a dead relative, bones and a crematorium. Google it!

Kanji of the week

牛

Cow/beef (ushi/gyu)

Language Lesson

Happy New Year! (said until Dec. 31)/
Happy New Year! (said starting Jan. 1)

Yoi otoshi o! / Akemashite omedetou

NEAR Yokota Air Base!

Used Car Dealer
REAL SPEED AUTO

FEED THE NEED!

- CLEAN AND RELIABLE
- PRE-OWNED VEHICLES
- AT AFFORDABLE PRICES!

- 90 DAY WARRANTY
- PAYMENT PLANS AVAILABLE
- DISPOSE & DE-REGISTER YOUR VEHICLE WITH US FOR CASH!

GO TO OUR WEB SITE AT NOW!
www.realspeed.jp

TEL: 042-513-3593
Open Mon-Fri, 9am-6pm
Sat. & Holiday Close at 5pm (Closed Sun.)

The Weekly Crossword

by Margie E. Burke

ACROSS

- 1 Workout woe
- 5 Lavish party
- 9 Can't stomach
- 14 Advance
- 15 Eve's man
- 16 Vineyard fruit
- 17 Small pie
- 18 Farrier's tool
- 19 In the boondocks
- 20 ETA and DIY, e.g.
- 22 One way to break bad news
- 23 Nursery follower
- 24 Evening wing-ding
- 26 ___ carotene
- 28 Retirement fund
- 32 Workout site
- 35 Strip bare
- 37 Mermaid feature
- 38 Ill-gotten gains
- 40 Come clean
- 41 Thus
- 42 Fairytale villain
- 43 Toils (away)
- 45 "___ what?"
- 46 Dash
- 48 Pupil's locale
- 50 Summer wear
- 52 Andean animal
- 56 Catch in a lie
- 59 747, e.g.
- 61 Hammerin' Hank
- 62 Exile isle
- 63 Campus quarters
- 64 Thieving sort
- 65 Comrade in arms
- 66 Ford SUV
- 67 Off-killed "South Park" kid
- 68 Dark loaves
- 69 Stalk in a swamp

DOWN

- 1 Hitching post
- 2 Whistle wearer
- 3 Sixth in line for the British throne
- 4 Bury
- 5 Cooper with two Oscars
- 6 "Uncut Gems" star
- 7 Rodeo rope
- 8 Sound booster
- 9 Goes along
- 10 Clairiol choice
- 11 "B.C." cartoonist
- 12 Milky stone
- 13 Trust, with "on"
- 21 Urgent want
- 22 Walmart worker
- 25 Pledge of Allegiance word
- 27 London cafe
- 29 Make, as a salary
- 30 "Junk begets junk" acronym
- 31 Be radiant
- 32 Mushy food
- 33 Meditative exercise
- 34 Daybreak, poetically
- 36 John's "Pulp Fiction" co-star
- 39 Chef's measure
- 44 Window feature
- 47 Like some soups
- 49 Mini burger
- 51 Add up
- 53 Battery cell
- 54 Use the on-ramp
- 55 Packing heat
- 56 Stable gear
- 57 Hard to come by
- 58 Flatten, in a way
- 60 Tanners catch them
- 62 Bud holder?

Answers to Last Week's Crossword:

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

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

INSURANCE

Paramount
GEORGES

CHUBB

Chubb Insurance Japan

Serving Yokota Air Base since 1955

Auto, Rental, Theft & Travel Insurance Providers

Complete Auto & Motorcycle JCI / Liability Policies

- Vehicle Registration /De-Registration Services
- Complete Vehicle Import Registration Services
- Living Support Rental Insurance for ON/Off Base
- We speak English and US Dollars Okay!

Recommended by! REAL SPEED AUTO

Email us: georges@cocoa.ocn.ne.jp or Call 042-551-2744
OPEN Monday thru Friday 9:00-17:00 and Saturday & Holidays 10:00-16:00

During COVID-19 crisis, we are here for you.

Due to COVID-19, our offices in Japan will be temporarily closed throughout 2021.

However, we will be available to get you every credit and deduction you deserve safely without the office visit.

We offer



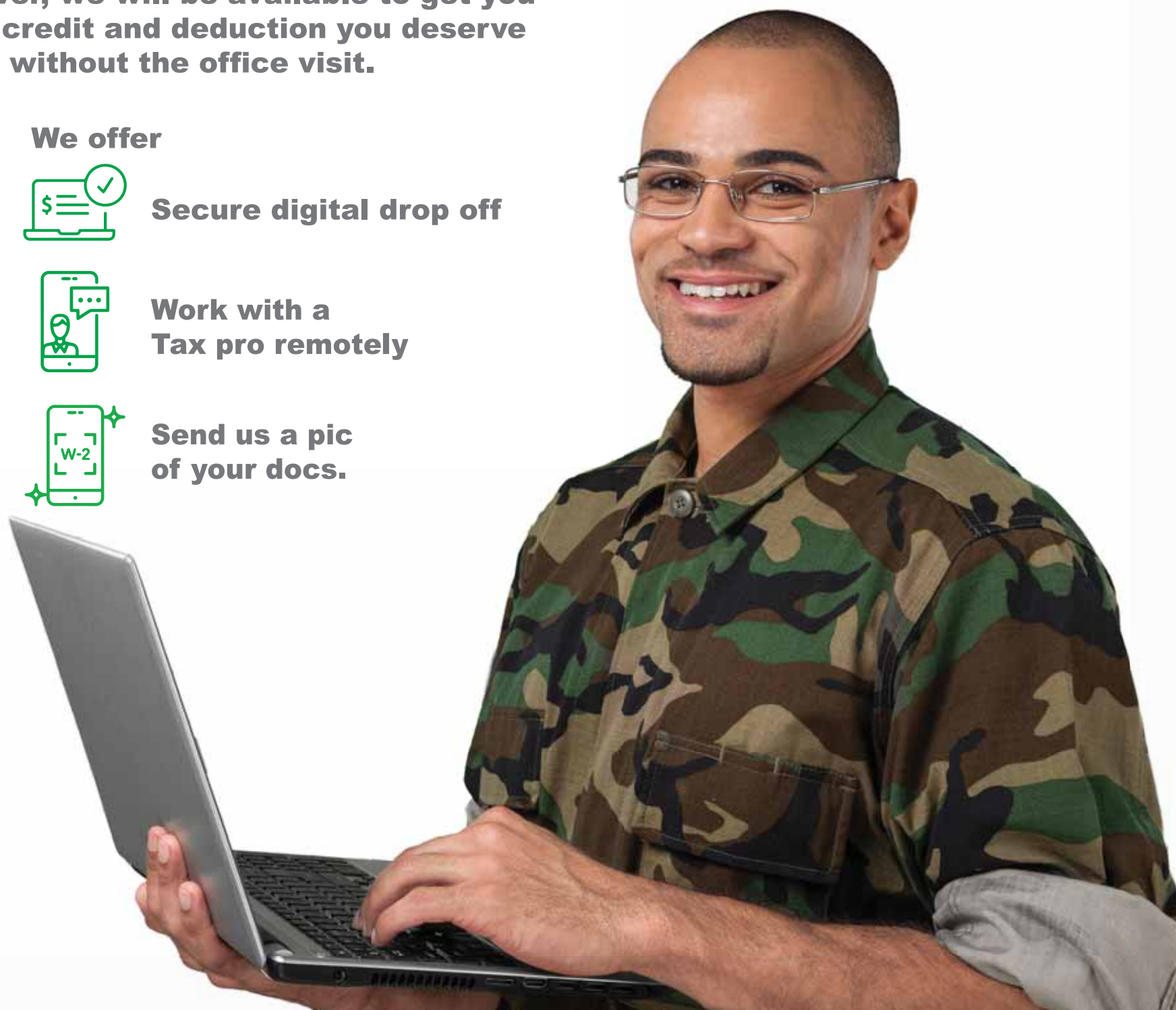
Secure digital drop off



Work with a
Tax pro remotely



Send us a pic
of your docs.



**H&R
BLOCK®**

**Need tax help? Got tax questions?
Please contact us at**

japan@hrblock.com