

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



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

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

STARS STRIPES®

Community Publication

JAPAN

VOLUME 6 NO. 32

NOVEMBER 8 – NOVEMBER 14, 2019

FREE

SUBMIT STORIES TO: JAPAN@STRIPES.COM

STRIPESJAPAN.COM

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

INSIDE INFO



**3 DODEA SOCCER
TEAMS EARN
ACADEMIC HONOR**
PAGE 4



**NO POPEYES
SANDWICH YET FOR
OVERSEAS BASES**
PAGE 9



**A GREAT CUP OF JOE
NEAR IWAKUNI**
PAGE 21

LIKE US ON
FACEBOOK 



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

STARS  STRIPES DoD authorized printer

PRINTSHOP
printshop.stripes.com

Business cards, flyers,
invitations and more!
Contact
printshop.stripes.com
042-552-2510 (extension 77315)
227-7315




STARS AND STRIPES
www.stripes.com

Max D. Lederer Jr.
Publisher

Lt. Col. Richard E. McClintic
Commander

Joshua M Lashbrook
Chief of Staff

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
Yukiyo Oda
Yuko Okazaki
Kayoko Shimoda

Multimedia Consultants
Max Genao
Brian Jones
Hans Simpson
Gianni Youn

Doug Johnson
Jason Lee
Chae Pang Yi
Robert Zuckerman

Graphic Designers
Kenichi Ogasawara
Yosuke Tsuji

Sales Support
Kazumi Hasegawa
Ichiro Katayanagi
Yusuke Sato
Saori Tamanaha

Hiroimi Isa
Yoko Noro
Chae Yon Son
Toshie Yoshimizu

For feedback and inquiries,
contact MemberServices@Stripes.com

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

DODEA students best peers in reading, math test

BY JENNIFER H. SVAN,
STARS AND STRIPES
Published: October 31, 2019

KAISERSLAUTERN, Germany — U.S. military base students in fourth and eighth grades earned the highest percentage of reading proficiency in the nation and outpaced civilian schools in math, the latest national test results show.

Department of Defense Education Activity fourth-graders topped the nation in math proficiency, while DODEA eighth-graders ranked second in the subject, alongside New Jersey and behind Massachusetts.

DODEA eighth-grade reading scores held steady since the last time they took the National Assessment of Educational Progress test in 2017, while fourth-graders slightly improved theirs, the results show.

Meanwhile, DODEA's black and Hispanic students outperformed students from the same minority groups in civilian schools in all 50 states, DODEA director Thomas M. Brady said in a statement.

The base students' results stand out in the U.S. amid an overall decline in reading proficiency.

"Two out of three of our nation's children aren't proficient readers," Education Secretary Betsy DeVos said in a statement last month, lamenting that fourth-grade reading scores in the NAEP test declined in 17 states and eighth-grade reading scores were down in 31 states.

The National Assessment of Educational Progress – also known as The Nation's Report



In a 2016 photo, 2nd Lt. Joshua Gonzalez of 9th Brigade Engineer Battalion, 2nd Infantry Brigade Combat Team, 3rd Infantry Division explains basic concepts of physics to Murray Elementary School fourth-grade students at Fort Stewart, Ga., during the school's second annual Science, Technology, Engineering and Mathematics Day. Photo by NICHOLAS HOLMES, U.S. ARMY

Card – tests fourth- and eighth-grade students every two years in reading and math.

About 300,000 students from all 50 states, the District of Columbia and Defense Department schools took the test this year.

The results were released Wednesday by the National Center for Education Statistics.

"I am extremely proud of our students' performance," said Brady, crediting teachers and administrators, along with rigorous academic standards, for the DODEA students' 2019 NAEP scores.

Overall, 49% of DODEA fourth-grade

students performed at or above NAEP reading proficiency standards, up 1% from 2017. Massachusetts, which ranked highest in 2017, dropped to 45% proficiency.

In math, 54% of fourth graders in DODEA school were proficient, compared to 41% nationally.

DODEA's proficiency level for eighth-grade reading was 52%, compared to 34% nationally. In the math assessment, 41% of eighth graders were at least proficient in math, compared to 34% nationally.

Information on each state's scores can be found at <http://www.nationsreportcard.gov>.

svan.jennifer@stripes.com

Twitter: @stripesktown

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

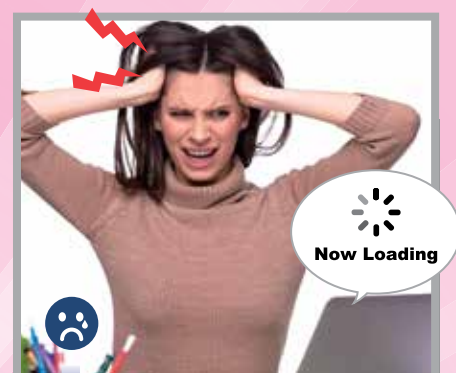
UNLIMITED 4G/LTE PLAN



2 Week Money Back Guarantee

¥4,000 tax excluded /MONTH

POCKET
WIFI



TRY!
OUR POCKET WiFi



Available to Pick-Up at...

YOKOSUKA | YOKOTA | IWAKUNI | SASEBO | OKINAWA

 **Sakura Mobile**

Apply online at
www.sakuramobile.jp/mil-unlimited



Mental Notes with Hilary Valdez

Inhumanity never takes a holiday

BY HILARY VALDEZ,
STRIPES JAPAN

Inhumanity never takes a holiday, but how do we endure man's inhumanity? How do we face and deal with the anxieties of life? Some of us grew up believing the world is divided into right and wrong, good and bad. As children we lived in a world of should messages. Some of these childhood messages stay with us into adulthood. People have an idea about how they should be in the world and how the world should be. I attended Catholic boys



HILARY VALDEZ

high school taught by Jesuit priests...my world was right and wrong, black and white. Almost everything was a sin. I was afraid to leave the house. In reality, we're all "C" students in life. No one is wearing the Wizard Hat of Wisdom.

Living in a constant state of daily anxiety in a fragmented world, we are in a perpetual process of changing and re-balancing ourselves: readjusting our should messages. Who we are and what we should be is constantly being challenged. A global digital environment, can block a person's true human potential. But, affirming ourselves and fulfilling our potential and our nature, can bring fulfillment and happiness in a busy world filled with distractions.

Freedom and responsibility are challenges all of us face in a society that is constantly testing our beliefs, values, and religious convictions. Yet society's digital venues can distort our values via behavior control and that can erode our individuality. Cell phones, electronic games, artificial intelligence, and computer technology, are gradually shaping our values and behavior.

Being aware of yourself and the consequences of your life choices means being in charge of your destiny. Knowing or discovering yourself is ongoing. Awareness of self and the world implies social responsibility and how you respond to the world around you. As we know, sometimes leadership is difficult to measure and has many components. It's a process of self-improvement. There is only one unique you on the planet. So, what do you improve? Start with improving your self-confidence, self-pride, initiative, your sense of self-responsibility, fairness, impartiality, and sound judgment. Maintain integrity by being truthful and honest. Maintain your personal discipline and be dependable.

As a former Non-Commissioned Officer in the Marine Corps, I learned to maintain courage despite criticism and stand for what is right. Corps values were: treat others with respect, maintain good relations, be courteous, avoid offending other people, and avoid vulgar language. Then, add being unselfish and not gaining advancement at the expense of others. Exercise care and thought when dealing with others. Develop an interest in people. Be approachable especially when receiving feedback from others. Be positive. All humans have feelings - become humane when dealing with people. Grrr! Leadership is taught by example. Set the example.

Life Hint: Thought draws the line of fate.

Hilary Valdez is a retiree living in Japan. He is an experienced Mental Health professional and Resiliency Trainer. Valdez is a former Marine and has worked with the military most of his career and most recently worked at Camp Zama as a Master Resiliency Trainer. Valdez now has a private practice and publishes books on social and psychological issues. His books are available on Amazon and for Kindle. Learn more about Valdez and contact him at www.hilaryvaldez.com or at InstantInsights@hotmail.com

COMICS CORNER





DOUBLE WESTERN

American Favorite ★ Bacon Burger ★



TASTE OF CALIFORNIA

YOKOSUKA



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

STRIPESJAPAN.COM

MISAWA YOKOSUKA ATSUGI ZAMA YOKOTA FUJI IWAKUNI SASEBO OKINAWA 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.

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

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

Thanks Giving Seoul 4-Days Special / 28 NOV Departure - 01 DEC Return



Price ¥42,600 (\$388)

Price includes:

- Round trip air fare between Narita and Seoul
- 3nights stay at Dragon Hill Lodge
- DMZ tour and Downtown/Palace tour included

*Military ID holders only
*Single room price is ¥55,000 (\$500)
~For more details, please feel free to contact us~

SAPPORO Snow Festival Escorted Tour 3-Days / 8 FEB Departure - 10 FEB Return



Price ¥103,000 (\$937)

Price includes:

- Round trip air fare between Haneda and Chitose
- Airport transfer in Sapporo between Chitose Airport and hotel
- 2 nights stay at ANA Crowne Plaza Sapporo
- Breakfast x2

*Single room price: ¥138,000 (\$1,255)
~For more details, please feel free to contact us~

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

Feel free to call,
IACE YOKOSUKA office



IACE TRAVEL

Find us on:
 **facebook**

OKINAWA MISAWA YOKOSUKA ATSUGI ZAMA YOKOTA FUJI IWAKUNI SASEBO OKINAWA MISAWA
ATSUGI ZAMA YOKOTA FUJI IWAKUNI SASEBO OKINAWA MISAWA YOKOSUKA



3 DODEA soccer teams earn academic honors



STORY AND PHOTOS BY DAVE ORNAUER,
STARS AND STRIPES
Published: October 24, 2019

Not only do Matthew C. Perry’s boys and girls soccer teams and Nile C. Kinnick’s girls team succeed on the field, they’ve proven they can crack the books as well, at least based on awards they received in October.

The Samurai boys and girls and the Red Devils girls were each accorded the United Soccer Coaches of America Team Academic Award for school year 2018-19. The award is given each year to celebrate academic achievement by soccer teams which demonstrate a commitment to excellence in the classroom.

To qualify for the award, all players on their respective teams must carry a minimum 3.25 grade-point average for the entire school year. Perry’s girls carried a 3.71, Kinnick’s girls 3.70 and Perry’s boys 3.57, according to DODEA Pacific.

Out of 288 teams, 113 boys and 175 girls, which earned the award in the United States, just three were from DODEA, and Perry was one of just 30 schools that had both its boys and girls teams win the award.

It’s the fifth straight year the Kinnick girls have won the honor and fourth straight for Perry’s boys.

“I am constantly amazed at the commitment the players have,” said Kinnick coach Nico Hindie of the attention given to class work even as his players prepare for matches. “Many of them will read and do homework on a bus to and from a match, before and after. We often come home very late from these (matches) and yet they still manage to get it (class work) done.”

Such honors are significant given the number of high school teams across the United States, said DODEA Pacific’s athletics coordinator Tom McKinney.

“DODEA Pacific’s student-athletes continue to be a source of pride for all of DODEA,” McKinney said. “The outstanding achievements of our student-athletes in the classroom and in competition reflect the effort and enthusiasm with which they go about their business.”

Kinnick’s girls went 21-1-2 and won their second Far East Division I tournament title in three years. Perry’s girls went 19-2-8 and took second in the Western Japan Athletic Association tournament. Perry’s boys went 13-10-2 and won the DODEA Japan tournament title.

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

Tama hills hosts local community for eco tour

BY NAKO KUROKUI,
374TH AIRLIFT WING

YOKOTA AIR BASE – The 374th Civil Engineer Squadron Environmental Office hosted a nature and history exploration walking tour, known as an eco-tour, for 25 citizens of Inagi City at the Tama Service Annex on Oct. 23. As a protected and secured area for the U.S. military's natural and historical cultural resources, this facility has been left almost untouched for more than 80 years, providing tour attendees a rare glimpse into the past.

With the facility's opening in 1937 as the former Japanese Imperial Army arms and ammunitions, Itabashi facility, the Tama-branch factory came to be known as the "Tama Arsenal" after the land was ceded to the U.S. Army in 1946. Although no longer in use, the bunkers used to store munitions, wooden buildings, tunnels, a boiler plant, retaining walls made from stone combined with



Yoshitaka Yamaguchi explains a Japanese Imperial Army's ammunition bunker to participants during an eco tour of the Tama Hills Recreation Area. Photos by Yasuo Osakab, U.S. Air Force

concrete, and ruins of air-raid shelters from the former arsenal facility era remain, standing the test of time.

The tour itself began with a

walk through the forest to the Tama Arsenal area. As attendees progressed further into the forest, the scenery changed completely. From the initial road to a path covered with fallen leaves and moss, the forest

welcomed them with the sound of bird-songs, the murmur of a stream, and the sound of leaves swaying in the wind. It was amidst that welcoming tune of the forest that the group began to hear the stories of the many rare plants and creatures inhabiting the forest from the eco-tour leader as well as the story of the biological investigation conducted by the military at this very location.

With the tour moving closer to their destination, the historic buildings scattered hidden in the overgrown bush began to take centerstage, providing a chance to rediscover a world forgotten.

For one citizen who participated the sites visited were a

surprise, "I live nearby, but never thought that there were so many precious plants and rich history in this place. The tour in itself was an adventure into the past, with the explanations accompanying every step very interesting and informative. I think the eco-tour leader did an amazing job bringing the entire experience to life and I hope to get to go on future tours."



Yoshitaka Yamaguchi gives a wildlife presentation.

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 // SASEBO
+ other locations across Japan & Asia.

arc **ACC** AUSTRALIAN CHRISTIAN CHURCHES

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

Rental & Real Estate Agent

アイプラン

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

ARK-PLAN

ABLE Network Iwakuni
Open Daily 9:30-18:00

Our office is now near Iwakuni Station!
Welcome to Iwakuni

English information available

Hotel Alpha 1 LIVEYELL

Iwakuni City View Hotel from Iwakuni MCAS

Enjoy Yamashiro products!

Yamashiro, located in the northern part of Iwakuni City, is made up of Hongo machi, Nishiki machi, Mikawa machi and Miwa machi. The Nishiki river is widely known as a clear, clean stream and the fresh air brought about by the luxuriant forest and fertile land make Yamashiro an area rich in natural resources. Come and check out our products!



①Ganne-kuriemon

A cake made from chestnuts and a little sugar. The sugar enhances a chestnut's original flavor.

Ganne-guri no sato Inc.
Tel: 0827-97-0727



②Ganne-guri marron pie

Sweetened boiled chestnuts wrapped in a flaky pie crust.

Ganne-guri no sato Inc.
Tel: 0827-97-0727



③Ganne-guri shochu

Enjoy the sweet smell and fluent taste of chestnuts in this 50-proof spirit.

**Miwa kurishochu hanbai
kyouryokukai**
Tel: 0827-96-0132



④Ganne marron pie

Sweetened boiled chestnuts and a hint of butter stuffed in a flaky pie crust.

Konditorai HAKU
Tel: 090-7376-6624



⑤Kuro-main / Kuro-main sparkling

The only local sake made with black rice and cherry tree yeast.
Kuro-main - Sake (12 % alcohol),
Kuro-main Sparkling - Sparkling Sake (7% alcohol)

Horie sakaba
Tel: 0827-72-2527



⑥Beppin-manju

A steamed bun stuffed with lees of Kuro-main sake. The fragrance of sake lees and special bean paste make the buns taste excellent.

Mikamoto kingetsudo
Tel: 0827-72-2520



⑦Beppin-Ice cream

This thick, light purple ice cream contains Kuro-main sake lees and Jersey milk. Delicious!

**Yamashiro Shokokai
Women's department**
Tel: 0827-76-0100



⑧Konjac don

Nishikimachi's raw potato konjac is soaked beef broth. Delicious pre-packaged food great to eat as is or on rice.

**Yamashiro Industry Promotion
Center**
Tel: 0827-76-0100



⑨Hongo mura Kayahara's Tofu

Tasty Tofu made with pure spring water from Hongo-Hondani. Made with hand-picked local soybeans and Amami's natural bitters. Savor our spring water Momen tofu and smooth Onboro tofu.

Tofu shop Nakata
Tel: 0827-75-2850



⑩Ishizaka's Konjac

A Nishiki machi special Konjac made following traditional methods. If you try eating it once, you will become addicted to its flavor and texture.

Ishizaka store
Tel: 0827-72-2728

GANNE-GURI

Sweet and tasty chestnuts that are 1.5 times larger than ordinary chestnuts.



KOKUSHIMAI

Known as "ancient rice," this dark purple glutinous grain is rich in polyphenol.

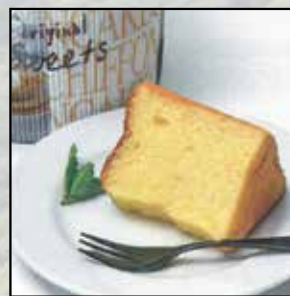




⑩Kikuchan's Pickled Wasabi

Spear Wasabi grown in Nishiki's pure water and clear air that is marinated in a secret sauce.

Nishiki Seiryu Group
Tel: 0827-72-2683



⑫Soft and moist rice flour chiffon cake

Chiffon cake made with Miwamachi's rice flour. Simply delightful-tasting fluffy and moist cake.

Yama no Kashi kobo
Tel: 0827-98-0590



⑬Oku Iwakuni Hongo's Kori-mochi

Thick rice crackers made of sweet, sticky rice grown in Hongo's pure water.

A Yamashiro Village specialty product.
Tel: 0827-75-2100



⑭Oku Iwakuni Hongo's Yacon Jam

Made from the vegetable yacon, which contains oligosaccharide and polyphenols, it is a real smooth jam.

A Yamashiro Village specialty product.
Tel: 0827-75-2100



⑮Wasabi Manju

Manju is a moist and sweet white bean paste that brings out the hotness of wasabi. Made with Wasabi from the Yamashiro region.

Houeido Miwa branch
Tel: 0833-43-5988



⑯Ganne-guri Daifuku

Steamed Ganne-guri puree stuffed in Daifuku dough with a taste of chestnut.

Houeido Miwa branch
Tel: 0833-43-5988



⑰Mori no kaori – Wood aroma oil

is 100% PURE hinoki oil distilled and extracted from trees along the Nishiki River.

Kikkawa Rinsan Kogyo Co., Ltd
Tel: 0827-41-0002



⑱Original dog food

An additive-free dog food based on safe, secure, fresh and flavorful chicken sashimi. The expiration date is two months, proof that it is additive-free.

Fairy S. Garden
Tel: 0827-96-0960



⑲Cutting board

This is a popular. Long-lasting kitchen item made from materials from the Nishiki river basin.

Mikawa Wood Work Inc.
Tel: 0827-77-0903



⑳Original Tenugui

A Tenugui printed with the tourist resources and well-known in the Nishiki river basin. Pick up a "tourist map" and "introduction of specialty products" pamphlet.

Nishiki-gawa tourist association
Tel: 0827-72-2354



㉑Kachi-guri Strap

A tribute to the Japanese ancient lucky charm "Kachi-guri." Great accessory and wonderful gift idea.

Miwa machi Tourist Association
Tel: 0827-96-0132

**Enjoy
Yamashiro
products**

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

Where to buy Yamashiro products

Photo: Tokotoko Train (Nishikicho Station - Souzukyoku Station)

Shops guide

*Please kindly note that some shops have difficulty communicating in English.



Yamashiro

Shokokai

Main Office (Mikawa Branch)

〒740-0502
1310-4 Shimegami, Mikawa machi, Iwakuni City
Tel: 0827-76-0100 Fax: 0827-76-0800
yamashiro@yamaguchi-shokokiai.or.jp

Miwa Branch

〒740-1225
448 Shibukuma, Miwa machi, Iwakuni City
Tel: 0827-96-0132 Fax: 0827-96-0449

Nishiki Branch

〒740-0724
46-3 Hirose, Nishiki machi, Iwakuni City
Tel: 0827-72-2354 Fax: 0827-72-3713

Hongo Branch

〒740-0502
2087-1 Hongo, Hongo machi, Iwakuni City
Tel: 0827-75-2122 Fax: 0827-75-2224



The Popeyes chicken sandwich has been a subject of much discussion since it was released in August of 2019.
Photo by POPEYES

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

Popeyes Internet-famous sandwich is back- but **not** at overseas bases

STARS AND STRIPES

Service members overseas will have to wait a little longer for a taste of Popeyes chicken sandwich after all. After Army and Air Force Exchange Service announced that the crispy

morsels would be sold at all Popeyes Exchange locations starting Nov. 1, a spokeswoman said the sandwiches would be available only at locations within the United States. Information posted Oct. 29 on the Exchange's website under Community Hub and on its Facebook page said

the sandwich would be "at all Exchange Popeyes locations." That was an error, said the spokeswoman, Julie Mitchell.

The Exchange is working with Popeyes to bring the sandwich to locations overseas, Mitchell said.

"As soon as we know when we can launch it globally, we'll tell the world," she said.

Popeyes introduced the \$3.99

sandwich Aug. 12, only to see sales skyrocket amid reviews that described it in terms such as "the best new thing in fast food" and a "game changer in the fast-food world."

Two weeks after the launch, Popeyes announced it was suspending sales because it had run out of supplies.

The suspension came before Popeyes could distribute the sandwiches to its stores on overseas bases, leaving military members and their families wondering what the fuss was all about.

During the two weeks of sales, Popeyes sold about 1,000 chicken sandwiches per store each day, doubling its store traffic, according to an industry analyst at KeyBank Capital Markets.

"We, along with our suppliers, are working tirelessly to bring the new sandwich back to guests as soon as possible," Popeyes said in September.

Sales have proved a bonanza for Popeyes and its owner, Restaurant Brands International, which spent the last weeks working to secure ingredients and negotiate prices with suppliers. The company hopes the sandwich will also pave the way for an international expansion, The Wall Street Journal reported last week.

Restaurant Brands said third quarter results for Popeyes were among its best in nearly 20 years.

news@stripes.com

The New Sanno Presents
THANKSGIVING BUFFET
NOV 28 THU
SERVING FROM 1100 - 1900
ADULTS: \$29.95
CHILDREN: \$14.95 (6-12)

The New Sanno Presents
CHRISTMAS BUFFET
DEC 25 WED
SERVING FROM 1100 - 1900
ADULTS: \$29.95
CHILDREN: \$14.95 (6-12)

THE NEW SANNO HOTEL
NEW YEAR'S EVENT
The Empire Ballroom
8:00 pm - 01:00 am
Doors open at 7:30 pm
Admission: \$125 per person
•R&B and Popular Music from Sonz of Soul Band
•International Dinner Buffet
•Countdown & Balloon Drop at Midnight
•Complimentary Sparkling Wine Toast at Midnight
•Party Favors
•Photo Wall
•Emporium Breakfast Buffet
2020
A SALUTE TO THE NEW YEAR
Celebrate in the Heart of Tokyo
DEC 31 TUE

THE NEW SANNO PRESENTS
at Fair Winds Lounge
Live Music Series
One night only
2000 - 2400
NOV 16 SAT
NO COVER CHARGE
MORANOS BAND
from Philippines
FAIR WINDS LOUNGE



TOKYO, JAPAN

www.thenewsanno.com

BOOK NOW!!

229-7151, 03-3440-7871 EXT. 7151

events@thenewsanno.com

Tickets are Non-Refundable



THE NEW SANNO

DO YOU HAVE A STORY TO SHARE?
STRIPESJAPAN.COM

Zama teacher nabs presidential award

STORY AND PHOTOS BY
WINIFRED BROWN,
US ARMY GARRISON

CAMP ZAMA – Michael Pope, who has taught math and science at Zama Middle High School for 14 years, received the Presidential Award for Excellence in Mathematics and Science Teaching during a ceremony in Washington, D.C., Oct. 17.

“Science has always been my passion, ever since I was a young kid, since undergraduate, since post-graduate, since the research that I’ve done,” Pope said about his life and work leading up to the award. “It’s always been a passion.”

Pope was among 215 science,

technology, engineering and mathematics—or STEM—and computer science teachers to receive the award this year, and it is the highest recognition that teachers who teach those subjects in kindergarten through 12th grade can receive in the United States, according to the PAEMST website.

Wayne Carter, principal of Zama Middle High School, said he is extremely proud of Pope’s accomplishment.

“He truly deserves the award,” Carter said. “He is an accomplished science teacher and a math teacher and it is a recognition of his professional qualities and capabilities. It’s also a reflection of the quality of instructors at DODEA and here at Zama Middle High School.”

Pope, a teacher for 21 years, said he discovered his love for teaching when he took a job in college as an assistant math teacher at Southwest DeKalb High School in Georgia. A premed chemistry major at the time, Pope said the job changed his life.

“I thought, ‘Wow. This is where I need to be,’ and from there I switched into education and finished out my last year and a half and went straight into science teaching,” Pope said.

Although he is teaching math this year, as a science teacher he particularly enjoys

challenging students to make a difference, Pope said.

“As we all know, kids are the future—it’s not a cliché,” Pope said. “... If we start young enough, then they have that inspiration at a young age to just transfer and carry throughout the rest of their school years, and hopefully they’ll become a scientist or a doctor or an engineer because of the inspiration we gave them at a younger age.”

Pope said he particularly enjoys learning about the geosciences.

Pope, a native of Queens, New York, holds a bachelor of science in engineering in middle school education from Georgia State University and a master’s of education from Brenau University in Gainesville, Georgia. He is also certified in middle school social studies, science, mathematics, gifted education and Japanese studies.

In addition, Pope continuously expands his knowledge outside of the classroom.

This past summer, for example, Pope said he traveled

to Svalbard, a Norwegian archipelago in the Arctic Ocean, through the Grosvenor Teacher Fellow Program, facilitated through National Geographic/Lindblad Expeditions, to study climate change, and to South Africa through the National Education Association Global Education Association to study ways to incorporate global education into classrooms and school teaching.

According to the PAEMST website, awardees receive a certificate signed by the President of the United States, a trip to Washington D.C. for recognition and professional development opportunities, and a \$10,000 award from the National Science Foundation.

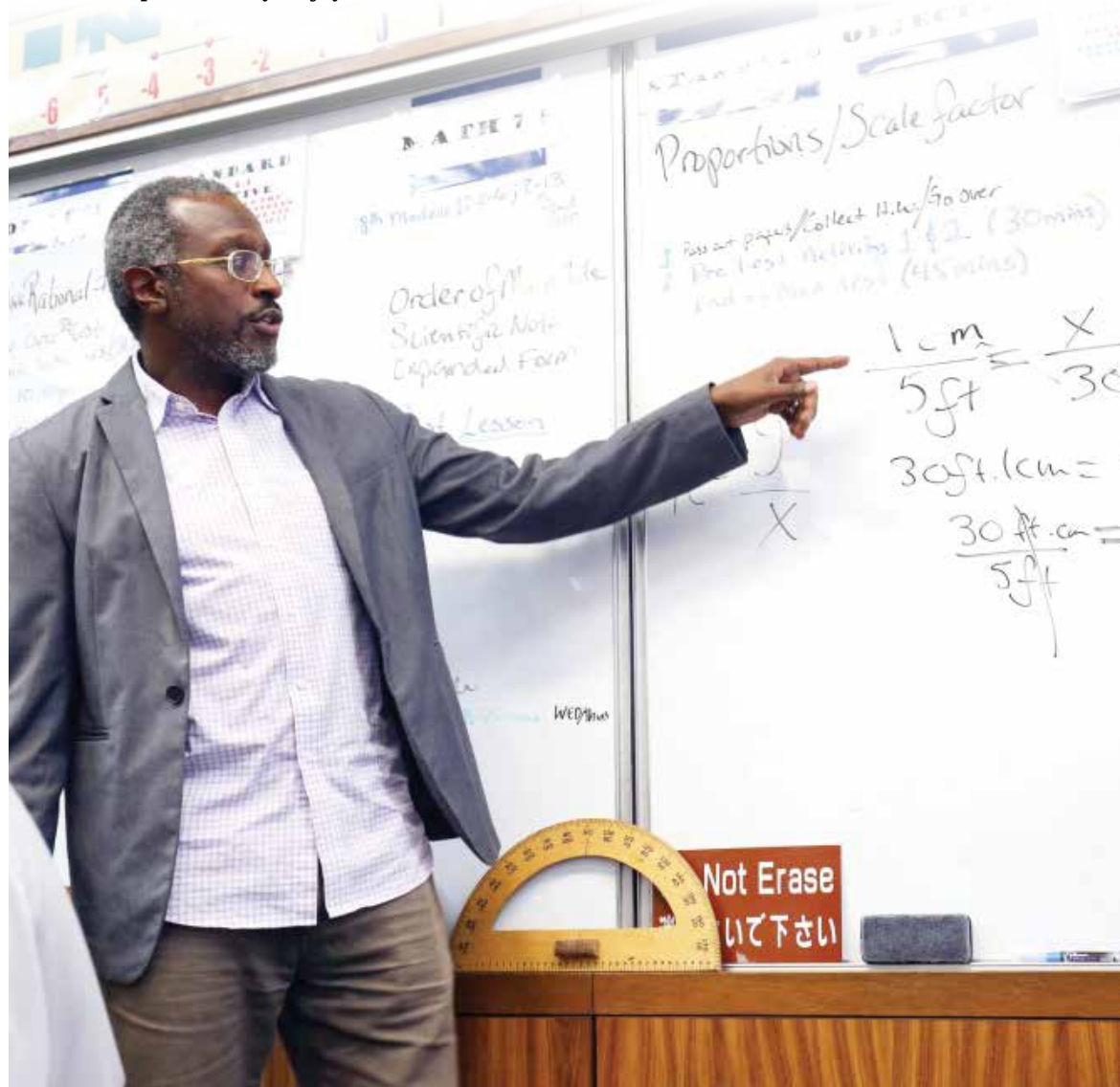
The award recognizes teachers who demonstrate a deep content knowledge of the subjects they teach and the ability to motivate and enable students to be successful in those areas. The program has recognized more than 5,000 teachers since it began in 1983.



Michael Pope

“As we all know, kids are the future—it’s not a cliché.”

– Michael Pope



STARS AND STRIPES
Community Publication

Home Business Directory

Yokosuka

BEAUTY

Facebook @bodybyning

eyebrow microblading
eyebrow shading
eyeliner tattoo
lip color
eyelashes extensions full set
eyelashes perm and tint
microneedling hair growth
microneedling skin rejuvenation
massage

www.sisaketbodyrejuvenation.com

Aihonichiba あいほん市場

iPhone Repair & Accessories Shop

Located near Sasebo Naval Base

Hours: 10 a.m. - 7 p.m. daily
7-11 Shimanose-cho, Sasebo City, Nagasaki Prefecture 857-0806
TEL: 0956-76-7412

We are a repair company specializing in iPhone, iPad and Apple Watch. Trained Technicians specializing in Apple products near Sasebo Naval Base.

Why use Aihonichiba?

1. Speedy iPhone repair (Apple Watch & iPad may take up to a week and half)
2. One month warranty
3. Less expensive than most shops
4. Highly experienced technicians
5. Softbank Prepaid SIM Cards Available!

Our web site!  Use Google Translator 



Big Man – Sasebo’s Best Hamburgers

ARE YOU HUNGRY? Try Big Man’s specialty burgers!

Lunch: 10 a.m. - 3 p.m.
(Last Order 2:30 p.m.)

Dinner: 4 p.m. - 8 p.m.
(Last Order 7:30 p.m.)

Big Man TAKE OUT OKAY! 



File photo

Photo by Takahiro Takiguchi

It all adds up on Japan's 7-5-3 Day

BY TAKAHIRO TAKIGUCHI,
STRIPE JAPAN

If you visit a Japanese shrine or temple in November, you will likely see a lot of young children dressed in beautiful traditional attire and holding colorful envelopes filled with candy. And you'll see their proud parents and other family members snapping photos and shooting video.

This is "shichigosan" (seven-five-three), a traditional celebration and rite of passage in the Land of Rising Sun.

Tradition suggests that girls ages three and seven and five-year-old boys, should visit a local

shrine or temple to drive out evil spirits and wish for a long healthy life every year on Nov. 15. However, since shichigosan is not designated as a national holiday, any day in November is acceptable. I actually took my daughter for her celebration (many years ago) to a local shrine on Nov. 11.

Shichigosan is said to have originated during the Edo Period (1603-1867). For centuries in Japan, November has been the month to thank the gods for the year's harvest. On Nov. 15, ancestors gave thanks for a bountiful harvest, as well as the growth and health of their children, by offering harvested products at their family altars or to shrine or temple altars.

In the Edo era, there were traditional rites of passage for children ages three, five and seven. Girls who reached the age of three were allowed to grow out their hair, 5-year-old boys of were allowed to wear hakama (traditional male pants), and 7-year-old girls replaced the simple cords they

used to tie their kimono with the traditional wider and elaborate obi (sash).

When my daughter turned three, my wife and I dressed her in traditional attire and took her to a local shrine. We and other participating families were asked to join a procession led by a Shinto priest and shrine maidens, who carried offerings to the gods. We followed the procession and walked along a path to the shrine as traditional music played.

Once in the shrine, a priest purified all the children in the Shinto way. He then called each child's name presented them with a chitoseame (thousand-year candy), long, thin, red and white candy in a long envelop decorated with a crane and a turtle. The candy symbolizes healthy growth and longevity. It was a joy watching my daughter answer the priest's call and receive her candy.

After walking out of the shrine, we took a family photo and had a dinner with my relatives.

Some Christians in Japan also celebrate shichigosan at their church, which is what we did the following week at our Catholic church.

Traditionally, girls are supposed to celebrate shichigosan when they are three and seven. In fact, we took my daughter to the same shrine when she turned seven. I remember how impressed and proud we were to see my daughter wearing a elaborate kimono, while she had worn only a simple type of reddish padded vest called "hifu" during her ceremony when she was three.

Kimono rental shops are available anywhere in Japan, and most have set ups with studios, so you can have your photo taken at the studio before or after visiting a shrine. The price for kimono rental, hair and kimono preparation and photos may cost between 40,000 – 60,000 yen (\$350-500).

Though the expense may seem high to some, celebrating Shichigosan in Japan is a rite of passage that is cherished by families.

takiguchi.takahiro@stripes.com



Photo by Takahiro Takiguchi

File photos



Shuzenji

Traditional hot spring resort boasts of

Shuzenji

POPULATION: 14,641 (as of 2016)

ATTRACTIONS: Shuzenji Temple, Hie Jinja, Shigetsudo Temple, Nijigaki no Yu, Tokko-no-yu

ADDRESS: Shuzenji, Izu City, Shizuoka Prefecture (2-3 hour drive from Tokyo)

TEL: 0558-72-2501 (Izu City Tourist Association, Shuzenji Branch)

URL: www.shuzenji-kankou.com/

STORY AND PHOTOS BY
TAKAHIRO TAKIGUCHI,
STRIPES JAPAN

If you are on a U.S. military installation in the Kanto Plain and are looking for a one-day trip to experience a traditional Japanese hot spring resort, a strong option would be Shuzenji. Situated in the hilly center of the Izu peninsula, the town offers hot spring resorts, open-air baths on a river bank, elegant Japanese bridges, classical gray-tiled inns and pristine, yet charming temples and shrines, which attract countless tourists domestically and internationally.

Shuzenji Onsen is considered the oldest of its kind in the Izu Peninsula and is listed as one of the nation's greatest 100 hot springs. Its transparent alkaline hot spring is good for neuralgia, fatigue and stiff shoulders, according to the Izu City

Tourist Association.

I always take my family to check out the gorgeous autumn colors in late November.

The colors are great, but besides autumn, the town offers various attractions throughout the year. Beginning with plum and cherry blossoms in spring, Shuzenji also features a green forest and the fantastic lights of fireflies in summer and snow in winter. Since the beautiful town has attracted many writers and artists throughout history, you will find many monuments dedicated to historical writers throughout the town.

The town is not large, so a half-day stroll along the Shuzenji River is plenty for you to see most of the attractions. Five bridges along the river, Katsura, Kaede, Kokei, Togetsu and Miyuki-bashi, are all built in the traditional Japanese style. With traditional inns, thatch-roofed tea houses, bamboo forest and maple branches in full reddish bloom

spreading into the river, Shuzenji is sure to give you an idea of the typical Japanese hot spring resort in autumn.

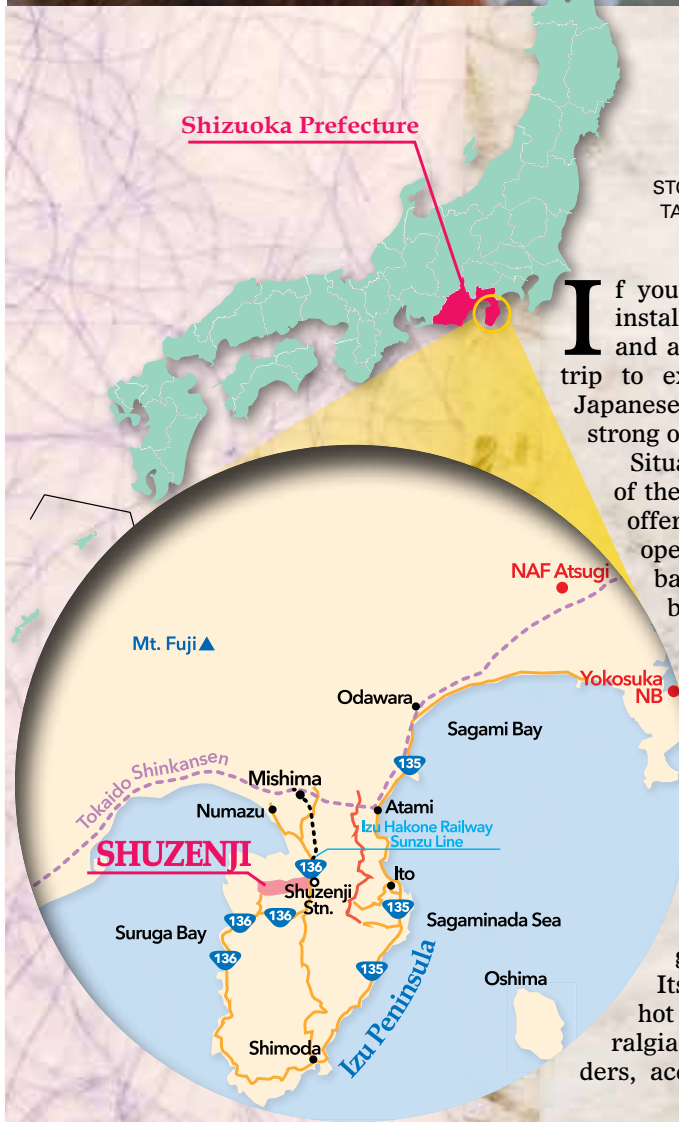
For 350 yen (\$3), you can take a soak into a hot spring at a public bath, called Hakoyu. Be sure to bring a towel and soap with you, as they are not provided. There are also a couple of free 24/7 foot spas, called Tokko-no-yu and Kawarayu, located in the center of town.

When you go into a foot spa, be sure to pick up a "wasabi soft serve" at a café nearby. You might scoff at the idea of wasabi (horseradish) and ice cream together, but sweetness of the ice cream and taste of wasabi really

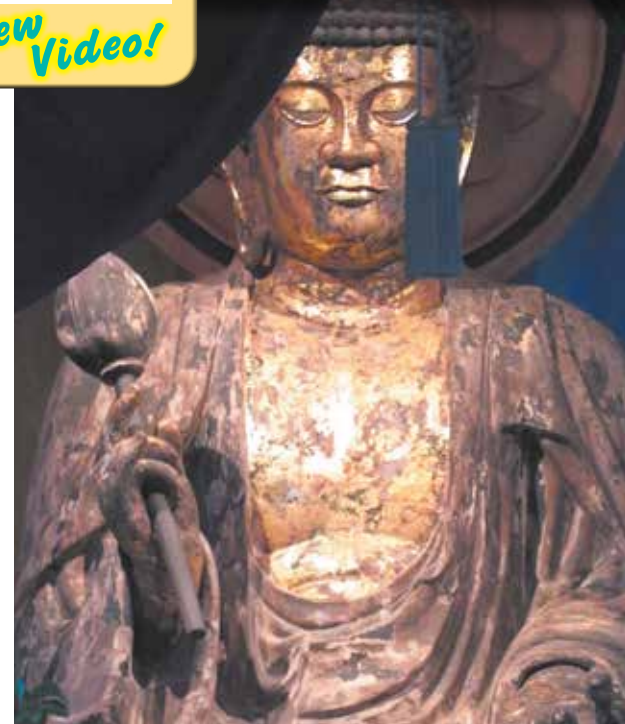
compliment each other. In fact, horse radish is a local specialty. You are in the town home as a souvenir and friends.

All the hot water comes from a hot spring in the river. Even in public gardens, washing shacks are warm. According to legend, a Buddhist monk found the spring of the river bed years ago. He, Shuzenji Temple, developed with it.

So, Shuzenji Temple is a must-see attraction.



View Video!





natural beauty, rich history

no-Sato, Hakoyu and
most of U.S. military

h other well.
radish is one of the
Sample one while
town, or take some
enir for your family

water in town comes
ng in the middle of
the fountain water
as, parks and hand-
of temples are all
ng to the town leg-
master, Kobo Dai-
ring in the middle
d more than 1,200
then, established
e, and the town has
the temple.

enji
t-

Although it is a small and pristine temple, the traditional building, with its majestic bell tower, makes a great contrast against the backdrop of a green bamboo forest and yellow and red colors of maple leaves, offering picturesque views.

Hie Jinja, located near Shuzenji Temple, is a quiet Shinto shrine. When you enter the shrine and walk up the 20 stairs to the main hall, you will find a pair of gigantic cedar trees standing next to each other on your left. These 800-year-old cedar trees are called Kodakara-no-Sugi (the cedar for children), and it is believed that you are blessed with many children when you pass through the pair.

Located a little off from the center of town, Shigetsudo Temple and tomb of Minamoto Yoriie are another attraction. Yoriie, the son of feudal lord, was confined in this town by his father after he was suspected of plotting an overthrow. Yoriie was later assassinated.

The temple located next to the tomb is the oldest building in the town, and houses a golden statue of Buddha in its main hall. According



Hakoyu (hot spring bath)

HOURS: noon – 9 p.m.

ADMISSION: (ages 12 or older) 350 yen

ADDRESS: 924-1 Shuzenji, Izu City, Shizuoka Prefecture

TEL: 0558-72-5282

to the temple legend, the mother of Yoriie built the temple to appease her son's angry spirit. With a tiny, yet elegant temple garden, you can't help but enjoy the somewhat quiet, soothing and mysterious feel of the temple.

takiguchi.takahiro@stripes.com



Shigetsuso

A tasty and peaceful sobanoodle lunch

There are handful prominent soba noodle shops in Shuzenji, such as Bokunenjin, Yamabiko and Zenpuutei Nanaban. They are, however, always crowded with tourists on weekends and throughout the autumn leaves season.

Located a little outside the center of town and near Shigetsudo Temple, you'll find a soba joint called Shigetsuso. It offers a tasty soba noodle lunch for a good price and less waiting in line.

The place is housed in a former traditional Japanese inn. According to a staffer, the inn was closed in 2016, and some of the employees began running the noodle shop using the inn's lobby. Old wooden tables, counters for receptionists, a grandfather clock and various scriptures made us feel as if we were staying at the inn.

We ordered the soba noodle lunch with locally produced wasabi, dumplings and orange for 500 yen. After receiving a discount because the dumplings and oranges had run out for the day, we got our soba in about 10 minutes. The noodles were placed in two places on the plate, so that we were able to sample it with broth and wasabi separately. The noodles were smooth and tasty, although not very chewy. The fresh local wasabi really stood out and helped the flavor of the noodles with its stimulating aroma. The broth made from kelp stock also went very well with the cold white noodles.

Shigetsuso

HOURS: 11 a.m. – 3 p.m.

ADDRESS: 928-1 Shuzenji, Izu City, Shizuoka Prefecture

TEL: 0558-72-2263



SEE MORE OF SHUZENJI ON PAGE 14

Shuzenji: Stay the night after a long day exploring

CONTINUED FROM PAGE 13



Niji-no-Sato, park for colors of the four seasons

When you visit Shuzenji, don't miss a leisure park called Niji-no-Sato (home of rainbow), as its 123-acre park (same size of Tokyo Disneyland) accommodates various natural and traditional attractions.

English and Canadian villages in the park are modeled on the 17th century villages and flower gardens of the two countries. In the English Garden, there are museums of toys and railways. The two villages are connected with a small English-made steam locomotive.

In the Japanese garden, you can enjoy the in-season flowers, such as daffodil, plum, cherry, rhododendron, iris and hydrangea. In its maple forest, you'll find breathtaking autumn colors from 1,000 trees between late November and beginning of December. During the season, the forest is beautifully lit up and draws many tourists.

At Takumi Village (craftsman's village) in the Japanese Garden, you can experience and observe the traditional manufacturing processes of paper making, embroidery and ceramics making. There are souvenir shops and food joints, as well.



Niji-no-sato

HOURS: 9 a.m. – 5 p.m. (Apr – Sep), 9 a.m. – 4 p.m. (Oct – Mar), extended to 8 p.m. during the period of autumn leaves lit up (end of Nov.)

ADMISSION: (ages 12 or older) 1,200 yen, (ages 4-12) 600 yen

ADDRESS: 4279-3 Syuzenji Izu City

TEL: 0558-72-7111

URL: <https://www.nijinosato.com/>

https://www.nijinosato.com/wp/wp-content/themes/nijinosato/_lib/pdf/english.pdf



There is plenty of free parking for guests who drive.

The outdoor section of the women's public bath



The delicious Japanese breakfast

Experience traditional Japan with an overnight stay

Lovely accommodations in heart of Izu Peninsula

STORY AND PHOTOS BY SANDRA ISAKA, JAPAN TRAVEL

Located in the heart of the Izu Peninsula is the onsen town of Shuzenji. A river flows through its center and many lovely Japanese inns line its banks. With its friendly staff and cozy traditional atmosphere, the Marukyu Ryokan is a perfect choice for anyone staying overnight in the area.

As you enter the front door, you are greeted by a lovely okami-san (female inn owner) and her staff. You may even see your name, handwritten in gorgeous Japanese script, on tall, thin paper 'signs' beside the entrance. The lobby, decorated in a modern Japanese style, is very inviting – especially the beautiful sitting area containing a table made from an old wooden wheel. Nearby, there is a small souvenir shop and a lounge where guests can enjoy coffee, tea, ice cream or gelato, and alcohol.

The first floor also contains segregated communal onsen baths with a comfortable tatami resting area. There are both indoor and outdoor pools filled with hot spring water that leaves your skin feeling clean and silky.

The lobby and hallways encircle a private garden complete with a pond full of colorful fish. Almost all of the 29 guest rooms are in traditional tatami mat style, but there are a few that have been partially 'Westernized' with twin beds. Most are quite large, but for those on a tighter budget, some smaller rooms are available. Prices



One of the lovely guestrooms

Mizunosato Marukyu Ryokan

ADDRESS: Shizuoka-ken, Izu-shi, Shuzenji 1146

TEL: 0558-72-0260

URL: www.marukyu-ryokan.com

start at about ¥13,000 per person, with two delicious meals included.

In addition to the first floor onsen baths, there are also some private rotomburo (open-air baths) on the top floor that people can use with their friends or family, free of charge. I

find some onsen to be too hot, but these were perfect, especially when bathing outside in the crisp air.

Dinner and breakfast are served in a tatami dining area, but on regular chairs and tables. The selection of local, seasonal foods is impressive, and there are so many dishes to enjoy.

One of the most wonderful things about Marukyu Ryokan is

its staff. They are very friendly and helpful. Some speak English very well, while the others do their best to communicate. The inn, and the entire town of Shuzenji, is working hard to attract and accommodate non-Japanese guests. It is a wonderful area, and a perfect get-away for anyone who needs a break from busy city life.

Visit at any time of year, although the fall colors in early December are some of the most beautiful in the Kanto area. The center of town is small and easy to explore. Be sure to visit famous Shuzenji Temple and the nearby bamboo forest. Not too far away is a Napa Valley style winery, a beer brewery, and a lovely park called Niji-no-sato.



-Schedule-
Medical Check-Up / Screening:

January / February 2020

Hospitalization:

Early Feb 2020

STUDIES MAY OFFER.

- ☒ No-cost study-related care
- ☒ Receive free health check-ups
- ☒ Possible compensation



WANTED – Female Medical Volunteers!!

Interested in participating in a clinical trial?

Clinical trials are an essential step in confirming the safety and effectiveness of new therapeutic candidates.

All volunteers will be compensated for time and any inconvenience caused by participation in the clinical trial.

Do you fit the following criteria?

- ✓ White Female aged 20 to 64 years old.
- ✓ Females that can't bear children i.e. that are post menopausal, surgically sterile or due to a congenital disorder.
- ✓ Body mass index (BMI) less than 30.4
- ✓ Healthy with no history of severe allergies or serious medical conditions.

Interested in finding out more information, please contact:

- Contact page: <https://www.crht.jp/en/contact/>
- Webpage: <https://www.crht.jp/en/>
- Application: https://asbo.co.jp/asbo_eng/

There is also the possibility of other trials in the future for healthy males and females, if you are interested in participating, please do not hesitate to make contact using the above links.

Capsule hotels ... yes or no?

STORY AND PHOTO BY
JOELY SANTIAGO,
WWW.WHEREJOELYGOES.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 claustrophobic 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 rip 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.



"WE HAVE DONE THOUSANDS OF DIVES ALL AROUND THE WORLD IN SOME OF THE MOST PRISTINE AREAS, BUT IN FEW PLACES WE HAVE SEEN WHAT WE HAVE SEEN HERE"

-Dr. Enric Sala, Explorer-in-Residence, National Geographic

Palau with over 500 tropical islands offers exclusive beaches, kayaking, paddle-boarding, snorkelling with world class diving sites.

Visit your MWR for special packages to Palau

Palau Visitors Authority would like to thank all Military for your service

Visit our website at: www.pristineparadisepalau.com or follow us on Facebook at [PristineParadisePalau](https://www.facebook.com/PristineParadisePalau)



Palau's premier scuba diving
and eco-adventure company

Scuba Diving • PADI Dive Courses • Kayaking



Tech Diving • Snorkeling Tours • Land Tours

SamsToursPalau

reservations@samstours.com

www.samstours.com

YOKOHAMA RED BRICK WAREHOUSE



Oktoberfest



All types of great gifts



Buy artificial food just like what is displayed at the restaurants



Ice Skating Rink



Christmas Market



Unique shopping, entertainment all in historic buildings

STORY AND PHOTOS BY REY WATERS,
JAPAN TRAVEL

The Yokohama Bay area is packed with attractions and events that can meet just about every desire. For the past three years, I have walked from home to the bay at least once a week. It takes about two hours, but you can do it from Yokohama station via the Negishi line in a few minutes.

One of my favorite places to go to is the Red Brick Warehouse. No matter what time of year, there is always an event with plenty of delicious food and entertainment. The warehouse was built during the Meiji era to support the Yokohama port. Just fifteen years ago, after a major conservation and renovation, it was reopened as a significant tourist spot in Yokohama. The two buildings consist of many excellent restaurants and cafes, along with some very nice specialty shops. This was the place I first found the locally brewed Yokohama beer. Inside Building One you can see various historic photos of shipping activities from the early port days and view various items from the original buildings via a glass floor.

In between the buildings is a large plaza where all types of festivals and



Night view

events are held. Sometimes I do not even check the web page and just walk over to see what great event is talking place. My first year living in Japan, I attended the Oktoberfest and enjoyed several European beers along with some excellent sausage with sauerkraut. Last spring they held an Easter flower show that was second to none. They also host the Strawberry Festival and the very popular Bread Festival. I have attended the Christmas event, which reminds me of home and puts me in the Christmas spirit. During the winter months they erect a

large ice skating rink that is enjoyed by all ages.

Oh, and did I mention the balcony dinning area? In Building Two, go on up to the third floor and enjoy a meal at one of several restaurants balcony seatings with a view.

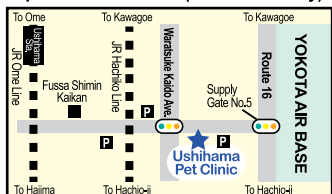
From the Hotel MyStays Yokohama Kannai, walk straight down Bashi-michi Street, and keep going until you arrive at the waterfront where you will see Red Brick Warehouse over on the right (16 minute walk).

This is one of the places you do not want to miss during your visit to Yokohama.



Calls accepted 7 days a week
042-553-0046

Credit Card or Cash Payments Accepted
Open 0900 until 2000 (Closed Tuesday)



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!



COME SEE US!

COME IN NOW for FREE PET REGISTRATION

Suganuma in Gokayama region accommodates nine farmhouses within the village.



Some of the hands-in-prayer style farmhouses are used as restaurants and souvenir shops.



The Sho River flows through Toyama and Gifu Prefectures.

STORY AND PHOTOS BY TAKAHIRO TAKIGUCHI,
STRIPES JAPAN

Travel around the hilly valley in the central part of northern Japan, and you will encounter an impressive rural landscape of traditional farmhouses with steep-angled roofs with a back-drop full of stunningly beautiful nature.

Majestic mountains, along with deep forests, clear streams and shining green rice fields are the scene for these unique looking living quarters.

The inverse V-shaped farmhouses in the region look like two hands being placed together as if praying. In Japanese, it is called “Gassho-dukuri” (hands-in-prayers style). These farmhouses are widely scattered along the Sho River running through Toyama and Gifu Prefectures, and millions of domestic and international tourists flock to see the pristine rural landscape every year.

In 1995, UNESCO declared the Gokayama and Shirakawago regions World



Ogimachi in Shirakawago is a large village where private inns, restaurants and shops are housed in traditional farmhouses.



Built without nails, the flexible joints of pillars and beams are resilient enough to withstand the large amounts of snow falling.

Heritage Sites. The areas have preserved the unique farmhouses from generation to generation.

My wife and I made the six-hour drive, from our home near Yokosuka Naval Base, to Suganuma, one of the villages recognized as a World Heritage Site in the Gokayama region.

We left our car in the public parking lot and walked for 15 minutes along a mountainous path and through a long pedestrian tunnel. When we came out of the tunnel, we were greeted by the large, steep-pitched farmhouses with straw-thatched roofs.

According to a sign, there are nine buildings of the kind within the village and most were built in late Edo Period, about 100-200 years ago. Despite the age of the buildings, they still looked new and beautiful, and their “hands-in-prayer shape” was as if they were praying for mercy in the severe mountainous valley.

Some of the farmhouses are used as restaurants, souvenir shops and inns. While strolling in the village, we met a group of high schoolers who were on a

trip from near our home in Yokosuka City.

“We had stayed overnight at an inn housed in farmhouse,” said one of instructors who led the high schoolers. “That should have become a wonderful experience for all the students.”

We then moved out to another village in the same region, Ainokura. There are 23 farmhouses in the village, and a folklore museum housed in traditional farmhouse offered us a chance to take a closer look at the inside, outside and architectural structure of the buildings.

Surprisingly, the farmhouses were built without nails. The flexible joints of many pillars and beams are very resilient and able to withstand the large amounts of snow falling during winter-time. The structure gives the building a large attic space, which was used for cultivating silkworms.

The museum also displayed some of items used in traditional settings, such as wedding ceremonies and Buddhist

rituals, as well as about 200 tools and utensils used for cultivating mulberry trees and rearing silkworms. The tools and utensils are very sophisticated and highly evolved to help cope with heavy snows and severe mountainous climate.

A curator explained that the collaboration efforts by residents is indispensable for maintaining the buildings. A thatched roof is replaced within 30 to 40 years, while reinforcing work is needed once or twice a year.

“All the members in the village need to work together to maintain each residence,” the curator said. “This village has existed since the 11th century. Throughout the centuries, our ancestors kept a strong sense of community, and with long-established restoration practices and principles, they have sustained the traditional farmhouses.”

While we were there, we checked out a bamboo percussion instrument called a “sasara.” Shaped like a large bamboo whisk, the instrument is used by locals while singing traditional folk music. I had a hard time with it, while my wife was able to create the mellow sounds of a gentle breeze blowing.

To visit Ogimachi village in Shirakawago, we drove 40-minute along the Sho River through tunnels and bridges. The winding road along the valley showed us how isolated the regions of Gokayama and Shirakawago from each other.

Ogimachi was a large and beautiful village - much larger than the first two we had visited. There were lots of “minshuku” (private homes that accept guests), restaurants and shops housed in traditional farmhouses.

takiguchi.takahiro@stripes.com



© Fujiko-Pro

THE DELIGHTFUL DORAEMON MUSEUM

Something for everyone in Kawasaki

BY SHOKO,
TOFUGU.COM

A lot of people know about the Studio Ghibli Museum in Tokyo— but they might not have known that there's also a museum dedicated to Fujiko F. Fujio, the creator of an infamous Japanese icon, Doraemon.

The museum was built in order to preserve Fujio's manuscripts of mangas he drew before his death in 1996. Fujio created more than just Doraemon— he drew out several other famous works, such as Kiteretsu Dai-hyakka, Esper Mami, Parman, and Obake no Q-taro. You can see some of his works' manuscripts— some original, some copies.

I really enjoyed how fun and creative they made this museum! Every corner you look you see some aspect of Fujio's works, and it's kind of fun to go around the museum trying to find them throughout your visit.

The museum also does a pretty good job following and describing the life of Fujiko F. Fujio, who's regarded as one of the pioneers in Japanese manga today, leaving behind works that have transcended for decades. Some of his possessions are displayed at the museum, including the desk that he used to work on his manga.

There's quite a number of things you can do at this museum, so there's something for everyone of all ages. There's a theater that lets you see a short film (unfortunately no subtitles)... a big hall with interactive displays and games... and some displays outside too, one

FUJIKO F. FUJIO DORAEMON MUSEUM

ADDRESS: Tama-ku, nagao, 2-8-1
Kawasaki, kanagawa prefecture
214-0023
WEBSITE: fujiko-museum.com/english/
TEL: 0570-055-245

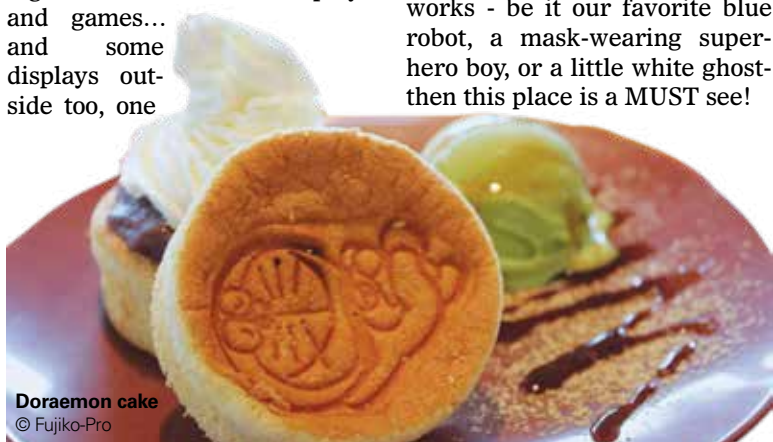
being the field from Doraemon recreated!

If you ever get hungry, don't fret! There's a really cool cafe with cute meals and desserts designed with Fujio's works. The latte-art is definitely worth the order, even if you aren't hungry enough to order food.

Quite possibly the cutest latte-art.

There's even an adorable blue bus with Fujio's characters all over it (outside and inside!) that'll take you from the train station to the museum and back.

I thoroughly enjoyed this museum! As a girl growing up watching Doraemon every week, this museum made me feel like I was a kid again. The museum does such an amazing job at blending little bits and pieces of Fujio's work— in areas like the signs, even the bathrooms— and it's really fun going around the museum identifying them along the way. I'll be completely honest— I had more fun spending hours at this museum than the more renowned Studio Ghibli Museum, probably because Fujio's Museum was much more interactive. If you grew up watching any of Fujio's works— be it our favorite blue robot, a mask-wearing superhero boy, or a little white ghost— then this place is a MUST see!



Doraemon cake
© Fujiko-Pro

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!



PLAZA 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

FOR MORE RESTAURANT STORIES
STRIPESJAPAN.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

11:00 a.m. to 7:00 p.m. (Closed Wednesdays) 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.



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).



Minatoan

Tasty homemade soba noodle near Yokosuka

STORY AND PHOTOS BY
TAKAHIRO TAKIGUCHI,
STRIPES JAPAN

At Minatoan, a popular soba noodle shop in Yokohama, don't expect to find the standard grey noodles you'll find at any other soba shop around Japan.

Here, chefs in the soba-making studio visible from the dining room ground buckwheat seeds into a fine powder, shedding the dark shells, and creating a fine white flour. This then gets mixed into a white transparent dough used for the noodles, which are the base of all the dishes served in the restaurant.

The restaurant itself can accommodate nearly 60 guests, but there is always a line outside for the unique white soba noodles served inside.

Inside, the seating provides a classic Japanese setting with white walls, bamboo pillars, dimmed lighting and wooden tables. From the dining area, a large window gives diners a great view of the chefs kneading and stretching soba noodles served fresh daily.

Despite the sophisticated dining atmosphere, my meal was inexpensive. I ordered one of the shop's most popular menu

items, "tsuketen," a set of soba noodles and assorted tempura for 780 yen (about \$7).

When my meal arrived, I was overwhelmed by the large portion of soba noodles on the plate – large enough for nearly two people! And, this wasn't even the largest serving. If you have a big appetite, order the "Fujisan-mori" portion. For an extra 220 yen, you'll get 2.2 pounds of noodles. That's a lot of noodle. But for me, my regular portion was quite a challenge to finish.

My tsuketen had a great aroma and the flavors burst in my mouth the more I chewed. The broth was slightly dry, and the tempura shrimp, eggplant, pumpkin, bell pepper, onion and carrot, were fried to perfection.

All of the elements of this meal were in harmony, bringing out the rich flavors of the unique white soba and the deep broth.

Besides tsuketen, Minatoan offers a variety of soba noodle dishes, including soba with ground potato and seaweed, soba with mochi or curry and chicken starting at around 600 yen.

Prefer your soba cold? Minatoan also serves up cold noodles perfect for the summer heat. And if you have picky eaters in the group, don't miss Minatoan's katsudon, a fried pork cutlet on top of rice, oyakodon, rice bowl topped with chicken and egg, or their curry don, curry and rice. The menu is extensive and also includes many traditional Japanese appetizers like fried oysters, tofu salads, fried chicken and more.

If you are in Yokosuka, your



Minatoan

LOCATION: 5-23-24 Konandai,
Konan-ku, Yokohama City,
Kanagawa Pref.

HOURS: - 11 a.m. - 10:30 p.m.

URL: minatoan.com/

TEL: 045-833-4111

quest to finding this unique soba is a mere 30-minute drive away. Minatoan offers the soba noodles you never knew you wanted to try and the price will keep you coming back for more. Plus, soba is the perfect dish to keep you warm this winter season. Give it a try!

takiguchi.takahiro@stripes.com



Iwakuni's Marifu Coffee great for brunch, cup of joe

STORY AND PHOTOS BY JAMES BOLINGER,
STARS AND STRIPES
Published: Oct. 11, 2018

At many of Japan's popular chain coffee shops, such as Starbucks or Doutor, massive amounts of coffee are brewed in a carafe and served to patrons hours later. While the method is efficient and delivers a brew that's fine for a quick coffee fix, independent cafe owners across the country have shunned this practice in favor of a more artisanal coffee experience where cups are carefully brewed one at a time. In fact, cities like Kyoto, which has an abundance of these small, hip cafes, are now must-visit destinations for coffee connoisseurs.

Luckily, those living near Iwakuni won't have to travel far for a handcrafted coffee experience, thanks to Marifu Coffee, a small cafe just a 10-minute walk from JR Iwakuni Station.

I first discovered Marifu Coffee completely by accident when I was still new to Iwakuni and unfamiliar with the area. While searching for a camera shop, I found myself distracted by the intoxicating smell of fresh coffee emanating from a building and decided to stop and enjoy a cup. After that first visit, I was hooked, and now Marifu is my go-to spot for brunch in Iwakuni.

Upon entering Marifu, guests are greeted by the pleasant smell of freshly brewed coffee and a smiling barista. Bar seating along the windows is perfect for solo diners, while ample table seating is available for larger groups. An easy-to-understand English menu with pictures of each dish makes ordering a breeze.

Marifu is completely different from most standard coffeehouses, as all the beans are roasted in-house and the cafe's baristas brew only a few cups of coffee at a time utilizing the pour-over method — a style of coffee brewing that's extremely popular with coffee aficionados. Fresh grounds are placed inside a cloth filter set over a cup or carafe while hot water is poured slowly over the grounds. This hand-brewed technique gives the coffee a bold flavor that never tastes burned.

In addition to their hand brewed coffee (420 yen, or about \$3.80), Marifu offers cappuccinos (600 yen), lattes (550 yen), iced coffees (420 yen) — and even a coffee float (580 yen) containing iced coffee served with a scoop of vanilla ice cream.

Marifu is also unique in that the cafe features an extensive menu of food items perfect for breakfast and lunch, ranging from waffles to sandwiches.

The waffles at Marifu are a definite standout — crispy and golden on the outside with a warm, fluffy interior. The chocolate banana waffles (680 yen) are a work of art, topped with vanilla ice cream, a sliced banana, whipped cream, a cherry and a drizzle of chocolate syrup and caramel.

The waffles are delivered to your table before the ice cream has time to melt and pair perfectly with a cup

of Marifu's signature coffee. While one waffle might not be enough food for those with a bigger appetite, it is delicious — and definitely something kids would like. Plain waffles are also available (550 yen) and can be paired with a cup of coffee as a part of a set meal for 650 yen.

For those without a sweet tooth, Marifu's more savory treats offer plenty to enjoy. The panini sandwich (680 yen) is filled with egg salad, ham, lettuce and tomato. The sandwich's toasted bread is perfectly thick and has just the right amount of chew, while the egg salad complements the other fillings nicely. The sandwich is also accompanied by a side salad and a slice of watermelon, which completes the meal.

During breakfast, other offerings include egg salad sandwiches (650 yen), scrambled eggs with salad and toast (580 yen), a mixed

berry waffle topped with vanilla ice cream (680 yen), and friend pork cutlet sandwich (880 yen) — more commonly known as "tonkatsu" in Japanese.

If you visit often, be sure to pick up Marifu's point card. Ten stamps will get you a free coffee.

House-roasted coffee, pristine golden waffles and a friendly staff make Marifu Coffee a must-visit for breakfast, brunch — or simply any time you crave a cup of perfectly brewed coffee.

bolinger.james@stripes.com

Twitter: @bolingerj2004

EXCLUSIVE NEWS FROM:

STARS AND STRIPES

www.stripes.com

Marifu Coffee

LOCATION: 13-5, Marifumachi 6-Chome, Iwakuni, Yamaguchi 740-0018

DIRECTIONS: Marifu Coffee is accessible at Iwakuni Station via the JR Gantoku Line and JR Sanyo Lines (10-minute walk). From MCAS Iwakuni, turn right on Route 188. Stay on Route 188 for roughly 2.2 km before turning left at the Mikasabashi Intersection, located near Iwakuni Station. Turn right at the third stoplight and continue for about two blocks. Marifu Coffee is located just past the 7-Eleven convenience store.

HOURS: Open daily, 7:30 a.m. to 7 p.m., with last order at 6:30 p.m.

PRICES: Coffee drinks start at 420 yen (about \$3.80), while waffles and other food items start at 550 yen.

DRESS: Casual

INFORMATION: 0827-21-8721



Marifu's panini sandwich (680 yen) is filled with egg salad, ham, lettuce and tomato.



Use Your GI Bill to Earn an American Degree in Tokyo

TEMPLE UNIVERSITY
Japan Campus

Admissions Counseling Office

1-14-29 Taishido, Setagaya-ku, Tokyo 154-0004, Japan

E-mail: ac@tuj.temple.edu Tel: +81 (3) 5441-9800

www.tuj.ac.jp #TUJapan



FURNISHED APARTMENTS AVAILABLE!



Trash Pick-up Service

HOUSE & U-CARS AGENT



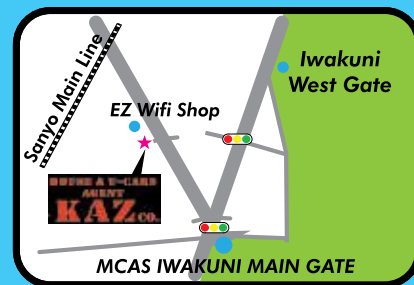
WE MAKE LIVING IN THE IWAKUNI AREA EASY!

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



Earn your Stripes

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

japantravel.com/stripes





Photos courtesy of Kujukushima Pearl Sea Resort

Get your hands on oysters at fest near Sasebo

BY TAKAHIRO TAKIGUCHI,
STRIPES JAPAN

As the temperature drops around the country, it's time again for one of the delicacies of the season – oysters! King amongst winter foods, the tasty white, plump and meaty shell can't be beat.

Japan offers many opportunities to taste the local bounty and if you're in Sasebo don't miss the chance to visit the Kujukushima Oyster Festival.

Running every weekend from now through Dec. and again in Feb. through March, Kujukushima Pearl Sea Resort's festival is expecting over 28,000 visitors.

The event site will have 400 grills set up so you can grill your oysters to perfection. Purchase the fresh catch at 800 yen per kilogram (2.2 pounds). Other local seafood including squid, abalone and mackerel will be available as well.

Sasebo-area's local oysters may be on the smaller side, but the flavor is one you certainly want to try if you're a fan of mollusks. Make plans for a taste of the seasonal flavors of Japan!

takiguchi.takahiro@stripes.com

Kujukushima Oyster Festival

WHEN: 2019 autumn dates: Nov. 2-4, 9-10, 16-17, 23-24, and Nov.30-Dec.1

2020 winter dates: Feb. 1-2, 8-9, 11, 15-16, 22-24, and Feb. 29- Mar. 1

HOURS: 10 a.m. – 4 p.m.

LOCATION: Kujukushima Pearl Sea Resort (1008 Kashimaecho, Sasebo City, Nagasaki Pref.)

PRICE: 800 yen per one kilogram of oyster, 250 yen for one kilogram of charcoal, 250 yen for rental knife and gloves

URL: <https://www.pearlsea.jp/oyster-festa2019akinojin/>

TEL: 0956-28-4187

LET'S GO Hiking!

Take in the beautiful fall foliage in Ohashikannon

2019 Sasebo English Language Project

Sunday, Nov. 17

Enjoy a trekking trip with Japanese interested in speaking English. Make new friends! Don't be shy!

Course

- 1 Makinotake Park → 2 Mountain Path
→ 3 Shoyodokinhenhi → 4 Ohashikannon Precincts
→ 5 Makinotake Park

Guide provided by Yoshii Ecotourism Association.

Schedule

Reception	Orientation	Departure	Snack /Conversation	End of tour
9 a.m.	9:30 a.m.	10 a.m.	noon	1 p.m.

Communication Time at Makinotake Park during snack time.

Sign up

E-mail: syakai@city.sasebo.lg.jp

- *Registration necessary for participation
- *First come, first served basis
- *Free of charge
- *Maximum 10 people
- *Preferred Age is 5th grade or older

Meeting Place: In front of Makinotake Park Visitor Center



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

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 108, subject to exchange rate

2020 IACE SAPPORO SNOW FESTIVAL TOUR

Feb 02 dep / Feb 05 return (4 days 3 nights)
All you can eat & drink at Sapporo Beer Garden included!
Lake Shikotsu Ice Festival & Otaru City & Chocolate factory visit!

*Price includes
Round trip airfare, 3 nights hotel,
Breakfast, Transfer, 1 dinner at Beer Garden,
Tour (visit to "Otaru city", "Chocolate Factory",
"Lake Shikotsu Ice Festival")
Tax & Fuel charge, Tour escort

Adult: **\$1,218**
Child (6-11 years old): **\$1,176**
Child (3-5 years old): **\$1,139**
Child (3-5 years old, without bed): **\$862**
Infant (Under 3 years old): **Free**

THANKSGIVING DAY SPECIAL

SEOUL 4,5,6 DAYS
Hiroshima departure
4 days (Nov.26 ~ Nov.29) **\$426**
5 days (Nov.29 ~ Dec.03) **\$510**
6 days (Nov.24 ~ Nov.29) **\$598**

Iwakuni departure
★Tokyo Bay Maihama Hotel First Resort★
(Disney Official Hotel)
◆Nov.24~28 departure **\$535**
◆Nov.23,29,30 departure **\$601**

*Price includes...
• Sightseeing tour (DMZ + Downtown & Palace tour)
• Tax and Fuel charge
• Round trip air fare
• hotel accommodation

*Price includes...
• Round trip air fare
• 2 nights hotel accommodation
• Breakfast
• Round trip airport transfer (Haneda - Tokyo Disney)
• 2 days Disney Pass

OKINAWA 4 · 5 DAYS
Iwakuni departure
(Nov.24 - 28 departure)
Okinawa Kariyushi Beach Resort Ocean Spa stay
or Rizzan Sea-park Hotel Tancha-bay stay
4 days from **\$508** ◆5 days Special◆
Same price as 4 days!

*Price includes...
• Round trip Airfare (Iwakuni - Okinawa)
• 3 or 4 nights hotel accommodation
• Breakfast daily (except day 5)
• 1 time dinner ★Car Rental Option available

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

IACE TRAVEL at IWAKUNI

IACE TRAVEL

Find us on:
facebook.

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

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/>

OKINAWA MISAWA YOKOSUKA ATSUGI ZAMA YOKOTA FUJI IWAKUNI SASEBO OKINAWA MISAWA

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.

Stripes Sports Trivia

“The Comeback” is an NFL record that has stood since 1993. Down 35-3 in the third quarter, the Buffalo Bills scored 35 of the next 38 points before eventually winning on a field goal in overtime. The Wild Card game was the beginning of a Bills run that eventually ended in pain with a third consecutive loss in the Super Bowl. Who quarterbacked the Bills to the record-win over Houston.

Answer

Frank Reich

Subscribers Know the **VALUE** of Getting **STARS AND STRIPES** Delivered at Home.

To get content that matters delivered to your door - and save some real money, visit subscribe.stripes.com for details or email Europe: CustomerService@stripes.com Pacific: CustomerHelp@stripes.com

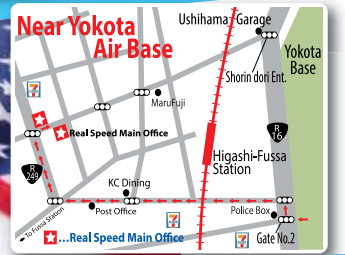


NEAR Yokota Air Base!

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



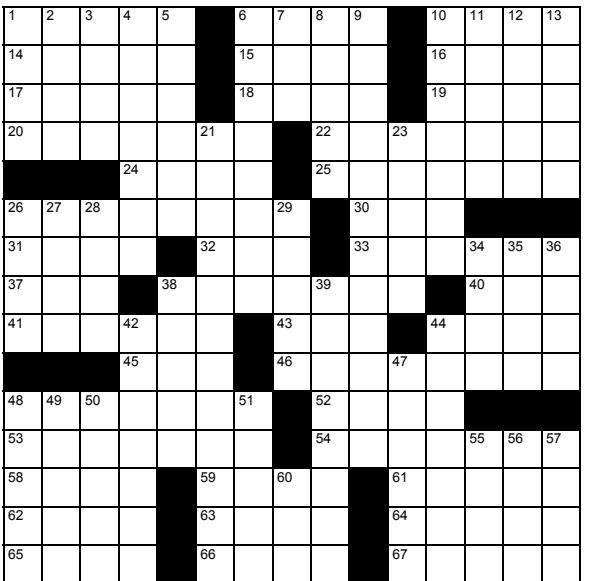
TEL: 042-513-3593
Open Mon-Fri, 9am-6pm
Sat. & Holiday Close at 5pm (Closed Sun.)

The Weekly Crossword

by Margie E. Burke

ACROSS

- Tapering hairstyles
- Donations for the poor
- Track assignment
- Bungling
- Cut the crop
- One more time
- Heart chambers
- Reid of "American Pie"
- "___ la France!"
- Antique photo
- Scam artist
- Icy coating
- Eavesdroppers, say
- In ___ (not present)
- Moral misstep
- Tuckered out
- Sun. sermonizer
- Minor quake
- Polish off
- Bitty bouquet
- She played Jan on a 60's sitcom
- Bone-boring tool
- Decompose
- Film spool
- Classifieds
- Deodorant or shampoo, e.g.
- Three-dimensional
- "General Hospital", e.g.
- Flat grassland
- Hemmed-in territory
- Folk stories
- Church center
- Ready for a nap
- Shakespeare, the Bard of ___
- Math course, briefly
- Cake topping
- Canvas cover
- Pantyhose flaw
- Golf attendant



Copyright 2019 by The Puzzle Syndicate

DOWN

- Italy-based car company
- "Nay" sayer
- "Jurassic Park" actress
- "The Terrible" for Ivan, e.g.
- Decide not to quit
- Vital vessels
- Grazing spot
- Alligator's haunt
- Skylab was the first U.S. one
- Penny played her on TV
- Japanese cartoons
- Now or ___
- Decorative pitchers
- St. Jude and St. Joseph, et. al.
- Like Sasquatch
- Assist, in a way
- Kodiak, for one
- Fill to excess

- Turn away
- Place for a hurdle
- ___ the edge
- Count (on)
- Lowest point
- Zero on the scoreboard
- Role for a "Grey's Anatomy" extra
- Model plane, e.g.
- Milk-related
- Comic strip sound
- Put to the test
- Hank of baseball
- Find out
- Dry-as-dust
- Peddle
- Nervously irritable
- By way of

Answers to Last Week's Crossword:



DID YOU KNOW?

The entrance to traditional Japanese houses are usually built higher than ground level by about six inches, so you can take off your shoes before entering. If you are invited to a Japanese house, be sure to wear your clean socks, preferably the ones without holes, so you can take off your shoes without making your feet the talk of the party. Slippers can be used on the floors, but make sure you take them off when you enter a tatami room.

Kanji of the week

池
Ike (Pond)

Language Lesson

I'm bored.

Taikutsu desu.

KELLY & KELLY

USED CARS & INSURANCE AGENCY

On Base pick-up & drop off service!
042-551-0556

ONE STOP SHOP

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

GO TO OUR WEB SITE



<http://kellyandkellyjp.com>

USED CAR EXPERTS

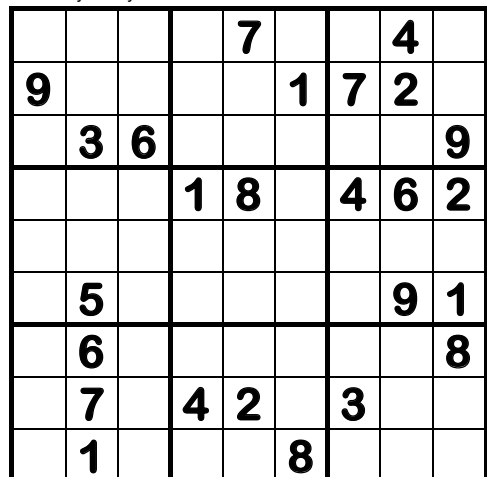


Mon - Fri: 9a.m. - 6p.m.
Saturday Close at 5p.m.
Closed Sundays



SUDOKU

Difficulty: Easy



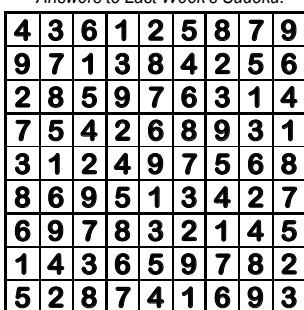
Copyright 2019 by The Puzzle Syndicate

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:



FESTIVAL BOOTH - CONCERT - SPORTING EVENT INSURANCE AVAILABLE!

AIG

INSURANCE
Paramount
GEORGES

CHUBB
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.ocn.ne.jp or Call 042-551-2744
Open Monday thru Friday 0900-1800 & Saturday & Holidays 1000-1600



Edo dining culture

Tracing the history of Tokyo's cuisine

BY JESSICATHOMPSON,
METROPOLIS MAGAZINE

Edo: both the name of a particularly character-defining period in Japanese history and the old name for Tokyo. The Edo Era, in contrast to its antecedent “warring states” period, is known for being a time of relative peace as well as economic growth, strict social structure and a flourishing arts scene — noh, kabuki, ukiyo-e, poetry. Another key aspect of the era was advancements in culinary culture, with changes in dietary habits and the development of Edo ryori, “Tokyo cuisine.”

In the upper echelons of society, high-end cuisine continued on the exquisite multi-course path that emerged during in the Marunouchi Period. Ryotei, a type of luxurious restaurant, offered kaiseki-style (multi-course) dining served in private rooms, often accompanied by geisha entertainment, and upmarket kappo restaurants served elegant small dishes. But it was on the streets where the real changes were happening.

When Tokugawa Ieyasu stepped in as the first shogun of a united Japan, he moved shop from the former political HQ of Kyoto to Edo, and in doing so ordered the regional daimyo and their vassals, merchants and artisans to relocate. Peddlers and vendors of all sorts descended on Edo, selling daily necessities from



Photo by flickr_gullevek

tofu to tobacco. The population boomed, and the former fishing village of Tokyo soon became the largest metropolis in the world. The male population was 1.5 times that of women, and because many of the men were either bachelors or had left behind wives and families in other areas, they were generally not being provided, or cooking, homemade meals. Enter yatai — street stalls providing quick and affordable meals on the go.



Photo by flickr_Ippei Suzuki



Photo by flickr_Kyle Taylor

With the population growing, food stalls multiplied at an unprecedented scale. High competition meant an emphasis on quality ingredients and products, which, along with the culture of dining out, can be said of the modern Tokyo food scene.

THE FOOD

The yatai served all manner of ready meals — breakfast dishes like dried fish, boiled beans, rice and fried tofu, but most notably, the “4 kings” of Edo food: soba, eel, tempura and sushi.

Soba, once the food of temples, became widespread. Popular types were kirisoba, where strands were cut shorter, making the noodles easier to eat in crowded establishments; sobagaki, soba-flour dumplings; and soba hanamaki, topped with torn nori sheets.

Eel was generally served kabayaki-style, butterflied, grilled, steamed and grilled again basted with a tare (a sort of sweet, thickened soy sauce). The preparation of kabayaki differs in the east, with the eels slit down the back instead of the front, as slitting down the front too closely resembled seppuku (ritual suicide).

Edo-style tempura also differs from that of western Japan — cooked in a mixture of vegetable and sesame oils, rather than the plain vegetable oil of Kyoto. This is because the heavier sesame flavor stands up to the richer, more pungent flavor of the seafood used, whereas Kyoto tempura was largely vegetables. And where Kyoto tempura was served with just salt, Tokyo tempura was often served with mentsuyu dipping sauce.

Edo was the birthplace of sushi as we know it today — hand-pressed balls of rice topped with the fruits of the neighboring sea, known as edomae sushi (literally, “in front of Edo” sushi), evolved to what we know today as simply “nigiri sushi.” Other popular dishes included dojo (loach) nabe, anago (conger eel), miso, oden, and later in the Meiji Period,

when the ban on meat was lifted, sukiyaki, sakuranabe and other horse meat dishes.

THE INGREDIENTS

A linchpin shaping Edo ryori was its neighboring namesake body of water, the Edo Sea, which — at the time — was abundant with flounder, prawns, whitespotted conger, shad, halfbeak, mullet, rockfish, greenling, suzuki and many other kinds of seafood. The Nihonbashi fish market, Tsukiji's precursor, was opened in the early 17th century where the Mandarin Hotel, Mitsubishi Department Store and Bank of Japan now stand, and operated for more than 300 years before moving to its Tsukiji location in 1935. At this time, Nihonbashi was very close to the sea, as depicted in many ukiyo-e prints, with vestiges detectable these days in local shops selling katsuobushi (bonito flakes), nori, knives, and area names containing ocean-related kanji characters. Laver, a type of seaweed, was also harvested from the bay and sold in Asakusa, and “Asakusa laver,” was particularly revered.

In addition to fecund sea waters, Tokyo was surrounded by productive agricultural lands and a range of native Edo-yasai (Edo vegetables) — komatsuna (Japanese mustard spinach), Meguro eggplant, Toshima cucumber, bamboo shoots, Nerima Daikon, Yanaka ginger, Yodobashi kabocha (pumpkin), amongst many others.

For those interested in trying Edo ryori in modern Tokyo, there are countless edomae sushi and eel shops around town, plus restaurants specialising in Edo cuisine, such as Nishiazabu Hide, and Sakurada and Edo Shitamachi Cuisine Miyatogawa, both in Asakusa. Edo-yasai, which decreased in availability during the 20th century, have recently benefited from movements to revive heritage varieties and can be found most often at local farmers markets.

Get the news that matters to you, delivered free to your inbox

Sign up now
from
Stripes.com

STARS AND STRIPES

FREE E-mail newsletters

