



3
more great reasons to stay

- free breakfast
- free internet
- weekly manager reception

Be Our Guest!
Stay with Navy Lodge while traveling in Japan.
Yokosuka: 243-6708
Atsugi: 264-6880
Sasebo: 252-3601



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



STARS AND STRIPES

EST. 1945

75 YEARS

PACIFIC

STARS AND STRIPES

Community Publication

JAPAN

VOLUME 7 NO. 21

OCTOBER 16 – OCTOBER 22, 2020

SUBMIT STORIES TO: JAPAN@STRIPES.COM

STRIPESJAPAN.COM

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

FREE

INSIDE INFO



**IWAKUNI TEACHER
RECEIVES
MAYOR'S AWARD**
PAGE 2



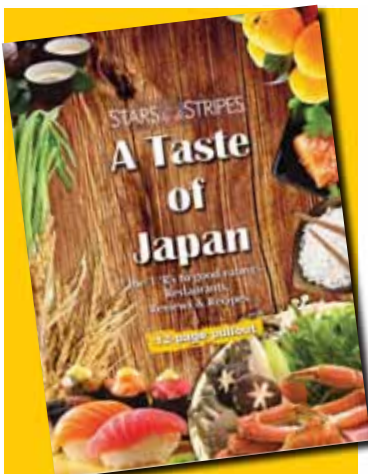
**TRICK-OR-TREATING,
HALLOWEEN ON BASE**
PAGE 4



**EXPLORE TAKAYAMA
INARI SHRINE NEAR
MISAWA AIR BASE**
PAGE 5



**FALL FOLIAGE FUN
NEAR IWAKUNI**
PAGE 12

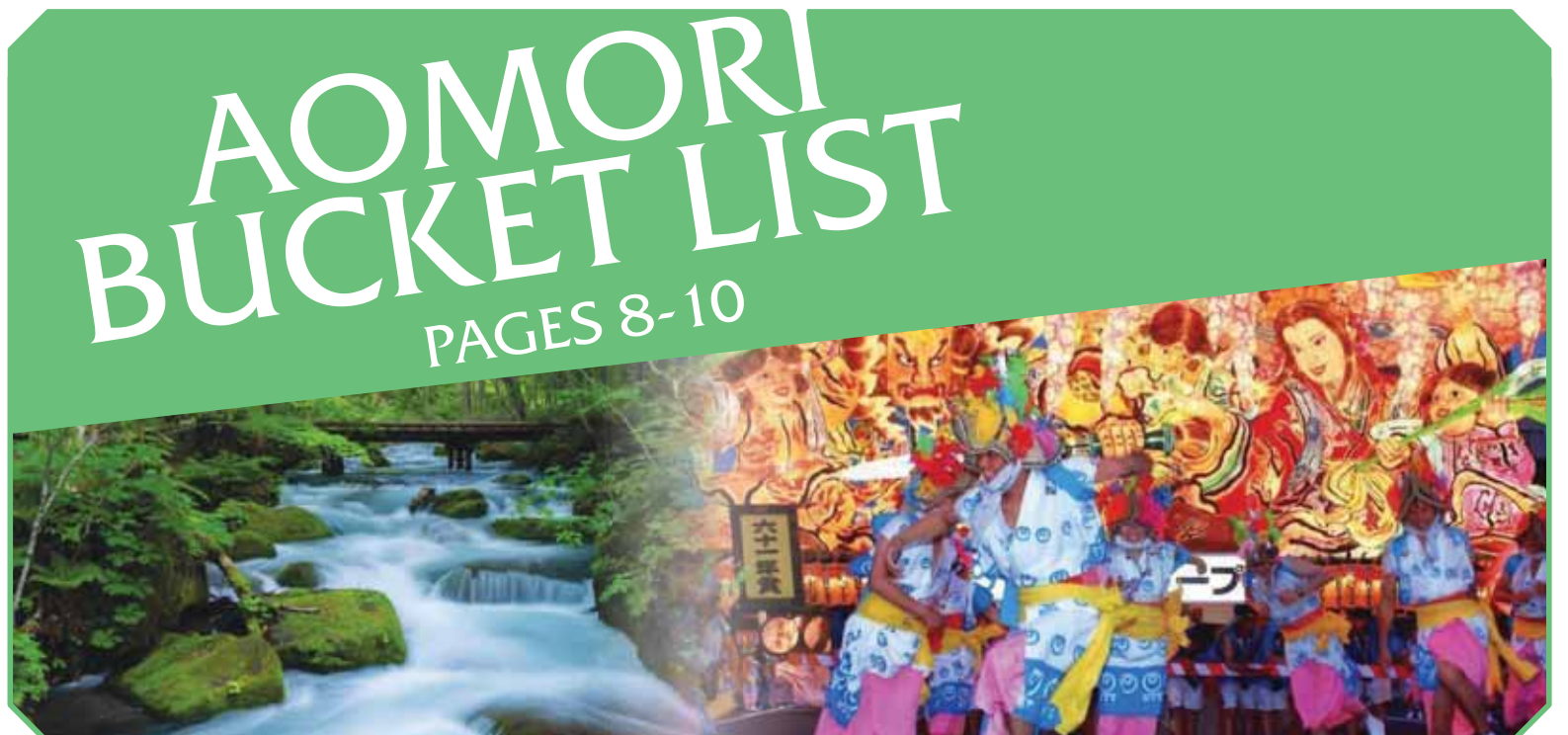


**Special 12-page
pullout inside!**



FALL INTO JAPAN'S SUBLIME SCENIC SEASON

PAGES 6-7



AOMORI BUCKET LIST

PAGES 8-10



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
Brian Jones 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 Tamanaha
Toshie Yoshimizu Un Chong Yu

For feedback and inquiries,
contact MemberServices@Stripes.com

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



The “Four Seasons,” artwork by Sandra Lewis is displayed at the Iwakuni City Culture Center.

Iwakuni teacher receives Mayor’s Award

STORY AND PHOTOS BY
LANCE CPL. TRITON LAI,
MARINE CORPS AIR STATION IWAKUNI

The Iwakuni City Board of Education awarded Sandra Lewis, an Art teacher at Matthew C. Perry High School, for her artwork “Four Seasons” at the Iwakuni City Culture Center in Iwakuni City, Oct. 3, 2020.

Lewis received the “Mayor’s Award” in the sculpture, handicraft, and design category. Her design was four different art pieces in circular frames highlighting the yearly seasons.

A year and a half ago, Lewis began working on her Fall piece and later decided to continue to depict all four seasons.

The Iwakuni City Board of Education hosts an art competition annually and this year they



Sandra Lewis and Iwakuni City mayor Yoshihiko Fukuda

reached out to Marine Corps Air Station Iwakuni. A friend of Lewis’ recommended she enter the art show, but Lewis didn’t know it was a competition until

the day that she found out she won.

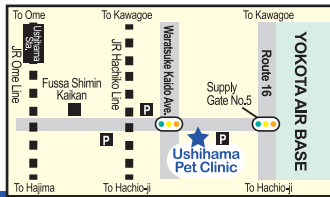
“When I first found out, I was surprised and hadn’t seen the show or knew how big of

a deal it was, I looked at the other artwork, it was fantastic and professional, so it made me very proud. It was unexpected,” Lewis said. “I felt honored that they allowed me to enter and it made all the time I put in those pieces worth it.”

Lewis said that she always shares a quote with her students from Albert Einstein, “Imagination is more important than knowledge.” She explained that you don’t have to have high quality paints and supplies to create art work, you can find anything and use your imagination.

“I love going around to thrift stores because I can look at things and ask myself how can I make something new out of this,” said Lewis. “I found scrap pieces of paper, paint strips and round frames and made the ‘Four Seasons’ come together.”

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!

PLEASE WEAR A MASK DURING YOUR VISIT!



COME IN NOW for FREE PET REGISTRATION



We Provide Full Support for All Your Vehicle Needs!



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

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

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



Visit KAZ Agent for more Info

Family-Friendly Food Tours & Cooking Classes in Japan

Each Booking Helps Children in Need



Book on byFood.com

Invention by daughter of Yokota airman lauded at tech competition

BY CHRISTIAN LOPEZ AND ERICA EARL,
STARS AND STRIPES
Published: October 5, 2020

While many coronavirus homebodies used their pandemic downtime to binge-watch TV shows, Zoom-call friends or catch up on naptime, Alice Stratton was building a prize-winning science project.

Alice, a 9-year-old fourth grader at Daihachi Elementary School near Yokota Air Base, in March dove into the world of robotics, coding and programming via Microsoft's YouTube channel, a showcase for how-to programs.

"My daughter and I, while at home, took this on as a project to learn this stuff together," Senior Master Sgt. Joseph Stratton, inspector general superintendent for the 374th Airlift Wing at Yokota, told Stars and Stripes by phone Oct.1.

Alice's mother, Nobuko Stratton, then learned of Maker Faire from an online ad and from that sprang the idea of Alice participating.

The annual event focuses on people inventing new technologies, in robotics, computers, virtual reality, sensors and more. The participants, or "makers," exhibit and demonstrate their creations at the fair, which is also a competition.

Maker Faire 2020 took place Saturday and Sunday at Tokyo Big Sight, the largest exhibition center in Japan. This year, to comply with coronavirus safety measures, the event organizers assembled the entry in a single hall with a capacity of 3,750 people rather than occupy multiple rooms across the venue.

From hundreds of entrants from across Japan, Alice was selected as one of three finalists for those age 12 and younger in the elementary school category, one of two event categories.

"I like figuring out how things work," she told Stars and Stripes.

Stratton's entry consisted of an LED clock with a built-in game. Her inspiration arose from a trip with her parents and baby sister Ellie to one of Japan's many arcades, where Alice became fixated on a game called Cyclone that tests a player's reaction time. It features a fast, circulating light that gamers must stop at a certain point on its circuit in order to win.

"I wanted to practice it at home to figure out how to win," she said.

In just six days, working every day after school once her homework was complete, Alice finished her

own homemade version of the two-in-one arcade game and clock combo.

The final product is quite sizable, standing almost as tall as Alice, and is made from cardboard, LED strips and a Micro Bit, open-sourced hardware used for programming and coding.

Alice took the runner-up spot, winning a 10,000-yen Amazon gift card and a Micro Bit kit to continue tinkering.

"I learned I can do anything if I put in the hard work," she said. "I was getting scared that I wouldn't be able to make it, but I did it."

lopez.christian@stripes.com

Twitter: @CLopez_Stripes

earl.eric@stripes.com

Twitter: @ThisEarlGirl



Alice Stratton poses beside her invention, an LED game clock. Photo by Joseph Stratton

Alexis' Eikaiwa Classroom Presents...



Hi! I'm Alexis!
I'm looking forward to
meeting you all!

University of Vermont, Class of '17
B.A. Mathematics
Minors: Japanese and Economics

アレキセス 英会話教室

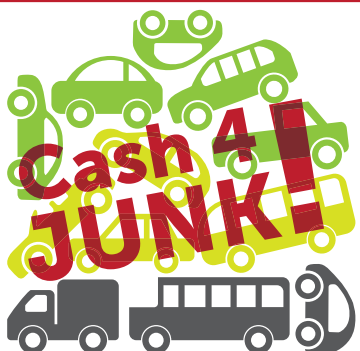
Alexis' English Conversation Classes
HIU-CHO, SASEBO

マンツーマンレッスン
日本語でも質問できるのでレッスン効果UP!
Japanese OK too!
Get the most out of your lesson!



ALL AGES WELCOME!!

WEBSITE: WWW.ALEXISSASEBO.COM
CALL: 070-7645-3671/TEXT: 401-266-1019
EMAIL: ASDICKINSON97@GMAIL.COM
INSTA: alexis_eikaiwa



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

GET AN OFFER NOW!

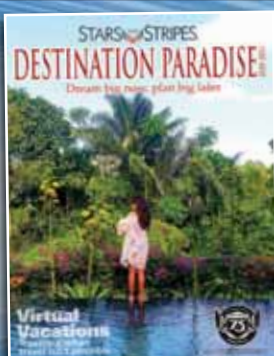
Drop your car off & get extra ¥3,000

- 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



EXPLORING THE BEAUTY OF THE PACIFIC DESTINATION PARADISE 2020-2021

View the digital edition or download now

STARS AND STRIPES



Have a spooky (and, safe) Halloween!

STRIPES JAPAN

Halloween is fast approaching and many bases are hosting fun events for the kids. Each base has different requirements and rules in place. Please visit your local command's Facebook page or website for updates. The events below are subject to change at the discretion of base officials.

Yokota

<https://yokotafss.com/halloween/>

Trick or treating

DATE: Oct. 31 (hours still TBD)

Kidstancing Club halloween edition at O & E Club

DATE: Oct. 7, 4 - 6 p.m.

COST: Free

PLACE: Kids Club Pack

Members: \$5 for Kids Meal; Nonmembers: \$8 for Kids Meal

For more information, call Officer's Club at 225-8526.

Boo maz'n race

DATE: Oct. 10, 9:30 a.m. - 2:30 p.m.

COST: Free for Ages 12 & Up

SIGN-UP: Oct. 9 at the Yujo Community Center

For more information, call Yujo Community Center at 225-7713.

Boo! at the pool

DATE: Oct. 16, 5 - 8 p.m.

COST: \$5 Ages 5 & Up

For more information, call Natatorium at 225-3166.

Taiyo House of torment (Kid day)

DATE: Oct. 23 & 24, 5 - 9 p.m.

COST: Free

For more information, call Taiyo Community Center at 225-6955/6966.

Comedy dinner theater:

How to survive a zombie apocalypse

DATE: Oct. 23, 6 p.m.

COST: \$25 (Adults only)

For more information, call Enlisted Club at 227-8820.

Halloween dress the pin last day

DATE: Oct. 1 - 29

COST: Free

PLACE: Tomodachi Bowling

For more information, call Tomodachi Lanes at 225-7191.

Full moon hike

DATE: Oct. 29 - 31, 6 - 9 p.m.

PLACE: Tama Hills Recreation Area

For more information, call Tama Hills Recreation Area at 227-5230.

Fall fest to-go

DATE: Oct. 30 - Nov. 6

PLACE: Library

For more information, call Library at 225-7490.

Halloween Glow Golf

DATE: Oct. 30, 6 - 8:30 p.m.

COST: \$20 Includes: Glow Golf Ball, Food & Prizes

PLACE: Yokota Golf Center

For more information, call Yokota Golf Center at 225-8815.

Comedy dinner theater:

How to survive a zombie apocalypse

DATE: Oct. 30, 6 p.m.

COST: \$25 (Adults only)

For more information, call Officer's Club at 225-8526.

Costume bowling

DATE: Oct. 31

PLACE: Tomodachi Lanes

For more information, call Tomodachi Lanes at 225-7191.

Yokosuka

<https://www.navymwr yokosuka.com/activity/2e3b51d6-d0ce-4588-9f69-630fcc39c7c1>

Ikego movie night

SHOWING: "Hotel Transylvania 3: Summer Vacation" PG

DATE: Oct. 23, 6:30 p.m.

PLACE: Ikego Ball Field #3

Pumpkin run - Domestic violence awareness

DATE: Oct. 24, 9 a.m.

PLACE: Ikego Joint Use Area - Campgrounds.

For more information please call 241-3077 or visit our

<https://www.facebook.com/MWRAthleticsYokosuka>.

7th Fleet Band halloween concert

DATE: Oct. 30, 5 - 6 p.m.

PLACE: Berkey Field

Yokosuka movie night

SHOWING: "Hocus Pocus" PG

DATE: Oct. 30, 6:30 p.m.

PLACE: Berkey Field

Nerf battle

DATE: Oct. 31

TIME: 2 - 4:30 p.m.

PLACE: Softball Field #3, Ikego Field #5

On-line pre-registration is required through MYFFR

from now - Oct. 23.

For more information, visit the Nerf Battle registration site

<https://myffr.navyaims.com/wbws/jpnokrec.wsc/wbsearch.html?xxmod=TK&wbsi=a%20586f8da-0cc3-e783-7114-1b586c735965&xxtype=11SPEC&xxsearch=yes>

Costume contest

To enter the contest patrons are requested to send their costume photo submissions to mwr_special_events@fe.navy.mil from Oct. 9-26.

For more information please call at 241-5060.

Virtual contests

DATE: Oct. 24 - 30

PLACE: Yokosuka & Ikego

Enter virtual contests all throughout the week from Oct. 24-30.

For more information or to enter one of the contests, please visit MWR's Facebook page.

<https://www.facebook.com/Yokosuka.MWR.ComRec/>

Best house decorating contest (Yokosuka & Ikego Base townhouse & Tower balconies)

DATE: Now through Oct. 29

To participate in Yokosuka & Ikego's Best Halloween Decorated House & Tower Balcony contest, please register online at MYFFR (<https://myffr.navyaims.com/wbws/jpnokrec.wsc/wbsplash.html?wbp=1>) now through Oct. 29.

For more information please call at 241-4111.

Atsugi

Halloween pin decorating contest

DATE: Now through Oct. 29

Contest judging held Oct. 30.

PLACE: Atsugi Lanes Bowling

For more information, call Atsugi Lanes Bowling at 264-3790.

Camp Zama & Sagami-hara Housing Area

Trick or treating

DATE: Oct. 31, 6 to 9 p.m. (both Camp Zama and Sagami-hara Family Housing Area)

*A closed-post event. Only SOFA personnel, MLC/IHA employees and anyone with ID access to the installations will be allowed to participate. No guests or visitors.

- All participants must wear a mask over their mouth and nose, if their costume isn't already covering their face.

- Children and families must trick-or-treat in small groups while maintaining social distance.

- Those passing out candy must use hand sanitizer regularly, wear a mask and gloves, and hand the candy out individually, rather than allowing multiple children to reach into the same bowl.

- Households cannot leave a bowl of candy outside their door or on their porch with a "Please Take One" sign. This increases the chance for germ transmission.

(More info: <https://www.facebook.com/armymwrjapan/photos/a.494923173901025/3452269301499716> and <https://www.facebook.com/armymwrjapan/photos/a.494923173901025/3452269301499716>)

Pumpkin carving at ACS

DATE: Oct. 16, 11 a.m. - 5 p.m.

COST: Free

For more information, call ACS at +81 (46)407-4357.

Pumpkin hunt on Zama & SHA

DATE: Oct. 17, 10 a.m.

Clues for the hunt will be posted at 10 a.m. on the Camp Zama MWR Facebook.

<https://www.facebook.com/armymwrjapan/>

Escape the lab

DATE: Oct. 29, 5:30 - 9:30 p.m.

PLACE: Youth Center

- Face Mask Required
- No Strollers
- Please wear closed-toed shoes, long sleeve shirt and pants.

For more information, call Youth Center at +81 (46) 407-4500.

SHA halloween run

DATE: Oct. 30, 5:30 p.m.

Event start at 5:30 p.m., run starts at 6 p.m.

HALLOWEEN COSTUMES ENCOURAGED!

- Must wear mask when not running
- Social distancing will be implemented

For more information, call SHA Sports Complex at 81 (42)869-6130.

Iwakuni

Trick or treating

DATE: Oct. 31, 5:30 - 7:30 p.m.

Only those with regular access to the base (no visitor passes will be issued)

Halloween flicks at the barracks

DATE: Oct. 23, 7:30 - 10:30 p.m.

Bring a blanket and some friends to watch your favorite Halloween movie! Refreshments are provided.

Sasebo

Creepy Cruisin at Main Base

Halloween Drive-Thru

DATE: Oct. 30, 6 - 8 p.m.

For more information, call 252-1803 or 252-3930.

Misawa

Trick or treating

DATE: Oct. 31. Hours is TBD.

*Only those with base access allowed to participate.

Dress the pin contest at Walmsley Bowling Center

PIN SUBMISSION DATES: Oct. 1 - 23

VOTING: Oct. 23 - 30

WINNER ANNOUNCED: Oct. 31

FIRST PLACE: \$75 FSS Gift Card

SECOND PLACE: \$50 FSS Gift Card

THIRD PLACE: \$25 FSS Gift Card

Candy guessing game

DATE: Oct. 1 - 15

PLACE: Overstreet Memorial Library

Howl-O-Ween costume contest

DATE: Oct. 1 - 29

Dress up your furry friend in their best Halloween costume and post a photo to the Misawa Pet Kennel Facebook page (<https://www.facebook.com/Misawa-Pet-Kennel-346810928827985/>) by Oct. 29.

Spooktacular Fridays in October

Oct. 2: Fairy Tale

Oct. 9: Super Heroes vs. Villains

Oct. 16: Monster Mash

Oct. 23: Mathlete vs. Athlete

Oct. 30: Any Halloween Costume

PLACE: Arts & Crafts Center

Halloween fest

DATE: Oct. 23, 5 - 8 p.m.

COST: \$10

PLACE: Arts & Crafts Bundle

Halloween story time

DATE: Oct. 27, 10:30 - 11 a.m.

PLACE: Overstreet Memorial Library

Kids' Halloween Bash

DATE: Oct. 30, 6 - 9 p.m.

COST: \$25 par lane & shoe rental included

PLACE: Walmsley Bowling Center

Halloween Buffet

DATE: Oct. 30, 11 a.m. - 1 p.m.

COST: Members \$12.95, Non-Members \$14.95, Ages 6-12 \$6.95, Ages and under Free.

PLACE: Misawa Club

Halloween Party

DATE: Oct. 31

Doors open at 10 p.m.

COST: Free Entry

PLACE: Misawa Club

Trunk or Treat

DATE: Oct 31, 5 - 9 p.m.

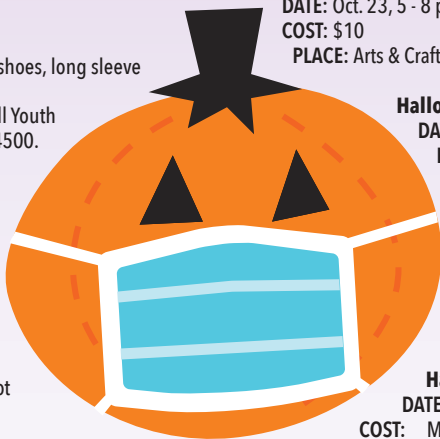
COST: Free Admission


PLACE: Misawa Club Parking Lot

Halloween Movie Time

DATE: Oct. 31, 1 p.m.

PLACE: Overstreet Memorial Library




0956-25-2764
• We have an English Menu
• Child friendly
• All you can eat & drink available
• Large wine selection.

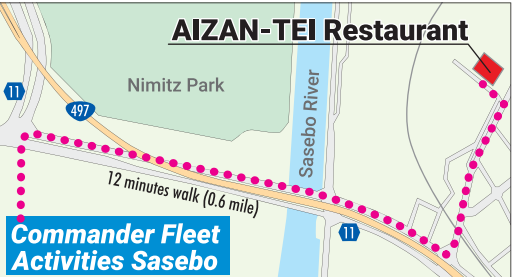
Let's UNITE our Hearts and FIGHT SARS-CoV-2!



Shipmate Program Member


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


12 minutes walk (0.6 mile)
Commander Fleet Activities Sasebo

Credit cards accepted 



Photos by Yoshihito Morita, Stripes Japan

Explore Takayama Inari Shrine, a power spot near Misawa Air Base

BY TAKAHIRO TAKIGUCHI,
STRIPES JAPAN

If you live near Misawa Air Base and travel to Kyoto is not on the itinerary this year, you don't need to travel too far to enjoy a shrine similar to the old capital's famous Fushimi Inari Shrine. Every year thousands of visitors head to the shrine in Kyoto to get a closer look at the stunning sight of lush forest and mountains with a path covered in bright orange torii gates.

About a 2.5-hour drive from Misawa, you can visit Takayama Inari in Tsugaru City. The shrine is dedicated to the same god as the one in Kyoto. This location is also considered to be a power spot, which are shrines or temples Japanese people hold

in high regard as places where their wishes are more likely to be granted and where you'll find an abundance of healing energy.

Take a walk under the 202 gates which stand at 6'6-feet-high and are believed to ward off evil, illness and bad luck. Once on the grounds of the shrine, you'll find many fox statues as the fox is the familiar spirit of the Inari God.

Climb to the top of the hilly path and be rewarded with a wonderful view of the shrine grounds and surrounding landscape. This is also a good place to get a view of the autumn leaves, so make plans to head to this power spot soon as it offers a familiar sight without the travel time required to go to Kyoto!

takiguchi.takahiro@stripes.com

LOCATION: 147-1 Washinosawa, Ushiga Town, Tsugaru City, Aomori Prefecture (a 2.5-hour drive from Misawa AB)
URL: <https://takayamainari.jp/>
TEL: 0173-56-2015

View Video!



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)
- 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 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

Flowers for that Special Person or Occasion available for delivery anywhere in Japan!



Rose Bouquet



Moss Ball Planter



Soap Flower

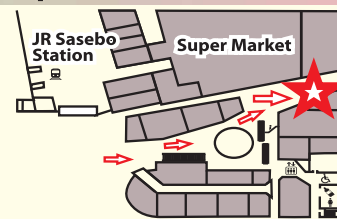
Services Available

- Flower Arrangements
- Preserved Flowers
- Soap Flowers
- Garden Plants



KAZAHANA

<http://kazahana.net/>



KAZAHANA Flower Shop is Here!

Kazahana Flower Shop is located on Sasebo Train Station premises near the central patio. About 12 minute walk or 5 minute drive from Commander Fleet Activities Sasebo. Parking available in front of Sasebo Train Station.

Open: 10:00~19:00

TEL: 0956-24-3987

Address: 1F 21-1 Miura-cho, Sasebo City, Nagasaki Prefecture

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.



Bag a bird's-eye

Capture Japan's most sublim

STORY AND PHOTOS BY TAKAHIRO TAKIGUCHI,
STRIPES JAPAN

As autumn sets in and the leaves start transforming Japan's forests and mountains into golden, fiery and crimson hues, an almost primal urge calls us to flock to this magical flora on outings and countryside cruises. It's "momiji-gari" – time to track down scenic fall foliage.

The Japanese have been taking to nature to view autumn's multi-hued foliage, or "momiji," for centuries. The tradition is believed to have begun in the Heian Period (794-1185). Since then, countless deciduous broad-leaf trees have been planted in the gardens of Kyoto, Kamakura and other old cities to facilitate this seasonal pastime.

As the name momiji-gari, or fall foliage hunting, suggests, originally people enjoyed "koyo," the reddening or coloring of leaves, by searching out the perfect specimen and collecting a sprig to admire its beauty close up.

Just as the cherry blossom is a symbol of spring in Japan, these colored leaves embody the spirit of

autumn. Whereas the nation's cherry blossoms, "sakura," bloom seasonally from south (starting in February on Okinawa) to north, the "koyo" starts early September in the northern island of Hokkaido's Daisetsuzan mountain ranges and moves southward. The front moves across mainland Japan, arriving in Kyushu in early December.

While "hanami," or cherry blossom viewing, is a popular pastime, more sober "momiji-gari" tea ceremonies traditionally take place outdoors during the fall.

During the early phase of the season from September to early November, the colors are mostly in the mountains where entire slopes turn shades of yellow and red, and provide some of the most stunning scenery. Hiking may be the most rewarding way to see the colorful leaves in the mountains. Soaking in mountain hot springs amid the vibrant landscape is another great way to enjoy this autumn splendor.

In mid to late November, the colors descend to the cities, where they can be viewed in parks and temple gardens. Autumn colors in the temple gardens of

Turning over

Many Japanese consider the transformation of fall leaves in Japan to be one of the most beautiful in the world. According to Jun-ichiro Higuchi, chief curator of the Southeast Botanical Gardens, there is good reason for this: The vegetation and climate here are conducive to such autumnal beauty.

"Changing autumn leaves mainly occur with deciduous broad-leaf trees before they fall to the ground," Higuchi explained. "Although 30 percent of the globe consists of forests, those with deciduous broad-leaf trees that change color are concentrated in the eastern Asian coastal regions, the eastern part of the North American continent along with some parts of Europe. Amazingly, 70 percent of Japan contains forest with a variety of deciduous broad-



view of fall foliage

time scenic season

ms, or
ting in
front”
and of
moves
Japan,
g, par-
adate”
doors in

Since, however, there is an abundance of maples and other deciduous broad-leaf trees virtually anywhere in mainland Japan, the charm of autumn is never far away.

ptem-
y found
orange,
amaz-
ng way
oaking
dscape
endor.
nd into
nd gar-
f Kyoto

See more about fall foliage on page 12

er a colorful leaf

leaf trees.”

According to Higuchi, 50 to 60 kinds of deciduous trees in Japan change their colors in autumn. The colors depend on the kinds of trees. While most maple leaves change to red or orange, others change to yellow or brown, and each leaf gradually changes individually: “This gives forests a complex combination and variety of colors, making Japan’s autumn leaves uniquely beautiful.”

When predawn temperature lows drop below 46 degrees Fahrenheit, leaves start changing color. The process accelerates greatly when those temperatures drop below 41 degrees Fahrenheit.

“Large temperature difference between day and night, clean air, sunshine and adequate moisture for good photosynthesis – all these factors help the leaves turn stunning reddish or orange colors,” Higuchi added.

This is why the most famous viewing spots for autumn are often located in valleys or around mountainous lakes and waterfalls.

takiguchi.takahiro@stripes.com

Where on Kanto Plain to view AUTUMN

From November to early December, many of the famed fall viewing spots on the Kanto Plain can be found in the mountains of Hakone and on the Izu Peninsula. Here are a select few.

Niji-no-sato in Shuzenji Town

Situated in the hilly center of the Izu peninsula, Shuzenji town is known for representing autumn foliage attraction. The town offers hot spring resorts, open-air baths on a river bank, elegant Japanese bridges, classic gray-tiled inns and pristine, yet charming temples and shrines, which attract countless tourists domestically and internationally. Niji-no-Sato (home of rainbow), a 123-acre park (same size of Tokyo Disneyland) in the town, accommodates various natural and traditional attractions. In its maple forest, you’ll find breathtaking autumn colors

from 1,000 trees between late November and the beginning of December. During the season, the forest is beautifully lit up and draws many tourists.

ADDRESS: 4279-3 Syuzenji, Izu City

HOURS: 9 a.m. to 5 p.m. (Aug. – Sep.), 10 a.m. to 4 p.m. (Oct. – Feb.), extended to 8 p.m. during the period of autumn leaves lit up (end of Nov.)

ADMISSION: (Ages 12 or older) 1,220 yen, (ages 4-12) 610 yen

TEL: 0558-72-7111

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



Hasedera Temple, Kamakura City

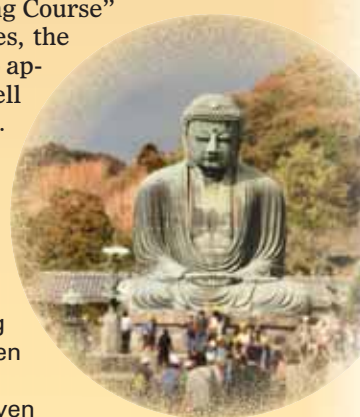
Since Kamakura is only 30 miles from Tokyo, it makes for a great day trip, especially in the coolness of autumn. While the popular “Ten-en Hiking Course” is ideal for beautiful vistas with many colored autumn leaves, the many temples and shrines of Kamakura are also good place to appreciate the autumn beauty. Hasedera Temple is especially well known for this. The garden will be lit up from Nov. 21 to Dec. 6; visitors can enjoy fantastic views of autumn leaves and old temples. As this temple is only 7-minute walk to the famous Daibutsu (Big Buddha), it is convenient for a town walk in Kamakura.

ADDRESS: 3-11-2 Hase, Kamakura City (5-minute walk from Hase Station; Enoshima Dentetsu line)

HOURS: 8 a.m. to 4:30 p.m. until 6:30 p.m. for night viewing (Nov. 21 to Dec. 6) weekdays open Saturday, Sunday open until 7 p.m.

ADMISSION: Adult 400 yen, elementary school students 200 yen

TEL: 0467-22-6300



Hakone Museum of Art, Hakone-cho

Autumn colors can be seen across the Hakone region from early November to early December depending on the elevation. Located less than 60 miles from Tokyo – and home to many hot spring resorts – this is one of the most popular holiday destinations on the Kanto Plain. Lake Ashinoko, Horai-en Garden and Hakone Museum of Art are some of the best places to view autumn leaves in Hakone. Hakone Museum also displays mainly Japanese ceramics from prehistoric times through the Edo Period (1602-1867) as well as a pretty moss garden with stone paths that’s ideal for communing with autumn in November. There is also a teahouse and Sekirakuen Japanese.

ADDRESS: 1300 Gora, Hakone-machi, Ashigarashimo-gun (5 minute walk from Koen-Ue Station; Hakone Tozan Tetsudo Cable Car)

HOURS: Fri - Wed, 9:30 a.m. to 4:30 p.m.

ADMISSION: Adult 900 yen (\$8.5), 65 or older 700 yen, high school and college students 400, junior high school students and below free

TEL: 0460-82-2623



Aomori bucket list

Top 10 things to do in Aomori, Japan's northern nature paradise!

LIVE JAPAN

What are some of the best things to do in Aomori Prefecture? Located at the northern tip of Japan's main island of Honshu, Aomori is surrounded by beautiful seas on three sides and covered in large swathes of forests. The changing scenery as the seasons come and go makes the area an especially inviting tourist destination.

As one of the largest producers of agricultural products and seafood in Japan, there's plenty of gourmet choices within the

prefecture too. On top of that, there are historically rich castles and towns, and traditional festivals dating back to the Nara period from over a thousand years ago; there's just so much waiting to be discovered in Aomori.

With scenery, food, and culture to enjoy, we'll be introducing ten best things to do in Aomori as recommended by locals.



Photo courtesy of Live Japan

1 See Japan's world-famous cherry blossoms at Hirosaki

Hirosaki Park is one of the three top cherry blossom viewing spots in Japan, and visitors flock here from all over the world to see them.

It boasts a vast number of flowers, as the pruning from apple trees, which are cultivated in Aomori, are used as part of the specially formulated fertilizer for the cherry blossoms.

It is, of course, a given that you have to see the fluffy and voluminous flowers, but be sure not to miss the sight of the flower petals flowing down the moat too, a view

known as "hanaikada" or "flower rug," as it blankets the water surface in a carpet of pink.

Besides these, you can see weeping cherry blossoms around Hirosaki Castle, along with Japan's oldest Yoshino cherry tree, the sakura tunnel along the west of the moat, and even a cherry blossom light-up. With so many sights to see, the cherry blossoms of Hirosaki Park are not to be missed.

Top 10 cherry blossom spots in Tohoku, northern Japan!



Hirosaki Park

ADDRESS: 1, Shimoshirogancho, Hirosaki City, Aomori Pref., 036-8256

NEAREST STATION: Chuohirosaki Station (Konan Tetsudo-owani Line)

15 minutes by car

TEL: 0172-33-8739

Photo provided by the Aomori Tourism Convention Association



Photo provided by the Aomori Tourism Convention Association

2 Dance as a "haneto" at Aomori's Nebuta festival

The Nebuta Matsuri is a festival held in August in Aomori City every year, and is famous as one of the three great festivals of the Tohoku region. Experiencing this festival in person should be on all lists of things to do in Aomori.

The so-called "Nebuta" are giant lanterns in the shapes of dolls and other objects which are paraded down the streets, and over 2.5 million people from all over the world come to see it every year.

Besides the Nebuta, be sure not to miss out on the "Haneto," dancers who dress up in flashy outfits and chant "rasserah" as they go down the streets. And it's not just the locals, but tourists and visitors can also dress up and wait along the course of the Haneto, and join in freely. As the music of the Obayashi accompaniment plays, why not experience the festival first hand by joining in the dance as well?

Aomori Nebuta Festival

ADDRESS: Aomori Chamber of Commerce Hall 4F, 1-2-18 Shinmachi, Aomori City, Aomori Pref., 030-0801

NEAREST STATION: Aomori Station (Ou Line / Tsugaru Line / Aomori Tetsudo)

3 minutes on foot

TEL: 017-723-7211



Photo courtesy of Live Japan

3 Immerse yourself in the music of the shamisen

The shamisen, which can create beautiful sounds when struck sharply, yet produce otherworldly tones too. Said to be pioneered by blind traveling performers from the Tsugaru area, shamisen music is now played live at events and festivals everywhere, and the traditional sound of this instrument creates a unique atmosphere wherever it is played.

Though there are set melodies and phrases, the composition can be arranged and improvised to showcase your own style, and one draw of this instrument is in how the same song can sound vastly different when played by different people.

In the restaurants and izakayas of Hirosaki City, you can hear the performances of veterans of the art as well, so why not drop in and revel in the music with a glass of alcohol in your hand?



Photo courtesy of Live Japan

4

Heal yourself amidst the autumn foliage and hot springs of Tsutanuma

In the Oirase area of Towada City, is one brilliant marshland ringed by the Seven Swamps of Tsuta and a scenic lake called Tsutanuma. The surroundings have sightseeing facilities and are especially popular amongst visitors in autumn.

Covered naturally in beech trees, the sight of the red leaves reflecting in the still water at

sunrise is stunning. The fiery crimson view is breathtakingly beautiful, and on windless days, it almost feels as though time has stopped.

In the surrounding area is the Tsuta Onsen, one of the top hundred hot springs in Japan, and getting to enjoy both the view and hot springs together is highly recommended.

Tsutanuma

ADDRESS: Tsutanoyu, Okuse, Towada City, Aomori Pref., 034-0301

TEL: 0176-24-3006 (Towada Oirase Tourism Organization)



Photo courtesy of Live Japan

5

Taste the best apples in Japan

Aomori Prefecture's claim to fame is as the producer of the best apples in Japan. In Aomori, Hirosaki City itself is responsible for producing one-third of all delicious Aomori apples. It is the single largest producer of apples in Japan, which are known for their intense sweetness and delightful crunch.

The four seasons can be felt distinctly in Hirosaki, with cool

summers with stable temperatures, leading to a sharp drop in temperature once autumn arrives. The large temperature difference causes the sugar content and crunchiness of the apples to increase.

The sight of lush green trees leaning heavily with bright red fruit is also a beautiful sight to behold, making for strolls along farm ways an enjoyable way to pass the time.



Photo courtesy of Live Japan

6

Taste and compare different apple pies

Though apples are indeed delicious when eaten as-is, desserts such as apple pie are popular as well. In Hirosaki City, there are many shops where you can get a taste of apple pie, and you can partake in sweets and desserts as you stroll down the street. Snackwalking is definitely one of the most fun things to do in Aomori!

Each shop has its own version of apple pie, with various tightly controlled flavor profiles, from the strength of the cinnamon and

acidity to the texture and flavor, and there are even guide maps for them.

Regardless of which you choose, they'll be deliciously fitting for the city of apples. Many cafés that offer apple pie have a charming atmosphere as well, so do enjoy your desserts in a sweet and cute café setting!

Amazing Aomori apples



Photo courtesy of Live Japan

7

Encounter snow monsters

Aomori City is known worldwide as one of the cities with the heaviest snowfall in the world, and it is common for it to snow for days on end in winter.

The 18 mountains which form the volcanic complex called the Hakkōda Mountains have their trees covered in snow and ice, resulting in frozen tree formations called "snow monsters."

An artwork done by nature that appears amidst the extreme frost of winter, getting to see these structures sparkle in the sunlight on sunny days, is a blessing in itself.

As it's easily accessible from Sanroku station via ropeway, it's easy to visit for first-timers. Some many locals and visitors ski or snowboard down the mountains while enjoying the frozen trees too.

8

Make your own unique rice bowl at "Nokke-don"

At the "Nokke-don Information Center" in Aomori city, you can try making one of their signature dishes, the "nokke-don."

The system requires you to buy food tickets, before heading to the market to pick your own ocean-fresh fish, which is arranged on a bowl of piping hot rice to complete your dish.

The market has three alleys, for a total of thirty shops offering different cuts of tuna such as otoro and akami, along with scallops and prawns, allowing you to exchange your tickets for food items that you want to have with your rice bowl.

As you can pick as much of your favorite toppings as you like, this really is the only place in the world where you can create your own unique "my-best don."

Nokke-don Information Center

ADDRESS: 1-11-16, Furukawa, Aomori City, Aomori Pref., 030-0862

TEL: 017-763-0085

Photos courtesy of Live Japan



SEE AOMORI ON PAGE 10

AOMORI: Something new every time



Photos courtesy of Live Japan

9 Find Aomori souvenirs at A-FACTORY

Just one minute away from Aomori Station by foot, is A-FACTORY, a Marche-style market and complex featuring cider made in-house from Aomori's apples, and other delicious snacks and treats from all over the prefecture.



As the market gathers famous foods and produce throughout Aomori Prefecture, there's everything from regular staples to rare and hard-to-get items available, and this is one place where you can efficiently hunt for your perfect souvenir.

Besides the market, you can try cider that has been fermented in in-house fermenters from the tasting machines on the second floor, for a small fee. Food and dessert made using produce from Aomori are available as well, making this place a popular one amongst visitors.

A-FACTORY

ADDRESS: 1-4-2, Yanakawa,
Aomori City, Aomori Pref., 038-0012
TEL: 017-752-1890



Photo courtesy of Live Japan

10 Make a quick visit to Hakodate via the Hokkaido Shinkansen

After the Hokkaido Shinkansen was opened in 2016, a trip from Aomori Station to Shin-Hakodate-Hokuto Station can take as little as 57 minutes, making it conveniently accessible.

From the seafood bowls available near Hakodate Station to the landmark Kanemori Red Brick Warehouse composed of four buildings

in the Hakodate Bay area, there are events and shopping there that can make for an enjoyable day trip.

At night, you can ride the ropeway up Mount Hakodate to see the splendid night scenery of Hakodate.

After you've had your fill of fun in Aomori, taking a small side trip by shinkansen via the Seikan Tunnel is recommended too.

From nature to food to festivals, there's something new to be discovered in Aomori every time, but indeed, the one thing that keeps tourists coming back is the people.

Many people try their best to communicate to foreign visitors through gestures and body language despite not knowing a lick of English, and the kindness of the locals are the real gems of your memories of your trip.

Recently, there have been many more tourist information centers and signages available in English, so you can rest easy even if it's your first time in Japan. Aomori awaits you!

Travel secrets of
Aomori



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

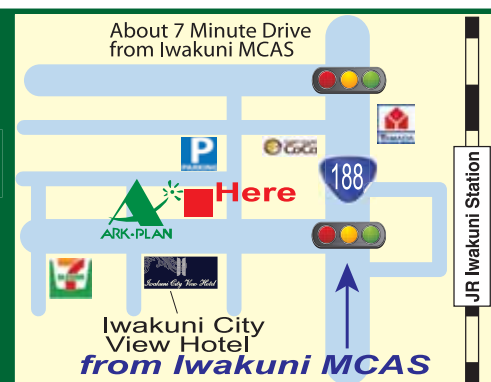
Our office is near Iwakuni Station!

Welcome to Iwakuni

English information available



@arkplan.english



Fun Kids Program at 10:45am

Church Online Every Sunday

WE WOULD LOVE TO SEE YOU!

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

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

Earn your Stripes

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

japantravel.com/stripes



JapanTravel
.com

Stripes Sports Trivia

Some already argue Mike Trout is the best player in MLB history. The Angels outfielder has finished top 2 in AL MVP voting in 7 of his first 8 seasons. Quite the start for the 25th pick in the 2009 draft. 25th!!! Your team likely passed on him for someone that's not as good, but there was one player no one passed on because he went No. 1 overall. Who was he?

Answer

Stephen Strasburg

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

<http://kellyandkellyjp.com/>

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

USED CAR EXPERTS
CELEBRATING 53 YEARS 1967~2020
of Service to the Military Community!

Discount Store
Route 16
Terminal Gate
AMC YOKOTA

STARS AND STRIPES

CELEBRATING 75 YEARS OF SERVING US MILITARY IN THE PACIFIC 1945-2020

75.stripes.com

STARS AND STRIPES

DID YOU KNOW?

There was a U.S. Army Major nicknamed "The Man Who Saved Kabuki." Under the occupation of Allied Corps, Maj. Faubion Bowers believed in the preservation of Kabuki, although Gen. Douglas MacArthur held the view that it should be banned due to its portrayal of the feudal values that had raised Japanese militarism. Bowers also contributed to the rebuilding of Kabuki Theater in Tokyo in 1950.

Kanji of the week

泡

Awa or hou (foam/bubble)

Language Lesson

It's scary.

Kowai desu.

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

- Alligator's abode
- Lift with effort
- Eden dweller
- Dot on a computer screen
- Storybook monster
- Sonny who sang
- Circus site
- Three-fingered saluters
- Full, as a voice
- Morsel
- Felt topper
- Hair raiser?
- It may be furrowed
- Bye lines?
- Religious off-shoot
- Overhaul
- Galley gear
- Halloween cry
- Go through again
- Half-time speech
- Mess up
- Like a certain McCoy
- Fire worshiper
- Wind indicator
- Treat a wound
- PGA part, briefly
- Friendly greetings
- UN member
- Lathe, e.g.
- Crichton creature
- Waterproof cloth
- Safari sighting
- Feel the
- Put up drapes
- Brilliant success
- Draft, maybe
- Like Santa's cheeks
- Manner

DOWN

- Practice in the ring
- Undercover device
- Sends packing
- Combat ships
- 747, e.g.
- Rub elbows (with)
- Braggart's vacation?
- One way to cook
- SAT or GMAT
- Igloos and yurts
- Stringed instrument
- Part of ABM
- Lion's share
- Pack item, slangily
- Took as one's own
- Resting on
- French cheeses
- Nostalgic style
- Pad the bill
- Becomes involved
- "Unforgettable" singers
- Coin substitute
- Scratch up
- Luxurious resort
- Make, as money
- Cut across
- Introductions
- Smoked herring
- Tight-fisted
- Coral or Caspian
- Exudes
- Concert memento
- Aesop racer
- River to the Rhine
- With proficiency
- Russian mountains
- Hourly charge
- Asian language

Answers to Last Week's Crossword:

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

SUDOKU

Difficulty: Medium

Edited by Margie E. Burke

HOW TO SOLVE:

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

Answers to Last Week's Sudoku:

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

AIG

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!

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

Fall foliage fun near Iwakuni

STORY AND PHOTOS BY LINDA CORDES,
IWAKUNIFOODIE.COM

It's almost that time of the year again. That time when sweaters and boots are being pulled out and soup recipes are being researched. I want to twirl around and sing, "It's the most wonderful time of the year!" Not only because I love soup and sweaters, but mostly because of my excitement for fall colors. The reds, yellows, and oranges that pop up all over the place every year in November. While Japan has so many beautiful spots to enjoy the fall colors, there are some amazing places in and around Iwakuni. These are some of my favorite fall foliage spots!



Momijidani Park at Kintai

This has long been one of my favorite fall foliage spots!

I spend most of my lunch breaks walking around here just taking in the colors and this scenery. Most people don't even realize this gorgeous spot is in Iwakuni. Located in the Kintai area, Momijidani Park is one place I highly recommend during fall.

This is also where one of the hiking paths up to the Iwakuni Castle begins. It's a nice little hike any time of the year, but it can be quite buggy in the summer.



Miyajima

Miyajima is beautiful any time of the year, but

it is extra beautiful in the fall. Momijidani Park on Miyajima is my favorite spot to head to in November, but there are some other places that I love to visit for fall colors.

Be sure to walk all the way through the park and continue exploring around the back portion. It's really gorgeous all the way through.

Afterwards, head over to the Daishoin Temple.

Just like the Momijidani Park area, be sure to walk around the entire temple grounds.

Hiking up to Mt. Misen or taking the ropeway up is also very beautiful in the fall.



Mitaki Temple in Hiroshima

Mitaki Temple is one of Hiroshima City's best kept secrets. Hard to imagine this temple and the lovely grounds that surround it are just 15 minutes away from downtown Hiroshima (depending on traffic).

There's a little pagoda on the grounds with a few maple trees around it that I love.

When walking up to the temple, there is a lovely spot on the left where you can enjoy a matcha and a sweet (for a fee) while looking at a garden with a waterfall.

I recommend visiting Mitaki Temple early in the morning. The parking lot is not very big and it fills up very quickly. The first time I went, I arrived a little after 8 a.m. (on a weekday) and I got one of the last spots. When I was ready to leave, there were people waiting for a parking space to open up.

This is another spot that is really nice to visit just about any time of the year. I went in the rain one summer, and it was so green and so pretty. Be sure to walk around and see everything. The grounds are quite large.

They are open from 8 a.m. – 5:30 p.m.



Buttsuji Temple in Mihara

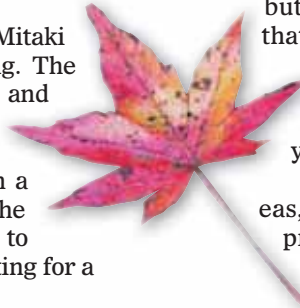
Buttsuji is also a temple that is nice to visit any time of the year. I first visited this temple in December a couple of years ago and really enjoyed walking around the temple grounds. As I walked around, however, I noticed all of the maple leaves on the ground. I started thinking about how amazing this place must be in the fall and decided I needed to come back the following fall.

It was pretty crowded, but so worth it. The colors were amazing! Looking at these photos is making me want to go again this year.

Last year, I visited Buttsuji on the 19th of November. It was very beautiful, but a lot of leaves had already fallen off so I couldn't help but wonder how it was the weekend prior to that. Of course, every year it is a little bit different because it all depends on Mother Nature. Typically, if you visit around the second and third week of November, you will be able to enjoy the pretty colors.

Buttsuji has a few different parking areas, but they do fill up pretty quickly and stay pretty full throughout the day. We had to park at one of the lots that was further away, but it was a very nice walk to the temple grounds from there so we didn't mind at all.

There are so many beautiful spots to enjoy the autumn colors that are not too far from Iwakuni, and I hope these places help you plan some fall adventures!



ENTER TO WIN A **\$100** GIFT CARD!



MONTHLY
TRIVIA
CONTEST! TO WIN

ONE WINNER EVERY MONTH!



GO TO **75.STRIPES.COM** TODAY!

The background is a rich, textured collage of Japanese culinary elements. In the top left, there are two small dark bowls filled with a light-colored liquid, possibly soy sauce or miso, next to a small dark teapot. To the right, a cluster of bright orange citrus fruits, likely daidai (citrus), is shown. Below the citrus, a black plate holds a piece of salmon topped with a green garnish. In the center-right, a wooden bowl is filled with white rice, with a pair of wooden chopsticks resting on top. The bottom of the image is dominated by a variety of fresh ingredients: several pieces of nigiri sushi (salmon and tuna) are in the bottom left; a basket of fresh green onions and other vegetables is in the bottom center; and a large, vibrant platter of sashimi, including salmon, tuna, and various types of mushrooms, is in the bottom right. The entire scene is set against a dark, vertically-grained wooden background.

STARS  AND STRIPES®

A Taste of Japan

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

12-page pullout



American **craft** beer is our specialty!

Antenna America is just what you need to quench your thirst! Our Kannai, Yokohama and Shinagawa branches serve up American craft beer from top U.S. craft breweries. Please go to : <http://www.antenna-america.com> for more details. Our tasting rooms have rotating taps and a huge selection of bottles, all fresh from breweries thanks to our cold-chain delivery system. Chicken wings, burgers and other American food items all made to order at our Kannai and Yokohama branches. We have private space available upon request at our Kannai branch. Antenna America is family friendly, so come check us out!

RESTAURANT INFO



Home Delivery Service Available

Volume Purchase Promotion
Antenna America Variety 6 Pack

NOW!

Online Store



Store Locations

Kannai

5min walk from
JR Kannai station North Exit

★Shipping OK

Yokohama

Yokohama station
Joinus B1 (Food & Time Isetan)

Shinagawa

JR Shinagawa station
Atré 3F (Food & Time Isetan)

★Shipping OK

A Taste of Japan

Family Dining

Continental Cuisine

Drinks And Bar

Online Reservation

Party And Catering

Free Wifi



Healthy, Tasty and Spicy

GORKHA PALACE Nepali / Indian Restaurant

Jyunesu Yokosuka Bldg. 1F, 1-21 Odaki-cho Yokosuka-shi, Kanagawa-ken

TEL: (046)874-8528 www.gorkha-palace.com

TAKE-OUT
also available

Located just outside Yokosuka NB Womble Gate on the corner of Rt 16(same bldg. as 7-11)



A taste of Yokosuka you'll never forget

We ensure that in every dish we prepare, we add the best herbs and spices specially handpicked from Nepal and India. With our belief deeply rooted in the Eastern philosophy, we regard every customer as a god, and make sure in every way that we treat them as one. Our 5-star experienced cooks and chefs ensure the food looks as good as it is healthy. Once you come and visit us, we are confident that you will make plans to come again. We eagerly await the opportunity to serve you our delicacies!!

RESTAURANT INFO



Delicious French cuisine in Misawa

Join us for a wonderful French meal at North40-40 in Misawa. Your friends and family will enjoy the finest dishes made with the best local ingredients. North40-40 is within walking distance from Misawa Air Base, offers parking and take-out service. The restaurant has a new bar where you can enjoy a wide variety of beverages sure to please all of those in your party. Celebrating a special occasion? Don't forget to pick up that scrumptious dessert from our take-out patisserie to make that celebration all the sweeter! Visit us at North 40-40, we can't wait to serve you.

RESTAURANT INFO



Bistro & Bar
Patisserie

North 40-40

Lunch: 11:30 am ~ 2:30 pm LO 2:00 pm
Dinner: 17:30 pm ~ 9:00 pm LO 8:30 pm
Closed Wednesday
2-7-14 Sakura Misawa Aomori 033-0031

phone: 0176-58-7091



Enjoy dining with your dog!



Our Patisserie is open!!!

Come try our homemade cakes
& other baked goods.

Hours: noon to 8 p.m.



A Taste of Japan

REAL GOLD.
REAL *Burger.*

Show your Military ID
to get 10% discount

*Alcoholic Beverages Excluded.

WORLD'S FIRST
24-KARAT GOLD LEAF
STEAK BURGER™

Hard Rock
CAFE
JAPAN



It tastes as good as it sounds

Beginning with an Eric Clapton guitar, Hard Rock Cafe owns the world's greatest collection of music memorabilia, which is displayed at its locations around the globe. For fans of music, great food and good times, Hard Rock is the go-to restaurant to get that authentic American diner-inspired cuisine wrapped in a unique musical experience. So, it's time to strike up the band! Events, like great music, are born to inspire others. At Hard Rock Cafe, we pride ourselves on delivering an exceptional experience with a rock 'n' roll twist for each and every one of our guests.

RESTAURANT INFO

Japanese dishes you didn't know about!

BY LUCIO MAURIZI,
LIVE JAPAN

The famous Land of the Rising Sun is known for so many things, it's hard to even mention them all: culture, history, pop culture, manga, anime, cosplay, sights, architecture...the list could go on and on. A big component of this host of things for which Japan is world famous is food. No matter where you're from, or whether you've ever visited this country, chances are you've stumbled upon more than a few Japanese food restaurants.

Many of us know of sushi and sashimi, or ramen. Yet Japanese food culture is much richer than that. If you're among those who like to experience food, when you travel to another country, then, unless you're already an expert, you'll need some guidance to navigate through the sea of restaurants and dishes this country has to offer.



1 Butaniku no shogayaki (ginger pork)



Courtesy photos

This is one of the most common (and tasty) Japanese dishes. Try it in many restaurants, izakaya (traditional Japanese restaurant/bar), in fast food chains, and even as a bento box (a pre-prepared Japanese style lunch) found in many grocery stores and convenience stores.

The word yaki means literally "grilled". This dish is prepared by grilling thin slices of pork dressed with a delicate sauce of mirin, soy sauce, sake (Japanese rice wine), granola oil mixed with sliced onions and ginger.

The dish makes for a great quick and tasty meal and it's perfect for any season.

2 Champon



This dish may look like ramen at first sight (and you could say it belongs to same group of dishes) but it's different and unique. If you want to taste something really traditional, don't miss out on this dish.

Champon is originally from Nagasaki as it first appeared there in a Chinese restaurant during the Meiji era (1868-1912). Unlike the many different kinds of ramen, its noodles (specifically made for this dish) are boiled in the soup itself, instead of being added at a later time.

A great seasonal dish, Champon's ingredients vary slightly depending on the season (pork, seafood, vegetables, or any combination of these).

The ingredients are fried in lard and a soup of chicken and pig bones is later added. The result is a robust and satisfying taste that is rarely the same. In fact, not only can different versions of this dish be found in many countries in Asia, but also within Japan. This creates a variety of unique styles and flavors that will keep you wanting for more!

3 Edamame



Okay so they're not really a dish, but they are a wildly popular food in Japan. These are not yet mature soy beans, still in their pods. They can be served hot or cold (at times grilled instead of boiled) and are dressed, usually, only with salt. They make for an amazing appetizer. Try a few and you will find yourself reaching for more and more before you know it. They usually accompany a meal in all izakaya, but they are almost always part of the menu in the vast majority of Japanese restaurants in Japan.

4 Fugu



For those of you looking not only for an amazing dish, but also for a thrilling experience, fugu is the dish to try!

The fugu is a pufferfish which is yes, delicious, but it can also be lethal due to the presence of a toxin in some parts of its body. Fugu is usually served as sashimi, or in certain kinds of Japanese nabe hot pots.

The preparation of this fish, due to its characteristics is

rigidly controlled by the Japanese government. Chefs who aspire to prepare this fish must undergo at least three years of very rigorous training to get their license. Before being served, the toxic parts of the fish are removed, making it safe to serve.

An interesting fact is that the liver is considered to be the tastiest part of the fish, but it's also the one that can be the most poisonous. Serving fugu liver was outlawed in Japan in 1984. Should you try this dish, you'll certainly remain amazed by its taste, but do careful research before ordering it in a restaurant (and never try to prepare it by yourself).

5 Gyoza



Gyoza are moon shaped dumplings. Another one of those dishes that can be found in almost every Japanese restaurant, regardless of their style, but that many people miss. Although Chinese in origin, the varieties you'll discover during your Japan stay are often quite distinct from the original.

Gyoza come in several varieties in Japan. One of the most popular is "yaki-gyoza": the dumplings are prepared with a filling of minced pork meat, cabbage, garlic, onion, and ginger. They are then lightly fried, until they become crunchy and of a nice dark-gold color.

Enjoy them with a dip made with soy sauce, rice vinegar, and spicy oil.

6 Gyudon



Gyudon is a mouth watering one-dish meal of beef over rice (gyu = beef). Gyudon is a quick meal served in specific restaurants or in Japanese fast-food chains such as Yoshinoya.

A bowl of steamed rice is topped with thinly sliced beef and tender onion, simmered in dashi broth (a popular Japanese ingredient), and then seasoned with mirin and soy sauce. Sometimes it's served topped with a lightly cooked egg.

If you want to experience a typical Tokyo salary man's lunch break, enjoy this quick and tasty dish and get back to your tasks (although you probably won't be needing to go to work, you'll definitely enjoy having more time to sightsee and explore on a full and satisfied stomach).

7 Gyukatsu (beef cutlet)



A wonderful beef variation of the popular pork-based tonkatsu (which we also recommend you try), this is a dish of deep fried breaded beef, usually served with cabbage, barley rice, miso soup, potato salad, and pickles.

The preparation makes for a tender and crunchy texture, and for a very flavorful but not overwhelming taste. You won't find this dish as easily as it's pork counterpart, but if you do, you'll be happy!

8 Gyutanyaki



Depending on your country of origin, this dish may appear, at glance, too atypical, but bear with us and keep reading.

Gyutan literally means cow tongue and yaki means grilled. This is exactly what the dish is: grilled cow tongue. You can usually find this dish in yakitori restaurants, served with salt, or different sauces (usually a lemon one) and scallion. The meat is thin, tasty and tender.

The dish originated in Sendai where the owner of a yakitori restaurant opened a new one, in 1948, which served gyutanyaki. Since then the dish spread all over the country like wildfire. Try it and you'll know exactly why.

9 Karaage



As soon as you set foot into Japan, you'll start seeing the typical Japanese style fried foods (Karaage). Karaage usually refers to chicken, but it can be found as a variety of meats, or seafood.

The meat or fish are lightly coated with wheat flour or potato starch and deep fried in oil. Sometimes the ingredients are marinated prior to the coating. It's usually served with a slice of lemon on the side, but you can enjoy it with or without it.

The chicken variety is especially common to stumble upon, in restaurants, street-food carts, izakaya, convenience stores (and pretty much anywhere else). Karaage is cheap, tasty and fast. Only downside? So good, it's addictive!

10 Katsudon





Similar to gyudon, but prepared with pork, this is another popular and often neglected (by foreigners) dish that is as cheap as it is fast and tasty. Perfect for those of you who are on the go, you can enjoy this meal in specific restaurants, and in all Japanese-style fast food chains.

A bowl of rice is served with a topping of deep-fried pork cutlet, egg, vegetables and condiments.

It's a standard dish in Japan, but you can find several kinds, like the one served with tonkatsu sauce, the demi katsudon (a specialty of Okayama), shio-katsudon (flavored with salt), or the miso Katsudon (originally from Nagoya).

Regardless of the variety, you'll love this dish!

11 Kushikatsu



This dish, known also as kushiage is crunchy deep-fried skewered meat, fish, or vegetables. The etymology refers to its preparation with kushi referring to the skewers that are used and katsu meaning the deep frying of a cutlet of meat.

Some of the more interesting kinds are the ones prepared with bamboo shoots, lotus root, cartilage (nankotsu), and gizzard (sunagimo). All of them though, are certainly worth tasting.

On top of the different ingredients that can be used, there are also several geographical varieties, such as Osaka; Tokyo (serving also pork rib kushikatsu), where the meat is prepared slightly differently and dressed with brown sauce; Nagoya is famous for its doteni (a rich miso based dish with beef tendons, intestines, and daikon (radish). Here you can order Kushikatsu with this staple dish. The region also uses different sauces and batter.

12 Miso soup



When talking about Japanese food, we cannot avoid mentioning miso soup. This dish, served in almost any combination of breakfast, lunch, and dinner meals, is truly a staple of Japanese cuisine. Simple and flavorful it's an amazing side dish to

enjoy with the rest of your food.

Once again we see dashi being one of the main ingredients. This stock is mixed with miso (seasoning produced by fermenting soy beans) paste creating the famous soup. Other ingredients are then mixed accordingly to preference.

Very often miso soup will be served with tofu, scallion, and wakame seaweed. Other items, such as daikon, shrimp, fish, mushrooms, potatoes, onions, or meat can be added.

Particularly recommended during cold winter days, you can't leave Japan without trying this evergreen dish!

13 Nabe



Nabe means cooking pot. It's sometimes referred to as nabemono (literally things in a cooking pot). The name already tells you everything there is to know about preparation, but it can't begin to paint a picture of the immense variety of nabe one can find in Japan. This dish can be found all year round, but it's ideal during cold months.

Popular both in Japanese nabe restaurants and at home, the dish is prepared by boiling in seasoned or unseasoned water a variety of ingredients: meat, fish, shellfish, vegetables, and tofu.

Nabe is also famous as the favorite dish of Sumo wrestlers. In particular, when talking about sumo nabe, we are referring to "chanko nabe."

Chanko nabe usually includes meatballs, chicken, vegetables, and noodles. It's designed to be served with more ingredients, in order for the wrestlers to gain weight.

Another notable name in the nabe family is shabu-shabu.

Shabu-shabu's name springs from the movement one makes when dipping thinly sliced meat into the boiling pot. The dish is served with meat (usually beef and pork), as well as vegetables and tofu. The food is then enjoyed with a sesame dipping sauce or ponzu (a lemon based dressing), or with a mix of the two.

Sukiyaki is a variation of shabu-shabu in which the ingredients are stewed in sweetened water and soy sauce, and enjoyed with a dip of raw egg.

Yose nabe (yose=putting together), as the name implies, is a variety of nabe in which all things, meaning meat, fish, vegetables and tofu, are cooked together at the same time in the pot. It's usually based on a soup of miso or soy sauce.

The types of nabe available in Japan is truly staggering, so go look for some, experiment, and enjoy!

14 Natto



Known as a kind of food disliked by most foreigners, natto is daily and widely consumed by most Japanese people.

The reason why most foreigners seem to not be able to eat natto is because these fermented soy beans have a very powerful smell that most find unpleasant. Furthermore, its stickiness makes it a little weird for many non Japanese. It is, though, definitely worth trying, as it's a truly Japanese food.

Natto is often served with rice (there's also a rolled variety you can easily find in convenience stores and sushi restaurants) and dipped in a few drops of soy sauce. Alternatively it's served with a spicy Japanese mustard called karashi.

We will admit that it may be hard to get used to this dish, and it's a bit of an acquired taste, but we recommend you give natto a shot, as you may find you have more of a Japanese palate than you had thought!

15 Oden



Oden is a tasty, light, hot dish, you'd especially enjoy on those cold winter days. This is another variety of one-pot dishes consisting of several ingredients (usually eggs, konjac, fish cakes and daikon) served in a dashi and soy soup.

While some restaurants specialize in the preparation of this dish, you can commonly find oden in many Japanese fast food chains, and in convenience stores.

Oden can be prepared in many different ways (and sometimes even its name is different. In Nagoya, for example, it may be called Kanto-ni). The soups in which the ingredients are boiled also change depending on the region.

Oden is a great, cheap, and original dish that will never bore you, especially if you're travelling through different cities in Japan.

16 Okonomiyaki



If you're visiting the country you'll want to try one of the many kinds of this staple dish. Hard to compare to other dishes, okonomiyaki can be considered the Japanese frittata, or pancake.

The etymology of the name itself (meaning what you like or how you like + grilled) hints at the number of different ingredients that can be used to prepare this savory dish.

The most popular varieties of Okonomiyaki are the ones from the Kansai region, and the one from Hiroshima.

Kansai okonomiyaki:

This is probably the predominant version of the dish in Japan. The batter is prepared with flour, nagaimo (a kind of yam), dashi (or water), eggs, cabbage, pork belly, octopus, squid, shrimp, mochi or cheese, and konjac.

Osaka is particularly renowned, in Kansai, for okonomiyaki, as it seems the dish originated from there.

Hiroshima okonomiyaki:

In this version (also known as Hiroshima-yaki or Hiroshima-okonomi) the ingredients are not mixed, but arranged in layers. Usually noodles such as yakisoba, or udon as well as eggs and lots of sauce are added as a topping.

Many other kinds of this dish exist in several areas across Japan (Tokushima, Hamamatsu, Okinawa, and more), but if you're visiting Tokyo, you'll have to stop by Tsukishima district, famous for both okonomiyaki and monjayaki. The main street of this area has been renamed Monja Street. You will want to visit it to try monjanyaki, a dish similar to okonomiyaki, but with a less dense texture and with different ingredients.

17 Omuraisu



The name of this flavorful dish derives from the contraction of the words omelette and rice. Omuraisu, as the name suggests is an omelette filled with fried rice and usually topped with ketchup.

The dish seems to have originated in Tokyo, in a western-style restaurant, roughly 100 years ago.

You'll find this dish in most Japanese cafes that also serve food, as well as in several restaurants.

If you're staying with friends from Japan, chances are they'll know how to prepare it, as it's a common dish among Japanese people.

Once again, a filling, cheap, and tasty one-dish meal that will certainly be popular among adult visitors, as well as

children!

18 Onigiri



Who hasn't seen in anime, movies, videos, or documentaries, the famous Japanese rice ball, the onigiri? While not very common as a menu item in restaurants, this is the king of the on-the-go dishes. You'll find it in virtually every grocery store and convenience store.

The onigiri can be a simple rice ball flavored with spices, or it can be filled (and it usually is) with a variety of ingredients from vegetables, to meat, fish, seafood, and more. It's sometimes wrapped in a sheet of flavored or unflavored nori (seaweed), depending on the region, and on one's preference.

Many people visiting Japan eat mainly onigiri while sightseeing given its very cheap price (usually around 100 yen) and it's availability and simplicity.

19 Ramen



Most people know ramen, especially for it's world famous instant variety, but when in Japan, you'll be surprised by its amazing taste (definitely not even comparable to its cup counterpart) and huge amount of different choices.

The broth can be based on chicken, pork, beef, fish, vegetables, and flavored with soy sauce, miso, dashi, and many other seasonings. Usually scallion, seaweed, tofu, and bamboo shoots are added, but it's impossible to list all the different combinations in which this dish can be served.

Not only each region, but even each restaurant can have a different recipe, sometimes creating very original and tasty meals.

The noodles are specifically made for ramen and have a very distinctive texture, being soft but with a bit of a bite.

The most common soup stocks are miso, salt, soy sauce, and curry.

Ramen is probably the most popular shime (the last meal at the end of a day or night out). It's considered to be fast food, and, while some kinds can be served cold, it's usually hot, and a godsend on cold days.



Crispy, Tasty & Fun All About Japanese Senbei

Classic Senbei Flavors



Shoyu (Soy Sauce) Senbei
The most common flavor of senbei you will find in Japan is shoyu (soy sauce). Made by brushing or dipping the rice crackers in shoyu while toasted over a flame, these tasty snacks have an inviting aroma and a deeply savory flavor.



Nori Senbei
To make this kind of senbei, a thin sheet of dried nori (seaweed) is wrapped around toasted rice crackers to give the entire snack a sea-salty taste. Nori seaweed is also commonly made by mixing tiny shredded pieces of nori or aonori (powdered seaweed) into the senbei dough before baking.



If you haven't tried senbei are a type of Japanese cracker enjoyed for centuries. First introduced via China in the Tang Dynasty, they were made from potato and wheat. Since the Edo period, however, senbei made with toasted rice became popular. Today, senbei are popularly made with rice.

Snack Around Japan
The Many Flavors of Japanese Senbei
Not all recipes are the same. In the Kansai region, they are made from non-glutinous rice and formed into flat discs that are baked. In the Chubu region, however, senbei made from glutinous rice are popular. In the eastern Kansai region, Senbei are sold at outdoor festivals. There are also artisan makers that still exist in some neighborhoods and districts. They produce everything about senbei, from the kind of toasted rice to the various flavors available throughout the country.



Kuro Goma Senbei
In place of the usual rice flour dough, the dough used to make kuro goma (black sesame) senbei contains flour and sesame seeds. Kuro goma senbei have a crunchy texture and nutty taste with an appealing speckled surface.



Togarashi Senbei
If you like spicy foods, togarashi (red chili pepper) senbei is the snack for you! The rice crackers are toasted the usual way before being thickly coated in red chili pepper powder and flakes. Though a popular snack for spicy snack lovers, this treat is too spicy for many Japanese people.

Sweet Senbei



Kuromame Senbei
Kuromame (black soybean) senbei are made from a dough of flour and cooked black beans. The addition of beans tends to make kuromame senbei quite a bit thicker and more filling than other kinds of rice crackers, making this perfect for when you get hungry between meals.

Fishy Senbei Varieties

Being an island country, Japan incorporates seafood into a variety of different foods - and even into regional senbei! Although their appearance can occasionally be somewhat peculiar to Western palates, these rice cracker varieties nevertheless tend to be quite tasty and go down well with a cold swig of beer.



Ika Senbei
Ika (squid) senbei, also known as "ika-sen," are of several kinds of seafood senbei in Japan. There are numerous ways to make Ika-sen including mixing pieces of grilled squid together with a binding agent before baking them flat, or even by baking a whole squid onto a pre-made senbei. Either way, ika-sen usually retains its squid appearance and with a wonderfully enhanced taste. This snack goes especially well with a cold beer!



Ebi Senbei
Ebi (shrimp) senbei, similarly nicknamed "ebi-sen," are made by mixing finely minced shrimp into senbei dough before baking. The color of the shrimp adds bright threads of red and pink to the toasted rice cracker when cooked. Quite an addictive snack and perfect for shrimp lovers!



and Addictive!

Senbei Rice Crackers



ed them,
pe of traditional
ker that have been
st introduced to Japan
sty, the original senbei
had a cake-like texture.
a salty soy sauce variety of
came popular and nowadays
the same toasted rice recipe.

ttack:
panese Rice Crackers
e eastern Kanto region, senbei
flour mixed into a dough and
d or roasted over a flame. How-
rice can be found in the west-
old everywhere from super-
to yatai (street food stands)
re even specialty senbei
ist, especially in older
ts. Here we will intro-
senbei and the differ-
Japanese crack-
throughout the
ry.

Regional Senbei Varieties



Nure-Senbei, Chiba

Nure-senbei essentially means “wet rice cracker.” It gets this name from the fact that it’s dipped in soy sauce during the cooking process. This results in a moist and chewy rice cracker quite different from the traditional senbei. This unique senbei is a local specialty of the city of Choshi, which specializes in the production of shoyu.



Mentaiko Senbei, Fukuoka

Mentaiko (spicy cod roe) senbei, A.K.A. “menbei,” comes from the area famous for mentaiko, Fukuoka. The mentaiko is mixed into the senbei dough before it’s toasted to bake the spicy flavor right into the rice cracker.



Kare Senbei, Hokkaido

As a result of a collaboration with a famous curry shop in Sapporo, kare (curry) senbei were born. Though Japanese curry tends to be a bit milder and even sweeter than other types of curry such as Indian or Thai curry, it does has a good blend of spices and aromatics. This curry and senbei combination is a truly special treat.

Other “Un-Cracker-Like” Senbei

enbei



Zarame Senbei

Though a variety of savory rice crackers take up a good majority of Japanese senbei culture, there are a number of sweet senbei as well. Zarame (granulated sugar) senbei is one such senbei. Though its appearance may be similar to that of a cookie, it’s taste is quite unique making a great souvenir for sweets-lovers.



Arare

Arare is another type of rice cracker that’s made like senbei from pounded rice that’s toasted over a flame, but which is much smaller in shape. They get their name from the fact that the sound it makes when roasting them sounds similar to hail (also arare). They come in a variety of shapes such as tiny stars and seed shapes and are often mixed with other ingredients such as wasabi peas. As they are bite-sized, they make a great snack to offer guests you are entertaining in your house.



Kawara Senbei

Kawara (roof tile) senbei get their name from the fact that originals were shaped like the roof tiles on Japanese homes or buildings. Made with flour, sugar, and eggs and more like cookie wafers than rice crackers, these senbei make a great snack to enjoy with coffee or tea. They have since evolved and now come decorated with a variety of designs or messages written in icing.



Hone Senbei

Hone (bone) senbei are made from fish or eel bone. After the fillets have been removed and eaten, the spine bones are deep-fried to a crisp before being seasoned with salt or other seasonings. The rich umami flavor goes especially well with Japanese sake which is why you will often see this snack served at drinking establishments in Japan.



Senbei: That Perfect Souvenir (Or On-The-Go-Snack!)

The world of senbei has a variety of flavors and types so be sure to keep a look out for those you’ve yet to try. If you’re in Japan and keep an eye out - particularly in the more touristy areas - you’re bound to happen upon an artisan rice cracker shop. Often the shops will even grill a cracker to perfection right in front of your eyes. Be sure to get some of their freshly roasted senbei for a mouthwatering treat!



DISHES: So many flavors to discover!

CONTINUED FROM PAGE 5

20 Robatayaki



Robatayaki (or robata) is a Japanese unique kind of food preparation in which food is grilled on an irori style fireplace (wide, flat, open fireplace) over charcoal.

This kind of food is usually found only in specialized restaurants, so you may have to look/ask specifically for it.

The list of food at robata restaurants is everything you can think of, although traditionally it is a combination of seafood and vegetables.

Most visitors miss on this amazing food. Make sure you taste a real slice of Japan by looking for a good robata (there are many in Tokyo and all over Japan).

21 Soba



Soba is a buckwheat noodle specialty of Japan. It's extremely popular, and it's served both in general noodle restaurants, and in specialized (often expensive) ones.

It's also relatively simple to prepare at home, by getting the noodles and the soup in which they are dipped at a grocery store.

Soba can be enjoyed in a cold dip, or in a broth, as noodle soup.

This dish appears in different varieties depending on the season, and the region you're visiting. Don't forget to ask for a soba dish, next time you visit a restaurant in Japan!

22 Somen



Somen is the Japanese version of a very popular kind of noodles across Asia. Made out of wheat flour, it's usually served cold. These very thin noodles are served with a simple cold dipping sauce, or with a sauce flavored with onion, ginger, and myoga (a different kind of ginger).

This dish is particularly

popular in summer, when a dish of somen chilled with ice cubes is all you need to recharge, fill up, cool off, and take a break from the brutal Japanese summer heat.

23 Sushi and sashimi



Of course we all know these dishes, but we can't avoid mentioning them in this guide. Sushi and sashimi are among the foods at the pinnacle of Japanese staple cuisine.

While very famous world wide, many fail to understand the variety of cuts, and preparation that can go into preparing this food. Sushi chefs are regarded as artists and most of them have to practice as apprentices for years (and at times decades) before they too can be called sushi and sashimi masters.

This doesn't mean though that it's impossible to find good quality sushi or sashimi at a fair price. Japan offers options for all palates and all pockets.

A particularly fun experience is that of the rolling sushi restaurants, in which you order from a small computer at your table and the sushi is served directly to you via a rolling mat. The food is very good, and it's only 100 yen per dish (these restaurants are usually called 100 yen-sushi, or sushiro).

Something missing outside of Japan is usually the so called temaki zushi (lit. hand rolled sushi). You can certainly find restaurants in which this dish is served, but you'll love making your own at home (if you have Japanese friends, it's pretty much guaranteed they'll know how to do it). The preparation is simple. You'll need sushi rice, cuts of your favorite fish (thin slices, usually), sea weed sheets, and whatever other ingredients you'd like to add, accordingly to your taste. Often used ingredients are cucumber, crab, avocado, and wasabi.

Spread the rice on a sheet of seaweed, add fish and other fillings, roll the seaweed in a cylinder or cone, and enjoy with soy sauce.

If you're in Japan, propose a "temaki zushi party" and you'll surely get amazing approval.

24 Takowasa



Takowasa is raw octopus (tako) served in a wasabi sauce

(wasa). This is one of those Japanese dishes that, depending on your cultural background, may appear weird. Do try it out!

Takowasa is a common appetizer in many restaurants, and especially in izakaya. It's very popular and for good reason. It's tasty, unique, and a true symbol of Japanese popular food tradition.

25 Tempura



Tempura is a great dish all year round, especially for those of you who enjoy sharing a few drinks with friends.

Tempura consists of shellfish, fish, chicken, or vegetables covered in a flavorful batter and deep fried until they reach a perfect level of crunchiness.

You can enjoy tempura as is or with dipping sauce.

While many restaurants serve this dish, there are several which specialize in it, where you can find a larger choice for an even more amazing dive into traditional Japanese food.

26 Teppanyaki



Teppanyaki is one of the less known (but still delicious) styles of Japanese cooking. Teppan means iron plate and yaki means grilled.

Teppanyaki is a term that encompasses a large variety of dishes, including okonomiyaki, yakisoba, and monjayaki, but it's usually used to refer to a particular kind of preparation of western-influenced food.

Typical ingredients for teppanyaki are beef, shrimp, vegetables, chicken, and scallops. They are prepared on a hot plate, usually with soybean oil.

Some of you may be familiar with this kind of cooking, as in the U.S. these restaurants are pretty popular (although known as hibachi).

If you come to Japan and you want to taste amazing food that espouses Japan and the west, you'll really want to give teppanyaki a shot.

27 Tonkatsu



Tonkatsu is a very popular and easy to find dish of breaded pork cutlet deep fried in vegetable oil.

You can find this cheap, tasty dish in several chain restaurants and in bento boxes in grocery and convenience stores. You can even make it yourself!

Season the meat with salt and pepper and cover it with flour. Then dip it into beaten egg and add a layer of panko (Japanese flaky bread crumbs). Deep fry, and serve with cabbage, potato salad and some brown sauce or karashi.

Tonkatsu is perfect also for on-the-go sandwiches, making for a great quick meal.

28 Udon



Of the huge variety of noodles you can find in Japan, udon, similarly to ramen, is one of the most popular. Udon is a thick wheat flour noodle that you can enjoy in its simplest form (broth made of dashi, mirin and soy sauce), or in a variety of combinations.

Try it with tempura, for a robust meal, or with tofu, for a more delicate taste.

Udon can be served hot or cold, depending on the season (and on one's taste) and it's prepared in many styles depending on the region you're visiting.

While the word udon refers to the noodles themselves, there's no limit to the flavors, soups, and ingredients that can be added. As a matter of fact, challenge yourself to try out as many styles of udon as you can during your visit in Japan, and not only are you going to be satisfied, but also nowhere near the end of the list of possible dishes!

29 Yakimono



This term literally means grilled stuff. Virtually anything can be grilled, but some yaki dishes in Japan are a must-try.

Yakiniku means grilled meat. These restaurants are wildly popular and you can find a number of high-end ones, as well as more budget-friendly ones (many of which offer also all-you-can-eat menus).

In yakiniku restaurants you order the meat, or vegetables that you prefer (seasoned or unseasoned). The selection is huge. Then you grill it yourself

on a hot plate or grill usually embedded within the table. You can then add sauces such as lemon, bbq, and many others, or simply salt and pepper.



Yakisoba as the name suggests is a variety of grilled soba (or noodles in general). You can also prepare yakisoba by stir frying the noodles. You can add pork, fish, or vegetables and garnish with seaweed powder, ginger, and fish flakes. Give a finishing touch with sauces such as oyster sauce and thank us later!

30 Yakitori



Although the word yakitori literally means grilled chicken, this concept encompasses all kind of skewered meat (and vegetables) prepared on a grill. This is a simple and flavorful dish with a never-ending list of combinations, which can be found in several restaurants (specialized ones as well) and which is especially recommended when visiting a good izakaya, to experience another one of the true Japanese popular dishes.

31 Yakizakana



Being in Japan, we can't leave out grilled fish.

Yakizakana may not be as popular as sushi outside of Japan, but in this country it's arguably much more common than raw fish.

Usually a whole fish is grilled and served with side dishes of various vegetables and rice. Try it in specialized restaurants for a fully immersive experience, or in chain restaurants for a tasty, cheap, and fast meal that will keep you going for the several hours of sightseeing ahead of you!

You're now on the way to become a true expert on Japanese food! Yet there's much more to Japanese cuisine that can be discovered! While visiting this amazing country and taking in all the sights, the fun, and the culture... Don't forget to eat!



A **Steak** experience crafted just for you!

Outback Steakhouse starts fresh every day to create the flavors that our mates crave most. Our signature steaks are seasoned, hand-carved to order and grilled to perfection. Our specialty is Slow-Roasted Prime Rib offered during weekend dinnertime. But there's so much more to enjoy, including our famous Blooming Onions. So, come and enjoy our authentic American food and let us make you feel at home. Or, get your food to go and enjoy it relaxing at home. Even easier, order through Uber Eats, with delivery available from our Roppongi, Shinagawa Takanawa and Shibuya Ikebukuro locations.

RESTAURANT INFO

VEG OUT with THE OUTBACK ORIGINAL.

HAND-CURVED TO PERFECTION

take away

Uber Eats Available at Roppongi, Shibuya, Shinagawa Takanawa and Ikebukuro.

Available at the all locations.

Ebina Tel. 046-292-4286

Mon ▶ Fri Lunch 11:00-15:00 (LO 14:30)
Dinner 17:00-23:00 (LO 22:00)
Sat-Sun-PH 11:00-23:00 (LO 22:00)

3minutes walk from "Ebina" station of Odakyu Line and Sotetsu Line.
VINAWALK 6-Bankan 1F, 1-18-1, Chuo, Ebina-shi, Kanagawa-ken

Roppongi Tel. 03-5413-4870	Shibuya Tel. 03-5459-7751	Shinagawa Takanawa Tel. 03-5798-3501	Shinagawa Konan Tel. 03-6718-2761	Ikebukuro Tel. 03-5928-1391	Makuhari Tel. 043-213-3256	Maihama Tel. 047-700-9031
--------------------------------------	-------------------------------------	--	---	---------------------------------------	--------------------------------------	-------------------------------------

www.outbacksteakhouse.co.jp/en

A Taste of Japan

YOKOTA'S RESTAURANT & SPORTS BAR

THE WING PLACE

SUN-THU 10:30 A.M.-10 P.M.
FRI-SAT 10:30 A.M.-2 A.M.
SPECIAL BREAKFAST AVAILABLE MON-FRI • 7-10 A.M.

Wings Tenders Breast

SNACKS & SIDES

SALADS

225-9551

FORCE SUPPORT SQUADRON

SCAN THE CODE TO VIEW OUR MENU

YOKOTAFSS.COM/THE-WING-PLACE

The **Wing** Place dishes out food and fun on Yokota

Looking for delicious chicken wings in a sports bar setting? Then head to The Chicken Place on Yokota's East Side. Serving wings just the way you like it, mild to spicy, we have all the flavors you can imagine, offering 15 different sauces and 8 types of dips to mix and match. Enjoy our family-friendly atmosphere with a dose of sports that will have you coming back for more. For those early birds, get a kick-start on the day with our breakfast specials, 7-10 a.m. Mon.-Fri. Wing it and head on over for some delicious Fun! For more info call 225-9551.

RESTAURANT INFO



LIVE JAPAN

One of the enduring images of Japanese food is of course sushi, which in a way you could call one of the world's first fast-foods! Its roots lay in how fermented rice was great for storing salted fish, and from this tradition of storing fish with rice chefs started serving up fresh fish on rice in the Edo Period (1603-1868). The final perfected version of sushi is believed to have been dreamed up by a chef in 1824 in Ryogoku, Tokyo, and it was popular with riverside workers. Normally served at street stalls, it was certainly a larger portion of rice and fish than you see today. It was quite a different world to the modern version where sushi is popular in expensive restaurants.

However, regardless of whether you are going to an expensive sushi restaurant or a more modestly priced one, a sushi restaurant isn't going to help if you are hungry but are a vegetarian. However, sushi doesn't necessarily mean just fish on rice. For a visitor to Japan sushi is a major attraction and actually there are many vegetarian and vegan options available. To help make your food tour absolutely perfect we have brought together some of these.

Nigiri-style vegan sushi

Nigiri sushi, where the sushi chef takes a ball of vinegared rice and presses it into the shape of a small log, is one of the most common types of sushi. The sushi chefs can prepare these to exactly the same size and weight just by touch, without any weighing scales. The fewer touches by the fingers, the fresher the sushi will be, and master chefs can prepare these edible gems in just a few precise moves.

Shiitake mushroom nigiri



Shiitake is a type of mushroom which has a strong and savory taste, and is often dried to be used in flavoring soup stock. When used in sushi, the mushrooms are usually lightly flavored with salt or soy sauce and lightly flamed to enhance the fragrance. The juicy texture and rich taste of shiitake mushrooms makes this vegan sushi an extremely satisfying morsel.

Nasu nigiri



Eggplant in Japanese is nasu and is a common item in restaurant menus because it is so tasty. This is a special sushi that most visitors to Japan miss out on, but which is a must-try for anyone regardless of their dietary requirements. Eggplant sushi is served either grilled, for a melt-in-your-mouth texture, or pickled for a more chewy and tangy flavor. You can even try this as tempura eggplant served with grated ginger, it's very popular and of course delicious!

Avocado nigiri



Avocados have quickly gained popularity in recent years, so much so that prices around the world have started rising—and here in Japan it is also popular in sushi! In nigiri form, the rice comes topped with a slice of avocado, usually lightly seasoned with salt and fastened together with a thin strip of nori seaweed. The mild, creamy flavor of avocado sushi makes it a popular form of vegetarian and vegan sushi.

Tamagoyaki nigiri



You might not think that eggs go naturally together with sushi, but actually they do. Tamagoyaki is a fluffy and slightly sweet omelet popular in Japanese cuisine. Tamagoyaki nigiri is a rice ball topped with a slice of omelet, this is then usually wrapped with a thin slice of seaweed. It is good to clarify if dashi has been added to the omelet, and some restaurants may offer to make the tamagoyaki sushi for you without dashi upon request.

Be sure to try vegan & vegetarian sushi for a healthy and nourishing meal

have to miss out on sushi when they visit Japan. However, sushi isn't just fish as it can be made with other ingredients which can be found on restaurant menus through the year. Japan is a very seasonal country, for example there are cherry

Sushi will always have the enduring image of being fish on rice; so many people will automatically think that they will just

Maki-zushi vegan sushi

Maki-zushi itself isn't a vegan or vegetarian sushi, but when you have control over the ingredients then it can become perfect for anyone, regardless of their dietary requirements. The name literally means rolled sushi: first a large square sheet of seaweed is laid on a bamboo mat, then rice is spread out over it, and then toppings can be added – these literally can be anything including ingredients mentioned above and below in other sushi. Once it is finished then the mat is rolled up to form a firm sushi roll. This roll has to be cut carefully sideways.

Kappa maki



Kappa maki-cucumber roll-is an easy to find sushi for vegetarians and vegan sushi-eaters, it simply has a slice of cucumber wrapped in a thin roll of rice and seaweed. This is a popular starter or palate cleanser for the regular sushi diner and can be found in all good restaurants and even supermarket aisles.

Shinko maki / Takuan maki



Shinko is a generic term for pickles, and is a popular order for a change in taste and texture. Takuan is a pickled radish, usually bright yellow or brown in color, and has a crunchy texture and somewhat tangy taste. This is a tasty and refreshing vegan sushi option for all.

Kampyo maki



Kampyo, or pickled gourd, is thought to aid digestion, and so is often ordered at the end of the meal. The gourd is pickled brown and has a taste that can be described like a sweetish soy sauce.

Ume, cucumber, shiso makizushi



The combination of ume (Japanese pickled plum) paste, refreshing shiso (perilla herb) and sweet cucumber is another staple vegan sushi order that serves as a palate cleanser in the middle or to end off the meal.

Other types of vegan & vegetarian

Natto Temaki



Temaki means "handroll", and as the name suggests, is rolled by hand. The sushi chef folds a small rectangular sheet of seaweed with vinegared rice and various fillings and, at an over-the-counter sushi restaurant, hands this by hand to the customer. This is not tightly pressed like the maki-zushi and the rice retains a fluffy texture. Natto temaki is a handroll of natto, or fermented soybeans. Natto has a sticky texture so may be a bit messy to eat but it is popular for its taste and health benefits.

Seaweed gunkanmaki



Seaweed gunkan-maki ("battleship roll") is a flavorful and nutrient-rich sushi option for vegans and non-vegans alike. Wakame or seaweed salad is dressed with soy sauce, mirin, sesame oil, sesame seeds and red chili, then piled on top of sushi rice and secured with a strip of nori seaweed.

Inarizushi



Inarizushi is made of a fried and sweet tofu skin pouch that is filled with vinegared rice and sometimes sesame seeds is sprinkled on the top or mixed in the rice filling. It is often offered to the Gods at shinto shrines, as it is said to be a favorite snack of the fox, the messenger of the gods.

Takenoko chirashizushi



Chirashizushi means "scattered sushi", and is Japanese dish of sushi rice topped with various ingredients. Takenoko chirashizushi is sushi rice scattered with bamboo shoots (takenoko) that have been simmered in a broth. Takenoko is typically available during the spring season, and when simmered, the bamboo shoot becomes soft, succulent and flavorsome. As this broth may contain fish-based dashi, or be topped with bonito flakes (shaved dried fish flakes), if you're vegan or vegetarian, it's best to check.

blossom flavored foods during hanami, and vegetarian sushi can be seasonal too – which allows you to try different sushi throughout the year which other fish eaters will miss out on! When you look at the menu if you look very closely you will find sushi that you can eat, and if there is something you want but don't want bonito used in the sauce or to have flake toppings, then just ask. There are so many different sushi joints in Tokyo, and across Japan, so it is worth having a browse online to see what is on the menu for each one.



Café offers a taste of American diner

TAK the owner of CAFE PX wants military members to have fun and remember their lifestyle in the United States, enjoy their lives and meals by coming to CAFE PX while they are stationed in Japan. He was also a cook at the old Negishi housing "All Hands Club" so he knows how to make great American-style food like B.L.T, omelets, pizza, burgers, hotdogs, milk shakes and more. He wants to create an American hometown neighborhood diner, style and feel so his customers can relax, eat and enjoy his hospitality.

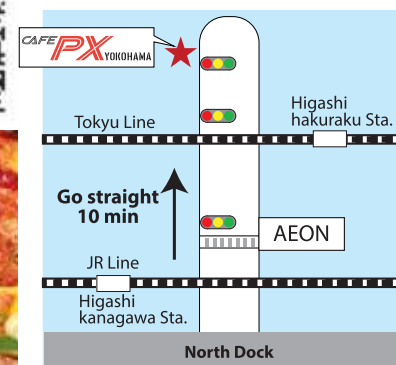
RESTAURANT INFO



Show your Military ID. To get 20% discount.



CAFE PX YOKOHAMA
Tel: 080-2019-9164



A Taste of Japan

MIDTOWN BBQ
steak + smokehouse

the real smoke.



M BBQ



Locally owned, real barbecue, good times!

We are a Steak & Smokehouse that started in Nagoya in 2014, and we added a second location in 2019 in Yokohama. Our philosophy is simple: delicious food, great drinks, and gracious hospitality. We pride ourselves on making virtually everything on our menu in-house, from our Original BBQ rubs and sauces, to our hand-made desserts. We butcher our top-quality meats here and cook everything over fire! Come try our famous Wagyu Brisket. And don't worry, we always have enough food to feed a platoon! We look forward to seeing you soon! Find out more: www.midtown-bbq.com

RESTAURANT INFO



YOKOHAMA NAGOYA
find us on google

www.midtown-bbq.com
TAKEOUT & DELIVERY AVAILABLE
english speaking staff all the time
PRIVATE DINING FOR GROUPS OF 2-50



WingStreet



PIZZA HUT LOCATIONS:

Yokosuka 1000-2100

DELIVERY IS AVAILABLE

Offering: Pizza, Personal Pan Pizza, Wings
Pasta, Breadsticks, Dessert, and multiple drinks.

Atsugi 1030-2000

DELIVERY IS AVAILABLE

Offering: Pizza, Personal Pan Pizza, Wings
Pasta, Breadsticks, Dessert, and multiple drinks.

*We extended Pizza Hut Delivery hours on Friday and Saturday until 2200.



LIVE MÁS



TACO BELL LOCATIONS:

Yokosuka 1000-2100

DRIVE-UP WINDOW AVAILABLE

Offering: Tacos, Burritos, Quesadillas, Salads, Desserts
Tostadas, and Many other TB Promotional items.

*We extended Yokosuka Taco Bells Drive thru hours on Friday and Saturday until 2200.

Atsugi 1000-2000

Offering: Tacos, Burritos, Quesadillas, Salads, Desserts
Tostadas, and Many other TB Promotional items.

Sasebo 1030-2000

Offering: Tacos, Burritos, Quesadillas, Salads, Desserts
Tostadas, and Many other TB Promotional items.