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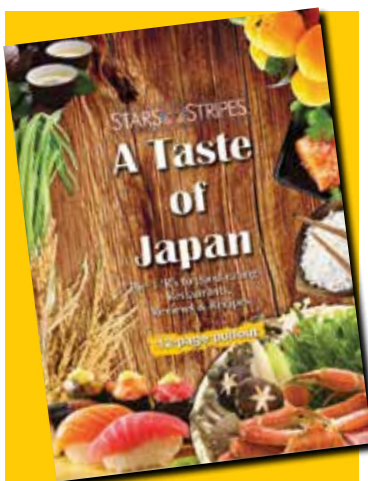
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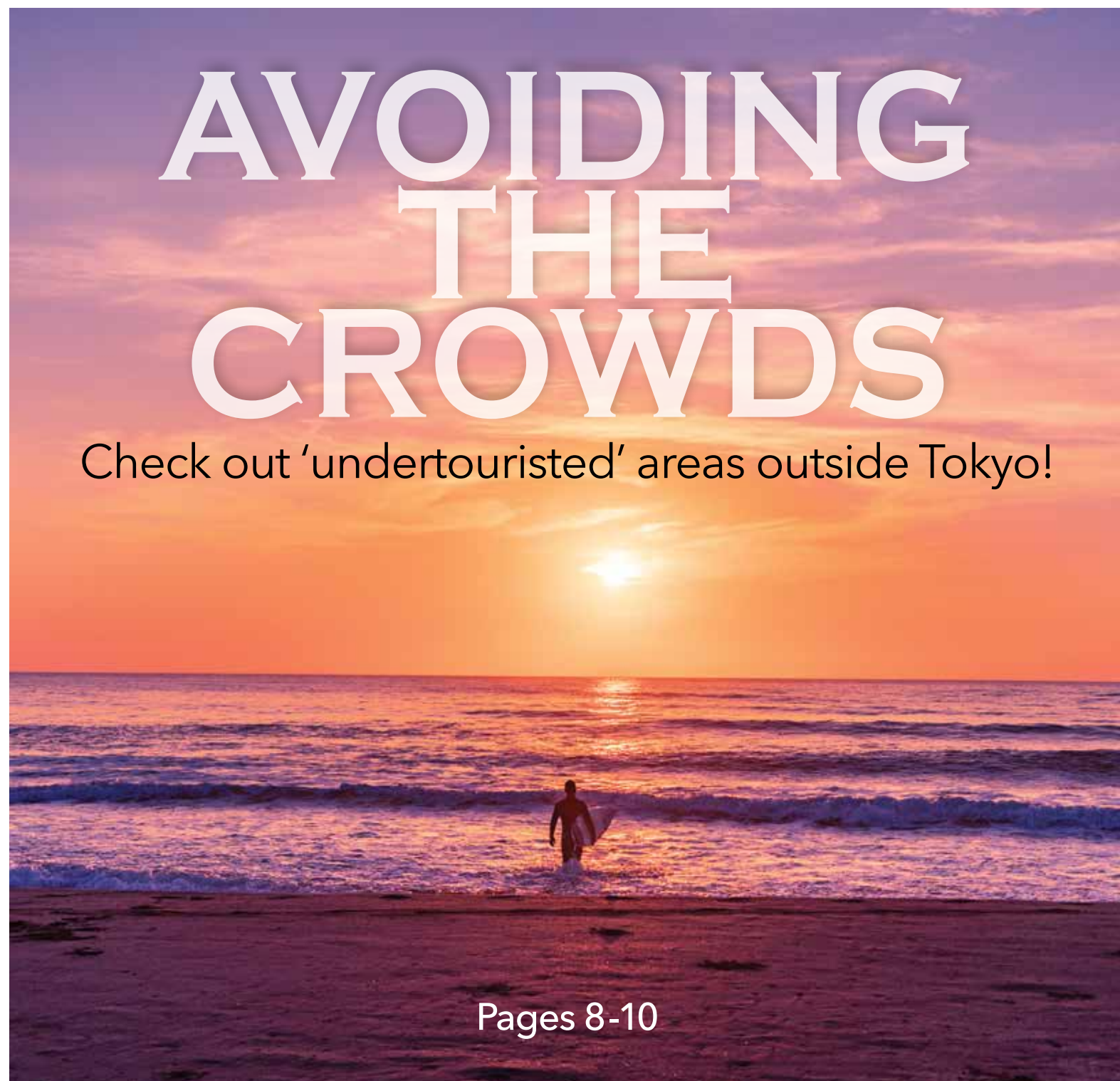
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Wake up with strong coffee from Kurashiki near Sasebo



Siphon-style coffee brewers
await customers' orders at
Kurashiki Coffee in Sasebo.

STORY AND PHOTOS BY JAMES BOLINGER,
STARS AND STRIPES
Published: June 25, 2020

My trip to Sasebo Naval Base to welcome the USS America to Japan last December involved a 20-hour day traveling by train more than 700 miles round trip. That kind of travel calls for strong coffee.

Luckily, Kurashiki Coffee in Sasebo's Naka Dori district can fill that bill early in the morning or late at night.

Kurashiki uses a single-serve siphon brewer for its signature coffee that makes a delicious cup that never tastes burned. It is also cool to watch the barista make your beverage.

SEE COFFEE ON PAGE 11



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USFJ orders ban on Confederate flag

BY JOSEPH DITZLER,
STARS AND STRIPES
Published: July 13, 2020

YOKOTA AIR BASE – The Confederate battle flag is no longer welcome anywhere on U.S. military installations in Japan, according to an order released July 13 by the commander of U.S. Forces Japan.

“The Confederate Battle Flag does not represent the values of U.S. Forces assigned to serve in Japan,” says the order signed by Air Force Lt. Gen. Kevin Schneider on July 2. “While I acknowledge some might view it as a symbol of regional pride, many others in our force see it as a painful reminder of the history of hate, bigotry, treason, and devaluation of humanity that it represents.”

The order was posted July 13 on the official Yokota Air Base Facebook page. The installation in western Tokyo serves as USFJ’s headquarters. Individual commanders in Japan were given the order prior to it becoming public, said Air Force Chief Master Sgt. Richard Winegardner, the USFJ senior enlisted leader, on July 13.

He said the time was right to lower

the Confederate flag in Japan.

“To us, it’s a no-brainer, doing the right thing for all the right reasons,” Winegardner said by phone. He said Schneider issued the order without direction from above.

“We knew it’s going to create some concerns in what is this going to mean, especially when we talk about free speech,” Winegardner said. But USFJ aims to foster inclusiveness, he said; “it’s a small thing we can do to include the entire team, so nobody is left on the side.”

USFJ is the latest command to ban the flag carried by rebel forces from the South during the 1861-65 conflict that ended Black slavery in the United States.

In June, U.S. Forces Korea commander Gen. Robert Abrams banned the flag from U.S. installations in South Korea. The Marine Corps and Navy also recently banned it from all installations, ships and aircraft.

The Army has not banned the flag outright, but base commanders have the power to remove the flags themselves.

Winegardner said he’s unaware of any guidance on the flag question from the Air Force secretary or chief of staff. However, outgoing Chief of Staff Gen. David Goldfein and Chief Master Sergeant of the Air Force Kaleth O. Wright were among the first U.S. military leaders to speak out against racism following the death of a Black man at the hands of Minneapolis police in May.

The Pentagon in early July was working on an overall ban of the Confederate battle flag, PBS NewsHour reported on July 6.

A House committee on July 1 included a measure in the annual defense funding bill that would ban the display of Confederate flags on all Defense Department property. Similar moves are underway in Congress to remove the names of Confederate generals from U.S. military bases.

Schneider’s order directs “all commanders to identify and ensure the removal of” all displays of the flag “or its depiction” at workplaces, common areas and public areas on USFJ

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→ installations.

The order makes exceptions, including state flags that incorporate the flag or artistic or educational displays depicting the Civil War or where the flag is “not the main focus of display.”

However, the order covers just about anywhere or anything on a U.S. base in Japan, from office buildings to aircraft hangars, barracks, family quarters, break rooms and individual office cubicles, among others. Vehicles, porches and clothing are included.

The order, which took effect immediately, covers Defense Department civilian employees, contractors and family members as well as service members. Wingardner said penalties for disobeying the order are left to individual commanders to impose.

Schneider has authority over bases that belong to all service branches and his order covers Yokota, also headquarters of the 5th Air Force and the 374th Airlift Wing; Yokosuka Naval Base, home of the Navy’s 7th Fleet; Camp Zama,

headquarters of U.S. Army Japan near metro Tokyo; and bases on Okinawa, including Kadena Air Base and a host of Marine Corps bases and an air field. Marine Corps Air Station Iwakuni, Misawa Air Base, Naval Air Facility Atsugi and Sasebo Naval Base on the main islands of Japan are also included.

The enduring debate over statues of Confederate leaders, military bases named for Confederate leaders and the Confederate battle flag arose again in May after George Floyd, 46, of Minneapolis died under the knee of a police officer, Derek Chauvin, 44, who now faces a second-degree murder charge. For some, the flag symbolizes regional pride or valor in combat; for others it represents institutionalized oppression.

“Regardless of perspective, one thing is clear,” Schneider wrote in his order, “it has the power to inflame feelings of racial division. We cannot and will not tolerate a symbol that incites this sort of division among us.”

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“While I acknowledge some might view it as a symbol of regional pride, many others in our force see it as a painful reminder of the history of hate, bigotry, treason, and devaluation of humanity that it represents.”

- Lt. Gen. Kevin Schneider

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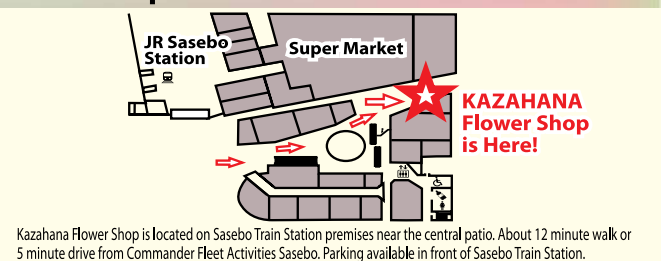
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CARTOONS IN STARS AND STRIPES

Editor's note: Check out our 75th anniversary site to view Bill Mauldin's Up Front cartoons.

BY CORD A. SCOTT,
UMGC KOREA

One of the items synonymous with newspapers is cartoons. The idea of cartoons illustrated by, and for the entertainment of, troops has been around for a considerable time. For American servicemen, the paper that was most often associated with these specific cartoons was Stars and Stripes. While there is uncertainty concerning the future of the paper due to governmental funding in 2020, the history of the cartoonists from Stars and Stripes is substantial, and has lasted well past their time illustrating while in the service.

The modern newspaper of Stars and Stripes originated on Feb 7, 1918. The main cartoonist hired by the paper was USMC private Abian "Wally" Wallgren. His work appeared on page seven of the eight-page paper, published each Friday until the end of June 1919. His cartoons often centered on the quips and gripes of the doughboys in the trenches. While some of the later cartoons were simply reproductions of earlier ones, most of the illustrations served as a way to delve into the mindset of the US soldier. From his thoughts on the ever present lice and rats in the trenches (not to mention what to do with them for sport) to the adaptive nature of troops being sent to Siberia in 1918 to monitor the Russian revolution, the cartoons served to inform and entertain.

When the paper ceased publication in June in 1919, the idea of informing the troops shifted to local base publications. When the US was again in war after Pearl Harbor in December 1941, the newspaper restarted, albeit mostly in Europe. The most famous of all Stars and Stripes cartoonists was Bill Mauldin. His feature Up Front, featuring two "dog-faces" Willie and Joe, noted the conditions of the Italian front, the cold, the poor food and the general danger involved. For a "cartoon", his work was important as it allowed the enlisted to laugh at the conditions on the front, as well as gripe about things that bothered them, such as Mauldin's famous cartoon noting the 1,000 mile detour due to Patton's orders of decorum



Bill Mauldin, a cartoonist famous for his gritty, yet still humorous depictions of World War II, as seen during the war. Photo courtesy of UMGK Korea

for uniforms while in a combat zone. Mauldin won his first Pulitzer for his work in Stars and Stripes for his cartoon that showed exhausted US troops and German PoWs with a caption "Fresh, spirited American troops, flushed with victory, are bringing in thousands of hungry, ragged, battle-weary prisoners."

In addition, there were cartoonists that made light of the issues at the front. One was Dave Breger, who was the creator of "G.I. Joe". Another creator was Dick Wingert who was the only cartoonist to draw dead soldiers of any sort, in the series "Hubert". Another famous cartoonist who had a career before the war was Milton Caniff, who initially wrote Terry and the Pirates. By World War II, Caniff, who was ineligible to serve, drew a cartoon specifically for the enlisted troops, entitled "Miss Lace". Provocatively drawn, the character would not date any officers, but was always willing to accommodate the enlisted troops for dancing or conversation. This cartoon ran in various camp papers through the Camp Newspaper Service.

As the war ended, Stars and Stripes started publication in the Pacific,

women. Hume was stationed near Yokosuka, and his work yielded not only cartoons for Stripes, but also yielded two books as well.

It was logical that as US troops were committed to the Korean peninsula in 1950 to thwart communist advances, that Stripes also produced cartoons. Many of these cartoons emulated Bill Mauldin's style, but also tried to be specific towards each branch of service. Among these cartoonists was a man who gained favor later on for his children's work: Shel Silverstein.

By the time of Vietnam, there were additional cartoonists in Stripes, among which included Will Eisner (the creator of the Spirit, as well as PS Magazine for the US Army over 30 years!). Another cartoonist who illustrated the events in Vietnam was Vernon Grant, who also reproduced cartoons for the Japanese market. Grant was popular with the troops and drew cartoons for Stripes.

As new forms of entertainment emerged, the need for cartoonists abated. Stripes has continued to incorporate cartoons, now entirely as syndicated strips from US papers. There is also a Sunday comics section, which features a drawing of Mauldin but as an advertisement asking about comics for the paper going forward. The lineage of cartoonists continues to this day, with current artists like Max Uriarte and Basil Zaviski, who produced cartoons that centered on military life or themes. While Stripes may be in doubt, their work and observations on life in the military continue to entertain, inform, and vent.



and therefore, cartoons focused on the occupation in Japan following the cessation of combat. One of the more prolific cartoonists at this time was Bill Hume, known for his series "Babysan" on how the US sailors in the Tokyo area often interest in Japanese culture, through interaction with

About the author: Cord A. Scott has a Doctorate in American History from Loyola University Chicago and currently serves as a Professor of history for the University of Maryland Global Campus in Asia. He is the author of Comics and Conflict, as well as Four Colour Combat. He has written for several encyclopedias, academic journals such as the International Journal of Comic Art, the Journal of Popular Culture, the Journal of the Illinois State Historical Society, and is in several books on aspects of cultural history. His most recent work is on US military cartoons in WWI, which was published in the Journal of War, Literature and the Arts. He resides in South Korea.



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Read between the lines

3 reasons you should pick up a book

BY JENNIFER BROWN,
STRIPE JAPAN

For many of us, reading and the importance of doing so was instilled early. As children, our parents and teachers motivated us by reading to us, encouraging us to pick up a book and do it ourselves. In fact, they even made it into a competition to see who could read the most amongst our classmates.

As adults, how often are we practicing this prized activity meant to bring us joy and intellectual growth? One of the things quarantine has given me was a reminder of my love of reading on my downtime. Reading has many advantages that go beyond “winning” a reading contest or passing the time, and the advantages are immediate.

1 Reading gives you time to yourself

In need of some alone time? Reading is probably one of the best ways to schedule in some. Reading is versatile and can be a group activity especially when you're reading to others, but there is nothing quite like the time a solo reading session affords. When you pick up a book, you are essentially giving yourself, and those around you, a clear signal a desire for alone time. What I personally find most interesting about this phenomenon is that reading on your own seems to bring the library's calm environment into wherever you are. For example, for the most part, when people notice someone is reading, there seems to be a mutual agreement to keep voices low and respect each other's privacy as one would inside a library.

2 Reading is an escape from reality

Just as reading allows you some time to yourself, it also can provide an escape from the physical reality. As a kid, I loved the challenge that would come with filling out reading logs for my local library during the summer. I would set the timer for half an hour every day and let myself become captivated by the characters and scenes that unfolded with the turn of every page. I think this is probably best visually illustrated in the Narnia commercial that used to play on television where a child sitting on a train opened

up a book and then was suddenly drawn into another world, in this case, into the land of Narnia. I can certainly relate to that experience! When I read, I can easily find myself getting caught up in the drama and wonders of a book and forget all about the world around me.

3 Reading is a way to connect with others

Lastly, social connection is another benefit I have found from reading. Even under the strict social distancing measures, the simple act of reading can unite us. For example, at work I noticed my colleagues took to reading books on their down time. Eventually, reading led all of us to create a system of sharing books until we'd all read a particular one that we could discuss. We accidentally created our own book club! Nevertheless, the fact that we all picked up reading as a hobby essentially connected us both indirectly and directly to one another. Indirectly, the act of reading allowed us to interact subtly, respecting each other's privacy and need for quiet; directly, reading ultimately sparked conversation not only about the books we shared, but also the deeper meanings behind the stories shared by the authors.

While reading may not be for everyone, I cannot deny the benefits it has given me. Whether we actively practice reading now, we all grew up learning about the important role literacy plays in society and in our daily lives. Whether by book, newspaper article or online, for school, for work or for fun, reading may open a few doors for you. I hope you consider these reasons mentioned above before turning away from reading. You never know where it may take you!

.....
Jennifer Brown is a hospital corpsman at U.S. Naval Hospital Okinawa. Originally from Florida, she joined the Navy in 2018 and has been on the island for over a year. During her free time, Brown enjoys spending time with animals, running, rock climbing, and hiking. She is an alumnus of the University of Central Florida and holds a Bachelor of Science in Psychology. Her professional interests include social work, animal welfare, and children.



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Yokota Outdoor Rec tweaks its gameplan

BY SETH ROBSON,
STARS AND STRIPES
Published: June 29, 2020

YOKOTA AIR BASE — Movement restrictions imposed to stop the coronavirus' spread have forced those stationed at the home of U.S. Forces Japan to find ways to enjoy the outdoors without leaving western Tokyo.

Yokota's community, cooped up on base or at home during spring, has been allowed to venture a few dozen miles as the virus has ebbed. While most other commands in the area have greatly eased their leisure travel restrictions, Yokota residents are still limited to an area defined by the outer borders of the towns near the base: Ome, Iruma, Tokorozawa, Fuchu, Tama, Hachioji, Hinohara and Okutama.

The base Outdoor Recreation office restarted weekend trips two weeks ago; however, trips

they would normally go at this time of year, such as climbing up Mount Fuji and ziplining in Yamanashi, are off-limits, recreation assistant Matt Silvia said June 26.

Staff have found destinations close to Yokota where people can do things such as hiking, boating and cycling, he said. The trips are popular even though seating is limited, and staff at Outdoor Recreation suggest signing up early. The waiting lists are lengthy.

The first trip the office organized after the restrictions eased was to nearby Mount Takao, a hiking area 16 miles from Yokota known for its scenery, temples and a monkey park. The size of the groups on each trip is about half as many as usual, and people are encouraged to wear masks and wash their hands frequently.

On June 28, an Outdoor Recreation-sponsored trip took six mountain bikers to Tama Hills Recreation Area, about the same distance away, to ride trails. One of those who signed up — Staff Sgt. Dar Perez, 36, of Gainesville, Fla. — said June 26 that he was eager to test out his new Marin Rift Zone 3 mountain bike.

Perez, who arrived at Yokota two years ago, said he'd never ridden at Tama before the trip.

These days it seems like more people at Yokota are cycling — an activity with a relatively low risk for spreading or contracting coronavirus.

"The shop has seen a big upswing in bicycle rentals and people bringing their own bikes in for maintenance," Silvia said.

Outdoor Recreation has a hiking trip scheduled for nearby Mount Mitou on July 4 and a standup paddle boarding trip on the Tama River on July 11, he said.

"These places are within the guideline area and about 30 to 40 minutes' drive of the base," he said.

In a normal year the paddle boarding trip would be at Lake Motosu near Mount Fuji, Silvia said. It's popular with windsurfers, campers, boaters and trout fishermen.

Outdoor Recreation would also, normally, organize trips to



Families trek up Mount Takao, a popular hiking spot near Yokota Air Base.
Photo by Aaron Kidd, Stars and Stripes



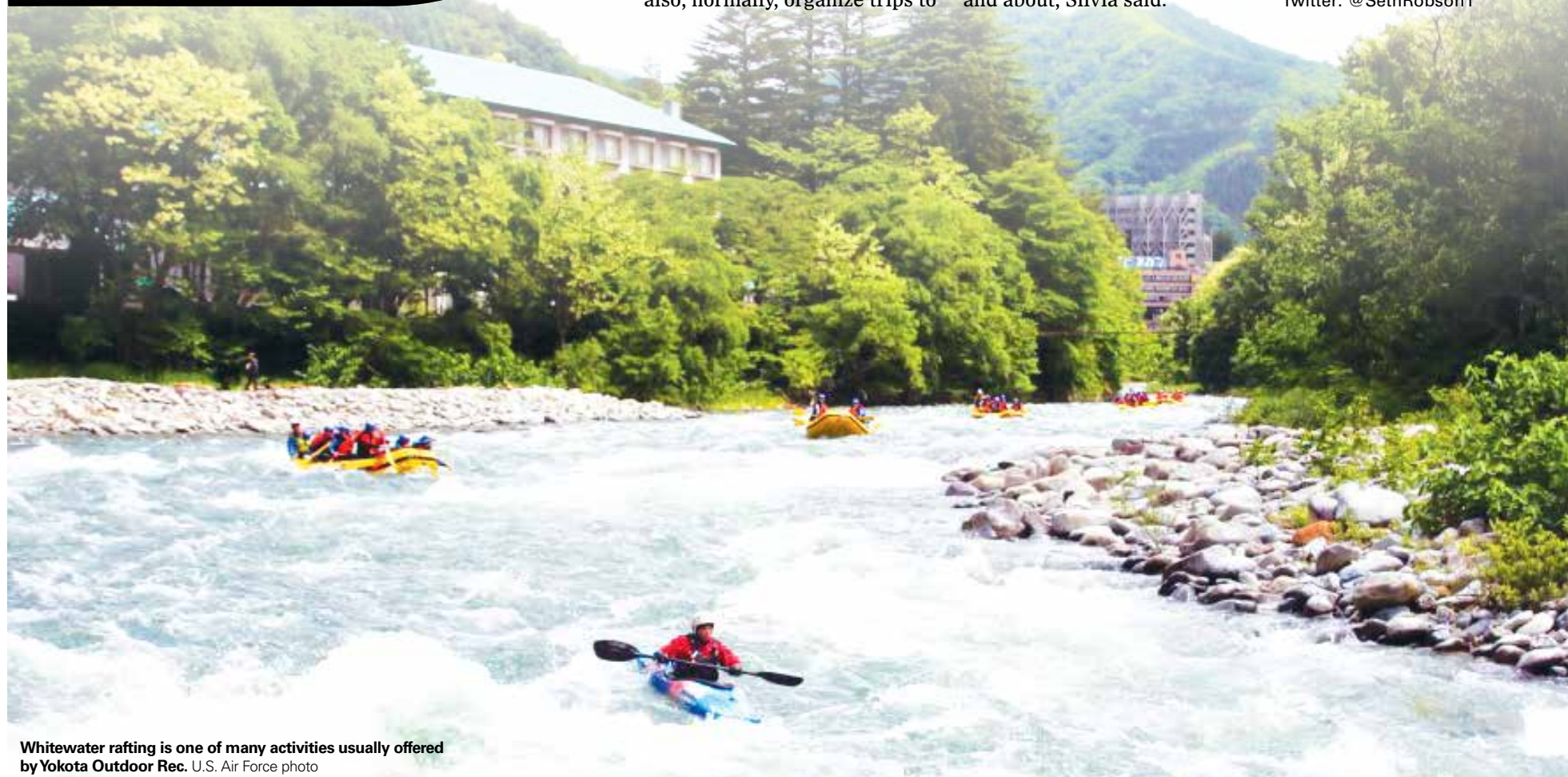
Matt Silvia works with Outdoor Recreation and says weekend outings have been selling out quickly.
Photo by Seth Robson, Stars and Stripes

Forest Adventure, a park, also near Mount Fuji, where people can ride ziplines through the trees, he added.

Being forced to stay closer to home hasn't dampened people's enthusiasm for getting out and about, Silvia said.

The paddle board trip, for five people, is sold out with a waiting list of two dozen, he said. However, there is still space for people who want to go hiking, he said.

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Whitewater rafting is one of many activities usually offered by Yokota Outdoor Rec. U.S. Air Force photo



Touring Shibuya and Shinjuku during COVID-19 – virtually!

BY MEAGAN HENRY,
STRIPES JAPAN

What do you do when you're ready to experience the hustle and bustle of Tokyo and can't hop on that plane or train to go right now? Well, Arigato Japan Tours has one option - take a virtual tour! I had the treat of spending an hour with Alex, one of their experienced guides currently working from home due to COVID-19, to learn about some new sightseeing spots and food to try in Shibuya and Shinjuku.

From virtually crossing the Shibuya Scramble (one of the busiest intersections in the world) to getting a zoom tour group photo on Godzilla Road,

we followed a fun itinerary full of ideas for when we can finally explore in the future.

Joining me on this one-hour Zoom tour were people at home in Italy, the UK and others here in Japan. Some had canceled plans to come visit Tokyo earlier this year, while some were just hoping to visit (or come back for a repeat visit) soon. With a diverse group, Alex made sure to cover a little bit of everything, including history and current pop culture or events in the area.

Arigato Japan usually hosts in-person tours that revolve heavily around the foods to try and I can see why! I can't wait to go into Shibuya to try the recommended lobster ramen

and "Hachiyaki," taiyaki (filled waffles) shaped like Hachiko the dog!

Something I really appreciated as a bit of a foodie was how Alex took the time to break down some of the differences in how to order common Japanese dishes. I'll admit, even after a year of practice, I usually just look at a menu and point at something that looks good without worrying too much about what it is! So, it was really helpful to hear about the different ramen broths, or sauces and styles of grilling yakitori (skewered meat and vegetables). After hearing from a food guide and walking through areas packed with food options together, even the most seasoned

traveler would pick up some amazing tips and tricks for really enjoying Japanese cuisine!

The amazing thing about neighborhoods like Shibuya and Shinjuku is that they have so much to do, that even locals can always find something new. I've lived in Japan for the last year and have visited Shibuya Crossing to see the Hachiko Statue and walk through Center Gai numerous times but was excited to add new places to my list through this virtual tour.

Prior to this experience, I hadn't really considered taking tours in Tokyo but now, I think a local food tour would make for a great date night or group activity when we're finally able to venture out. Arigato Japan's

virtual experience through Shibuya and Shinjuku definitely made me a little more eager to get out and see things in person, but it was a nice reminder of what awaits. The tour was a reminder to take advantage of the experience we get to have living overseas when we can do so again safely.

Meagan Henry is a military spouse currently living at Yokota Air Base in Tokyo with her husband, 4-year-old son, 2-year-old daughter and very furry dog. Her background is in educational technology, and she has contributed to research on learning, self-regulation and resilience and parenting. She has worked as part of research teams at The Walt Disney Company, Sesame Workshop and New York University, and is currently a freelance writer.

Arigato Japan hosts food tours and is also hosting virtual experiences due to COVID-19 restrictions.

Tokyo Online: Virtual Experience in Shibuya and Shinjuku
Cost: 1500 yen (about \$14) per person for one-hour tour.
Location: Via Zoom online teleconferencing app
Information: <https://arigatojapan.co.jp/destinations/online-experiences/>

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AVOIDING THE CROWDS

Check out these 'undertouristed' areas outside Tokyo!

BY DAVID MCELHINNEY,
LIVEJAPAN

As wonderful as Tokyo can be, sometimes it's nice to escape the crowds and explore the less-charted areas nearby. These 10 spots are our favorite hidden gems!

Tokyo may be one of the primary reasons you pack your bags and head for Japan, but just beyond the Japanese capital there are plenty of hidden gems just waiting to be explored. And they're a great way to avoid crowds while staying close to Tokyo, too.

From the mountains of Okutama and depths of Saitama Prefecture to the quiet onsen get-aways and the startlingly beautiful seaside towns of Kanagawa, here are 10 of the best 'undertouristed' destinations near Tokyo.



1 KUMAGAYA - SAITAMA -

Why Kumagaya?
Outside of Japan, Kumagaya is a little-known city, but it's one of the major urban centers in Saitama Prefecture. It's only an hour from Tokyo by train, and offers a nice mix of cultural activities to keep you occupied.

What can you do there?
In sporting circles Kumagaya is renowned as one of Japan's rugby strongholds; the Kumagaya Rugby ground is home to table-topping club Panasonic Wild Knights, and is a fantastic place to watch a sport that captured the hearts of the nation in 2019.

The Menuma Shodenzan temple is a wonderful piece of spiritual architecture from the Azuchi-Momoyama Period. To go with its gold-trimmed roof is an intricate tapestry of carvings depicting scenes from history and folklore etched into its exterior walls.

And along Kumagaya's Motoara River is one of Japan's finest stretches of cherry blossoms. With over 700 individual trees, it resembles the famous sakura of Nakameguro but without the massive crowds.

How to get to Kumagaya
From Ueno Station in north Tokyo to Kumagaya Station is only 30 minutes on the Joetsu Shinkansen.

R&B Hotel Kumagaya Ekimae
ADDRESS: 3-105, Tsukuba, Kumagaya-shi, Saitama Pref.
NEAREST STATION: Kumagaya Station (Joetsu Shinkansen Line / Hokuriku Shinkansen Line / JR Shonan Shinjuku Line / JR Takasaki Line / JR Ueno Tokyo Line / Chichibu Railway)
PHONE: 048-599-1717



3 ICHINOMIYA

Why Ichinomiya?
Chiba typically sets to throw it into the location of the sea, its world class beach, a cool little town.

What can you do there?
Surfing is frequent in Ichinomiya. There are plenty of surf spots to find. There are also water parks. The town has many parks. Plus, and you can find a lot of things to do.

How to get to Ichinomiya
From Tokyo around 1 hour

Ichinomiya Seaside
ADDRESS: 10000 Ichinomiya
NEAREST STATION: Kazusai Ichinomiya Station (JR Sotobu Line)
PHONE: 0475-42-6411



Courtesy photos

2 OKUTAMA - TOKYO -

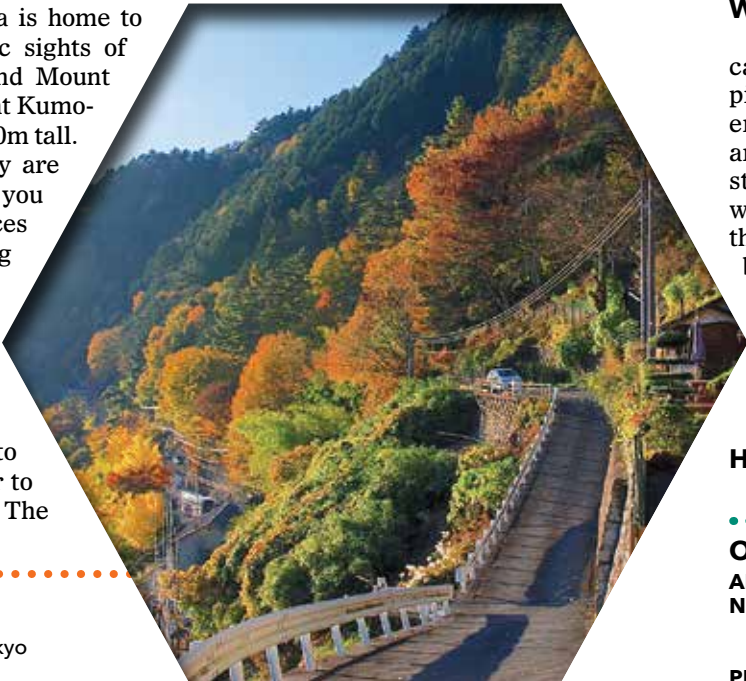
Why Okutama?
Right on the western outskirts of Tokyo Prefecture, the mountainous Okutama region feels far from the tourist hordes of central Tokyo. Given that it's located within the limits of the capital prefecture, it's easily accessible via public transport from the city center, and can even work as a day trip if you don't have time for an overnight.

What can you do there?
A haven for campers and trekkers, Okutama is home to various peaks from which you can catch epic sights of Mount Fuji, such as Mount Kawanoriyama and Mount Nokogiri. The highest of the lot however is Mount Kumotori, which poses a bit of a challenge at over 2,000m tall.

The Mitake hiking trail and Hatonosu Valley are great walking spots close to civilization, where you can marvel at the views with all the conveniences of shops and restaurants nearby. And if camping is your thing, check out the Hikawa Camping Ground set in a towering ravine near Okutama Station. Definitely a good spot to get back to nature and avoid the crowds of Tokyo.

How to get to Okutama
Direct trains go from Shinjuku Station to Tachikawa Station. From here you can transfer to the Ome Line which goes to Okutama Station. The one-way trip is about 1 hour 30 minutes.

Hikawa Valley
ADDRESS: Hikawa, Okutama-machi, Nishitama-gun, Tokyo
NEAREST STATION: Okutama Station (JR Ome Line)



4 ODAWARA - KANAGAWA -

Why Odawara?
Odawara is home to Tokyo's closest feudal castle around 50 miles away. And its location on the Sagami Bay coastline makes it a great spot for Japanese seafood, or a stroll along the shores of the Pacific.

What can you do there?
You can't go to Odawara without visiting the eponymous castle. Originally built in the 15th century, the castle played a pivotal role in bringing the fraught Sengoku (Warring States) era of Japanese history to a close, when it was sacked by the armies of Toyotomi Hideyoshi. The main hall is a multi-tiered structure of white stone and sloping tile roofs which visitors can walk to the top of. Once there, you are greeted with fine views of the ocean to the east and the surrounding countryside to the west.

There's also an early morning fish market at Hayakawa. As friendly as the likes of Toyosu, you can still check it out if you want. At the very least, you can sample its catch at any of Odawara's restaurants. There's a fantastic museum just outside the city, the Enoura Obi Museum, so book in advance.

How to get to Odawara
From Shinjuku Station to Odawara Station on the Odakyu Line, it's about 1 hour 10 minutes.

Odawara Castle
ADDRESS: 6-1, Jonai, Odawara-shi, Kanagawa Pref.
NEAREST STATION: Odawara Station (Tokaido Shinkansen Line / JR Tokaido Main Line / Odakyu Odawara Line / Hakone Tozan Railway / Izuhakone Railway Daiyu Line)
PHONE: 0465-23-1373





slides under the tourism radar, but Ichinomiya is o the limelight in 2021 when it functions as the surfing events at the Tokyo Olympics. Outside of waves and summer beach vibes, Ichinomiya is a n still relatively unexplored by foreign tourists.

What can you do there?
And not just any old surfing, but a beach that ly greets Olympic-quality waves, called Tsurig. Though if you're new to watersports, don't t off. At Kujukuri beach, a 60-plus-kilometer ch of sandy coastline near Ichinomiya, you'll waves that are more palatable for first-timers. e are also opportunities to get involved in other sports, such as kitesurfing and sea kayaking. own is also filled with nice restaurants and tems, its small size facilitates seeing it by bicycle, n rent these near the beach.

to Ichinomiya
Station to Kazusa-Ichinomiya Station, it's 20 minutes on the Wakashio Limited Express.

de Otsuka Hotel
omiya, Ichinomiya-machi, Chosei-gun, Chiba Pref.



arbor nearby. While it's not as visitor- don't mind the early wake-up call. And plentiful sushi restaurants. For art buffs, servatory, for which tickets must be booked

it's only 1 hour 15 minutes.

Main Line / JR Shonan Shinjuku Line / JR Ueno Tokyo Line
zan Line)



5

MIURA PENINSULA -KANAGAWA-

Why Miura Peninsula?
Lying on the south coast of Kanagawa, not too far from Yokohama, is the Miura Peninsula. It's one of the quieter areas within the grasp of the Tokyo metropolis, and is home to some truly gorgeous scenery.

What can you do there?
Three lighthouses of cultural and historic significance rise from the peninsula's headlands: Kannonzaki, Tsurugisaki and Jogashima. Not long after the 1858 Anglo-Japanese Treaty of Amity and Commerce, western-style lighthouses began to rise from Japanese shores. The Tsurugisaki Lighthouse, located on the peninsula's southernmost eastern tip, was one of the first to be erected; it was first lit in 1871. From any of the three however, you'll be greeted with vast and stunning seascapes.
The Miura Kaigan Beach is also a great spot for a bit of R&R. A fireworks festival also takes place here in August, with over 3,000 explosives coloring the night sky. And like all coastal areas of Japan, the seafood is not to be missed. Tuna and Mackerel are both local favorites which can be sampled in Miura Peninsula's plentiful restaurants, or at the twice monthly Waiwai-ichi market.

How to get to Miura Peninsula
From Shinagawa Station in south Tokyo, take the Keikyu Main Line to Miurakaigan Station. The trip is 1 hour 15 minutes.

Miura Kaigan Beach
ADDRESS: kamimiyada, Minamishitaura-machi, Miura-shi, Kanagawa Pref.
NEAREST STATION: Miurakaigan Station (Keikyu Kurihama Line) 5 minutes on foot
PHONE: 046-888-0588

6

CHICHIBU -SAITAMA-

Why Chichibu?
The Chichibu area is primarily known for the eponymous Chichibu Kannon Pilgrimage trail, which guides travelers past 34 Buddhist temples built along the mountain range. Starting in what is now the city of Chichibu with the relatively humble Shimabu-ji temple, the route has been revered among pilgrims since the 13th century.

What can you do there?
Of course there are plenty of temples for you to see. Kinsho-ji, also located in Chichibu City, is one of the finest, with hundreds of statues dedicated to the goddess Kannon. Japan is also one of the world's great flowering nations, and Chichibu's Hitsujiyama Park is a fine example of this, with a riot of blossoming flowers decorating the park in various colors throughout spring and summer.
The Chichibu-Tama-Kai Park reaches over the border from Saitama to Tokyo. But on the Saitama side, you'll find Mount Mitsumine and Lake Chichibu, which make for great walks in nature. For whisky lovers, be sure to end your day with a blend of Ichiro's Malt from the local Chichibu Distillery. Most bars and restaurants in the area will have some in stock.

How to get to Chichibu
From Ikebukuro Station in west-central Tokyo, take the Ikebukuro Line Express to Han-No Station, then transfer to the Seibu-Chichibu Line for Seibu-Chichibu Station. Total journey is around 1 hour 50 minutes.

Chichibu Shrine
ADDRESS: 1-3 Banba-machi, Chichibu-shi, Saitama Pref.
NEAREST STATION: Chichibu Station (Chichibu Railway) 3 minutes on foot
PHONE: 0494-22-0262



SEE UNDERTOURISTED
ON PAGE 10



7

SHIMODA -SHIZUOKA-

Why Shimoda?
A picture-perfect beach town on the south coast of the Izu Peninsula, Shimoda is a great place to get away from the fast-paced demands of city life. Plus, it played an important role in Japan's political history.
After over 200 years of national isolation (when there was a severe limitation on trade and relations between other countries), several of Matthew Calbraith Perry's US naval ships landed on the beaches of Shimoda in 1854. His arrival paved the way for Japan's unprecedented integration with western society, and an easing of Japanese-foreign tensions which culminated in the Convention of Kanagawa later that year.

What can you do there?
The arrival of Perry's "black ships" is still commemorated in Shimoda today, in the form of Perry Street, which provides a nice walk through the town, and monuments in Shimoda Park. What most visitors come to Shimoda for however, is Shirahama beach. It's a great spot for swimming, surfing, sun-bathing, or simply admiring the lone torii gate built on top of a stone eminence overlooking the beach.

How to get to Shimoda
Admittedly, Shimoda isn't the easiest day trip from Tokyo, so a one- or two-night stay is recommended. From Tokyo Station, take the Tokaido Shinkansen to Atami Station, before switching to the Ito line towards Ito Station. From here, you'll need to switch again to the Izukyuko Line toward Izukyu-Shimoda Station. The journey will take around 2 hours and 30 minutes.

UNDERTOURISTED:

Explore a quieter, greener side of Japan

CONTINUED FROM PAGE 9

8 MINAKAMI -GUNMA-

Why Minakami?

Minakami is a small mountain town in Gunma whose aesthetic drastically changes throughout the seasons. Whether it's the rusty hills of fall, the snowy peaks brooding over the frigid town in winter, the arrival of the cherry blossoms in spring, or the feral greenery of summer, there's never a bad time to head for Minakami. If that wasn't enough, it's a geothermal hotbed with plenty of onsen and ryokan (Japanese inns) with hot spring facilities.

What can you do there?

You should definitely stay in a ryokan in Minakami. Most will have hot spring facilities on site, either public or private, which are also known as 'rotenburo' - outdoor bathtubs. You'll most likely be treated to a kaiseki dinner in the local ryokan, a multi-course seasonal meal. You should wash it down with some of Gunma's local nihonshu (rice wine).

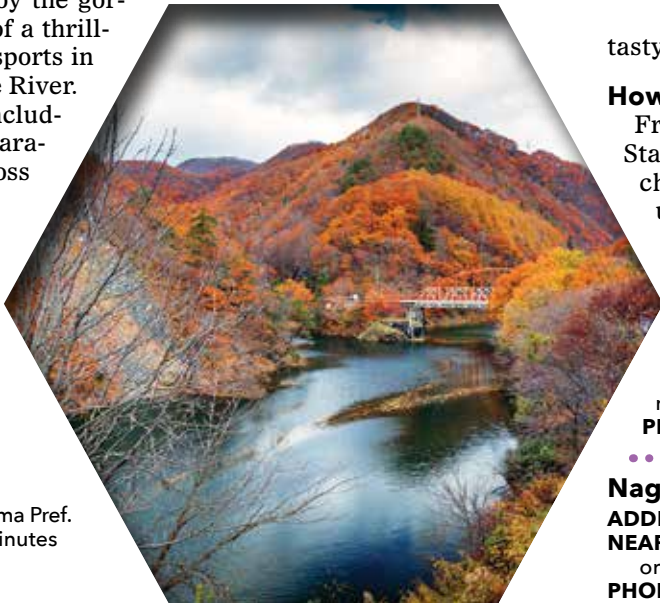
Minakami is a great place to just relax and enjoy the gorgeous scenery that surrounds you. If you're more of a thrill-seeker however, the town is a great spot for watersports in the summer, such as whitewater rafting on the Tone River. In winter, ski resorts open on the nearby slopes, including the Minakami Kogen Ski Resort - which is comparatively cheaper than the more popular resorts across Japan.

How to get to Minakami

Minakami is a little further from Tokyo, and thus works better as an overnight trip. Take the Joetsu Shinkansen from Ueno Station in north Tokyo to Takasaki Station, then switch to the JR Joetsu Line for Minakami Station. The total trip is usually just over 2 hours.

Minakami Hodaigi Ski Resort

ADDRESS: 3839-1, Fujiwara, Minakami-machi, Tone-gun, Gunma Pref.
NEAREST STATION: Minakami Station (JR Joetsu Line) 24 minutes by car
PHONE: 0278-75-2557



9 NAGATORO -SAITAMA-

Why Nagatoro?

Lying at the foot of Mount Hodosan and banking the river of the same name as the town, is Nagatoro, a small settlement in Saitama just to the west of Kumagaya. It's a place of stunning scenery, charming ryokan and various riverboat activities.

What can you do there?

Nagatoro is a small place and easy to explore on foot. But if you want to break more of a sweat, you can hike Mount Hodosan, which stands sentinel over the town, and get far-reaching views of the Saitama countryside for your troubles.

By day, boat trips are available on the Nagatoro River, whether it's a leisurely cruise by paddle boat (operated by someone else), or taking matters into your own hands with some high-octane rafting. By night, head for one the ryokan in the area, where you'll be treated to local multi-coursed cuisine, and of course, some tasty Japanese liquor.

How to get to Nagatoro

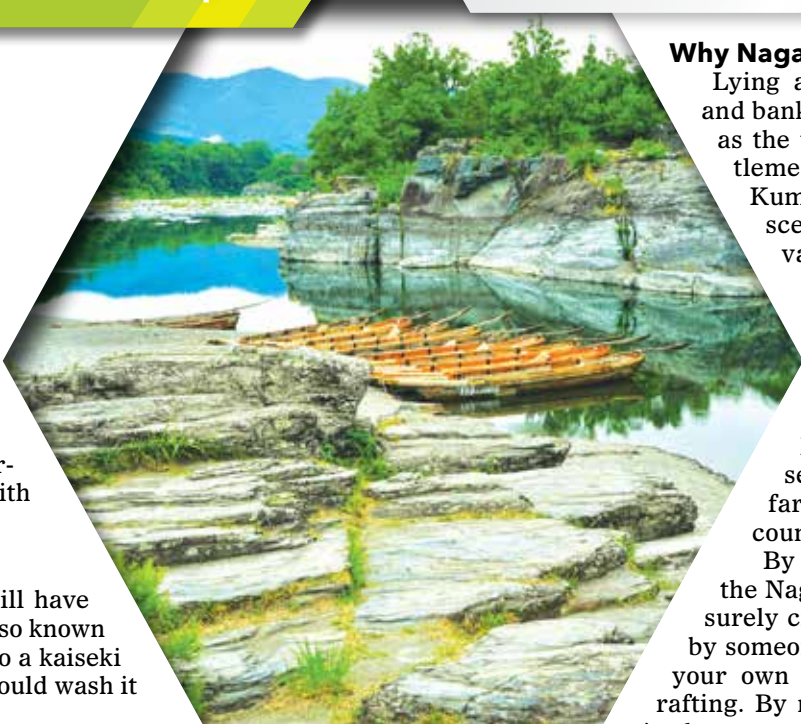
From Ueno Station in north Tokyo, travel to Kumagaya Station on the Joetsu Shinkansen, then change to the Chichibun Main Line for Nogami Station - this is a five-minute walk from Nagatoro. The total journey is around 1 hour 40 minutes.

Nagatoromachi Tourist Information Center

ADDRESS: 529-1, Nagatoro, Nagatoro-machi, Chichibu-gun, Saitama Pref.
NEAREST STATION: Nagatoro Station (Chichibu Railway) 1 minute on foot
PHONE: 0494-66-3311

Nagatoro Iwadatami

ADDRESS: Nagatoro, Nagatoro-machi, Chichibu-gun, Saitama Pref.
NEAREST STATION: Nagatoro Station (Chichibu Railway) 5 minutes on foot
PHONE: 0494-66-0307



10 TANZAWA MOUNTAINS -KANAGAWA-

Why Tanzawa Mountains?

Located in Kanagawa Prefecture and bordering Yamanashi and Shizuoka Prefectures is the expansive Tanzawa Mountain Range, home to some of the best and highest peaks in the Kanto region. Given its location just south of the capital, access is very easy from both Tokyo and Yokohama.

What can you do there?

Hike, hike, hike. Mount Oyama is a sacred peak, and one of the most accessible hikes in the range. The Oyama Afuri Shrine located atop a set of grand stone steps along the trail is thought to be well over 2,000-years-old. Be sure to eat some Oyama tofu, made with fresh water from the mountain's natural springs, while you're here.

For something a little more challenging, head for Mount Hirugatake, which grants epic views of Fuji from the top. This can be done as part of two-day hike, also traversing the slopes of Mount Tanzawa and staying the night in Miyama-sanso mountain hut located on Tanzawa's summit. High-season is typically November through May, so you can head during the summer to avoid the crowds; though expect things to get pretty hot up there!

How to get to Tanzawa Mountains

There are obviously lots of different places from which you can start hiking. But Hon-Atsugi, an area located at the foot of the range is around 1 hour from Shinjuku Station on the Odakyu Line.



Courtesy photos



Visitors from Yokota enjoy tea time at Rose Town Tea Garden in Ome.

Rose Town Tea Garden boasts a gorgeous view of the Tama River in Ome.

Time for tea!

Lunch with Victorian flair near Yokota

STORY AND PHOTOS BY
THERON GODBOLD,
STARS AND STRIPES
Published: July 2, 2020



The Princess Heather menu comes with a tower of finger foods and desserts.

With coronavirus restrictions at U.S. military bases around Tokyo easing enough to allow some local travel, what better way to relax than with a light lunch and a pot of tea?

Like a scene from a period movie, Rose Town Tea Garden's Victorian-style building is nestled in trees with the sounds of the rushing Tama River below.

This quaint restaurant in Ome with a very European feel isn't a bad drive for those at Camp Zama or Yokota Air Base.

Open 11 a.m. to 5 p.m. Tuesday through Saturday, the tea garden has seating for 28, according to its website. Reservations are not required but highly recommended, especially on weekends. Tables are widely spaced, providing room to socially distance.

Discerning palates will find something to savor among the 20-plus flavors of tea from herbal to black and green. The set menu features only homemade

LOCATION: 1-Chome 112 Futamatao, Ome, Tokyo
DIRECTIONS: Google GPS code is Q6RH+C6 Ome, Tokyo
HOURS: 11 a.m. to 5 p.m. Tuesday through Saturday; closed Sunday and Monday.
PRICES: Start at \$11 for a children's set to \$26 for the Princess Heather set
INFORMATION:
PHONE: 080-4187-1720
WEBSITE: rosetownjapan.com



Cucumber sandwiches and croissants stuffed with pastrami, pimento and tomato are among the savory choices offered with the Princess Heather set.

entrees.

I ordered the Princess Heather set and it was a grand affair that came with a well plated and zesty garden salad that set the tone for the meal. The second course was a potato and smoked salmon soup that was warm and had a delicately fishy flavor.

The final course was a tower of finger sandwiches and desserts: scones, cucumber sandwiches, pimento and tomato stuffed croissants, pastrami, cinnamon coffee cake, lemon custard tarts with fresh fruit toppings and a mango custard,

all served with a pot of steaming black tea. It was delicious, almost decadent and a fair value at only \$26.

Five menu sets are available, including a children's set that comes with sandwiches, dessert, scones and juice or milk and costs a little over \$11.

The prices drop as you work down the menu from the Princess Heather; each set differs by subtracting one or two items, but all sets are served with a pot of hot tea.

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

COFFEE: Desserts the star at this hip cafe

CONTINUED FROM PAGE 1

Siphon coffee brew systems, also known as vacuum brewing, date to 1840s France and are popular around Japan. Siphon brewing uses a glass bulb filled with water and suspended below an empty glass beaker that holds coffee grounds and a filter.

As the water in the bulb is heated, steam forms and forces near-boiling water into the beaker above. Once all the water has been pushed out, the heat is turned off, the pressure created from the steam subsides and draws the brewed coffee back into the bulb.

The bulb is then delivered to your seat with a cup, a small pitcher of cream and some sugar, so you can make your cup to taste.

It's a fancy way to brew coffee, but it's tasty and different from any other coffee shop I've visited in Japan.

Kurashiki also makes fancier blended coffees for people who prefer those options.

To accompany my coffee, I selected a cheesy rice bowl topped with shrimp. I added a little red chili powder to mine and made quick work of it.

If you can't read Japanese, you will be ordering based on the pictures, as Kurashiki does not provide English menus. The staff speaks very little English, but the food is good enough that it's worth stopping for.

My cheesy rice bowl was welcome warmth on a cold evening before sitting on a windy train platform for my four-hour trip back to Marine Corps Air Station Iwakuni. While it's nothing to

write home about, it was hearty, and I would order it again.

Kurashiki desserts really shine, though. I opted for a seasonal special that included French toast, ice cream and fruit topped with caramel, chocolate syrup and cinnamon. It was sweet and satisfying but was sized for two or more diners. The sweetness paired perfectly with my black coffee.

Kurashiki Coffee is open 7:30 a.m. to 10 p.m. every day. The shop is a quick one-mile walk from Sasebo's main gate. There is also a branch in Hiroshima that welcomes Marines and sailors stationed at MCAS Iwakuni.

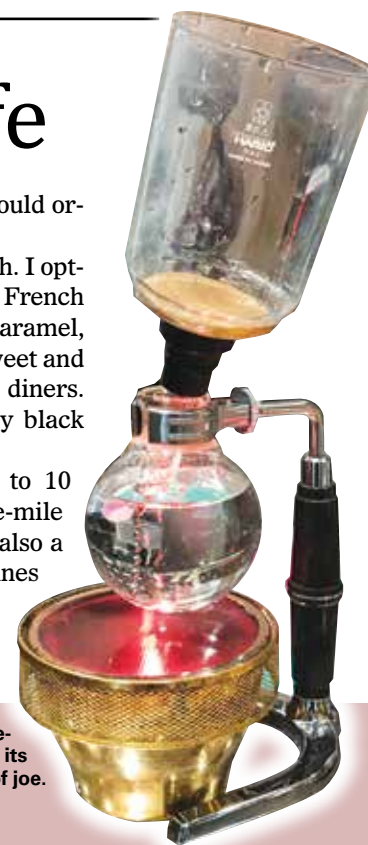
bolinger.james@stripes.com
Twitter: @bolingerj2004



A hot, fresh cup of joe from Kurashiki Coffee steams after being poured from a siphon brewing system.



This cheesy rice bowl topped with shrimp made for a delicious meal after being topped with red chili powder.



Kurashiki Coffee uses a single-serve siphon brewer for its signature cup of joe.

LOCATION: 7-7 Shimanosecho, Sasebo, Nagasaki Pref.
DIRECTIONS: A 10-minute walk from Sasebo Station
HOURS: Open daily, 7:30 a.m. to 10 p.m.
PRICES: Coffee costs up to 480 yen. Breakfast, lunch and dinner sets range in price from 220 yen to 970 yen.
INFORMATION: 0956-37-0309

10 food games to play at home

BY EMILY SUVANNASANKHA,
BYFOOD

Navigating coronavirus in Japan is much like navigating it anywhere else: stressful, anxiety-inducing, and for many who are quarantined or self-isolating, decidedly inside. Of course, only some of us are fortunate enough to merely be killing time during this crisis. But those of us who are in

this position owe it to ourselves, our sanity, and those we live with to make this time in the Great Indoors as distracting and, if possible, joyful as we can.

grab your favorite Japanese snacks (seriously — the Asian markets should be less wiped out), download some new mobile games, and teach your grandma to play with octopus tentacles until we're reunited with the light of day. As you'll likely find, inanity is truly a great salve to the dread of uncertain times.

byFood

Games to play at home with Japanese foods



1

Takoyaki Roulette

You've probably heard of Russian Roulette, but have you tried it with fried octopus balls? In this game, you take several takoyaki and fill them with usual ingredients like cheese and green onion, except for a spicy few laced with wasabi. Everyone picks one at random, and whoever's mouth ends up aflame is the loser.

You can substitute hot sauce for wasabi, and make mini okonomiyaki (Japanese savory pancakes) instead if you don't have a takoyaki pan or sufficient access to tentacles!



2

Build a Pocky Tower

Every November 11th is Pocky Day in Japan, which determined snack enthusiasts celebrate by constructing elaborate Pocky towers. What better time to resort to the same?

These chocolate-covered biscuit sticks make surprisingly versatile building materials, with some people pulling off actual masterpieces. Consult your inner Frank Lloyd Wright or simply see how many Pocky you can stack on top of each other until it all comes crashing down... into your gaping maw.



3

Blindfolded Ramen Taste Test

Have you ever wondered whether we're just imagining that instant ramen has different flavors? Don't let Big Ramen pull the noodles over your eyes! Dust off those old Maruchan packets from the back of your cabinet, cook them up, and try to identify them, blindfolded. This is best done with whomever you're stuck in isolation with, so they can prepare them for you in labeled dishes and make fun of you when you fail.



4

Bread-Snatching Race

One of the best Japanese games at traditional sports festivals, the pan kui taisou, or "bread-eating/snatching race," has a place in your quarantine repertoire for sure. As we all turn to the kitchen pantry for answers and/or company in this troubling time, we might as well gamify our bread consumption.

Kids play this game by stringing up buns, usually anpan (red bean-filled buns), running from a start line, snatching the bread with only their mouths, and racing it to the finish line. If hard-pressed for red bean paste, use bread filled with jam, cream, or any carb slice you've got lying around.



Candy Gambling

Looking for things to do at home? Now's a great time to start up a few dozen rounds of poker or let Parcheesi out of its box. My suggestion: Make it a game-apalooza, with the stakes being any candy, chocolate, or other prized junk food you've got at home. With snacks like Takenoko no Sato or Kinoko no Yama (depending on your allegiance) standing in for money, even kids can enjoy a rousing game of Texas Hold'em with the adults.

5



Source:
Flickr - kori monster

Food-themed mobile games to play at home



Source: Emily Suvannasankha

6

Animal Restaurant

Of all the mobile games I nobly tried for this article (no thanks necessary), Animal Restaurant won by miles. Unlike many restaurant games, Animal Restaurant isn't a fast-paced stress factory. In fact, your customers are kindly rabbits and shy ostriches with bags on their heads who don't get angry if you take more than three seconds to prepare their matcha taiyaki. Animal Restaurant replaces the time crunch with peaceful music, adorable graphics, and unbridled success—and I think we could all use some of that right now.



Source: Emily Suvannasankha

7

Bunny Buns Bakery

Another emotionally healing mobile game is Bunny Buns Bakery, wherein you prepare pastries by mixing shapes and colors and tapping to knead. It's a simple premise, but after playing for just a few hours, this cheeky rabbit owns my soul. Unlock new ingredients, discover each customer's "memoir," and kill time with adorable mini-games while you're waiting for the bakery to open back up.



Source: Emily Suvannasankha

8

Fruit Ninja

Originally released in 2010, Fruit Ninja harkens back to a simpler time, when we were fancy-free and slicing virtual mangoes with our fingertips. In this game, you slice different fruits in half as they're thrown in the air, unlocking snazzy new blades and avoiding disastrous bombs. Addictive, oddly exhilarating, and mindless in the best way, this game will definitely kick your dopamine levels back into high gear.

Food-themed video games to play at home



Source: Emily Suvannasankha

9

Overcooked

There's no better multiplayer party game than Overcooked—and since we're social distancing, why not move the party online? In Overcooked, you scramble to prepare dishes in wild settings that change every level. Expel your pent-up quarantine energy by screaming at your friends to chop more taters and falling off bridges in the midst of hamburger production. You can play with up to four people with local and/or online play on the PS4, Xbox One, Switch, and Steam.



Source: Emily Suvannasankha

10

Battle Chef Brigade

Battle Chef Brigade is a creative mix of retro brawler, RPG, and puzzle-based cooking with gorgeous anime-style graphics. You follow budding chef Mina's story, hunting fantasy monsters to unceremoniously fry. The dialogue is witty, the recipes look stunning, and the game carries a familiar, old-school 2D vibe. If you like food anime, definitely try this one out on the PS4, Switch, and Steam, in either single-player or local multiplayer mode with your isolation buddy.

Final coronavirus prevention tips

Keep all the standard tips in mind: wash your hands for at least 20 seconds, stay inside, and try not to lose it. We who can self-isolate owe it to those on the front lines to do all we can; or rather, not do all we can to help flatten the curve. In the meantime, #stayathome and try your best to have fun while you're at it.

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



A walk through hidden hydrangea near Yokosuka

STORY AND PHOTOS BY
TAKAHIRO TAKIGUCHI,
STRIPE JAPAN

We've finally reached the middle of rainy season where not only is it raining a lot, but the heat and humidity might also be making you sweat buckets. For many, this is probably the worst of all of the seasons in Japan, but what I like most about this season is all of the beautiful flowers that bloom during this time.

A walk through your neighborhood or local park will give you the opportunity to see the many irises, lotus and hydrangea that only appear this time of year. Not as gorgeous or famous as the spring's cherry blossoms, these modest and elegant beauties bring vivid colors to the drab overcast weather.

A great escape for those eager to get outdoors is Hayama Shiosai Park, a short 30-minute drive from Yokosuka Naval Base. This park is tucked away and less crowded making it a great place to practice social distancing from people and see the flower gardens up close.

Beyond its many blossoms, the park played an important

role during the Showa Era when it was used as the Hayama Imperial Villa Annex where Emperor Hirohito succeeded to the throne in 1926.

I visited this impressive park with my wife recently and saw many beautiful hydrangeas. The park offers free parking and is also host to a traditional Japanese garden, a 10-foot-tall "Fukey-no-taki" waterfall and an open terrace facing Isshiki Beach.

The park also has a mall museum featuring exhibits on the local marine life. What makes this exhibit unique, however, is that it is made up of Emperor Hirohito's collection. The late emperor was a keen marine biologist himself and spent time in Hayama studying marine creatures during his reign.

So, next time you're looking for a quiet place to visit and enjoy this rainy season, visit Hayama Shiosai Park. Come for the hydrangeas and other seasonal flowers but stay for the history and other surprises the park has to offer. The hydrangea season ends in late July, so make plans soon!

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Checking in with the year of the rat

I
(boar)



Editor's

Note: Now's a good time as ever for a check-in with the Japanese zodiac. This year has not been exactly what any of us have planned for and that, according to the zodiac, is exactly what is to be expected in the year of the rat.

Next year when the zodiac enters the year of the ox, we'll hope for health and better fortune. It couldn't hurt!



Inu
(dog)

BY TAKAHIRO TAKIGUCHI,
STRIPES JAPAN



Tori
(rooster)

Every year during shogatsu, or New Year holidays, we greet our family and friends with the common phrase "Akemashite omedetou gozaimasu" meaning "Happy New Year!"

Besides the traditional food, greetings and post cards customary for ringing in a new year in Japan, discussion will often go to the eto, or zodiac symbol, of the coming year.

This year's zodiac symbol is the rat and according to the zodiac, "rat years" are usually turbulent ones –and 2020 has definitely been that!

If you've ever received a nenga-jo New Year's greeting post card, you may have seen a drawing or stamp with the corresponding animal mascot for the year's corresponding zodiac.

The Oriental zodiac originated in China and today you'll find variations in Japan and other Asian countries.

Unlike the zodiac signs and



Saru
(monkey)



Hitsuji
(sheep)



Ne (rat)

horoscopes you see in western newspapers and magazines, the Oriental versions are a bit different.

While the Western horoscope uses 12 constellations for each month of the year, Oriental astrology uses 12 animals which correspond to every year and reset after a 12-year cycle. The 12 zodiac animals are ne (rat), ushi (ox), tora (tiger), u (rabbit), tatsu (dragon), mi (snake), uma (horse), hitsuji (sheep), saru (monkey), tori (rooster), inu (dog) and i (boar).

The zodiac animal symbols are used for insight into what the year will be like, as well as a person's personality. Japanese people use it to determine compatibility with friends and even romantic matches. From zodiac symbols, you can also determine a person's age or the year they were born.

Similar to how the Western horoscope relies on houses, sun and moon positions, the Oriental zodiac relies on other factors in addition to the symbol for a more detailed assessment. The five elements of gogyo, which are earth, air, water, wood, and fire, and the attributions and differences of yin and yang, all play into what to expect for the coming year and into a person's personality.

I was born in 1962 and my zodiac is a "Mizunoe Tora" (water tiger - positive). According to the zodiac definitions, a water tiger is considered to have an active, powerful and liberal personality. I, however, am not sure this is a correct assessment!

Pity the poor girls born in 1966, called hinoue uma (fire horse). According to the Japanese legend, "horse women" are bad marriage risks, and these "fire horses" are totally unsuitable for marriage. I saw that the birth rate in Japan during the year dropped considerably, indicating that parents consider this legend more than mere superstition.

In Japan, the return to the beginning of one's life-calendar after a full cycle of zodiac is a significant milestone and called kanreki. To many of us, the word is a synonym of retirement.

Today, large-sized kanreki celebrations are becoming a rarity as the life expectancy of Japanese people continues to grow and 60 years of age is no longer considered



Ushi
(ox)

very old. Nevertheless, kanreki is still considered one of the most important of life's milestones.

I remember that dozens of relatives gathered to celebrate my grandfather's kanreki about 50 years ago. He wore a traditional "chanchanko" gown, which is a sleeveless red jacket that looks more like a baby's jacket than that for a grown person. This gown symbolizes the return to the beginning of one's life, in other words, returning to infancy. The festivities were impressive with many great dishes and presents wrapped in white and red paper decorated with crane and turtle illustrations, symbols of longevity. In contrast, my father's kanreki 23 years ago was a smaller family gathering at home.

As I am going to meet my Kanreki within a couple of years, I am wondering what kind of celebration my wife and daughter will present me on such the important life milestone.

Today, the zodiac may be considered a little old-fashioned, but most Japanese people know their signs and follow it. Check out the zodiac below and see if what it says about you is accurate.

Note: The zodiac sign is assigned according to lunar calendar, and those who are born in January or early February before Setsubun (the last day of winter) are considered to have the zodiac of the previous year. The Setsubun is usually Feb. 2, 3 or 4 in the solar calendar. The Setsubun of 2020 was Feb. 3, and that of 2021 will be Feb. 2.

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Tora
(tiger)



U
(rabbit)



Tatsu
(dragon)



Mi
(snake)



Uma
(horse)

Your zodiac signs	Your birth year								Your personality	Best Match	Good Match	Not match	Worst match
Ne (rat)	2020	2008	1996	1984	1972	1960	1948	1936	"Humorous and intuitional."	Ox	Monkey	Rat	Horse
Ushi (ox)	2021	2009	1997	1985	1973	1961	1949	1937	"Patient and hardworking."	Rat	Snake	Ox	Sheep
Tora (tiger)	2022	2010	1998	1986	1974	1962	1950	1938	"Courageous and adventurous."	Boar	Horse	Tiger	Monkey
U (rabbit)	2023	2011	1999	1987	1975	1963	1951	1939	"Cautious and refined."	Dog	Boar	Rabbit	Rooster
Tatsu (dragon)	2024	2012	2000	1988	1976	1964	1952	1940	"Romantic and perfectionistic."	Rooster	Monkey	Dragon	Dog
Mi (snake)	2025	2013	2001	1989	1977	1965	1953	1941	"Intelligent and charming."	Monkey	Ox	Snake	Boar
Uma (horse)	2026	2014	2002	1990	1978	1966	1954	1942	"Active and cheerful."	Sheep	Tiger	Horse	Rat
Hitsuji (sheep)	2027	2015	2003	1991	1979	1967	1955	1943	"Pacifistic and dreamy."	Horse	Boar	Sheep	Ox
Saru (monkey)	2028	2016	2004	1992	1980	1968	1956	1944	"Clever and eloquent."	Snake	Dragon	Monkey	Tiger
Tori (rooster)	2029	2017	2005	1993	1981	1969	1957	1945	"Methodical and proud."	Dragon	Snake	Rooster	Rabbit
Inu (dog)	2030	2018	2006	1994	1982	1970	1958	1946	"Honest and loyal."	Rabbit	Tiger	Dog	Dragon
I (boar)	2031	2019	2007	1995	1983	1971	1959	1947	"Earnest and perseverant."	Tiger	Ox	Boar	Snake

Stripes Sports Trivia

SAY MY NAME! After my fourth-string quarterback gig didn't work out so well, I decided it was time for a career change and began working at a local grocery store for \$5.50 an hour. Eventually, I returned to quarterbackin' and worked my way back into the NFL. After some tears were shed, I figured things out, went to three Super Bowls and put together a Hall of Fame resume – grocery store stocker and all. Who am I?

Answer

Kurt Warner

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Kanji of the week

足

Ashi (foot)

Language Lesson

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The Weekly Crossword

by Margie E. Burke

ACROSS

1 Spoonful, say

6 "Black Beauty" author Sewell

10 Cassette contents

14 ____ and pains

15 Crackpot

16 Smack hard

17 Poe specialty

19 Diner dish

20 "An Affair to Remember" co-star

21 Electrified particle

22 Second point in tennis

24 Kite part

26 Not of this world

28 Fuzzy fruit

31 Glimmer

32 Flip one's lid?

33 Knitter's need

35 Petty argument

39 Arcing shot

40 Gridiron gain

43 Start for step or stop

44 Crafty site

46 Freshwater fish

47 Coffee bar order

49 Part of AMA, briefly

51 Washed-up star

53 Gilbert and Sullivan work

57 Terrarium plant

58 Report holder

59 Beach Boys hit, "Surfin' ____"

61 Cartoon ant

64 Anna's sister in "Frozen"

65 Cologne's cousin

68 Part of FYI

69 Campsite critter, briefly

70 Eucharist plate

71 Pipe part

72 Lab work

73 Make changes to

DOWN

1 Item on a to-do list

2 Tylenol target

3 Barbecued treats

4 GMC model

5 NY time zone

6 Choir part

7 Who might be to blame

8 Swe. neighbor

9 80's flick "Say ____"

10 Race giveaways

11 Well-apprised

12 Naples staple

13 Kind of alcohol

18 Missile housing

23 Farm layer

25 Revolting, to a kid

27 Move convulsively

28 Up to snuff

29 Connive

30 Coup target

34 Personals, e.g.

36 Sovereign ruler

37 Pot builder

38 Many a Bieber fan

41 Rothko's field

42 "Anything ____?"

45 Riggig support

48 First name on Mount Rushmore

50 "I told you so!"

52 Way off

53 Follows orders

54 TV series starter

55 Come next

56 Lincoln and Ford

60 Put in the mail

62 Place for a roast

63 Take a needle to

66 Enemy

67 Asp anagram

Answers to Last Week's Crossword:

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

SUDOKU

Difficulty: Medium

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

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:

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

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STARS AND STRIPES

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 mandarin oranges, is shown. Below the oranges, a black plate holds a piece of salmon topped with a green garnish. In the middle 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.

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TAKEOUT ORDER



RESTAURANT INFO



1. **Ramune**
Classic Japanese drink!

Ramune is one of Japan’s most famous carbonated soft drinks, maybe due to its unique bottle shape or its regular appearance in manga and anime. Ramune, a term coming from the English “lemonade,” was invented in 1872 and thus is among the oldest of Japan’s lemonades. The characteristic marble in the neck of the glass bottle earned Ramune the nickname of “marble soda” and is also the reason why many people might find it hard to open and drink.

Despite its fame, you won’t find Ramune in vending machines or convenience stores in Japan, but rather have to check a supermarket or beverage store. However, this popular lemonade is a staple of Japanese summer festivals and can be found at numerous stalls in various flavors!

Bonus: To open a bottle of Ramune, simply use the little plastic opener provided with each drink and push down the marble!



10. **Yakult**

Japan’s probiotic drink called Yakult is a success all around the world, but the yoghurt drink is a staple in Japanese convenience stores and supermarkets. There is even a job called “Yakult lady” – much like the States’ Avon ladies, the duties of a Yakult lady are to ride a bicycle or motorbike and go from door to door, selling and promoting the probiotic drink.

No matter if you like it sweet or bitter, Japan’s convenience stores and vending machines have a rich variety of original soft drinks that are sure to quench your thirst! Now your only job is to taste your way through each of them and find your favorite!

2. **Calpis**

What you might know as “Calpico” is a milky Japanese drink that was inspired by the Mongolian airag - basically fermented horse milk. Calpis was Japan’s first lactic acid drink, first sold in 1919. The drink is supposed to be mixed with water or milk, which is one of the reasons why it became immediately popular. And it’s condensed, so this Japanese drink keeps well even without refrigeration.

Nowadays, the drinks you’ll find in any convenience store and vending machine are Calpis Water, a pre-diluted version of the original, and Calpis Soda, which is carbonated Calpis Water. Of course, this classic Japanese drink comes in a variety of fruity flavors as well. Simply look for a white bottle with blue dots and enjoy a refreshing sip!

Bonus: The drink was renamed “Calpico” in the West because many people feel that Calpis sounds uncomfortably close to a less than appetizing word combination.



Quirky Japan

Looking for a nice, refreshing drink can be aisles and examine the colorful selection of names and beverages that you’ve might Naturally, Japan has a rich and fun selection of iced tea. Come with us on a wild ride through Japan!

9. **Melon soda**

Ah yes, melon soda – although the bilious green color of this Japanese soft drink might seem scary, this is a favorite refreshment of many people all around Japan! The melon soda float version is particularly connected to a Japanese childhood. Find the sugary delight at convenience stores, sometimes in vending machines, and at chain stores such as Burger King and McDonald’s!





3. Pocari Sweat

Undoubtedly, this Japanese drink regularly raises many eyebrows in the West for its seemingly questionable name. Pocari Sweat is a sweet sports drink with hints of grapefruit that was first sold in 1980. It supposedly restores all the electrolytes and nutrients that are lost when sweating, hence the name. While Pocari Sweat is available as powder and in cans, you'll most likely come across the PET bottles most of the time – they're an inherent part of every convenience store, vending machine, and supermarket.

4. Mitsuya Cider

This Japanese drink is almost as old as Ramune. Mitsuya Cider was first sold in 1884, and while you might think of an alcoholic beverage when hearing "cider," this classic refreshment is a carbonated soft drink. The standard Mitsuya Cider is best described as a cross between Ginger Ale and Sprite, but of course, there are various flavors on the market, including many seasonal ones. Mitsuya Cider is sold at any convenience store, most vending machines, and every supermarket.



Bonus: We highly recommend the Mitsuya Cider Candy, which is quite literally the classic drink in candy form. It even comes with the carbon fizz!



5. Qoo

Best known for its adorable mascot, Qoo is a non-carbonated fruit drink invented by the Coca-Cola Company, marketed mainly towards children and teenagers. First appearing in 1999, Qoo is available in pretty much all of Asia, but not in the West – it was sold exclusively in Germany, for a brief period of time. Qoo is available in any convenience store and rarely in vending machines. As a Coca Cola product, however, it can be ordered at Japanese McDonald's!

Top 10 Japanese Drinks!

LIVE JAPAN

its very own adventure when sightseeing in Japan. As you scour convenience store of the many vending machines found all around the city, you'll come across a variety never heard of before – what exactly is Pocari Sweat? Can you drink that?! tion of its own tasty soft drink varieties, from modern sugar delights to refreshing n's top 10 drinks!



8. Mugicha, roasted barley tea

Refreshing summertime Japanese drink!

When talking about tea in Japan, most people immediately think green. However, one of the most beloved drinks of the hot Japanese summer is actually mugicha, or roasted barley tea. The slightly bitter taste of barley tea is a wonderful refreshment, especially on brutally hot days. A staple of convenience stores and vending machines, barley tea is also sold in tea bags and often made at home in households all over Japan.

7. Iced green tea

Japanese drink of choice!

While the concept of iced tea is said to have been invented in the United States in the 19th century, iced green tea is a staple drink all over Japan. Generally unsweetened, this healthy refreshment is offered by various different companies and is quite literally found in every single vending machine and convenience store. If you want to quench your thirst in an authentically Japanese way, iced green tea is the way to go!



6. Canned coffee

Canned coffee is a real Japanese drink original that hit the market around 1970. This beverage is most notably found in vending machines in all kinds of varieties, from black and strong to milky and sweet. Japanese vending machines are famous for offering both hot and cold drinks, and canned coffee is a very notable example of this. Convenience stores have a rich assortment of different canned coffee creations as well.



Find your new summer dessert!

STRIPES JAPAN

It's summer fruit season! Nothing better than fresh baked cobbler or a cold pudding to cool you off. Peaches are in season in Japan through the beginning of September, but lucky for you this recipe calls for canned peaches. And, if you're looking for a healthier alternative for dessert, add avocados to the mix for a creamy and decadent pudding your family will love. Give these recipes from your Commissary a try and find a new favorite dessert!



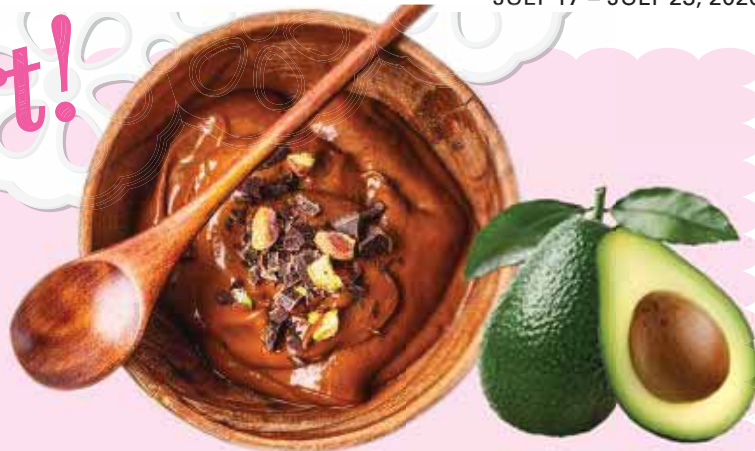
Easy Peach Cobbler

Ingredients (serves 8)

- 2/3 cup ripe avocado, mashed
- 1/4 cup unsweetened applesauce
- 1/4 cup granulated sugar
- 1 cup whole wheat or oat flour
- 1/2 cup milk
- 1/2 tsp. vanilla extract (optional)
- 1 tbsp. and 1 tsp. baking powder
- 1/4 tsp. nutmeg
- 1/2 tsp. cinnamon
- 3 cups canned sliced peaches, in their own juice and no sugar added
- 1/2 cup of the canned peach juice, reserved and divided

Directions

1. Preheat oven to 350 degrees F.
2. In a medium-sized mixing bowl, combine the first 8 ingredients and use a fork to stir just until they are combined. Do not over mix.
3. Pour 1/4 cup of the reserved juice in a 9 inch baking pan. Add the peaches and sprinkle the cinnamon on top of the peaches.
4. Top the peaches with the flour mixture and gently spread to evenly distribute. Pour the remaining reserved juice on top of the flour mixture. Do not mix the juice into the topping.
5. Place the cobbler pan in the oven and bake for 40-45 minutes.



Chocolate Avocado Pudding

Ingredients (serves 4)

- 2 large, very ripe avocados
- 1/2 cup + 1 tsp. unsweetened dark cocoa powder
- 2 packets of stevia sweetener
- Pinch of cinnamon or nutmeg (optional)
- 1/2 cup milk (cow milk or nut milk)
- 2 tsp. vanilla extra

Directions

1. Peel, pit and cube the avocado. Place the cubes in a blender.
2. Add the remaining ingredients and blend until smooth.
3. Place the pudding in the refrigerator and chill for at least an hour.

Tips

- Serve with a sprinkle of crushed almonds, walnuts, or peanuts.
- Add 1/2 cup Greek vanilla yogurt to the recipe and then make frozen "pudding pops"

– Recipes courtesy of DeCA

A Taste of Japan

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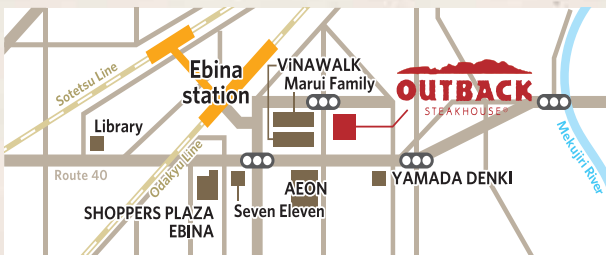
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Your safety comes first, so join us for a relaxing and enjoyable meal with your family, or just spoil yourself. Featuring our new menu, we're now offering sit-down meals or you can get it To-Go. Seating may be limited, so make your reservation or just drop in, but be sure to use your Dining Loyalty Card every time you spend more than \$6. Get 10 stamps to receive \$10 off your next meal. Not a member? Sign up now at your club for Members First and get the benefits you deserve. Reservations can be made by calling 227-8820.

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CHARLIE T's

ENTREES

All entrees are served with fresh brewed coffee, tea or soda and choice of toast, biscuit or english muffin.

ALL AMERICAN BREAKFAST \$6.25
Two eggs with choice of sausage or bacon, served with potatoes.

SOUTHERN STYLE BISCUITS & GRAVY \$7
Homestyle buttermilk biscuits covered with gravy. Served with two eggs, bacon or sausage and potatoes.

BREAKFAST BURRITO \$7
Tortilla with choice of sausage & egg, bacon & egg or potato & egg. Topped with cheese and served with potatoes and salsa.

VEGGIE OMELET \$7
Three egg omelet with sauteed onions, mushrooms, broccoli, bell pepper, cheddar and diced tomatoes. Topped with green onions.

HAM & CHEDDAR OMELET \$7
Three egg omelet with diced ham and cheddar.

CHEESE OMELET \$7
Three egg omelet with cheddar.

FRENCH TOAST \$7
French toast with two eggs and your choice of bacon or sausage.

FULL STACK \$7
Three buttermilk pancakes served with warm syrup, two eggs and choice of bacon or sausage.

SILVER PLATE \$4.50
One egg, two silver dollar pancakes or a slice of French toast and choice of sausage or bacon.

SIDES

TOAST, BISCUIT OR ENGLISH MUFFIN \$1.25

EGG \$1.50

POTATOES \$2

BEEF GRAVY \$1.25

TWO PIECES SAUSAGE OR BACON \$1.75

CEREAL WITH MILK \$2

BOWL OF OATMEAL \$2

SCOOP OF RICE \$1

DRINKS

MILK (WHOLE OR 2%)
Small \$1.25
Large \$1.50

FOUNTAIN SODA \$1.75

CAN SODA \$1

JUICE
Grape, Tomato, Orange, Lemonade, Cranberry or Apple
Small \$1.25
Large \$1.75

PASTA

Served with garlic bread and choice of salad, fries, rice or vegetable.

FETTUCCINI ALFREDO \$12
Fettuccini cooked al dente with creamy Alfredo sauce and light vegetables.

PASTA PRIMAVERA \$12
With choice of Marinara or Alfredo. Served with fresh vegetables and topped with Parmesan.
Add Chicken \$3 • Add Shrimp \$4

PLATES
Served with side salad and choice of rice, fries, mashed potato, baked potato & vegetable.

FRIED SHRIMP PLATTER \$11.75
Lightly breaded shrimp.

SALMON STEAK \$14
Grilled salmon marinated with lemon and black pepper. Served with dill sauce.

SEAFOOD STIR FRY \$15
Seafood and fresh vegetables with Asian sauce. Served with steamed white rice.

CHICKEN PARMESAN \$13
Lightly breaded chicken with linguini, topped with marinara and mozzarella.

ITALIAN CHICKEN \$13
Grilled chicken breast marinated in zesty Italian herbs.

CHICKEN TENDERS \$10
Chicken strips served with choice of sauce — honey mustard, ranch or BBQ.

CHICKEN STIR FRY \$12
Chicken and fresh vegetables with Asian sauce. Served with steamed white rice.

CHINESE CHICKEN \$12
Fried chicken served with Asian dipping sauce.

NEW YORK STRIP STEAK \$17
12-ounce steak served with your choice of peppercorn or port wine sauce.

RIBEYE STEAK \$19
Cooked to your specifications.

BURGERS & SANDWICHES

Served with choice of salad, fries, rice or vegetable.

SAMURAI BURGER \$10
Hamburger with bacon, cheese, lettuce, tomatoes, pickle and onion.

VEGGIE BURGER \$7
Vegetarian burger served with lettuce and tomato.

GRILLED CHICKEN SANDWICH \$7.75
Charbroiled chicken, lettuce, tomato and onion on toasted bun.

YOKOTA "CLUB" SANDWICH \$9
Ham, turkey, bacon, cheddar, lettuce and tomato between three pieces of bread.

TUNA SALAD SANDWICH \$7
Creamy tuna salad on bread.

THIS & THAT

TUNA OR CHICKEN SALAD \$8
Served with tomatoes, cucumbers, carrots and choice of dressing.

CHICKEN TERIYAKI BOWL \$6
White rice, chicken, cabbage, green onion, carrot, soybeans and teriyaki.

CHICKEN QUESADILLA \$8
Flour tortilla with seasoned chicken, cheddar and mozzarella. Served with sour cream and salsa.

FRIED MOZZARELLA \$5.50
Six mozzarella sticks served with marinara.

HOT WINGS \$6.75
Six hot wings. Served with celery or carrots and choice of dressing.

SIDE SALAD \$3
Lettuce, tomato, carrot and choice of dressing.

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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.

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PIZZA HUT LOCATIONS:

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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



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