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STARS AND STRIPES

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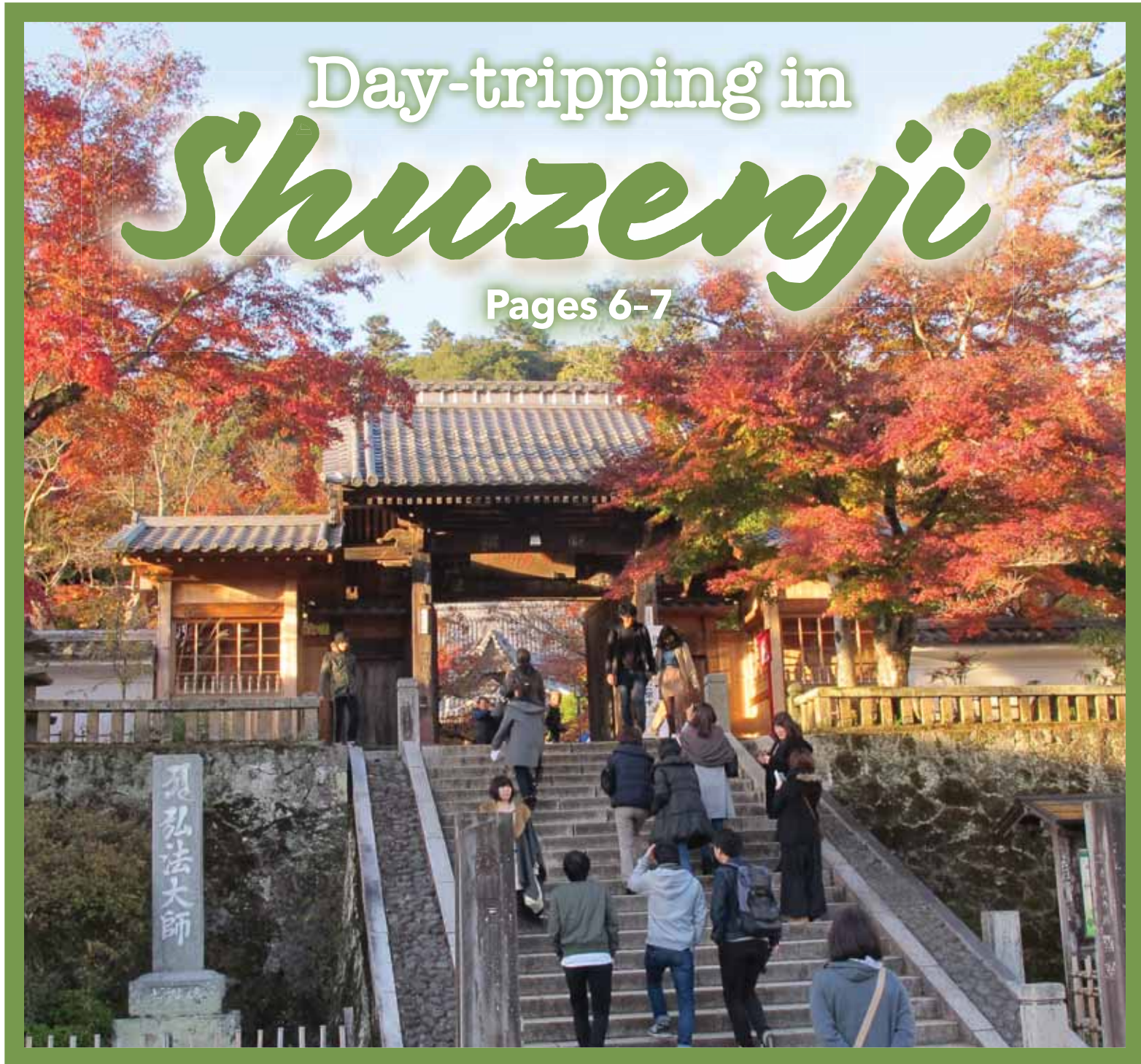
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Publishing and Media Design Editor

Publishing and Media Design Writers

Shoji Kudaka
Hyemin Lee
Takahiro Takiguchi

Layout Designers

Kazumi Hasegawa Mamoru Inoue
Yuko Okazaki Kayoko Shimoda

Multimedia Consultants

Max Genao Doug Johnson
Hans Simpson Chae Pang Yi
Benjamin Yoo Gianni Youn
Robert Zuckerman

Graphic Designers

Yukiyo Oda Kenichi Ogasawara
Yosuke Tsuji

Sales Support

Ji Young Chae Hiromi Isa
Dong Ju Lee Yoko Noro
Yusuke Sato Kanna Suzuki
Saori Tamanaha Toshie Yoshimizu

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On the hunt for autumn

BY TAKAHIRO TAKIGUCHI,
STRIPES JAPAN

It's already November and the temps are dropping. Days are getting shorter and the foliage has changed to rich orange, red and yellow hues. The autumn season is upon us and strolling around enjoying the cooler air while taking in the nice view might be on your list.

Aomori Prefecture, home to Misawa Air Base, boasts an excellent vantage point as it is on the northern end of Honshu. Here autumn arrives earlier than any other location on the mainland. And fortunately, the prefecture is blessed with countless nice view attractions!

If you're in or around Misawa, Ashigezaki Observatory in Hachinohe City and Jogakura Bridge in Aomori City are some of the most desirable autumn leaves-viewing spots.

Getting to Ashigezaki Observatory only requires a 50-minute drive from Misawa AB and it offers a breathtaking view of the Pacific Ocean, surrounding rocky coast and light green hills. This citadel-like stone observatory also has a beautiful promenade and a look at

Aomori Pref.

JOGAKURA BRIDGE

Misawa AB

Mt. Hakkoda

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near Misawa Air Base

Samekado Lighthouse.

Jogakura Bridge near Kuroishi Town is about a 100-minute drive from Misawa and a must-visit tourist destination especially in the fall. Enjoy a beautiful sunset on the 1,180-foot-long, 400-foot-tall bridge. It is Japan's largest arch bridge and is very popular for autumn leaf viewing.

Autumn is here, so make plans to enjoy the season from any of these great spots near Misawa!

takiguchi.takahiro@stripes.com

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Deadlines for shipping holiday gifts near

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- **Express mail military service (EMMS)** – Offers preferred and/or expedited service. Not available from all USAFE APOs.

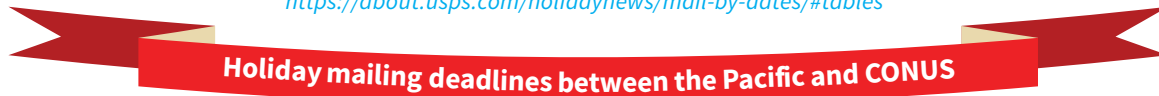
Extra services

- **Insurance** – Offers coverage against loss or damage up to \$5,000, with the price based on the declared value of the item(s).
- **Registered** – Offers maximum security, insuring items up to \$25,000, with the price based on the declared value of the item(s). Tracks movement of mail from beginning to end.
- **Certified** – Provides evidence of mailing as well as the date and time of delivery or attempted delivery. Requires the recipient to sign upon delivery.
- **Delivery confirmation** – Shows when an item was delivered or when delivery was

To ensure delivery of holiday gifts by Dec. 25, the Postal Service recommends that cards and packages be sent to military APO/FPO/DPO addresses overseas no later than the mailing dates listed below.

Military Mail Addressed To and From	Priority Mail Express Military® Service (PMEMS) -1	First-Class Mail® Service	Priority Mail® Service	USPS Ground Advantage™ Service
APO/FPO/DPO AE ZIPs™ 090-092	Dec. 15	Dec. 9	Dec. 9	Nov. 6
APO/FPO/DPO AE ZIPs 093	N/A	Dec. 9	Dec. 9	Nov. 6
APO/FPO/DPO AE ZIPs 094-099	Dec. 15	Dec. 9	Dec. 9	Nov. 6
APO/FPO/DPO AE ZIPs 340	Dec. 15	Dec. 9	Dec. 9	Nov. 6
APO/FPO/DPO AE ZIPs 962-966	Dec. 15	Dec. 9	Dec. 9	Nov. 6

<https://about.usps.com/holidaynews/mail-by-dates/#tables>



¹ - PMEMS is available to selected military/diplomatic Post Offices™. Check with your local Post Office to determine if this service is available to an APO/FPO/DPO address.

- attempted using a Track and Confirm tool you can use on your computer.
- **Certificate of mailing** – Offers evidence of the date your mail was accepted by the post office.
- **Return receipt** – Provides proof that an item was

- delivered, through a postcard or email showing the signature of the recipient.
- **Restricted delivery** – Specifies who can sign for and receive your mail
- **Special handling** – Offers preferential handling if you're

sending something that needs extra care.

Mailing tips

Print names and addresses of both shipper and recipient clearly on packages with a pen or permanent marker.



Put an extra label with the addresses inside the package in case the original one is defaced. Also include an itemized list of contents.

- Select a box strong enough to protect the contents and appropriate for the amount and size of items inside.
- Leave space for cushioning inside the carton, using bubble wrap, Styrofoam peanuts, or newspaper to protect the contents.
- Use tape designed for shipping, using enough to secure the opening and seams of the box.
- Put newspaper or packing material in hollow items to avoid damage during transport.
- Write “fragile” or “perishable” on packages when shipping such items.
- Use boxes, envelopes and tubes the post office provides for Express Mail and Priority Mail.

– Military Postal Service Agency



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USAG YONGSAN



Left: Marcus Trotter, of Nile C. Kinnick High School at Yokosuka Naval Base, poses with his gold medal for the 100-meter run. Center: Jaden Beady, of Yokosuka Middle School at Yokosuka Naval Base, competes in the softball throw. Right: Soyo Kubota, of Tokyo, takes first place in the 50-meter dash during the Kanto Plains Special Olympics at Yokota Air Base on Nov. 4.

44TH KANTO PLAINS SPECIAL OLYMPICS

Athletes excel at annual event at Yokota Air Base

STORY AND PHOTOS BY KELLY AGEE,
STARS AND STRIPES
Published: November 6, 2023

YOKOTA AIR BASE—An athletic field on this airlift hub in western Tokyo was awash in smiles Nov. 4 as more than 600 people gathered to cheer and compete at the 44th Kanto Plains Special Olympics.

American and Japanese athletes and volunteers from U.S. and Self-Defense Force bases in and around Tokyo gathered for the event. Athletes competed at Yokota High School, the base natatorium and bowling alley.

“Today we witness the passion and skill of the athletes who have come here to showcase their abilities and their love for sports,” Col. Andrew Roddan, commander of Yokota’s 374th Airlift Wing, said at the opening ceremony. “Your determination to succeed is inspiring.”

Events included 50-, 100- and 200-meter sprints, basketball, swimming, softball throw, disc throw, soccer shootout, standing

long jump and 400-meter relay run.

Hitomi Nishizawa said her son Jaden Beady, 11, a student at Yokosuka Middle School, was competing in his first Special Olympics. Jaden said he enjoys bowling because he is great at getting strikes.

“I’m trying to process still,” she said at the event. “There are so many people here this year, but I think it’s really great to see a lot of volunteers helping out.”

Volunteers at the event grilled food, cheered and acted as buddies to support and guide the athletes at their events.

“I decided to volunteer today because I felt like it was a good opportunity to help with bringing joy to kids,” said Army Sgt. Ed Wilder of Public Health Command at nearby Camp Zama. “That’s my only goal – to bring joy to the kids and just watch them have a good time.”

Wilder escorted Jaden to every event and cheered him on.

“We are going to be participating in a softball throw, and I believe he is going to kill it,”



Daisy Elliott, of Yokota High School, competes in the standing long jump.

Wilder said, smiling.

Another first-time volunteer, Staff. Sgt. Daela Robinson, a

pharmacy technician with Yokota’s 374th Medical Group, helped with the disc throw by cheering

on the athletes and handing them discs.

“I love seeing everyone’s smiling faces as we’re cheering them on,” he said. “Everyone is just so happy to be here, and I’m happy to help someone smile for the day.”

Athlete Marcus Trotter, 17, is diagnosed with autism, said his father, Bryan Trotter. Marcus, a student at Nile C. Kinnick High School on Yokosuka Naval Base, has competed in the event since 2019.

“It gives him same recognition that it gives other special needs kids,” his father said. “It lets him know that he still has a place and that he can still be a winner. He’s a very good athlete; he’s done five events so far and he’s knocking them out the park.”

Events like the Special Olympics are good for special needs parents, too, Bryan Trotter said.

“We don’t really go to other bases that often,” he said. “It allows us as parents to intermingle with each other and see what other programs are out there for our kids.”

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TASTE OF HOME IN JAPAN

Celebrate holidays with your favorite Mexican, Latin American recipes

BY DENISSE RAUDA,
STRIPES JAPAN

Living in Japan, there are many times when I miss my mom's cooking. I dream of the stewed pork and potatoes in red sauce she makes every week, and the perfectly steamed and seasoned Mexican rice to go along with every dish.

The homesickness grows heavier in the winter when I think back to Christmases with my abuelita's tamales washed down with an ice-cold bottle of Coca-Cola. I dream of the scent of corn dough wafting from the kitchen, of unwrapping a perfect bundle, the steam rising fresh out of the pot and digging into the soft delicacy. Needless to say, replicating this feeling is impossible, however, replicating the flavor is actually somewhat possible while stationed in Japan.

Since some of us aren't lucky enough to be able to head home for every holiday season, recreating a taste of home abroad is better than nothing. Shopping at the commissary might get you a good selection of some of your staples, but your shopping list might come up short depending on the season and availability. So, where do you get the ingredients you need to match the sweet aromatic Café de Olla or the corn husks to wrap the bundles of heaven we call tamales? The key ingredients integral to the dishes of my childhood and those from other Latin American countries are not easy to find in Japan, but there are many transplants and businesses that are making it a little easier.

The wave of Latinos arriving in Japan and bringing

their favorite products is growing, according to Vanessa Quintana, who runs Nippon Viajero, a Mexican gastronomy-focused multimedia company geared on building community in Japan.

The expansion of interest in cooking Mexican and other Latin American dishes means that getting a taste of home is getting easier in Japan. Quintana, through Nippon Viajero's culinary programs, pop-ups and projects, including a recipe book, is dedicated to demonstrating how to bring your favorites from home with imported ingredients and also ones you can pick up at your local Japanese grocery store.

Nippon Viajero Cookbook: Authentic Mexican Cooking in Japan, is Quintana's upcoming cookbook and is tailored to living in Japan without compromising the taste of Mexico. The book is available for pre-order and will feature over 50 recipes, a chili pepper guide, a masa guide and a link to a permanent online resource to continue your journey through Mexican gastronomy and beyond. The cookbook will be released sometime in the next few months.

With the help of Quintana, here is a quick guide on where to obtain the ingredients and items to help you bring your family recipes to life while living in Japan. Warm up your home

with the holiday memories made in the kitchen, which, like me, you might be homesick for. While the focus is on a few key Mexican dishes, some of the resources below also offer ingredients for Dominican, Cuban, Puerto Rican, other Latin American dishes, and Filipino dishes.

Happy cooking and happy holidays!
rauda.denisse@stripes.com



Photos courtesy of Nippon Viajero

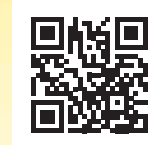
Pre-order Nippon Viajero Cookbook
Authentic Mexican Cooking in Japan



More information:



Making tamales, tortillas, sopes or anything masa-related?



← Order dry masa online from Casa Natural



Molino Campo Noble →

Looking for premade corn tortillas?



← Place an order for frozen tortillas from New Classic Tortilla Club

Molino Campo Noble (QR above) ↑

Want some hard-to-find chili peppers in Japan?



← Check out Fiesta Farm's selection

Want a great breakfast or to add another flavor to meat dishes with chorizo?



← Check out a local producer Leslye Canchola who ships chorizo, tamales and other dishes via Facebook

Looking for antojitos, community and other Mexican treats?



← Join the Mercadito mexicano en Japón MXJPメキシコメルカリートFacebook group

Hunting for other Latino dish ingredients, meats and vegetables? (Corn husks or banana leaves)



← Try Kyodai Market Gotanda

*All of these businesses offer online ordering with shipping all over Japan.

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Shuzenji

Traditional hot spring resort boasts natural beauty, rich history

STORY AND PHOTOS BY
TAKAHIRO TAKIGUCHI,
STRIPES JAPAN

If you are on a U.S. military installation in the Kanto Plain and are looking for a one-day trip to experience a traditional Japanese hot spring resort, a strong option would be Shuzenji.

Situated in the hilly center of the Izu peninsula, the town offers hot spring resorts, open-air baths on a river bank, elegant Japanese bridges, classical gray-tiled inns and pristine, yet charming temples and shrines, which attract countless tourists domestically and internationally.

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

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

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

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

to give you an idea of the typical Japanese hot spring resort in autumn.

For 350 yen (\$2.25), you can take a soak into a hot spring at a public bath, called Hakoyu. Both towel (100-yen) and soap (50-yen) are available. There are also a couple of free 24/7 foot spas, called Tokko-no-yu and Kawara-yu, located in the center of town.

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

In fact, horseradish is one of the local specialties. Sample one while you are in the town, or take some home as a souvenir for your family and friends.

All the hot water in town comes from a hot spring in the middle of the river. Even the fountain water in public gardens, parks and hand-washing shacks of temples are all warm. According to the town legend, a Buddhist master, Kobo Daishi found the spring



Check out!

in the middle of the Izu Peninsula, 1,200 years ago. Shuzenji Temple, founded with the temple. So, Shuzenji Temple is a must-see attraction, though it is a bit of a hidden gem and pristine

temple, the traditional building, with its majestic bell tower, makes a great backdrop against the bamboo forest and red colors of maple leaves.

Hie Jinja, located near Shuzenji Temple, is a quiet Shinto shrine. When you enter the shrine and walk up the 200 stairs to the main hall, a pair of gigantic cedars next to each other of 800-year-old cedar trees, kara-no-Sugi (the cedar of heaven), is believed that you can see children when you pass

Located a little off the main road, Shigetsudo Temple and Yorie are another attraction. Yorie, a feudal lord, was overthrown by his father after he was involved in an overthrow. Yorie is believed to be an angry spirit. With a tiny garden, you can't help but feel a sense of what quiet, soothing atmosphere the temple offers.

takiguchi.takahiro@stripesjapan.com



Shuzenji Temple



Hie Shrine



View Video!



Hakoyu (hot spring bath)

HOURS: Noon - 9 p.m.

ADMISSION: (ages 12 or older) 350 yen

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

TEL: 0558-72-5282

Shizuoka Pref.



Shuzenji

POPULATION: 13,658 (as of 2023)

ATTRACTIONS: Shuzenji Temple, Hie Jinja, Shigetsudo Temple, Niji-no-Sato, Hakoyu and Tokko-no-yu

ADDRESS: Shuzenji, Izu City, Shizuoka Pref. (2-3 hour drive from most of U.S. military installations in Kanto Plain)

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



WEBSITE



Ashiyu

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Wasabi Soft

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

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

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

In the Japanese garden, you can enjoy the in-season flowers, such as daffodil, plum, cherry, rhododendron, iris and hydrangea. In its maple forest, you'll find breathtaking autumn colors from 1,000 trees between late November and beginning of December. During the season, the forest is beautifully lit up and draws many tourists. The light up starts on November 13 this year, according to the park.



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

Niji-no-sato

HOURS: 10 a.m. - 5 p.m. (Apr - Sep), 10 a.m. - 4 p.m. (Oct - Mar), extended to 8 p.m. during the period of autumn leaves lit up (Nov.11 - early Dec.)

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

ADDRESS: 4279-3 Shuzenji, Izu City, Shizuoka Prefecture
TEL: 0558-72-7111



WEBSITE

Bokunenjin Shigean

A tasty soba noodle lunch with a stunning view of bamboo

In Shuzenji, you'll find a handful of prominent soba noodle shops like Yamabiko, Zenpuutei Nanaban and Benihozuki. Among them, Bokunenjin Shigean is one of the most popular with crowds of tourist waiting in line to get a taste of the noodles served here.

You'll find Bokunenjin Shigean inside a traditional two-story yellow building a short walk from Shuzenji Temple. Here, you'll be invited into a tatami floored hall with a beautiful bamboo forest visible through the dining room windows.

Sample its signature noodle dish, Seiro Soba for 1,100 yen (about \$7). The thin, springy noodle has an extremely sweet aroma and crispy texture. You'll get a hint of the fresh, local wasabi which emboldens the flavor of the noodles and stimulates the senses. The dish is enhanced by the simple, yet delicate kelp stock used to dip the soba into.

Bokunenjin Shigean's artful noodles and beautiful view provide a relaxing break from the walking and sightseeing Shuzenji has to offer.



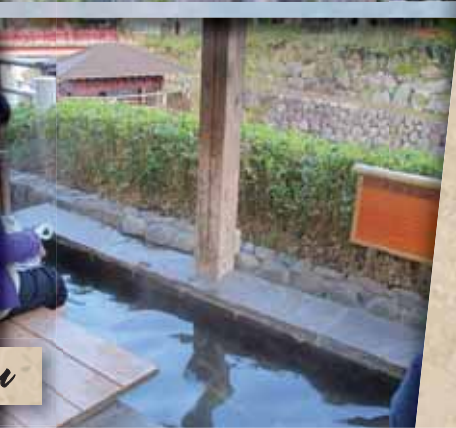
Photo courtesy of Bokunenjin Shigean



Bokunenjin Shigean

HOURS: Thu - Tue, 11 a.m. - 3 p.m.

ADDRESS: 3451-40 Shuzenji, Izu City, Shizuoka Prefecture
TEL: 0558-73-0073



Deadly delicacy?

Try fugu at market by Iwakuni

STORY AND PHOTOS BY
JONATHAN SNYDER,
STARS AND STRIPES

The seaside city of Shimonoseki in southern Japan has a desirable specialty in the

culinary world – the potentially deadly delicacy fugu.

Also called blowfish or pufferfish, fugu is available year-round in Shimonoseki, about 90 miles west of Marine Corps Air station Iwakuni. Fugu is so common in

the city that it can be purchased ready-to-eat at the local fish market for less than \$10.

The Karato Market on the waterfront offers a large variety of ready-to-eat, fresh seafood on weekends and holidays. On weekdays, it's a wholesale market where commercial buyers bid on the catch.

Finding a market stand that sells fugu is not difficult; many will have a decorative sign of the blowfish displayed with the trays of sliced fugu sushi ready to be served.

Good thing, too, because only registered chefs with a special license can prepare fugu dishes. If cut incorrectly, the toxin from the fish can be fatal.

Take a stroll around to look at all the stands. Once you stock up on what you want to eat, just outside the market area next to the river you will find plenty of seating to enjoy your food with nice views.

With the tight regulation of fugu preparation licensing, the chances of fugu poisoning is extremely low, but it's never zero.

Parts of the fugu contain tetrodotoxin, a "rapid and violent" poison, according to a BBC report in 2012. That report said 23 people, mostly anglers who tried to prepare their catch at home, had died after eating fugu in the previous eight years. A 2018 article on Nippon.com cited the Ministry of

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Health and Welfare and said half of all poisoning

deaths in Japan each year are attributable to fugu. The same article said about 50 people are poisoned each year, some fatally.

After I had looked around for about 30 minutes, I purchased a small plate of fugu sushi for about \$9. The thinly sliced, white-colored flesh had a delicate taste to it.

If you're planning on stocking up and bringing some food back home with you, I recommend bringing a cooler with some ice in it for the drive home.

I parked at a 572-space garage next to the fish market for a little over five hours, which cost me nearly \$12.

It was an enjoyable trip, and I'm glad I was able to live to tell the tale.

snyder.jonathan@stripes.com
@Jon_E_Snyder



Karato Market

Directions: About 90 miles from Marine Corps Air Station Iwakuni. 5-50 Karatocho, Shimonoseki, Yamaguchi Prefecture

Times: 5 a.m. to 3 p.m., Monday to Saturday;

8 a.m. to 3 p.m. Sunday

Costs: Entry into the fish market is free.

Food: There is a conveyor-belt sushi restaurant on the upper floor.

Website



GSA in Japan

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Sid Frazier

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Baskin Robbins Japan offering delicious way to rep your Harry Potter house

STRIPES JAPAN

Whether you're Hufflepuff, Gryffindor or a plain old muggle who geeks out over anything Harry Potter, there are some sweet treats coming for you!

Through Nov. 30, Baskin Robbins Japan will be serving up Harry Potter-themed ice cream concoctions. The collection features a new temporary ice cream flavor, two sundaes and themed cups.

Pledge allegiance to your Hogwarts House with two different Harry Potter Double Cups featuring the house banners (490 yen/710 yen or about \$3.25/\$4.75). Sample the Hogwarts House Delight ice cream, a milk tea-flavored ice cream mixed with four crunchy candies in the house colors red, green, yellow and blue, then spun with a caramel ribbon.

For a more elaborate and Instagrammable treat, choose either the Sorting Sundae or Harry Potter



Gryffindor & Ravenclaw



Slytherin & Hufflepuff



The Harry Potter Sundae



Hogwarts House Delight ice cream



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Sundae. The Sorting Sundae allows you to choose a small scoop of your favorite ice cream flavor, then it is topped with whipped cream, chocolate sauce, golden sprinkles, chocolate shavings and a chocolate cookie sorting hat for 570 yen.

The Harry Potter Sundae (1,100 yen) is a bit larger and includes three "pop" scoops of your favorite

ice cream flavors topped with whipped cream, chocolate and almond brownie pieces, chocolate shavings and strawberry sauce. What makes this sundae special is the chocolate-covered chocolate glasses, cookies designed with Harry's signature Hogwarts robes, and chocolate-filled crepe cookies inspired by a wizard's wand.

The collection also has an option for families and ice cream lovers, the Harry Potter Trunk Set for 2,920 yen. The cardboard box modeled after Hogwarts students' trunks, opens to reveal nine scoops

of ice cream, one of the Hogwarts House Delight and eight ice cream scoops of your choice. This set includes a limited original spoon with motifs of Harry's buddy Hedwig and Hogwarts acceptance letter.

Does the Potterhead in your life have a birthday in November? Baskin Robbins will also be selling a Harry Potter Ice Cream Cake for 3,200 yen. Inside the cake is Caramel Ribbon x Chocolate with Dark Chocolate Bits ice cream and on the outside are icons of the movie series, including lightning

bolt-shaped yellow whipped cream, a Hedwig, Harry's loyal buddy, in white whipped cream, a chocolate Hogwarts letter, a chocolate Gryffindor House star and a plastic decoration of Harry Potter's glasses.

Just a quick note on Baskin Robbins Japan's ice cream cakes: They are different than what you would get in the States. In Japan, ice cream cakes are missing the cake ingredient. Instead, they are a shaped slab of ice cream that is frosted and decorated, so lacking on the cake but not the sugar!

Hurry in and catch the Harry Potter ice cream before it melts on Nov. 30! Don't miss some of Japan's other great Harry Potter attractions like The Making of Harry Potter Studio Tour, Diagon Alley at Akasaka in Tokyo, and the Wizarding World at Universal Studios Japan in Osaka.



The Making of Harry Potter Studio Tour



Diagon Alley at Akasaka in Tokyo

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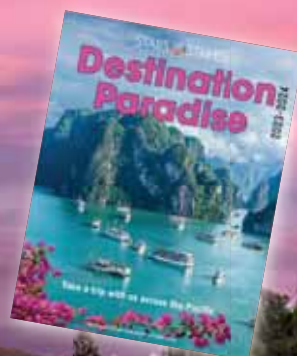


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100% vegan eats in Tokyo's Shimokitazawa District



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STORY AND PHOTOS BY KELLY AGEE,
STARS AND STRIPES
Published: November 2, 2023

A bohemian district in Tokyo is home to a “taste of the United States” at Superiority Burger, a vegan burger chain that originated in New York City.

The menu is 100% vegan. This small restaurant in Shimokitazawa, known for its live music and thrift stores, has only two outside tables but offers take-out and delivery.

Burgers are available alone or in a set that includes crunchy potatoes and a drink for another 400 yen.

The hot avocado burger — topped with vegan cheese, avocado, mustard, delicious vegan mayo and just the right amount of peppers — with a side of crunchy potatoes and a sparkling water comes to 1,900 yen, or about \$12.70.

The burger stayed together

without crumbling, as many vegan burgers tend to do. The potatoes were also good. I prefer thick potato slices instead of French fries.

Two menu items are available only in Japan: the Yuba creation burger, topped with tofu skin, herbs, onions, pickles and mushroom mayo for 1,300 yen; and the Superiority Burger hot dog, topped with ketchup, mustard, relish and ginger for 680 yen.

Other intriguing dishes include the burnt broccoli salad and fried tofu nuggets, both for 600 yen.

Coffee and either hot or iced tea, along with cola, orange juice and sparkling water are available. Beers like Budweiser and Brooklyn Lager.

Finish off your vegan burger lunch with a serving of gelato at 350 yen for one scoop or two for 500 yen, or tiramisu at 450 yen.

agee.kelly@stripes.com
@KellyA_Stripes

Superiority Burger

Location: 5-33-7 1F Bee Five Shimokitazawa, Setagaya City, Daizawa, Tokyo
Hours: Open noon to 7 p.m. Monday, Thursday and Friday; noon to 8 p.m. Saturday and Sunday
Prices: Most menu items range from \$3 to \$15.
Dress: Casual
Directions: An approximately 7-minute walk from Shimokitazawa Station.

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Answer

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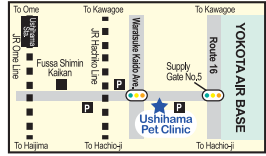
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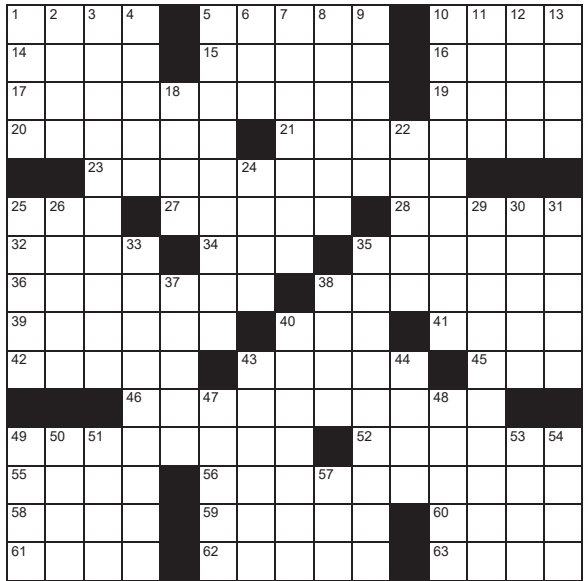
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The Weekly Crossword

by Margie E. Burke

ACROSS

- No longer fizzy
- Nobel, for one
- A deadly sin
- Poison ivy woe
- One of the von Trapps
- "Heat of the Moment" band
- Yosemite photographer
- Clay-rich soil
- Be unsteady
- Particular
- "Gunsmoke" marshal
- Corn holder
- Crumpet's cousin
- Train tracks
- "Wise" birds
- "Solve for x" subj.
- Short snooze
- Oblivious
- Artist's board
- Mythical tale
- Dot follower
- Postmark part
- Fear greatly
- Like windmills
- "The Simpsons" neighbor
- Getting better
- Winter footwear
- Certain discrimination
- Boxcar rider
- Like some evidence
- Smell
- Kitchen invader
- Hoe target
- It talks, in a saying
- ___ and there



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- Gathering, as of things
- Letter before iota
- Key substitute
- Load of money
- Wiping off
- Smile feature
- Art display stand
- Coated with plastic
- Military branch
- iPhone assistant
- Barber's supply
- "___ go!"
- Snorkeling sight
- Big name in pineapples
- "How ___ you?"
- Deed holder
- Like some assets
- Coffee bar order
- Go 80 m.p.h., say
- Expletive

- Averse to being filmed
- Machu Picchu locale
- Southern side?
- Early hunter
- Haitian witchcraft
- Quarters, slangily
- Sweet-talk
- Stable sound
- Vegas attraction
- Stem joint
- Wind instrument
- Speak unclearly
- Viral GIF, e.g.
- Hotel freebie

Answers to Previous Crossword:

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

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A ccording to Japanese tradition, you are supposed to present certain kinds of money in certain envelopes when you attend a wedding, funeral or memorial service. For a wedding, wrap crisp and new, unfolded bills in a red and white envelope. For a funeral or any memorial service, enclose rather old and not clean bills in a black and white envelope. Red and white for weddings, black and white for funerals – now, don't forget!

馬

Uma/ba (horse)

Language Lesson

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SUDOKU

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Edited by Margie E. Burke

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

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.

Answer to Previous Sudoku:

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

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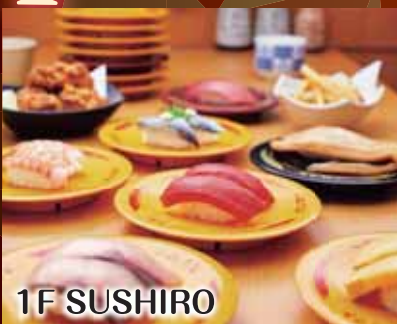
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Introducing oden

Japan's scrumptious winter soul food



LIVE JAPAN

Oden is something you want to eat during the cold winter. You can readily eat oden at a Japanese restaurant or a pub.

It is a meal of boiling things like chopped radish and eggs, or tasty chikuwa fish cakes in a soy sauce or kombu soup stock for a long time to gain flavor. The ingredients inside oden are called “odentane.”

History

Oden originated back to dengaku, that is the meal of cutting tofu into rectangles and eating with miso on top. The popular way of putting “o” at the beginning of every word the court

Photos courtesy of Live Japan

ladies used inside the Imperial Court in the Heian period and dengaku were mixed together and it became the name “oden.”

Differences in areas

Mainly in eastern Japan people use the concentrated taste of soy sauce to cook oden so the color of the soup looks darker and in western Japan, people use the light taste of soy sauce

to cook oden so the color of the soup looks paler. In Kyushu or Okinawa, a richer taste is popular and the soup has the flavor of chicken or flying fish. In Kyoto, a delicate taste is popular and the soup has the flavor of shaved dried mackerel and kelp.

Convenience store oden

Convenience stores sell oden from autumn until spring. Lawson, one of the biggest convenience stores, uses a base soup of katsuobushi (dried bonito flakes) from Yaizu and kelp from Hokkaido. For the Chubu region they add a flavor of muroaji-bushi (horse mackerel flakes). And for the Kyushu region, they add a flavor of beef, chicken and flying fish. There are different kinds of flavors depending on the area.

A unique canned oden

You can even buy oden from some vending machines. The ingredients inside are almost the same as regular oden, but the odentane are not anything fragile like tofu. It can be preserved for a long time and can be used as emergency food in case of a disaster.

COOKING oden Isekai Izakaya Nobu-style

LIVE JAPAN

Welcome to the first of a series of articles spotlighting select Japanese recipes from the new anime series, Isekai Izakaya Nobu! Whether you're a fan already or have just stumbled upon the show, one thing is for sure: the dishes of gourmet anime Isekai Izakaya ~Koto Aitheria no Izakaya Nobu~ look absolutely amazing! Japanese star chef Ryuta Kijima created simple recipes based on the food served at Izakaya Nobu itself, for you to cook in your own kitchen at home. (Even if you're not a giant anime fan, you're still bound to enjoy these authentic Japanese foods!)

Today, we're savoring the main dish of the first episode “Potatoes in Oden.” As the name suggests, oden is the star of Nobu's menu this time! It's a one-pot dish that is an iconic Japanese winter food recipe and features plenty of ingredients: eggs, daikon, potatoes, and more delights!

During the cold months, Japanese convenience stores sell oden as bowls of different sizes or as individual ingredients, making it a much-beloved snack or meal all throughout Japan. Now, let's start cooking!



Isekai Izakaya Nobu - Behind the scenes of studio sunrise and discovering how anime comes to life



Photos courtesy of Live Japan

Side: Japanese oden-style potato salad

At Isekai Izakaya Nobu, potatoes are a rather big topic in the first episode. That's why Chef Kijima has come up with a special oden-style potato salad! Quickly made, this yummy side dish adds a fun, Japanese kick to your meal!

Yield

Makes 2 servings

Ingredients

- 2 Oden potatoes (*2)
- 1/4 Onion
- Fukujinzuke (as much as you like) (*3)
- 1 tablespoon French dressing
- 2 tablespoons Mayonnaise
- Coarsely-ground black pepper (a pinch)

Preparation

- 1) Thinly slice the onion vertically, wash with water, dry, and add French dressing. Let it marinate for 5 minutes.
- 2) Add hot potatoes to the onion and crush them with a fork. Let it cool for a bit.
- 3) Add mayonnaise and fukujinzuke. Mix well.
- 4) Itadakimasu!

*2 Chef Kijima uses oden-boiled potatoes. Buy or make them the same way as the daikon described above.

*3 Fukujinzuke are pickled vegetables, a popular Japanese condiment. If you cannot find them in the Asian supermarket of your choice, you can make them yourself. Cut vegetables of your choice (commonly used: daikon, cucumber, eggplant, Lotus root, and so on. Feel free to add “less exotic” veggies such as carrots, white turnip, and ginger.) Boil them in a sauce made of sugar, soy sauce, mirin, sake, and rice vinegar and then cool in the refrigerator.

With these quick and easy recipes, you can bring both the taste and atmosphere of Izakaya Nobu to your own kitchen. And don't hesitate to enjoy Chef Kijima's creative creations with a frosty beer!

Japanese oden daikon steak

Often seen in many food anime, daikon radish has recently found its way into Western supermarkets - but how to cook with daikon remains somewhat elusive! We think you'll agree that when soaked in a hearty oden broth and then fried or grilled, this curious veggie turns into a delectable dish!

Yield

Makes 2 servings

Ingredients

- 2 Oden daikon pieces (*1)
- 2 Green onions
- 1 tablespoon Salad oil
- 10g Butter
- Sauce: 2 teaspoons soy sauce, 2 teaspoons cooking sake, 1 teaspoon mirin

Preparation

- 1) Chop the green onion finely.
- 2) Use a paper towel to soak up extra soup from your daikon pieces. Put them in an oiled, cold frying pan before turning up the heat.
- 3) Flip the daikon once they're golden brown, put a lid on the pan and fry for another 5 minutes on low heat. Then arrange them on a plate.
- 4) Making the sauce: mix all ingredients for the sauce in the hot pan. Once little bubbles form, add the butter and mix well.
- 5) Pour the sauce over your daikon steak with a spoon. Top with green onions.
- 6) Itadakimasu!

*1 Chef Kijima uses daikon that has already been boiled in an oden soup. If you're in Japan, you can easily buy the daikon readily made at a convenience store or buy oden soup and make it yourself. If you're not in Japan, simply make oden soup yourself by using dashi soup stock and seasoning it with soy sauce, sake, and sugar. Bring it to a boil, then put the daikon in and let it simmer for about 15 minutes. Important: the longer the daikon sits in the soup, the better it tastes! If you have time, turn off the heat and let the daikon swim in the soup for an hour or more.





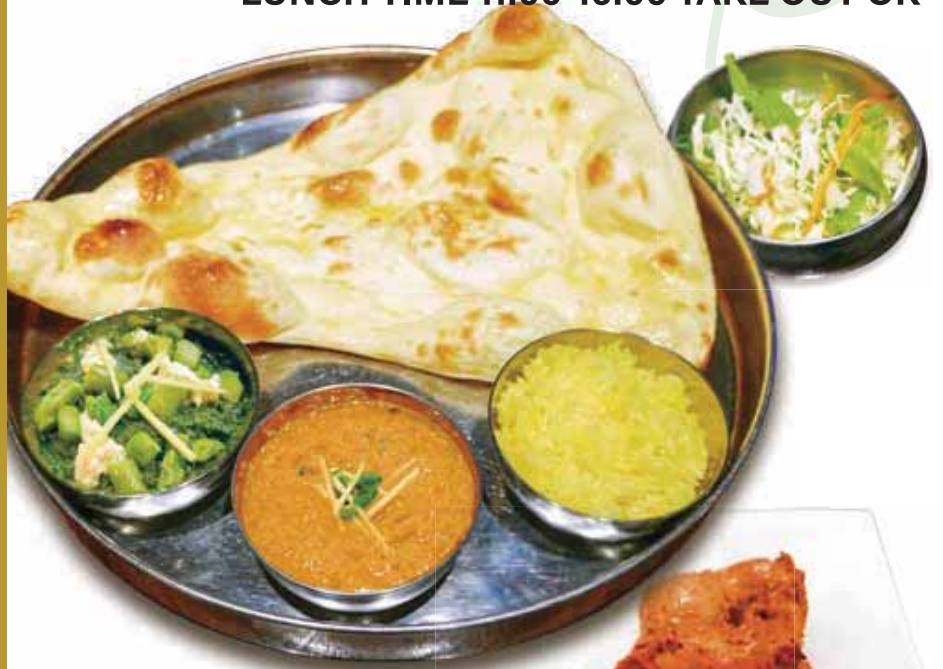
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RESTAURANT INFO

Replica Food



STORY AND PHOTOS BY REY WATERS,
JAPAN TRAVEL

While on your visit to Japan you will come across many restaurants that present food samples of their offerings. The plastic food looks so real and the details make your mouth water. Go to the top floor of any department store and almost all the restaurants will showcase realistic looking dishes. Many times when dining alone I show the waitress my choice by pointing to the display in the window.

Back in the Showa period a man named Takizo Iwasaki decided to form a company to make replica food. In 1932 he opened a factory in Osaka and it became the largest food display company in Japan.

Originally the sample food was made of wax, but after sitting in the display case for a long period of time during the hot weather their shape changed, so in the 1970's they switched to a durable plastic.

Miwa and I recently booked a class at Iwasaki's "Ganso Shokuhin Sample-ya" company in Tokyo, which holds workshops for making replica food. Today it was Lettuce and Tempura. I chose shrimp and potato for the tempura.

Toyama-san, our instructor, explained to me in English the process we would experience during our class. She also noted that many foreigners join her workshops.

The first and most important step is to heat the water to 42 degrees Celsius (107.6 F). Today we used three colors to make our samples of green, white, and light yellow.

There were a total of 7 students, so the class moved along pretty quickly.

To make the Tempura pieces you need to hold a cup with the liquid 60 cm high and pour slowly into the vat. For

shrimp, pour in a rectangular shape and for the potato pour in a circle. Place the shrimp onto the rectangle and slowly submerge in the water while wrapping the ends. When complete, place in cold water and there you have Shrimp Tempura. It does look real, even the one I made.

The lettuce process was a little more complicated using two colors, however the results were the same. We chose to have ours cut in half showing the realistic inner texture.

Ganso offers several other choices of sample food making at their two Kappabashi locations.

The class was very inexpensive when you consider what the cost would be to purchase the three items we made. Our workshop cost 2160 yen (\$19). The prices vary according to the food you want to make.

I am by no means an artist, but this process will give you a feeling of accomplishment, and even children are welcome to take the class.

Downstairs from the workshop is a retail store where you can purchase items for your home or restaurant. They have two stores in Tokyo and one at the Red Brick Warehouse in Yokohama.

During your visit to Japan this workshop is a nice way to spend a couple of hours while taking home a neat souvenir that you personally made.

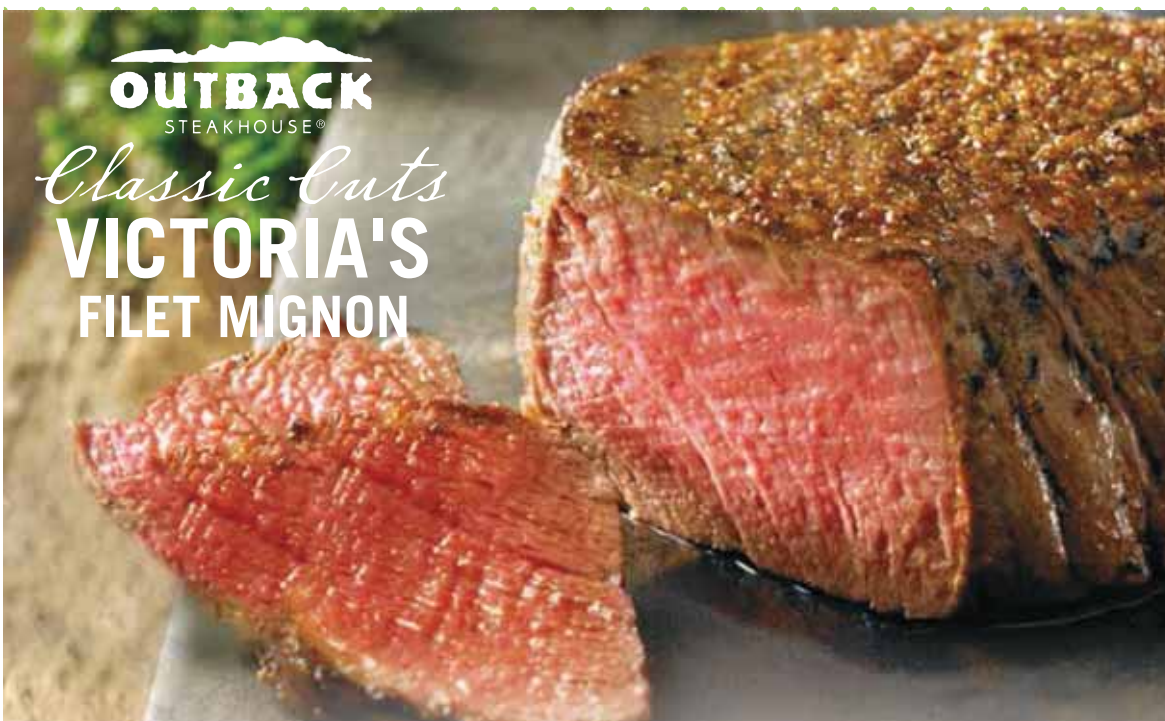
For additional information go to their website, or call 0120-81-1839.

The workshops must be done in groups with a limit of 16 per class. Both workshop locations are just minutes walking distance from Tawaramachi Station or Asakusa Station in the Kappabashi-dori area of Tokyo.



Our colors for the workshop

A Taste of Japan



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Classic Cuts
**VICTORIA'S
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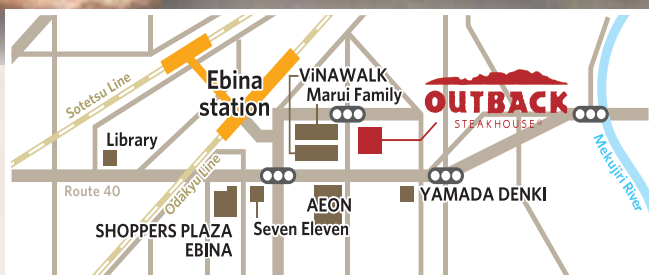
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RESTAURANT INFO