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There's no charge for sit-on-top kayaks, sailboats and paddle boards at Castaway Island Resort, Fiji. Photo by Steve Haggerty, TNS

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Iwakuni Marines assist man impaled by spear

STORY AND PHOTO BY
JAMES BOLINGER,
STARS AND STRIPES
Published: August 6, 2019

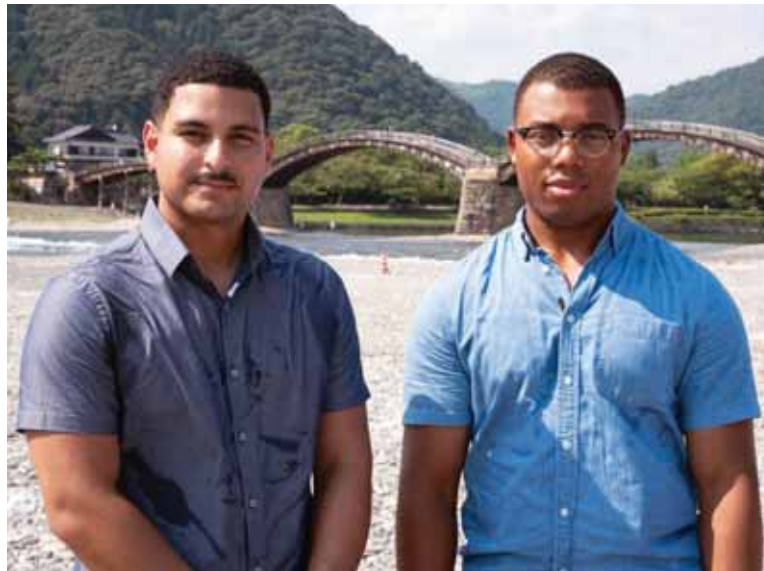
MARINE CORPS AIR STATION IWAKUNI — Two Iwakuni-based Marines were lauded for aiding a Japanese man who was injured while spear fishing near the air station on July 27.

Cpls. Jose Castrobaez and Raekwon Johnson — C-130J engine mechanics from Marine Aerial Refueler Transport Squadron 152 — were flying drones on the bank of the Nishiki River near the Kintaikyo Bridge when a friend of the injured man asked the Marines for help, the pair told Stars and Stripes on July 31.

“We met these guys who were having their own barbecue,” Castrobaez said. “They invited me to go swimming with them. I believe they were practicing how to spear fish, and the next thing you know I was doing my own thing and they told me, ‘Hey our buddy needs help.’”

Castrobaez walked over to investigate and saw a spear sticking out of the man’s torso.

“We didn’t get taught anything in boot camp about what to do when someone stabs



Cpls. Jose Castrobaez, left, and Raekwon Johnson, C-130J engine mechanics, assisted a Japanese civilian who was injured.

themselves with a spear. Maybe a bullet, but not a spear,” he said.

Castrobaez then called Johnson, who had been flying a drone, over to help.

“I asked him, ‘If you ever got stabbed by a spear what would you do?’” Castrobaez said.

His question came across as totally theoretical, said Johnson, adding that Castrobaez was so calm that he didn’t realize someone was hurt.

“I told him that ‘I wouldn’t

pull it out, and I would try to get some help,’” Johnson said.

Johnson – surprised by the sight of blood and a spear sticking out of the man’s rib cage – said he thought the victim was going into shock. He sat behind him and supported his weight while directing another man to hold the spear still.

Another person called for help, Johnson said.

“We just sat there with him, trying to keep him awake until [first responders] got there,” said Johnson, who added that the most important thing he thought he could do at the time was to keep everyone, including himself, calm.

The injured man was treated at a nearby hospital for a minor injury that was not life threatening, an Iwakuni Police spokesman told Stars and Stripes. He added that the incident is under investigation.

“These Marines displayed exemplary character by helping a person in need,” Staff Sgt. Vitaliy Rusavskiy, a spokesman for Marine Aircraft Group 12, said in an email to Stars and Stripes. “We are thankful to the local community for allowing

us to be part of Iwakuni, where we continue to make friendships and provide assistance to each other whenever needed.”

Stars and Stripes reporter Hana Kusumoto contributed to this report.

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For Zama aikido sensei, it's all about harmony

STORY AND PHOTOS BY
WENDY BROWN,
U.S. ARMY GARRISON JAPAN

CAMP ZAMA

Yotaro Mukai has taught aikido at the Yano Fitness Center here for 21 years, and he welcomes everyone.

For those who want to learn, Mukai offers classes at convenient times for anyone who has access to the gym. He offers free classes every day of the work week during lunch; two

more classes in the evening on Tuesday and Thursday; and another class from 10 a.m. to noon on Saturday.

Mukai, a retired colonel from the Japan Ground Self-Defense Force, began studying aikido 56 years ago when he was a cadet at the National Defense Academy, the Japanese equivalent to the U.S. Military Academy at West Point. He holds the second-highest rank in aikido, the rank of seventh "dan," or "shichidan." He is a "shihan," or master instructor,

and volunteers his services.

At this point, Mukai said he doesn't feel like he is teaching, but rather practicing and learning new things every day.

According to the International Aikido Federation, Morihei Ueshiba, a martial arts expert, created aikido in the 1920s and people now practice it in 140 countries. The martial art blends the motion of attackers and redirects the force of attacks rather than opposing them head on. The goal of practicing is to improve one's

character according to the rules of nature.

Mukai said that while people should keep in mind that aikido is painful, difficult and can lead to injuries, it has a lot of benefits.

To start, because there are no competitions in aikido, one's mind is always peaceful, Mukai said.

Aikido is all about harmony, Mukai said, not about beating the other person, but getting better together.

In addition, the whole point of aikido is to convince one's opponent not to fight, so any potential fight begins with a mind game designed to avoid a fight, Mukai said.

Although many Americans think aikido is all about strength or power, that is not the case, Mukai said, and anyone of any size or age can successfully practice the martial art.

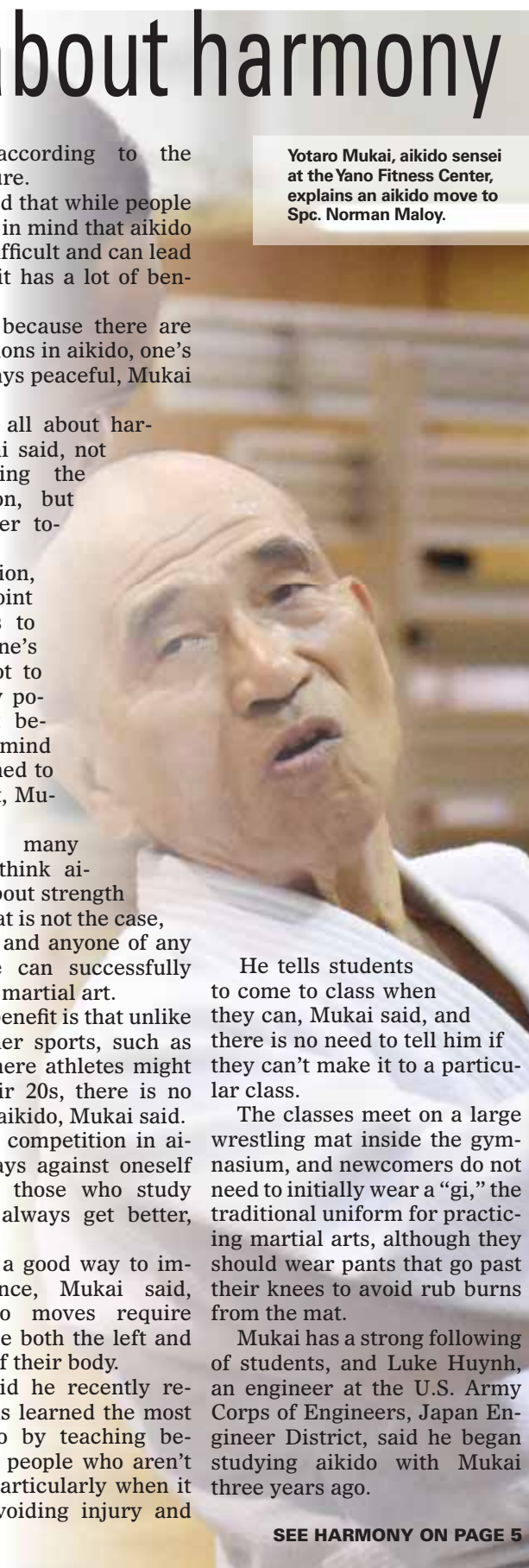
Another benefit is that unlike in some other sports, such as baseball, where athletes might peak in their 20s, there is no age peak in aikido, Mukai said.

Since the competition in aikido is always against oneself to improve, those who study aikido will always get better, Mukai said.

It is also a good way to improve balance, Mukai said, since aikido moves require people to use both the left and right sides of their body.

Mukai said he recently realized he has learned the most about aikido by teaching beginners and people who aren't good at it, particularly when it comes to avoiding injury and improving.

Yotaro Mukai, aikido sensei at the Yano Fitness Center, explains an aikido move to Spc. Norman Maloy.



MISAWA YOKOSUKA ATSUGI ZAMA YOKOTA FUJI IWAKUNI SASEBO OKINAWA MISAWA YOKOSUKA

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He tells students to come to class when they can, Mukai said, and there is no need to tell him if they can't make it to a particular class.

The classes meet on a large wrestling mat inside the gymnasium, and newcomers do not need to initially wear a "gi," the traditional uniform for practicing martial arts, although they should wear pants that go past their knees to avoid rub burns from the mat.

Mukai has a strong following of students, and Luke Huynh, an engineer at the U.S. Army Corps of Engineers, Japan Engineer District, said he began studying aikido with Mukai three years ago.

SEE HARMONY ON PAGE 5

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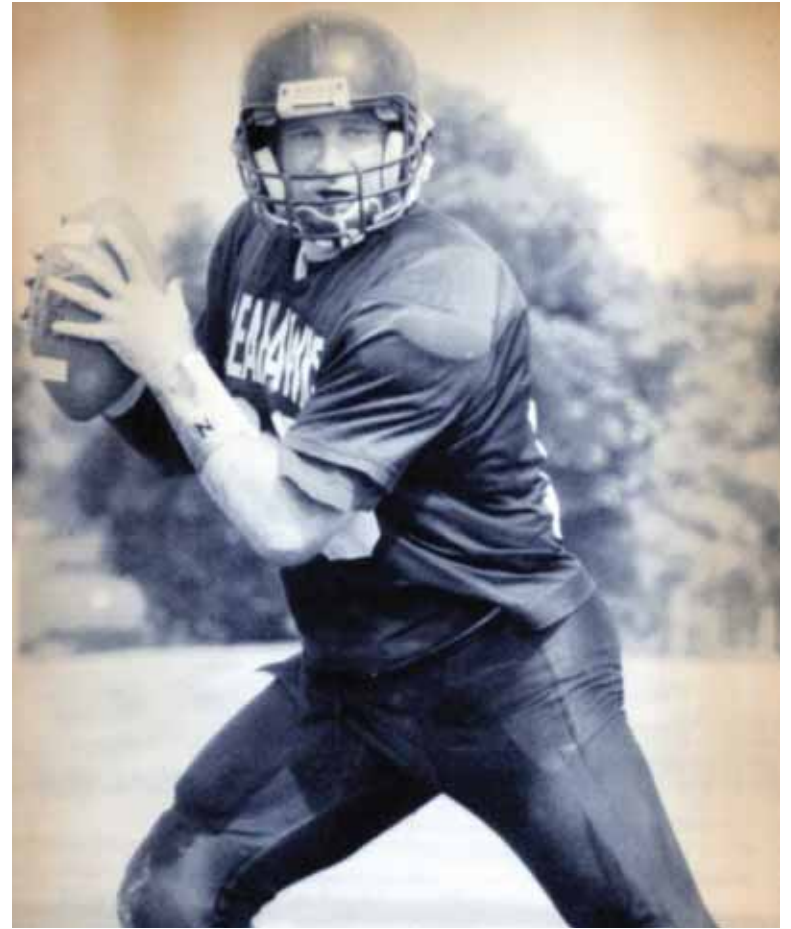
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Former Yokosuka Seahawks and Greyhawks quarterback Michael Reedy died on Aug. 3 of a heart attack in his sleep in his hometown of Mililani, Hawaii. He was 58. Stars and Stripes file photo

Teammates mourn passing of former Yokosuka QB great

BY DAVE ORNAUER, STARS AND STRIPES
Published: August 11, 2019

Naval Hospital Yokosuka commanding officer who refereed games that Reedy played. "Really sad. Mike was a good friend."

One of Yokosuka Naval Base's standout football players in the mid- to late-1990s, Michael Reedy, died of a heart attack in his sleep on Aug. 3 in his hometown of Mililani, Hawaii. He was 58.

Current Seahawks coach James Price arrived at Yokosuka 22 years ago during Reedy's prime with the Greyhawks. He suited up on a Grehawks defense that recorded shutout after shutout of Japanese opponents, while Reedy distributed passes to a deep corps of receivers and running backs.

"He was an awesome gentleman, a family man and a leader."

Reedy, a longtime civilian with the Defense Information Systems Agency at Yokosuka and in Hawaii, quarterbacked the Yokosuka Seahawks base football team in the 1990s and also the base's senior gridiron team, the Greyhawks, to unbeaten seasons in 1997 and '98.

"He was very in control at game time," Price said. "He was always good for a big play, a big and strong character and made the guys believe they could do anything. I knew on defense, if we kept the other team from scoring, that offense would get it done."

Reedy also worked as a referee for both the NFL and college football, assigned to NFL American Bowl exhibition games in Tokyo as a linesman and University of Hawaii home games and the annual Aloha Bowl post season game.

Kyle Rhodus, former Yokosuka base athletics director who also refereed games in Japan after Reedy left for his job in Hawaii, said he recalls others talking about Reedy as "being well liked and talked about a lot, especially the good old days of the Greyhawks."

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HARMONY: 'It's about working together'

CONTINUED FROM PAGE 3

Huynh, who often goes to Mukai's lunchtime classes, said he enjoys aikido because it is a healthy sport and a good break from work.

"It's lunchtime – you work, you're stressed out, you want 45 minutes totally focused on aikido," Huynh said. "When you get back, you're fresh and we're ready to work again."

He also likes the fact that aikido is not about attacking, but about self-defense and using opponents' strength against them, Huynh said.

The martial art also places an emphasis on improving the personalities of the people who practice it, Huynh said.

"It's not about strength, it's not about moving; it's about working together, so when we step on the mat, we are basically the same--no rank, nothing, except for the sensei, and you listen to the sensei for teaching," Huynh said.

Geoff Ward, an architect at JED who also attends the lunch classes frequently, said aikido has been a new experience that gives him a break during the workday.

In addition to the exercise, Ward said he also has found that the classes offer him a cultural

experience that helps him learn more about Japan.

Ward said he expects to continue with the classes while he is at Camp Zama.

"It's been a lot of fun, and I really enjoy it," Ward said. "It's been good to meet some of the other folks who do it."

Stefan Thompson, chief of fitness, athletics and aquatics for Camp Zama Family and Morale, Welfare and Recreation, said Mukai's classes are a great addition to the fitness offerings at Camp Zama and he is



Yotaro Mukai warms up with a class.



Yotaro Mukai works with Geoff Ward, an architect at the U.S. Army Corps of Engineers.

honored to host him at the gym.

"Sensei Mukai selflessly volunteers his time to all comers six, sometimes seven days a week, teaching the art of aikido," Thompson said. "Not only do you get masterful technique

instruction, but also an integration of Japanese culture through his teaching."

For more information, contact the Yano Fitness Center at DSN (315) 263-4664 or locally at (046) 407-4664.

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Soft sand, slow swells and a gradual slope to deep water makes a perfect children's beach at Castaway Island Resort, Fiji. Photo by Steve Haggerty, TNS

Finding Fiji and each other

BY ANNE Z. COOKE AND STEVE HAGGERTY,
TRIBUNE NEWS SERVICE

MATAMANOVA, Fiji — “You’re up early,” said Dillon, joining us at the breakfast table at Matamanoa Island Resort, in Fiji, piling his wet suit and swim fins on the chair where we’d be sure to see them. “Did Dad tell you? Blue sky, no wind, a perfect day for a shark dive?”

He grinned. “You don’t mind being alone, do you?”

We were glad he cared. But no, we could never be lonely on Matamanoa Island, in the Mamanuca Archipelago, in the central South Pacific. If we needed company, the resorts’ other guests were on hand, not to mention our family, three generations of us on vacation together.

And there was the island to explore, a poster-perfect South Pacific hideaway. A limestone cone sticking up out of the sea, it was an encyclopedia of nature, from birds and fish, to an explosion of bright flowers and craggy shade trees.

Walking barefoot along the shore, on the powdery soft sand, you’d see crabs digging holes, fish in the shallows, and a hoard of wave-tumbled sea shells and coral, washed up from deeper water.

Did we feel left behind, now that the kids were growing up? For a nano-second, maybe. But in truth, it was nice to be alone, no longer in charge of organizing these annual family trips, or planning the days. We could swim, climb to the summit, or read under an umbrella, as the moment dictated.

Our first family trip, more than a decade ago, was a last-minute idea, patched together on a whim. But adventuring together proved such a rewarding way to stay connected that it gradually became a tradition.

When the kids were toddlers, in St. Lucia, we built sand castles together while their parents slipped away for a sunset cruise. In Toronto, we played Marco Polo in the pool, while the moms and dads enjoyed a candlelit dinner.

Six years later we climbed the pyramids together, at Teotihuacan, in Mexico. But Dillon, now 20, was long past making sand castles. Like his cousins, he wanted to ski the moguls, fish in Alaska and climb Colorado’s “fourteeners.”

While he studied the menu, we stepped outside, bending an ear for the chirps and twitters overhead, and catching our breath as the sun peeked over the horizon. Sending gold and amber rays across the water, it illuminated each nearby island, one after



The view of the Sigatoka River from Tavuni Hill Fort in Fiji. File photo

another.

With the night fading, a colony of fruit bats suddenly appeared above - like Halloween witches on their broomsticks - coming home to rest in the treetops. Circling overhead, their five-foot wingspans catching the updrafts, they plopped down on the top-most branches, squawking and arguing.

“Look, they’re shoving each other,” said Dillon, joining us to peer up through the leaves. “Do you think they have a pecking order?” he said, as they folded their wings and gradually fell asleep. “Another 10 minutes and you wouldn’t know they were there.”

The bats, migratory visitors, were new for Dillon. But we’d spotted them before, in the Mamanucas and elsewhere on Viti Levu and a, Fiji’s two largest islands. On our first Fiji trip, we did the tourist route: botanical gardens, visits to native villages, a day-cruise on the Sigatoka River and snorkeling off the hotel beach.

And by the third visit we were ready for bigger stuff: rafting on the Upper Navua River, kayaking on the Luva River in the Namosi Highlands, hiking to waterfalls and climbing Mount Tomanivi, in the Koroyanitu National Heritage Park, at 4,344 feet, Fiji’s highest peak.

But a family trip to Fiji always seemed too far away, and too expensive. Until recently, that is, when a Fiji Airways promotion

popped up in our email, advertising a flight from Los Angeles to Nadi for a remarkably low price, an offer too generous to pass up.

Then, with everyone on board, we were ready to go. But, we discovered, we had a snag. Most of the flights we had booked were overbooked. Castaway Island, our family favorite, had space for three more people. We could go to Matamanoa or to the Sheraton. We decided to take a chance.

The Fiji Airways overnight flight is painless. You have time to read, to get a good night’s sleep. Departing at 11 p.m., we landed at 5 a.m. the next morning. The only downside: you’ve crossed the International Date Line.

Hailing a couple of cabs, we made it to the South Seas Ferry dock, where we waited for the ferry. While waiting to board the ferry, we went up to the top and found seats, the view of the Mamanucas’s green islands and the white sand beaches and blue water.

After an hour out and hundreds of miles, we were on our way. Dillon, with his out-of-date Padi diving certification, was a bit nervous.

“You won’t mind, will you, if I go down for a while?” he asked. “Of course, we’ll be diving every day. It’s a great place to do it. Look at this water, it’s so calm!”

Two hours later the ferry reached the island. The sand we were thrilled (for the first time) to see. The staff was waiting, gathered to greet us with a welcome song. We melted with joy. In the end, the island we would have written a check for was a beeline for the dive shop, 20 feet from the dock.

That evening, when we gathered for dinner in Castaway’s inviting, new restaurant, looking at the blue-green sea, Dillon announced that they’d all signed up for the trip. We were happy, we were happy.

We weren’t sure what we’d find on our itinerary, but it proved as marvelous as we hoped. Catering to guests ages 16 and older, Matamanoa reminded us of



Sunny skies, warm days and coral reefs tomorrow; such is a diver's dream at Castaway Island Resort, Fiji. Photo by Steve Haggerty, TNS

ing round-trip, nonstop tickets
ut \$750 each, half off the regu-
gnore.

the dates sorted and the tickets
he resorts we'd bragged about
and Resort, our all-time fam-
nights. But we'd never been to
okoriki, which did have space.

ht, 11 hours from LAX to Nadi,
d, eat, watch a movie, and then
ing shortly before midnight, it
but two days later on the calen-
onal Dateline.

headed for Denarau and the
e bought tickets and ate break-
rry. Once on board, we hustled
best place for views of the Ma-
world's most beautiful peacock-

ds of selfies, son Paul, carrying
cate, spoke up.

"If we go diving?" he said. "I'll
and if Dillon wants to finish the
t. But you couldn't find a better
he visibility, it's like glass! And

hed Castaway. Climbing out on
e 30th time, at least) to see that
o sing Isa Lei, the Fijian wel-
If they'd tried to sell us the is-
eck. Our son, meanwhile, made
et away on the beach.

red for our first candle-lit din-
ly designed restaurant, over-
on, beaming with anticipation,
up for the dive course. If they

nd at Matamanoa, next on our
ous as Castaway, just different.
older, people who come every
a private club, where everyone

knows everyone else and we'd been invited to join.

The cocktail hour began on time and was followed by a single dinner seating, with everyone served at once. The ocean-view "villas" were inviting, and the elegant new hilltop suites were the latest in comfort, privacy and spectacular views. Meanwhile, Dillon and the cousins headed straight for the dive shop, for the next round of lessons.

Our last island resort, the Sheraton Tokoriki, surprised us. We'd expected a hotel, but relieved to find a long, low modern building, with an office, gift shop, several dining rooms and a beautiful pool, all overlooking a long beach. The bures, some with plunge pools, formed a small village. The property, swept clean in 2016 by Cyclone Winston, looked bare, and recently planted bushes and trees were still small. But the dining areas were open all day and the pool deck, looking over the ocean, was our meeting place after the dive boat - and the divers - returned.

On our last day, sad to be leaving, we went for one last ocean swim, walking out to a sandy spot where everyone hung out, splashing and bobbing about, wallowing in that delicious warm water, like a giant bathtub. For an hour we bobbed up and down, talking, remembering each day what we'd seen and laughing over the funny things we'd done.

When we close our eyes right now, we can feel it all over again.

File photo

Illuminating celebration of Japan's summer festivals lights up Tokyo hotel

STORY AND PHOTOS BY SARAH B. HODGE, STRIPES JAPAN

Hotel Gajoen's "Wa no Akari x Hyakudan Kaidan" illumination, now in its fifth year, features illuminated arts and crafts by more than 40 individuals and organizations in celebration of Japan's traditional arts, crafts and colorful summer festivals.

The centerpiece of the illumination is an eye-popping display from the Nagasaki Lantern Festival that features a red Chinese-style dragon, larger-than-life koi and lotus flowers in bloom. Illumination artist NITTAKE from Miyazaki has created a mysterious forest of intricately-drilled bamboo lanterns, while dozens of brightly colored Japanese oilpaper umbrellas create an enchanting scene to a soundtrack of summer rain and lighting effects.



Other featured artworks include goldfish lanterns from Yamaguchi, Nebuta lantern floats from Aomori, wood and ceramic lanterns, blown glass windchimes, dried botanicals, and Edo Kiriko glassware, and visitors are even able to interact with some of the installations.

The illuminations and various artworks are displayed in the hotel's Hyakudan Kaidan ("100-Step Staircase"), a wooden building dating from the early Showa era. A tangible cultural



property of Tokyo, Hyakudan Kaidan features seven ornate rooms originally used as banquet rooms, each lavishly painted or carved by famous artists of the era. Normally the building is closed to the public, but guests are able to photograph and record freely at this event. Rent the audio guide for 500 yen (about \$4.50) to learn more about the hotel's building and the individual rooms.

Two new options this year are the yukata plan, and the premium ticket offering exclusive after-hours access. During the summer, guests can enjoy wearing a yukata (casual summer kimono), lunch or dinner at one of the hotel's Chinese, Japanese, or Italian restaurants, and admission to Hyakudan Kaidan (including Wa No Akari Illumination Exhibition). This year, yukatas for children are also available for ages 2 to 12 (90 cm to 140 cm).

Photographers will certainly want to take advantage of this year's limited entrance ticket, which offers one hour after closing to photograph the illuminations at your leisure (up to 20 guests per evening, available on Tuesday, Thursday, and Sunday evenings). On the evening I visited, I had practically every art installation to myself and could take as much time as I wanted to compose shots and enjoy the artworks.

On your way out, be sure to check out the "Wa no Akari" gift shop featuring crafts and merchandise from featured artworks / regions, including Koginzaishi embroidery and Nebuta-themed gifts from Aomori Prefecture, goldfish lanterns, Edo Kiriko glassware, and more.

"Wa no Akari x Hyakudan Kaidan" runs through Sept. 1 at Hotel Gajoen Tokyo; the nearest subway station is Meguro.



WA NO AKARI x HYAKUDAN KAIDAN 2019

WHEN: Open now through Sept. 1, 2019
HOURS: Sun to Thu: 10 a.m. to 5 p.m. (Last entry 4:30 p.m.)
 *Photo shooting is allowed in all areas (no tripod, no flash, no commercial shooting)
VENUE: Hotel Gajoen Tokyo (5-minute walk from Meguro Station)
URL: <https://www.hotelgajoen-tokyo.com/100event/wanoakari2019/english>

ADMISSION: Adult 1,600 yen
 College/ High school students 1,200 yen
 Elementary/Junior high school students 600 yen ** due to stairs, Hyakudan Kaidan is not stroller or wheelchair-accessible

PREMIUM TICKET:

- A special ticket for exclusive-entrance hours, 3,000 yen (limited entrance up to 20 people per time slot)
- Date & Time: Sunday, Tuesday and Thursday from July 7 to Aug. 29, from 5:15 p.m. to 6:15 p.m.
- Premium tickets are available for sale at <https://www.etix.jp/100event/>

YUKATA PLAN: THROUGH SEPT. 30

PRICE:

- Lunch: Adult 13,500 yen/ Child 10,000 yen per person (inclusive of tax & service charge)
- Dinner: Adult 16,000 yen/ Child 10,000 yen per person (inclusive of tax & service charge)
- Restaurant: The guests may choose a restaurant from "SHUNYUKI" (Chinese restaurant), "TOFUTEI" (Japanese restaurant), and RISTORANTE "CANOVIANO" (Italian restaurant)



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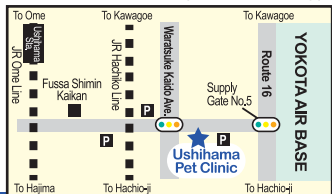
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EXCLUSIVE NEWS FROM:
STARS AND STRIPES
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All menu items at the Peanuts Diner are named after characters from the comic strip, "Peanuts," like Spike's chili con carne casserole.

PEANUTS DINER IN YOKOHAMA RECALLS SPIRIT, DRAWINGS OF BELOVED COMIC STRIP

STORY AND PHOTOS BY HANA KUSUMOTO,
STARS AND STRIPES
Published: August 8, 2019

Lucy's homemade lemonade, Marcie's waffle chicken and chocolate brownies named after Charlie Brown: Every menu item, every decoration and even the paper napkins at the Peanuts Diner adhere to the "Peanuts" theme.

The restaurant, at the waterfront shopping area in Yokohama, opened two years ago and was inspired by the comic strip made famous by Charles Schulz.

At the entrance, a drawing of Snoopy standing on his doghouse wearing his feeding bowl on his head welcomes customers. Next to the entrance is a souvenir shop that sells such items as cookies with various Peanuts characters printed on them, or plates and bowls bearing Snoopy's image.

The restaurant has large windows that

allow in lots of sunlight. Its decor was modeled after a beachside diner in California, where Schulz the cartoonist lived and worked.

When I went there on a weekday for lunch, the restaurant was half-full of young couples, mothers and their small children. The kids were posing in front of large paper panels that had figures of Charlie Brown, Snoopy, Linus and Snoopy's red doghouse.

"Peanuts" comic strips are drawn on the restaurant walls and shelves are filled with old "Peanuts" toys.

That theme is repeated throughout the restaurant. You can find the "Peanuts" characters under the glass tabletops on the buffet table or on coasters and forks. Even the light cover hanging from the ceiling had a zigzag line drawn just like the one on Charlie Brown's shirt.

The lunch menu consisted of a handful of dishes, including several types of hamburger steak (a Japanese dish of a ground



beef patty covered with a demi-glace sauce), pasta and soup.

The meals are named after the

"Peanuts" characters. Marcie's waffle chicken is fried chicken served over a waffle with maple syrup sauce.

Joe Preppy's bread bowl clam chowder was named after Snoopy, who took on various personas in the comic strip, including the Red Baron, Joe Cool and Joe Prep. The classic soup dish suits Joe Prep, who dressed in a classic jacket.

For an additional fee, diners who order a main dish may add a trip to the Peanuts Gang's Slider Bar, which is a buffet that includes salad, small burgers, appetizers, fries, drinks and dessert.

Children can order just the buffet for 800 yen (about \$7.40), and children 3 and under younger can get the buffet free. Adults may order just the buffet 5-9 p.m. for 1,500 yen (about \$13.80).

My children and I ordered the Supper-time tomato and cheese hamburger steak (1,550 yen and 2,550 yen with slider bar)

SEE PEANUTS ON PAGE 10

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Many menu items at the Peanuts Diner have images from the comic strip, including this pulled pork sandwich at the Peanuts Gang's Slider Bar.



PEANUTS: Relaxing cafe for kids and parents

CONTINUED FROM PAGE 9

and Spike's chili con carne casserole (1,450 yen and 2,450 yen with slider bar).

The hamburger steak was tasty and came with rice and french fries served in a warm miniature frying pan.

The chili con carne casserole was what I imagined, chili served over penne and then baked with cheese on top. But the chili in the casserole had chickpeas with kidney beans and a strong, fresh tomato taste rather than a chili taste. The crispy cheese with breadcrumbs on top of the casserole was very good.

The slider bar consisted of various dishes, such as miniature burgers, french fries, corn dogs, corn with Cajun sauce and coleslaw. The burgers had mashed pumpkin and pulled pork sandwiched between buns. I enjoyed the dessert-like burgers with peanut butter and jelly or chocolate and banana. The buffet also had fresh fruits and a white chocolate fountain, in which you may dip marshmallows or pretzels.



The lunch menu also had various desserts and drinks. Desserts included a chocolate brownie sundae and apple pie served with vanilla ice cream. Milkshakes and homemade lemonade are also available. We were way too full to try any of the desserts or drinks, but all of the pictures on the menu looked delicious.

We arrived in the later hours of lunch time, so the restaurant staff was slow to refill some of the plates at the buffet table and the servers did not come to pick up empty plates from our table.

It seemed like you could be seated for lunch without a reservation, but the restaurant staff recommended that customers make reservations for weekend lunch and dinner. You can make a reservation through the restaurant website.

The Peanuts Diner had very relaxing atmosphere and my children enjoyed looking for the "Peanuts" characters throughout the restaurant. If you like the comic strip, it is definitely an enjoyable place to go.

kusumoto.hana@stripes.com

LOCATION: Second floor of Marine and Walk Yokohama, 1-3-1 Shinkou, Naka-ku, Yokohama, Japan

HOURS: Open daily from 11 a.m. to 11 p.m. (last order at 10 p.m.)

PRICES: Peanuts Gang's baseball hamburger is 1,500 yen and 2,500 yen with the slider bar set. Marcie's waffle chicken is 1,300 yen and 2,300 yen with the slider bar set. Joe Preppy's bread bowl clam chowder is 1,400 yen and 2,400 yen with the slider bar set. Brownie Charles' chocolate sundae is 1,600 yen. Peanuts butter milkshake is 880 yen. Peanuts Gang's slider bar can be added to a main dish for an additional 1,000 yen. It can be ordered alone 5-9 p.m. for 1,500 yen. It is 800 yen for children.

DRESS: Casual

DIRECTIONS: About a 9-minute walk from Nihon Odori station or Bashamichi station's exit 6 on the Minatomirai line. Also about a 12-minute walk from Minatomirai station on Minatomirai line. About a 15-minute walk from Sakuragicho station on JR Negishi line.

INFORMATION: 045-323-9555; Online: peanutsdiner.jp (partially in English)

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Thursday	WING THIRSTY THURSDAY 18:00-20:00 Wing Night & Shochu night 12p wing more than 25% off (¥320 off) shochu drink all ¥330
Friday	FAST BALL 18:00-20:00 Fat tire & IPA ¥100 off
Saturday	SLIDER'S SATURDAY 18:00-20:00 Grand slider's set ¥200 off
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Answer

Muggsy Bogues

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“-san”, a simple honorific title equivalent to Mr. Mrs, Miss or Ms. can be very convenient. The title may be applied to most Japanese regardless of gender, age and social status. “Tanaka-san” can be either a senior gentleman or a young girl. So, when you need to write a letter or email to someone whom you have never met before, be sure to use this title.

Kanji of the week

桃
momo/tou (Peach)

Language Lesson

Where is bathroom?

Toire wa doko desuka?

The Weekly Crossword by Margie E. Burke

ACROSS

- Speech defect
- Frugal fellow
- Flight segment
- Smoothie berry
- Unable to relax
- Like some broadcasts
- Reimburse
- Anagram for aide
- Prepare to pray, sometimes
- Drop the ball
- TV spy Maxwell
- Campaign tactic
- Bay window
- Steamed state
- Whole number
- Kind of station
- Hot dog topper
- Perform a magic trick
- Genesis victim
- Think out loud
- Calling company?
- Very tired (with "out")
- Vole or mole
- NY time zone
- Religious recluse
- Sargasso, e.g.
- Beginning stage
- Coral ____
- Atomizer output
- Fertility clinic stock
- Pirate's cry
- Warty hopper
- Two-masted vessel
- Voting "no"
- Welcome desert sight
- Way, way off
- Ballpark beverage
- Jack of "Shallow Hal"
- Off-color

DOWN

- Be without
- Screen symbol
- Identical
- Water conduits
- Stallone flick, "Demolition ____"
- Newspaper supplement
- Marquee name
- Female steroid
- Deli bread
- Snail trail
- Powerful ocean surges
- ____ and anon
- Gardening moss
- New York's ____ Island
- Voice of the iPhone
- Knock from the saddle
- Daydream
- Breathing fire
- Picture puzzle
- Those with the vote
- Skip over, when speaking
- Answer (for)
- Gossipy gal
- Class
- Youngest Lincoln
- Push-up target
- Like pie?
- Atlantic, for one
- Very unfortunate
- Point of greatest despair
- ____ Attraction" (1987 film)
- Wild guess
- Southern corn bread
- Big name in plastic
- Widespread
- Bite like a beaver
- Grazing group
- Go up and down
- "Don't ____!"

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Answers to Last Week's Crossword:

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

SUDOKU

Difficulty: Easy

Edited by Margie E. Burke

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

Answers to Last Week's Sudoku:

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

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STORY AND PHOTO BY
CORDELIA DING,
JAPAN TRAVEL

Hands down, the most popular flavor of soft serve ice-cream in Kamakura is Murasaki Imo or purple sweet potato. Why is it so popular? First of all, because it is unique to Kamakura. Secondly, its color looks fantastic in photos. Thirdly, sometimes you need

a little break from matcha ice-cream! And of course, let's not forget that the flavor is both exquisite and exotic.

In Kamakura, there are many shops that sell soft serve ice-cream, and during my trip to Kamakura, I tried the purple sweet potato soft serve ice-cream at "Imo Yoshi" (いも吉館). "Imo" translates as taro or potato, while "yoshi" means good luck. Imo Yoshi located a short walk

away from Daibutsu (The Great Buddha) in Kotoku-in temple, so stop by before or after your visit to the temple (or both times!). The store also sells purple sweet potato croquettes, if you're feeling a little peckish as well.

I waited for a few customers in front of me to receive their orders, which gave me some time to gloss over all of the available ice-cream flavors. The summer season special, "Ramune" (Japanese soda) flavored ice-cream looked just as appetizing, but I wanted to try the Kamakura special. I ordered the purple sweet potato flavored ice cream (¥350), which I did not find not overbearingly sweet as some Japanese desserts are, and the soft serve ice-cream was perfectly but not overly creamy. The unique flavor of the purple sweet potato really shone through the ice-cream, and

definitely exceeded my expectations. For those unfamiliar with the taste of purple sweet potato, the root vegetable offers a mellow, gentle sweet taste. The purple sweet potato tastes creamy by itself, and unlike the strong flavor of orange yams or even the yellow Japanese sweet potatoes, the purple sweet potato is quite mild. However, that does not mean that its taste is bland. The taste requires a bit more time to settle on your palette, and requires a little more searching and identifying on your taste buds, but the effort is worth it, as the taste is incredible.

It was my first time trying purple sweet potato ice-cream, and Imo Yoshi's ice-cream was unforgettable. It was a hot summer's day when I tried the ice-cream, I was saddened by the fact that some of it melted down my fingers!

Imo Yoshi

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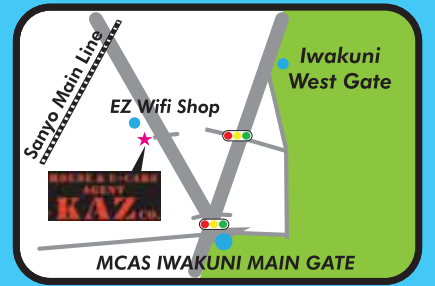
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KONQER is returning to Palau for another two-day event.
November 30 and December 1

Palau offers a unique area for the obstacle course that makes the race all the more exciting designed for individuals or teams, we even have a special kids course.

KONQER is the first and biggest obstacle course event of the region that debuted in Guam in 2015. The obstacle course challenge is made up of several intense physical fitness activities that require participants to jump, crawl, swim, run and climb to the finish line.

KONQER is an event that hones in on teamwork, physical fitness and fun.

Also get a chance to experience diving in our pristine waters, tour around Palau, enjoy local traditional dishes and explore our rich culture and history during your stay.

Visit www.konqersports.com and register now to **KONQER** in *Pristine Paradise Palau*

Palau Visitors Authority would like to thank all Military for your service
Visit our website at: www.pristineparadisepalau.com or follow us on Facebook at *PristineParadisePalau*



Photos courtesy of DODEA

Back to School

- ★ Inside
- ★ Supporting your child's education
- ★ Free education consultants
- ★ Right start with Sure Start
- ★ Plan ahead with Choices360

DODEA Pacific ready for another great year!

DEPARTMENT OF DEFENSE
EDUCATION ACTIVITY

More than 22,000 students are beginning the 2019-2020 School Year in Department of Defense Education Activity (DoDEA) schools in the Pacific Region.

The DoDEA Pacific Region, headquartered in Okinawa, Japan, has 45 schools in three districts located in Japan, Korea and the U.S. Territory of Guam.

DoDEA schools educate children of our Nation's Servicemembers and the civilians who support them in eleven nations, seven states and two territories. Overall, the DoDEA school system operates 164 schools serving more than 73,000 students

in the United States, Europe and the Pacific through a worldwide network of 8 school districts and approximately 11,000 full-time employees.

The DoDEA Pacific 2019-2020 School Year begins Monday, August 26. The Pacific Regional School Calendar can be found at: <https://bit.ly/2z8SgDL>

Visit individual school websites for more detailed school calendars.

College & Career Ready

The DoDEA vision of Excellence in Education for Every Student, Every Day, Everywhere, continues to be possible through the on-going implementation of the College and Career Ready Standards (CCRS) along with the DoDEA Comprehensive Assessment

System (DoDEA-CAS). DoDEA recently completed its second-year administration of the summative assessments, posting gains in literacy and mathematics in the first possible year of comparative measurement for the criterion-referenced examinations.

More than 50,000 military-connected students from grades three through high school completed the course-specific assessments, 99.7% of which were completed online, providing DoDEA educators vital information to support student achievement.

The summative assessments, aligned to DoDEA's rigorous CCRS curriculum, measure students' skills, progress and mastery of a subject rather than their performance relative

to other test takers. The assessment focuses on problem-solving, critical evaluation and higher-order thinking skills – the kind of skills students need to succeed in school and in the workplace.

In literacy, students demonstrated a 4.8% increase, from 48.3% to 53.1% of students meeting or exceeding standards.

In mathematics, students improved on last year's baseline by 2%, from 40.6% to 42.6% of students meeting or exceeding standards.

These results reinforce other testing outcomes, like the National Assessment for Educational Progress, that show DoDEA is continuing an upward trajectory as it is in the final stages of implementing College and Career Readiness Standards.

The increases in student performance, distributed across student demographics and throughout DoDEA's 164 schools worldwide, compare favorably to similar state school systems and indicate quicker growth in student literacy – a key element in student success.

For more information on DoDEA's Summative Assessment, Comprehensive Assessment System or College and Career Readiness standards, visit our website at www.dodea.edu.

Tips for supporting your child's education

Supporting a child's education is one of your most important responsibilities. By cultivating a love of learning and knowledge at a young age, you can set up your child for success. Here are some strategies to help you build a foundation of learning for your child.

Nurture learning at home

Learning doesn't stop when the school day ends. A child absorbs as much or more at home and through his or her experiences as through a textbook.

Try some of these tips to encourage learning at home:

- **Keep to a routine.** Make homework part of the routine by sticking to the same spot and time of day. Make sure your child has a quiet place to study.
- **Monitor homework.** Check your child's homework every night, not just to see whether it's done, but also for quality. Help your child carve out chunks of time to tackle larger projects.
- **Praise your child's efforts.** Children learn best by positive reinforcement. Whenever you have an opportunity, praise your child for a job well done.
- **Encourage learning at home.** If your child is interested in insects, buy an ant farm. Talk about something in the news or a book he or she just read. Fostering full-time learning is one of the best ways you can equip your children for life after graduation and future success.

Relationship with school

Your relationship with the school will demonstrate to your child and the school's staff the importance you attach to education. Even if you relocate often or are temporarily

deployed, there are ways you can build a relationship with the school and your child's teachers to help your child perform as well as possible:

- **Meet the teacher.** Allowing your child's teacher to put a face with your name is a great way to show your investment in your child's education.
- **Attend events.** Being present at back-to-school nights, school board meetings, open houses and school fairs can help both you and your child feel more connected to the school.
- **Volunteer.** There are dozens of ways to give your time to your child's school, so it's just a matter of finding a way to volunteer that suits your schedule.
- **Join the parent/teacher group.** Attending PTA/PTO meetings can be a great way to stay in the loop about what's happening at the school and how you can get involved.

Tap into resources

Providing the best possible education for your child is not a one-person job. Be sure to tap into the support and resources of your military community.

- **Home-schooling resources** are found on your installation, such as school liaison officers; child, youth, and teen programs; and activities through your installation's Department of Defense Education Activity school.

Give your child the best chance for success. Foster an appreciation for learning — it can help your child meet his or her potential and develop life skills that extend far beyond the classroom.

— Source: *militaryonesource.mil*

DoDEA Pacific Student Enrollment
Current enrollment for each DoDEA Pacific Region
<https://www.dodea.edu/datacenter>

DoDEA Pacific Region Leaders



Ms. Lois J. Rapp
Director for Student Excellence



Dr. Judith Allen
Pacific East (Mainland J.)
District Superintendent

About DoDEA

DoDEA plans, directs, coordinates and provides education programs for school-age children who do not otherwise have access to a high-quality education in the Pacific, Western and Southwestern United States.

Free education

Whether you are considering going back to school, your 5-year-old is starting kindergarten, or your 20-year-old is heading back to college, an education consultant at Military OneSource can ease back-to-school transitions. These free and confidential one-on-one sessions with a professional knowledgeable about education resources can give both your child and you a shot of confidence.

How can they help you?

Consultants look into education options for you, refer you to education services that best meet your needs and connect you to a wide variety of resources. They can answer your questions and provide information about services and benefits.

You can arrange a consultation for help with:

Get your child the right start with Sure Start

Sure Start is a Department of Defense Education Activity program for command-sponsored children stationed at overseas installations. If you're a qualifying military family, it could be a great fit for your child. The program provides:

- Education services
- Lunch and snack provisions
- Health and nutrition services
- Social and parent-involvement services
- Dental, medical and developmental screenings

Sure Start: Is your child eligible?

Sure Start assists qualified preschool-age military children living overseas. To qualify, your child needs to turn 4 years old by Sept. 1 of the current school year. Your child also must meet one of these requirements:

- Lives in a single-parent household
- Had a low birth weight
- Has a severely disabled older sibling
- Lives in a home with four or more kids close in age

An eligible child also must have at least one parent who meets one of these criteria:

- Ranks between E-1 and E-4 or rates the civilian equivalent. Exceptions may be made, but these kids are given

priority.

- Did not graduate from high school
- Was a teenager when the child was born
- Speaks anything but English as their primary language
- Is on a remote assignment or temporary duty for at least three months

Sure Start or Head Start?

Sure Start is built on the same foundation as Head Start but fits better into the Department of Defense Education Activity culture and regulations.

Both Head Start and Sure Start:

- Use a four-tiered delivery system: education, health and

nutrition, social services and mandatory parent involvement

- Run medical, dental and developmental screenings for students and provide follow-up assessments if needed
- Provide no-cost, nutritious lunches and snacks
- Encourage family involvement
- Cater to students' ages, individual needs and cultural environment, curriculum, materials, routines and activities
- Follow a full-day program

How is Sure Start different from Head Start?

- The Department of Defense Education Activity oversees the Sure Start program.



Enrollment

A Pacific school district and region can be found at [http://www.dodea.edu/center/enrollment_display.cfm](#).

Leadership



Dr. Jeff Arrington
Pacific West (Korea)
District Superintendent

Mr. Jim Journey
Pacific South
(Okinawa and Guam)
District Superintendent

and manages Pre-Kindergarten through 12th grade aged children of Department of Defense personnel who would receive high-quality education. DoDEA schools are located in Europe, East Asia, Cuba, the United States, Guam and Puerto Rico.

Education consultants

Referrals to in-home tutors and tutoring centers in your area
Public and private school information if your family is moving
Choosing a college based on your desired degree or specific request
Sources for financial aid and scholarships
Profiles on specific colleges and their credentials
Finding military-friendly schools and institutions that allow you to transfer previous college credits
Help getting your credentials converted and diplomas translated to meet specific state or country requirements
Contact information to help eligible military spouses find tuition assistance for certification through the MyCAA Scholarship

Information on the SAT and ACT test preparation programs.

Who is eligible?

An education consultant can help eligible service members and family members. For example, they can help you with information about colleges and financial aid for yourself – and they can help find a tutor in the area for your child.

Connect with a Military OneSource education consultant to access the information and resources you need to meet your education goals.

Set up your consultation by calling Military OneSource at 800-342-9647.

– Source: [militaryonesource.mil](#)

Sure Start

- Sure Start considers a military sponsor's rank its first priority for enrollment, while Head Start uses income to determine eligibility.
- Sure Start does not use a child's disability status to determine eligibility, while Head Start reserves at least 10 percent of slots in each classroom for children with disabilities.
- Parent involvement in Sure Start is mandatory.
- Sure Start staffs two adults for every 18 to 20 students. Local or state licensing boards determine Head Start's staff-to-child ratios.
- Sure Start staff work with Department of Defense Education Activity special education staff to determine the best placement and services for a child.
- Sure Start programs follow the Department of Defense Education Activity's Pre-K Foundational Standards curriculum. Head Start chooses curriculum at the local level.

If you think your preschooler may be a good fit for the Sure Start program, contact your school liaison, your installation's elementary school or your Military and Family Support Center.

– Source: [militaryonesource.mil](#)



Plan ahead with Choices360

DoDEA's Choices360 is a systemic career and academic online planning tool that will enable students in grades 7-12 have access to high quality learning experiences around exploring, planning, and preparing for life after high school. Choices360 is a one-stop shop for college and career resources that will allow students to Make A Plan - Own Their Future.

This program is a comprehensive career and academic online planning tool that will help students prepare for life after high school. DoDEA school counselors will implement Choices360 to help students in grades 7-12 to engage in rigorous course planning, understand the college application process, explore college and career options. DoDEA Choices 360 is found at www.dodea.edu/choices360/.

School Year 2019 - 2020 Calendar

First Semester (89 Instructional Days)	
Monday, August 26	Begin First Quarter and First Semester
Monday, September 2	Labor Day: Federal Holiday
Monday, October 14	Columbus Day: Federal Holiday
Thursday, October 31	End of First Quarter (46 days of classroom instruction)
Friday, November 1	No school for students -- teacher work day
Monday November 4	Begin second quarter
Monday, November 11	Veterans Day: Federal Holiday observed
Thursday, November 28	Thanksgiving Day: Federal Holiday
Friday, November 29	Friday: Recess Day
Monday, December 23	Begin Winter Recess (23 December - 3 January 2019)
Wednesday, December 25	Christmas Day: Federal Holiday

2020	
Wednesday, January 1	New Year's Day: Federal Holiday
Monday, January 6	Instruction Resumes
Monday, January 20	Birthday of Martin Luther King, Jr.: Federal Holiday
Thursday, January 23	End of Second Quarter and First Semester (43 days of classroom instruction)
Friday, January 24	No school for students -- teacher work day

Second Semester (86 Instructional Days)	
Monday, January 27	Begin Third Quarter and Second Semester
Monday, February 17	Presidents' Day (Washington's Birthday): Federal Holiday
Thursday, April 2	End of Third Quarter (45 days of classroom instruction)
Friday, April 3	No school for students -- teacher work day
Monday, April 6	Begin Spring Recess (6 - 10 April)
Monday, April 13	Instruction Resumes - Begin Fourth Quarter
Monday, May 25	Memorial Day: Federal Holiday
Tuesday, June 9	End of Fourth Quarter and Second Semester (41 Days of classroom instruction)
Wednesday, June 10	No school for students -- teacher work day. Last day for non-administrative educator personnel



The **New** TUJ Campus

Open from
Fall 2019



Showa Women's University (SWU) and Temple University, Japan Campus (TUJ) have agreed to share a campus at SWU's location in Sangen-jaya, Tokyo. TUJ has moved its entire operation to a brand new six-story building on SWU's campus. The two universities will share some existing facilities at SWU including sport fields and gyms, auditoriums, and cafeteria.



New Address (from August, 2019)

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

7 min walk from Sangen-jaya station (Tokyu Den-en-toshi Line)