3
more great reasons to stay
-free breakfast
-free internet
-weekly manager reception

Be Our Guest!
Stay with Navy Lodge while traveling in Japan
Yokosuka: 243-6708
Atsugi: 266-6880
Suzuki: 252-3691

CAST YOUR VOTE!
Vote online by March 22

YOU COULD WIN A GIFT CARD WORTH UP TO $300!

BESTOFPACIFIC.STRIPE.COM

INSIDE INFO

ZAMA, E.J. KING WIN B-BALL TOURNEYS
PAGE 2

VALENTINE’S DAY IN JAPAN
PAGES 6-7

VOLUME 6 No. 43 JANUARY 31 – FEBRUARY 6, 2020
SUBMIT STORIES TO: JAPAN@STRIPE.COM STRIPESJAPAN.COM FACEBOOK.COM/STRIPESPACIFIC

JAPAN

Visit Old Tokyo
Open-air museum a walk into the past
Pages 8-9

Photo by David Kriegbaum

Setsubun
Spring, beans are in the air
Page 5
Zama, E.J. King win tourneys

TOKYO – They were the last team to enter the tournament, but they exited at the head of their class.

Most Valuable Player Chloe Sterling scored 16 points and Ki-riri Smith added 12 and Jessica Atkinson 11, to power Zama’s girls basketball team to a 42-39 victory Jan. 25 over host American School In Japan in the title game of the 4th Kanto Classic.

“Redemption. It’s what we came here for,” coach Daisy Whitaker-Hayes said of her Trojans’ finish. Zama came in fourth a year ago, and Whitaker-Hayes said she and her players vowed to make amends this time around.

It was not easy. The Trojans suffered a near-scare in their opener on Jan. 24, edging Okkodo of Guam 50-42 earlier before getting all they could handle from Kadena.

“Resilience,” Whitaker-Hayes said, adding that the Trojans grew from adversity during the three-day event, showing “what we can do and what we’re capable of.”

Smith, a senior shooting guard, provided Zama some key baskets, hitting a shot to end the first period with the Trojans up 8-3. Zama increased the lead to seven, but the Mustangs refused to go away quietly.

Inspired by their home fans, ASIJ made it a see-saw battle, until finally, Smith hit two foul shots with 45 seconds left to give the Trojans just enough of a cushion.

Zama was the last entry into the Kanto Classic, which this year featured 27 teams, 14 girls and 13 boys, a record for a Pacific-wide invitational.

It wasn’t just about competing, but what takeaways the Trojans could use to make them better as players and as a team during the Far East Division II tournament next month at Kadena.

“Hustle and working together as a team was what got us this win,” Sterling said.

Cobras win 2nd straight WJAA tournament

OSAKA – Few have enjoyed the kind of success that Travis Elliott has as the new coach of a Pacific high school team.

E.J. King was already heavy in basketball honors, having won a Far East Division II tournament title in the two years before he arrived. But since taking over the Cobras boys helm in 2018-19, he has picked up where his predecessor Laird Small left off.

The latest triumph came Saturday, when Jalen Nall averaged 20 points and L.J. Scarver – the reigning Far East D-II cross country champion – added 17.3 as the Cobras went 4-0 over the weekend and repeated as Western Japan Athletic Association tournament champions.

“The boys worked really hard at executing our game plan, and staying focused on each moment of the game,” Elliott said after his Cobras downed Yokohama International 74-55 in the final at Senri Osaka.

The final score did not reflect the story of the game, Elliott said. “YIS was a very talented and tenacious team that made the entire game a 32-minute battle,” he said.

The win gave the Cobras three titles in their last four tournaments dating back to last season; in addition to winning their second Far East D-II title in three years, King finished second to Nile C. Kinnick in last year’s DOEA-Japan tournament.

After King’s 30-2 ledger last season, Elliott’s charges are 14-1 in the current campaign. Their only three losses have come in addition to winning their second Far East D-II title in three years, King finished second to Nile C. Kinnick in last year’s DOEA-Japan tournament.

The win gave the Cobras three titles in their last four tournaments dating back to last season; in addition to winning their second Far East D-II title in three years, King finished second to Nile C. Kinnick in last year’s DOEA-Japan tournament.

The latest triumph came Saturday, when Jalen Nall averaged 20 points and L.J. Scarver – the reigning Far East D-II cross country champion – added 17.3 as the Cobras went 4-0 over the weekend and repeated as Western Japan Athletic Association tournament champions.
Frostbite race takes runners onto Yokota’s flight line

YOKOTA AIR Base – For nearly four decades, the Yokota Striders running club has brought thousands of runners of all ages to the home of U.S. Forces Japan in western Tokyo.

But this year’s open-base Frostbite event – half-marathon, 5K, 2K kids and 2K family road races held at Yokota on Jan. 19 – was a bit different.

“This is the first year we get to run on and around the airfield,” Air Force Maj. Craig Gulledge, the Yokota Striders’ president, said before the event.

Because of roadwork and construction on the base’s northside, participants ran two loops of 5 miles each around the outskirts of the runway, which most frequently serves the 374th Airlift Wing’s fleet of C-130J Super Hercules aircraft.

“It is an exciting and new experience to offer the runners,” Gulledge said. “We can showcase and promote what Yokota and the U.S. Air Force has to offer.”

Many of the more than 11,000 runners who participated Sunday were all smiles during the event, which the wing says is ranked among Japan’s top road races. Some ran in costumes such as Joaquin Phoenix’s version of the Joker.

“This is a really nice opportunity to enter and see the sites on base,” said the wife of a runner who would only identify herself as Chica. “My husband likes to run but this is really good because he likes to see the airplanes and the base, also.”

godbold.theron@stripes.com
Twitter: @GodboldTeron

STORY AND PHOTOS BY THERON GODBOLD, STARS AND STRIPES
Published: January 19, 2020

Use Your GI Bill to Earn an American Degree in Tokyo

TEMPLE UNIVERSITY Japan Campus

Admissions Counseling Office
1-14-29 Taishido, Setagaya-ku, Tokyo 154-0004, Japan
E-mail: ac@tuj.temple.edu Tel: +81 (3) 5441-9800
www.tuji.ac.jp #TUJJapan

STORY AND PHOTOS BY THERON GODBOLD, STARS AND STRIPES
Published: January 19, 2020
Whale watching is a fun and exhilarating thing to do. Many people likely would agree with that. I knew for me though, a few hours out at sea aboard a boat would be a big test. Having never been a good swimmer, an extended time on the water made me nervous.

So when I finally went on a whale watching tour for the first time in my life, I had a jittery feeling just like most other days at sea. As a reporter, whale watching was something I wanted to try, but it was also something that made me uneasy.

On this day, the weather was far from ideal. The cold snap that blanketed Japan over the last couple of days still left a chill in the air. It was a cloudy, windy and cold winter day in Okinawa.

As soon as the double-hulled sailing boat I was on departed from Migusuku port in Naha city around 1:30 p.m., I was baptized by the choppy wintery sea. High waves came one after another, turning the boat into a mechanical bull at sea. Around 1:30 p.m., I was baptized by the choppy sea sickness still had me feeling out of balance. As well as feeling the effects of the boat, I was thankful that the sea sickness held off until after I had witnessed the mammal whale.

Three days later, the sea sickness still had me feeling out of balance. I was still feeling the effects, while the whales were probably still singing and looking for love at sea.
For those of you venturing out in town on Feb. 3, be sure to watch out for flying beans and fleeing ogres. The Japanese celebrate Setsubun, which literally means “change of seasons,” on this day to kick off the preparation for the upcoming planting season.

The ceremonies across the nation recognize “risshun,” or birth of spring. The purification ritual “mame-maki,” or bean throwing, will be performed at homes, office buildings, schools and shrines across the country. The goal is to drive out demons and ogres, “oni” in Japanese, that bring bad fortune to the local community.

Participants fill wooden “masu,” or cups, with roasted soybeans and then proceed to throw the beans in and around their homes while shouting “Oni wa soto! Fuku wa uchi!” or “Out with demons! In with happiness!”

This ritual is performed to bring in good fortune and drive out the evil spirits that have been lurking during the dark and cold winter months. It is also customary for the devout to pick and eat the number of beans which corresponds to their age.

What started out as a cleansing ritual for superstitious country farmers hundreds of years ago, has grown into a national past-time. People can attend ceremonies at thousands of Shinto shrines throughout Japan on Feb. 3. Well-known politicians, sumo wrestlers and actors are often invited to the festivals at some of the major shrines to throw beans for good luck for all those present.

Mame-maki originally began as an imperial event on New Year’s Eve to get rid of demons and welcome in the new year. It later mixed with indigenous customs of throwing beans at the time of rice-seedling planting.

Since the Edo period (1603-1867), the rite of throwing roasted soybeans inside private homes has been performed on Setsubun. A popular myth states that if a person silently consumes an entire sushi roll on Setsubun while facing that year’s lucky direction (yes, there is a lucky direction), their dreams will come true. Commonly called “Ehoumaki,” the sushi roll is eaten to symbolize good fortune being rolled into one. The roll is not cut in order to symbolize good relations not being cut off during the upcoming year.

For those of you who are not so sure about eating a very long piece of sushi, you can buy relatively short ones at local convenience stores or supermarket on Feb. 3rd. Please remember that this year’s lucky direction is west-south-west.

Grab a compass if you need one. If you would like to purchase some roasted soybeans for your house, you can easily find them in Japanese grocery markets. It usually comes with paper ogre mask, which may be good to keep as a memory of Japan. Why don’t you use the tradition as an excuse to bring some beans to the office, in case your boss or supervisor happens to be an ogre and needs casting out?
Valentine’s Day in Japan
How a fake American holiday became an even faker Japanese one

BY KOICHI, TOFUGU.COM

As with all Western holidays that have made their way over to Japan, almost all of the changes and “traditions” have been created by commercial organizations, looking to build swimming pools of 500 yen coins. In fact, only during one week before Valentine’s Day, chocolate companies make half of their annual sales. That’s a lot of money, and a lot of chocolate. Then again, in America (and other places too), we give a lot of chocolate as well. So, what makes Japan different?

Only girls give chocolate
Back in the 1950’s, a company advertised Valentine’s Day chocolates to non-Japanese living in Japan at the time. Japanese companies wanted to get an board, too, and started advertising Valentine’s Day chocolates as well. During this period there was quite a bit of “Westernization” where people wanted to adopt more Western / American traditions. Because of this, Valentine’s Day in Japan did fairly well. But there was one problem…

It seems that at some point someone messed up a translation and ended up telling the Japanese people that Valentine’s Day was an opportunity for women to express their love to men. Because of this, even to this day it’s mostly women giving chocolates to men (don’t worry, men get their turn too, eventually).

Who is receiving the chocolate?
It gets more complicated, though. Because it’s not nice to make anyone of the opposite sex, even if your relationship is strictly platonic. Friends and co-workers exchange gifts on both days. And on both days, chocolate is the gift of choice, but there’s a bit more nuance to it than buying a box of See’s and being done with it. You can buy different types of chocolate for the different people in your life: your friends get different chocolates than your co-workers who get different chocolates than your significant other.

Japan’s answer to Valentine’s Day
Unlike Western traditions where gift exchanges between loved ones are mutual, Japanese Valentine’s Day is all about men getting presents. Sorry ladies, but you’re out of luck on Valentine’s Day if you want to celebrate it Japanese-style. Women have to wait for White Day before they can get any gifts.

What is White Day?
If Valentine’s Day in Japan is all about the guys, White Day is all about the ladies. White Day is a chance for all the men who received gifts on Valentine’s Day to return the favor to the ladies in their lives. White Day and Valentine’s Day have a lot of similarities. Both aren’t necessarily romantic holidays – you can give gifts to anybody of the opposite sex, even if your relationship is strictly platonic. Friends and co-workers exchange gifts on both days.

Giri-Chocolate
Giri-Chocolate means “obligatory chocolate.” This kind of chocolate refers to the chocolate you have to give to people who aren’t really people you love. These could be people like bosses, coworkers, male friends, etc. Even sadder still, there’s also something called “Cho-Giri-Chocolate” (Ultra-obligatory chocolate), which is given to unpopular people you really don’t want to give chocolates to.

In order to tell these chocolates apart from other (less obligatory) chocolates, these chocolates tend to be pretty run-of-the-mill, and not super expensive. Things don’t start getting crazy until we get to Honmei-Chocolates.

Honmei-Chocolate
Honmei-Chocolate means “favorite chocolate.” This kind of chocolate is the kind of chocolate you give to the one you want to express your love to. These chocolates tend to be more expensive or possibly even home made. Basically, it has to be obvious that these are honmei and not giri, so they have to be on a completely different level (Way to go chocolate companies! Ka-ching! ¥¥¥¥).

Getting the Guys to Give
Guys don’t give anything on Valentine’s Day in Japan, but they do have their own day one month later where they’re expected to return the favor. That day is known as “White Day” (or, if you’re old enough to remember, “Marshmallow Day”), and it also sounds pretty expensive.

Everyone enjoy their Valentine’s Day… and to all you girls out there: I’m waiting for my cho-giri-choco from you.

Why not have a happy White Day, those of us elsewhere in the world will just have to buy our own chocolate.

Getting the Guys to Give
Guys don’t give anything on Valentine’s Day in Japan, but they do have their own day one month later where they’re expected to return the favor. That day is known as “White Day” (or, if you’re old enough to remember, “Marshmallow Day”), and it also sounds pretty expensive.

Everyone enjoy their Valentine’s Day… and to all you girls out there: I’m waiting for my cho-giri-choco from you.

WHITE DAY OUTSIDE OF JAPAN
White Day is definitely a uniquely Japanese invention, but it’s spread to some other Asian countries, including South Korea and China.

South Korea even has yet another Valentine’s Day-related holiday: the aptly named day for single people, Black Day. People in Korea celebrate being single by burying their sorrows with a noodle dish with black bean sauce called jajangmyeon.

(No doubt, Black Day is just a ploy by the powerful Korean noodle industry.)

So for those in you in Japan, I hope you have a happy White Day; those of us elsewhere in the world will just have to buy our own chocolate.

Happy White Day!
Yokosuka’s ‘lover’s shrines’ promise to grant Valentine’s wishes

Higashi Kano Jinja (east Kano shrine)
LOCATION: 2-21-25 Higashi Uraga, Yokosuka City, Kanagawa Pref.
ADMISSION: Free
PUBLIC URL: https://www.cocoyoko.net/spot/higashi-kanou-z.html
TOKYO: 046-841-5300

Nishi Kano Jinja (west Kano shrine)
LOCATION: 1-13 Nishi Uraga, Yokosuka City, Kanagawa Pref.
ADMISSION: Free
PUBLIC URL: http://kanoujinja.p1.bindsite.jp/
TOKYO: 046-841-0179

STORY AND PHOTOS BY TAKAHIRO TAKIGUCHI, STRIPES JAPAN

It’s that time again to grab that box of chocolates and surprise your sweetheart for Valentine’s Day. Lucky for you if you live near Yokosuka Naval Base, there is a power spot where couples and singles go to wish for love or marriage.

Uraga is a hair-pin shaped narrow bay that shields ships from heavy wind and high tide, offering an ideal port to any type of ship. You sure will enjoy great views of the blue bay, fishing and cargo ships berthed in the port on one side and mountains on the other, as you stroll along the bayside.

There are two traditional Shinto shrines facing each other with a quarter mile of bay separating them. Known as the Lover’s Shrines, they are both called “Kano Jinja” (literally “shrine of wishes-coming-true”), and are distinguished from each other by the location - Nishi Kano Shrine (west shrine) and Higashi Kano Shrine (east shrine).

It is a popular attraction for those looking for love and the shrines have a unique tradition to lock in the wish. At Nishi Kano Shrine, visitors purchase a magatama (comma-shaped bead) then place it inside an omamoribukuro (amulet case) only sold at Higashi Kano Shrine across the bay. Completing this task is said to bring luck, love and a wedding, if that is your wish.

I visited both shrines recently—but not for myself, as I am a married man, you know! A coworker of mine wanted to visit for their own wish.

Nishi Kano Shrine, built in 1842, was our first stop. The bead here was 500 yen (or about $4). We then headed via orange ferry boat to the Higashi Kano Shrine. This short cruise is an enjoyable way to look out over the bay and appreciate the port and ships docked there.

The east shrine, compared to its counterpart, is brighter and has a more open atmosphere with its tall shrine building and light green roof. We walked up the stone stairs and as we faced the shrine, I made a wish for my coworker. With another 500 yen, I bought the coveted amulet case to secure my coworker’s wish.

The bead from the West Shrine fit in the cute amulet case perfectly. It sure will make her wish come true! As it is tiny and cute, this lucky charm can be a great souvenir for friends or family members.

Visit alone or with your sweetheart or with a friend (or coworker) who needs a little help in the love department. Whether or not my coworker’s luck changed after that visit is yet to be seen, but it was still fun to visit and wish for her future happiness. Maybe you’ll have better luck and the Lover’s Shrines will make your Valentine’s wish sure come true.

takiguchi.takahiro@stripes.com
Tokyo is a place constantly in change. Buildings rise and fall, little is sacred, but if you want to see a little bit of that Old Tokyo that’s mostly escaped us and learn about the great city’s past in a fun day out, visit the Edo-Tokyo Open Air Architectural Museum.

Only about an hour by car or train from Yokota Air Base, the museum calls Koganei Park home. And while most museums are full of artifacts, the focus at open air museums like this one are the buildings themselves.

Visiting an open-air museum is a different way to learn about history than a traditional museum because you trade the “big picture” overview of history for history at eye-level and see how the times shaped the way people lived and worked.

Edo was the Shogun’s seat of power before it became Tokyo, Japan’s new capital, in the 1870s. This park’s 25 buildings tell stories of that transitional time and the formative years of the city as it rose from the feudal era to the early space age.

The park is organized into three areas according to function. To the west is a farming community that shares Edo’s rural roots. The west/central area is made of homes from the modest to the mansions of the well-to-do and the east is a compact shopping district that corresponds to city life with businesses and public facilities tightly fit together; a far cry from the farmer’s homes in the west and suburban center.

The buildings here should be appreciated on two levels: First, as representatives of their period’s architecture and the second, for their stories. Every place I entered wasn’t just an example of a type but was once someone’s home or livelihood and each one had a personal story to share. This is enhanced by the interiors as each location is fully furnished providing a peak into what life might have been like in that particular building or home.

These stories were across the board from the mundane lives of salarymen, artisans and farmers to the history-making and I never knew what to expect. The most surprising story came from the first place we entered, the dignified, traditional-feeling mansion of Takahashi Korekiyo. Though it had everything one might expect from an upper-class home, this went beyond being just another nice house. Takahashi was a former prime minister and later finance minister when this home became the tragic site of his assassination in 1936. Takahashi was killed during the Feb. 26 Incident, when army troops led by self-to “purge” the government. (I didn’t know this; I just kind of guessed.)

That was just the first story of many quite as dramatic. The other classes of living and despite examples of Western architecture like an American Midwestern family home side by side, was almost identical to homes owned in Illinois. It was in the timehome designed to conserve space.

Shopping street replica

Edo-Tokyo’s east side shopping street is well-rounded with a dozen small businesses like a cosmetics shop, general store, and stationary store and some old-fashioned arts like an oil-paper umbrella maker packed in on a recreated city street ending at a lavish public bathhouse, another relic consigned mostly to the past with the advent of indoor plumbing.

It was my favorite part of the visit because every shop was so varied, and it felt like it could have been a neighborhood before relocation. I loved going inside each to see how it was appointed, like the general store with barrels of beans and displayed fresh goods, as it would have been before World War II. The post-war soy sauce/liquor shop a few doors down had old beer advertisements, its shelves loaded with bottles and a cash register sitting on an ice-cooled ‘fridge.’ My wife was quick to explain that if you brought your own bottle it could be filled straight from the soy sauce barrel at a more reasonable price. (Sometimes I wonder if the town she grew up in was stuck in the 1950s…)

Around here we came across a back alley neighborhood behind the main street with a working water pump, though drinking the water is discouraged.
Edo-Tokyo Tatemono

righteous officers occupied Tokyo (don’t always go looking for assassinate to them intuitively) and I had 24 more to go, though other houses showed off different wing used to seeing Japanese ver—it was still unexpected to find an house that my best friend said, indicative to the one his great-grandfa for a little lot next to a creative war American Midwestern family house that my best friend said, in stant of Western architecture it was still unexpected to find an

Shopping street replica

Around here we came across a back alley neighborhood be—what was fired off every day at noon the way God and

This area is also partly the product of a particular historic event— the 1923 Great Kantō Earthquake. The earthquake and subsequent fires laid waste to much of the city and the post-quake shops here have fronts sheathed in copper to make them more fire-resistant. It’s an odd feature rarely seen today or outside of Tokyo even in that era but emphasizes the point in history they came from. The sign maker’s copper front also has some minor bomb damage from the 1945 Tokyo air raids linking it to that event as well.

■ Old-style farming community

We visited the farming community last because it’s the most basic if you’ve ever seen an Edo-era home. The era’s architecture was utilitarian and if you’ve seen one Edo-era farmer’s house from the Kanto Plain, you’ve pretty much seen them all. Worth visiting if you haven’t already been to other more rural open-air museums or architectural parks but if pressed for time it’s the least unique.

■ Other park features

An easy-to-miss artifact worth looking out for is the small cannon near the visitor center. In the Meiji-era (1868-1912) this was fired off every day at noon to mark the time. I’d heard of the cannon and was happy to find physical evidence that the story was true. Sadly, it no longer fires off at noon the way God and Emperor Meiji intended.

All around the park knowledgeable English-speaking staff members were on hand to add to the stories on the signs and in the handouts. Edo-Tokyo Tatemono doesn’t have a guide book for sale; instead each page of the guide book is given away for free inside every building. Visit them all and build your own!

There are a few food options inside the park, one is a café with sweets and drinks served in an elegant dining room and the other is an udon restaurant for those wanting a quick meal. Both with sweets and drinks served in an elegant dining room and the other is an udon restaurant for those wanting a quick meal. Both

Emperor Meiji intended.

All around the park knowledgeable English-speaking staff members were on hand to add to the stories on the signs and in the handouts. Edo-Tokyo Tatemono doesn’t have a guide book for sale; instead each page of the guide book is given away for free inside every building. Visit them all and build your own!

There are a few food options inside the park, one is a café with sweets and drinks served in an elegant dining room and the other is an udon restaurant for those wanting a quick meal. Both with sweets and drinks served in an elegant dining room and the other is an udon restaurant for those wanting a quick meal. Both

Getting there

Hours: Tuesday – Sundays 9:30 a.m. – 4:30 p.m. Closed Mondays
Cost: 400 yen per adult; high school and junior high students – 200 yen; children under junior high – free.
Address: 3-7-1 Sakuracho, Koganei-shi, Tokyo (inside Koganei Park) 184-0005
Info: 042-388-3300 (by phone) or https://www.tatemonoen.jp/english/
Known for its juicy gyudon, the beef bowl restaurant Yoshinoya this year celebrates its 120th anniversary. Picking up the never ending hype of Pokémon, the food chain this winter offers its most beloved menu item served in charming Poké-bowls. Cleverly enough Yoshinoya’s collaboration features six characters that all have “-don” (as for bowl) in their Japanese names: Lizardon (Charizard), Yadon (Slowpoke), Utsudon (Weepinbell), the two Tritodon (East and West Sea Gastrodon) and Groudon.

Customers can choose between the three set meals of Pokémori Gyudon, Pokémori Kids Gyudon and Pokémori Kids Curry. All options come with a special package designed fruit juice and a Pokémon figure. As the fire-, water-, psychic- and plant type characters hide on the bottom of the bowl, they cannot be discovered until finishing the dish. Although the desirable serving bowls are not for sale themselves, guests in a hurry may order take away and get their food in a similar-looking to-go container. The first phase of this special collaboration stretches until March 18 and is available at Yoshinoya stores nationwide. Whether being a committed figure collector, Pokémon devotee or simply a gyudon lover – Yoshinoya makes it easy to decide where to have lunch tomorrow.
Relationships can be complex. Add distance to the equation, and it's even more challenging than before. Sudden deployments, changing duty stations and surprise assignments are all possibilities in the armed forces, which can put an even greater strain on long-distance relationships. But not to worry. The common pitfalls of long-distance relationships are avoidable by keeping a few simple things in mind.

Technology is your friend

The hardest part of a long-distance relationship can be the physical distance. Lucky for us, we're living in the modern world of instant technology. Apps like WhatsApp, iMessenger, Skype, and FaceTime cost nothing and are ideal ways to communicate with your mate when you're apart. Being able to talk to one another is super important. Not into technology? Exchange letters and talk on the phone as regularly as possible. You don't have to spend a fortune to keep in touch. There are resources through the USO that can help both of you connect for less. Try to use the distance to strengthen your communication as partners and remember that you are more than the space between you.

Love yourself while you’re on your own

Use the time without your significant other to strengthen yourself and further your personal goal. Start a new fitness regimen, or pick up a skill, or find a way to fulfill your goals while your partner is away. Better yourself and remember, it's much easier to love someone who loves himself first. Take on your autonomy and fight loneliness with personal achievement.

Remember there’s an end date

Long-distance relationships are hard. But remember that every day apart is one day closer to your reunion. You'll make it through this. Keep yourself occupied and communicate with your significant other through your time apart; but remember that loving yourself as an individual within your partnership is the best thing you can do for your relationship, your partner and for you.

BY JULIA CAHILL, STRIPES JAPAN

3 tips to strengthen your long-distance relationship

English speaking US board-certified plastic surgery clinic just a short walk from The New Sanno Hotel

- Laser hair removal
- Botox
- Botox for migraine headaches
- Restylane, Juvederm
- Retin-A, Obagi
- liposuction, eye, mole, scar, breast, facelift, tummy tuck
- Laser (Titan, Genesis, IPL)
- Tattoo removal
- Men's (ED, AGA)
- Reconstructive surgery

Dr. Robert K Kure

Albert Einstein College of Medicine, NY
UCLA Plastic Surgery (Chief Resident)
Certified by the American Board of Plastic Surgery
Over 18 years of experience in the U.S.

Foreign insurance accepted

Member

American Society of Plastic Surgeons

A book "New You with Botox" is given to all new patients!

BY JULIA CAHILL, STRIPES JAPAN

Three tips to strengthen your long-distance relationship

1. Love yourself while you’re on your own
2. Remember there’s an end date
3. Technology is your friend
Not so far in the future and in a galaxy not so far, far away…

Star Wars fans around Japan will have a limited time to try foods themed after the latest Star Wars trilogy. The cafes inspire by R2-D2 and C-3PO, and soda drinks with light saber straws and souvenir coaster. Prices range from about 600 yen for a beverage to about 1,690 yen for an entrée (around $5.46 to $15.38).

And don’t forget to pick up a few souvenirs like keychains, stickers, buttons and other merchandise available for purchase for your friends back home.

Star Wars touches like a stew with Yoda-garnished toast on the side, a burger slider set inspired by R2-D2 and C-3PO, and soda drinks with light saber straws and souvenir coaster. Prices range from about 600 yen for a beverage to about 1,690 yen for an entrée (around $5.46 to $15.38).

And don’t forget to pick up a few souvenirs like keychains, stickers, buttons and other merchandise available for purchase for your friends back home.

Star Wars is wildly popular in Japan, so “patience you must have” and expect to queue up for a seat in the cafes. Fortunately, all five locations accept reservations (for an additional fee of 660 yen) and will remain open through the end of February, so “Try not. Do or do not. There is no try,” and get your Star Wars grub on!
It's one thing when a Japanese patisserie becomes famous for its wide variety of decadent cakes, but it is even more impressive when a small pastry shop gathers crowds eager to get one and only thing they bake – cheesecake tarts. My friend and I first stumbled upon BAKE while perusing one of my favorite neighborhoods Jiyugaoka. A long line was formed at the entrance when we first walked passed it. On the way back two hours later, the line was still there so we felt incredibly tempted to join these enthusiastic people and see what the hype was about. As soon as the glass door slid open and we walked inside an incredible smell of freshly baked tarts blew our minds.

BAKE originates from Hokkaido and currently owns bakeries in Osaka, Fukuoka, and even Singapore and Hong Kong. Its founders strongly believe that the cheese tarts taste the best when they are freshly baked and that's exactly how they sell their tarts. BAKE stores combine the shop and pastry kitchen into one thus making sure that customers can enjoy the pastry at its prime condition, fresh and hot from the oven. Once ready, the tarts are whisked out of the oven and queued up on the display behind previous trays. No matter when you visit, you are guaranteed to get nothing but fresh, fragrant, warm cheese tarts.

It’s not just the freshness that sets these cheese tarts apart from its rivals, but their unique blend of cheese, as well as baking technique. The delicious creamy cheese mousse is a result of blending three different types of cream cheeses. Cheese from Hakodate in Hokkaido is distinctive for its mild flavor, while cheese made in Betsukai is rich in flavor. They are both expertly paired with a saltier French cheese to add more depth of flavor to the delightful tart filling. In addition, the pastry base is first baked separately and then baked again with the filling in it – a technique resulting into a perfect crust.

I won’t lie, this is not a guilt-free treat in any way. But it’s oh-so-good. Besides their amazing golden brown color, the tarts have simply a divine buttery taste. One of the best I have ever eaten in my life. The creamy soft cheese filling on the inside couple with the crispy yet moist crust of the tart. As soon as I finished the first one I was simply drooling for more! The sweetness of the tart is very well balanced and despite of its rich consistency, the filling is really light. They can even be reheated the next day, and let me tell you, they tasted just as good on the second day.

I highly recommend you stop by their bakery either in multiple locations around Japan, and give these bad boys a try. I bet you will keep coming for seconds.
After the huge success last year, Download Festival Japan is coming back this year too. The festival has American emo/pop punk legends My Chemical Romance as its headliner. The Offspring, Jimmy Eat World and many other artists are lined up to be announced in the coming months. Get your tickets before it sells out and don’t miss out on The Black Parade’s live set.
The "Madden Curse" has been long talked about in the NFL. Whether it was Mike Vick in 2004, Donovan McNabb in '06 or Shaun Alexander in '07, the curse has hit some players hard. But, the cover hasn't always featured a player. For the first few years the cover featured John Madden himself. Who was the first player to steal the cover away from the former Raiders coach?

**Week of 1/27/20**

**ACROSS**
1. Kosung pair
5. Gold measure
10. Burn the midnight oil
14. Up for the job
15. Get used to
16. Coolant carrier
17. Financial assistance determiners
20. Take up space
21. Chicken breast, e.g.
22. Type of tide
25. Stuffing ingredient
26. Withdraw, with "out"
28. Throaty
31. Tap trouble
33. Head lock?
34. Can't forget
38. Operatic star
39. South African village that's an anagram for "a lark"
41. Transparent gem
42. Get a whiff of
44. Take the bait
45. Love potion's number
46. Containing pus
49. Comfield cry
50. Carpenter's tool
52. Evans or Earnhardt
53. Immortal
57. Kind of bean
60. Jessica of "Dark Angel"
61. Type of expenses
62. Move about
63. Bathroom item
65. Pastrami purveyor
66. Lug
67. Shore bird
68. Chevron competitor

**DOWN**
1. Bring up the rear
2. Throb, as the heart
3. Earthquake hot spot
4. Have a feeling
5. "Do it yourself" - e.g.
6. Over again
7. Hemsworth racing flick
8. Well-spoken
9. Lab worker, at times
10. Lizard in a Culture Club song
11. Tripper's landmark
12. Evaluate, as ore
13. Bump into
14. Just for men
15. Pizzazz
16. Hockey disk
17. 41, e.g.
18. "...and proper"
19. Cause of concern for an aviaphobe

**Answers to Last Week's Crossword:**
39, 40, 41

**The Weekly Crossword**

**Answers to Last Week's Sudoku:**

**Language Lesson**

*I am shocked.

Shokku desu.*

**SUDOKU**

**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.

Edited by Margie E. Burke

**Copyright 2020 by The Puzzle Syndicate**
Female Medical Volunteers!!

Clinical trials are an essential step in confirming the safety and effectiveness of new therapeutic candidates. All volunteers will be compensated for time and any inconvenience caused by participation in the clinical trial. Please check below!

-Schedule-

Medical Check-Up/Screening:
January / February 2020
Hospitalization (3 nights):
Early February 2020

Do you fit in the following important requirements?

✓ White Female aged 20 to 64 years old.
✓ Are unable to bear children
  i.e. post menopausal, surgically sterile or due to some other condition.
✓ Body mass index (BMI) less than 30
✓ Healthy with no history of severe allergies or serious medical conditions.

Interested in finding out more information, please contact:

https://asbo.co.jp/asbo_eng/

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