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# Army: Don't blame MREs for your tummy troubles

BY J.P. LAWRENCE,  
STARS AND STRIPES  
Published: October 23, 2019

Consuming nothing but Meals Ready-to-Eat for three weeks may not be the most appetizing thing to do, but a study by Army scientists has found that it doesn't harm gut health.

That may come as a surprise to anyone whose stomach has rumbled after eating the highly processed military rations for just one day, let alone 21, which is the maximum time the Army says MREs should be the sole source of subsistence for soldiers.

"It's not MREs underlying a lot of anecdotal reports of gastrointestinal discomfort," said Dr. J. Philip Karl, a scientist and research dietitian at the U.S. Army Research Institute of Environmental Medicine, and lead author on the study published in this month's Journal of Nutritional Biochemistry.

Service members usually eat MREs when they're training or on a mission, in harsh terrain, under stress and possibly overseas, where hygiene might not be at high standards, Karl said in a phone interview. They may also be dehydrated, he said.

The study set out to determine



Sgt. Alfonso Patino, a research technician from the U.S. Army Research Institute of Environmental Medicine, analyzes a blood sample as part of a research study to see how consuming Meals, Ready-to-Eat for 21 days affects soldiers' gut health. Photo by David Kamm, U.S. Army Research, Development and Engineering Command

if the rations or the environment cause the digestive issues service members often associate with MREs.

Sixty-four people, mostly men, responded to the Army's 2015 call for volunteers to eat only MREs. Four dropped out for reasons including gastrointestinal distress and not sticking to the study protocol.

Participants were divided into two groups, one of which ate their usual diet while the other ate nothing but MREs for three weeks. The MRE group could have water and up to three cups of black coffee a day in addition to the rations, but that was it.

The volunteers kept logs, while dietitians monitored their weight and adjusted food intake if they gained or lost weight. Researchers collected blood, urine and stool samples from the volunteers several times during the study and analyzed the samples to determine if MREs were impacting health by causing changes to gut microbiota – bacteria, fungi and viruses that live in the intestines.

Research suggests gut microbiota influence our moods, digestion and immune systems, Karl said. Even a small change can alter how nutrients are absorbed, or inflame the intestinal lining, leading to stomach pain and even chronic diseases, he said.

But Karl and his team of

researchers found almost no difference in gut chemistry between those who ate only MREs and those who continued to eat normally.

Those who ate just rations did have one fewer bowel movement per week, the researcher found. The just-MREs group also had lower levels of gut bacteria that have been found in other studies to increase the frequency of defecation.

Many people get those helpful bacteria by eating fermented food, such as yogurts and cheeses, which are not included in MREs.

While MREs contain similar amounts of carbohydrate, fat, protein and fiber as the average American diet, they also need to withstand tough conditions and maintain a three-year shelf life, the Army said in a statement last month. As a result, they contain no fresh foods.

Then again, the average American also consumes too few fresh foods, Karl said.

"Americans tend not to eat enough fruits, vegetables and whole grains," he said. "The MRE actually provides more fiber and more of several vitamins and minerals compared to people's typical diets."

"I think MREs get a bad rap."

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© Kevin Davidson

"WE HAVE DONE THOUSANDS OF DIVES ALL AROUND THE WORLD IN SOME OF THE MOST PRISTINE AREAS, BUT IN FEW PLACES WE HAVE SEEN WHAT WE HAVE SEEN HERE"  
-Dr. Enric Sala, Explorer-in-Residence, National Geographic

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Mental Notes with Hilary Valdez

Inhumanity never takes a holiday

BY HILARY VALDEZ, STRIPES OKINAWA

Inhumanity never takes a holiday, but how do we endure man's inhumanity? How do we face and deal with the anxieties of life? Some of us grew up believing the world is divided into right and wrong, good and bad. As children we lived in a world of should messages. Some of these childhood messages stay with us into adulthood. People have an idea about how they should be in the world and how the world should be. I attended Catholic boys high school taught by Jesuit priests...my world was right and wrong, black and white. Almost everything was a sin. I was afraid to leave the house. In reality, we're all "C" students in life. No one is wearing the Wizard Hat of Wisdom.



HILARY VALDEZ

Living in a constant state of daily anxiety in a fragmented world, we are in a perpetual process of changing and re-balancing ourselves: readjusting our should messages. Who we are and what we should be is constantly being challenged. A global digital environment, can block a person's true human potential. But, affirming ourselves and fulfilling our potential and our nature, can bring fulfillment and happiness in a busy world filled with distractions.

Freedom and responsibility are challenges all of us face in a society that is constantly testing our beliefs, values, and religious convictions. Yet society's digital venues can distort our values via behavior control and that can erode our individuality. Cell phones, electronic games, artificial intelligence, and computer technology, are gradually shaping our values and behavior.

Being aware of yourself and the consequences of your life choices means being in charge of your destiny. Knowing or discovering yourself is ongoing. Awareness of self and the world implies social responsibility and how you respond to the world around you. As we know, sometimes leadership is difficult to measure and has many components. It's a process of self-improvement. There is only one unique you on the planet. So, what do you improve? Start with improving your self-confidence,

self-pride, initiative, your sense of self-responsibility, fairness, impartiality, and sound judgment. Maintain integrity by being truthful and honest. Maintain your personal discipline and be dependable.

As a former Non-Commissioned Officer in the Marine Corps, I learned to maintain courage despite criticism and stand for what is right. Corps values were: treat others with respect, maintain good relations, be courteous, avoid offending other people, and avoid vulgar language. Then, add being unselfish and not gaining advancement at the expense of others. Exercise care and thought when dealing with others. Develop an interest in people. Be approachable especially when receiving feedback from others. Be positive. All humans have feelings - become humane when dealing with people. Grrr! Leadership is taught by example. Set the example.

Life Hint: Thought draws the line of fate.

Hilary Valdez is a retiree living in Japan. He is an experienced Mental Health professional and Resiliency Trainer. Valdez is a former Marine and has worked with the military most of his career and most recently worked at Camp Zama as a Master Resiliency Trainer. Valdez now has a private practice and publishes books on social and psychological issues. His books are available on Amazon and for Kindle. Learn more about Valdez and contact him at www.hilaryvaldez.com or at InstantInsights@hotmail.com

COMICS CORNER

UP FRONT

BY MAULDIN



"Sir, it wuz your order that all persons crossin' this post will dismount an' be reckanized."



PRESS ON!

by Randy Denman

**Okinawa Churaumi Aquarium Annual Passport Campaign!**

One-year unlimited access to the magnificent underwater world. Visit Okinawa Churaumi Aquarium as often as you'd like!

Enjoy special events at the Aquarium throughout the year! Get your Annual Passport today and take advantage of all the great benefits!

**SPECIAL BONUS!!** **FREE GIFT!**

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The campaign runs through December 31, 2019

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Adults	3,760yen
High School Students	2,500yen
Elementary and Junior High School Students	1,240yen

Okinawa Churaumi Aquarium  
Hours 8:30 - 18:30 (\*Last admission:17:30) <https://churaumi.okinawa/en/>

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# Trekking on Indy Jones



STORY AND PHOTOS BY SHOJI KUDAKA,  
STRIPES OKINAWA

**I**t was by accident that I stumbled upon the “Indy Jones Mile,” a Nanjo City trail as I researched outdoor activities in Okinawa.

Over the years, I have hiked several of the island’s trails, but none in the southern part, much less one named after a Hollywood movie, so decided to give it a try.

I drove 45 minutes from Camp Foster toward the Tamagusuku Castle Ruins, a landmark for the course. I parked the car near the castle ruins and walked a few minutes until I reached a red arrow sign with the wording “Adventure Walk.”

The first stretch was a brisk walk on a concrete-paved road through a lush green field. Curving left and right, the road went down a hill with a beautiful view of the southeast coast. It was mostly an easy and comfortable

walk. After walking for 10 minutes or so, I found myself near a quiet, residential area.

I passed red-tiled-roofed homes, an old tomb, and occasionally I could hear goats somewhere off in the distance of this quiet neighborhood.

After 20 minutes, the road gave way to an unpaved uphill path leading through a forest. This stretch was peaceful, and the shade of the woods was a relief after walking in the sun. Butterflies fluttered about and the cicadas were echoing through the thick brush. Signs with arrows were posted at several spots, and a rope was stretched along the route to guide trekkers; there was no need to worry about getting lost.

I began to suspect that I had taken the wrong way because this hike seemed more of a picnic than an adventure. Soon, however, I would know I was in the right spot.

I reached a warning sign for Habu snakes, a venomous snake native to the island that hikers should be careful to avoid. Once I continued beyond this warning sign,





the reason behind the trail's "Indy Jones" moniker did not remain unfounded. Soon, the path began to narrow, weaving through trees and shrubs, and winding around the sides of a hill. There were tight spots where one wrong step would surely send me tumbling down the valley. The ground was covered in fallen leaves, moss-covered stones and thick tree roots forcing me to duck, dodge and trek a little closer to the ground. At other spots, I had to walk through natural tunnels going through and between huge rocks, some of which were on steep inclines and deep declines. Had it not been for the rope tied to the trailhead, this hike would have been too difficult.

As I was struggled with the bumpy road, my heartbeat and breathing raced. I cursed myself for not carrying bug repellent and for bringing a heavy zoom lens and other camera gear, which were no use in the forest. Coupled with the fear of Habu snakes, I picked up my pace.



For the record, although I did not run into a shaman who performed a bloody ritual nor was I chased down by a gigantic boulder, I no longer doubted the credibility of the "adventure."

After what seemed to be a 30-minute of rocky up-hills, treacherous paths, a lot of sweating and heavy breathing, wooden stairs leading to Tamagusuku Castle Ruins came into view. This sign of civilization brought some much-needed relief.

I made it to the top of the stairs overlooking the southeast coast and the forest. The view was a sweet reward after the challenging hike I'd just finished. From this point, I could also see the paved road which would lead me back to the starting point.

According to my phone, this trek took me about an hour and was a little over 1.5 miles long. Though much shorter than an Indiana Jones movie, this hike made me sweat a lot more than any villain and other-worldly phenomena on the big screen ever could.

If you're looking for an adventure, this is a great hike. Just don't forget to bring some bug spray and watch out for snakes!

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## Recharge at a celestial eatery Tenku Terrace OoLoo

After my adventure, I took a 10-minute drive to Tenku Terrace OoLoo for a relaxing lunch. In Okinawan dialect "OoLoo" means blue, and this café high above the southeastern coast has a great ocean view embodying that meaning.

Inside, the décor is sleek and brings Hawaiian vibes. Their menu had various items including rice omelets, cheeseburgers, taco rice and more. Being in the mood for something filling after an hour of hiking uneven terrain, I went for their pasta of the day (1,200 yen or about \$11.26), which happened to be spaghetti Bolognese. At OoLoo, one of the most standard pasta dishes turned into a visual delight. The meat sauce was mixed well

with the spaghetti and topped with powdered cheese and parsley served like an art piece on a blue plate. The sauce had a depth as the sweetness of the meat, fruity tomato and extra spice melded together, making for a delicious medley with the cheese and pasta. Buffet-style soup, salad and drinks (380 yen) also came with my entrée and I made several trips for shiikuwasa citrus juice refills.

OoLoo is recommended on the Nanjo City tourism's site for serving dishes cooked with local produce. Enjoying the taste of Nanjo City and the superb ocean view this city has to offer was definitely a refreshing way to cap a challenging hike full of adventure.



### Adventure Walk a.k.a. "Indy Jones Mile"

**GPS Coordinates:** N 26.144450, E 127.778104 (Start point)

### Tamagusuku Castle Ruins

**GPS Coordinates:** N 26.144272, E 127.780650

### Gusuku Road Park

**GPS Coordinates:** N 26.144036, E 127.774595

### Tenku Terrace OoLoo

**Hours:** 11 a.m. – 3 p.m. (lunch); 3 – 6 p.m. (café);

6 -10 p.m. (dinner, not available on Sundays)

**GPS Coordinates:** N 26.162960, E 127.793355

# Koza Motor Sport Festival returns Nov. 9-10

BY SHOJI KUDAKA,  
STRIPES OKINAWA

It's time again for the Koza Motor Sport Festival at Okinawa City Koza Athletic Park on Nov. 9 and 10.

Just like last year, this festival will showcase various aspects of motor sports at the venue a short walk from Kadena Air Base.

Main features will include demonstrations of drift racing, extreme bikes (motorcycle stunt riding), racing go-karts, mini-bikes and radio-controlled cars.

Plus, there will be exhibitions of

customized vehicles and opportunities to ride in the passenger seat of a two-seater go-kart driven by top drivers. The program will also include food vendors and stage performances as well.

Last year, the event drew over 42,000, so expect heavy traffic in the area and no parking. The event will have multiple shuttle buses from different venues, so check the locations before you head out. The venue is about a 10 to 20-minute walk from Kadena.

Gearheads, get ready because this is going to be a good one to check out!

kudaka.shoji@stripes.com



## Things to know

**DATE:** Nov. 9-10 (Sat and Sun)

**TIME:** Noon - 5 p.m. (Gate opens at 11 a.m.)

**VENUE:** Okinawa City Koza Athletic Park

**GPS COORDINATES:** N 26.333603, E 127.787315

**ADMISSION:** Free

**WEBSITE:** <https://kmsf.okinawa.link/home/top-en/>

**FACEBOOK:** <https://www.facebook.com/KMSFOKINAWACITY/>

## Know before you go! No parking at the venue!

Do not park on the side of the road, residential areas, or on the sidewalk. Instead, take advantage of the abundance of parking at the following locations which will have shuttle buses to and from the venue:

- Aeon Mall Okinawa Rycom 1F Arrival Gate (N 26.314954, E 127.796470)
- Okinawa City Office (N 26.334372, E 127.805662)
- Awase Fishing Port (N 26.322036, E 127.835374)



Photos courtesy of Koza Motor Sport Festival 2019 Jimukyoku

### 31ST TOUR DE OKINAWA BICYCLE

**RACE:** Nov. 9-10; featuring touring events and races for more than 4,700 participants including men's championship race (210 km), 14 road races for citizens and 6 cycling events; NPO Tour de Okinawa Office 0980-54-3174; [www.tour-de-okinawa.jp/](http://www.tour-de-okinawa.jp/).

### 36TH TOMIGUSUKU FESTIVAL, 7TH TOMIGUSUKU SANGYO FESTIVAL:

Nov. 9-10, 2-9 p.m.; 2 big events in Tomigusuku City; themed "play, eat, enjoy, and lie down"; eat Tomigusuku's delicious food, enjoy traditional arts and stage events, fireworks and more while relaxing during these 2-day festivals; Held simultaneously with 31ST ZEN

## Get off base and explore!

### OKINAWA KODOMO EISA

**MATSURI:** Nov. 10, 2:30-6 p.m.; all held at Toyosaki Chura Sun Beach; free admission; free parking available; 098-856-8766; [www.tomigusuku-okinawa.jp/](http://www.tomigusuku-okinawa.jp/).

### 22ND TARAJIMA

### GO-ROUND MARATHON:

Nov. 16, noon; 23.75K race followed by 10K, 5K, 3K; start and finish at Tarama-son Hall; Fureai party at Tarama Jima Elementary School Gym from 5-8 p.m. (non-participants can join the party with the purchase of a 1,000-yen ticket); 0980-79-2260; [www.vill.tarama-okinawa.jp/?cat=19](http://www.vill.tarama-okinawa.jp/?cat=19).

**GO OUT CAMP RYUKYU:** Nov. 16, 8:30 a.m.-17, 2 p.m.; camping at Kenmin No Mori; 1 overnight 2-day ticket: 4,000 yen per person (3,000 yen for Okinawans); fees apply for parking; [www.goutcamp.jp/ryukyu/](http://www.goutcamp.jp/ryukyu/).

**31ST OKINAWA RITOU FAIR 2019:** Nov. 15-17, 10 a.m.-7 p.m.; from 9:30 a.m. on 15th, until 6:30 p.m. on 17th; remote islands' local products exhibition and sale; remote island dining; traditional performing arts and more to appreciate Okinawa's remote islands; at Okinawa Cellular Park; free admission; parking available; 098-963-8191; [www.okinawa-ritoufair.jp/](http://www.okinawa-ritoufair.jp/).

**30TH CHUBU TRIM MARATHON:** Nov. 17, 8:50 a.m.; half marathon, 10K, 3K (both individual & parent-child races); start and finish at Okinawa Comprehensive Athletic Park; 098-932-5114; [www.i-sam.co.jp/chubutrim-half-marathon/](http://www.i-sam.co.jp/chubutrim-half-marathon/).

**9TH SUGAR RIDE KUMEJIMA 2019:** Nov. 23, pottering at 3 p.m., briefing at 2 and 4 p.m., Nov. 24, Athlete course (100K) begins at 8 a.m., Go round course (45K) & Easy Go round course

**48TH OKINAWA ARTS AND CULTURE FESTIVAL:** Nov. 16-24, 9 a.m.-6 p.m. (9 a.m.-8 p.m. on Fri, Sat), Winners and selected pictures, calligraphy, and art works by Okinawans on display to enhance Okinawan culture; at Okinawa Prefectural Museum and Art Museum; free admission; free parking available; 098-987-0926; [www.okicul-pr.jp/kengeisai/](http://www.okicul-pr.jp/kengeisai/).

(35K) at 9 a.m., cycling event enjoying Kumejima's beautiful sceneries; start/finish at Resort Hotel Kume Island; register by Nov. 5 to participate; 090-8294-3255; [www.sugar-ride.com/](http://www.sugar-ride.com/).

### KUBE TECHNO

### FESTA:

Nov. 23, 10 a.m.-4 p.m.; come, see, touch, and experience finance and IT occupations; festival activities from the past events include, VR experience, programming, etc.; detailed programs to be announced on the web; at Nago City Multi-media Building; free admission; free parking available; 0980-55-3333; [nda.city.nago-okinawa.jp/p5661](http://nda.city.nago-okinawa.jp/p5661).

### KUMEJIMA KURUMAEBI FESTIVAL:

Nov. 23, 11 a.m.-4 p.m.; prawn cuisine at special prices, folk song, hula dance stage performances; free admission; parking available up to 50 spots; at Kumejima Fisheries Processing Facility; 098-985-8216; [www.kanko-kumejima.com/](http://www.kanko-kumejima.com/).

### 40TH TSUBOYA POTTERY FESTIVAL:

Nov. 22-24, 10 a.m.-6 p.m.; masters exhibit their works, including jars and other goods, sold for more than 20 percent off the market price; visit booths, including a pottery square, where people can make shisa (lion dog) masks and use the pottery wheel; free admission; at Naha Tsuboya Elementary School; 098-866-3284; [www.tuboya.com/](http://www.tuboya.com/).

**2019 PROJECTION MAPPING AT NAKAGUSUKU CASTLE:** Nov. 23-24, 4-10 p.m.; projection mapping, laser show by using drones, traditional performing arts including Shishimai and Eisa, etc.;

free admission; temporary free parking available; 098-975-5309; [www.nakagusuku-pm.jimdo.com/](http://www.nakagusuku-pm.jimdo.com/).

### OKINAWA INTERNATIONAL CARNIVAL

**2019:** Nov. 23, 11 a.m.-9 p.m., Nov. 24, 1-9 p.m.; events details TBD: (last year-a giant tug-of-war along Kuko (airport) Street, 10,000 people's folk parade, bull-fighting, samba parade, and more events); free admission. In the Koza Gate Street area Music Town Ongaku Hiroba; 098-989-5566; [www.oki-carnival.com/](http://www.oki-carnival.com/).

### 10TH ISHIGAKI YAKIMONO MATSURI:

Nov. 30-Dec. 1, 10 a.m.-7 p.m.; Pottery festival, exhibition and sale in which 17 Ishigaki local potters participate; free admission; no parking available; at Ishigaki City Hall; 0980-82-1533; [www.ishigakijimayakimonomatsuri.jimdo.com/](http://www.ishigakijimayakimonomatsuri.jimdo.com/).

### ZAMAMI ISLAND FAN APPRECIATION

### MONTH:

In November, Islanders' traditional performance arts every Saturday, photo contest, treasure hunt, band performance, Eisa, Ryukyu dance, stirring music with whale drums, beautiful Hawaiian hula dance, comedy shows, all performed by Zamami islanders; free admission; no parking available; 098-987-2277; [zamami-diving.la.coocan.jp/](http://zamami-diving.la.coocan.jp/).

### KUMEJIMA-CHO SANGYO MATSURI:

Dec. 1, 9 a.m.-3 p.m.; fresh vegetables and seedling sale, Kumejima Tsumugi (Japanese craft of silk cloth) exhibition and sale, dressing experience, and

more; at Hotaru Dome; free admission; free parking available; 098-985-7134.

**35TH NAHA MARATHON:** Dec. 1, 9 a.m., Time limit 6 hours 15 minutes (by 3:15 p.m.); 30,000 runners run across Naha City, Haeburu-cho, Yaese-cho, Itoman City, and Tomigusuku City; 098-862-9902; [www.naha-marathon.jp](http://www.naha-marathon.jp).

### I-JIMA CHUPANJA FESTIVAL 2019:

Dec. 9, 10 a.m.-5:30 p.m.; stage performances; all-you-can-stuff vegetables, raffle, etc.; Village Industrial Festival and Lifelong Learning Festival jointly hosted; 0980-49-3161; [www.iejima.org/](http://www.iejima.org/).

### GREAT EARTH 12TH ISHIGAKI ISLAND

**RIDE:** Dec. 8, 8 a.m.-9 p.m.; 100K and 75K courses; Yakiniiku (BBQ) party after the races (extra fees apply); 070-3622-0001; [www.great-earth.jp/ishigaki/ishigaki\\_gaiyou.php](http://www.great-earth.jp/ishigaki/ishigaki_gaiyou.php).

### OKINAWA YAMBARU SEA TO SUMMIT

**2019:** Dec. 14 at 2 p.m., Environment Symposium, at Nago City Haneji Branch; Dec. 15, 6:50 a.m., kayaking, biking, trekking at Yagachi Beach; environmental sporting event that's being held in 13 different locations in Japan, first time to be held in Okinawa; event to enjoy and appreciate the nature rather than competition, 11,550 yen to participate; free parking available; [www.seatosummit.jp/menu117/contents1041](http://www.seatosummit.jp/menu117/contents1041).

### 7TH KUNIGAMI TRAIL

**RUNNING:** Dec. 14, 19K, 12K run, 8.6K walk courses; at Kunigami Forest Park; 0980-43-5531; [www.kunigamitrail.com/](http://www.kunigamitrail.com/).

### 39TH POTTERY MARKET:

Dec. 13-15, 9 a.m.-7 p.m.; Yachimun (Okinawan pottery) available at reasonable prices; at Yachimun no Sato in Yomitan Village; free admission; temporary parking available near JA Yunta Market (take shuttle bus from there to the venue); 098-958-6488, 098-958-4468.

– Stripes Okinawa

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# Stripes Sports Trivia

“The Comeback” is an NFL record that has stood since 1993. Down 35-3 in the third quarter, the Buffalo Bills scored 35 of the next 38 points before eventually winning on a field goal in overtime. The Wild Card game was the beginning of a Bills run that eventually ended in pain with a third consecutive loss in the Super Bowl. Who quarterbacked the Bills to the record-win over Houston.

**Answer**

Frank Reich

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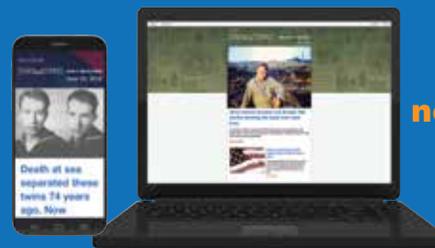
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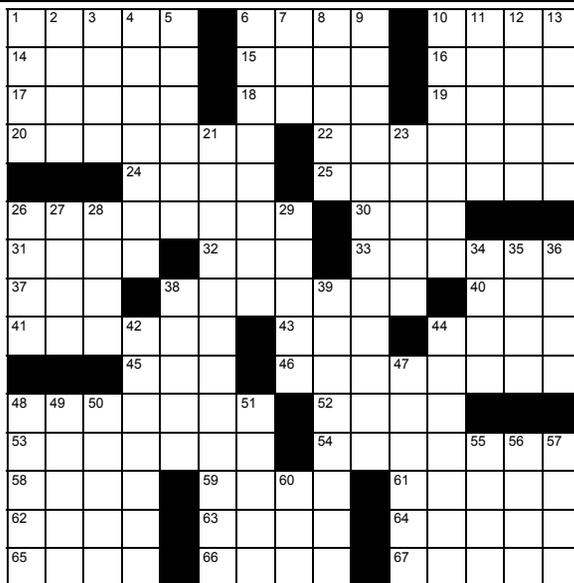
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## The Weekly Crossword

by Margie E. Burke

### ACROSS

- 1 Tapering hairstyles
- 6 Donations for the poor
- 10 Track assignment
- 14 Bungling
- 15 Cut the crop
- 16 One more time
- 17 Heart chambers
- 18 Reid of "American Pie"
- 19 "\_\_\_ la France!"
- 20 Antique photo
- 22 Scam artist
- 24 Icy coating
- 25 Eavesdroppers, say
- 26 In \_\_\_ (not present)
- 30 Moral misstep
- 31 Tuckered out
- 32 Sun. sermonizer
- 33 Minor quake
- 37 Polish off
- 38 Bitty bouquet
- 40 She played Jan on a 60's sitcom
- 41 Bone-boring tool
- 43 Decompose
- 44 Film spool
- 45 Classifieds
- 46 Deodorant or shampoo, e.g.
- 48 Three-dimensional
- 52 "General Hospital", e.g.
- 53 Flat grassland
- 54 Hemmed-in territory
- 58 Folk stories
- 59 Church center
- 61 Ready for a nap
- 62 Shakespeare, the Bard of \_\_\_
- 63 Math course, briefly
- 64 Cake topping
- 65 Canvas cover
- 66 Pantyhose flaw
- 67 Golf attendant



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### DOWN

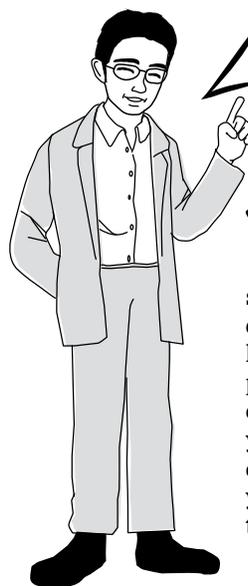
- 1 Italy-based car company
- 2 "Nay" sayer
- 3 "Jurassic Park" actress
- 4 "The Terrible" for Ivan, e.g.
- 5 Decide not to quit
- 6 Vital vessels
- 7 Grazing spot
- 8 Alligator's haunt
- 9 Skylab was the first U.S. one
- 10 Penny played her on TV
- 11 Japanese cartoons
- 12 Now or \_\_\_
- 13 Decorative pitchers
- 21 St. Jude and St. Joseph, et. al.
- 23 Like Sasquatch
- 26 Assist, in a way
- 27 Kodiak, for one
- 28 Fill to excess

- 29 Turn away
- 34 Place for a hurdle
- 35 \_\_\_ the edge
- 36 Count (on)
- 38 Lowest point
- 39 Zero on the scoreboard
- 42 Role for a "Grey's Anatomy" extra
- 44 Model plane, e.g.
- 47 Milk-related
- 48 Comic strip sound
- 49 Put to the test
- 50 Hank of baseball
- 51 Find out
- 55 Dry-as-dust
- 56 Peddle
- 57 Nervously irritable
- 60 By way of

### Answers to Last Week's Crossword:

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

## DID YOU KNOW?



The entrance to traditional Japanese houses are usually built higher than ground level by about six inches, so you can take off your shoes before entering. If you are invited to a Japanese house, be sure to wear your clean socks, preferably the ones without holes, so you can take off your shoes without making your feet the talk of the party. Slippers can be used on the floors, but make sure you take them off when you enter a tatami room.

Kanji of the week

池

Ike (Pond)

## Language Lesson

I'm bored.

Taikutsu desu.



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STARS AND STRIPES

## SUDOKU

Edited by Margie E. Burke

Difficulty: Easy

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

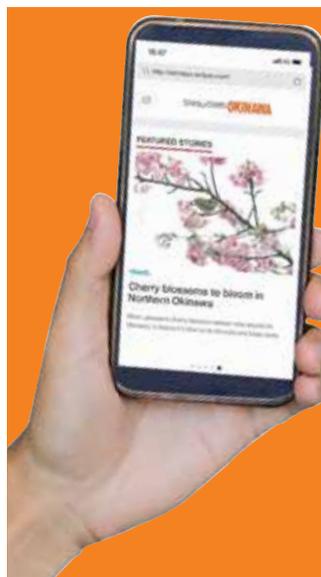
### HOW TO SOLVE:

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.

### Answers to Last Week's Sudoku:

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

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Time to check out Kin Town, Okinawa

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- Discount will apply for Child/Infant, ask agent
- Prices include taxes, fuel charges
- Please purchase by 2 weeks prior to departure or until seats are filled



### Thanksgiving Seoul 4 days

28th November - 1st December

**¥47,000**

**Itinerary**  
Day1 Fly to Seoul  
Day2 All in one Full Day Tour (Joygle Temple/The Royal Guard Ceremony Gyeongbok Palace etc...)  
Day3 Free at leisure  
Day4 Fly back to Okinawa



### Christmas Seoul 4 days

25th - 28th December

**¥53,000**

**Itinerary**  
Day1 Fly to Seoul  
Day2 All in one Full Day Tour (Joygle Temple/The Royal Guard Ceremony Gyeongbok Palace etc...)  
Day3 Free at leisure  
Day4 Fly back to Okinawa

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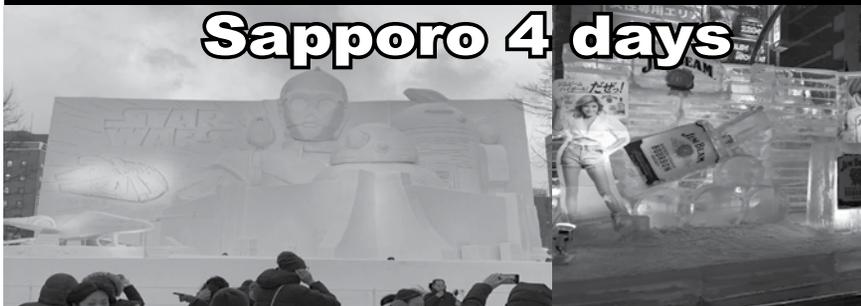
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### Sumo Tournament

**Kyushu Tournament 3 days**

Departure 10th - 21st November

**¥59,500**

#### Itinerary

Day1 Fly to Fukuoka  
Day2 Enjoy Sumo Tournament  
Day3 Fly back to Okinawa



**Tokyo Sumo Tournament 4 days**

Departure 13th - 25th January

**¥65,500 - ¥84,200**

#### Itinerary

Day1 Fly to Tokyo  
Day2 Enjoy Sumo Tournament  
Day3 Free at leisure  
Day4 Fly back to Okinawa

### Thanksgiving Egypt 6 days



25th November - 30th November

**¥288,000**

#### Itinerary

Day1 Fly to Cairo  
Day2 visit Egyptian Museum  
Day3 visit Sphinx, Panorama Point for photo, City Tour  
Day4 Free at leisure  
Day5 Sight-seeing of Sakkara, Dahshur Pyramid  
Day6 Fly back to Okinawa

### Kyoto 4 days



28th November - 1st December

**¥79,800**

\*Best season to visit!!  
Enjoy Colorful Autumn Leaves

#### Itinerary

Day1 fly to Osaka  
Day2/3 free at leisure  
Day4 fly back to Okinawa

### New Year Taipei 6 days



28th Dec - 2nd January

**¥123,900**

#### Itinerary

Day1 Fly to Taipei  
Day2 Northern Coast Tour / Taipei City Tour  
Day3 Pingxi Sky Lantern Experience & Old Street Walk / Jiufen Village Tour  
Day4/5 Free at leisure  
Day6 Fly back to Okinawa

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