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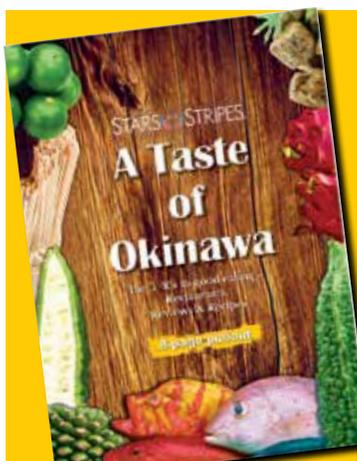
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**KATSUREN CASTLE**

Ruins hold special place in island's history

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**Kimodameshi brings chill to Okinawa**

BY TAKAHIRO TAKIGUCHI, STRIPES OKINAWA

**M**uch like Halloween in October in the West, mid-summer is a season to intersect with the dead in Japan, as deceased ancestors are believed to visit and spend few days with us during traditional Obon period (August 13-15). Also similar to the U.S., temporary haunted houses are built in amusement parks or shopping malls as seasonal attractions. Horror movies and reports of haunted locations are televised, while popular kimodameshi (literally, to test your courage through scared route) games are enjoyed in schools and local communities throughout summertime. Just like horror films and scary stories give you goosebumps, kimodameshi and haunted houses make the Japanese cool with fear and

File photos

**SEE KIMODAMESHI ON PAGE 6**

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# Military mail may be affected by US treaty withdrawal

BY WYATT OLSON,  
STARS AND STRIPES  
Published: July 28, 2019

**S**ervicemembers stationed overseas probably don't think much about how their mail to and from the United States is delivered through the immense system of Army, Air Force and Navy post offices.

In 2018, the Defense Department's Military Postal Service Agency oversaw the delivery of 88,618 tons of packages and letters sent or received by overseas soldiers, sailors, Marines, airmen and federal employees at about 1.2 million post office boxes, unit mail rooms, buildings and other delivery points.

That was roughly equivalent to mailing 1,310 Abrams tanks.

The average military mail customer has also likely given little thought to an arcane international treaty called the Universal Postal Union — but they're apt to hear a lot more about it by October.

The Trump Administration announced last year that the U.S. would withdraw from the 144-year-old treaty, primarily over growing complaints by some U.S.-based businesses that packages sent to the States from other countries — primarily China — have much lower postal rates.

In some cases, U.S. businesses spend more to mail a package domestically than a China-based firm would pay to ship to America.

**"The Trump Administration is saying that we are delivering Chinese packages in particular — but all foreign e-commerce packages, really — for somewhere between a third to half of what we're charging Americans for the same service. That's crazy."**

- James Campbell Jr.,  
Washington, D.C.-based attorney



Military working dog Roger sniffs mail for contraband at Joint Military Mail Terminal, Camp Arifjan, Kuwait, Dec. 1, 2017. Photo by Thomas Crough, U.S. Army

"The big fight is over delivery charges," said James Campbell Jr., a Washington, D.C.-based attorney who specializes in regulations concerning international shipping. "The Trump Administration is saying that we are delivering Chinese packages in particular — but all foreign e-commerce packages, really — for somewhere between a third to half of what we're charging Americans for the same service. That's crazy. The domestic merchants are complaining about that."

## October deadline

The U.S. is slated to drop out of the postal union treaty in October unless changes are made by the Bern, Switzerland-based body that governs the system.

Because the treaty has been in effect so long and includes almost all the world's nations, the ripple effects of withdrawal are unpredictable.

The U.S. Postal Service seems

to be counting on a meeting scheduled for September during which treaty members will discuss changes to "terminal dues," which are the rates each member nation pays for delivery of mail within other countries. "This will provide a new opportunity for UPU members to collaborate and develop solutions to end the distortionary effects associated with excessively low rates for certain foreign origin mail, as compared to domestic postage rates," the Postal Service said in a statement to Stars and Stripes.

But the Postal Service is also undertaking "parallel efforts" in the event the U.S. withdraws from the treaty, including "addressing and prioritizing military mailing issues," the statement said.

The Postal Service declined to elaborate at all on what those military mailing issues might be.

Pete Graeve, chief of plans and policy for the Military Postal Service Agency, was optimistic about the potential impact leaving the postal union will have on the APO — or Army Post Office, also used by the Air Force — and the Navy's Fleet Post Office, or FPO.

"The bottom line is that we have host nation agreements/status of forces agreements/diplomatic notes that allow the

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↙ [Military Postal Service] to operate in host nations, and we expect host nations will not unilaterally abrogate those agreements,” Graeve wrote in a response to questions by Stars and Stripes.

“The UPU issue pertains to international civil mail postage remuneration, not military mail which is considered domestic and does not have international postage,” Graeve said.

“[The Defense Department] is developing contingency plans in the event a host nation does abrogate an agreement to minimize any potential disruptions and continue providing support to our service members and their families.”

**Customs scrutiny**

Among the primary host nations are Germany, Italy, Portugal, United Kingdom, Belgium, Netherlands, Romania, Bulgaria, Greece, Turkey, Kuwait, Australia, Japan and South Korea.

If these host nations were only dealing with U.S. withdrawal from the Universal Postal Union treaty, it seems less likely they would abrogate agreements governing military mail.

But the Trump Administration is already at odds with European allies over his unilateral withdrawal from a 2015 nuclear deal with Iran in which the nations traded sanctions relief for Iran’s delay in enriching uranium.

Trump has also frequently criticized fellow NATO-state members for contributing too little for operating expenses.

Consequently, some countries may not have the appetite to negotiate a postal agreement with the United States.

John Couch, a co-founder of ShipitAPO, which helps overseas servicemembers receive packages from retailers that will not send to APO and FPO addresses, has tried unsuccessfully for months to get clear answers from government officials about what the military-mail landscape will look like if the U.S. leaves the postal union.

“Even if new postal treaties can be re-established with each APO-FPO host nation, this will not happen overnight,” Couch said. “And there’s no guarantee that the new agreements will be as favorable regarding allowable items, package sizes, weights and quantities. We can

only hope for the best.”

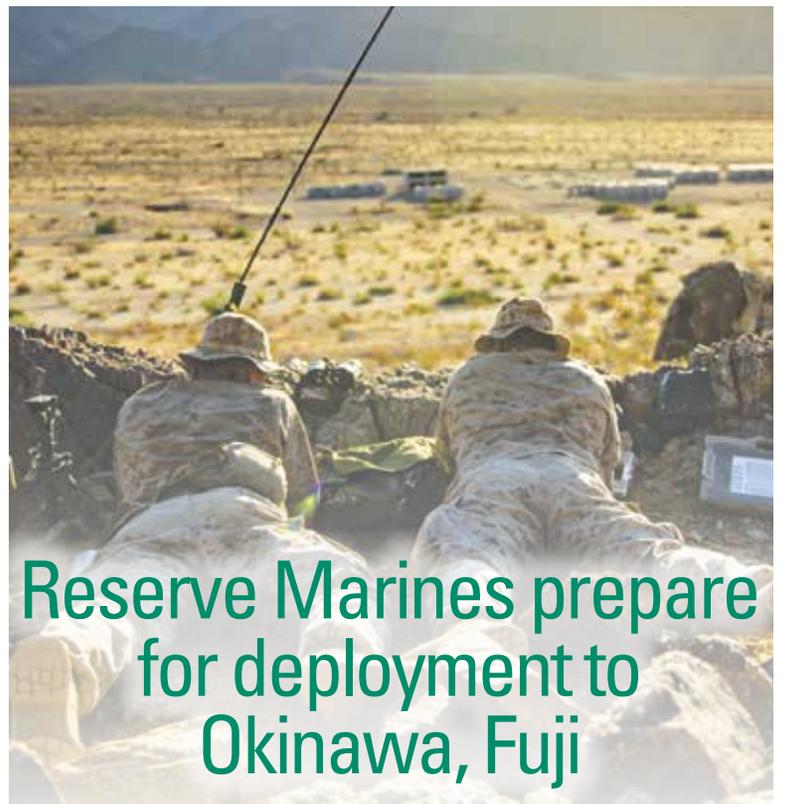
One likely and immediate outcome of U.S. withdrawal from the postal union would be increased customs security for both military and civil mail, said Campbell, who sits on the State Department’s Advisory Committee on International Postal and Delivery Services.

“The reality is that postal packages have become the conduit-of-choice for drug smugglers, intellectual property violations and all kinds of stuff,” he said. “The reality is that Customs has no idea what’s in the mail stream.

“If the U.S. leaves the UPU in October, my guess for APO/FPO mail is that there’s going to be increased customs scrutiny, at least in the big countries. That’s going to entail more costs.”

That increased scrutiny and cost will come regardless of the treaty status, though, he said. Last year Congress passed a law that beginning in 2021 all postal packages must undergo the same strict customs procedures required for packages shipped via Federal Express and the like, he said.

olson.wyatt@stripes.com  
Twitter: @WyattWOlson



**Reserve Marines prepare for deployment to Okinawa, Fuji**

STORY AND PHOTO BY SGT. ANDY MARTINEZ, MARINE FORCES RESERVE

Chief Warrant Officer 2 Sean P. Doel, the information management officer for 1/25. “One is with the Japanese Self-Defense Forces supporting exercise Forest Light. We also have iterations of Fuji Viper and other exercises that will be taking place on Camp Fuji. Our plan is to first go to Okinawa, Japan then head over to Fuji, where we will spend a lot of our time.”

In preparation for an upcoming deployment to Okinawa and Camp Fuji, Reserve U.S. Marines with 1st Battalion, 25th Marine Regiment, 4th Marine Division, joined forces with their active duty counterparts to support Integrated Training Exercise 5-19 at Twentynine Palms, Calif.

The on-going exercise wraps up on Aug. 22 and will serve as a workup to support the Indo-Pacific Command for future exercises across the region.

“We have a couple different exercises we will support,” said

The Marines will be training at various ranges to better prepare them for the high operational tempo the Indo-Pacific Marines deal with on a daily basis. This will be the first time the 1/25 will be activated and deployed to the region.

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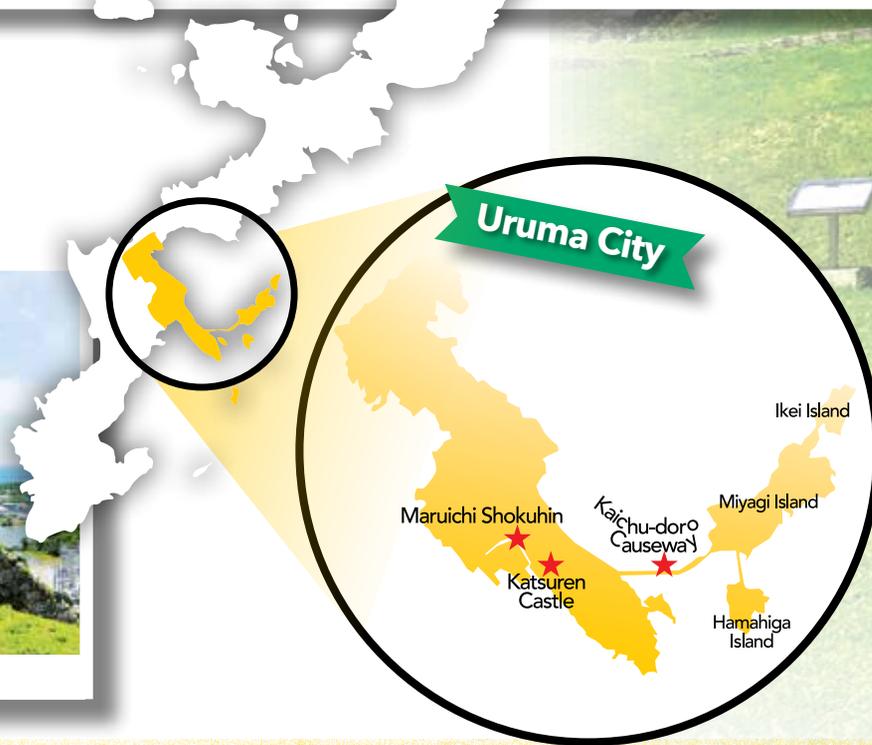
A southward view from Kuruwa No. 1.



Kuruwa No. 1



An eastward view from stairs to Kuruwa No. 1.



Uruma City

STORY AND PHOTOS BY SHOJI KUDAKA, STRIPES OKINAWA

There are many castles to visit and explore on Okinawa. And only a short 30-minute drive away from Camp Foster's Legion Gate, you'll find Katsuren Castle, on the peninsula by the same name.

Standing on a hill, the castle that dates back to the 13th century, commands a fine view of Nakagusuku and Kin Bays plus remote islands to the east.

The castle is composed of four flatlands called Kuruwa. Yon no Kuruwa (Kuruwa No. 4) is the biggest and located at the lowest point on the grounds where there are four wells. San no Kuruwa (No. 3), one floor above, is thought to have been used for ceremonies, whereas Ni

no Kuraw... political f... the highes... the section... If the... parts are o... amounts t... ins in Oki... much diff... many castl... Accord... a location... late prehi... nearby ce... the castl... it is Amav... the castl... Before

### Roadside stop offers food and fun

As you travel on Kaichu Doro, a nearly 3-mile long causeway connecting Okinawa's main island to Henza and two other small islands, you'll find an unusual ship-shaped building off the side of the road.

Umino Eki Ayahashi-kan is the name of this delightful rest area worth a stop on your way to exploring the remote islands Kaichu Doro will lead you to.

The rest area is a good place for some souvenir shopping, boasts a beautiful view of Kin Bay and offers many choices for hungry travelers. Umino Eki Ayahashi-kan has a restaurant and food stalls with a variety of options including pizza, curry rice, soba noodles, seafood tempura and more.

Est Burger in the food stall area offers hefty burgers at good prices. I tried the Est Special Burger (900 yen), the joint's most popular menu item. Aside from the standard lettuce and tomato toppings, this thick beef burger also includes a slice of bacon and tartar and sweet & spicy sauces for an interesting contrast.

For a little spice, try the Tida Kankan Burger,



Various water activities are available near the roadside station

also known as the Tida "Mexican" Burger, and the Teriyaki Burger.

Inside a shipping container, Est Burger's décor has Americana vibes with posters of popular U.S. brands like Coca-Cola, McDonald's and Campbell's Soup.

I recommend enjoying your burger on the benches nearby while taking in the great bay view.

Adjacent to the rest area, the opportunity to try your hand at a number of activities like flyboard, banana boat or parasailing. Stop by the reception desk at the Est Burger restaurant to inquire.

Souvenirs, burgers, a great variety of sport options, Umino Eki Ayahashi-kan is a place you and your family will want to stop for a break on your next adventure.

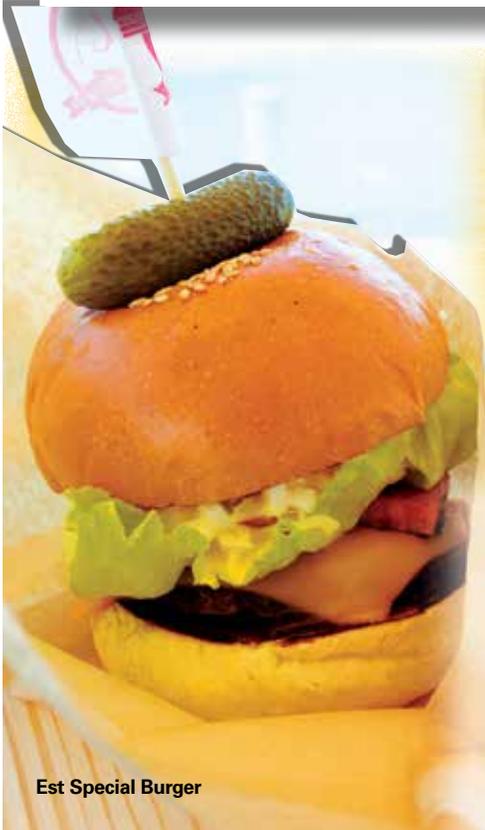
- Shoji Kudaka, Stripes Okinawa

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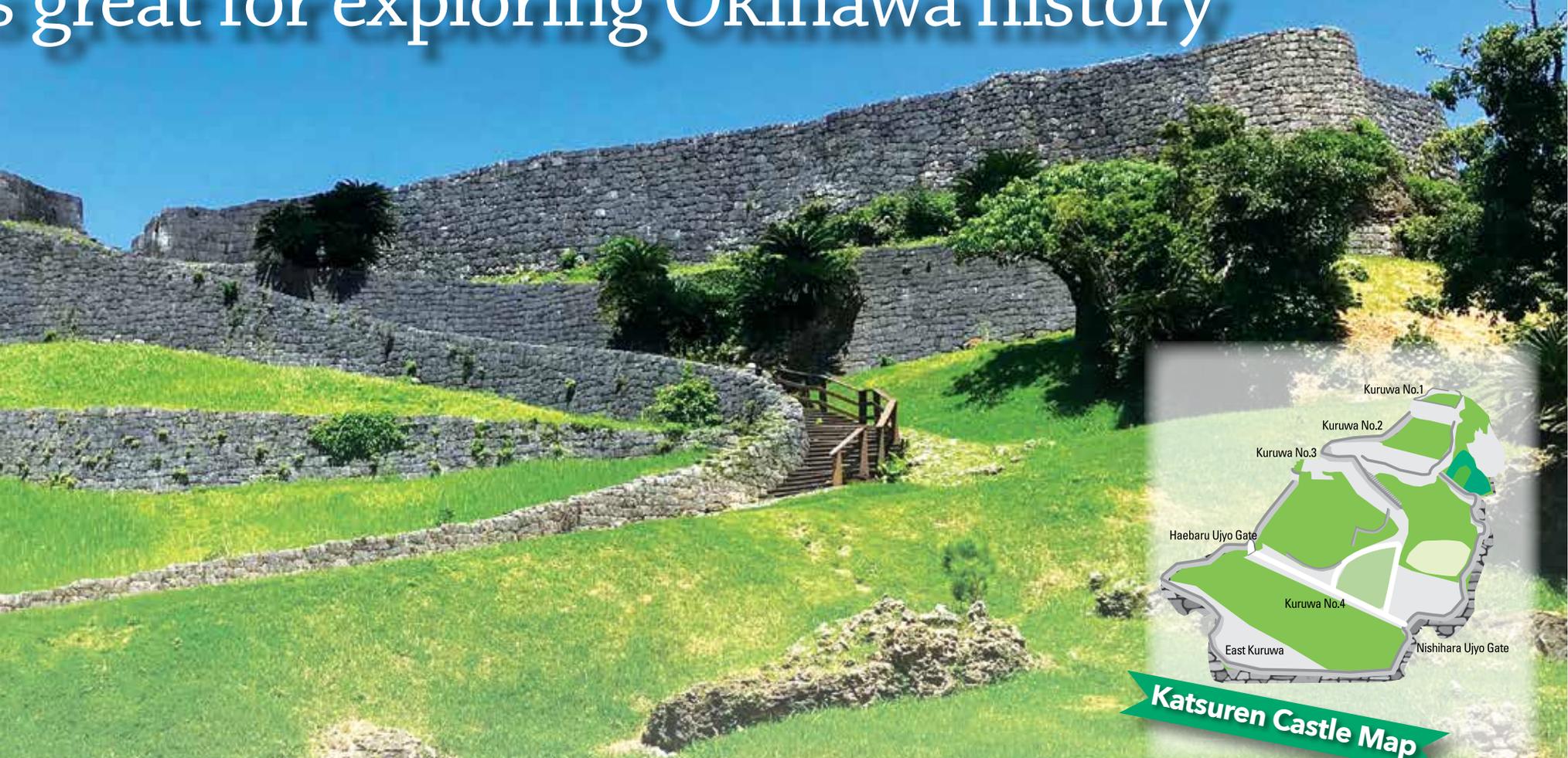
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Est Special Burger

# KATSUREN CASTLE

## is great for exploring Okinawa history



**Katsuren Castle Map**

(No. 2) used to have facilities for functions. Ichino Kuruwa (No. 1) is at 328 feet. You can access these via stone-paved steps.

four Kuruwas and other relevant counted, the castle's total dimension to 2.94 acres. Like other castle ruins, its walls draw curving lines, different from rectilinear profiles of castles on Japan's mainland.

According to the castle's website, this is where locals lived as early as the historic age. A shell heap discovered corroborates the history. Although it has changed hands several times, Amawari, the final lord to oversee it, that is remembered for now.

and during Amawari's tenure in

### What to know

**GPS COORDINATES:** N 26.330573, E 127.878968

**OPEN:** 9 a.m. - 6 p.m.

The castle is accessible 24 hours, but the parking space, information counter, and bathrooms are normally closed at 6 p.m.

**ADMISSION:** Free.

Free parking space available.

**WEBSITE:** <https://www.katsuren-jo.jp/>

*\*The castle ruins will be lit up at night through Aug. 25, so parking will be available at night during this time.*

the 15th century, the castle prospered tremendously through trading with foreign countries. Foreign items such as chinaware, ceramics from Southeast Asia, and even

Roman and Ottoman coins were excavated from the castle.

The prosperity set up Lord Amawari to be one of the most powerful figures in the Ryukyu Kingdom (1429 – 1879), along with Gosamaru, the lord of Nakagusuku Castle. In 1458, Amawari spearheaded a punitive force of the kingdom and defeated and killed Gosamaru, who was thought to be plotting a revolt. But later on, the kingdom defeated and killed Amawari on the same suspicion.

Considered one of biggest events in the kingdom's history, the feud between the two became a big motif for local culture.

Take Nidou Tekiuchi, which translates to "revenge by two children", a famous act for Okinawa's classical stage play called "Kumiodori." In this act, Gosamaru's two sons

execute their vengeance on Amawari. In Naha's Tug of War, two figures dressed as Amawari and Gosamaru march on a huge rope to add a historical angle to the competition. In Uruma City, especially in Katsuren area, Amawari is revered as a local hero even today.

Registered by UNESCO as world heritage in 2000, the Katsuren Castle ruins garner visits from many tourists and history buffs. But, for the people of Okinawa, it's the castle's story and final lord which are an enduring part of the island's culture.

The next few weeks will also be a great time to visit the castle as it will be temporarily lit up in the evenings, making it a great spot to check out at sunset.

[kudaka.shoji@stripes.com](mailto:kudaka.shoji@stripes.com)

There is also an open number of water boat rides, tubing area near the

view and water hi-kan is the kind definitely want to venture.

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### Try Okinawan inarizushi

**A**longside many of the rice balls and sushi at convenience stores, you'll find inarizushi. This is a common snack-food that is simple to prepare – vinegar-seasoned rice wrapped in deep-fried tofu.

Inarizushi dates back to the Edo Period (1603-1867) and was named after the god "Inari," who was said to have been taken care of by foxes who enjoyed deep-fried tofu.

Like many other foods, regions across Japan have their own variations on inarizushi, but in general, it's known for having a slightly sweet and tangy taste. In the Kanto Plain, inarizushi has a strong taste and a squared shape. Kansai serves up inarizushi in a lighter-tasting triangle. Okinawa's version is triangle-shaped and made of a lighter-colored tofu, with a much lighter taste.

Maruichi Shokuhin in Uruma City is a great place to try the Okinawa version. The store is known for its inarizushi, garlic-flavored fried chicken and the long lines of people eager to buy a combination of the two.

Try a set of two inarizushi and one piece of



Inarizushi

fried chicken for 280 yen (about \$2.59) or add another piece of chicken for 100 yen more. Another option is five pieces of inarizushi only for 450 yen or a 10-piece for 900 yen.

The combination of inarizushi and fried chicken is a very popular platter for family get-togethers such as Shiimi, a local tradition to welcome back and see off the spirits of deceased family members. And it is also a great option for a picnic or quick lunch.

As you travel around Japan, don't forget to try different variations of this popular snack. Maruichi Shokuhin has two locations – one near White Beach and the other near Katsuren Castle – perfect for picking up lunch for the whole family.

- Shoji Kudaka, Stripes Okinawa

#### Maruichi Shokuhin

(Shioya Branch, near Katsuren Castle)

**GPS COORDINATES:** N 26.345014, E 127.861157

#### Maruichi Shokuhin Honten

(near White Beach)

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\*Closed on Mondays

\*Only the Shioya branch has a free parking.



# KIMODAMESHI: Get ready for a spooky summer

CONTINUED FROM PAGE 1

terror - another reason they are considered summer attractions. On a hot summer evening, students will often explore cemeteries or haunted locations and enjoy exchanging horror stories with friends

Kimodameshi is a must-play for students away at summer camp. It can be seen as a rite of passage for teenagers as they show their courage in public, and is a great chance for them to cling to someone they might have a crush on.

In kimodameshi, challengers, usually paired as boys and girls (sometimes alone or in a small group), walk along a spooky path in dark forests, graveyards, shrines, temples, abandoned buildings or any other haunted and mysterious spaces. In

order to maximize fear, the location is scouted and scary objects, such as skulls and horror-props, are planted in advance. Sometimes, audio and visual effects are used to create an unusual atmosphere.

A good storyteller, usually a teacher, provides a horror story before sending them out to the spooky path. To prove that they had walked through the designated course, challengers need to bring something back from the haunted location or leave some sort of token (often a card or stones written with challenger's number or name) at the location, which can be recovered later.

Teachers, volunteering parents or senior colleagues hide along the path in ghost costumes, and jump out at challengers walking along the course.

During the event, students witness a strong-looking boy unable

to move in his terror at haunted location while a gentle graceful girl shows her courage to take him out on the course. Some bust into crying and others leave their partner and run away from the course, and that makes some of great memories of school days that cannot easily be forgotten.

The tradition of kimodameshi goes back to the reign of Emperor Hanayama, about 1000 years ago. An official history book in the era "Oo-kagami" describes that the Emperor sent three young aristocrats to an old house known as home of evils around 2 a.m. to test their courage. Only one of them was brave enough to accomplish his order, and he brought back a chip from the haunted house to show the emperor. The brave young aristocrat, Fujiwara Michinaga, later became prime minister and wielded his power over the nation.

takiguchi.takahiro@stripes.com

## The Kimodameshi Shinrei spot (Haunted place for the test of courage)

"Pierre the Clown," is a doll left behind in a warehouse for many years. He has a spooky face which turns even scarier when possessed with his rage against humans.

This year's haunted house at Aeon Mall Okinawa Rycom centers around a clown similar to the cult horror classic, "IT." Although horror movie season may still be a couple months away, why not experience chills in the hot Okinawan summer?

- Shoji Kudaka, Stripes Okinawa

**LOCATION:** AEON Hall of AEON Mall Okinawa Rycom 3F (near Camp Foster)  
**DATE:** July 20 through Sept. 1  
**HOURS:** 10 a.m. - 9 p.m. (Last admission at 8:30 p.m.)

**ADMISSION:**  
 800 yen for adult and minors (Middle school students and above);  
 500 yen for kids (3 or older, below middle school age);  
 Free for those under 3.  
 Fees include tax.

**URL:** <https://okinawarycom-aeonmall.com/news/event/2670>

\*The venue is near the food court on the 3rd floor of the AEON Mall Rycom



File photos





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# Stripes Sports Trivia

Baseball analytics are becoming more widely accepted, and one of the stats at the forefront of that is Wins Above Replacement (WAR). According to Baseball Reference, the all-time leader in WAR is Babe Ruth with 182.5. With 100, who is the active player with the most Wins Above Replacement?

**Answer**

Albert Pujols

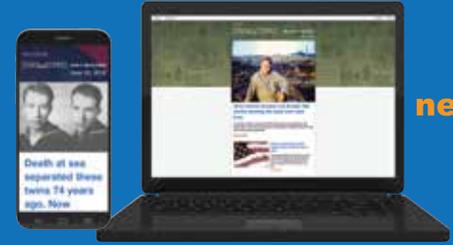
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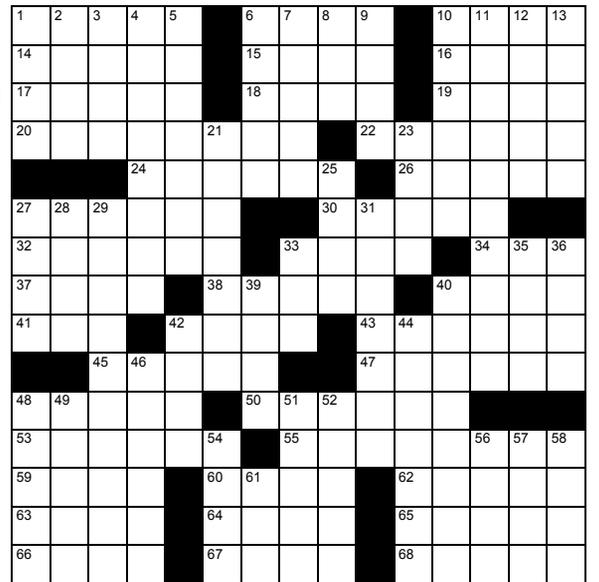
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## The Weekly Crossword

by Margie E. Burke

### ACROSS

- 1 Place for a massage
- 6 Chowder morsel
- 10 Highway exit
- 14 Teach one-on-one
- 15 "Unfaithful" star
- 16 Burn soother
- 17 Make amends (for)
- 18 Gambler's concern
- 19 Overabundance
- 20 Like summer school classes, often
- 22 Bone brace
- 24 Hook, line and
- 26 Worse for wear
- 27 Informant
- 30 Express a thought
- 32 Track down
- 33 "Cheers" regular
- 34 Kind of race
- 37 State with certainty
- 38 No \_\_\_ or reason
- 40 Corduroy ridge
- 41 Cooking fuel
- 42 Italian import
- 43 Furnace, for one
- 45 Ungraceful one
- 47 Favor
- 48 Case opener?
- 50 Wear away
- 53 Dot above the i
- 55 Priest's helper
- 59 Anagram for "beat"
- 60 70's hairdo
- 62 Delve into
- 63 Elvis movie, "\_\_\_ Happy"
- 64 Pixar movie set in Mexico
- 65 Prop for Picasso
- 66 Ill at \_\_\_
- 67 Follow, as advice
- 68 Gas additive



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### DOWN

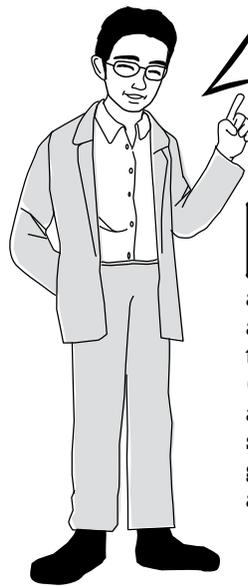
- 1 Hollywood sighting
- 2 Adorable
- 3 Kind of bomb
- 4 Country group with the #1 song "Amazed"
- 5 Do a meteorologist's job, say
- 6 Dagger's companion
- 7 Big dipper
- 8 Here-now link
- 9 State of disorder
- 10 Type of sleeve
- 11 Repeat starting letters, as in "good as gold"
- 12 Everest or Ararat
- 13 Tom who sang "I Won't Back Down"
- 21 Get what was left?
- 23 Stiffly formal
- 25 \_\_\_ and board
- 27 Refinery residue

- 28 Exploding star
- 29 Some Winter Olympians
- 31 Warm up, in the kitchen
- 33 WSJ alternative
- 35 Sheltered, at sea
- 36 School session
- 39 Confusion
- 40 "The Wind in the Willows" critter
- 42 Roll up, as a flag
- 44 One that got away
- 46 Pint-sized
- 48 Theater platform
- 49 Fibula's neighbor
- 51 Ludicrous show
- 52 Biblical disaster
- 54 Inventory unit
- 56 Nonsense
- 57 Follow orders
- 58 Holler
- 61 Friend's opposite

### Answers to Last Week's Crossword:

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

## DID YOU KNOW?



In mid-summer, similar to the U.S., temporary haunted houses pop up in amusement parks or shopping malls as seasonal attractions. Horror movies and reports of haunted locations are televised, while popular kimodameshi (literally, to test your courage through a scary route) games are enjoyed in schools and local communities, as the goosebumps cool you down with fear and terror.

Kanji of the week

桃

Momo/Tou (Peach)

## Language Lesson

Wait a minute.

Chotto matte kudasai.



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STARS AND STRIPES

## SUDOKU

Difficulty: Easy

Edited by Margie E. Burke

### HOW TO SOLVE:

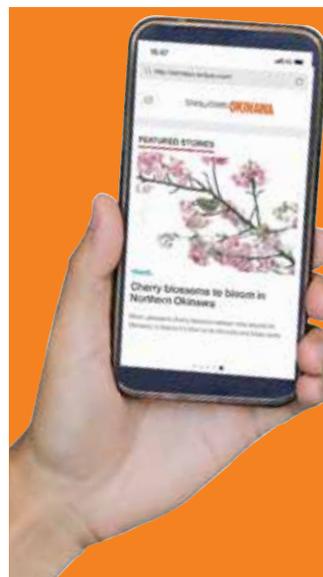
Each row must contain the numbers 1 to 9; each column must contain the numbers 1 to 9; and each set of 3 by 3 boxes must contain the numbers 1 to 9.

### Answers to Last Week's Sudoku:

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

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

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for more base, travel & culture stories



Time to check out Kin Town, Okinawa



# Don't miss this year's many Eisa festivals

## Where to go

BY SHOJI KUDAKA,  
STRIPES OKINAWA

**I**t's time for one of the favorite events of the summer season and there are plenty of places to catch the festivities around the island.

From August through September, many festivals take place that present Eisa, an Okinawan style of dance. Choreographed dancers perform as a group to audiences at a venue, or march through local communities with their drumbeats marking the season of the dance. The Okinawa Zento Eisa Matsuri (from Aug. 23 - 25 this year) is the biggest among all the Eisa festivals on the island and is now combined with a beer festival.

Get ready for a cultural experience unique to the area and unlike any other!

kudaka.shoji@stripes.com

**KADENA EISA MATSURI:** Aug. 16, 6 - 9 p.m.; Eisa groups from Kadena town are expected to gather on Shinmachi Street near Kadena Air Base.

**HESHIKIYA EISA NO YUBE:** Aug. 16, 6 - 9:30 p.m., Youth Eisa groups with traditional forms of Taiko (drums) and dance perform at Uragahama Park near White Beach, fireworks are scheduled to start around 9:30 p.m. as a finale.

**ITOMAN EISA FESTIVAL/FURUSATO MATSURI:** Aug. 17 - 18, 1 - 9 p.m. (3 - 9 p.m. on the 18th); Eisa performance plus other entertainment will be presented. Both days conclude with fireworks starting 9 p.m. The venue will be Itoman Fishery Port North District.

**OKINAWA ZENTO EISA MATSURI:** Aug. 23 - 25, 6:30 - 9 p.m. (3 - 9 p.m. on Aug. 24 and 25), One of the largest Eisa festivals with more than 300,000. The Aug. 23 parade is scheduled to take place along Route 330 and Koza Gate Street. Aug. 24 - 25 performances are scheduled to take place at Koza Athletic Park (2-1-1 Moromizato, Okinawa City, near Gate 5 of Kadena Air Base) with fireworks to conclude the event; tickets cost 1,000 yen or more; [www.zentoeisa.com](http://www.zentoeisa.com)

**YOMITAN SEINEN EISA MATSURI:** Aug. 24 and 25, 6:30 p.m. - (6 p.m. - on Aug. 25); Performance by each district of the village will be presented. The venue, Oki Ham Heiwa no Mori Kyujo (Yomitan Peace Forest Baseball Field) is located near Torii Station.

**URUMA EISA MATSURI:** Aug. 30 - Sep. 1, 6:50 - 9 p.m. (5 - 9 p.m. on Aug. 31 and Sep. 1); Youth eisa groups will gather and parade along the street of Uruma City Hall Gushikawa Office Building on Aug. 30, followed by performance at Yonashiro Sogo Koen Athletic Field on Aug. 31-Sep.1; near Camp Courtney and White Beach.

**NAGOSHI SEINEN EISA FESTIVAL:** Sep. 22 (rain date Sep. 28), 4 - 9 p.m.; The venue will be an outdoor stage of 21st century forest park. No parking space available around the venue. The festival is expected to conclude Kachaashii, where anybody can participate in the dance.

File photo

**Start training now and make your reservations**

# KONQER

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Palau Visitors Authority would like to thank all Military for your service  
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8-page pullout

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Expires. Sep. 27, 2019

Make it a **date**  
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Satisfy your seafood and steak cravings at Sam's by the Sea, the popular restaurant with a nautical-themed interior and exotic Hawaiian and Polynesian décor that was elected "Best Date Night Restaurant" in Stripes Best of the Pacific 2019. Take in the view of the ocean as you and someone special enjoy a tasty full-course dinner by candlelight. Delight your taste buds with our fresh lobster, King Crab, prawns, red snapper, mahi mahi, swordfish and oysters. And our top-quality juicy steaks will leave your mouth watering and your stomach satisfied. Our friendly staff promises to make it a memorable dinner.

RESTAURANT INFO



## Ice cream truck cruising Kadena streets!

Be on the lookout for the new FSS ice cream truck, Oki Scoops! We will drive all around Kadena and also take part in all of your favorite events. Oki Scoops serves a variety of ice cream that you can't find anywhere else on island! Grab one of the nostalgic character pops, soft serve or hard scoop ice cream, sundaes, slushies, and shaved ice. Nothing beats the Okinawan sun quite like a frozen treat from the convenience of your front yard. Make sure to check out Oki Scoops on Facebook to see when the truck will be in your neighborhood!



Visit us on Facebook @OkiScoops for hours and locations!



RESTAURANT INFO

# A Taste of Okinawa



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Come and Enjoy Your Dining  
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Deep-Fried Food and more.

### Custom Rolls

Create your own sushi roll with  
items from the menu



## Kamisushi opens up their new location

Kamisushi, Okinawa's favorite sushi restaurant, is now conveniently located near Carnival Park Mihama. Our friendly staff awaits your arrival! You don't have to go to the U.S. to get American sushi rolls. At Kamisushi, not only can you try traditional Japanese sushi, but you can also enjoy a variety of American sushi rolls – California, Dynamite and Caterpillar. Try our original Kami Rolls and Mihama Rolls by Chef Isamu Kamiya. You'll be blown away by his sushi magic! Not a sushi eater? We also have a variety of Okinawan and Japanese dishes available to satisfy your taste buds.

Open Wednesday through Monday (Closed Tuesday) 17:00-23:00 (L.O. 22:30)  
098-926-3290

RESTAURANT INFO



# Gen a real gem on Okinawa

Offering authentic Japanese and Okinawan cuisine at a reasonable price, Gen was recognized in Stripes' Best of the Pacific 2013 as the best restaurant to experience the local culture on Okinawa. Owner and Head Chef Naoki Tsukayama highly recommends the "Fish Garlic Butter Combo," a popular dish among American customers. Tsukayama and his staff make you feel at home, so stop by and enjoy a delicious meal. Gen is located across from Camp Foster's fire station. Just look for shi-shi dogs on a traditional Okinawan tile roof outside Foster's Fire Station Gate.

## RESTAURANT INFO

# RESTAURANT GEN & SUSHI BAR



We're located just outside Camp Foster Globe & Anchor Gate No.3



Open 10:30-22:00 (Last order 21:00)

Open Everyday Cash Only (\$/¥)



# A Taste of Okinawa

**HALE NOA CAFE**

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**Hale Noa French Toast with creme brulee and berries**

**Elvis French Toast**

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**Vegetarian Tofu Poke Bowl** **New Menu**

**Fruit Pancake** **New Menu**

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Breakfast and Lunch



# Get a taste of Hawaii at Hale Noa Cafe

The Hale Noa Cafe in Chatan may have had a grand re-opening in January, but it has been serving its customers since 2015. With its Hawaiian vibe, Hale Noa serves up the some of the best of the 50th state's favorite foods. Enjoy Macadamia Nut Pancakes, Hawaiian Bowl, Grilled Salmon and more! Hale Noa's fluffy French Toast with berries and crème brulee sauce is to die for! Afterwards, wash it all down with one of our healthy and homemade smoothies. At Hale Noa Café, we are always adding new items to our all menu, so stay tuned!

## RESTAURANT INFO



# Tsumami

STORY AND PHOTOS BY  
TAKAHIRO TAKIGUCHI,  
STRIPES OKINAWA

Ever since “washoku,” or traditional Japanese food, was designated an intangible cultural heritage by UNESCO in 2013, popular dishes and liquors like sushi, tempura, sukiyaki, sake, shochu and awamori— have been garnering a lot of international attention.

In fact, Japanese sake has become so popular overseas that exports have reached an all-time high for the eighth consecutive year, according to Japan’s National Tax Agency.

With all the interest in sake, it’s only natural for “tsumami” to suddenly also have its share of the spotlight. Tsumami are snacks and food which pair perfectly with Japanese adult beverages. Visit any izakaya pub in the country and you’ll be surprised at the various menu items meant for snacking with a glass of sake or local beer.

## What to order

There are lots to choose from depending on where you visit. Popular dishes include a range of veggies, meat and fish. Try some edamame (green soybeans), karaage (fried chicken), sashimi (raw fish), tempura (deep fried vegetable or seafood), tofu and yakitori (grilled chicken skewers), potato salad or oden. For the more culinarily curious, dried squid and nikomi (stewed offal) might be up your alley. Other tsumami include raw horsemeat, dried or fermented offal and sea urchin, which are seasonal and vary by region. Tsumami plates are cheap, too, running as low as 150 yen or 200 yen (\$1.50) each. But some high-end dishes can set you back 1,000 yen (\$8.50) or more.

Not only does tsumami enhance the flavors of Japanese alcohol, but they also serve as buffer for alcohol intake, helping to prevent or lessen hangovers. Edamame and tofu, both rich in protein, are thought to significantly help in the digestion of alcohol, Asahi Beer Company claims on their website.



## Make your own

Sautéed oysters and mushrooms



- Ingredients**
- Oyster 70 gram
  - ½ stub of Shimeji mushrooms
  - ½ stock of Japanese leek
  - Butter 10 gram
  - 2 tsp soy sauce
  - 1 Piece of perilla



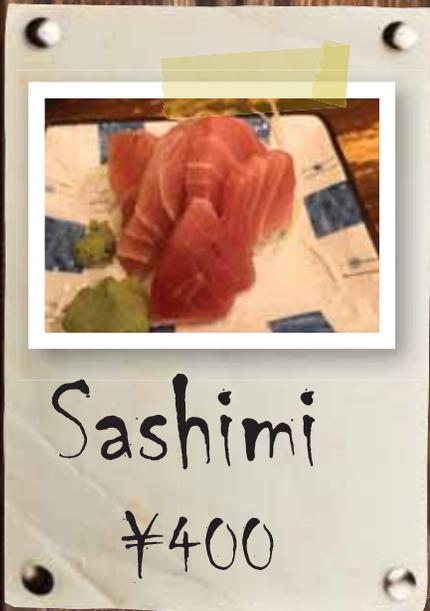
## History

Tsumami is a traditional Japanese snack. Back in the Edo period, different tsumami were served to different people. The tsumami brought a different cultural influence to the Japanese table. For a long time, tsumami were served to the aristocracy.

Tempura

R

Hiyakko



Edamame

# Highlights Japan's bar food culture

## Historical bar snacks

Historical bar snacks date back to the 8th century at around the time when sake brewing began to take hold in Japan. In the Edo period, then, nuts, fruits, some vegetables and dried seaweed were the core of these pairing dishes. In the medieval era, the dishes consisted of fish, vegetable and rice dishes as meats like pork and beef were avoided by the Buddhism belief that teaches people not to kill animals.

During the Meiji Restoration in the late 19th century, Japan adopted a lot of Western foods and meat-eating food to Japan. As a result of this influence, today Japanese bar food has a hearty variety of palatable dishes.

## Do it like a local

My go-to at an izakaya, like other Japanese patrons, is beer and edamame or hiyayakko (chilled tofu) as a starter. I will then order sake with sashimi or tempura, as well as a couple of different types of tsumami dishes.

What to order is dependent on the season. While we will order edamame, hiyayakko (chilled tofu) and cold cucumber in the summer, we most likely order nikomi, oden and sautéed oyster during the winter. Tofu is served differently depending on the season. In the summer, tofu is served chilled with ginger and bonito flake garnish. In the cold season, yudofu, hot tofu, is served with mustard and green onion.

You may be surprised when your Japanese coworker tells you, "Let's order our meal," after having plenty of tsumami dishes.

"Let's order our meal" is almost the same meaning of "it's about time to head out," as we usually wrap up our drinking by sampling small portions of simple rice or noodle dishes, such as ochazuke (boiled rice soaked with tea), onigiri (rice ball) or ramen as a closer.

[takiguchi.takahiro@stripes.com](mailto:takiguchi.takahiro@stripes.com)



sautéed oysters

6. Put on a plate laid out with perilla leaves.



Karaage

1. Wash oysters well and drain.
2. Cut the base of Shimeji mushrooms and separate them with hands. Slice Japanese leek thinly.
3. Heat fry pan in medium fire. Add butter and sauté mushroom and Japanese leek.
4. When mushrooms and leek become tender, add oysters and sauté more.



5. When oysters are cooked well, add soy sauce and mix the ingredients.

# SEE OKINAWAN APPETIZERS ON PAGE 6



# Okinawan appetizers

BY SHOJI KUDAKA,  
STRIPES OKINAWA

Mimigar  
(Pig's ear skin)



This may not sound familiar to people from the States, but pigs' ear skin is a common food in Okinawa, where every piece of the animal is used in many different dishes.

To prepare the ear skin, first it is burned to get rid of the tiny hairs, then it is boiled or steamed before it is shredded, according to Kyudo Ryouri Monogatari, a website dedicated to local cuisine in Japan. At local bars or supermarkets, this food is often served in peanut or kimchi sauce or sold as flavored jerky.

Although the name "Mimigar" means "pig's ear skin" in Okinawan dialect, the meat itself comes from a deeper part of the skin, which has a soft texture that's a bit chewy and feels like cartilage. "Mimigar" is rich in collagen, and as such is often described as a health and beauty food.

As the number of bars and pubs on the island indicates, drinking is a big part of life in Okinawa. But so, too, are the snacks and appetizers that are washed down with local brands of alcohol like Orion Beer and Awamori.

Listed below are examples of the Okinawan side dishes commonly available at local bars and supermarkets. Some may make the first bite daunting, but in the end, will be worth the try since many Okinawan bar snacks give not only a unique dining experience, but are also chock full of health benefits.

On Okinawa, having fun and eating healthy often come in one package.

Sukugarasu  
(Salted Rabbitfish)

Catch this local delicacy of fermented soku fish gracing the top of tofu at the local izakaya. The combination of the tangy, salty fish with the smoothness of the tofu is commonly considered a delicacy which pairs well with sake or Awamori, an Okinawan liquor made of rice.

"Ichagarasu," or salted squid, and "Watagarasu," or salted entrails of bonito, are also common tofu toppings.

At local stores, Sukugarasu are sold in bottles packed, literally, like sardines. The fish topping is also eaten a certain way – head first. If you start with a tail, it is said the small fish may get stuck in your throat, so always remember "head first."

Mozuku



This popular seaweed snack is known for its versatility as well as for being a health food. Mozuku can be consumed in various ways, but more commonly it is soaked in vinegar or fried for tempura. Many local supermarkets sell the seaweed packaged in small plastic cups with different flavors.

Known as rich in nutrition such as vitamins and fucoidan, a type of water-soluble dietary fiber. The fucoidan is especially valued as it is thought to help fight cancer, help intestinal regulations, and enhance body functions.

Okinawa has earned bragging rights over the seaweed as its signature product since 90 percent of Japan's Mozuku is produced here.

Don't drink and drive

Jimami tofu  
(Peanut Tofu)



On the island you'll find that tofu isn't always soy-based. Peanut tofu, an Okinawan treat, has a pudding-like appearance and texture. This tofu has a rich peanut taste with a touch of sweetness, which means it is also consumed as a sweet. Jimami tofu is another health and beauty food thought to be beneficial for high levels of oleic acid and vitamin E.

Back in the days of Ryukyu Kingdom, which lasted from the 15th to 19th century, Jimami tofu even has a royal background as it was the prime choice for welcoming guests to the royal palace in Okinawa.

Shima Rakkyou  
(Okinawan Shallot)



Another familiar izakaya staple is Okinawan shallot, either served pickled or fried as tempura.

Compared to mainland Japan's shallots, Shima-Rakkyou are smaller in size, but with a very spicy flavor and strong scent making for another great pairing with local liquor or beer.



# How to brew a fantastic cup of coffee

BY TESS BERCAN,  
BUSAN HAPS MAGAZINE

**W**hen you wake up in the morning, what's the first thing on your mind? For many, the answer is simple. It's coffee.

It's a given that this intoxicating beverage is adored, but like the sought after yet elusive utopia of Atlantis, does the perfect brew actually exist? We checked out what a few professionals had to say on this topic, and came up with a some suggestions.

Tips for Getting the Perfect Cup:

**Clean Your Equipment Often**  
You want your equipment clean and fresh, free of all

bacteria or other contaminants that add up with use.

## Check the Water's Temperature

The Black Bear Micro Roastery – an authentic roastery that's dedicated to researched quality in beans — made an online guide that discusses the issue of water. It mentions that, ideally, you want your water to be between 195-205°F (91-96°C). It's essential to get just the right temperature. Water that's even slightly too hot will burn the coffee, and water that's a touch too cool cannot properly extract a bean's flavour.



www.busanhaps.com



## Use Quality Water

The Black Bear's Roastery guide also suggests that the water shouldn't add anything extra to your coffee's flavour. A lot of the times tap water can contain chlorine or other substances that affect the taste. Choose filtered or bottled water as an option.

## Bean Freshness Matters

In his brew guide, Garret Oden, coffee expert at Yellow House Coffee in Texas, reminds us that as soon as beans are ground and exposed to oxygen, the freshness declines quickly. To ensure prime quality in your

sipping experience, buy coffee beans in smaller amounts and grind them day by day. This grind-as-you go routine keeps your coffee as true to quality taste as possible.

## Use the Pour-Over Method of Brewing

The pour-over is a hand brew method of pouring warm water over the coffee grounds. Grounds are placed in a filter that is held in a cone, such as the Kalita Wave or Chemex. In an interview with Real Simple Living – a website that provides solutions for everyday life – barista champion Katie Carguilo explained that the pour-over is her favorite brew method. It offers a combination between an even saturation of grounds

and removing of sediment, leaving a strong yet clean brew.

How to use the pour-over method effectively? First choose your apparatus (such as the Hario V60, Kalita Wave, Chemex) or check out a local cafe for pour-over options. Be sure to rinse your cone and filter. After that, place the freshly ground beans in your filter. Pour the warm water over the beans in an even manner. Give the beans time to soak in the water, and pause the pouring. Allow the liquid to drip through, then begin the pouring again. Basically, you want to repeat the steps of pouring and waiting until you have the amount of coffee you want.

Follow the tips above, and your patience will pay off with a divine cup of homemade joe.

# A Taste of Okinawa



## Bringing a taste of America to Okinawa

Since opening our doors in June 2018, halihali has proudly served up tasty American comfort food that has our military community coming back for more. Our casual and cozy café is a place you can feel at home as you dig into our fabulous and famous pancakes, waffles, French toast, hamburgers and other tasty entrées Americans crave. We want you to relax, take your time and enjoy our American-style breakfast, brunch or lunch. Open 7 a.m. to 3 p.m., we'll fill your plates with scrumptious food and treat you like family. Come to halihali to feel at home!

Homemade  
pancake  
&  
waffle



7 a.m. – 3 p.m.  
Closed Thursday



RESTAURANT INFO



## We'll dazzle you and your taste buds!

Four Seasons teppanyaki steak house in Awase will not only dazzle you, but also your taste buds. Watch as our talented chefs slice, dice and cook up your entrées right at your table. It's more than a meal, it's an event! Our restaurant is the perfect place to relax, unwind and simply enjoy some foodie fun with your family, friend or that special someone. If you haven't had the pleasure of enjoying Japanese teppanyaki, come in for a visit! Reservations recommended. We have a big counter that fits 14.

### RESTAURANT INFO

Credit card accepted



STEAK HOUSE

# FOUR SEASONS

TEPPANYAKI SINCE 1972 www.the4seasons.jp

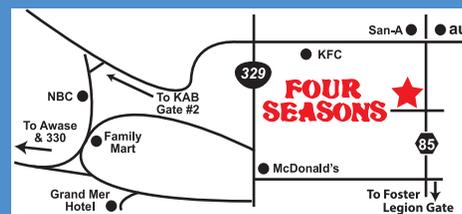
Welcome to Four Seasons Awase

Lunch Hours: 11:00- Lunch Steak Set  
¥ 1,300~

Dinner Hours: 15:00- Dinner Steak Set  
¥ 1,512~

◆Current Prices

- Awase branch has 2 parking places.
- Seafood & other menus are widely available.
- All sets come with soup, salad, bread or rice, tea or coffee.



4-12-13 Awase, Okinawa City TEL(098)937-0029 Open Hours: 11:00-

# A Taste of Okinawa

Credit card accepted



STEAK HOUSE

# FOUR SEASONS

TEPPANYAKI SINCE 1972 www.the4seasons.jp

Welcome to Four Seasons Urasoe

Lunch Hours: 11:00- Lunch Steak Set  
¥ 1,300~

Dinner Hours: 17:00- Dinner Steak Set  
¥ 1,512~

◆Current Prices

- Please make a reservation for your party and we have party rooms from 4 people.
- Seafood & other menus are widely available.
- All sets come with soup, salad, bread or rice, tea or coffee.



2-4-5 Iso, Urasoe City TEL(098)877-0429 Open Hours: 11:00-



## Japanese Teppanyaki a tasty treat for all

Our teppanyaki steak house in Urasoe City is the perfect place to enjoy tasty food and have fun doing it with family and friends. Watch as our talented chefs slice, dice and cook up your entrées right at your table. It's more than a meal, it's an event! Located in a residential area and only a 10-minute drive from Camp Kinser, our Urasoe branch offers a casual atmosphere where all ages are welcome. If you haven't had the pleasure of enjoying Japanese teppanyaki, you need to come to Four Seasons.

### RESTAURANT INFO