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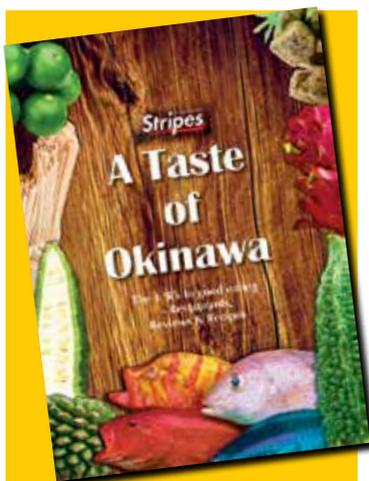
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BY TAKAHIRO TAKIGUCHI, STRIPES OKINAWA

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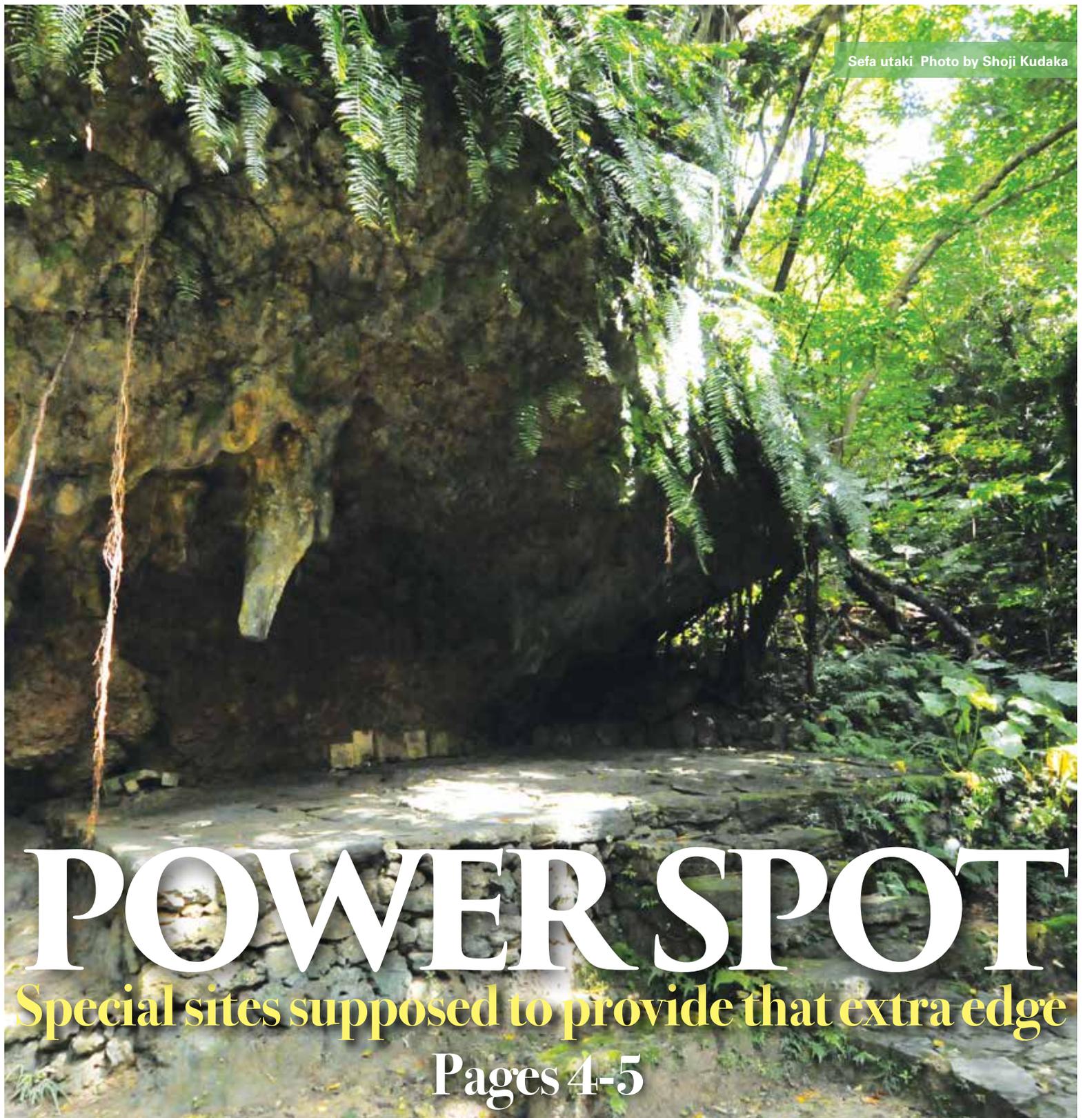
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SEE PRINTSHOP ON PAGE 2



Sefa utaki Photo by Shoji Kudaka

POWER SPOT

Special sites supposed to provide that extra edge

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CONTINUED FROM PAGE 1

“A large majority of the servicemembers I speak to about Stars and Stripes have no idea we’re more than just a source for their news media,” said Lt Col Rich McClintic, Stars and Stripes Pacific Commander. “Most are familiar with Stars and Stripes’ daily and community newspapers, some know about our digital apps, websites or social media pages. However, very few know that Stripes is a DoD authorized full-service printing shop ready to help them fulfill their unit, private organization, or personal print needs.”

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*– RICH McCLINTIC, Lt Col, USAF
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Military mom publishes ABCs book about Okinawa



BY SHOJI KUDAKA, STRIPES OKINAWA

For Bari Wald, the idea to write a book has been there for quite some time. With a background in marketing and public affairs, the Senior Area Programs Manager at USO Okinawa has now made that dream a reality with the recent release of "O is for Okinawa". The children's book aims to help kids who are learning their ABCs, as well as give them a little lesson about the island. Beyond its educational value, the book also serves as a nice memento for those service members looking to remember their time here. Wald recently spoke with Stripes Okinawa to chat about the book.

Q Tell us about your background, and how did it help you come up with the concept for the book?

A I have a background in marketing and public

affairs and have always loved creating tangible products. In college, I worked a lot with kids and had an idea to write a children's book about a traveling ladybug, but I never took the time to do it. Fast forward 15 years, and that particular concept has

been done a lot, so I wanted to write about something different but none of the ideas I came up with really excited me. A few months ago, I picked up a copy of Oki 123, a very cute counting book that is Okinawa-themed, and that's what sparked the inspiration for an Okinawa ABC-style book. I even reached out to the authors of that book, fellow military spouses, and they answered some publishing questions I had and gave me insight into their experience writing their book.

Q How has Okinawa had an impact on you? Were there any memorable experiences that stand out?

A Okinawa has had a huge impact on me and my family. We had our children here, explored all over the island (and off-island in the Pacific), and have met some incredible locals who have given us the opportunity to see things from a different perspective in life. I personally feel that every American should travel and/or live abroad to get a more global view of the world, and be able to appreciate different cultures. I'm so thankful we had the opportunity to live here for four wonderful years, and we already look forward to returning with our children when they are older to show them where they were born.

A The Okinawa Bingata-style design is a beautiful staple of Okinawa. It seems anywhere you go on-island, you will see that pattern. Last year I created a custom-framed artwork for a good friend of mine and used Bingata fabric. When I went to the mall to pick out the fabric, I was shocked at just how many different Bingata color choices there were. With this being a children's book, I wanted to use bright colors that would interest kids, but not plain colors or patterns. That's where the Bingata idea came from. I chose five color selections (red, yellow, blue, pink, and black), and used that theme throughout. The patterns of each color-scheme are slightly different too, which adds a unique touch.

Q Children are the main target audience of this book. What would you say to sell parents on getting the book for their children?

A "O" is for Okinawa" is meant to be a fun, culturally diverse way for kids to learn or practice their ABC's. It's great for language too since some of the words are actual Japanese words, such as "K" is for Kokeshi and "M" is for Mochi. My two-year old loves to repeat the words after me and look at the pictures. She has even pointed out



Bari Wald

things she's learned in the book when we're out in town. I think if parents are looking for a fun book for their kids that captures Okinawa, and that can be a memorabilia piece of their time here, then this is the book for you.

Q The motifs you picked for the letters in the book cover various aspects of everyday life in Okinawa, including local traditions, wildlife, food, locations, etc. What was your idea behind the selections?

A Picking out the corresponding selections for each letter of the book was the most challenging part. Some letters had multiple things that could have been used, so I tried to keep each letter as general as possible to represent an overall view of Okinawa that most would be familiar with. I also wanted this book to be able to spark nostalgia for those service members (and their families), who have ever made Okinawa their temporary home.

Q In the book, each letter is put in Okinawa Bingata-style designs. How did you come up with the idea?

Q How can people get a copy?

A My book is available on Amazon in paperback and as a Kindle version. I frequently do giveaways on my Facebook page as well – Facebook.com/OkiABC

Q Do you have any future writing projects planned?

A Well, we're headed to San Diego next, so I've started working on "C" is for California... learn the ABC's Cali Style." It's a good thing my husband is a California native, so he can help me with letter selection! I hope to have this edition complete in January 2019.

kudaka.shoji@stripes.com

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OKINAWA MISAWA YOKOSUKA ATSUGI ZAMA YOKOTA FUJI IWAKUNI SASEBO OKINAWA MISAWA

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Recharge with Okinawa's power spots

STORY AND PHOTOS BY SHOJI KUDAKA, STRIPES OKINAWA

Everyone is looking for an edge. In Japan, folks depend on “Power Spots” that are believed to cleanse, refresh and rejuvenate one’s mind and soul. Simply, they give you an edge. Luck, if you will.

Do you think I am delusional to believe in luck in this digital age where an algorithm seems to predict everything from what we buy and how we vote, to what kind of pop songs the population likes. And then you have computers “outsmarting” chess experts, game after game.

No, I don’t go to a Power Spot or pull out a lucky charm every time I have to complete a task. But, I admit when I’m in a tight competition or facing an uphill battle, I will pray or “ask for some luck” to snatch a narrow victory or to shift the tide for a comeback.

In this ever competitive and changing world, it’s not just people with betting tickets in their hands who care about and wish for luck. In Japan, zodiac fortune telling (your horoscope) is a very common segment of morning shows. If you tune in to a TV show early in the morning, you will likely see the daily horoscope being reviewed. I am not sure how many Japanese people actually believe in this, but I’m sure most wouldn’t want to see that those with their sign are predicted to have a bad day. Some may even take advice from the TV show concerning lucky color, lucky items, lucky food and lucky spots.

“Power Spot” is a term which, I think, reflects such Japanese obsession with luck. According to a dictionary, the term came to be used in the mid-1990s to refer to “locations filled with psychic power.”

In those days, TV shows about ghosts and supernatural power were very popular. Being associated with the “supernatural” culture, the term survived the test of time while the popularity of supernatural took different names such as “spiritual” or “paranormal.”

Recently, Power Spot found its way back under the spotlight. On channel 7 in Tokyo, which is famous for specializing in travel and gourmet information, there are many shows where celebrities who are in need of a little luck when it comes to wealth, health and love, visit Power Spots across the country, encouraging viewers to do the same. Or, if you look at travel



Rock of Benzaiten (Rock for Kamitouki/Registration by God)
As they touch the stone, visitors are supposed to tell the god their address, name and mind to identify themselves and let the god register them. By doing so, visitors are preparing for entering the sacred mountain. This stone serves the mountain.

magazines, you’ll find features on Power Spots.

If you are one of those luck-conscious people who just can’t get enough of watching such TV shows, but can’t stand seeing celebrities hogging all the luck to themselves, it’s time to hit the road and pick up some luck.

SACRED SITE, UNIQUE LANDSCAPE

If you live in mainland Japan, you might want to check out the World Heritage List. In fact, prominent temples, shrines and natural landscapes such as mountains and rivers are routinely featured in Power Spot publications.

Here in Okinawa, visits to Power Spots will likely be explorations into sanctuaries with unique natural landscape, like Daisekirinzan, a rocky mountain at the north end of Okinawa’s main island. This mountain, which was formed more than 200 million years ago as a result of crustal change, is quite a spectacle to

see.

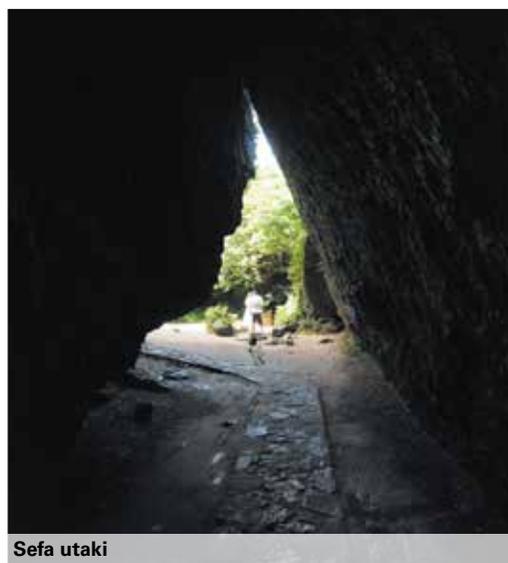
When I visited, I saw many tourists with an unusual look of surprise on a road surrounded by trees. Surprised by the view from the top of the mountain.

But I also saw the location to look for.

“I am from the mountain. I have been here since I was a child. This place here gives me peace. An elderly lady who lives in the City with her two children.

Once called Amamiyama, the east of the oldest shrine in the myths of Okinawa. The history of the mountain is 500 to 600 years old.

OTHER POPULAR POWER SPOTS IN OKINAWA



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Hours: March - October, 9 a.m. - 6 p.m. (Ticket counter closes at 5:15 p.m.) November - February, 9 a.m. - 5:30 p.m. (Ticket counter closes at 4:45 p.m.)

Location: Kudeken, Chinen, Nanjo City, Okinawa prefecture (About 50-minute drive from Camp Foster)

Form: Sacred site on a hill

What makes it a Power Spot: The utmost sacred site thought to be built by deity Amamikyo. During the time of Ryukyu Kingdom, this was the most important sacred site in the country.

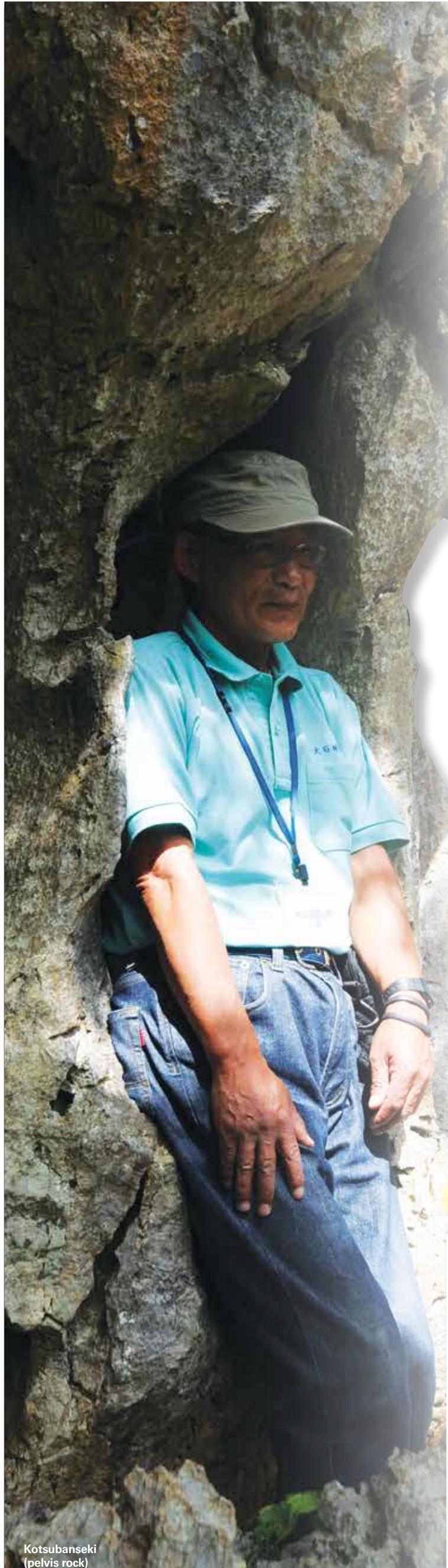
Admission: 300 yen for adults (High school student and above), 150 yen for children (Elementary and middle school)

URL: okinawa-nanjo.jp/sefa/en/

Tel: 098-949-1899



Gangala no Tani



Kotsubanseki (pelvis rock)

th one of wer spots

Sekirin no Kabe (Stone Forest Wall)
This is a spot where the power of gods focus. The rock, which contains a lot of calcite, shines brightly as if to show how powerful the spot is.



...me, and oriental zodiacs in their
...rs purify themselves as part of
...like a chōzuya does to a shrine.

a place where people come to seek spiritual power and luck for health, navigation safety, bloodline, art, land transactions and development, according to Tamotsu Hiura, a tour guide who escorted me during my visit. As he showed me around unique rocks and trees, Hiura explained that the mountain still brings about miracles with its “power.”

“We had a visitor who could not walk without a cane. But once he seated himself on ‘Kotsubaneki (pelvis rock),’ one of the power spots on the mountain, he started walking with no problem and went back home, leaving behind his cane,” Hiura said. “Many people come to the mountain, desperately looking for some luck for health, love and having a baby. Some come here after being summoned in a dream.”

As if to bless people who come to this sacred mountain for all kinds of reasons, there are sacred sites (power spots) with unique names and power; “Kotsubaneki (pelvis rock)” for health and easy delivery, “Umarekawarino Ishi (reincarnation rock)” for another chance with a clean slate, and “Jinaganasi (Sir/Madam. Money)” for financial success, just to name a few.

Since there are many power spots on Okinawa and across all of Japan, you might need to find out which one is good for you.

“It depends upon individuals which power spot works best,” Hiura explained. “If you are looking for specific kind of luck, I can recommend power spots for that.”

You might end up finding your own power spot because it is up to how you feel. But whichever spot you choose, don’t forget that it is a sacred site.

“Sanctuaries in Okinawa such as Daisekirinzan can be interpreted as the prototype of shrines or temples in mainland Japan even though they may not have gate or main halls,” Hiura said. “In fact, locations on the mainland where you now see shrines and temples, are the ones where people used to feel special power long time ago.”

Since the special “power” belongs to nature, many power spots and sanctuaries welcome everybody. It doesn’t matter where you are from or which religion you follow. As long as you pay respect to the sacred site by following rules, such as not touching certain stones or trees.

kudaka.shoji@stripes.com

...d the mountain in early April,
...rists who came to enjoy the
...the mountain, take a hike on
...ded by banyan trees and be
...e beautiful view of Cape Hedo
...the mountain.

...v some local folks who came to
...ok for spiritual power.

...the neighboring area of this
...ve been coming to this place
...id. Touching stones and trees
...power,” said Sue Shinzato, an
...o came all the way from Naha
...o sisters.

...ashimui, which means “the for-
...,” this mountain is mentioned
... Ryukyu as a location where
...the country started. Beginning
...s ago, Daisekirinzan has been

A



Gangala no Tani (GANGALA VALLEY)

NEAR OKINAWA WORLD

Hours: Tours offered at following hours; 10 a.m., 12 p.m., 2 p.m., 4 p.m.

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(Reservation needs to be made by 5 p.m. the day before.)

Location: 202 Maekawa, Tamagusuku, Nanjo city, Okinawa prefecture (About 40 minute drive from Camp Foster)

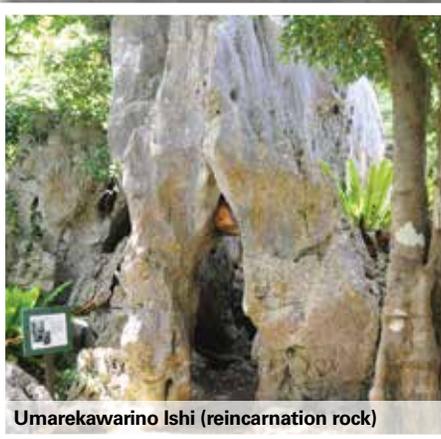
Form: Valley and cave

What makes it a Power Spot: This valley is believed to be a place where human beings lived about 18,000 years ago. (Excavation is going on at the site). You may feel the healing mood of the valley which protected human being from wild nature long time ago. This is also a sacred site where people come to make a wish for having a baby.

Admission: 2,200 yen for adult, 1,700 yen for student (Ages 15 and older)

URL: www.gangala.com/lang/

Tel: 098-948-4192



Umarekawarino Ishi (reincarnation rock)

Daisekirinzan

NEAR CAPE HEDO

Hours: 9:30 a.m. - 5:30 p.m. (Ticket counter closes at 4:30 p.m.)

Location: 1241 Ginama Kunigami village, Kunigami-gun, Okinawa Prefecture (140-minute drive from Camp Foster)

Form: mountain

What makes it a Power Spot: Huge rocks and banyan trees with unique shapes. Some sacred sites require an escort by tour guide. Tours are offered in Japanese only.

Admission: 1200 yen for adults, 550 yen for children (Ages 4-14), 900 yen for seniors (Ages 65 and older)

URL: www.sekirinzan.com/en/

Tel: 098-41-8117

Speakin' Japanese

Autumn talk

Autumn has arrived! Here are some useful words and phrases that might come in handy when getting into the spirit of the season.

- "Suzushiku natte kimashita."** = It has gotten cool.
(*"suzushiku"* = cool; *"natte kimashita"* = has gotten)
- "Aki ga totemo suki desu."** = I really like autumn.
(*"aki"* = autumn; *"totemo suki desu"* = really like)
- "Tsukimi ga shitai desu."** = I want to go moon watching.
(*"tsukimi"* = moon watching; *"shitai desu"* = want to)
- "Aki no mangetsu ga ichiban kirei desu."** = The autumn full moon is the most beautiful.
(*"mangetsu"* = full moon; *"ichiban"* = most [literally, No. 1]; *"kirei"* = beautiful)
- "Aki no mushi no koe ga kikoemasu."** = I hear the song of autumn insects.
(*"mushi"* = insect; *"koe"* = song [voice])
- "Octoobaa Festival ni ikimasho."** = Let's go to the October festival.
(*"ni ikimasho"* = let's go)

- "Koyo ga tanoshimi desu."** = I am looking forward to seeing the red leaves.
(*"koyo"* = red leaves; *"ga tanoshimi desu"* = be looking forward to)
- "Sanma ga oishii kisetsu desu."** = Chestnuts are delicious this time of year.
(*"kuri"* = chest nuts; *"kisetsu"* = time of year [season])

- AUTUMN FOODS
"kuri" = chestnuts
"shiitake" = shiitake mushrooms
"shinmai" = the year's new rice
- OLD JAPANESE SAYING
"Aki nasu wa yome ni kuwaseruna." = Don't let your wife eat autumn eggplant.
(This saying has two meanings. It means that autumn eggplant is too good to share with your wife. Another meaning is that autumn eggplant has less seeds so, it is bad luck for those trying to have babies.)

— Stripes Okinawa

Pronunciation key: "A" is short (like "ah"); "E" is short (like "get"); "I" is short (like "it"); "O" is long (like "old"); "U" is long (like "tube"); and "AI" is a long "I" (like "hike"). Most words are pronounced with equal emphasis on each syllable, but "OU" is a long "O" with emphasis on that syllable.



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Stripes Sports Trivia

SAY MY NAME! As a player and now a coach, I've experienced a lot. And, although I'm mostly known for my bling-filled NBA playing and coaching career, it's something I experienced while in college at Arizona that may be the most noteworthy. While starting my career as a freshman, my father was assassinated in Lebanon. Who am I?

Answer

Steve Kerr

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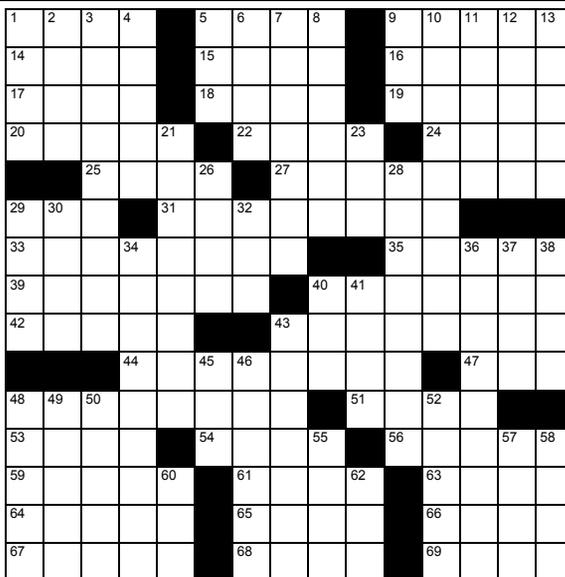
STARS AND STRIPES

The Weekly Crossword

by Margie E. Burke

ACROSS

- 1 Make an impression?
- 5 Diamond Head's home
- 9 Dog who played Eddie on "Frasier"
- 14 White as a ghost
- 15 Privy to
- 16 Garment worn by Flo and Alice
- 17 Like some tea
- 18 Talk like Daffy
- 19 Argue against
- 20 Wales pooch
- 22 Fix, at the vet's
- 24 Greet the day
- 25 Lady's man
- 27 Thirst quencher
- 29 ___ Day
- 31 Solidly built
- 33 Cold War competition
- 35 Full of back talk
- 39 Written law
- 40 Nutrition label unit
- 42 Church council
- 43 Wearing black, maybe
- 44 Trustworthy
- 47 Relax, slangily
- 48 Kind of wheel
- 51 Spreadsheet filler
- 53 Orchard fruit
- 54 Leaves home?
- 56 "Same here!"
- 59 Fort Knox bar
- 61 Edit menu option
- 63 Like Jack Sprat's diet
- 64 Do a salon job
- 65 Ruckus
- 66 Fender flaw
- 67 Public figure?
- 68 Can't stand
- 69 Conclusion starter



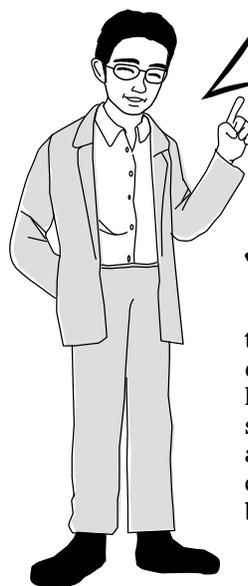
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- 2 Mexican fare
- 3 Religious leader
- 4 Beat around the bush
- 5 Painter's medium
- 6 Spanish cordial
- 7 Home for the sick
- 8 Post-vacation task
- 9 Damage
- 10 Game with a character named "Cavity Sam"
- 11 Elliptical path
- 12 Lush
- 13 Stage direction
- 21 Unwelcome visitor
- 23 Welcome word at a proposal
- 26 "___ does it!"
- 28 Educated
- 29 Physics calculation
- 30 Pretentious, perhaps
- 32 Cooler contents
- 34 Supplies' place
- 36 Armed ship of old
- 37 Lodgepole, for one
- 38 Burglar
- 40 Corn holder
- 41 New Year's word
- 43 Ink cartridge color
- 45 Beyond tipsy
- 46 Arrival en masse
- 48 Nutmeg, e.g.
- 49 Mortise's mate
- 50 Colonel's insignia
- 52 Diacritic mark
- 55 Cut and paste
- 57 Zingy taste
- 58 Not duped by
- 60 Take a stab at
- 62 Kind of deposit

Answers to Last Week's Crossword:

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

DID YOU KNOW?



There are many symbols of "Old America" on the island. Foremost Blue Seal is an ice cream brand that originated in the U.S. and developed in Okinawa. The company has been serving up the frozen treat since 1948, but with Baskin Robbins arriving, nowadays, there is a competition between the two American brands.

Kanji of the week

寝
Neru/Shin (Sleep)

Language Lesson

Do you understand?

Wakari masuka?

SUDOKU

Edited by Margie E. Burke

Difficulty: Easy

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

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:

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

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StripesOkinawa.com
for more base, travel & culture stories








The torii, or gate, marking the entrance to the shrine grounds



Lovely wooden structures



Meiji Jingu main hall

Tokyo's Meiji Shrine worth the trip

STORY AND PHOTOS BY TAKANE SHOJI,
JAPAN TRAVEL

Did you know that the trees that fill the 178 acres (about 720,000 square meters) of Meiji Jingu (jingu is the Japanese word for shrine) were all planted by hand in the 1920s? There are quite a few fun facts that may be interesting to know before visiting Meiji Jingu. However, before delving into the trivia concerning the shrine, let us familiarize ourselves with a little bit of history on how Meiji Jingu came about.

The shrine commemorates the death of Meiji-tenno, or Emperor Meiji. It was in 1912 that the emperor passed away, and with it began the planning of a grand tribute to the emperor during the era of Japan's great industrialization. While his body rested in Kyoto, the citizens of Tokyo who were eager to enshrine their respect for the emperor

pushed for a commemorative shrine in Tokyo—the origin of Meiji Jingu.

When the construction began in 1915, more than 13,000 Japanese citizens volunteered to dedicate themselves to erecting the grand shrine—a sentiment and feat that speaks to the character and the cultural fabric of Japan at the time. In 1920, just five years after the start of the construction, Meiji Jingu made its appearance at the heart of Tokyo in its original form.

Now on to some of the interesting facts.

The mori, or trees protecting the shrine, when seen from an aerial view, are of uniform height throughout the entire 178 acres. The architects of this landmark surely did not have access to an aerial view, but upon designing the structure, they took into account the expected growth

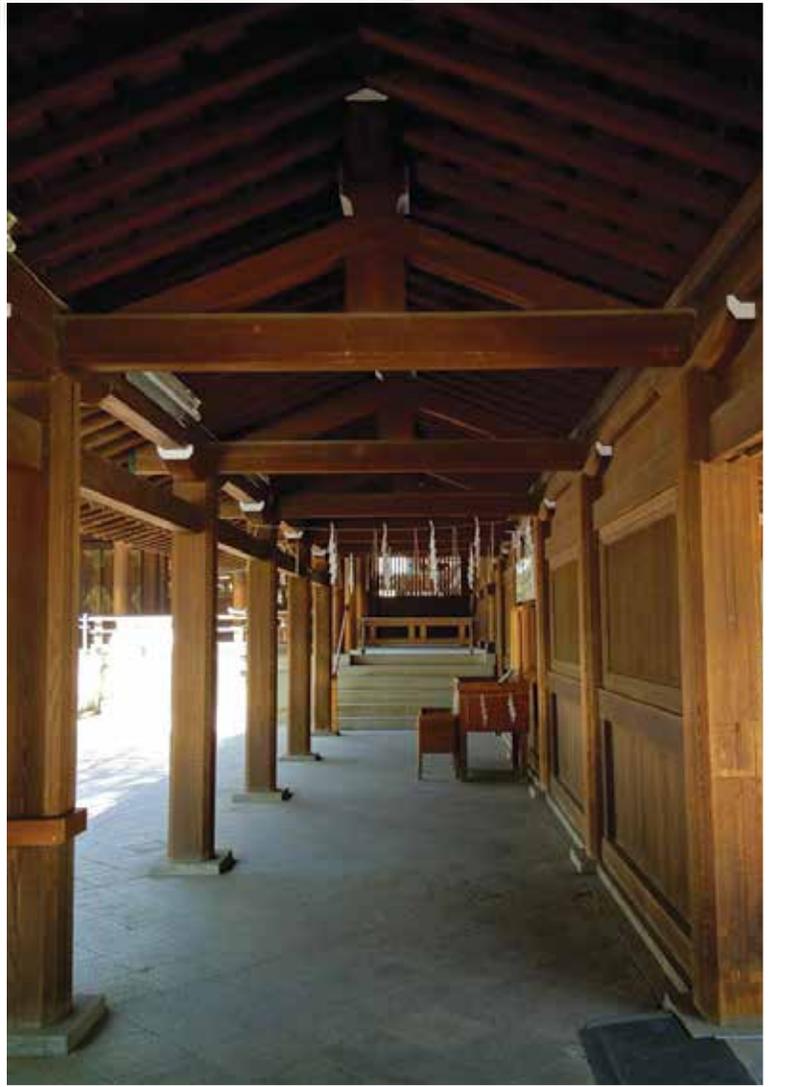
of each kind of tree that was planted, so as to give a uniform look throughout.

Another noteworthy fact is that the Meiji Jingu's torii, or a traditional gate to a shrine, is the largest one (in terms of dimension) in Japan. Furthermore, Meiji Jingu gets the highest number of visitors for Hatsumode, a traditional visit to a shrine on the first day of the year.

While the two aforementioned bits of trivia are just some of the mystery that surrounds the Meiji Jingu, there is an even more majestic sense of wonder that can only be experienced by going to the shrine. If you plan a trip to Shibuya, Harajuku, or anywhere in the vicinity of the Yoyogi area, be sure to make a trip to one of Japan's most celebrated shrines right at the heart of Tokyo.



Barrels of sake, which are usually donated to the shrine



Great hallway



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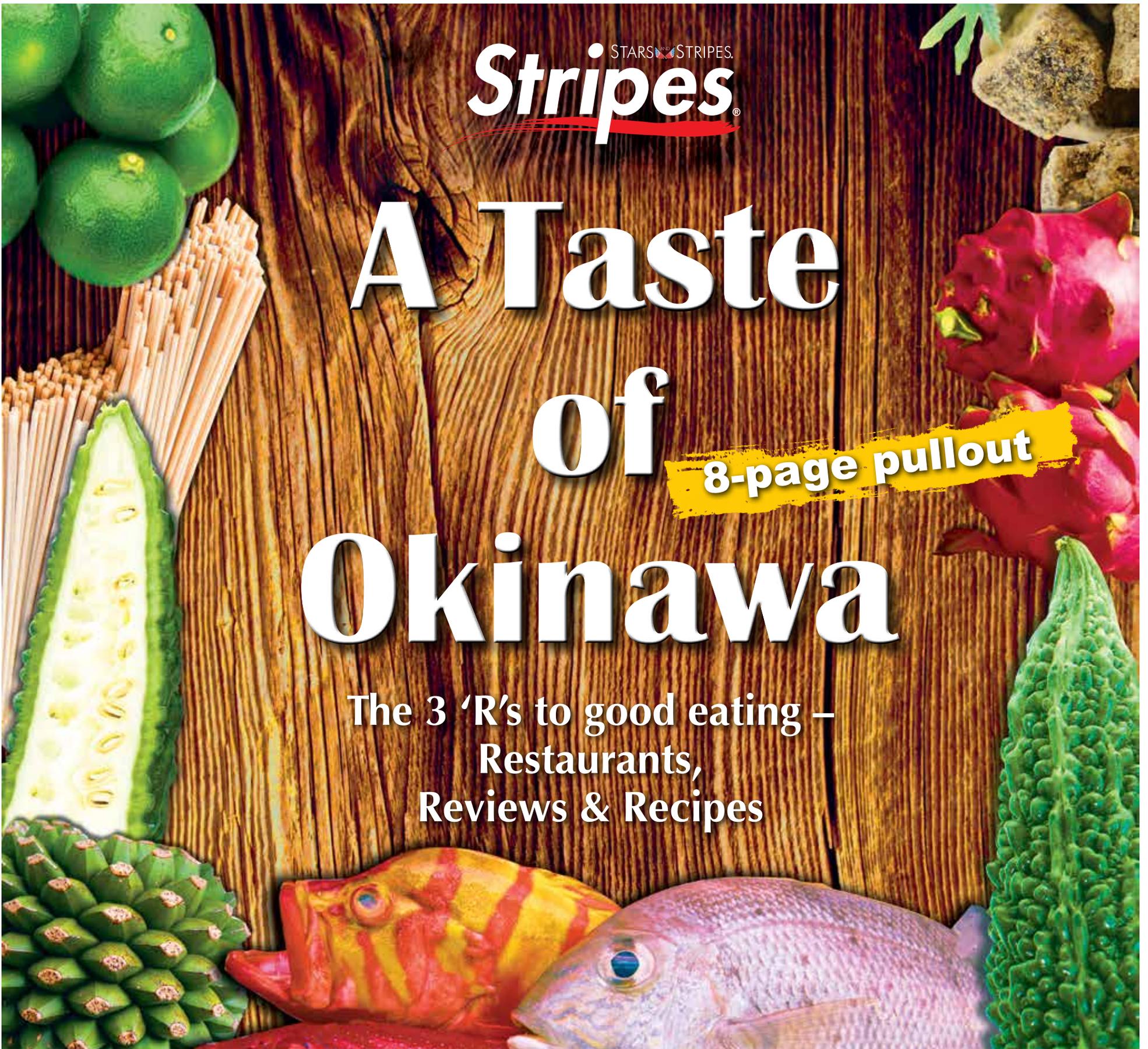


STARS & STRIPES
Stripes

A Taste of Okinawa

8-page pullout

The 3 'R's to good eating –
Restaurants,
Reviews & Recipes



Our **curries** in a pot are talk of the island

Where's the beef? Well, it's in the pot! Our special curries at The Rose Garden are served to you in pots and include a fresh green salad with your choice of hot Arabica coffee or iced tea. Try our Beef Steak and Eggplant Curry. It is served with island pumpkin, zucchini and roasted Italian Peppers with Saffron Rice. Or, try our spicy Chicken Thai Green Curry served with Eggplant, Bamboo Shoots, Italian Peppers and Steamed Rice. Whatever you choose, we guarantee the highest quality food and service you can find on the island. Stop by and see what the talk is all about.



The Rose Garden

<https://www.rosegardenokinawa.com/>

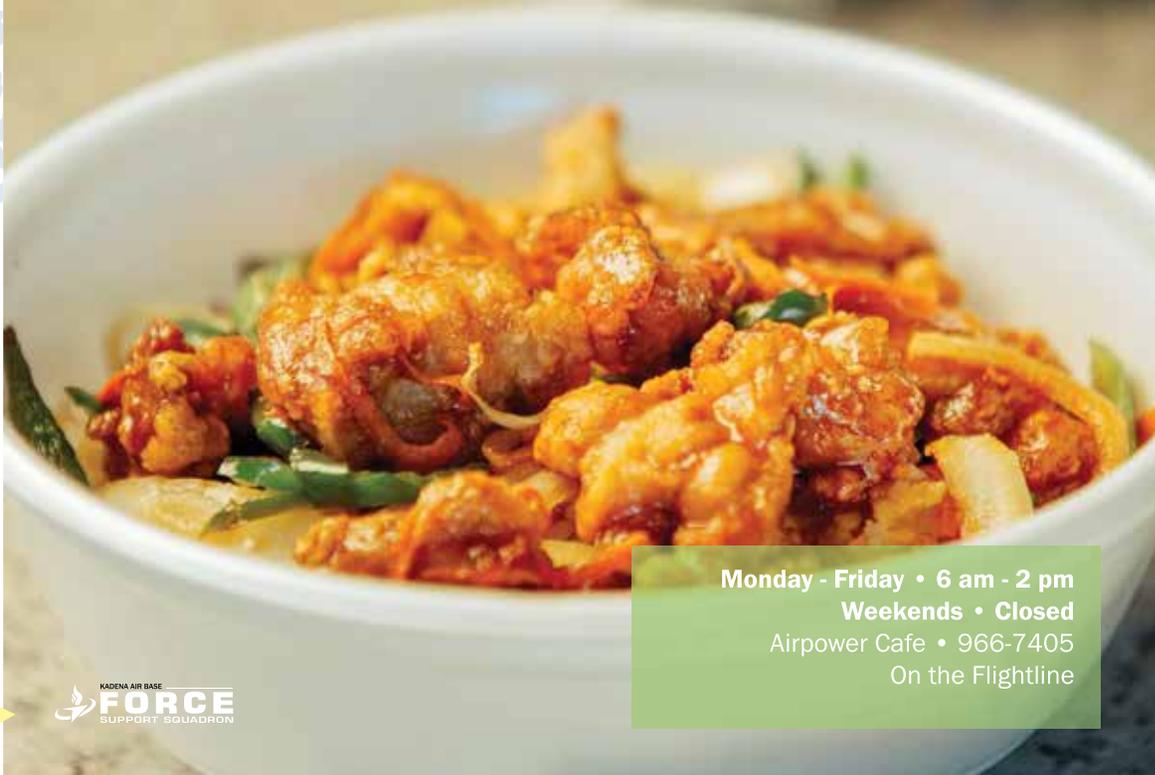
RESTAURANT INFO



Airpower Café

Airpower Café great place for a quick fill-up

For those working tirelessly on the flightline who might not have too much time eat, Airpower Café has you covered! Conveniently located by the flightline, Airpower Café opens early to serve up a tasty breakfast menu and the perfect fuel for those early birds who are looking for a quick pick-me-up: Starbucks coffee. And when it comes to lunch, we serve up a variety of tasty sandwiches and soups, as well as limited-time offers like the Orange Chicken Bowl. Crispy, sweet orange-glazed chicken atop a bed of white rice, what's not to like? Come to Airpower Café for a quick fill-up.



Monday - Friday • 6 am - 2 pm
Weekends • Closed
Airpower Cafe • 966-7405
On the Flightline



RESTAURANT INFO

A Taste of Okinawa



Kamisuushi

Come and Enjoy Your Dining
With Our Fresh, Delicious Seafood.

Lunch Time: 11:30-14:00 (L.O. 13:30)

Sushi Set, Chicken Teriyaki Set, Fried Chicken Set and more.

Dinner Time: 17:00-23:00 (L.O. 22:30)

Sashimi, Sushi, Sushi Rolls, Yakisoba, Fried Rice, Tempura, Deep-Fried Food and more.
Custom Rolls (Create your own sushi roll with items from the menu)



Lunch hours have changed, please come early!



Kamisuushi opens up their new location

Kamisuushi, 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 Kamisuushi, 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)

098-926-3290

RESTAURANT INFO

Spicy pumpkin seed brittle

Ingredients:

- 2 cups shelled pumpkin seeds
- 1½ teaspoons baking soda
- ½ teaspoon ground cinnamon
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper (optional)
- 2 cups granulated sugar
- 1 cup light corn syrup
- ½ cup water
- 1 stick (½ cup) unsalted butter, cut up
- 1 tablespoon vanilla extract

Directions:

1. Heat oven to 350 degrees. Scatter pumpkin seeds in an even layer on a rimmed baking sheet; bake for 8 to 10 minutes, stirring once or twice, until lightly toasted and fragrant.
2. Line a large baking sheet with non-stick foil and set aside.
3. In a small dish, stir together the baking soda, cinnamon, salt and cayenne; set aside.
4. In a large saucepan, mix sugar, syrup and water. Cover and bring to a boil over high heat. Add butter, and stir until melted.
5. Attach a candy thermometer to the side of the pan with the tip in the sugar mixture. Cook mixture over medium-high heat, without stirring, 20 minutes, or until thermometer registers 305 degrees.
6. Stir in the seeds and vanilla.
7. Remove from heat. Sprinkle the baking soda mixture over the surface of the sugar mixture (expect some foaming to occur); stir vigorously with a heat resistant spatula for 15 seconds.
8. Immediately pour mixture onto prepared baking sheet; spread as thinly as possible with a metal offset spatula.
9. Let cool, break into pieces, and enjoy. Store at room temperature in an airtight container for up to 4 weeks.

- www.commissaries.com



Perfect recipes for getting pumped about pumpkin



Pumpkin-carrot bars with cream cheese frosting

Ingredients:

- 2 cups whole-wheat pastry flour
- 2 teaspoons pumpkin pie spice
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 cup sugar
- ½ cup brown sugar
- ⅓ cup butter substitute (to keep the fat as low as possible)
- 2 eggs
- 2 large egg whites
- 1 (15-ounce) can pumpkin pie filling
- ⅔ cup finely shredded carrot

Cream Cheese Frosting

- 4 ounces light cream cheese, softened
- ¼ cup sugar
- 1 tablespoon skim milk

Directions:

1. Pre-heat oven to 350 degrees. Spray a 15-x-10-inch jellyroll pan with cooking spray; set aside.
2. In a small bowl, whisk flour, pumpkin pie spice, baking powder, and baking soda.
3. In a large bowl, use electric mixer to beat sugar, butter substitute and brown sugar until crumbly. Add eggs, egg whites, pumpkin pie filling and carrots. Beat until well blended.
4. Add flour mixture and mix until well blended. Spread into prepared jelly roll pan.
5. To prepare cream cheese topping: Mix together cream cheese, sugar and milk until thoroughly blended.
6. Drop by teaspoonfuls over pumpkin batter; swirl and lightly cut cream cheese topping into pumpkin batter with a butter knife.
7. Bake for 20 to 30 minutes or until a toothpick inserted in the center comes out clean.
8. Cool completely in pan on wire rack before cutting squares.

- www.commissaries.com

A Taste of Okinawa

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)

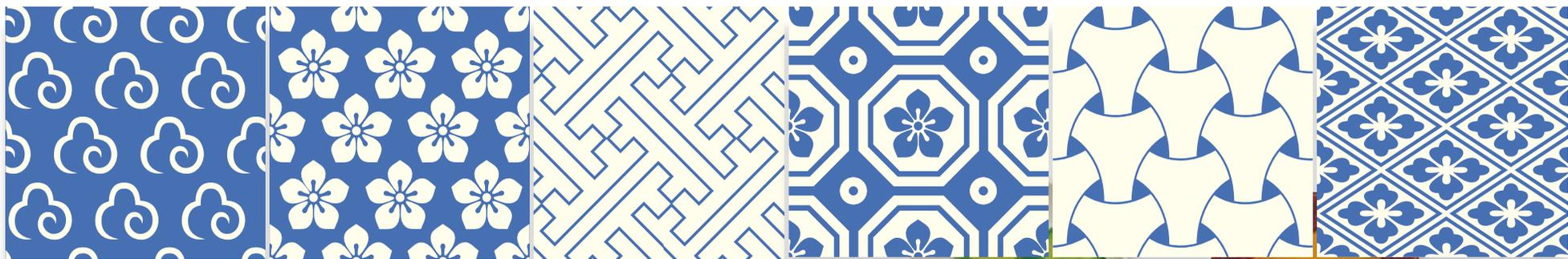
Open Everyday
Cash Only (\$/¥)



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



TSUKEMONO

More than a condiment



File photo



Sakekasu



Umeboshi



Takuan, asazuke, and shibazuke

STORY AND PHOTOS BY
JOAN BAILEY,
METROPOLIS MAGAZINE

The tiny dish of tsukemono (“pickles”) that appears as part of every meal in Japan is not just an afterthought. Tsukemono, along with rice and soup, complete the culinary triumvirate of a traditional meal. Their vibrant color and sometimes pungent flavor play a pivotal role in balancing a meal’s overall effect. Often made using imperfect vegetables and items left over from other processes, tsukemono is a delicious example of the mottainai (“waste not, want not”) mentality that’s pervasive in Japan.

Tsukemono is considered a raw food, even though the final product appears vastly different from its original form, and can take anywhere from hours to years to create. The vegetables are rarely, if ever, heated, and more often than not are subjected fresh and whole to one of several mediums: salt, nuka (“rice bran”), sake kasu (“sake lees”), and vinegar. The resulting fermentation process offers health benefits of its own and a safe means of storing food without refrigeration.

Shiozuke are salt-based pickles. Nearly all pickles begin with salt, which draws out the fluids from the vegetables to create brine, which allows them to better absorb flavors. Umeboshi (“pickled plums”) are perhaps the most famous member of this group, their tart saltiness a popular ingredient for onigiri

(“rice balls”). Asazuke (“morning pickles”) is the quickest of the shiozuke family. Fresh vegetables—everything from cucumbers to eggplant to Chinese cabbage—are sliced and massaged with salt. A weight placed on top helps speed fermentation, and within a few hours, the pickles are ready. Citrus zest, togarashi (“hot peppers”), and konbu (“kelp”) add flavor and umami. Shibazuke, a Kyoto specialty, pickles eggplants and cucumbers up to one year in salt and akashiso (“red perilla leaves”), to achieve their distinct flavor and magenta color.

Nukazuke (“rice bran pickles”) are home-style pickles fermented in a nukadoko—a bed of roasted rice bran left over from rice-polishing, salt, and konbu. Stirred daily, the nukadoko is a living organism similar to a sourdough starter, and is passed from generation to generation. Vegetables are rubbed with salt and buried whole in the nukadoko, where they remain anywhere from overnight to several months. Takuan, the bright yellow half moons of daikon (radish), is made from sun-dried daikon placed in the bed along with persimmon peels, kuchinashi no mi (“cape jasmine seeds”), or turmeric for color.

Kasuzuke (“sake lees pickles”), which is similar to nukazuke, takes advantage of left-over sake kasu. A similar bed

or pot is made using sake kasu, salt, sugar, and mirin—where whole vegetables ferment. These vegetables, though, will stay in place for extended periods of time. The most famous of these is Narazuke, named for the former capital where Buddhist monks first developed them in the eighth century. Kasuzuke rests anywhere from one to three years, resulting in a dark-brown pickle with a pungent flavor. Cut into the thinnest of slices, it is a perfect companion to rice.



Nukadoko File photo

Suzuke (“vinegar pickles”) come in two kinds of vinegar, and are commonly used to make plain rice vinegar and umezu pickles, the bright red vinegar or brine left-over after making umeboshi. Rice vinegar is less acidic than Western types, and therefore has a slightly softer flavor. Gari, the paper-thin slices of ginger that accompany sushi, is made using young ginger that’s still pink around the edges, rice vinegar, sugar, and salt. The fermenting process accentuates the color.

Senmaizuke (“thousand-layer pickle”), another Kyoto dish, is made from kabu (“turnip”) brined in vinegar and sugar seasoned with konbu and togarashi. Beni shoga, the neon-pink, julienned slices of ginger often served atop Japanese curry, is brined in umezu for up to a few days.

Sweet, tart, and salty, Japanese pickles offer something for everyone.





American-friendly rotating sushi place

Have a craving for sushi? Try Gurume Kaiten Sushiichiba at Mihama. We offer a variety of sushi, so don't worry if you're not sure what you like. We have plenty of raw fish, but we do offer some that is cooked for those testing the sushi waters. So sit down and pick a plate as it rotates by. With a motto of "making our customers smile," manager Kazuya Kaneshi and his staff provide "good food and customer service." Stop by Gurume in our bright yellow building next to the American Village to experience true Okinawan hospitality. You'll be glad you did!

RESTAURANT INFO

Sushi Lover's Paradise! Price ¥110~



Gurume Kaiten Sushiichiba

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11am-10pm (Last order 9:50) Tel: 098-926-3222

- ❁ We Use Fresh Fish
- ❁ Take out menu & Party Trays
- ❁ English picture menu



A Taste of Okinawa



Ramen
•
Gyoza
•
Fried rice
•
Fried chicken



New to Okinawa? Come try Linya!

At Linya, you can taste a wide variety of Japanese foods. Can't decide what to order? Try something from our set menu! We have a number of options to choose from, including our popular Ramen and Gyoza Set. Our Jumbo Gyoza is to die for! If a quick lunch is what you seek, stop by for some ramen and fried rice – the prices are very reasonable. Spicy food lovers, we've got your back! If our spicy ramen isn't spicy enough, tell our staff and they'll add more spice! Bring your friends and family to Linya and introduce them to the staple dishes of Japan!

CHATAN LINYA

Authentic Kyoto Ramen on Okinawa

Hours: Fri-Sat 11:00 - 23:30
Sun-Thu 11:00 - 22:30
Phone: 098-926-0220



RESTAURANT INFO



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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 2018. 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

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Seasonal Specials
 Full Course Dinners from ¥1,500

Fresh Salmon Filet ...¥2,200
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 ☆All Sam's Dinners Include Soup, Salad, Seasonal Vegetables and Bread or Rice.

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 • Open Every Day. • 17:00~23:30 (L.O.22:30)
 • Free Parking. • Bilingual Staff.
 • No tipping please at Sam's.
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COMPLIMENTARY APPETIZER

- One coupon valid per group. Maximum 6 people.
- Valid with dinner orders only.
- Not accepted with any other coupons or discount tickets.
- Please present coupon when ordering.
- Complimentary items may vary at each restaurant.
- Accepted at All Sam's Restaurants
- Expires. Dec. 21, 2018

S&S-11

A Taste of Okinawa

HALE NOA CAFE

Check our Instagram! @halenoacafe

Hale Noa French Toast with creme brulee and berries

Elvis French Toast

Eggs Benedict

Macadamia Nut Pancakes

Salmon Poke Bowl

New Menu

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Mon & Tue 7 a.m. to 5 p.m. Last Order / Wed Closed
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 facebook.com/halenoacafe

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ハワイアン Style Barで良いひと時を過ごしませんか
 098-9898244
 2-18-8 Chatan-cho Chatan, Okinawa
 Instagram @pa1717020



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

Indulge yourself with this 3-course autumn meal

BY MARY DEL ROSARIO,
STRIPES OKINAWA

There's nothing better than welcoming the fall season with a pumpkin spice latte in your hand and devouring a warm bowl of

pumpkin soup. However, why not expand your palette with this delicious three-course menu that will match your favorite fall festival!

Mini Apple Cider Pound Cakes

START TO FINISH: 2 hours and 20 minutes
Serves: 6 mini loaves

INGREDIENTS

- 1 ½ cups softened butter
- 3 cups sugar
- 6 eggs
- 3 cups all-purpose flour
- 1 teaspoon apple pie spice
- ½ teaspoon baking powder
- ¼ teaspoon salt
- ¼ teaspoon ground cloves
- 1 cup apple cider

DIRECTIONS

- Preheat oven to 163 degrees Celsius. Beat butter at medium speed with a heavy-duty electric stand mixer until creamy; gradually add sugar, beating until light and fluffy. Add eggs, 1 at a time, beating just until blended after each addition.
- Stir together flour and next 4 ingredients. Gradually add flour mixture to butter mixture alternately with apple cider, beginning and ending with the flour mixture. Beat at low speed just until blended after each addition. Add the vanilla.
- Grease the loaf pans with cooking spray (can buy disposable ones if you don't have). Pour the batter into prepared pans and place them on a baking sheet. For streusel-topped cakes, sprinkle about 2 Tbsp. streusel topping over batter in each pan.
- Bake for 40 to 50 minutes or until a wooden pick inserted in the center comes out clean. Cool completely for about 1 hour. For glaze-topped cakes, spoon desired glaze over cooled cakes.



Roasted Butternut Squash Soup

START TO FINISH: 1 hour and 5 minutes
SERVES: 4

INGREDIENTS

- 1 large butternut squash
- 1 tablespoon olive oil
- 1 large shallot, chopped
- 1 teaspoon salt
- 4 garlic cloves, pressed or minced
- 1 teaspoon maple syrup
- A pinch of ground nutmeg
- Pepper
- 4 cups (32 ounces) vegetable broth
- 1 to 2 tablespoons butter

DIRECTIONS

- Preheat the oven to 218 degrees Celsius and place the butternut squash on the pan and drizzle each half lightly with olive oil. Rub the oil over the inside of the squash and sprinkle it with salt and pepper.
- Turn the squash face down and roast until it is tender and completely cooked through about 45 to 50 minutes. Set the squash aside until it's cool enough to handle. Scoop the butternut squash flesh into a bowl and discard the tough skin.
- In a medium-size skillet, heat up 1 tablespoon olive oil over medium heat until shimmering. Add the chopped shallot and 1 teaspoon salt. Cook, stirring often until the shallot has softened and is starting to turn golden on the edges, about 3 to 4 minutes. Add the garlic and cook until fragrant, about 1 minute, stirring frequently.
- Add the reserved squash to the pot, then add the broth, maple syrup, nutmeg and pepper. Bring the mixture to a simmer and cook, stirring occasionally, for 15 to 20 minutes. Carefully use your immersion blender to blend the soup completely, then add 1 to 2 tablespoons butter to taste, and blend again. Taste and blend in more salt and pepper, if necessary.



File photos



Authentic Thai Dining



Jai Thai
Thai restaurant

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We have a new Lunch Menu

Lunch MENU 11:00 - 15:00		
		
		

We use local organic vegetables.

Kid's menus/course meals/vegetarian menus are also available 480 yen~

Okinawa Mihama (098-936-0828)
Weekdays: 11:00 – 15:00 & 17:00 – 23:00
Weekends: 11:00 – 23:00
Last order: 22:00



Thai Tea



Grilled Pork



The most famous of all Thai soups.



Vegetarian fried rice with assorted fresh Vegetables.

Vegetarian Menu is available!

Takeout OK!
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Makeman	7Plex Jusco

Experience the true heart of Thailand

If you're looking to enjoy some tasty, authentic Thai food in a friendly and inviting environment, Jai Thai is the place for you. The first restaurant in Japan to win the prestigious Thai Prime Minister's Award, Jai Thai has many delicious dishes to offer – including vegetarian. Jai Thai takes pride in the safety and freshness of the ingredients, which is why we use locally produced vegetables from contracted farmers. So, you can taste the freshness in every one of our dishes. Bring your friends and family to Jai Thai, and enjoy good food, drinks and fun!

RESTAURANT INFO

SINCE 1972
www.the4seasons.jp



STEAK HOUSE FOUR SEASONS TEPPANYAKI

Welcome to Four Seasons Mihama

Lunch Steak Set ¥1,450~
Dinner Steak Set ¥1,890~

❖ Current Prices

- Mihama branch has 40 parking spaces
- Seafood & other menus are widely available.
- All set come with soup, salad, bread or rice, tea or coffee.



Credit card accepted



Okinawa city

FOUR SEASONS

Okinawa City Police
Music Town
Lawson
DoCoMo
KOZA
KAB Gate 2
P2
P4 P1
P3
P3 and P4 - 2 hours free parking in pay lot
To Plaza Housing Area & Camp Foster

3-1-25 Sonda, Okinawa City
TEL(098)933-5731
Open Hours: 11:00 -

Awase

FOUR SEASONS

San-A
KFC
NBC
To Awase & 330
Family Mart
Grand Mer Hotel
To KAB Gate #2
To Foster Legion Gate
McDonald's

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

Urasoe

FOUR SEASONS

Family Mart
au
Plaza Shopping Center
Park
To Futenma & Foster
Pizza House
Kinsler Gate #3
To Foster Legion Gate

Enjoy great teppanyaki just five minutes from Camp Kinsler!

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

Mihama

FOUR SEASONS

Mihama Ferris Wheel
Starbucks
To Foster, Futenma, Kinsler
Camp Lester Navy Hospital
Kedans gate #1

2-5-2 Chatan, Mihama Town
TEL(098)926-1329
Open Hours: 11:00 -

*Mihama Branch does not accept reservations.