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Okinawa Kenpo

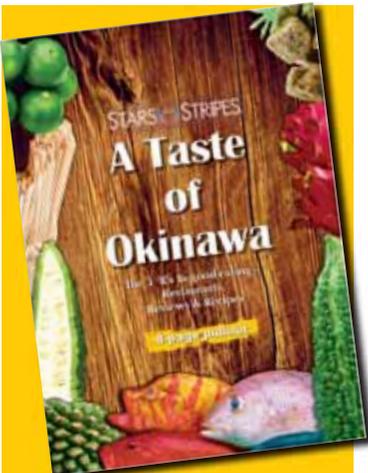
Birthplace of karate fights for tradition as Olympic sport goes global

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Special 8-page pullout inside!



U.S. Marine Corps Gunnery Sgt. Malina Shippen, left, receives her 1st place prize.

'WHAT COMES AROUND, GOES AROUND'

Kinser gunny shows the true meaning of Christmas

STORY AND PHOTOS BY PFC. COURTNEY ROBERTSON, 3RD MARINE LOGISTICS GROUP,

CAMP KINSER – "I knew I was going to give it away," said Gunnery Sgt. Malina Shippen about the prize she won during the Jingle Bell Fun Run and Games on December 6, 2019. "Everything I won I gave away."

To raise morale during the holiday season, 3rd Marine Logistics Group units host an annual Jingle Bell Fun Run and Games for their Marines and Sailors. This year, Shippen, a supply operations chief with Supply Battalion, Combat Logistics Regiment 35, 3rd MLG, joined 40 other Marines and Sailors in a game of rock-paper-scissors in hopes of winning a \$1,000 voucher from Delta Airlines.

Shippen started winning her matches and

eventually found herself in the final rock-paper-scissors round against Pfc. Leidy Becerra. At the conclusion of the exciting round, Shippen became the Jingle Bell Games rock-paper-scissors champion and won the \$1000 Delta Airline voucher prize.

However, Shippen did not personally walk away with the prize. Immediately after winning, she selflessly gifted her prize to Becerra.

"I was talking to her in between rounds, and she was just so happy and giddy," remembered Shippen. "I asked her if she was going to go home this year for the holidays and she said, 'No, I'm going to go home if I get the ticket!' She was just so excited. I knew then I was going to give it to her if I won."

SEE CHRISTMAS ON PAGE 3

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‘Women definitely taking charge’

STORY AND PHOTOS BY
SGT. RAQUEL VILLALONA,
38TH AIR DEFENSE ARTILLERY BRIGADE

OKINAWA – In an air defense first, the 1st Battalion, 1st Air Defense Artillery Regiment’s female command team leads their battalion to the forefront of a growing trade.

With more than 40 years of combined service, Lt. Col. Rosanna M. Clemente, air and missile defense officer, and Command Sgt. Maj. Melissa Calvo, air defense artillery senior enlisted advisor, guide and train more than 570 troops on rapid modernization air and missile defense capabilities to counter existing and future aerial threats in the Indo-Pacific region.

“It’s a unique situation to work with our bilateral Japan Self-Defense Force partners as well as joint maritime, fires, and aviation elements to accomplish a real-world mission,” said Clemente, Wood-Ridge, New Jersey native. “We are the first line of defense as the only Patriot Missile Battalion in the

Pacific and continue to protect the force from air and missile threats against the U.S., our deployed forces, and our allies. It’s a tremendous responsibility and honor that both Command Sgt. Maj. Calvo and I share as a command team.”

The 1-1 ADA command team seeks to improve warfighting capabilities through a myriad of annual exercises, increasing the battalion’s ability to maintain its four firing batteries. This environment also requires a certain equilibrium, which Calvo strives to achieve for Soldiers under her care.

“The operational tempo of our unit is very fast-paced with many multi-domain and bilateral training exercises. Maintaining ready-Soldiers who have a healthy life-work balance is important,” said Calvo, Tuscon, Arizona native. “This is a three-year tour and I’m fortunate to have my husband, Juan, daughter, Ashley, and Soldiers to keep me going every day.”

Clemente said women who have defied gender roles have



Lt. Col. Rosanna M. Clemente, commander, 1st Battalion, 1st Air Defense Artillery, and Command Sgt. Maj. Melissa Calvo, 1-1 ADA senior enlisted advisor.

created opportunities for others to pursue their passions and demonstrate their capabilities to the world.

“Our battalion has an approximately seven to 10 percent female demographic, but amongst those, many are in leadership positions such as battery commander, first sergeant, platoon leaders, and squad leaders,” said Clemente. “All of the Soldiers are doing exceptionally well, but the women are definitely taking charge.”

Clemente, commander of 1-1 ADA since June 2019, describes

being a battalion commander as one of the most rewarding experiences.

“Being part of the 1-1 ADA team has been the greatest time of my career,” Clemente said. “I absolutely love coming to work every day and take every chance I can to speak with the Soldiers – they are talented, smart, and incredibly resilient. I learn something from them every day and I would not trade a minute of this awesome opportunity.”

SEE WOMEN ON PAGE 8



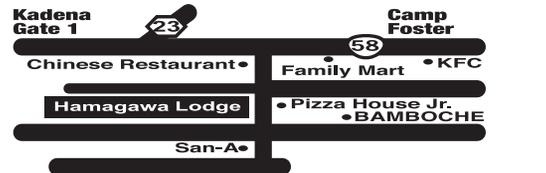
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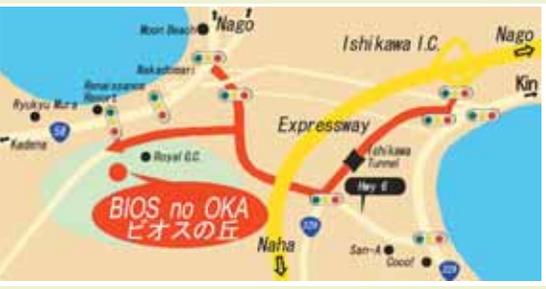


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459th LRS airman saves life during trip to Kadena

STORY AND PHOTOS BY STAFF SGT. CIERRA PRESENTADO, 459TH AIR REFUELING WING

JOINT BASE ANDREWS, Md – “I can’t let him drown, if I panic, we could both possibly lose our lives; focus, breathe, and get him to shore.”

These thoughts that ran through Tech Sgt. Kyle Waddy-Jordan’s head as he fought to get his wingman safely to shore.

Waddy-Jordan is a material management craftsman with the 459th Logistics Readiness Squadron. While on annual tour with his squadron at Kadena Air Base, Japan, the team decided to have a morale function at one of the nearby beaches outside the base. While the team was on shore, one Airman ventured out to the floating obstacle course that was about 13 feet away in the ocean.



Senior Airman Adetokunbo Osibowale



Tech Sgt. Kyle Waddy-Jordan

“I was in the water and saw that there was an obstacle course nearby,” said Senior Airman Adetokunbo Osibowale, 459th LRS material management journeyman. “I decided to go check it out.”

As Osibowale began wading out to the obstacle course, suddenly, he dropped about seven feet under water. Panicking, he came up to the top and began screaming for help.

“I was in the water and all of a sudden I heard a scream for help. I looked over and saw Airman Osibowale about 10 feet away going under and coming up flailing his arms, choking and screaming,” Waddy-Jordan said.

At this moment, Waddy-Jordan realized he was the only other person in the water and the closest to Osibowale. He immediately began swimming over to the panicking Airman while trying to stay calm himself.

“I swam about 10 feet to him and grabbed him and brought him above water; he started panicking and began dragging me under as well. I knew I needed to stay calm or else we both may end up drowning,” Waddy-Jordan said.

Waddy-Jordan began yelling for help in hopes that his team will hear and come over to help. The team jumped in the water, swam over and began dragging both Airmen out the water to shore.

“We got him out the water and saw that he went unconscious, we were getting ready to start CPR when he came to,” Waddy-Jordan said.

Osibowale, who was not an experienced swimmer, gained consciousness and immediately expressed his gratitude for Waddy-Jordan saving his life.

“I had no clue there was a drop in the water, there were no signs or anything,” Osibowale said. “I am grateful Tech. Sgt. Jordan was there to save life. If it wasn’t for him being there, I may not be alive right now.”

Waddy-Jordan shares how his experience has made him understand the importance of staying calm in situations that could possibly affect someone’s life.

“This situation easily could have been tragic. If I would have panicked, we both may have drowned,” he said. “I advise people to always have a buddy with you when you are in an open body of water and make sure people know exactly where you are. You never know what can happen.”

Waddy-Jordan’s leadership shares how grateful they are for his actions.

“It does not surprise me that those were the words, thoughts and actions of TSgt Waddy-Jordan,” said 1st Lt. Astin Moore, 459th Air Refueling Wing installation deployment officer. “While he is often quiet and reserved, one thing about him is that he is ALWAYS looking out for his Airmen. Constantly looking for the best way to help and support them while staying calm and ensuring not to make any situation worse, because he thinks first and acts second! In this situation it wasn’t PME, growth, or training but ensuring his Airman has the opportunity to spend more time with his friends, family and loved ones.”



Gunnery Sgt. Malina Shippen and Pfc. Leidy Bacerra compete in a blinded game of rock-paper-scissors during the Reindeer Games on Camp Kinser on Dec. 6.

CHRISTMAS: Kindness rubs off

CONTINUED FROM PAGE 1

Shippen explained that she grew up very close to her big family, which included six brothers and sisters, in Philadelphia, Pennsylvania. She felt lucky that her first duty station was Camp Lejeune, North Carolina and was relatively close to home. She would go home frequently for the holidays, and it was a very happy time of year for her.

“The first time I got to go home I had just gotten my car and I was so scared to take the freeway, so my sergeant at the time helped me with gas money and driving because he also lived close by,” she said. “When we got to his house, I recognized [it was] my aunt’s house. It turned out he was family! Christmas time is a very magical time of year. Christmas is my thing.”

When Shippen was a sergeant she was stationed in Twentynine Palms, California. It was the holiday season and she experienced her first act of kindness. She explained this as “where it all started”.

“I was at Walmart with my child, she was about a year old. I was juggling her and everything around, then there was this random guy, who was just so nice,” she said. “He pushed the cart for me, he was making my daughter happy, and then when we got to the register he paid for my stuff! At first, I felt bad. I didn’t want to look broke. So I asked him [if that was why] and he said, ‘No, it’s nice to see a young lady taking care of her kid and I just want to do something special for you.’ I asked him if there was anything I could give him. He told me, ‘No, just pay it forward.’”

After 18 years of service, Shippen explained that during the holiday season her concern for

Marines rises. She emphasized the pain of family traditions being broken.

“When [junior Marines] get to their [first] duty station and they don’t know if they can go back home to those traditions, I’m sure they miss it,” she said. “I know it hurts them.”

Shippen expressed her experience missing out on traditions with her own family and how it made her feel further away from them.

“I know I’m okay,” she said. “I got my daughter and my cat. For these junior Marines - who do they have? Other Marines.” She suggested that everyone should be more cognizant of their peers’ feelings and look out for one another.

Shippen’s daughter, at just eleven years old, has taken her mother’s selflessness to the next level.

“I’m glad it rubbed off on my daughter,” said Shippen. “She collects these little dolls and she doesn’t really play with them. She keeps them all in boxes. So this year, she wants to give all the boxes away to less fortunate kids.”

To Shippen, Christmas time is ‘truly magical’. She believes in spreading joy and looking out for those around her. In her experience, paying good deeds forward is infectious.

When Shippen gave her voucher to Becerra, the Delta crew found it so heartwarming, they presented her with a \$500 voucher.

“What comes around goes around,” said Shippen.

“That’s the magic to it,” she said. “Once you take that extra step and extra effort to do something for someone else, it truly changes you as a person.”

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BIRTHPLACE Karate FOR TRADITION OLYMPIC SPORT

STORY AND PHOTOS BY EMILY ISAACMAN,
STRIPES OKINAWA

SHURI — Kina's karate dojo is easy to miss, hidden in a small wooden house set back from a narrow side street. The darkened front yard looks abandoned, save for makeshift barbells — two cement blocks connected by a steel pole — sunk in calf-high grass.

The dojo itself isn't much. It's more a shack than a studio, with a gaping hole left in a wall by a typhoon and cracks in the plaster. A 2012 calendar hanging in the back instructs students: "It's better to do something one time than be told to do it 100 times."

One night last March, the hardwood floor creaked as teenagers in white karate uniforms with "Okinawa Kenpo" patches chased their sensei across the room and punched blue striking pads strapped to his forearms.

"Hai! Oh, good punch!" teacher Josh Simmers yelled, alternating between Japanese and English. "C'mon, more, more!"

The six students then split into pairs to

drill a series of moves known as "kata." The sequence of kicks and punches finished with half the students thrown to the hardwood floor and their partners' fists inches from their faces.

The "Okinawa Kenpo Karate-Do Kyokai Kina Dojo" was founded more than 30 years ago in Shuri, an Okinawan castle town considered one of three places on this southern Japanese island where karate developed over the centuries.

While places like Kina's dojo are considered the home of karate, the martial art has spread far from its roots.

In the decades since World War II, karate has gone international, with some 100 million practitioners around the world. Next summer, the sport will reach the pinnacle of global acceptance when it appears for the first time at the Tokyo Olympics.

But traditionalists say the transformation of karate into an international competitive sport threatens to undermine its centuries-old focus on spirituality and character. As athletes around the world train for Olympic medals, Okinawan karate activists and the local government are mounting a campaign to preserve their time-honored karate style.

Experts agree there are little or no technical differences between international sport karate and Okinawan karate. But Okinawans argue the intention and spirit of traditional karate is different from the international style.

International sport karate focuses on scoring points and winning competitions. Traditional karate emphasizes a lifelong commitment to understanding the art per intentions of the founding masters. Traditionalists consider titles won in competitions irrelevant and temporary.

The dojo run by Toshimitsu Kina, 77, is one of nearly 400 neighborhood dojos in Okinawa that claim to teach karate in its foundational form.

Kina has dedicated himself to martial arts for more than 60 years. He holds a third-degree black belt in judo and a ninth-degree black belt in karate, the second to highest level.

But even Kina's dojo is adjusting to changing times: Kina transferred his weekly class to Simmers, an American Army veteran, this year. Kina now monitors training sessions like the one that night in March from a seat in the corner, arms folded and bushy white eyebrows furrowed.

It was not an easy transition. Simmers, 43, trained in the Okinawa Kenpo style in the U.S. under Kina's top protegee. When Simmers moved to Okinawa in 2015, he waited almost three years before securing an invitation to Kina's dojo.

"You had to prove yourself," Simmers said. "Especially as an American."

Accepting a foreigner, though, doesn't

mean buying into the way karate is practiced outside Okinawa — even in other parts of Japan.

The international sport karate community has spent decades pushing for a spot in the Olympics. When Kina was asked about the 2020 games, he just shrugged.

"It's completely different from what we do," Kina said.

'Martial art of peace'

Little documentation can show exactly how or when karate began, but historians trace its foundations to Okinawa when it was the center of the Ryukyu Kingdom starting in the late 14th and early 15th centuries.

The most commonly understood account claims karate began as "te," an open-handed fighting technique inspired by Chinese martial arts. Japan annexed Okinawa in 1879, and karate became popular on the mainland in the 1920s.

The so-called "martial art of peace" suffered greatly in World War II with the Battle of Okinawa in 1945, which killed some 200,000 people and reduced the island to rubble.

Kunio Uehara, chief of the Okinawa Karate Information Center, said the spirit of karate helped survivors cultivate patience and hope as they recovered from the war. He likened the effects of karate in Okinawa to attending church in the West.

"This culture helps people inside," he said. "Mentally, not physically."

The U.S. military occupied Okinawa from 1945 until it was turned over to Japan in 1972. American soldiers stationed here jump-started karate's internationalization as they brought the practice home with them.

"The Karate Kid" movies appeared in the 1980s, and dojos started to become common across the U.S. But Uehara said training in Okinawa for one or two years, as American troops did, was not enough to learn an art that takes a lifetime to master.



Toshimitsu Kina, 77, demonstrates how to use a traditional karate weapon called sai. Kina has trained in martial arts for more than 60 years.



American army-veteran Josh Simmers teaches weekly classes on Wednesday nights at Kina's dojo in Shuri, Okinawa.

CE OF FIGHTS TION AS GOES GLOBAL

Now Okinawans are working to assert ownership of karate.

The local government moved to guide the development of karate in 2017 with the establishment of the Karate Kaikan, a sprawling white complex with training halls, a research room and a historical exhibit showing how karate evolved into a global phenomenon.

“Our goal is to make sure karate is not changed,” Uehara said.

Karate is also becoming part of Okinawa’s tourism industry.

Uehara said the best way to teach foreigners “correct” karate is to invite them to Okinawa to experience first-hand the traditional form. He helps arrange classes for visitors at the Kaikan or approved dojos, and a growing number of “karate tours” take foreigners to karate monuments, shrines and dojos.

Uehara visited America in 1980 on a study abroad trip. He said the Americans’ training looked easy, and their motions weren’t sharp. He noticed they tied their karate belts on the side of their hips, while Okinawans always form the knot in the center for the “fighting spirit.”

He said he was astonished.

“U.S. karate is another karate to me,” Uehara said.

Commercialization

Less than three miles from Kina’s dojo, British-born James Pankiewicz teaches traditional karate to people from all over the world in an atmosphere far from Kina’s worn-down shack in Shuri.

A large white sign runs atop the length of the storefront, about a 10-minute walk from Kokusai Dori, Naha’s main tourist drag packed with vacationing Chinese. Compared to dojos like Kina’s, the Asato Dojo is easy to find.

“My dojo is a bit of an exception,” Pankiewicz said.

The Asato Dojo has red mat floors often seen in sport karate studios. A section in the back of the room presents shirts and other merchandise for sale.

As recent as five to 10 years ago,

foreigners needed contacts in Okinawa to visit and train at dojos, Pankiewicz said. He opened his dojo in 2018 as part of a growing push to make Okinawan karate more accessible. One class costs about \$19.

On a Tuesday night in March, Pankiewicz led consecutive sessions of supplementary exercises and karate technique to visitors from Brazil, China and the U.S. They spoke different languages and came from separate schools of training, yet they all wanted to practice where karate began.

“Okinawa, for karate, is a mecca,” Pankiewicz said.

The first half of the night involved a training circuit to strengthen muscles needed in karate. They punched with dumbbells in their hands to practice maintaining alignment while fatigued and lunged across the floor holding heavy “gripping jars” in their hands to strengthen their core.

Pankiewicz timed the exercises with an app on his smartphone.

After practicing “kata” and wiping the floor with paper towels — cleaning the dojo is a customary practice — Pankiewicz invited his students across the street to his other business: the Dojo Bar.

Commercialization is on full display here at Okinawa’s first karate-themed, international-style sports bar.

“This place is like a karate geek’s paradise,” James Newman, a tourist from Washington state, said as he walked in.

Sharpie-signed signatures of names, countries and dates cover the walls. Patrons can pick from western or Okinawan foods including cheesy potato wedges, gyoza, Caesar salad and somen noodles.

Photographs of famous karate masters crowd the space above the fully stocked bar, and T-shirts for sale hang in the back. A Hawaiian-style shirt with pictures of the Dojo Bar and karate practitioners had a \$110 price tag advertising “karate island wear born from the cradle of karate,” referring to Okinawa.

Around 10 p.m., Newman mingled at the bar with a Brazilian man and Simmers, the teacher at Kina’s Dojo who also trains with Pankiewicz. They started a heated discussion over the best type of karate uniforms, known as gi, based on observations from class that night.

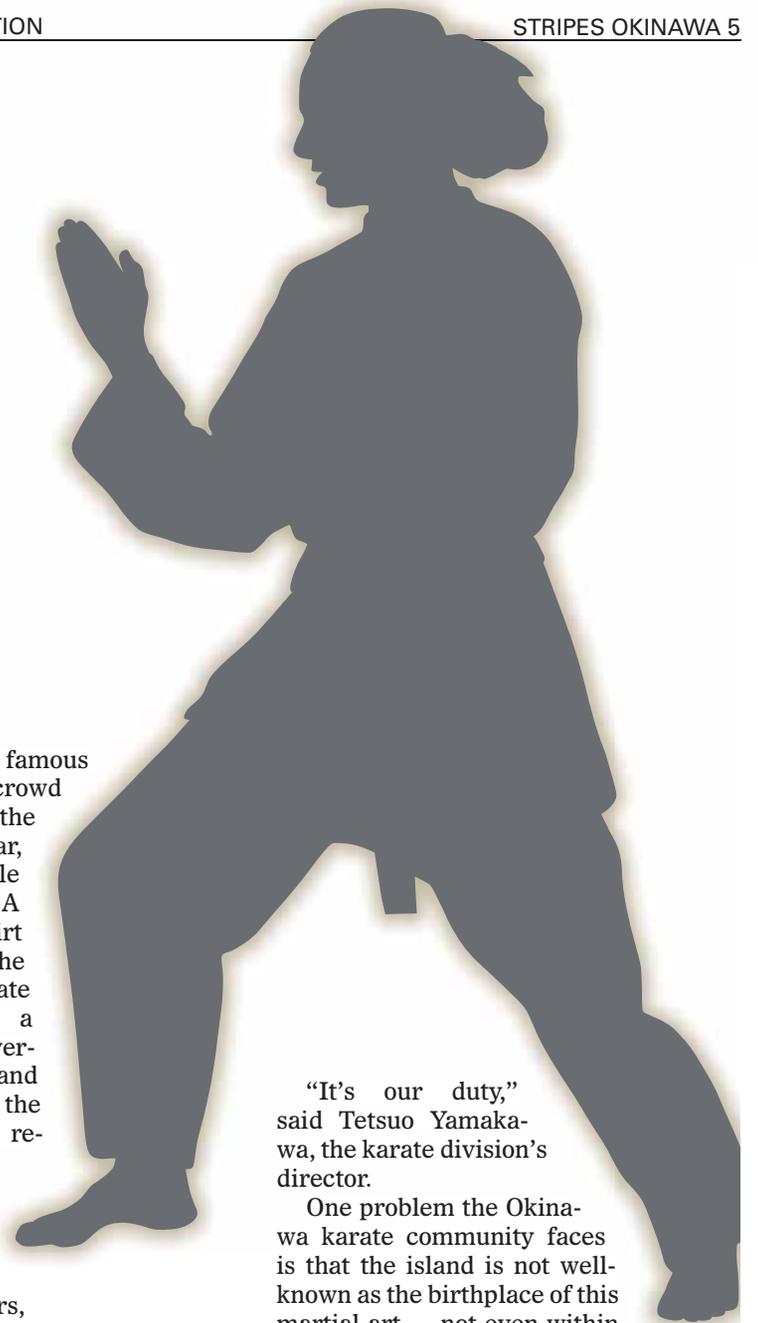
Simmers and Newman made plans to go to Shureido, a karate equipment shop nearby, to pick out a new uniform the next day.

Simmers said the bar serves as a launching pad to help tourists connect and find places to train.

“If you don’t have a Dojo home, you come to the Dojo bar,” he said.

‘It’s our duty’

In April 2016, four months before the International Olympic Committee approved karate for the Tokyo Games, Okinawa’s governor created the Karate Promotion Division to preserve and pass down “Okinawa Traditional Karate.”



“It’s our duty,” said Tetsuo Yamakawa, the karate division’s director.

One problem the Okinawa karate community faces is that the island is not well-known as the birthplace of this martial art — not even within Japan. A 2017 survey by the Karate Promotion Division found 96 percent of respondents in Okinawa knew karate originated on the island. But that number dropped to less than 35 percent in the rest of the country.

The numbers illustrate a divide between Okinawa and Japan.

Okinawa has been part of Japan for nearly half a century, but people refer to karate as either Okinawan or Japanese. Both categorize karate as culture, rather than a sport, but they are separate organizationally. Japan has a national karate organization that does not include Okinawan karate.

Yamakawa intends to raise the profile of Okinawa karate’s more than 80 “kata” by registering them on the United

SEE KARATE ON PAGE 6



A special dojo called Shurei Hall is located near the main Kaikan building.

KARATE: Each 'kata' carries meaning

CONTINUED FROM PAGE 5

Nations Educational, Scientific and Cultural Organization list of Intangible Cultural Heritage. Kata are the codified sequences of movements at the core of the artform's practice.

Each kata, Yamakawa said, carries meaning, and changing even slightly one of those movements changes that meaning.

This goal is one of many included in the office's 20-year "vision" for preserving and protecting traditional Okinawan karate. The document describes the mission of traditional karate to carefully develop karate as it was created by Okinawa's predecessors.

It outlines ways to promote karate tourism, organize international events and improve communication among the many styles in the Okinawa karate community.

No goals reference the Olympics.

Earlier this year, the IOC announced karate would likely not appear in the 2024 Summer Games in Paris. Several national karate associations condemned the decision. The World Karate Federation launched a social media campaign defending the sport before the committee finalizes the decision in December.

Yamakawa did not see this as a big deal. To him, an Olympic medal is less valuable than passing down karate in its true form. He said he wants the world to experience the discipline, confidence and kindness traditional karate can impart.

"We want to make this world happy through this karate training," he said.

In 2018, the government organized "The 1st Okinawa Karate International Tournament" to judge competitors on how well they adhered to traditional forms. The event in the Kaikan's main hall drew more than 1,000 people from about 40 countries.

But not everyone in Okinawa agrees with using global outreach to preserve a treasured tradition.

In March, the Okinawa Karate Information Center released the first public list of Okinawa dojos. Of the 386 dojos recorded in a 2016 survey by the center,



Kunio Uehara, director of the Okinawa Karate Information Center, stands in front of tournament posters in his office at the Karate Kaikan. Uehara connects tourists with Okinawan dojos to help spread traditional Okinawan karate.

only 191 agreed to be included.

Kina's dojo is not on the list.

Though an American now teaches class, speaking English while everyone else speaks only Japanese, Kina's dojo remains like a family.

Kina grows banana trees in his dojo's backyard and shares the fruits with his class when they're ripe. When his home was destroyed in a 2016 fire, Simmers and another American organized a fundraiser.

Simmers said this show of support, in addition to running into Kina at various karate seminars and tournaments, helped him gain Kina's approval.

"I think that opened up his eyes a little bit, opened up his heart a little bit," Simmers said.

Kina promoted Simmers within months to a fourth degree black belt. At Kina's dojo, this level denotes a licensed teacher who is allowed to accept fees for classes.

After class that night in March, the group bowed to each other before cleaning up.

They bowed their heads to the floor.

Each student told Kina five good things they did in the past week.

"I did the laundry," one boy said.

"I threw out the garbage," another shared.

Kina gave his students Snickers and crackers before they scrambled home in the darkness.

Someday Kina will select a disciple to follow his path as president of the Okinawa Kenpo organization. He hasn't made an official announcement since he's still healthy and able to lead, but there's speculation he will choose his brother or the senior student who trained Simmers.

Sometimes, after the teenagers go home, adults show up — black belts only — and Kina stays an extra hour to teach them himself. In traditional karate the close bond between master and student is valued more than a room full of participants.

No adults came that night, though.

The dojo was now quiet. The sliding doors opened to the front garden. Bricks that Kina used to break with his bare hands lay outside in the overgrown grass.

Alone with his thoughts, Kina wandered to a post dividing the open-door frames and began to punch.

His fist thumped on the wood over and over again.

Emily Isaacman is in her third year at Indiana University, where she is studying journalism and political science. Emily traveled to Okinawa over spring break for a reporting course. She works for IU's student newspaper, the Indiana Daily Student.

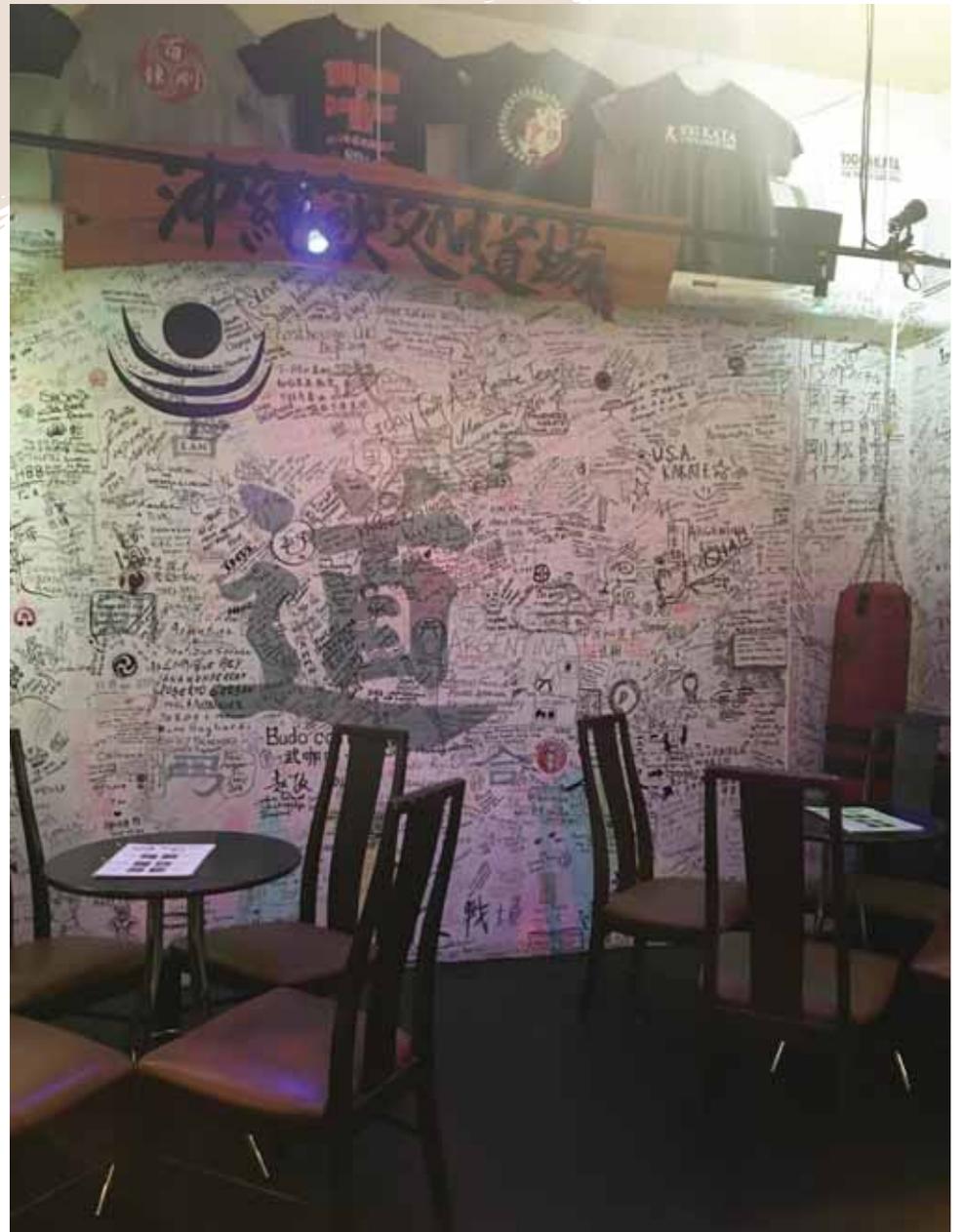
Students slid across the wood on their bellies, rolled over and wiggled back. They contorted into backbends for the final pass, inching across the floor upside down.

Huffing and puffing, they sat around a green punching bag strapped to a pole in the center of the room and waited for Kina to initiate the last routine of the night.

Kina stood from his chair. The students and Simmers knelt before him. A boy led a call-and-response and they all sat quiet for a moment, eyes closed.



The Dojo Bar is located at a street corner in Asato, Okinawa.



Walls inside of the Dojo Bar in Asato, Okinawa, are covered with signatures of visitors from all over the world. James Pankiewicz opened the international karate-themed sports bar in 2011.

Stripes Sports Trivia

The stories and highlights of Bo Jackson are hard to top. Baseball, football, track – he did it all. And did it all at a high level. The once-in-a-generation athlete seemed super-human at times. Unfortunately, though, Bo was human, and injuries cut his NFL career short. He played in only 38 games to be exact. He played 45 at what university?

Answer

Auburn University

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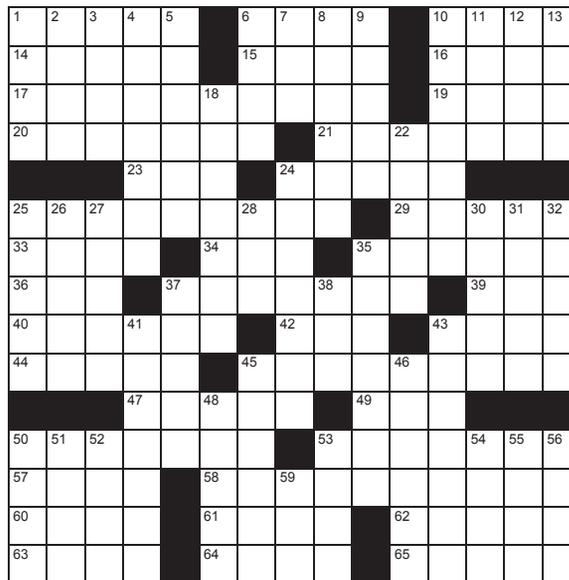
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The Weekly Crossword

by Margie E. Burke

ACROSS

- 1 Targeted, with "in on"
- 6 Tub toy
- 10 Gold medalist Lipinski
- 14 Immature egg
- 15 Heavy drinker
- 16 Desktop feature
- 17 Merchandise movers
- 19 Reunion attendee
- 20 Mournful
- 21 Actresses Ralston and Rolle
- 23 Guggenheim display
- 24 Not moving
- 25 Like Steve Austin of WCW
- 29 Lookout point
- 33 Sword handle
- 34 Hole-making tool
- 35 Mall attraction
- 36 Well-worn
- 37 Kristen or Patrick
- 39 Something to check
- 40 Loathsome
- 42 Indignation
- 43 Massive
- 44 H.S. students
- 45 Harvard or Columbia, for Obama
- 47 Move like a top
- 49 Cookie container
- 50 Salad ingredient
- 53 Street surface
- 57 Wrapped up
- 58 Emphasize
- 60 Gardener's spring purchase
- 61 Deck feature
- 62 Skin disease
- 63 Aardvark fare
- 64 Spot
- 65 Intense feeling



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- 3 Eastwood played one in 2018
- 4 Polished and posh
- 5 Covet
- 6 Coalition
- 7 1956 film, "___ Miss Brooks"
- 8 Move up the ladder
- 9 This one and this one
- 10 Use a torque wrench
- 11 One to grow on?
- 12 Engine sound
- 13 "No ifs, ___ ..."
- 18 Tycoons, slangily
- 22 Blue eyes or baldness, e.g.
- 24 Bitter feeling
- 25 Photo session
- 26 Diacritical mark
- 27 Any Platters platter

- 31 Likeness
- 32 Raring to go
- 35 Brahma, in Hinduism
- 37 Raw fish dish
- 38 Hand holder?
- 41 Moving ahead
- 43 Trackman's transit
- 45 Combat zones
- 46 Bad atmosphere

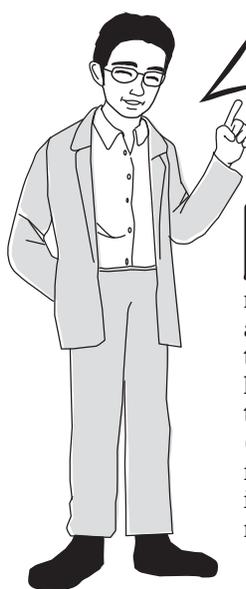
- 48 Condition
- 50 Civil Rights figure Parks
- 51 Chef's need
- 52 Get together
- 53 Trust, with "on"
- 54 007
- 55 Hence
- 56 Bucks and does
- 59 Party bowlful

Answers to Last Week's Crossword:

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

DOWN

- 1 Firefighting aid
- 2 D.C. office



DID YOU KNOW?

Many Japanese foods are considered superfoods. Fermented foods include natto, miso, shoyu (Japanese soy-sauce) and amazake; teas - matcha, green tea, bancha (course tea); seaweeds - konbu (kemp), nori, hijiki, kanten; and traditional natural foods - umeboshi (pickled plum), genmai (unmilled rice), tofu, soba, and azuki are all low in calories and contain many superb minerals.

Kanji of the week

浦

Ura (Creek)

Language Lesson

Please. Thank you. You're Welcome.

Doozo. Arigato. Dooitashimashite.



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SUDOKU

Edited by Margie E. Burke

Difficulty: Easy

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

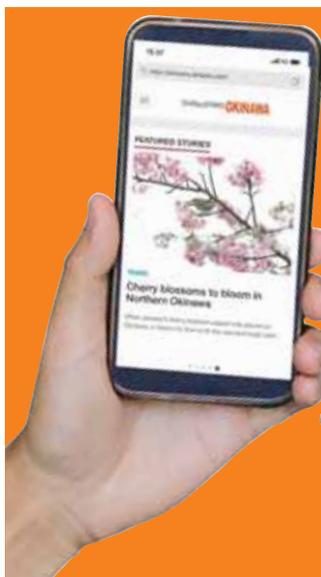
HOW TO SOLVE:

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:

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

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WOMEN: ‘Gender should not matter’

CONTINUED FROM PAGE 2

Clemente attributes her family as one of her driving forces to serve.

“My god mother, Lt. Col. (retired) Minda Casapao, served as an Army nurse during the Gulf War and provided guidance throughout my career,” said Clemente. “I come from a family of immigrants that migrated from the Philippines to the United States, so I serve to give back to a country that has given my family so much and to emulate my god mother.”

Calvo attributes female fore-runners before her as the fact that she is here.

“I knew coming into air defense as a Private Second Class in 1996 that the profession had recently opened up to females,” Calvo recalls. “Initially, my

mindset was just to survive and never imagined that I would be where I am today. I had always looked up to, Sgt. Maj. (retired) Evelyn Hollis, educator for the NCO Leadership Center of Excellence, for becoming the first female Command Sergeant Major in the Air Defense branch and leading the way for others like myself to follow. I had aspirations of becoming the first female Command Sergeant Major in the branch before Sergeant Major Hollis took the title. Obviously that didn’t happen, but it gave me the courage to strive for even higher positions of responsibility within my career and I hope to be that inspiration for my Soldiers as Sgt. Maj. (retired) Hollis was for me.”

Calvo advises professionals to lean on competence, not complacency to overcome any

biases.

“You need to take the tough jobs to gain experience and put yourself out there so that people can see what you can do,” said Calvo. “If you don’t put yourself in positions to showcase your commitment as a leader and how you take care of Soldiers, no one is going to notice you or your dedication to the Army and its Soldiers.”

Clemente points to a cornerstone of dignity and respect when it comes to leadership – regardless of gender, ethnic, or socio-economic background.

“I think sometimes people are caught off guard when they meet Command Sgt. Maj. Calvo and me. They didn’t expect to meet two women to make up the command team – and I’ve always tried to steer people away from that observation because

as long as we treat each other with dignity and respect for what we have to offer as leaders and contribute to the unit and the Army as Soldiers – our gender should not matter,” Clemente asserts. “At the end of the day, shaping and motivating our Soldiers to think creatively, demonstrating genuine care for our Soldiers and each other, and building efficiency into the systems of our craft as air defenders will enable our success. It’s an art and skill that constantly requires honing and sharpening. Very simply, I hope that the leadership style and approach that Command Sgt. Maj. Calvo and I have adopted as a command team speaks to our Soldiers and encourages them to develop the tools and skills they need in order for them



Clemente and Calvo conduct an interview Oct. 1 on AFN Radio.

to achieve their dreams...and along the way, become the best air and missile defenders for our country.”

The 1-1 ADA command team continues to spearhead the defense of Japan in the Pacific Theater of operation while inspiring their Soldiers to succeed and reach for more. For this air defense command team, the skies are the limits.



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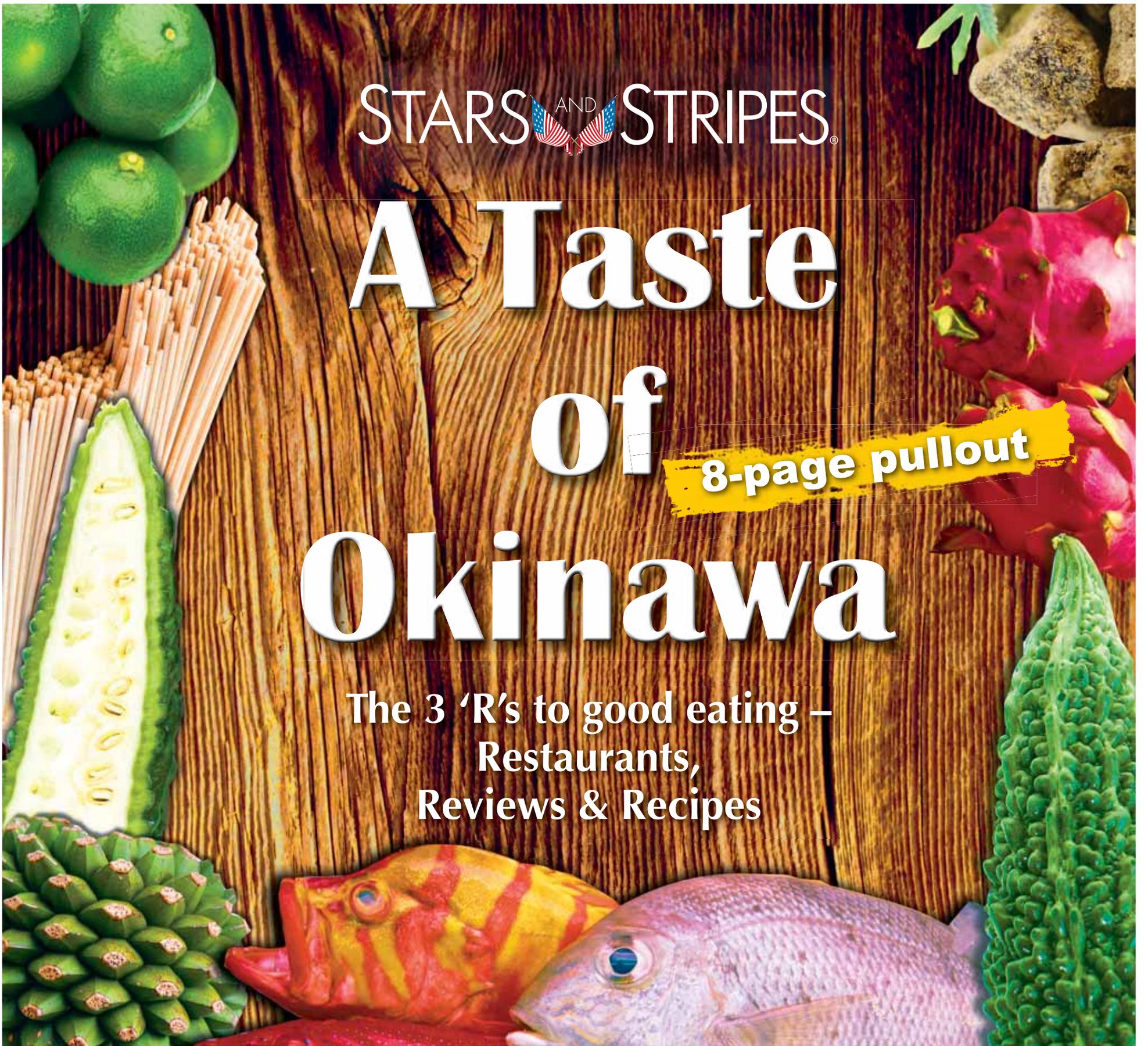
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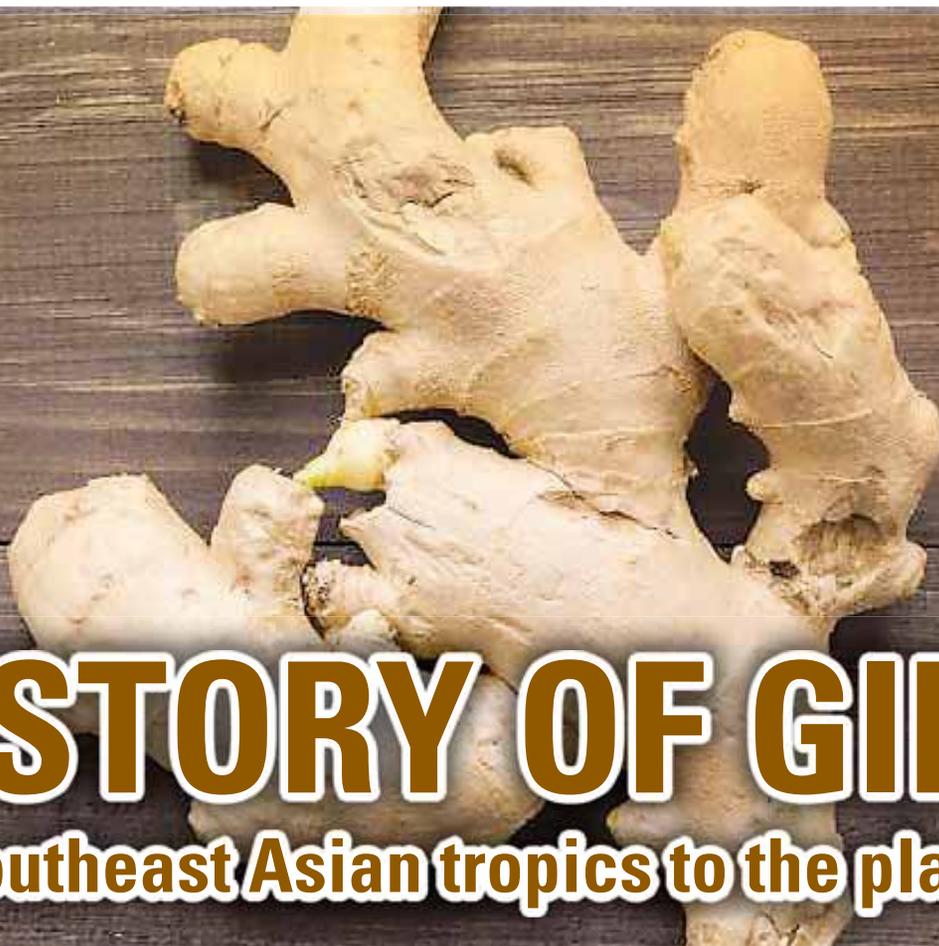
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Sam's Anchor Inn celebrates its 50th

Sam's Anchor Inn celebrates its 50th anniversary this year. The restaurant interior represents a sailing ship during the Age of Discovery. Customers can enjoy the finest steak and fresh seafood in a Teppanyaki style. Many well-known figures like Neil Armstrong, Sting, Mark Spitz, Tex Ritter, Four-Star Generals, Congressmen, Sister Hazel have visited here. All Sam's Restaurant Group stores offer 50th anniversary special deals from Jan. 16-Mar. 31. There will be a campaign also with wonderful prizes of a hotel voucher and a lobster.

RESTAURANT INFO



THE STORY OF GINGER

From the Southeast Asian tropics to the plates of Japan

STORY AND PHOTOS BY
LIISA WIHMAN,
METROPOLIS MAGAZINE

A soft pink hill of pickled ginger, often nestled beside a green plastic leaf, is as signature to traditional Japanese cuisine as are the small seafood-topped pillows of rice it accompanies—sushi.

Both the mature, brown-skinned ginger root shoga and the tender, pink-skinned young root shin-shoga are common in Japanese cuisine, chopped and grated into a wide variety of marinades and dishes from pork shogayaki to chicken meatballs. Ginger is also an important ingredient in many types of tsukemono (Japanese pickles), from the pink, vinegar-pickled ginger gari eaten to cleanse the palate between different types of sushi, to beni shoga, a bright red ginger pickle that often sits on top of everyday dishes like yakisoba, okonomiyaki and curry rice.

Not many would guess that this knobbly, aromatic root had to cross continents and take help from monks to become such an indispensable part of the Japanese food landscape.

While the history of sushi reaches over a millennium backwards, the cultivation and

use of ginger is even more ancient. As a species, it is thought to originate from the tropics of Southeast Asia, where the lantern-like flowers of its wild relatives brighten up the steamy forests. Botanically, it belongs to the vast family of Zingiberales, to which cardamom, galangal, turmeric and other familiar culinary species also belong. Even bananas and plantains are distant relatives to ginger. Ginger also has a botanical cousin called myoga with mildly ginger-flavored, soft purple flower buds that are used in cooking. The buds can be barbecued on skewers, or sliced thinly and served as a fragrant garnish in foods.

But of all these, the humble ginger may have the longest history in human cultivation. Not only is it unknown in the wild, ginger can also—unlike its relatives—only be cultivated by dividing the root and not by growing it from seeds. Archaeological finds from settlements of the early inhabitants of India and China indicate that they cultivated and used ginger as long as 7,000 years ago.

The first written records of ginger appear in China some two and a half millennia ago. These early texts are said to be written by Shennong, “Divine Farmer”, who is recognized as the father of traditional Chinese

medicine. In order to evaluate herbs and describe their suitability as remedies, he is said to have tasted tens of different herbs daily. He miraculously survived the process to author the legendary Shennong Bencao Jing, the first book about herbal medicine in China. In it, ginger is noted for its healing properties—a strengthening herb that is capable of maintaining health and wellbeing.

One Chinese proverb goes, “food and medicine share the same roots.” Ginger’s medicinal qualities added another advantage to using the spicy and aromatic root. It became a staple in Chinese cuisine, prepared and consumed in a remarkable number of ways: ginger wine and ginger-flavored tea; honeyed ginger, chopped or grated in sauces and marinades; and even as pickled condiment. The great Chinese philosopher and teacher Confucius himself demanded that ginger was never to be removed from the table during his every meal.

Ginger arrived on the shores of Japan from China and Korea during the early first millennium, when cultural contacts between the countries brought knowledge of Chinese traditional medicine and use of herbs for healing. Later, during the Nara Period (710-794 CE), as Buddhism spread throughout the islands, Chinese traditional medicine went hand-in-hand with its teachings. Buddhist monks used herbal medicine to treat locals while teaching them about Buddha—an excellent way to create respect, spread knowledge and gather followers for both fields.

When ginger found its way to Japanese food plates is uncertain, but its connection to medicine prevailed. To this day, herbs and vegetables that are used to garnish Japanese



foods are called yakumi, which means “condiment” but also “medicinal flavor.” The word is thought to have derived from the herb-filled mixtures used since ancient times by practitioners of Chinese medicine. An ideal yakumi garnish is not just pretty to look at but also good for the health, a combination for which ginger may be the poster child.

Nowadays, ginger drinks are common home remedies used year-round. Shogayu is a ginger tea with a soothingly soupy consistency used as a home remedy to treat the common cold, as the spicy root is believed to warm up the body in chilly weather. During the humid summers, a sweet, cold ginger drink called hiyashime is thought to help with tiredness caused by the heat. Another sweet treat is candied ginger, shoga no sato zuke that is sometimes taken against travel and morning sickness—or just as a fast pick-me-up on the road.

With such a significant role to play on the culinary and home remedy scene, it is no surprise that ginger features even in other areas of Japanese culture. Anime fans can follow the long-published Inuyasha manga series by Rumiko Takahashi, where the prickly Shoga

has a side role as an old female insect demon who is engaged to the aptly named Myoga. Shoga chases her unwilling fiancé across the country, trying to make him settle down and marry her.

The spiritually inclined may also be interested in Shoga Matsuri, or Ginger Root Festivals, that are held every September—for example, at the Shiba Daijingu Shrine in central Tokyo, and at Ninomiya Shrine in Akiruno. During the festivals, portable mikoshi shrines are carried around in order to honor Shinto gods, and open-air stalls are filled with fresh ginger roots, with stallholders shouting “protects against evils” or “if you eat ginger, you’ll be free from colds” to festival-goers and potential customers—a perfect combination of religious devotion and herbal medicine merged together.

So next time, while picking at the tiny pink hill of pickled ginger beside your sushi, spare a thought for the long journey the humble root took, from the steamy tropics of Southeast Asia across the continent, over the sea in the medicine trunks of Buddhist monks, to becoming an indispensable part of both Japanese cuisine and culture.





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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

HISTORY OF TAMAGO-KAKE-GOHAN

Since ancient times the main meat consumed by the Japanese people has been fish, because of the Buddhist commandment against killing animals. Although the consumption of chicken was a little bit higher than the consumption of other land-animals, the egg was not considered to be food for a long time. In Shintoism, the egg is regarded as an offering to the Gods, and people believed that they would be punished if they ate eggs.

During the Edo Period (1603-1868), people began keeping chickens as pets (what is this, Portland, OR?). Shortly after, eggs began to become a regular part of some diets because they quickly came to realize that unfertilized eggs didn't hatch. One result of this new knowledge was that they could stop considering an egg as a creature under heaven. Because of that, people eventually lost the belief that eating an egg was a sin, so the act of doing so was no longer taboo. They then moved on from having chickens as pets to having chickens for the sole purpose of egg production and collection. Because eggs were considered a luxury and were a very expensive food item for a long time, nobody ever dreamed about using eggs for such

a simple dish like tamago-kake-gohan.

The first person to make tamago-kake-gohan is said to be Ginko Kishida (1833-1905), who was considered a pioneer in various things. For example, not only was he Japan's first war reporter, but he was also the creator of line dancing. In addition to this, Ginko was a close friend of James Curtis Hepburn, who made the Hepburn Romanization System. Ginko also helped him to make the Japanese-English dictionary, which, in case you haven't heard of it, is called "Wa-eigo-Rinshuusei". My favorite accomplishment of Ginko's was his invention of tamago-kake-gohan, which he did during the Meiji Era (1868-1912). He was amazed at how tasty it was and recommended it to everyone he knew. His affection for his tamago-kake-gohan did not go unnoticed and it was introduced to the public in a magazine. That issue wrote about how he puts 3-4 eggs on top of cooked rice for breakfast.



BY MAMI TOFUG

When you get like something that most of you have never seen, you feel disgusted just by thinking about Salmonella poisoning. Yet, consisting of only the two ingredients, usually you add a bit of soy sauce and a bit of rice to many Japanese people. Some people refuse to consider tamago-kake-gohan as "cooking". Yet, famous Japanese chef Kurihara introduced this dish to foreigners: "Harumi's Japanese Restaurants" in Japan that actually serves a raw egg over cooked rice dish, and so on. There is even an annual tamago-kake-gohan festival. I know it's pretty hard to see a raw egg-citing to learn about a Japanese dish? Please "chicken" your egg-ucated in this

THE SPECIAL SOY SAUCE ONLY FOR TAMAGO-KAKE-GOHAN

Because of Ginko, tamago-kake-gohan gradually spread among the Japanese populace, but for a long time all it really could become was a popular comfort food eaten in people's homes. It wasn't until a special soy sauce made strictly for tamago-kake-gohan was made (in the early 2000s) that it really became a big hit. It sounds like some guy just got really lucky and made a lot of money because he was struck with an idea for a unique take on soy sauce, but the fact is that it only became a hit after a lot of work and effort on his part.

This special soy sauce was first produced by a group formed out of a public-private partnership, which was a joint venture between local government and private investors from a small mountain village named Yoshida, Iishi-gun, in Shimane Prefecture. Today, this village is now Yoshida Town Unnan City in Shimane prefecture. The town used to be famous and prosperous for its "Tatara Iron Manufacturing" plant, but they started having trouble as the manufacturing of steel blast furnaces came to Japan. Despite this, they

didn't give up and started making firewood, charcoal, and timber from nearby forests. But, due to energy revolutions of the time, jobs had to be cut again. Sadly, more and more people had to leave in order to get a job. The population was around 5,000 in 1955, but it dropped to 2,800 in 1980.

Some people living there were aware of the decreasing population, so they became very determined to increase it. They knew the biggest reason why young people were not settling down in the village was because there weren't enough jobs to go around, so they decided to create job opportunities. They considered how they could improve upon something that was already a part of their community. They knew that they had tasty rice and wonderful vegetables, so at first they tried making pickles and nishime (which includes vegetables such as carrots, taro, konnyaku, etc). In order to achieve their goal, local government and residents had to combine efforts and work together.

The people had to convince every resident in the village that they had to do something

to save the village and asked them for help. For 50,000 yen, you could get a single share of the company. They understood that was a great deal of money for poor villagers, but they ended up raising more money than they had expected because village groups, companies, and villagers (everyone, young and old alike) were resolute in their desire to make their community stronger and better. Thus, a public-private partnership company, named Yoshida Furusato Mura Co., Ltd., was established in April of 1985.

A very long time passed until they stumbled upon their idea for their tamago-kake-gohan soy sauce. It began when a chicken farmer made the request: "Could you make something that we can sell with our eggs?" Just like that, the soy sauce venture got underway in March, 2001. The initial conception of how this sauce was going to taste was very difficult to come by as they had no other sauces to build off of or compare to. They had numerous meetings, made an infinite amount of samples, and conducted countless taste tests with rice until, finally, the first specialty soy sauce, named (Otamahan) was born a year later in May, 2002.



TOFUG





TAMAGO-KAKE-GOHAN BOOM

Thanks to the unique concept, great taste, cute name, and assurances that only all-natural ingredients and very little fertilizer was used, it built itself a nice reputation. They started selling it with rice out of Yoshida Town and the success became evident soon after sales began. It wasn't long before they had a 4-month back order.

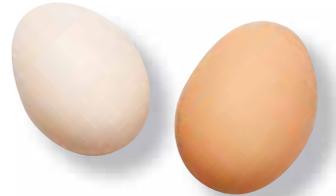
Today, there are more than 50 kinds of Tamago-kake-gohan soy sauces sold in Japan, and there is a vast number of popular restaurants that only serve tamago-kake-gohan. That should help to give you an idea of how popular this dish (and this soy sauce) has become.

The people of the Yoshida Town community were reminded of the importance of tamago-kake-gohan

to the Japanese by witnessing the boom they basically created. So, they made a "Tamago-kake-gohan Symposium Committee." When Yoshida Town held the first "Japanese Tamago-Kake-Gohan Symposium" for three days in October of 2005, around 2,500 people came from all over Japan. That's a lot of people for a village with a population of around 2,300. And, the people attending weren't just ordinary folks like you and me. There were many TV and radio stations attending as well, and the news about the symposium was reported all over Japan, which helped popularize Tamago-kake-gohan even more.



File photos



SAFETY AND NUTRIENTS

Eggs contain many nutrients and a good amount of protein. Though the bio-availability of cooked eggs is 91% (compared to 51% in raw eggs), other nutrients become denatured when exposed to high heat, so raw eggs have some special benefits as well, maximizing what the body can intake and process.

However, raw egg yolks are also known as a medium for Salmonella. Although Japanese egg farmers provide

eggs that have been very well washed, as they expect Japanese people may consume them raw, the number of people getting salmonella poisoning in Japan has increased since the 90s. So be careful, everyone! I wonder if this is just in line with the increased popularity of tamago-kake-gohan or something else?

Salmonella is found in chicken intestines and it sometimes attaches itself to egg shells via chicken poop (there's only

one hole in a chicken, and it all comes out that one hole). Most Japanese eggs get sterilized at GP Center, which is a factory for grading eggs and packing them, but you shouldn't eat an egg raw if it has a crack in its shell. Moreover, even if there is no crack in the egg shell, you shouldn't eat a raw egg that has been left for a long time after cracking it open. If you want to eat raw eggs, please make sure to get fresh ones!

TAMAGO-KAKE-GOHAN PRODUCTS

Following the tamago-kake-gohan boom, various products for tamago-kake-gohan were made. For example, there is a tamago-kake-gohan stirring rod which acts like a whisk to mix raw egg to a smoother consistency and also a tamago-kake-gohan T-shirt to express your love of tamago-kake-gohan.

Although it is such a simple recipe, there is a tamago-kake-gohan recipe book which boasts one recipe for each day of the year. The book has also become an app. Following the release of the book, they also made a catchy 365 day tamago-kake-gohan song that you can listen to on the app or you can buy the CD from 365tkg.com/cd.html, if you like.



END OF A BOOM?

Since the typical food boom usually only lasts for a couple years, some people say that the tamago-kake-gohan boom quickly reached its end, too. However, others point out that it has been a "staple" meal for Japanese people and will continue to be so in the future. I agree with the latter opinion. Regardless of whether it was a boom or not, I like tamago-kake-gohan and I will have it every time I come back to Japan.

In fact, I recently visited a famous tamago-kake-gohan place and wrote about it for Tofugu's Travel Section. I was impressed to see such a long line of people

waiting to eat such a simple meal, especially because the restaurant is located in such an inconvenient place. I was so impressed that I asked to do an interview with the president of the restaurant and he agreed (so we'll post that up tomorrow!). Not to spoil it for you or anything, but he had the idea for tamago-kake-gohan long before the boom started and his road to success is such an interesting one. So, be sure to stay up all night hitting the refresh button on your browser so that you can find out how he took the simplicity of tamago-kake-gohan and made it into his life.



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RESTAURANT INFO

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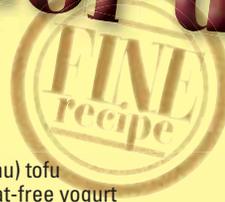
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RESTAURANT INFO

There's always room for dessert!



Japanese Souffle Cheesecake

INGREDIENTS

- 150g cream cheese
- 150 ml milk
- 3 eggs, separated
- 60g sugar
- 20g flour
- 10g corn flour
- 20ml lemon juice
- apricot jam, or serving (optional)

Servings: 1

PREPARATION

1. Preheat oven to 160°C. Grease a 15cm round springform cake tin and line with baking paper. Place cake tin on a sheet of aluminum foil and wrap the edges of the foil up the side of the dish and press to secure — this is to prevent water from the bain-marie entering the dish. Place the tin in a larger baking dish and set aside.
2. Sift together the flour and corn flour and set aside.
3. Combine cream cheese, milk and butter in a saucepan over a medium-low heat. Allow mixture to soften, then whisk to combine into a smooth consistency and remove from the heat. Add egg yolks while continuously whisking, to combine thoroughly and prevent yolks from cooking.
4. Add flour mixture to the cream cheese batter, and whisk to combine.
5. Add egg whites into a large mixing bowl with a pinch of salt. Whisk to form stiff peaks, set aside in refrigerator. Add a little of the egg white

(about 1/5) mixture to the batter and whisk well to combine thoroughly. Add remaining egg whites and fold gently to combine.

6. Once mixture is smooth and well-combined, pour it into the prepared tin. Add hot water to the larger baking dish, to about 2cm up the side of the cake tin.
7. Place dishes into the oven and bake at 160°C for 20 minutes, then reduce heat to 150°C and bake for a further 40 minutes. The top should be slightly browned and the cake still a little wobbly when shaken.
8. Once cake has cooked, open the oven door a little and allow the cake to cool for about 40 minutes.
9. Warm some apricot jam so it's easier to spread, then remove cake from oven and tin, set it on a serving plate, and brush the top with jam.

- Jessica Thompson, Metropolis

INGREDIENTS

- 100g silken (kinu) tofu
- 200g drained fat-free yogurt
- 80g cream cheese
- 4 tbsp sugar (1 tbsp = 15ml)
- 1 tbsp lemon juice
- 1/3 cup (80ml) espresso
- 1 tsp rum (optional) (1 tsp = 5ml)
- 5 hard biscuits
- 1/3 cup fresh okara
- Cacao powder to dust

Servings: 4



Healthy Tiramisu

PREPARATION

1. Leave 450g of fat-free yogurt on a paper towel or coffee filter in a strainer in the fridge overnight. The result will be about 200g of drained yogurt, with whey drained out below. (If you're in a hurry, you can substitute unsweetened Greek yogurt or mascarpone cheese.)
2. In a deep mixing bowl, combine the tofu, drained yogurt, cream cheese, sugar and lemon juice. With a blender or whisk, blend to smoothness. Put the mix in the refrigerator. Briefly microwave the okara to remove excess moisture and allow it to cool. Crush the biscuits and combine them with the cooled okara. Add espresso and rum (optional). Toss to allow the espresso to be absorbed evenly.
3. Fill 4 small cups to about 1/8 with the creamy mix from the fridge. Then fill each cup to halfway with the crushed biscuit mix.
4. Place the rest of the creamy mix in the cups and cover this with the rest of the crushed biscuit mix.
5. Refrigerate for about 1 hour. Dust the top with cacao powder before serving.

- Rieko Suzuki, Metropolis

A Taste of Okinawa

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RESTAURANT INFO



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RESTAURANT INFO

Credit card accepted



STEAK HOUSE

FOUR SEASONS

TEPPANYAKI SINCE 1972 www.the4seasons.jp

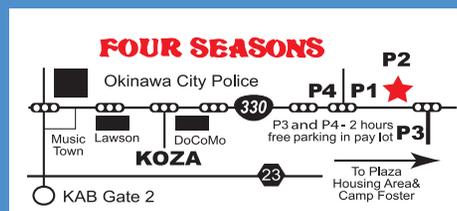
Welcome to Four Seasons Okinawa City

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

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

◆Current Prices

- Okinawa City branch has 4 parking places.
- Okinawa City branch is located near Gate 2 and on 330 streets.
- Seafood & other menus are widely available.
- All sets come with soup, salad, bread or rice, tea or coffee.



3-1-25 Sonda, Okinawa City TEL(098)933-5731 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 Mihama

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

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

◆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.



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



Four Seasons sizzling with scrumptious fun

Our teppanyaki steak house in Mihama 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 the popular American Village, our Mihama 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. Please make reservations as sometimes we are full. It depends on how busy we are. Thanks for understanding.

RESTAURANT INFO