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**OKINAWA**

VOLUME 18 NO. 8

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## Celebrating Month of the Military Child

Read more military children stories on Pages 2 - 14



**Annie**

Write a message to your graduate in this space.  
You can write up to a maximum of 20 words.

Sender's name

### Congratulate a 2025 grad!

Our annual Grad Tab highlighting Pacific DODEA high schools and their graduating classes will appear in the May 22 edition of Stripes Korea.

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#### What you need:

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Send info by May 5, 5 p.m. to [PacificGrad@stripes.com](mailto:PacificGrad@stripes.com) and a Stripes representative will follow-up with you right away.

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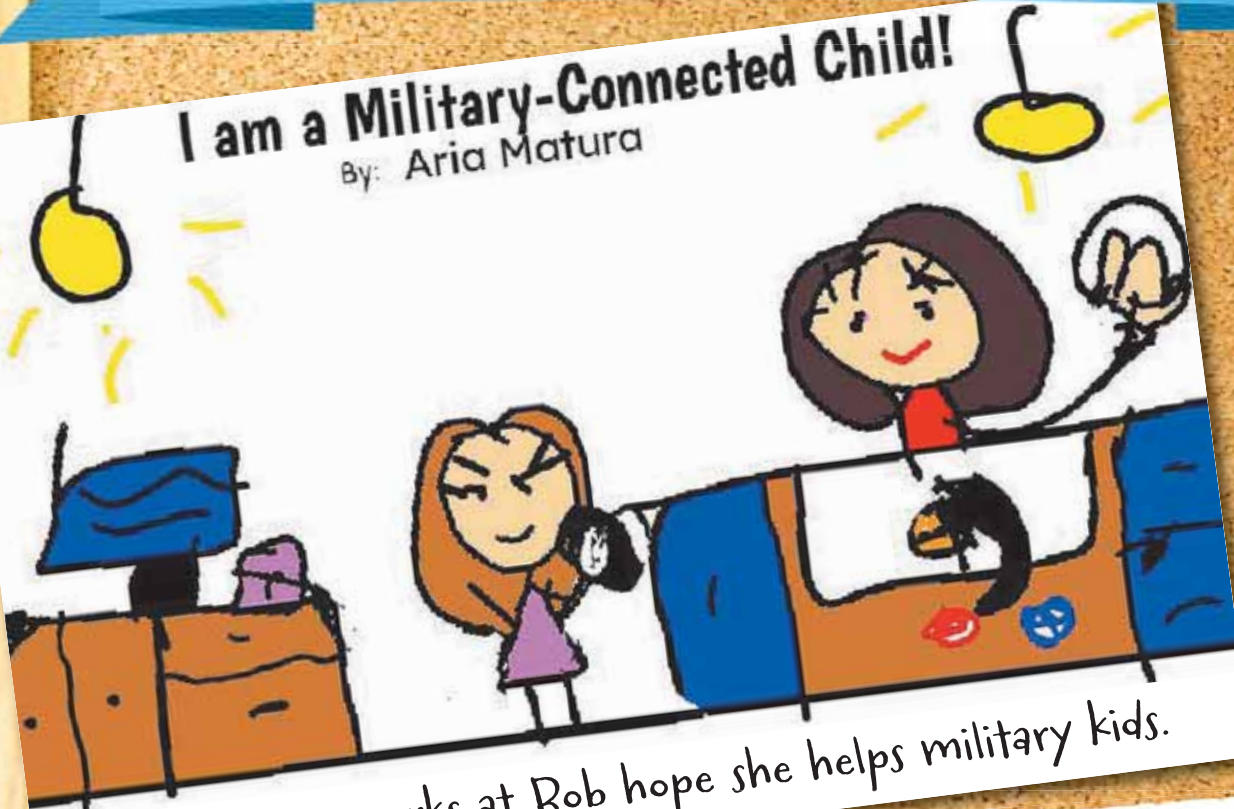
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**Special 8-page pullout inside!**

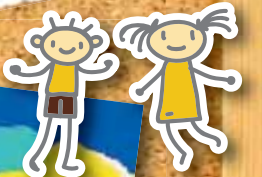
### I am a Military-Connected Child!

By: Aria Matura



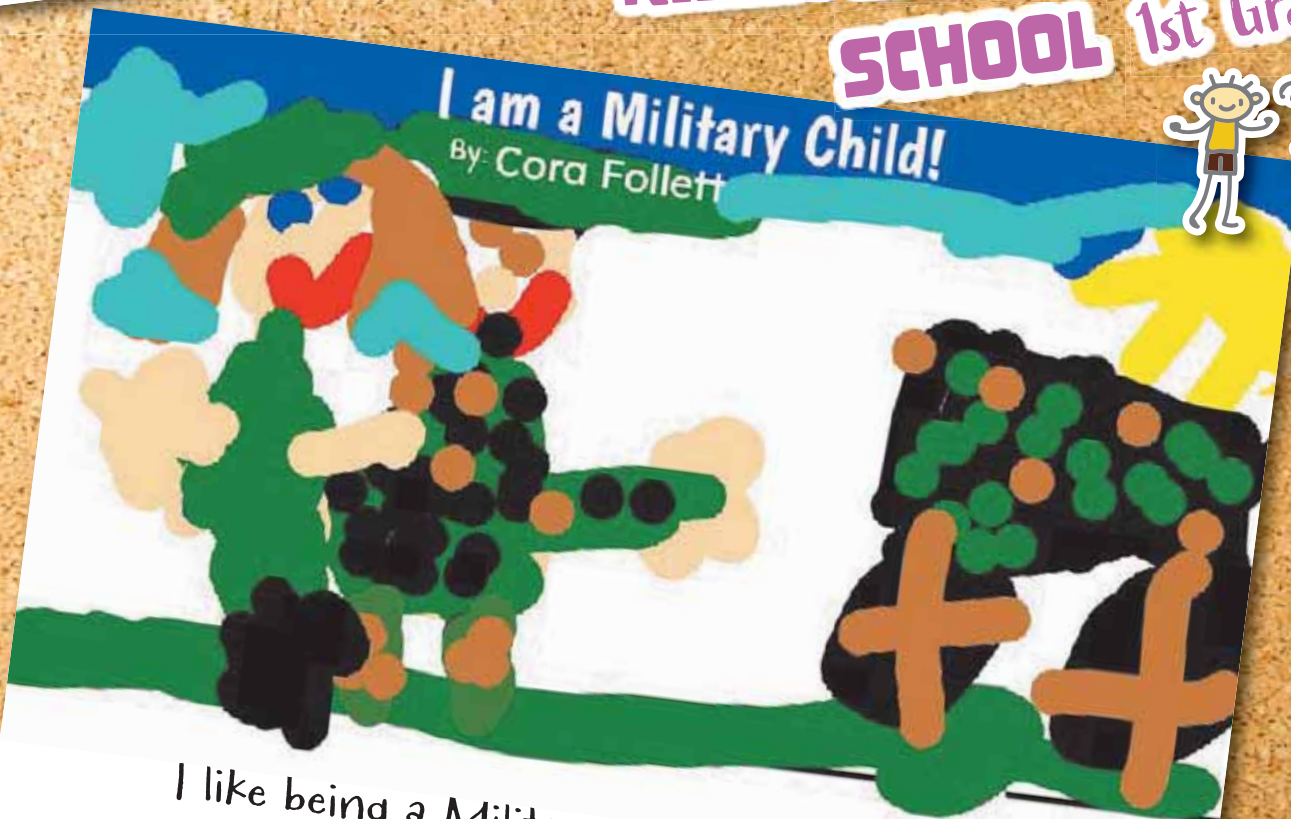
My mom works at Bob hope she helps military kids.

**KILLIN ELEMENTARY SCHOOL** 1st Grade



### I am a Military Child!

By: Cora Follett



I like being a Military child because my dad help a lot of people and I love it.

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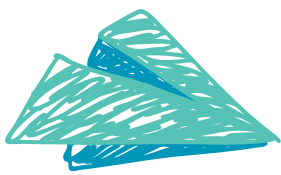
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## Celebrating Month of the Military Child

### Month of Military Child

Being a military kid has its ups and downs. On the bright side, moving around a lot helps kids become flexible and understanding, and it lets them experience different places and cultures. However, all that change can also make things feel a bit unstable, making it tough to form lasting friendships. So, while military life can be exciting, it also has its challenges.

Some of the challenges of being a military child are having great friendships and getting orders to go someplace far away. It's tough to make long-distance friendships work. Another Reason why being a military child is challenging is that transferring to different schools can be tough. Nobody likes being the new kid at a new school, especially in the middle of the year. It's also pretty hard to adjust to different learning skills because some schools are on different levels. But those are some challenges there is also a lot of benefits to being a military child.



When you're a military child you can go wherever in the world and learn many cultures try different foods and learn a new language. Being overseas and somewhere where they don't speak English can be encouraging and make you learn that language so that way you can understand the

people where you are.

At the end of the day being a military child is excellent and we are different from other kids so that means that if we're in military school we can understand each other since we're all military kids.

– Gabriella Sosa, 8th Grade, Kadena Middle School

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### Military Brat

Being a military child has changed my life significantly both in good and bad ways. Through being a military child I was able to meet new people, make new friends, and get to explore new places. The one thing I did not like about being a military child was that after a few years of moving to a new home, we would have to leave. I can remember how sad I was when we had to make our first move, I was about five years old. I was very disappointed and angry, I thought it was very unfair. Yet I could do nothing except say goodbye to all of my friends and take one good look at the home I grew up in. As I got older I realized that being a military child is just life and meeting new people and exploring new places isn't so bad after all. As we moved to places like Germany, Tennessee, and Japan I was able to meet some very nice people, and some I still talk to today. I had to think to myself about how I would meet these people if I had never been a military child or how I would get to explore new places and visit new countries if I was never a military child. This helped me feel better and start to enjoy the life of a military child.

– Daniel Brooks, 8th Grade, Kadena Middle School

### Being a military brat

The military is amazing to most, where you can serve your country. But the parents aren't the only ones who go through it. So, this is my side of being a military brat! My dad is in the Marine Corps, which means we move around a lot and never stay in one spot for longer than a couple years, which was difficult at times. Luckily though, I make friends easily with whoever I meet at our new home. Even if it was difficult at times, I'm glad I get to experience things as a military brat that others typically wouldn't. Even if there are ups and downs, but when is there not?

– Addison Sterett, 8th Grade, Ryukyu Middle School



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1st Grade

Mr. Daugherty

Celebrating Month of the Military Child


Killin Elementary School

I am a Military Child!  
By Collie Nicholas



Being a military child could be sad because when my dad leaves it makes me. Really really sad

I am a Military Child!




I am sooooo happy because my dad is a Marine in the Military and loves me.

I am a Military Child!  
By Onyx McGarrel




I am a Military Child I like my Dad because He is in the Military. my mom is a military helping.

I am a Military Child!  
By Penelope Hansen




Being a military child is hard because my dad goes away a lot some times and have to go on the ship when we move so we won't see him for a long time.

I am a Military Child!  
By Sebastian Lopez



I like being a military child because I'm a military child and my dad works hard.

I am a Military Child!  
By Zeze Chan




Being a Military is sad because my dad can leave for a month or two and it is sad.

I am a Military Child!  
By Chloe Vigilante




I like being a military child because you get to travel to new places and make new friends.

I am a Military Child!  
By Emilia Marrero



Being a military child is fun because we move a lot. The sad part is when they go away.

I am a Military Child!  
By Emily Rejment




Being a military child is really hard because my dad is away but it is fun.

I am a Military Child!  
By Everleigh Cillo



Being a Military child is fun because you can make new friends but it is sad.

I am a Military Child!  
By Gabriel moyer




I like to be a military child because I can go to Disney land and I am proud of my dad.

I am a Military Child!  
By George Ohlrich




My favorite thing about being a military child is that my dad works very hard for the Navy.

I am a Military Child!  
By Margaret Anderson



Being a military child is hard but it is fun my Mom bide me a house and she takes big care of me.

I am a Military Child!  
By Isaac knott



Being a military child is hard because my family has to leave.

Send your Month of the Military Child submission to **MilitaryChild@stripes.com** by April 15!



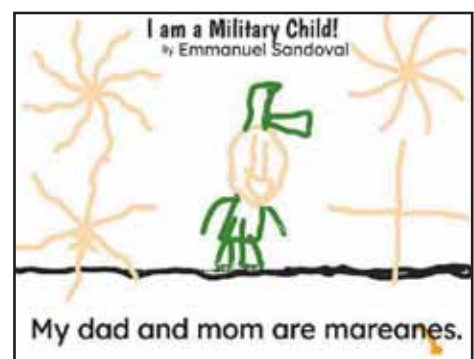
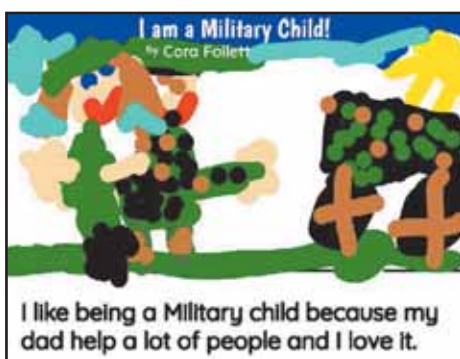
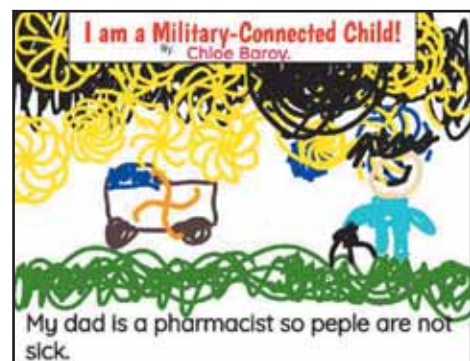
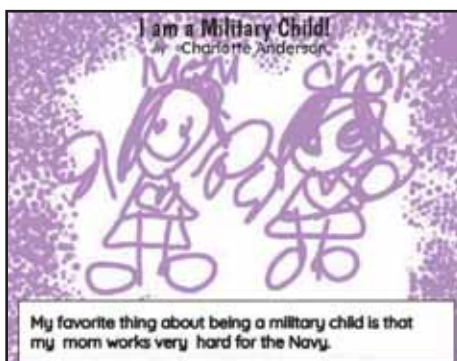
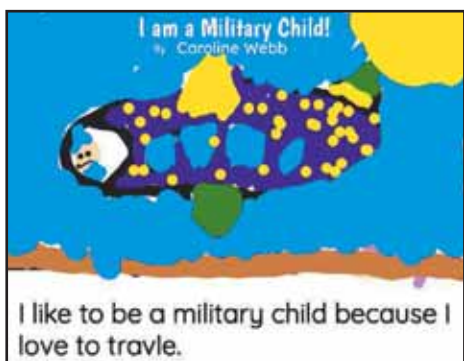
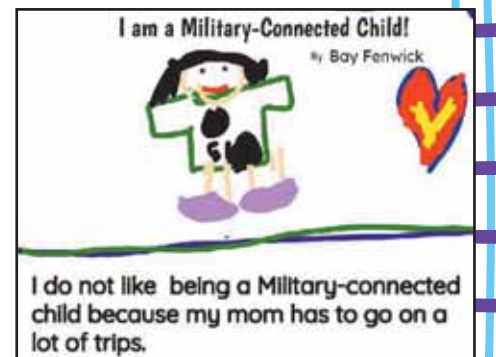
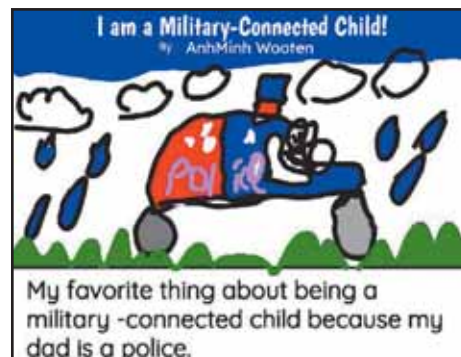
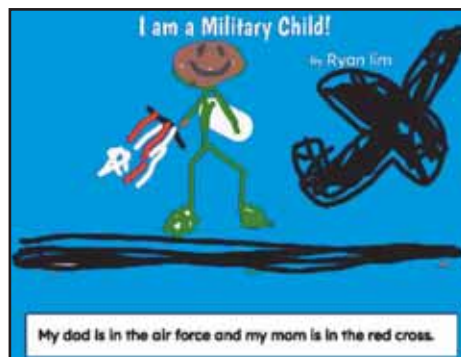
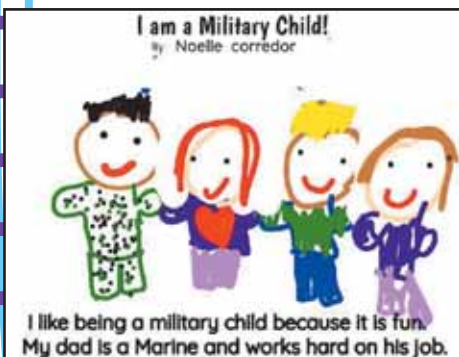
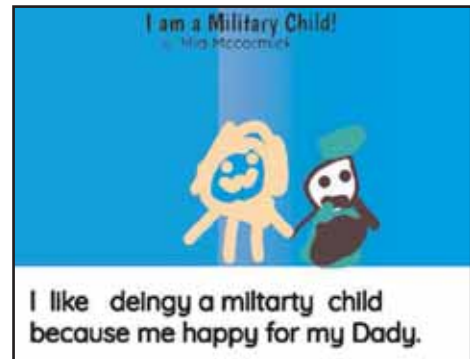
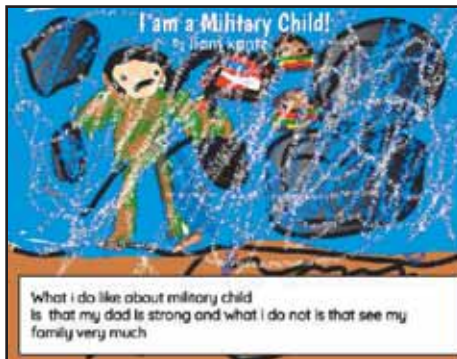
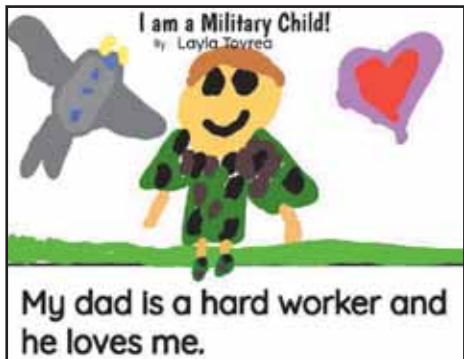
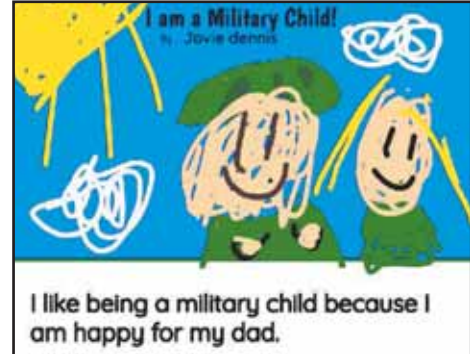
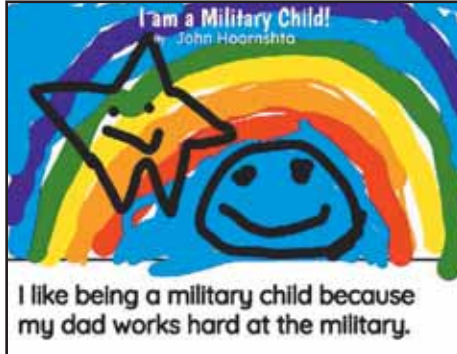
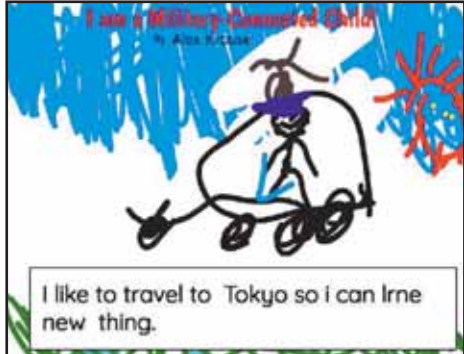


1st Grade

Ms. Warters

Celebrating Month of the Military Child

# Killin Elementary School



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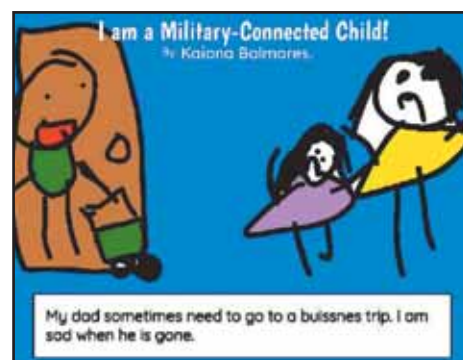
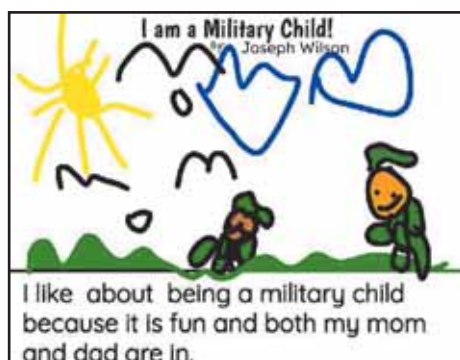
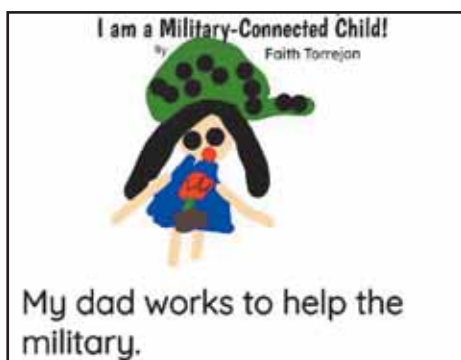
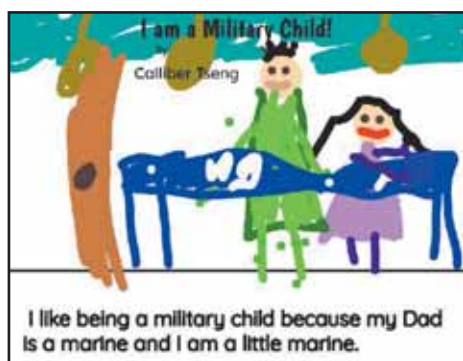
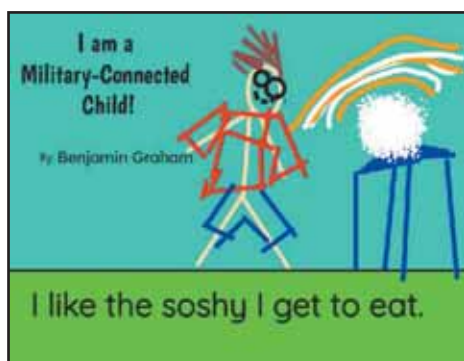
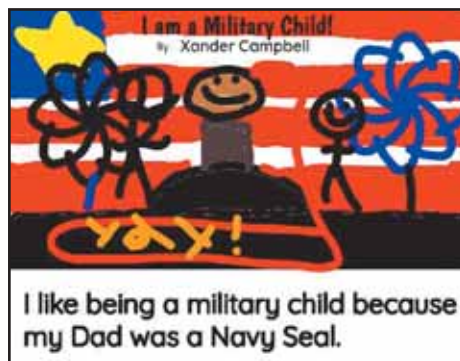
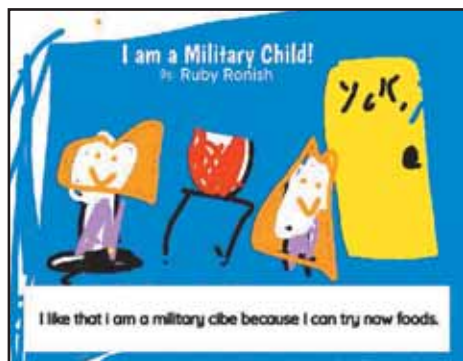
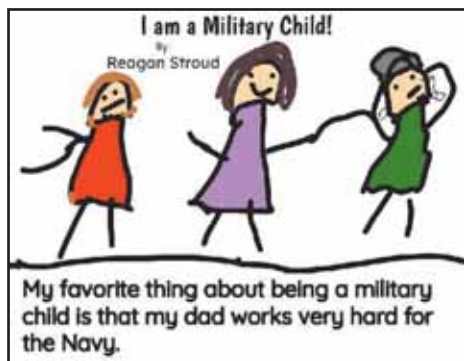
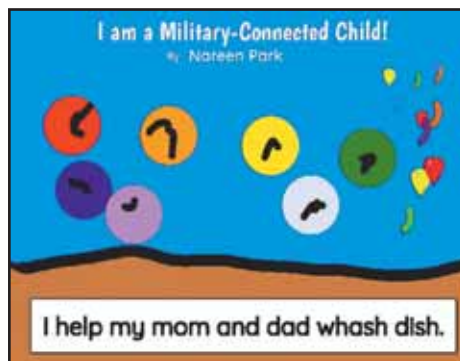
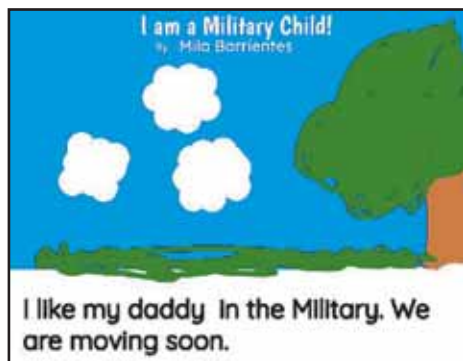
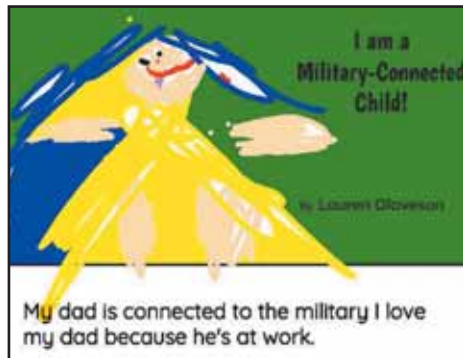


1st Grade

Ms. Lininger

# Killin Elementary School

Celebrating Month of the Military Child



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# CELEBRATING MONTH OF THE MILITARY CHILD

## LESTER MIDDLE SCHOOL

### 6th, 7th and 8th Grades / Ms. Migita



– Addalynn Nicolas



– Allyson Lovasz



– Boris Fischer



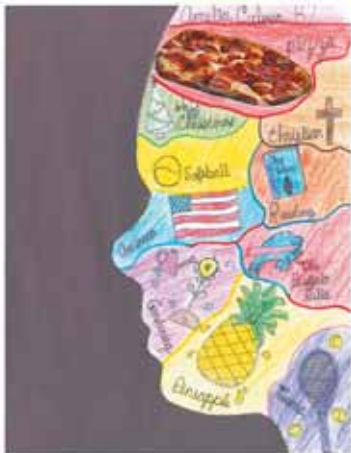
– Connor Candies



– Eyden China



– Adrian Brookes



– Ameila Culver



– Brandon H.



– Daniel Spencer



– Giovanni S.



– Alba Venegas



– Aubrey York



– Camden Brasington



– Dmitriy H.



– Greyson Beckerleg



– Alivia Smack



– Audrey K.



– Charlie Dennis



– Emmett Collins



– Hanniel Mavi

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See more from  
Ms. Migita's class on Page 7



# CELEBRATING MONTH OF LESTER MID

6th, 7th and 8th G



- Henry C.



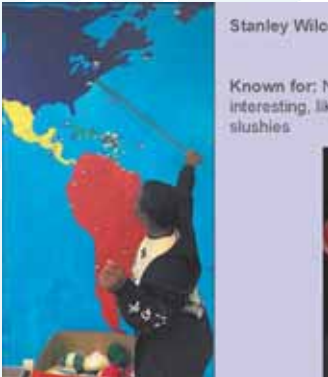
- Jenna Cardona



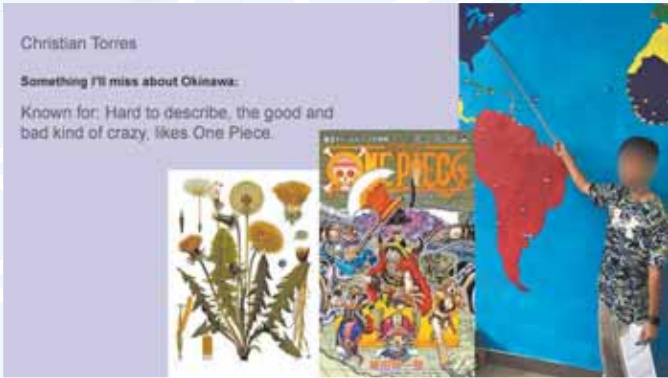
- Ken Guerro



**Editor's Note:** PCSing is a part of military life, but that doesn't mean it's easy. Ms. Migita and her students came up with a way to remember those who have moved. Here's a look at some students who have moved, but aren't forgotten.



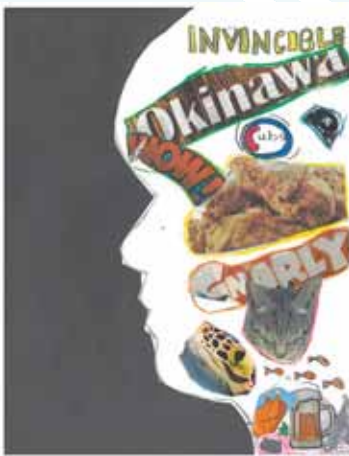
Stanley Wilo  
Known for: interesting, like slushies



Christian Torres  
Something I'll miss about Okinawa:  
Known for: Hard to describe, the good and bad kind of crazy, likes One Piece.



Braylin H.  
Advice: 'Never be afraid to try new things, because many new things here, the food, the people, the culture.'  
Something I'll miss about Okinawa: The people, the teachers, the beaches.  
Known for being: Talking, Nice, Funny, always being good style, blonde.



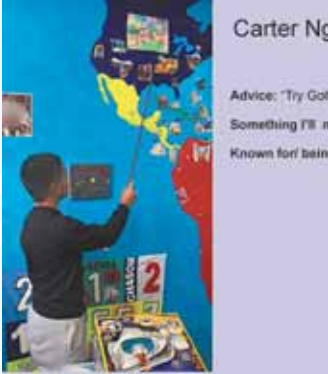
- Jude Wilson



- Khloe Lor



Ryanne Hoerlein  
Advice: "Anything can be art, just believe in yourself. If something doesn't work out make it into something you love."  
Something I'll miss about Okinawa: the garlic abacore sushi, the beautiful views and fish  
Known for loves: Creepy Core, Dragon Puppets, art



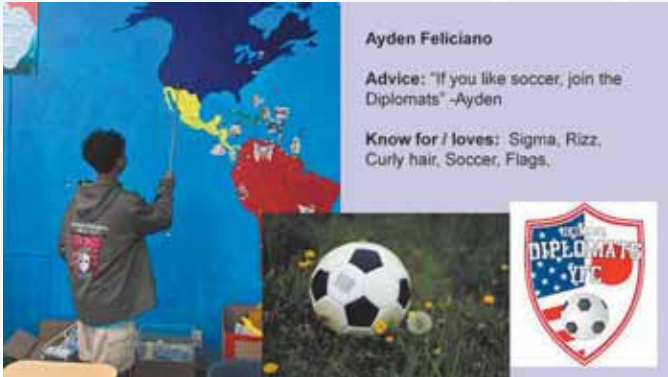
Carter Ng  
Advice: 'Try Go...'  
Something I'll miss about Okinawa: ...  
Known for being: ...



- Kaileigh K



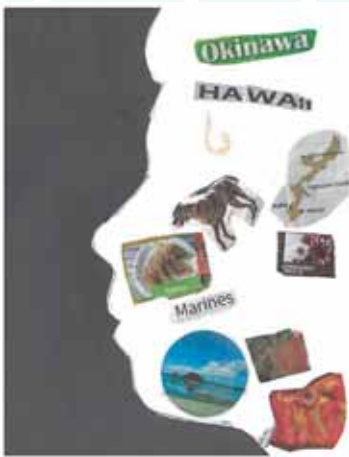
- Kylie



Ayden Feliciano  
Advice: "If you like soccer, join the Diplomats" -Ayden  
Know for / loves: Sigma, Rizz, Curly hair, Soccer, Flags.



Matua Cruz  
Advice: "Try fishing in new places. My favorite fishing spot is White Beach. The coolest thing I ever caught was a needlefish."  
Something I'll miss about Okinawa: The Fish.  
Known for loves: Fishing, Skibby, Maui Chikihoo means chief



- Kainoa Kekiwi



- Lahi Cruz



- Lani T.



- Looklyn W.



- Lucas S.



# OF THE MILITARY CHILD IDDLE SCHOOL

grades / Ms. Migita



- Sophia O.



- Owen S.



- Theodore Lee



- Peter Cinque



- Tyler L



- Peyton



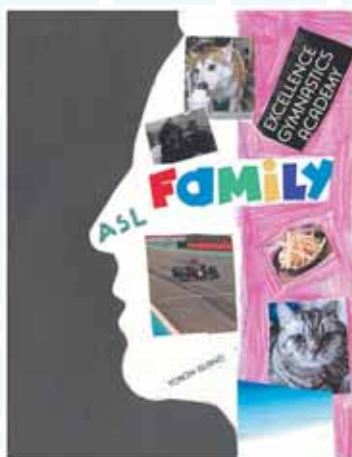
- Zoey J.



- Mason G.



- Mutua Cruz



- Mya Cardona



- Sapphira Johnston

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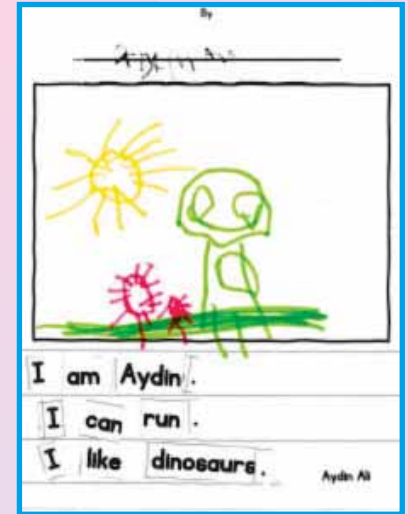
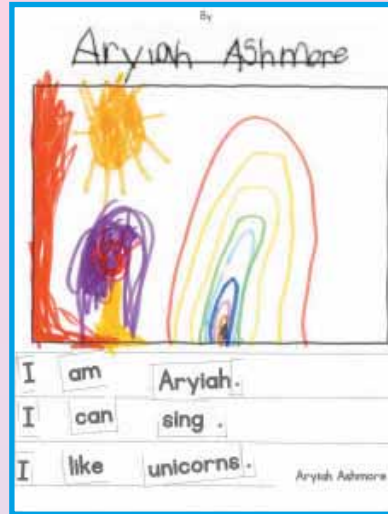
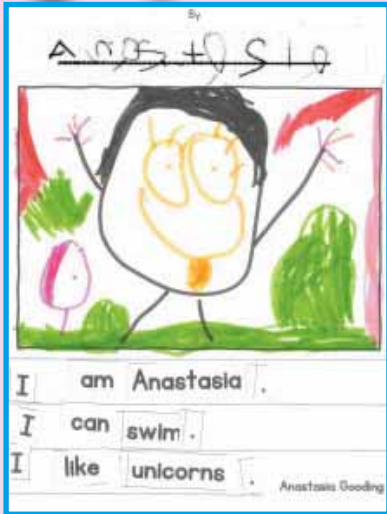




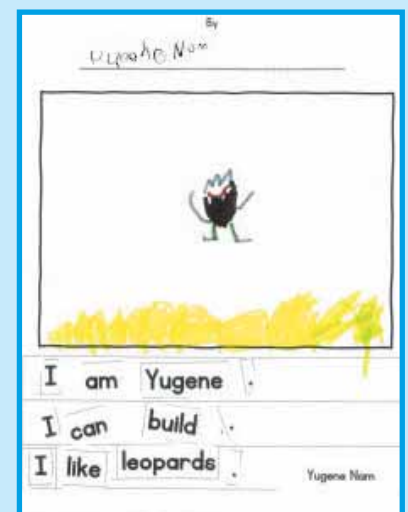
Celebrating Month of the Military Child

# Bob Hope Elementary School

Pre-K / Mr. Davis



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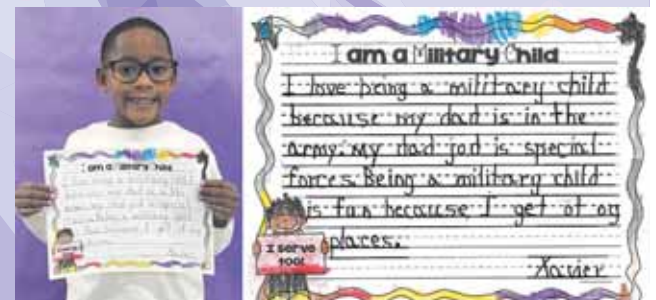
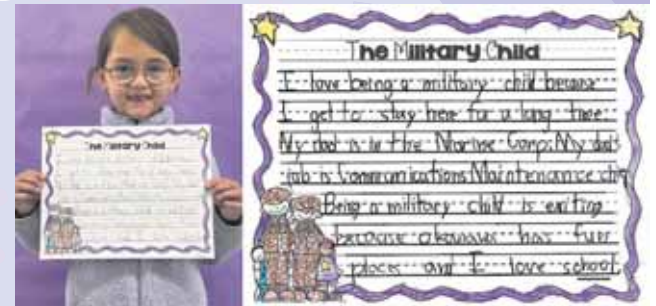
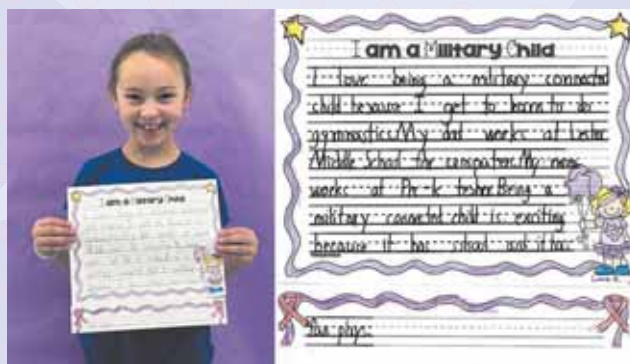
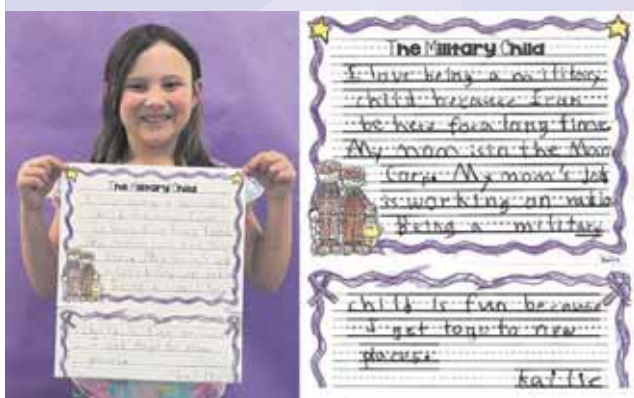
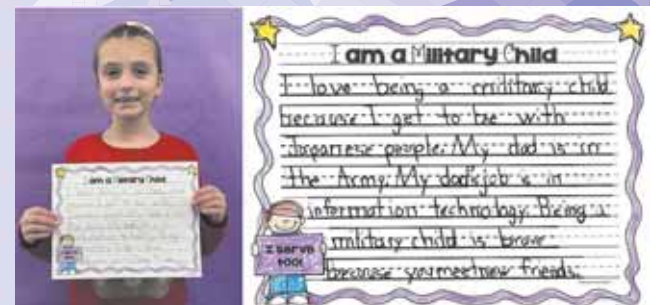
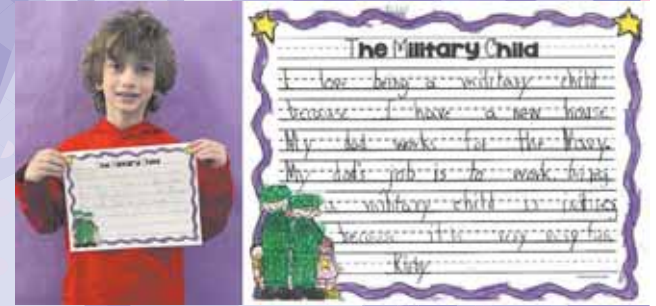




Celebrating Month of the Military Child

# Bob Hope Elementary School

1st Grade / Mrs. Baxley

Check out more military children stories at: [militarychild.stripes.com](http://militarychild.stripes.com)





# celebrating Month of the Military Child Kinser Elementary School

3rd Grade  
Ms. Crawford

Hi my name is Anabell. I'm a military child. Being a military child can be hard but it can also be fun. Being a military child is hard because you have to move to different places and say goodbye to your family and friends. Being a military child is fun because when you move you can meet new people and see new things.

Being a military child can be hard because you have to move to different places and say goodbye to your family and friends. I have lived in a few places like California, Utah, Minghin and North Carolina. North Carolina was the place I lived in before I came to Okinawa. In North Carolina I had a lot of friends. I had a friend and his name was Jamel. He was so fun to play with. I also had a friend named Lauren. She loves to play on her trampoline at her house and then there was Nate and Gavie. They also liked playing on their trampoline and swings at their house.

Being a military child can be fun because you can meet new friends and see new things. I live in Okinawa and I have seen a few new things, for example a few different convenient stores like family mart and lawsons. I've also seen other.

– Anabell



Being a military child is hard but there are a lot of good things too. I was born a military child, and I have been a military child for 9 years. I have been overseas for seven.

As a military child you get to see many impressive places and cultures. I have moved to Gitmo Italy, and now Japan. I've seen the Mona Lisa, the David, and I went to the top of the Eiffel tower, and up the Tokyo tower. I also learned how to speak a little of languages like Italian and some Japanese.

As a military person you miss your friends and family. Sometimes you see your friends again. I had a lot of good friends, but they moved, or I moved. I try to make new friends wherever I go.

Being a military child is hard but there are fun things about it too.

– Angelika

Being a military child can be both a fun and tough adventure. One challenge is moving a lot and saying goodbye to friends, even best friends. I switch schools every year because that's part of military life. But the great part is that I get to make so many new friends, and sometimes, I even run into old ones since many military kids move too!

I love being a military child because I get to see new parts of the world and try different foods. For example, I've tasted new types of pasta, soups, burgers, ice creams, and all kinds of delicious dishes.

My teacher, Ms. Crawford, is so kind and helpful. She teaches us so much, lets us read a lot, and even gives us extra recess sometimes! During indoor recess, we play fun games, and occasionally, she lets us play games even when we don't have to stay inside. I have a lot of friends at school, and we have a wonderful time together.

Being a military child has its challenges, but it also brings so many exciting experiences!

– Ava



Being a military child can be hard at times but there are positives to living the military lifestyle. Being a military child can be hard because moving is common. For example, I have moved to South Carolina, California, and Okinawa Japan. The hardest part about moving is leaving friends. For example, I had

two friends in California. I liked to play with them. It was hard to leave them. It is also sad because my sister is away at college at UCF.

There are positive aspects to being a military child. For example, I have traveled to Thailand, Germany, Australia, USA, and Vietnam. I like to try food around the world. My favorite is sugigi, from Vietnam, and I like German sausages! In the end it is really good to be a military child despite any sacrifice.

– Brendan

Hi, my name is Eliana, and I am a military child. Both of my parents were in the military, but now my dad serves while my mom takes care of our family. Being a military child is fun, but it can also be difficult.

For example, my dad must go away sometimes. When I come home from school and he's not there, I feel upset. But I remind myself that I can do hard things. The good news is that sometimes he's only gone for a month, which makes it easier! My friends help me feel happy, and some of them also have dads who are away, so we support each other. Every time my dad comes home, we celebrate and say, "Welcome back!"

Moving is a big part of military life. When I moved to Japan, I had to leave my friends in Maryland, which was hard. But the good news is that I made new friends here in Okinawa! I now speak three languages—English, Spanish, and a little Japanese.

My dad has been a Marine even before I was born, and I know he will never quit. I think he's the best Marine ever. When he's away, I bet he feels just as sad as I do because we're a family, and we share the same emotions.

– Eliana



It's great to be a military child. I love being a military child for many reasons. I like trying new food and meeting new people. I live on an island called Okinawa. The weather is very nice here.

I enjoy meeting my best friend in Okinawa. My best friend is Lillian. She plays with me at recess, and she sits next to me at lunch. She's still going to remember me when I'm going to move.

I used to live in California. It was great there. In June I'm going back to California! I don't like this about being a military child, but I am excited because I will make new friends. Another thing that I don't like about being Military child is when my dad is always gone. I Miss my dad.

I sometimes miss my friends when I move. I am not going to miss the beach in Okinawa when I move. I don't like the beach because it is boring. I like moving and I get to do it every few years! I like going on planes. The plane rides are very long, I get to play my tablet on the ride.

I am a military child because my dad is in the Navy. Being a military child is fun!

– Harper

Hello! My name is Emily, and I am a military child. The name of my school is Kinser Elementary School. The school is located in Okinawa, Japan. I have lots of friends in this school. We love learning, math, multiplication, and division in military schools.

My military life is going great, and I have fun! I get to bike, travel, visit friends, and lots more! I love to eat Ramen here in Okinawa. It is delicious!

I love being a military Child!

– Emily

Being a military child is fun, but it can also be difficult. I get to explore new places and do exciting things, like traveling to different countries.

While being a military child is great, it can also be hard because we have to move a lot. However, moving can also be fun because I get to explore new things, like visiting new beaches and trying different foods. At the beginning of the school year, I met a lot of new friends, like Ava, Jenedie, Anabell, Angelika, and Leena. My teacher is nice, but sometimes I need help. I also have friends I knew before, like Emily, Adaline, Eliana, and Gustavo.

One thing I like about being a military child is that I get to learn new languages. Right now, I'm trying to learn Japanese. I also love the opportunities to try new experiences, especially traveling. Before moving to Okinawa, I lived in Hawaii, which was a fun place to live because of its beautiful beaches.

Being a military child is both exciting and sad. Moving means saying goodbye to friends and leaving behind schools I love. But it also means making new friends, going to a new school, and doing new and exciting things. For example, I have tried new foods like shaved ice, different types of chicken, and various kinds of cheese. However, I don't really like cheese because it tastes kind of gross!

Even though moving can be tough, I still love being a military child because of all the amazing experiences it brings!

– Lillian



Hi, my name is Silas, and today I am going to talk about what it feels like to be a military child and what we go through.

Being a military child can be difficult at times. It's hard because you must leave friends, move away, and sometimes miss out on things you love. We make new friends, but after three or four years, we must leave again. I will miss Round I, Team Labs, and most importantly—Ramen (which is a delicious noodle dish you should try if you're in Japan!). That's why being a military child can be tough.

But there are wonderful things about it too. Making new friends is easier than you think! When I moved here, I met Jasmine, Gustavo, Sophie, Kenji, Vincent, Brendan, and Henry—they are my best friends. Even though I will have to leave them one day, I'll see them again in the future.

Another fun part is traveling. Flying is amazing because you get to see the clouds up close and watch the beautiful water gleaming below. If I had never traveled, I wouldn't have met Miss Cooper, Miss Summer, or my groovy teacher, Miss Crawford (as she calls herself!).

Being a military child is a mix of emotions—fun, sad, and happy all at the same time. But through it all, it makes you brave, caring, helpful, and strong. Life as a military child is exciting, unique, and fun—and that's why I love being one!

– Silas

My name Ian and I am a military child. Since I am a military child, I will help people and my friends. When it was the last day of second grade my old friends moved so I was sad. Then, I met a new friend, and



I played with a new friend. They are Japanese just like me!

In third grade a new friend came to Okinawa. I was a little bit shy. So, I help new kids learn how to say Japanese words. They were surprised that I can speak Japanese!

There are benefits to being a military family. If I am not a military child I can't go on base. On base there are movies, pools, grocery stores, and gas stations. My favorite place is the pool because I can swim and play on the obstacle courses and play with my friends. I like being in a military community!

– Ian



Hi, I'm Jasmine. Being a military child is hard, and you often worry about a lot of things. But along the way, you get to meet new friends and amazing teachers. I want to show how fun it can be to travel and meet new people.

When I lived in California, I had a friend named Eliana. When I found out I had to move, I felt betrayed and heartbroken. Leaving her was really hard. At first, I lived in a hotel for a few days, then we moved into a house in Yomitan. It felt like a big problem at the time, but I realized that moving isn't so bad—you can always call your friends! That's one reason why being a military child is so special.

At my old school, my friends really cared about me. I went to Bob Hope Elementary School for two and a half years. When I had to leave, I couldn't believe it. I sobbed for a while, but I reminded myself that my parents' job in the U.S. Forces is important because they help keep us safe. That's another reason why being a military child is special!

When I first arrived in Okinawa, I was really shy, but over time, everything turned out amazing. My 2nd-grade teacher used to give us lollipops and Starbursts, and she always found ways to make us smile when times were tough. We had to say goodbye to 2nd grade on June 10, 2024, and I felt so sad.

Now, I'm in 3rd grade with my teacher of grooviness, Mrs. Crawford. She loves to play sports, she is so kind, and she has such a strong voice which is inspiring! She even plays soothing music during quiet times, which I love.

Soon, I will have to move again—this time to Virginia. I am going to miss my friends Silas, Sophie, Vincent, Gustavo, and so many more. But I know I will make new friends there too.

Being a military child can be tough, but it's also an adventure!

– Jasmine





Hello, my name is Joanne, and I became a military child!

My dad is in the military. I live in Okinawa, Japan. Okinawa is a small island in Japan. I moved to Camp Foster Towers when I was seven years old. When I was a first grader, I was in Zukeran Elementary School. Then I moved to Kinser Heights Family Housing when I was eight.

In Zukeran Elementary School, the teachers and students were so nice, but when we had to say goodbye, I didn't want to go to Kinser Heights Family Housing, but my parents told me things were going to be OK, and changes weren't so bad. So, when it was my first day at Kinser Elementary School, my parents turned out to be right!

I usually write stories on Freeform like the Magic Time Machine, a parody of the Magic Tree House book series. The Magic Time Machine series is where one summer day in Kinser Heights Family Housing, a mysterious time machine car appears at the playground. Me and my family climb into the time machine, and we find that it is filled with books. All we have to do is point to a picture in one of the travel-through-time books and make a wish to go there. I think traveling this way is kind of like being a military kid!

Being a military child is easy, and hard too. The hard part is when you have to say goodbye to your old friends when you're moving to a new home. I guess it's fun to make new friends when you're a military child, but it is also good to keep old friends as well.

– Joanne

Hi, I'm Gustavo, and I am not a military child, but I live in Okinawa, Japan. I go to a military school called Kinser Elementary School, where my mom works. The school is ginormous! Being in a military school is fun sometimes, but it can also be hard.

Living in Okinawa is interesting and fun because I get to learn about Japanese culture, try new foods, learn how to speak Japanese, make new friends, and visit cool places. I love being in Okinawa, it's so much fun!

I love Japanese food. It is so delicious! For example, I love ramen, steak, dumplings, and vegetable rolls. My favorite Okinawan food is ramen. It is so good! I love the soup, the noodles, and the vegetables. One of my favorite places to eat ramen is Kirikia. The ingredients used to make ramen are soup, noodles, and vegetables. It is so yummy and delicious! I also love the desserts in Okinawa. For example, I like ice cream, crepes, fish shaped waffles, waffles, mochi, and rice cakes. They are so good and sweet!



I have a teacher named Ms. Crawford, and she is so much fun! She is very groovy and gives us fun activities. She even makes us laugh. When she does, I giggle and laugh so much!

Sometimes it can be hard living in Okinawa. I moved to Okinawa from Texas. When I had to leave Texas, I felt really sad. I had so many friends and family there. My mom's friend Carina is there too. She is like family. She has two French bulldogs, and they are so cute and playful! Another place I miss is Puerto Rico, where my grandparents and my friend Rey live. I also have one family member in Maryland.

Living in Okinawa is fun but can also be sad sometimes. But I'm still going to enjoy my time in Okinawa!

– Gustavo

I have been a military child my whole life, and I love it—though it can be hard to say goodbye to friends and family. But being a military child also means exciting adventures, like traveling from California to Okinawa. Let me tell you what it's like!

Being a military child usually means living on base, but not always. For example, when I lived in Visalia, I lived off base even though my dad was a Marine. Now, I live on Kinser Base in Okinawa. Living on base is cool because it feels safe, and I have a big two-story house with plenty of space to play. I even have my own room! Sometimes, I hear airplanes and jets flying by—they are really loud!

One of the best things about being a military child is moving to different places and meeting new people. In California, I had a friend named Zatana, but when I moved, we had to say goodbye.

Then I met my new best friend, Anabell, and my teacher, Mrs. Crawford, who is really fun and groovy!

I have lived in many places, like San Diego, Visalia, and Okinawa. Each place is different—San Diego is hot, Visalia is cold, and Okinawa is humid. Moving means adapting to new weather and climates, which can be hard sometimes.

I've also attended different schools. I used to go to Mineral King Elementary, where we didn't get to choose our lunch, but at Kinser Elementary, we can! I think that's awesome.

Traveling is another exciting part of military life. I've been to Tokyo, which was so fun! The plane ride was about two hours long, and there was a lot of turbulence. Moving to Okinawa from California took two days of travel, and I had to eat on the plane. The food was delicious!

I love trying new foods. My favorite Japanese food is rice balls, which are shaped like triangles and wrapped in seaweed. Some have fillings like pork or tuna with mayonnaise. I also miss the food in California, especially Raising Cane's—their chicken tenders, fries, and special sauce are amazing!

I was born in Okinawa, though I don't remember much since I was little. Now that I'm older, I love living here. Being a military child can be tough, but it's also an adventure. I hope to explore even more places one day—maybe even Paris to see the Eiffel Tower!

Even though moving can be rough, I wouldn't trade being a military child for anything.

– Jenedie

Being a military child is a great experience. It is a great experience because you travel. Sometimes it's hard to leave friends when you are going to move to a new duty station.



For example, before I moved to Japan I lived in Texas. It was hard to leave my friends even though I was looking forward to Japan. I miss Texas because I had many friends in Texas.

When I moved to Okinawa, Japan there was a cool school called Kinser Elementary school. One of the friends and teachers were Silas and Miss Clark. Lucky, I have family. I have a cool teacher

named Ms. Crawford. When I'm in her class I don't feel alone. Being a Military child is hard but fun.

– Kenji

Being a military child is hard sometimes. You have to say goodbye to friends, and that's not fun. But moving also means exploring new places, so you move on, and it's okay.



Like me—I moved here just one month ago. I definitely miss my friends. But because we move so much, we make more friends than we can count. We get to go to new places, see new things, explore, and most importantly, have fun!

So, remember, moving is a new chance for something exciting. It's not easy—not for me, not for anyone. You probably miss your friends too. But when we move, we make new friends before we know it. We go to new schools, meet new teachers, try new foods, and experience different cultures. We live in different houses or apartments, drink new drinks, and visit fun new places. Who knows where we'll go next?

Being a military child is both fun and sad, but it's also an adventure.

– Vincent

I'm Sophie. I go to a military school and have many military friends. Being a military child is fun, but not always easy. In this text, I will talk about military schools, jobs, and more.

Being a military child can be exciting! Military schools are amazing because you get to do fun activities, play with friends, and learn new things. Military schools are different from Japanese schools. In Japanese schools, elementary school goes up to sixth grade, but in military schools, it only goes up to fifth grade before students move on to middle school and then high school. Some students go to military schools, while others attend Japanese schools, so there are different experiences for everyone.



In the military, families often have to PCS, which means moving to a new place. It can be sad to leave friends or have friends move away, but the good thing is that you get to meet

new people wherever you go. When someone new arrives, it's exciting because it's a chance to make new friends and learn about where they came from. It's nice to have different friends over the years instead of always having the same ones—you get to explore new friendships and hear different stories! Some people PCS because their family is in the military and must move to different places to serve and protect others.

People in the military protect us, but there are also many other important jobs that help our communities. Military schools teach and prepare students for the future. These jobs are all important because they help people and keep communities safe. Since military schools teach in English, military kids don't have to learn Japanese—although they can if they want to!

That's why I love being in a military school—I get to meet new friends, I'm never alone, and I always have fun activities, schoolwork, and recess to enjoy.

– Sophie

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1st Grade  
Ms. Elliott

# Zukeran Elementary School

CELEBRATING MONTH OF THE MILITARY CHILD

Name: Ethan Grade: 1  
**STRENGTH AND COURAGE OFF THE GRID! YOU KNOW WHO I AM? I'M A MILITARY KID!**  
Write about what military being a military kid is special. Be sure to include strong describing words that match your caption.



Do you want to learn about being a military child? I always move to different schools.

I always move to different neighborhoods. My dad deploys sometimes. Military kids are the best!!!

Name: Ryder Grade: 1  
**STRENGTH AND COURAGE OFF THE GRID! YOU KNOW WHO I AM? I'M A MILITARY KID!**  
Write about what military being a military kid is special. Be sure to include strong describing words that match your caption.



Military children are cool. I know it's hard to move but you can make new friends. I know some cool stuff.

I know dads go to work and moms go to work. Our children go to school. Military children are awesome.

Name: Lily Grade: 1  
**STRENGTH AND COURAGE OFF THE GRID! YOU KNOW WHO I AM? I'M A MILITARY KID!**  
Write about what military being a military kid is special. Be sure to include strong describing words that match your caption.



I am a military child. You have to salute the flag. Your dad has to leave. You have to go to a home.

and you may be come back. Now you know about military children.

Name: Carly Grade: 1  
**STRENGTH AND COURAGE OFF THE GRID! YOU KNOW WHO I AM? I'M A MILITARY KID!**  
Write about what military being a military kid is special. Be sure to include strong describing words that match your caption.



I am a military child. We go to different schools. We make new friends. We serve the military. I love to play with new

friends. Military kids are cool.


Name: Josiah Grade: 1  
**STRENGTH AND COURAGE OFF THE GRID! YOU KNOW WHO I AM? I'M A MILITARY KID!**  
Write about what military being a military kid is special. Be sure to include strong describing words that match your caption.



I'm a military child. When I moved to Okinawa I met many lost I went to and the school my day is in the

the marines. military kids are cool.

Name: Juliet Grade: 1  
**STRENGTH AND COURAGE OFF THE GRID! YOU KNOW WHO I AM? I'M A MILITARY KID!**  
Write about what military being a military kid is special. Be sure to include strong describing words that match your caption.



As a military child I go to new schools. I make new friends. We go on fun trips

with friends.

Name: Adriana Grade: 1  
**STRENGTH AND COURAGE OFF THE GRID! YOU KNOW WHO I AM? I'M A MILITARY KID!**  
Write about what military being a military kid is special. Be sure to include strong describing words that match your caption.



I do not like to be a military kid. I do not like leaving. It is sad to live. It is hard to live.

I like military kids.

Name: Ve Grade: 1  
**STRENGTH AND COURAGE OFF THE GRID! YOU KNOW WHO I AM? I'M A MILITARY KID!**  
Write about what military being a military kid is special. Be sure to include strong describing words that match your caption.



I am a military child. We move a lot. I make new friends.

My dad deploys. We have cool.

Name: Lindsay Grade: 1  
**STRENGTH AND COURAGE OFF THE GRID! YOU KNOW WHO I AM? I'M A MILITARY KID!**  
Write about what military being a military kid is special. Be sure to include strong describing words that match your caption.



I am a military child. Our parents move. I like when I got new houses. I like to go to

counties. Now you can all about military kids.

Name: Arthur Grade: 1  
**STRENGTH AND COURAGE OFF THE GRID! YOU KNOW WHO I AM? I'M A MILITARY KID!**  
Write about what military being a military kid is special. Be sure to include strong describing words that match your caption.



Military kids are cool. I move every 2 years. My dad leaves on the time. It's hard to move

but you can have new friends. I like military kids.

Name: Sean Grade: 1  
**STRENGTH AND COURAGE OFF THE GRID! YOU KNOW WHO I AM? I'M A MILITARY KID!**  
Write about what military being a military kid is special. Be sure to include strong describing words that match your caption.



I am a military kid. I like making friends. I like moving to the U.S. I like

having a new house. Military kids are the best and cool.


Name: Kane Grade: 1st  
**STRENGTH AND COURAGE OFF THE GRID! YOU KNOW WHO I AM? I'M A MILITARY KID!**  
Write about what military being a military kid is special. Be sure to include strong describing words that match your caption.



Military children are cool. I love making friends. I like to go to schools. My dad is

deploying. Now you know how to be a military kid.

Name: Presley Grade: 1  
**STRENGTH AND COURAGE OFF THE GRID! YOU KNOW WHO I AM? I'M A MILITARY KID!**  
Write about what military being a military kid is special. Be sure to include strong describing words that match your caption.



I am a military child. Every year we move. Even when you still have a good home I know you move

but you still make new friends. Military children are awesome.

Name: Janey Grade: 1  
**STRENGTH AND COURAGE OFF THE GRID! YOU KNOW WHO I AM? I'M A MILITARY KID!**  
Write about what military being a military kid is special. Be sure to include strong describing words that match your caption.



Military kids are cool. I make new friends. We take culture and language. I got new

schools. Military kids are amazing.


Name: Zoe Grade: 1st  
**STRENGTH AND COURAGE OFF THE GRID! YOU KNOW WHO I AM? I'M A MILITARY KID!**  
Write about what military being a military kid is special. Be sure to include strong describing words that match your caption.



Military children are kind. My parents serve in the military. I get to go to school. I love making new

friends. Military kids are cool.

Name: Chloe Grade: 1st  
**STRENGTH AND COURAGE OFF THE GRID! YOU KNOW WHO I AM? I'M A MILITARY KID!**  
Write about what military being a military kid is special. Be sure to include strong describing words that match your caption.



A military child is cool. It is hard to move. It is scary to make new friends. It is fun to have

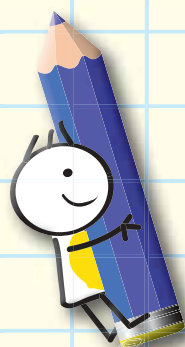
New houses! Military kids are the best!

Name: Aaron Grade: 1  
**STRENGTH AND COURAGE OFF THE GRID! YOU KNOW WHO I AM? I'M A MILITARY KID!**  
Write about what military being a military kid is special. Be sure to include strong describing words that match your caption.



Military kids are cool. I have new houses. I go to new schools. Military kids

can play.





# Stripes Sports Trivia

Which of Michael Jordan's sidekicks hit a three-pointer in the final seconds of Game 6 to secure the 1993 title for the Bulls?

**Answer**  
*John Paxson*

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## DID YOU KNOW?

Near Sasebo Naval Base in Kumamoto Prefecture, there is a "specialty" food called basashi. This thinly-sliced meat is actually raw horse, and it's an indispensable munchie at izakaya bars. Usually served near-frozen, the meat is typically dipped in soy sauce with grinded garlic or wasabi (horseradish). So, the next time you're at a bar and you're feeling risky, or maybe you've had a couple, order up this Japanese "specialty."

## Kanji of the week

Ai(ito(shii) (Love)

## Language Lesson

The food was delicious.

**Sono tabemono wa oishii desu.**

### Crossword

by Margie E. Burke

**ACROSS**

1 Flows back  
5 Washington's portraitist  
10 "Fernando" group  
14 Romance novelist Roberts  
15 Wall climbers  
16 Golfer's need  
17 \_\_\_-clad  
18 Cartoonish portrait  
20 Like some humor  
22 Still in the outbox  
23 Black tie is one  
26 Coffeehouse packets  
28 Forsaker of the faith  
33 Mia in "Pulp Fiction"  
34 Coconut meat  
36 Mortise's mate  
37 Treat poorly  
39 Falcons, on scoreboards  
40 Flip response?  
41 Meat avoider  
42 Trash  
44 Singer Rawls  
45 Constructing, as a building  
47 Good-for-nothing  
49 Adding to  
51 Bassett of "Black Panther"  
55 Art done with acid  
58 Shade of red  
61 Berry in smoothies  
62 Indigo dye  
63 Finger-pointer  
64 "Nail" anagram  
65 Runs into  
66 Healing plants  
67 First Lady of Song

**DOWN**

1 "National Velvet" author Bagnold  
2 Snoozefest  
3 Railroad track width  
4 Justice O'Connor  
5 "Guernica" painter  
6 Captain America portrayer Chris  
7 It can be fresh or hot  
8 Waikiki welcome  
9 Old Portuguese money  
10 Plays a part  
11 Down in the dumps  
12 Get too much sun  
13 Assist illegally  
19 Numbing drug  
21 Data ranking term  
24 Hauling charge  
25 Milky gems  
26 Smooth-tongued  
27 Brownish color  
29 Three-way joint  
30 Having similarity

14 Romance novelist Roberts  
15 Wall climbers  
16 Golfer's need  
17 \_\_\_-clad  
18 Cartoonish portrait  
20 Like some humor  
22 Still in the outbox  
23 Black tie is one  
26 Coffeehouse packets  
28 Forsaker of the faith  
33 Mia in "Pulp Fiction"  
34 Coconut meat  
36 Mortise's mate  
37 Treat poorly  
39 Falcons, on scoreboards  
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26 Smooth-tongued  
27 Brownish color  
29 Three-way joint  
30 Having similarity

31 Big fusses  
32 Follow as a result  
35 King protectors  
38 Small pouch  
43 Walks unsteadily  
46 Sumerian goddess of love  
48 Get some air  
50 Rapp of "Mean Girls"  
51 Miles off

52 Vessel of 1492  
53 Dismal  
54 Snaky swimmers  
56 Polish place?  
57 Actress Gershon  
59 "For Me and My \_\_\_"  
60 "If you ask me," in a text

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### Answers to Previous Crossword:

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

## SUDOKU

Difficulty: Easy

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

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.

Answer to Previous Sudoku:

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

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UNA APARTMENTS: DHSUD LTS No. 0001681 (Tower 2) | Sevina Park Apartments Midscale 1 | Location: Brgy. Biñan, Laguna | Date Issued: 24 November 2023 | Completion Date: December 2028 | Project Owner and Developer: Cazneau Inc.





STARS  AND STRIPES<sup>®</sup>

# A Taste of Okinawa

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

**8-page pullout**





# Kanten Japanese jelly a sweet, healthy alternative

STORY AND PHOTOS BY SHOJI KUDAKA,  
STRIPES OKINAWA

As a kid, every New Year I would look forward to a sweet jelly called kouhaku kanten. Kanten is a jelly made from boiled ten-gusa algae and seaweed. It is known for being low-calorie and rich in fiber, so it is often used as a healthy alternative to regular sweets.

If you are a foodie, you may have heard of or tried tokoroten, another Japanese food with a similar jelly texture to kanten. Though both tokoroten and kanten look the same, tokoroten retains some smell of the sea (weed) and kanten does not. This is because kanten is frozen and dried after boiling, which casts off the ocean odor.

According to officials of Nagano Prefecture, a major producing area of kanten, this unique food recipe was accidentally discovered by a lodging owner in Kyoto during the Edo Period (1603 – 1868). Tokoroten, on the other hand, can be traced earlier to the Heian Era (794 – 1185).

Back in the Edo times, it may have taken a lot of time and effort to create kanten from red algae, but these days konakanten, powdered kanten, saves us time. Konakanten is mixed with water and milk and once set with fruit, creates a photogenic food which has recently become a popular sweet to cook at home.

I found the recipe below online to try my hand at making the healthy and eye-catching treat. It was fun to mold the white jelly in a milk carton and see the way canned fruit can add vibrant colors to it. And most importantly, it tasted great and the soft texture was delightful.

Making this dish was probably the least difficult of any of the previous dishes I've tried. The recipe did call for any cutting or slicing ingredients, so it only required time to heat the milk, water and condensed milk.

Though hearing that kanten is made from algae may make you second-guess trying it, I guarantee that after the first bite you will not care what it is made from. It is that delicious!

Why don't you try kanten and find what this unique Japanese food tastes like?

kudaka.shoji@stripes.com

 CHECK OUT THE VIDEO



## DIRECTIONS

**1** Pour the milk and condensed milk in a heat-resistant bowl. Microwave the mixture for three minutes (600w).



**2** Measure out sugar and powdered kanten into the water in a pot over low heat. Stir the mixture while heating it. Once the mixture starts to boil, heat for two more minutes.



**3** Next, add the microwaved milk and condensed milk to the pot and continue to heat the mixture over low heat. Remove from heat once mixture reaches a thick consistency.



**Tip:** Test the consistency by adding a drop to a wooden spatula. If the mixture runs, it is not ready. If the spot of the mixture sticks, then it is ready.

## INGREDIENTS

Recipe adapted from Cookpad

- Milk (600 ml) ■ Water (100 ml) ■ Powdered kanten (4 g)
- Sugar (40 g) ■ Condensed milk (30 g) ■ Vanilla essence (a splash)
- Canned fruit, strained (one can of whatever fruit you like)
- Empty milk carton, washed (I used a milk carton with 946 ml capacity. Any size over 800 ml would suffice.)

**4** Mix in the vanilla essence then pour the mixture into an empty milk carton. (Make sure the milk carton is washed well). Tip: Pour the mixture through a tea strainer to keep your final product smooth.



**5** Add in the strained canned fruit.

**6** Close the milk carton and apply a laundry clipper to secure the top opening. Once it cools down, put it in the fridge to let it set for several hours (I refrigerated it overnight).



**7** To remove the kanten, pour a splash of water to loosen it from the milk carton and gently slide it onto a plate. Alternatively, cut through an edge of the carton and use a splash of water to ease the process.



**8** Cut into even portions, serve and enjoy with tea or coffee. いただきます (Bon appetite)!





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# A Taste of Okinawa

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**RESTAURANT & SUSHI BAR GEN**

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## 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



# All about Tonkatsu

## the Japanese crispy pork cutlet

### What is tonkatsu?

Tonkatsu is best explained etymologically. That's to say, looking at the word itself since it is basically just a description. Like calling ketchup tomato paste, for example. The "ton" in tonkatsu is simply a reading for the kanji 豚, meaning pork. The katsu part is a little more complicated and gets really complicated later, but stay with me.

To katakana-ize the English word "cutlet," we get カツレツ "katsuretsu". Pull out the first part, 'katsu', and top it off with the pork 'ton', and you get 'tonkatsu'.

From here, you can probably figure out that tonkatsu is a pork cutlet.

Specifically, it's a pork cutlet that has been rolled in breadcrumbs and egg and double-fried for that extra-crispy, like-no-other texture. Abroad, the dish has taken on many forms and is occasionally double-named pork tonkatsu, but technically tonkatsu only refers to katsu-style fried pork to begin with.

You might be a little surprised to learn that the katsu part of tonkatsu comes from English, but its culinary origins are even more interesting than that!



File photo

### The history of Tonkatsu

The first iteration of tonkatsu was served in Tokyo's glamorous Ginza district in the 1890s under the simple moniker "pork cutlet." According to the Nihombashi Restaurant Association (whose authority, I believe, personally,) this took the form of a thin slice of pork served aside raw cabbage due to a lack of personnel and funds. It wasn't until 1929 that today's melt-in-your-mouth juicy, thick tonkatsu was born in a competitor's kitchen in Chiyoda, a few train stops away.

Clearly, tonkatsu came out of Japan, which doesn't explain the foreign name. In fact, plenty of Japanese apparently even debate the classification of tonkatsu as yoshoku (western-inspired Japanese food), because it is so entrenched in the country's food culture. Thankfully, there's an explanation for this as well.

About a quarter century before the first tonkatsu ever graced a heap o' cabbage, the Meiji restoration established policies to popularize Western culture. Along with this came cuisine, such as the French côtelette de veau. Without Europe's long history of incorporating rich animal products in their diet, the buttery, pan-fried veal of this French dish proved not only expensive but unsuited to Japanese tastes. Fortunately, the Japanese had developed the deep-frying technique of tempura, which wicks off excess oil on the second dip. In this way, Tonkatsu uses the original flour-egg-breadcrumb breading technique of French cuisine but Japanese frying methods to achieve its unique texture. Sounds perfect for something that came out of Ginza, right? Add to that readily available cabbage, a characteristic tonkatsu sauce with its own history, and you get the beloved tonkatsu of our time.

STORY AND PHOTOS BY SYDNEY SEEKFORD,  
BYFOOD

Most people would agree that if you haven't tried tonkatsu, you're missing a big part of Japanese food. It can be found on just about every menu at home and abroad, alongside staples like ramen (hint hint). But just what is tonkatsu? Where did it come from? And more importantly, have you ever ordered it, expecting to get a crunchy, juicy plate of fried meat and been met with a table of soup instead!?

Keep reading. All secrets will be revealed.

### Tonkatsu vs. tonkotsu

At the start of this article, I asked if you have ever been unfortunate enough to witness this scene: Eagerly, you eye waitstaff coming around the corner, tonkatsu hopefully in tow. Then, in horror and surprise, that same waitstaff places before you or your dining companion a steaming bowl of soup instead of the requested hunk of meat.

The graphic scene I paint here is one that can only be born of experience. And shame.

On my first trip to Tokyo, I had the misfortune of ordering tonkotsu instead of my desired 'tonkatsu' thanks to a little language slip. Briefly, let's return to that etymology issue to explain.

We know that ton is pork. So obviously, I had ordered pork something. The kicker is that kotsu-katsu delineation. With a single letter, the whole menu changes.

Katsu, as we have learned, comes from cutlet.

Kotsu on the other hand comes from Japanese originally, and means bone. What I had requested (and you may have too, had I not saved you from this) was 'pork bone', which naturally conveys a desire for pork bone soup, a common base for ramen and readily available at most Japanese restaurants alongside its fried, hammy companion.

In brief, tonkatsu is a fried pork cutlet dish. Tonkotsu is the name for the rich pork-bone broth used in ramen. Sound similar, very different. Should one order tonkatsu ramen outside of Japan, however, you will probably get tonkotsu soup and not noodles topped with pork cutlet, though that would probably be great.

Tonkotsu!



### Variations of 'ton'katsu

Aside from the original tonkatsu combination of pork cutlet, cabbage, and sauce on a plate, other delicious takes on tonkatsu have been born of novelty and necessity.

#### Katsudon

Katsudon is a tonkatsu recipe that swaps out the crunch of cabbage and zing of vinegary katsu sauce for an easy-to-eat meal even young children feel at home with. Fried pork cutlet gets simmered with sweetened egg, onion, and sauce, then served over rice. It's a one-bowl meal popular across the world and brings together some of Japan's best cooking techniques.



#### Katsu Curry

Apparently, the product of a customer's whims, katsu curry is now a staple in katsu and curry restaurants alike. Slightly spicy, thick Japanese curry meets the crunchy savoriness of tonkatsu in a perfect harmony of texture and flavors.



Photo by Katie Thompson, byFood

#### Katsu Sando

Some genius came up with the perfect way to enjoy the classic katsu combination of katsu sauce, shredded cabbage and pork cutlet on the go. Pillowy shoku-pan style Japanese white bread soaks up the sauce to prevent drips and softens the prickly crunch of katsu panko. Served hot or cold, katsu sando are a delicious, discrete riff on tonkatsu.







File photo

## Types of ‘but it’s not really ton’ katsu

Now that tonkatsu has become an international catchall word for katsu-style fried foods, let’s look at a few other members of the katsu-family you may come across in Japan or abroad.

### Other Meats: Chicken, steak and tuna “rare” katsu

For the many reasons one might abstain from pork, there is torikatsu. It’s what you’ll be getting if you order chicken tonkatsu or chicken katsu overseas. I like to think of it as a katsu that was adapted for western tastes back again...

On the other hand, recently popularized rare katsu takes inspiration from searing to flash fry high-quality tuna or steak in a katsu-style panko breading. The mouthfeel retains the juicy quality and envelopes the rare morsels in crunchy katsu-style goodness. It’s the opposite of the humble katsudon and elevates katsu to the luxury dining sphere with wagyu and maguro. Are you drooling yet?



Photo by Eliska Sikulova, byFood

### Kushikatsu

Katsu on a stick! Shove a yakitori stick through just about any bite-sized piece of food, fry it katsu-style, and you get kushikatsu. This style of katsu frying has become popular enough to have its own restaurant chains and is a great way to enjoy many different types of ingredients. Some especially fun takes on kushikatsu are mochi, cheese (mozzarella stick...on a stick. Excellent.), and quail eggs, plus tons of veggies! Kushikatsu is a popular food in Osaka, the city known as the nation’s kitchen.



### Bento-box katsu: Menchikatsu and friends

Menchikatsu, a combination of mince-meat menchi and katsuretsu katsu, is essentially a hamburger or meatball that has been katsu deep fried. It is often billed as a “healthy” form of katsu because cabbage and onions are included in the patty. Other bento-box staples like ham cutlet get the katsu treatment too, and korokke use the same panko-frying technique to get their unique soft inside crunchy outside texture.



File photo

### Seafood katsu: Ebi-fry and Aji-fry, etc.

Although the name is different, the prep method for making these seafood “fries” is the same as making katsu. Since dishes like ebi fry are made from whole shrimp, aji fry from fish filets, and ika fry from sections of squid, they don’t receive the cutlet-shaped delineation of katsu. If you want a lighter taste with the same katsu crunch, try a fry! As a side note, ebikatsu does actually exist - in the form of a katsu-fried shrimp paste patty. Yum!



### Hirekatsu: Actually, this one is tonkatsu?

Hire(hee-ray)katsu uses leaner cuts and has a reputation for being popular with women since it’s a little more tender, less fatty, and higher quality compared to classic tonkatsu. The characteristic shape of tonkatsu is called “ros” or “roast” katsu, as opposed to hirekatsu. These are still made of pork but tend to come in a nugget or round shape instead of a slab and at a higher price point. The precise cuts for each classification vary depending on where you look, but fat-on pork katsu is usually ros, and lean is typically hire.



Photo by Katie Thompson, byFood



## How to enjoy tonkatsu

The short answer is: However you like!

Even within Japan, people’s preferences for tonkatsu vary greatly. The classic tonkatsu recipe is simple. Serve a panko breaded and fried sliced pork cutlet with a pile of shredded cabbage and drizzle it with tonkatsu-sauce. In Hokuriku, sauce tonkatsu features a pork cutlet dredged in sauce and served over rice donburi style, sometimes omitting the cabbage altogether. Nagoya is known for its miso-katsu using sweet miso sauce, and of course, you can class the dish up or down as you please. The best thing about katsu, ton or otherwise, is that it is a super versatile and always delicious way to enjoy Japanese food. So go out and explore the wonderful world of katsu!

## Fun facts about katsu

The official unofficial companion to tonkatsu is bulldog brand sauce, but plenty of restaurants make their own.

On Bulldog’s English website they assert that it is indeed a form of washoku and not yoshoku. Rengatei, the inventor, calls it yoshoku, though! And so the debate continues...

Katsu sauce is based on British Worcestershire sauce, adapted to Japanese tastes. How’s that for cultural exchange?

Originally, julienned carrots and other root vegetables formed the sides of cotolette, but shredded cabbage was quicker to prepare and its antioxidant properties helped break down the oiliness of tonkatsu, so it won out.

Katsudon is similar to oyakodon made with tonkatsu instead of chicken! You can easily adapt an oyakodon recipe into katsudon at home.



Photo by Katie Thompson, byFood

## A ton of information

The word tonkatsu, born of a combination of languages and lifestyles, has taken on a life of its own. In the modern day, Katsu has globe trotted its way to become one of the most recognizable Japanese dishes on the planet, no matter what form it takes. If you’ve ever wondered, “what is whatever-katsu? Is it the same as tonkatsu? Why did they bring me soup?!” hopefully, this article helped.

*byFood is a platform for food events in Tokyo, with over 80 experiences to choose from and a fantastic resource for learning about Japan’s thriving food culture! What’s more, byFood runs a charitable outreach program, the Food for Happiness Project, which donates 10 meals to children in Cambodia for each person who books a food event through our platform!*



# WHAT TO EAT IN OKINAWA: The Hawaii of Japan

BY HUI SUM PING,  
BYFOOD

What comes to mind when you think about what to eat in Okinawa? You might think about a staple food like goya champuru or tender boneless pork ribs or belly. Maybe taco rice even springs to mind.

Okinawan culture differs from that of mainland Japan, and this extends to Okinawan cuisine, too! Most of the local dishes in Japan’s southernmost prefecture are quite different from other traditional Japanese dishes due to Okinawa’s location and historical background.

Okinawa Prefecture consists of more than 150 islands in the East China Sea, between Taiwan and Japan’s Honshu island. Thanks to the tropical climate, vast beaches, and coral reefs, as well as the Ryukyu Kingdom’s history, there are lots of delicious Okinawan food to enjoy during each of the four seasons, from hot food to cold desserts. Due to its unique climate, the cuisine of the Okinawa Prefecture of Japan is distinct from the Japanese cuisine of mainland Japan. The longevity of the Okinawan people is often attributed to the island’s food, as Okinawan dietary habits have traditionally skewed toward vegetables and seafood products.

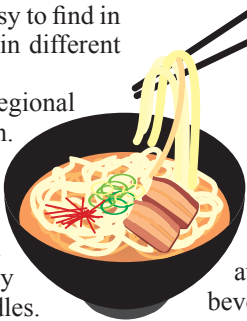
Let’s dive into some of the local food and explore what traditional Okinawan cuisine is all about.



## 1 Okinawa Soba

A staple of Okinawan cuisine, Okinawa soba, also known as Okinawa ramen, is a kind of noodle that is generally thick like udon and slightly twisted. It is a local specialty dish of Okinawa Prefecture that uses noodles made in a process derived from Chinese noodle-making. It is easy to find in most local restaurants in different areas of Okinawa.

There are also regional styles of this soba dish. For example, if you order this Okinawan dish on Ishigaki Island and the other Yaeyama Islands, you’ll find they have thin, straight noodles. The Okinawa ramen of the Yaeyama Islands is called Yaeyama soba. The buckwheat noodles of Miyako Island are also thin and flat without any shrinkage and are called Miyako soba because of the unique characteristics of the ingredients and the way they are arranged.



## 2 Rafute

Rafute (braised “pork cubes”) is another local dish of Okinawa Prefecture. It is made with skin-on pork belly stewed in soy sauce and brown sugar. During the Ryukyu Dynasty, the Chinese pork dish “Tong Po Lo” was introduced to the Ryukyu kings, who loved it so much that it became one of their court dishes. One of the characteristics of the dish is the use of awamori (an alcoholic beverage indigenous and unique to Okinawa) in the cooking process. One recommended Okinawan restaurant where you can try this dish is Yuunangii (ゆなんぎい) located in Naha.



## 3 Goya Chanpuru

Goya chanpuru (also spelled goya “champuru”) is another specialty dish in Okinawan cuisine, a stir-fry of bitter melon slices, usually with pork and tofu.

Okinawan bitter melon (“goya”) is known as the “king of summer vegetables” and is a staple food in Okinawa that’s rich in vitamins. It is said that one of the reasons why many people in Okinawa live long lives is because they often eat bitter melon, a traditional food in Okinawan cuisine. You can find this Okinawa bitter melon dish easily in most local restaurants in Okinawa.

Check out Goya: 3 Easy Japanese Bitter Melon Recipes for Summer to learn how to cook goya chanpuru and other bitter melon dishes!



## 4 Ishigaki Beef

When it comes to Okinawa’s specialty dishes, Ishigaki beef should be a must-try dish on your list. Ishigaki Island is one of the most popular tourist destinations in Okinawa Prefecture and boasts Ishigaki beef, a brand of beef raised in the warm and natural environment unique to Ishigaki Island.

Ishigaki beef refers to pure Japanese black cattle that have been produced and raised in the Yaeyama area with a certificate of registration and production history. The cattle must have been fattened and managed in the Yaeyama area for approximately 20 months or more after birth.

See our post on Ishigaki Island for Okinawan restaurant recommendations, including places to try Ishigaki beef and things to do!



## 5 Umibudo

Umibudo means “sea grapes” in Japanese. In Okinawa Prefecture, it has been eaten for a long time and is sometimes called “green caviar” because of its shape. Umibudo is eaten raw, dipped in soy sauce and vinegar as a sauce, and gives puchi puchi popping sensation similar to ikura (salmon roe).

Umibudo is also used as a garnish for sashimi. It is also eaten as umibudo-don (umibudo rice bowl) on a bed of rice topped with sanbaisu vinegar, or as umibudo soba (buckwheat noodles) without seasoning. If marinated in a seasoning solution for a long time, the umibudo beads will shrivel up.



## 6 Taco Rice

Among all of Okinawa’s specialty dishes, the flavors of this one may already be familiar to you. Taco rice is an Okinawan dish consisting of rice topped with typical taco ingredients from the Mexican-American style dish, served with a tomato-based salsa. It was first created in 1984 in Kanatake Town, Okinawa Prefecture. It has become a popular dish in the prefecture and has been used in school lunches since the 1990s.

The rice is with minced meat or dry curry in the way it is eaten. It is usually served with a tomato-based red salsa, but sometimes tomato ketchup is used in place of salsa at popular restaurants and bento shops.



## 7 Mimiga

Mimiga (pig’s ear) is an Okinawan dish made from seasoned, thinly cut pig’s ears. The pig’s ears are boiled or steamed and cut into strips.

Mimiga is eaten as a vinegared dish, often with sauces such as ponzu, vinegared miso, peanut miso, or just salt. It is characterized by the crunchy texture of the cartilage, similar to that of hardened jellyfish. It is high in collagen and is considered beneficial for health and beauty. When mimiga is eaten cold, it is often called mimiga sashimi. The texture is crunchy and chewy.



## 8 Sata Andagi

Sata andagi (Okinawan donuts) is a type of deep-fried sweet from Okinawa Prefecture. It is a spherical fried doughnut made of sweet batter. It is considered to be a good luck snack and is served at weddings and other celebrations. Because of the sugar content, the small size of the air bubbles in the crumb, and the density of the dough, it is a confection that is satisfying and filling, with a crunchy surface.

In addition to being made at home, sata andagi are also sold at tempura stores, on street corners, and in markets, especially in Okinawa shopping streets such as Ishigaki City Public Market. When sold in stores, the type made with refined sugar is called “white” and those made with brown sugar is called “black.”



## 9 Okinawa Pineapple Ice Cream / Hyouka

Okinawa is famous for pineapples, so there are a lot of pineapple products to try. The pineapple-flavored ice cream or hyouka (ice) are both worth a try. Especially in summer, these pineapple treats are suitable for cooling off in Okinawa’s hot weather.

In traditional Okinawan cuisine, you can taste different flavors such as bitter, sweet, and salty; and enjoy a variety of textures, from popping umibudo to crunchy mimiga. If you are thinking about what to eat in Okinawa, mark down these Okinawan dishes so you can try them while exploring Japan’s southernmost island!

Experience Okinawan culture through food! Browse food experiences in Okinawa and check out our YouTube channel to follow along on our food adventures in Japan!



Food experiences in Okinawa  
YouTube channel



byFood is a platform for food events in Tokyo, with over 80 experiences to choose from and a fantastic resource for learning about Japan’s thriving food culture! What’s more, byFood runs a charitable outreach program, the Food for Happiness Project, which donates 10 meals to children in Cambodia for each person who books a food event through our platform!

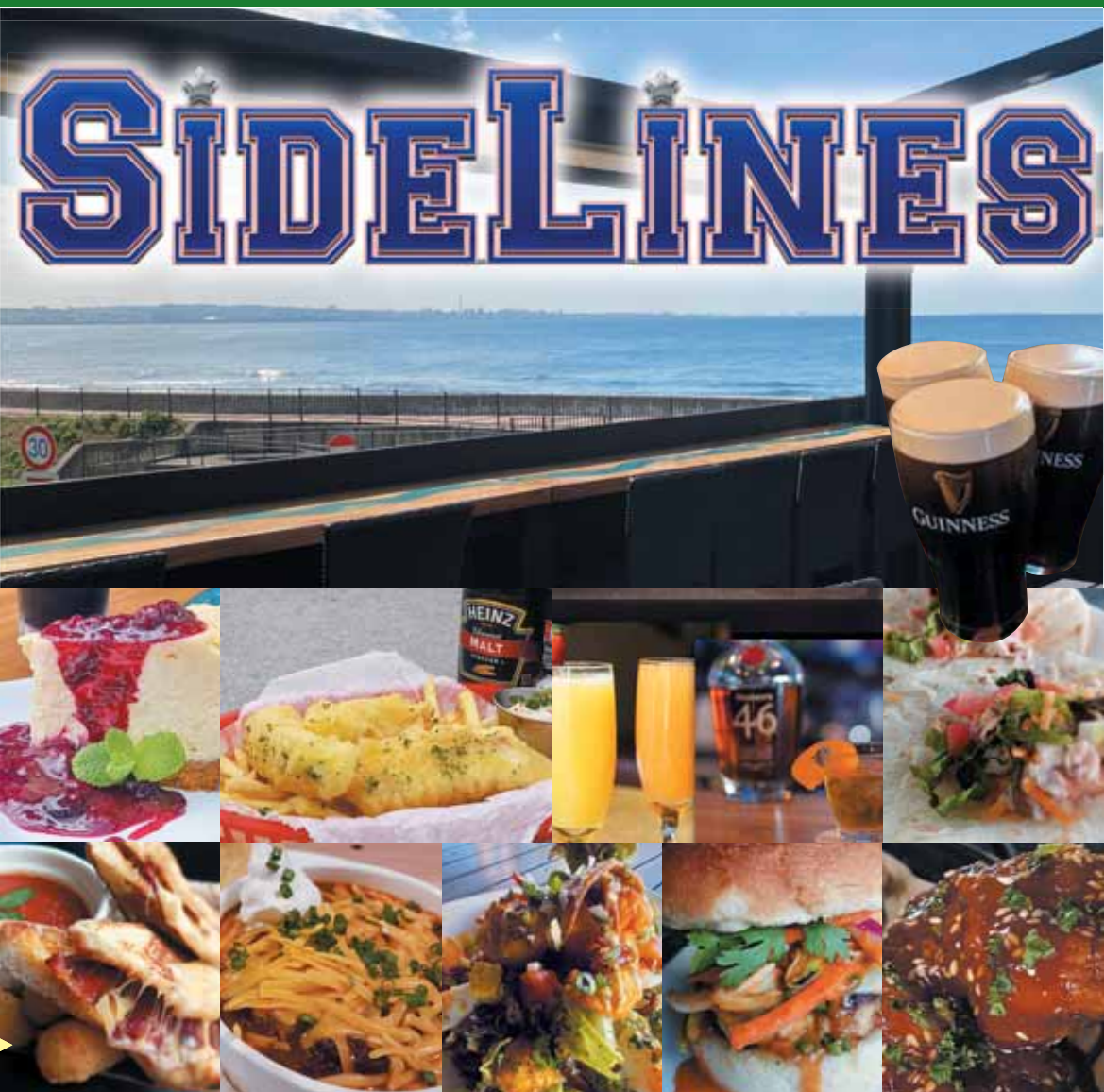




## Tasty food, great drinks, fun events at Sidelines

Est. 2012, Sidelines is a family-owned, upscale sports themed restaurant. Our menu offers delicious home-made Classic American Food, Vegan dishes, kids' options and fantastic weekly Specials. Try our Fish & Chips and Creamy Homemade Cheesecake, both undoubtedly the best in Okinawa. Join us for Trivia Tuesday, Wednesday's Humpday Super-Specials, Tourney Thursdays, Friday's Happy Hour, Weekend Bottomless Mimosas & to watch Live Sporting Events on our 20 indoor & outdoor TVs! You'll love our unrivalled service, full bar, ample outdoor seating, and the fabulous Ocean View from our upstairs bar! Visit us soon and become part of the Sidelines Family!

RESTAURANT INFO



# A Taste of Okinawa





Gushikawa  
Main City  
Branch



Naha  
Main Place  
Branch



Urasoe  
West Coast  
Parco City  
Branch





## Stone-oven-baked pizza, pasta, spare ribs and more

Have you heard of Pizzeria MARINO, renowned for our delicious cuisine in Okinawa? At Pizzeria MARINO, you can savor a wide variety of dishes, including stone-oven-baked pizzas, pasta, cheese fondue, and spare ribs. Our freshly baked pizzas are a must-try, offering a unique and irresistible flavor that you won't find anywhere else. Treat yourself to one of our set menus and choose your favorite pizza and pasta combination for an unforgettable dining experience. At Pizzeria MARINO, we're here to give you a taste of home that will leave your tastes begging for more. We can't wait to serve you!

RESTAURANT INFO





## Wafutei serving up delicious traditional Japanese cuisine

Enjoy the taste of Japan at Wafutei, with 20 locations across Okinawa! Our diverse menu, featuring sushi, tempura, yakiniku and tonkatsu, satisfies a wide range of palates. Perfect for families, friends and groups - everyone can find their favorite dish. Experience the flavor and quality loved by both Americans and Japanese at all our convenient San-A shopping mall locations. Visit our website for detailed menu and location information. Your genuine Japanese culinary experience awaits just around the corner! Let the caring and talented staffs at our Wafutei locations show you what Japanese cuisine is all about!

RESTAURANT INFO



## 和風亭 Wafutei



# A Taste of Okinawa



**Osaka Ohsho**

**Ginowan Convention City Branch**  
3-6-1, Uchidomari, Ginowan-shi, Okinawa

**Owan City Branch**  
343, Owan, Yomitan-son, Okinawa

**Parco City Branch**  
3-1-1, Irijima, Urasoe-shi, Okinawa

**Ishikawa City Branch**  
2521-1, Ishikawa, Uruma-shi, Okinawa





## Osaka Ohsho serves tasty Chinese dishes on Okinawa

If you are search of a variety of delicious Chinese cuisine on Okinawa, look no further that Osaka Ohsho. Indulge in our signature gyoza, flavorful fried rice, and savory mabo tofu. Our crispy, juicy dumplings are irresistible! Enjoy high-quality Chinese dishes in a casual setting at reasonable prices. Don't miss our popular lunch specials featuring our tasty gyoza sets. Our staff is ready to show you why people say the best Chinese cuisine on Okinawa is served at Osaka Ohsho! So, stop by and let us take care of you and your taste buds!

RESTAURANT INFO