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# STARS AND STRIPES OKINAWA

Community Publication

VOLUME 14 NO. 46

JUNE 10 – JUNE 23, 2021

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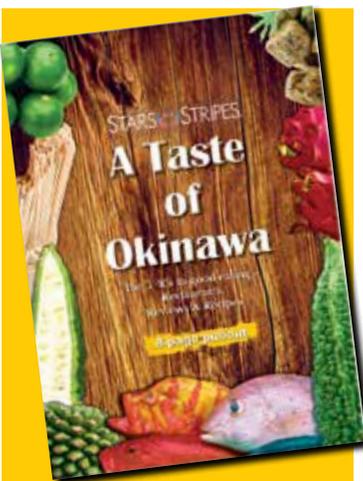
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**Special 4-page pullout inside!**

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## SHARE YOUR PIECE OF PARADISE WITH US

This year has not been the best for those of us who to love to go on adventures and travel. As we finally start to get a taste of normalcy, we want to know how you fed your wanderlust. Did you get to explore your local city or curb some of that cabin fever with a family day trip closeby? Or, in an attempt to escape while staying socially distant, did you discover an affinity for hiking?

We know our readers love to travel and explore new places in the Pacific, but also that this past year has changed the way we do just about everything. So, we want to hear about how you traveled. Whether you had a staycation or brought out the photo albums and talked with your kids of the places you went and will go again someday — let us know!

Stars and Stripes wants you to write about your own piece of paradise. Our annual Destination Paradise magazine highlights must-see travel spots across the Pacific — and your bit of paradise could be included in our 2021-2022 edition.

It doesn't have to be an exotic island with pristine beaches. Tell us about the dream vacation you had. Write about how you traveled and where you traveled.

Your story will not only appear in the Stripes Destination Paradise magazine that will hit the streets on Pacific bases in September, it will also appear in our community newspapers and websites, including Stripes Okinawa and stripesokinawa.com.

We may not be able to travel as much as we want right now, but let your thoughts take you on a journey and put pen to paper (or hands to keyboard) and start writing! Have fun with it, write long or short and don't forget to send your photos, too!

Submit your story and photos to [paradise@stripes.com](mailto:paradise@stripes.com) by July 20, and we'll make you famous!

— The Stripes Okinawa staff

Check out our previous Destination Paradise mags

# TIME TO CHECK OUT KINTOWN

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# STARS AND STRIPES

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Photo by Samantha Evans

## Naval officer follows in grandfather's footsteps

STRIPES OKINAWA

**F**or his promotion ceremony at Camp Butler on May 24, David Michael Jahn decided to follow in his grandfather's footsteps.

It was in Subic Bay, Philippines back in 1962, when Jahn's grandfather, David E.

Jahn, was promoted from ensign to lieutenant junior grade, his wife by his side. Jahn's Navy service inspired David Michael Jahn to join the service in 2017.

Though his grandfather passed away in 2015, Jahn told his friend and photographer Samantha Evans that recreating this



Courtesy photo

photo would be a great gift to him.

The newly promoted Lt. (j.g.) David Michael Jahn has been stationed in Okinawa since 2019.



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# Cape Hedo to Kadena a great adventure

*Editor's Note: At Stripes Okinawa, we love to share your stories and share this space with our community members. Here is an article written by Jennifer Brown, a hospital corpsman at U.S. Naval Medical Center San Diego. If you have a story or photos to share, let us know at Okinawa@stripes.com.*

STORY AND PHOTOS BY  
JENNIFER BROWN,  
STRIPES OKINAWA

Before COVID hit, I was part of a running group that was part of the hospital. The group did regular runs across the island, running from around the hospital to Cape Hedo, then all the way to Cape Kyan. On this particular run, the group came together for Halloween and started off at Cape Hedo. The run would be finishing at Kadena Marina, a total of 64 miles away. We

met in our Halloween costumes and headed off to Cape Hedo to start at sunrise. Of course, we stopped at Lawsons and Family Marts on the way to fuel up for our runs.

The ocean views and landscapes were the most breathtaking part of the run. While you get to see Okinawa from your car window, it is literally something entirely new and fresh once you get outside of your car. Running along the roads that pass some of the majestic views of this beautiful island really helped me realize that we are just small creatures amongst the world that surrounds us. We can sometimes forget this when we go about our day to day lives. It is easy to drive to work on autopilot and miss the beautiful sunrise or the cute baby in the other car. We may dissociate and forget how we even drove to work or to the store. Running, however, makes it impossible to

not be present in your reality. When you are running, you take in everything around you: the sights, the smells, the sounds. Running from Cape Hedo down to Kadena Marina gave all of us runners a unique opportunity to experience the island by foot.

Wearing our costumes made this run more memorable. In the States costume runs are a sight, but in Japan, we were a very unique and strange sight. Since on the island Halloween isn't celebrated, the costumed runners garnered a lot of attention from the locals. Maybe it was strange for them to see, but nevertheless, they actually joined in and cheered the runners on. While it might have been a little embarrassing to start to run at first, the support by the Japanese locals made the entire experience worth it.

The competition between the teams participating also made

the run unforgettable. We agreed to compete to see whoever got to Kadena Marina first. Both teams rotated runners every few miles, but my team took no time to get ahead. We made sure that we were ready to go when the runners came by and the next runner headed off swiftly after. We did such a good job, we barely saw the other team the entire rest of the race!

The time spent roadtripping to the next trade-off spot allowed us time to get to know each other and cheer on the next runner in line. We felt like a supportive team of coworkers and, in the end, friends.

It was this sense of building community with like-minded runners willing to dress up and explore the island that I won't soon forget. Wherever your military journey takes you, remember that there is a built-in community to fall back on and

learn new things with. It's easy to seclude yourself and feel like you're going to live life on your own, but if you do a little digging you'll find a group of people who will cheer you on whether you're running in a Halloween race or trying some new activity in your daily routine.

*Jennifer Brown is a hospital corpsman at U.S. Naval Medical Center San Diego. Originally from Florida, she joined the Navy in 2018 and has been stationed on Okinawa for two years and San Diego for under a year. During her free time, Brown enjoys spending time with animals, running, rock climbing, and hiking. She is an alumna of the University of Central Florida and holds a Bachelor of Science in Psychology. Her professional interests include social work, animal welfare, and children.*



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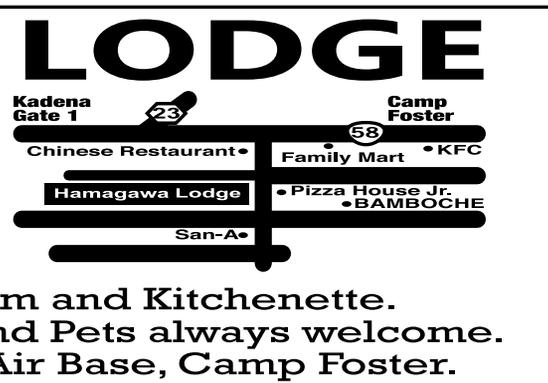
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# 7 ways to soak in Japan's rainy season traditions

BY SHOJI KUDAKA AND TAKAHIRO TAKIGUCHI, STRIPES OKINAWA

Constant gray skies and gloomy showers can only mean one thing in the so-called Land of the Rising Sun: The rainy season.

It starts to fall on Okinawa in late May followed by mainland Japan and Kyushu Island in early June. Cold northerly and warm southerly air masses collide to create 45 to 50 days of a continuous dreary weather front of clouds dropping anything from drizzle to torrential downpours.

But there's no reason to let the bad weather get you down. Look on the bright side.

The rainy season is cheerily referred to as "tsuyu," or plum rain, in Japan, as it coincides with the seasonal ripening of this luscious fruit. And with southern to central temperatures in the mid to high 70s (the high 60s farther north), Japan offers more seasonal outdoor activities than you can shake an umbrella at.

For starters, it's one of the best times of the year to visit the northern island of **Hokkaido**. Chances are you may not even need that umbrella. Since Hokkaido is barely affected by this weather front, many locals travel there during the rainy season to escape the stifling humidity often visited upon the rest of Japan.

If you can't make it that far north there's still no need to resort to long weekends indoors with **video games** or TV. It may be the rainy season but it actually does not rain every day. (For example, the average number of rainy days in June is only 12 on the Kanto Plain, according to Japan Meteorological Agency.)

Even if it does rain, it will add a certain ambiance to your strolls along the

streets of **old towns** and quaint neighborhoods. The rain makes old temples, gardens and traditional houses seem all the more elegant.

While out, look for cute small white ghost-like dolls made from single piece of cloth or tissue hanging from the eaves or on the windows of houses. Often children, and even some adults, make these little "teruteru bozu," or sunshine monks, to ward off bad weather for the next day when a fieldtrip or other outdoor event is planned.

In fact, why not make your own **teruteru bozu**?

Also, don't miss the opportunity to take in the beauty of seasonal foliage.

With plenty of water falling amid the early summer warmth, several pretty **flowers** are also in bloom this time of year. Both hydrangeas ("ajisai") and irises ("shobu") are in full bloom in mainland Japan, while irises and shell ginger ("gettou") are in bloom on Okinawa. Flowering shell ginger heralds the rainy season on the southern islands; hydrangeas embody the season on the mainland.

The hydrangea's original colors can vary from white, pink, violet and blue, and they gradually shift to different colors. Some change from pink to purple, and others from blue to violet or fade in intensity throughout the course of the 4- to 6-week season.

Peak flower viewing season on Okinawa is mid-May to the end of June, while it runs from mid-June to early July on the mainland.

In Japan's central regions firefly viewing, or "**hotaru gari**," (literally firefly hunting) is another favorite rainy season pastime. Lightning bugs are active at riverside, ponds, bushes or rice fields in the humid evenings, right after it rains on windless nights without moonlight.

Countless slowly moving tiny lights filling the air and drifting from one leaf to another make a spectacular sight. But don't catch them, as the endangered bug's life lasts only seven to 10

days. Like **fireworks** festivals in Japan, "yukata" (summer kimono) and an "uchiwa" (fan) are appropriate attire for this traditional pastime.

On Okinawa, rainy season usually begins just after the Golden Week holidays that take place around late April to the first week of May, and that means dragon boat races galore.

Dragon boat races are held in fishing communities throughout Okinawa. These "hari" are also known as "kaijin-sai" (unjami) or fishermen festivals; they are a way to give thanks to the sea god and pray for safe and prosperous fishing.

Memorial services on Okinawa Memorial Day (June 23) is another important event during the rainy season. Okinawans commemorate the end of the Battle of Okinawa during a big memorial service for the war dead at Itoman Peace Memorial Park every year.

So take up your umbrella and enjoy the rainy season outdoors. By walking in the rain, perhaps while singing, you just might discover attractions that are only available during this time of year.

takiguchi.takahiro@stripes.com  
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Iris



Hydrangea

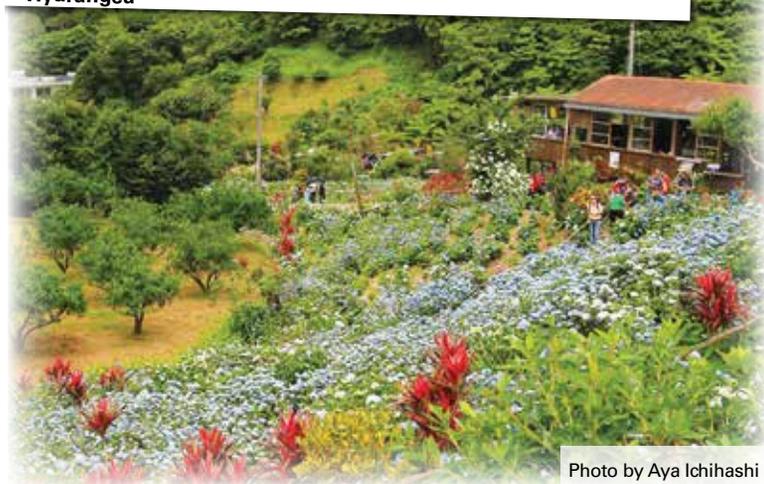


Photo by Aya Ichihashi

## Hydrangeas lighten up Rainy Season

If you would like to lighten up your rainy season, Yohena Ajisaien should be on the list of your next destinations. About a 90-minute drive from Camp Foster takes you to this flower garden with 10,000 hydrangeas and other beautiful and colorful plants and flowers. According to the staff at Yohena Ajisaien, now is the best time to view the hydrangeas. Although the flowers are expected to be enjoyed through the month of June, it depends on the weather.

**Yohena Ajisaien**  
(Hydrangea Flower Park)  
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## Speakin' Japanese

### "Tsuyu" Talk

June is the rainy season in Japan. While making your way around town, try using some of the following Japanese words and phrases to talk about it.

"Tsuyu" = Rainy season

"Tenki" = (Nice) weather

"Ame" = Rain

"Mushimasu" = Humid

"Suberiyasui" = Slippery

"Nureteru" or "Bisha-bisha"

= Wet (object)

"Zubunure" = Dripping wet

(person)

"Kasa" = Umbrella

"Tsuyu wa itsu akemasuka?"

= When will the rainy season end?

"Tenki ga yokunai desu-ne?"

= The weather is bad, isn't it?

"Kyo wa mushimasu-ne?"

= Today it is humid, isn't it?

- Stripes Okinawa

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

Photo by Aya Ichihashi



Himeyuri Peace Museum



Himeyuri Cenotaph



Third Surgical Cave

# Himeyuri Peace Museum completes renovation

STORY AND PHOTOS BY  
DAVID KRIGBAUM,  
WWW.WAYFARERDAVES.COM

An Okinawa museum highlighting some interesting World War II history has finally reopened in April after months of renovation.

The Himeyuri Peace Museum in Itoman gave its exhibits a facelift and tweaked their presentation in order to better reach a modern, younger audience growing more distant from the war. I visited to see the changes for myself and was not disappointed.

The museum tells the story of the Himeyuri Gakutotai (Himeyuri Student Corps). Comprised of 240 high school girls and teachers from the sister schools of the First Okinawa Girls' High School and the Okinawa Women's Normal School in Asato (Naha) were among the 500 girls that served as assistant nurses to the Imperial Japanese Army during the 1945 Battle of Okinawa. The conditions they endured for months was hellish. They worked and lived in unsanitary hospital caves, conducted amputations without anesthesia, handled the diseased and dead, and performed menial

## Himeyuri Peace Museum

**ADDRESS:** 671-1 Ihara, Itoman, Okinawa Pref. 901-0344

**TEL:** 098-997-2100

**WEBSITE:** <http://www.himeyuri.or.jp/EN/info.html>

\*Parking is available across the street and beside the museum.

## Café Makabechina

**ADDRESS:** 223 Makabe, Itoman, Okinawa Pref. 901-0336

## Ihara First Surgical Cave

**GOOGLE MAPS:** Ihara First Surgery Trench  
伊原第一外科壕

**COORDINATES:** 26.094631, 127.688633

tasks, all under enemy fire and while surviving their own bouts of illness and malnourishment. Just before the battle ended and the Japanese forces were surrounded, they were summarily discharged and forced onto the open battlefield where many died in the crossfire, fleeing or committing suicide to prevent capture. Of the Himeyuri who joined the battle, 136 were killed.

Shortly after the war, at the site of the former third surgical cave, where the greatest number of wartime Himeyuri casualties occurred, a small memorial was installed. This gave families a place to mourn their lost daughters. In 1989, the survivors built

a small museum with a powerful, personal story to tell and if you've never been then I recommend seeing it as much as I do the Peace Park. If you've been before, it's still worth adding to the itinerary next time you're down in Itoman again.

Fortunately, the renovation did not tone this story down or omit information, but some background and minor details were streamlined to focus more on the people who made up the Himeyuri Student Corps. There are a lot more photos of the students' pre-battle lives and I think that adds a lot to help remind visitors these were people like them and not just a story

## When you visit

To see an unaltered cave, the former first surgical cave is a five-minute walk down the road from the museum. When exiting the museum grounds, turn right and walk until you see a cement post on the left side of the road by a dirt road (second left). Go down this dirt road until you see a conspicuous group of trees on the left side. It's in the trees. You can walk up to the mouth of this cave where a small stand has been set up to leave gifts, but I do not recommend going inside. It's marked on Google Maps as "First Surgical Trench."

If you're hungry I recommend driving to a residential neighborhood five minutes away and having Okinawa soba at Makabe Chinaa (Café Makabechina). This café not only has good food at reasonable prices but is a house built in 1891 that still has bullet holes from the battle.



Himeyuri Peace Museum

pulls no punches. Each segment begins with a photo of a group of girls, then focuses in on a survivor. The now-elderly woman talks about particular incidents or ordeals, sitting at the location where it happened and as she speak the names of classmates or lost friends, their school photos appears on screen adding a face to her story. These are pretty graphic but need to be told to better understand what the battle was like for these teenagers.

For first time visitors, I also recommend taking the time to read the survivor testimonies in the Requiem Room, which are also inside the Himeyuri Peace Museum Guidebook available for purchase in the gift shop. It's been an invaluable research tool in writing about them.

Displays are almost all entirely bilingual. A visit to the museum can take half an hour for a casual visit, but if you're coming to learn I'd set aside at least an hour to read every panel, story and sidenote. Add another 75 minutes if you want to take in all the videos. Admission is 450 yen per person.



First Surgical Cave

STORY AND PHOTOS BY SHOJI KUDAKA,  
STRIPES OKINAWA

**K**in Town, the host municipality of Camp Hansen, is sometimes talked about in the past tense. It is true that the town's prosperity as a "military town" peaked in the 60s and 70s, during the time of the Vietnam War. Now, the shine of the town may no longer be what it once was. However, the town continues to rally and attract people, if not in the same way as it once did. Visiting the town offers opportunities to see the town's attractions both burgeoning and passed down from the past.

## SHINKAICHI

It was in 1957 that Camp Hansen was installed in Kin Town. Right across a street from Gate 1, **Shinkaichi** was developed as an amusement area catering to the military community.

Restaurants, bars, clubs, and tattoo shops housed in old buildings line the streets, providing a glimpse into the past. When visited at night, colorful neon signs welcome visitors, hence the "sleepless town" moniker.

During daytime, colorful graffiti-clad buildings present a pop-art like view from the past. Although doors are closed for many bars while the sun is still up, people come looking for food such as tacos, hamburgers and hotdogs. The smell of **BBQ** hangs in the air, tickling people's appetites.

Long-running restaurants like **King Tacos** and **Gate 1** continue to be popular. **The taco rice**, fried rice, or cheeseburgers that they serve up to exceptional volumes attract many hungry minds.

Kin Town is especially known as a town of taco rice. In 2010, a Guinness Record was set when a giant taco rice which weighed more than 1,600 pounds was made. The extra-large foods mentioned well represent the taste of the town.

There are also new places like **Ricamocha Café**. This cozy looking café on Route 329 is crowded Friday evenings and Saturday and Sunday mornings, according to Kazumi Shigehisa, a staffer. Their featured menu item is murutaam, a cold sweet served up with taimo or taamu, a type of potato, along with milk-flavored shaved ice and tapioca.

The unique streets inspired creative minds as well. Movies and music videos have been shot there. In **"A Sign Days/Via Okinawa"**, a movie from 1989, the town played a background to depict the rise and fall of a local rock band. In **"Bolting Point"**, a movie by decorated director Takeshi Kitano, protagonists visit the town before their last stand against gangs. Or in a music video titled **"Kata Omoi Diary"**, a Japanese girls' band ran around and shot fireworks in the old streets.



Underground Kin, a bar in Shinkaichi.



Rock America, a rock theme bar in Shinkaichi.



File photo



# KIN TOWN KEEPS ON



Gate 1



Ricamocha Café



"Murutaamu", a cold sweet served up at Ricamocha Café near Camp Hansen.



Zero Tattoo Kin, a tattoo shop near Camp Hansen.

## EAST SIDE OF CAMP HANSEN

Located about a five-minute walk to the east from Gate 1 of Camp Hansen is a temple called **Kannonji**. According to the town's website, the temple was first built in the 16th century by a prestigious monk from mainland Japan. At one corner of the site, there is a limestone cave called **Nisshuudo**. This is thought to be a sacred site. Legend has it that the monk persuaded a giant snake to pay penance in the cave for damages it caused to locals. Although the deepest part of cave is now off-limits, visitors can take stairs and see spots for worship such as a large limestone called **"Buddha's Big Parasol."**

## COAST

The easiest way to reach the expressway is to head north on Route 329. Drivers to neighboring towns can find plenty of tents come into town for the farmer's market. Local produce and used books and **MREs**.

Route 329 has a lot of things. If drivers take time to come by a fishing pier, which presents a view is known as a good spot for seeking rabbitfish. To Okinawa Tsushima, Okinawa. The fishing is prohibited on tetrapod, holding the port on tetrapod.

There are a couple of ways to access **Kaihinkouen** (S). A long stretch of sand presents a nice



## KIN TOWN MAP



## URBAN AREA

One way to get to Camp Hansen is to take Route 104 and get off at exit No. 8. Heading south on Route 329 with Kin Bay to the right takes you through the neighboring areas of the military facility, a unique collection of shacks and buildings with a view on the left. One of them is a building called Ishija Yuntaku Ichiba. This market has all sorts of items. Starting with local produce, canned foods, items range from clothing to military items such as

There is a bypass that runs along the coast. If you take the bypass and head north, they will reach a fishing port called Hamada Gyokou, which offers a good view of the Kin Bay. This port is a good fishing spot. Anglers can be seen fishing for blue and black sea bream according to the website, a website dedicated to fishing in Kin Town. The Kin Fishery Association noted that fishing is permitted on a dock, but it is OK to do so by adding fishing rods toward outside of the dock.

There are a couple of beaches along the coast that can be reached by going south on Route 329. Igei Kaihin Kouen (Seaside Park) and Yaka Beach have a sandy shore and peaceful water, that provides a secluded atmosphere.

## RURAL ZONE

Going further north on the coastal road leads to a vast flatland where paddy fields of taimo spread wide. The view presents a look much different from other parts of the island where sugarcane fields or hilly jungles are most typically seen.

Located at the east end of the land is Nature Mirai Kan, a facility with cottages, camping ground, and pavilions for grilling. On Okukubi Gawa, a river that runs by the facility, people can enjoy kayaking or stand-up paddle boarding. According to manager Kenji Nakama, the facility is popular among tourists, Okinawans, and Americans. Reservations are highly recommended, especially over the weekend.

A five-minute walk from the facility, a boardwalk runs along the river, providing a good view of people on kayaks or surfboards. There's also a cattle shed by the river where buffaloes are kept.



A paddy field in western Kin Town. Wild birds can often be seen there.

About a five-minute drive further north is Kin-cho Baseball Stadium and Kin-cho Football Center. Pro teams from mainland Japan and South Korea hold spring training here, drawing people to this normally quiet area.

Located near the sports complex, Kin Dam offers a nice spot to take a break. From an observatory, which is located right by the facility, water can be seen splashing down its huge wall. The dam is connected to the Okukubi Gawa at the bottom.

Kin Town may look humble compared to locations with large resorts or commercial facilities on the west coast. Clearly, the times have changed here.

However, tourists, Okinawans, and Americans keep coming looking for something that only this town has to offer. The town's attractions, both old and new, don't stop tickling people's curiosity.

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

## Nature Mirai-kan





**INGREDIENTS**  
(for one person)

- Pasta (100g)
- Water (400 ml)
- Salt (1.7 cc)
- Pasta sauce of your choice

**RECIPE**  
(Pasta with pesto Genovese)

- 1 Put pasta in a heat resistant deep plate. (Make sure this plate is deep enough to hold the pasta. Break pasta in half if it doesn't fit in the plate.)
- 2 Add water (400ml)



- 3 Add salt (1.7cc)
- 4 Heat in the microwave at 600W for three minutes plus the time designated on the pasta package (For example, if the package says stovetop boil for 5 minutes, then add 3 more minutes to the cooking time in the microwave to make it 8 minutes in total.) Do not cover the plate with plastic wrap such as Saran Wrap while heating.)
- 5 Check that the pasta is to the level of firmness you prefer.
- 6 Carefully remove the plate from the microwave. (Careful: It might be hot!) Then, drain the water or scoop up the pasta out onto separate plate.
- 7 Mix the pasta with your sauce and top with basil, crushed pepper or any other ingredients you like.

■ Some sauce requires to be heated up before being mixed with pasta  
Itadakimasu!

**CHECK OUT THE VIDEO**



STORY AND PHOTOS BY SHOJI KUDAKA,  
STRIPES OKINAWA

As far as cooking is concerned, I am all for cutting corners. But, when I learned that pasta could be cooked in the microwave, I had to take it with a grain of salt.

I had heard professional chefs of Italian cuisine speak so passionately about the importance of using a large pot to cook pasta to the right texture. Doing it with an electrical appliance didn't sound right to me.

However, flipping through TV recently, I saw several celebrity chefs give thumbs-up to this cooking method. Hearing them rave about how good the pasta tasted as opposed to how easy it is to cook in the microwave made me want to give it a try.

Listed below is a recipe crafted after one I found online. Microwaving pasta is enough to save some time, however, I took it a step further and used a pouch of pasta sauce to increase the efficiency of this meal.

You'll find many options for pouched sauces at your local Japanese supermarket and convenience store. There are the standard favorites like pepperoncino and carbonara, and even some unique sauces like mentaiko (spicy cod roe) and squid ink, too. Prices for pouched pasta sauce run roughly from 100 to 300 yen. I picked pesto Genovese for just 158 yen (approx. \$1.46) and a bag of pasta for 100 yen. Just 258 yen for a delicious and time-saving meal.

The result of my microwaved pasta and pouched sauced much exceeded my expectations. After 12 minutes in the microwave, the noodles got a nice chewy but soft texture just like if I had used the traditional method of cooking. I mixed it with the sauce and topped with fresh basil leaves, then the instant food turned into a decent meal.

If you are very picky about pasta, this may not suit your fine sense of taste. But the easy cooking method and delicious outcome certainly made the cut for a quality, light meal.

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# Speakin' Japanese

## PCS move

You just got your new orders and now it's time to pack your belongings and PCS. Even though you may be leaving Japan, you might want to learn the phrases below to help you better communicate with the Japanese moving company. Here's hoping for a smooth move.

• **"Kongetsu Hikkoshi masu."** = I am going to move this month.  
"kongetsu" = this month, "hikkoshi" = move

• **"Itsu mitsumori ni kite itadake masuka?"** = When can you come to estimate the cost and poundage of my household goods?  
"itsu" = when, "mitsumori" = estimation, "kite" = come

• **"Jusho wa Roppongi 7-23-17 desu."** = My address is Roppongi 7-23-17.  
"jusho" = address

• **"Nanji ni kite itadake masuka?"** = What time will you come here?

• **"Hikkoshi ni donokurai kakari masuka?"** = How long will it take for you to pack and load my household goods?  
"donokurai" = how long/much/many, "kakari" = take

• **"Kowaremono nanode kiwotsukete kudasai."** = They are fragile, so carry them carefully, please.  
"kudasai" = give me.. please, "kowaremono" = fragile items, "nanode" = because, "kiwotsukete" = carefully

• **"Hako wo ju-ppako kudasai."** = Give me 10 boxes for packing, please?  
"hako" = box, "ju-ppako" = 10 boxes ["go-hako" = 5 boxes, "niju-ppako" = 20 boxes, "sanju-ppako" = 30 boxes]

• **"Kore mo hakonde kudasai."** = Carry out this one, too.  
"mo" = too, "hakonde" = carry

• **"Kore wa tenchi-muyoo de onegai shimasu"** = Please move this without turning upside down.

"kore" = this, "tenchi-muyoo" = not to turn around  
"Yoroshiku onegai shimasu." = Thank you in advance for a great job.  
(\*A polite expression when you need to ask somebody something.)

• **"Otsukaresama deshita."** = Thank you for the great work.  
(\*An expression to thank somebody's labor. It can also be used when you are leaving your work.)

**WHEN ON OKINAWA,** You can also say it in "Uchinaaguchi" (island dialect) like this:

**"Yutashiku unigee sabira"** = Thank you in advance for the great job.

**"Utami soochi."** = Thank you for the great work.

- Shoji Kudaka and Takahiro Takiguchi,  
Stripes Okinawa



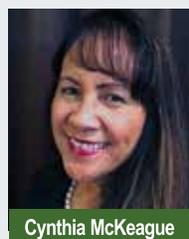
Pronunciation key: "A" is short (like "ah"); "E" is short (like "get"); "I" is short (like "it"); "O" is long (like "old"); "U" is long (like "tube"); and "AI" is a long "I" (like "hike"). Most words are pronounced with equal emphasis on each syllable, but "OU" is a long "O" with emphasis on that syllable.

### GSA in Okinawa

GSA Global Supply® is now storing and delivering approximately 750 high-demand National Stock Number (NSN) items formerly stored in and shipped from the continental United States. The change reduces delivery time to a few days from weeks or months.



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Cynthia McKeague

The new program does not replace existing retail stores managed by GSA in Japan. For more information, please contact your local Customer Service Director Cynthia McKeague at [cynthia.mckeague@gsa.gov](mailto:cynthia.mckeague@gsa.gov).



Scan this QR code to view GSA's 2021 Japan catalog.

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# GET TO KNOW JAPAN

## Make a wish on wooden ornaments

STORY AND PHOTOS BY  
 TAKAHIRO TAKIGUCHI,  
 STRIPES OKINAWA

You may have seen these wooden plaques when visiting Shinto shrines around Japan. These are decorated with drawings of the year's zodiac sign or the temple's symbol along with special Kanji characters.

These are called ema, which also means horse in Japanese. Ema are used to write prayers and ask for good luck in certain endeavors.

Followers believe that wishes and prayers will come true if we go to a temple and write our

wish and hang them there as an offering to the Shinto gods. Some of the common wishes asked for include work, family peace, health and — yes, you guessed it — school entrance examinations. Now since exam season is over for the students of Japan, you might still catch many of the ema asking for good final grades.

You can get your very own ema at Shinto shrines starting from about 200 to 1,000 yen (about \$1.80-\$9).

On my visit, I made sure I prayed for society's earliest recovery from the COVID-19!  
[takiguchi.takahiro@stripes.com](mailto:takiguchi.takahiro@stripes.com)



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# Stripes Sports Trivia

Ben Roethlisberger and Antonio Brown led the potent Steelers offense together for nine years. The two superstars are both near the top of their positions. When it comes to their college days, the duo both played in the same non-power conference. Where did they go to school?

**Answer**

Miami of Ohio (Roethlisberger), Central Michigan (Brown)

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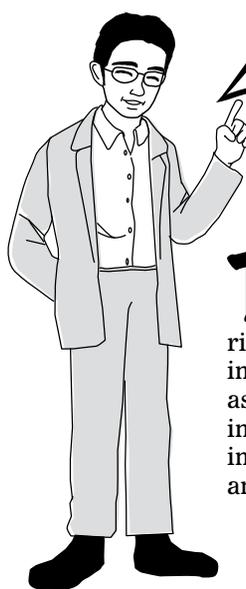
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**DID YOU KNOW?**

**T**here is a reason why sumo wrestlers go toe-to-toe wearing next to nothing. Because sumo is considered a Shinto ritual offering gratitude for God's blessings, wrestlers are supposed get naked, or as close as possible, to show they're playing the sacred game cleanly ... and not hiding anything foreign that might give them an advantage.

Kanji of the week



Nishi (West)

## Language Lesson

How much is this?

Kore wa ikura desuka?

## SUDOKU

Difficulty: Easy

Edited by Margie E. Burke

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

### 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 Previous Sudoku:

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

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## Crossword

by Margie E. Burke

### ACROSS

- 1 Applies lightly
- 5 "Dancing Queen" quartet
- 9 60's sitcom, "Green \_\_\_\_"
- 14 Cambodia's continent
- 15 Squander, slangily
- 16 \_\_\_\_ change
- 17 Bruce of "The Hateful Eight"
- 18 Home of the NBA's Spurs
- 20 Dude ranch woe
- 22 Word in a Golding title
- 23 Captain Queeg's ship
- 24 Budget item
- 26 Swiss dwelling
- 28 Prefix with "state" or "act"
- 29 Car nut?
- 30 "Cheers" role
- 32 A bit lit
- 36 One of the Baldwins
- 38 Unsettled feeling
- 40 Kind of salmon
- 41 Twangy-sounding
- 43 Like a busybody
- 45 Removable locks
- 46 Sci-fi droid
- 48 Nine-day prayer
- 50 Circus performer
- 53 Closet wood
- 54 Not relevant
- 55 Lizard's relative
- 59 Trucker's turf
- 61 FDR's coin
- 62 Bakery treat
- 63 Type of keel
- 64 Impassioned
- 65 Bit of evidence
- 66 Bull's-eye hitter
- 67 Oscar-winning Jared

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15				16				
17				18				19				
20				21				22				
		23				24		25				
26	27					28						
29				30		31		32		33	34	35
36			37		38			39		40		
41				42		43			44		45	
			46		47			48		49		
50	51	52						53				
54					55		56				57	58
59				60						61		
62						63				64		
65						66				67		

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- 3 Pet shop items
- 4 Open shoe
- 5 In \_\_\_\_ (not present)
- 6 Far from enthused
- 7 Pro \_\_\_\_ (gratis)
- 8 Cognizance
- 9 Be in a cast
- 10 Ill-tempered
- 11 Talk a blue streak
- 12 Mideast leaders
- 13 Fine china name
- 19 Counter call
- 21 Fudged the facts
- 25 Teacher's fave
- 26 "The \_\_\_\_ of the Cave Bear"
- 27 Waikiki wiggle
- 28 Fort Knox bar
- 31 Like many bibliographies
- 33 War-plane maneuver
- 34 Runner's sore spot
- 35 Lotus-position discipline
- 37 Vitamin A source
- 39 Slumlord's building
- 42 High ball
- 44 Skywalker's mentor
- 47 Stereo knob
- 49 Property defacer
- 50 Off the mark
- 51 Spiral shell
- 52 Revolving part
- 53 Supply party food
- 56 Hot stuff
- 57 Radiate
- 58 Give a facelift to
- 60 Johnny Bench was one

### Answers to Previous Crossword:

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

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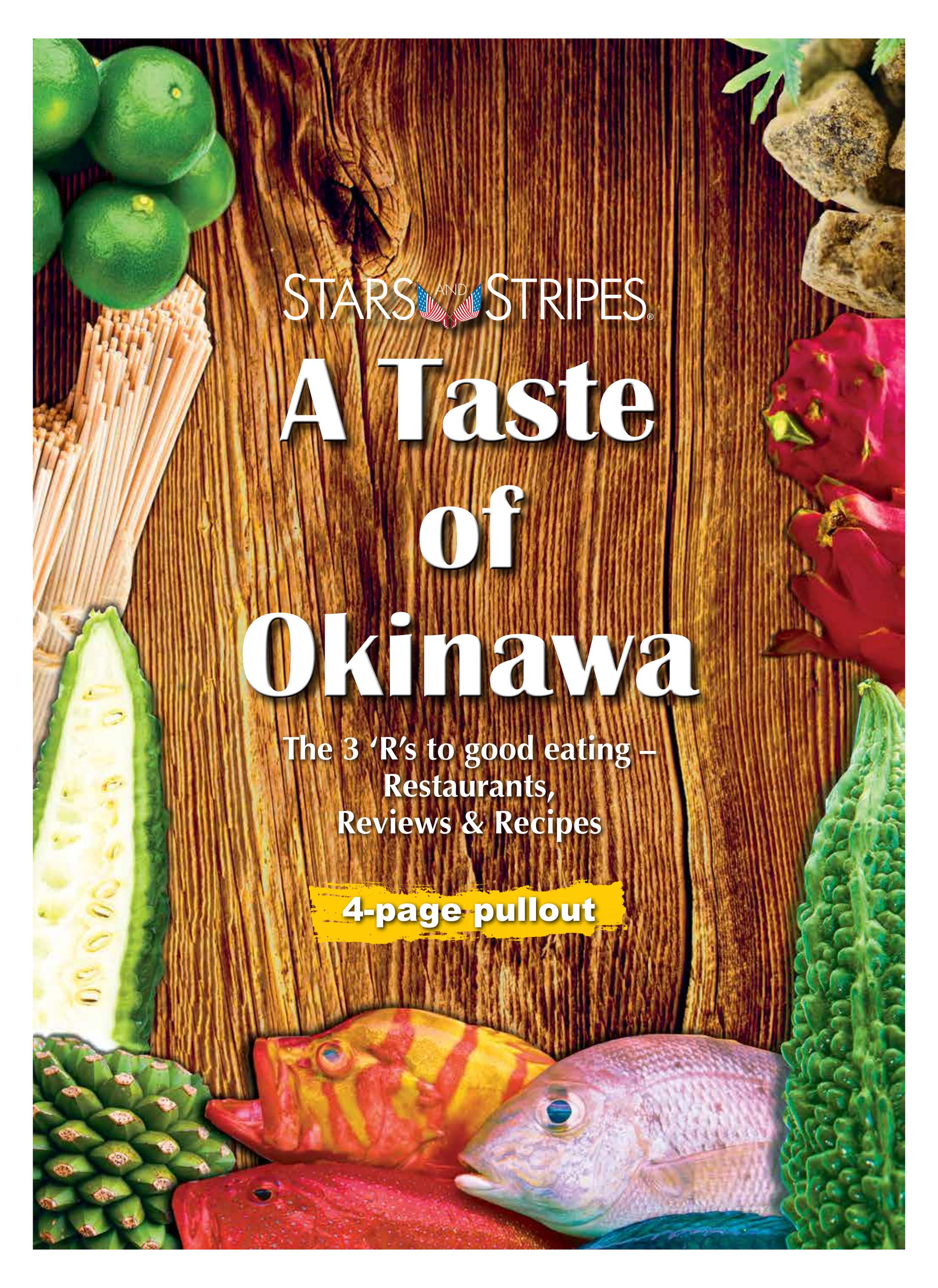
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# A Taste of Okinawa

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

**4-page pullout**

# Why Hokkaido's hairy crabs are so popular



BY MINNA NO KOTOBASHA,  
LIVE JAPAN

**H**okkaido is a treasure trove of delicious seafood. Crabs are especially popular, with four main varieties, the large red king crab and snow crab, the medium-sized blue king crab, and the smaller hairy crab, which you can enjoy at restaurants or bring home as souvenirs.

Of these four types of crab, the hairy crab is the most familiar to the locals of Hokkaido. But why is that so? And what is the most delicious way to eat hairy crab?

Spring is the time when delicious crabs from Okhotsk come in season. We head down to Marumi Osanai Shōten in Nijō Market, Sapporo, to find out more about hairy crabs' popularity.



As its name implies, hairy crabs are known for the tiny hairs on their carapace. Found in the waters off Okhotsk all the way to the Pacific Ocean, hairy crabs have a wide distribution and they live on shallow sea beds 150 meters below sea level.

In Hokkaido, freshly caught hairy crab is available throughout the year. However, depending on the water temperature and weather conditions, their molting and spawning seasons may change, resulting in changes to fishing seasons.

During the fishing season at places that produce hairy crab, you can enjoy freshly caught hairy crab from the ports, or try it boiled Hamayude-style at the nearby processing facilities, so do take the chance to enjoy these crabs during peak season.

■ **Okhotsk Coast (Omu, Monbetsu, Abashiri, Shari), Sōya (Wakkanai, Esashi):** Spring (when the drift ice melts, from March to June)

Though the ice typically starts to melt from February off the Okhotsk coast, there will be a plankton bloom under the ice. As the hairy crabs consume the plankton for nutrients, plump and sweet hairy crabs can be caught in March after the ice melts away at the beginning of spring.

■ **Around the Ring of Fire (Shiraoi, Kojōhama, Oshamambe):** Summer (July to August)

As there are many hydrothermal vents in the area which are rich in minerals, the ring of fire is a hatchery with high-quality crabs. The hairy crabs which have absorbed the minerals from the ring of fire have soft and delicate bodies, with their kani miso, a paste made from their internal organs, having a unique and prized flavor.

■ **Shiranuka, Kushiro, Nemuro Coast:** Autumn (September to December)

The waters here are rich in nutrients from various types of fish feed, and because of the large temperature difference of the waters, the crabs caught from here have firm meat.

■ **Hidaka, Tokachi Coast:** Winter (December to February)

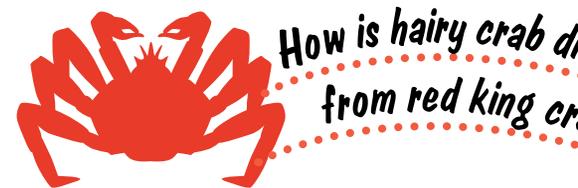
The seas off the coast are where the Kuroshio and Oyashio currents meet, resulting in a large and nutritious plankton bloom. Besides this, this is where high-quality Hidaka konbu seaweed is produced, and the crabs are like those that have been fed fish feed, with a strong rocky flavor, and it is well-renowned for its large amounts of creamy kani miso.



Hairy crabs are well-known and loved in Hokkaido, and compared to red king crabs and snow crabs, can be caught from shallower waters. As it's available all year round, one of its unique aspects is that its price remains relatively stable all year round.

It is only recently that hairy crabs have become commonly eaten, starting from 1920, when they were first sold in cans. The way that hairy crabs are eaten now, as boiled or live crabs, started from around 1965.

With fine meat that has a delicate sweetness, and from the tastiness of the thick and soft kani miso, it is a dish that can be found on any table in Hokkaido during New Year celebrations.



The most striking difference between hairy crab and red king crab is the large size difference. In order to ensure the sustainability of the hairy crab population, crabs larger than 8 cm are fished, though they are small enough to be held with one hand.

They typically weigh around 400 grams each, and the average price is about 10,000 yen for a kilogram. Crabs larger than 500 grams are considered large-sized, and crabs exceeding one kilogram are an exceptionally rare catch.

On the other hand, popular amongst foreigners is the red king crab, with a size of around 25 centimeters. They can reach over a meter in length with its legs, and compared to hairy crabs, they are quite large.

They usually weigh around two kilograms, and crabs larger than three kilograms are typically served. The typical price is between 10,000 yen to 13,000 yen per kilogram. The ones typically on sale are typically from Russia, though Alaskan red king crabs are also available, with only a small fraction being produced in Hokkaido.

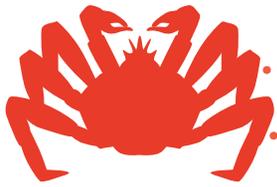
Despite being called a red king crab, it is relatively small relative of the hermit crab. Because of this, hairy crabs have one pair of claws and eight legs, while red king crabs have one pair of claws and six legs.

Besides this, while the kani miso of hairy crabs is sold whole together with the crab, that from red king crabs dissolves and melts once boiled, so another difference is that red king crabs are typically sold without kani miso.



Photos courtesy of LIVE JAPAN

A TASTE OF OKINAWA  
3



How do you eat hairy crabs?



Compared to red king crabs, hairy crabs have soft shells, with relatively few spikes. If you know the trick, eating it is simple. The tool you will need is a pair of kitchen scissors.



1

With the crab facing upside down, cut off the legs at where it joins to the body, and cut the legs in half at the joints.



2

Insert the scissors through the cut, and cut along the hairy shell.



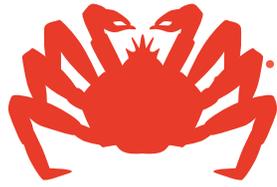
3

Open the cut shell with your fingers, and the meat will be easy to pull out. For the thinner legs with claws, cut them open in a similar way, then remove the claws to pick out the meat to eat it more easily.



4

If you have a seafood pick for crabs, it'll be a lot easier. You can use it to remove meat from the shell, and has two different tools, a thicker end with a spoon for scooping the kani miso out, and a thinner end used to pick out meat at the ends of the legs.



What dishes are hairy crabs used in?



When having boiled hairy crab on its own, you can savor the umami and exquisite sweetness, and seasoned with just the right amount of salt it can be enjoyed as is, but hairy crab can be used to make many delicious dishes too.

One dish that you absolutely have to try is kani miso served in the shell. You can taste the boiled kani miso on its own, and when mixed with the crab meat, results in a thick and enjoyable flavor.

First, turn the crab over, and you'll find the triangular portion, called the apron. There is a hole where you can slip your finger inside to pry it off, and you can open it to find it brimming with orange kani miso.

It's also highly recommended to try a dish called "kōra sake" after you've eaten the crab. Wrap the outside of the shell in aluminum foil, and pour a suitable warm sake, such as sake, into the shell and warm it over a fire.

When you drink it just as it starts to bubble, you can taste the perfect complement of the umami of the sake with the fragrance of the kani miso, and it warms your body up comfortably too.



You can also try out various dishes made of hairy crab in Hokkaido. In seafood izakaya restaurants, Japanese washoku restaurants, and sushi joints, you can enjoy teppō-jiru soup made from soup stock derived from hairy crab legs and miso, or crab chawanmushi which uses crab meat, pickled crab, kani miso, and other gourmet foods on the menu.

In western-style restaurants, crab cream croquette is the standard go-to. In Chinese restaurants, crab fried rice made with crab meat is available too.



The "Kanimeshi", a dish of crab meat on rice, is a specialty of the Oshamambe region in the south of Hokkaido, and as one of the producers of crab in the region, it's one of the gourmet foods you have to try while holidaying in Hokkaido.

Kanimeshi is on sale on JR special express trains from Sapporo to Hakodate.

Special thanks to Marumi Osanai Shoten.

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PHONE: 0120-150-550



## Black Bean Bowl from Café Latte a delight

Whether you are a vegetarian or not, you are going to want to get your hands on our delicious Black Bean Bowl! Warm sweet potato chunks pairs great with black beans, cool slices of avocado, all married together with a spicy southwest sauce. Little bits of cilantro and a bed of rice bring it all together to be the perfect lunch or dinner. Café Latte is located inside Kadena Officers' Club and is open to all ranks. Be sure to stop by this June to try this delicious southwestern style dish! Café Latte serves up the best food around!



RESTAURANT INFO

# A Taste of Okinawa



## CHICKEN&PAPA



← CHECK THE LOCATION

**BUSINESS EVERY DAY**

AVAILABLE TELEPHONE ORDER (11AM~)

TEL : 098-989-6030



## You want it, we got it at CHICKEN&PAPA!

CHICKEN&PAPA is known for our fabulous Caribbean cuisine and Soul food, especially our exquisite chicken. Our Original Fried Chicken is flavorful and golden brown with a crunchy outside and moist juicy meat on the inside. On the other hand, our authentic Caribbean Brown Stew Chicken is incredibly flavorful and melts in your mouth and pops with simmered Caribbean spices. For those that love some heat, our revamped menu includes our Red Hot Burrito with a major kick. Located outside Camp Foster's Spot Gate, CHICKEN&PAPA offers takeout and curbside pickup every day starting at 11:30 a.m.

RESTAURANT INFO

PLATE MENU	
<b>F-PLATE</b> 1300YEN	ORIGINAL FRIED CHICKEN (BONE-IN 2PCS), FRIED CHICKEN TENDER (BONE-LESS 2PCS), DIPPING SAUCE, MACARONI SALADA,
<b>HOT F-PLATE</b> 1400YEN	HOT ORIGINAL FRIED CHICKEN (BONE-IN 2PCS), HOT FRIED CHICKEN TENDER (BONE-LESS 2PCS), DIPPING SAUCE, WHITE BREAD, PICKLES,
<b>ULTIMATE-PLATE</b> 1700YEN	BROWN STEW CHICKEN (1LEG), CARIBBEAN RICE&BEANS, FRIED CHICKEN 3PCS (BONE-IN 2PCS, BONE-LESS 1PC) DIPPING SAUCE, GREEN SALADA,
<b>F&amp;C-PLATE</b> 1100YEN ★ HOT SAUCE TOPPING	FRIED CHICKEN TENDER 2PCS WITH CURRY & RICE
<b>B&amp;C-PLATE</b> 1100YEN ★ HOT SAUCE TOPPING	BROWN STEW CHICKEN 1PC WITH CURRY & RICE

MINI PLATE	
<b>CARIBBEAN PLATE</b>	BROWN STEW CHICKEN (1LEGS) ..... 900YEN CARIBBEAN RICE&BEANS (200g) ★ HOT SAUCE TOPPING
<b>MUNCHKIN MEAL</b> ..... 800YEN	FRIED CHICKEN TENDER (2PCS) DIPPING SAUCE, MACARONI SALADA
<b>HOT-MUNCHKIN MEAL</b> ..... 850YEN	HOT FRIED CHICKEN TENDER (2PCS) DIPPING SAUCE, MACARONI SALADA

CHICKEN	
BROWN STEW CHICKEN (1LEGS) ..... 500YEN	FRIED CHICKEN TENDER (1PC) ..... 280YEN
ORIGINAL FRIED CHICKEN	HOT ORIGINAL FRIED CHICKEN
2PCS ..... 560YEN	2PCS ..... 600YEN
4PCS ..... 1120YEN	4PCS ..... 1200YEN
6PCS ..... 1680YEN	6PCS ..... 1800YEN
8PCS ..... 2240YEN	8PCS ..... 2300YEN
10PCS ..... 2800YEN	10PCS ..... 2800YEN
12PCS ..... 3360YEN	12PCS ..... 3440YEN

OTHERS	
<b>RED HOT BURRITO</b>	FRIED CHICKEN, CHEESE, BACON, AVOCADO, NASHVILLE HOT SAUCE, HONEY, 1200YEN
<b>FRIED CHICKEN BURRITO</b>	FRIED CHICKEN, CHEESE, BACON, AVOCADO, ORIGINAL MAYO SAUCE, HONEY, LIME, 1200YEN
<b>GREEN SALADA</b> . . . . .	200YEN
<b>MACARONI SALADA</b> . . . . .	200YEN
<b>CARIBBEAN RICE&amp;BEANS</b> . . . . .	450YEN
<b>DIPPING SAUCE</b> . . . . .	100YEN

