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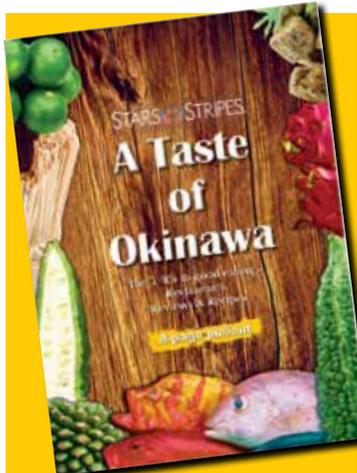
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**PRO SOCCER GEARS UP ON OKINAWA**  
PAGE 8



Special 8-page pullout inside!

# STARS AND STRIPES

Community Publication

# OKINAWA

VOLUME 14 NO. 8

FEBRUARY 13 – FEBRUARY 19, 2020

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# Space is Available

Useful tips for navigating Space-A travel

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Photo by Marilyn N. Bonzo, U.S. Navy Dragon Boat Team

# Are you ready to DRAGON BOAT?

PAGE 3





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Kubasaki sends a message
in dominant 'Beast' victory

STARS AND STRIPES
Published: January 25, 2020

YOKOSUKA NAVAL BASE – With a meet-
best four weight-class titles and two run-
ner-up finishes, Kubasaki is looking like the
wrestling power it once was.

Former Florida state champion Colin Na-
tion led the way, pacing Kubasaki to 65 points
and the team title in the 27th Nile C. Kinnick
Invitational "Beast of the Far East" wrestling
tournament.

The Dragons came in 15 points ahead of
runner-up St. Mary's in the second
of two in-season invitationals de-
signed to prepare teams for Feb-
ruary's Far East tournament at
Osan. Last year's champion, Shonan Military
Academy, came in third with 46.

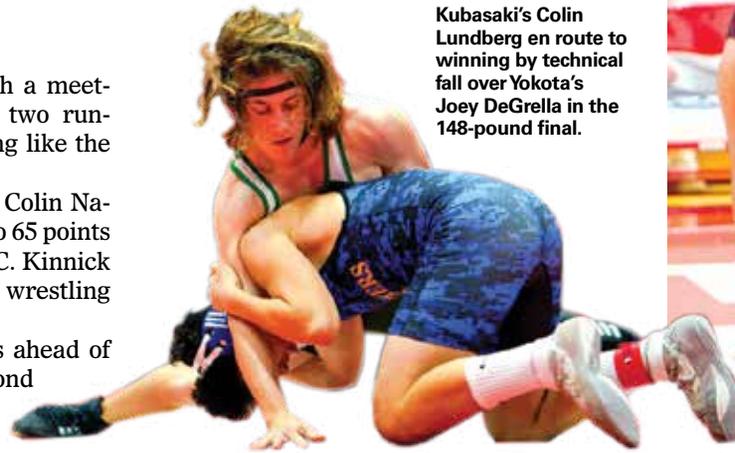
"What a fun tournament," said coach
Brent Cook of Kubasaki, with 26 Far East
meet titles to its credit, a DODEA-Pacific
record for any team in any
sport. Only two of those
came in the last 10 years.

"What an awesome event.
What a great opportunity to
see the competition and all
the excellent wrestlers," he
said.

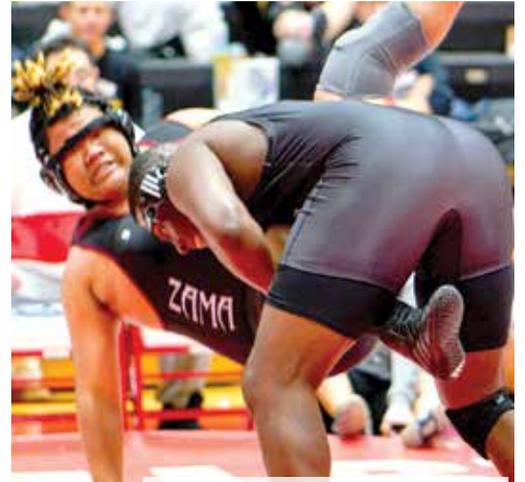
Nation disposed of American School In Ja-
pan's Liam Kell at 180 pounds.

Kubasaki teammate Nicholaz Aguirre
(101) beat Kadena's Mizuki Sato-Marsh;
Vincent Rodriguez (115) was a winner over
Christian Academy Japan's Joe Frazier, and
Colin Lundberg (148) dispatched Yokota's
Joey DeGrella.

Each of the winners echoed Cook's senti-
ment that the Dragons accomplished what
they set out to do.



Kubasaki's Colin
Lundberg en route to
winning by technical
fall over Yokota's
Joey DeGrella in the
148-pound final.



Matthew C. Perry's Marshall China
sends Zama's Desmond Martin
airborne in the heavyweight final.
Photos by Xue Yang, Special to Stripes

Two-time reigning Far East heavy-
weight champion Marshall China, a
senior, of Matthew C. Perry continued feast-
ing on Zama wrestlers, on Jan. 25 dispatch-
ing Desmond Martin by pin.

With China's wrestling career in the twi-
ilight, he says he's looking ahead to team
goals as well as individual.

"To get a team banner, mainly; that's what
I want to get before I leave," China said of a
Far East Division II team title.

Other victors at "Beast" included reigning
Far East Outstanding Wrestler Rin Zoot of
ASIJ. Wrestling at 158, he scored a technical
fall over St. Mary's Warren Koslow.

Another two-time Far East champion,
Eiji Kasahara of St. Mary's, prevailed at 129
pounds, but it took a full six minutes and a
4-2 decision over Zoot's brother, Take.

Above all else, Cook said his Dragons have
a good grasp on what they need to do to con-
tinue preparing for Far East, scheduled for
Feb. 13-15 at Osan Air Base.

"We know what we need to work on and
will do our best in the next couple of weeks to
improve," Cook said.

"We did what we planned on doing," Na-
tion said, adding that the competition com-
pared favorably to what he was used to in
Florida. "As a team, it definitely is exciting to
say the least."

"I think we're a force to be
reckoned with," Lundberg
said. "We practice and work
harder than any other team. I
think it's pretty cool."

Not all went well for the
Dragons, however. Reigning Far East
215-pound champion Haydn Peterson suf-
fered a pinfall upset at the hands of Yokota's
Austin Fisher.

"I'm glad I could see myself improve over
the years since I first got here, to go from
not ranked to first at 'Beast,' Fisher said. "I
hope I can keep in shape and have some good
matches" at Far East.

Another Kubasaki Far East champion,
Jaylan Mayers, returned after a long injury
absence, but didn't make it out of the third
round at 129.

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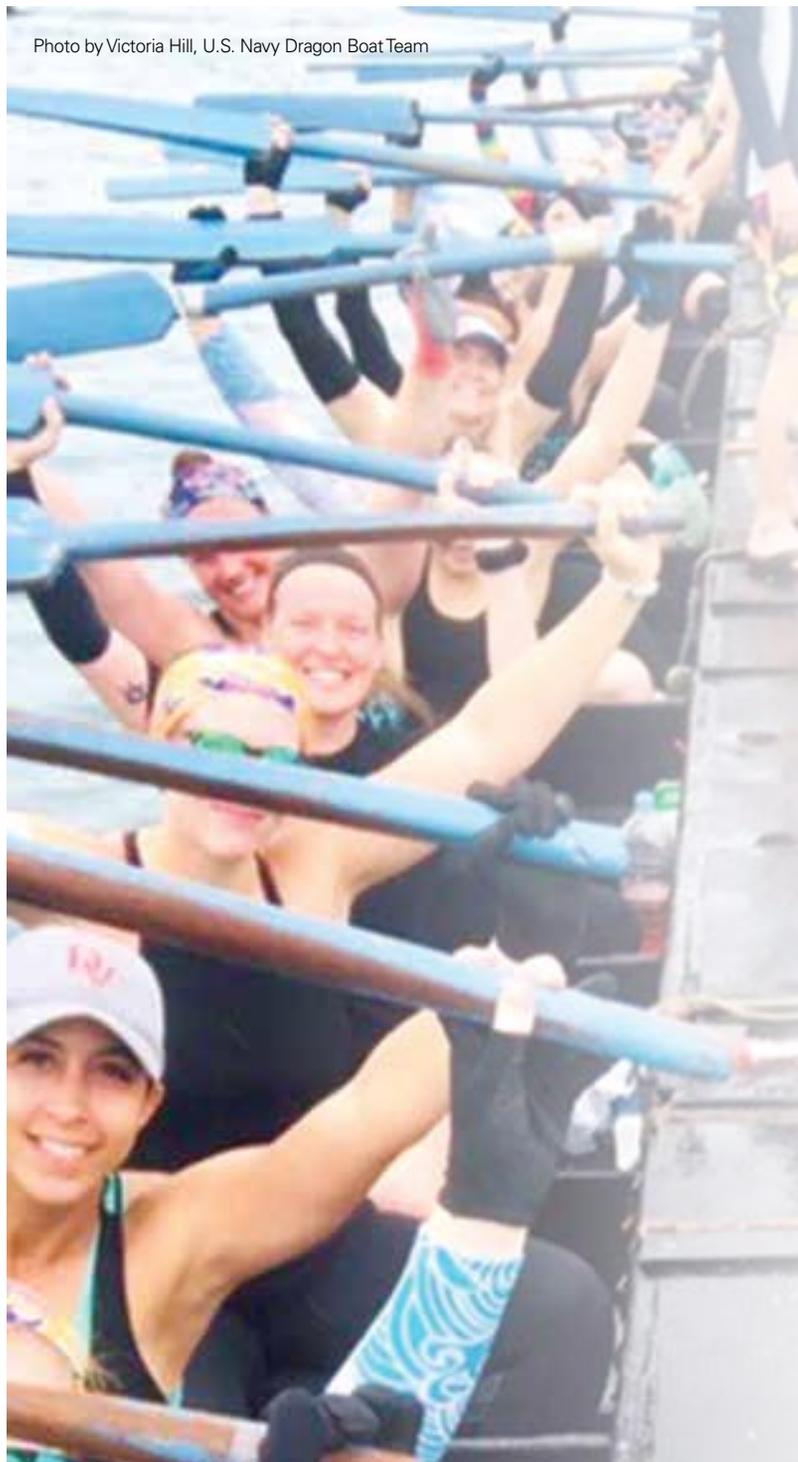


Photo by Victoria Hill, U.S. Navy Dragon Boat Team

Photo by Tim Meloche, U.S. Navy Dragon Boat Team

# Summer Dragons tryouts begin Feb. 19

BYTARA BAXLEY NGUYEN  
ASSISTANT COACH,  
US NAVY DRAGON BOAT TEAM

**B**ang! The gun goes off and all 32 paddlers set off in a flurry of synchronized motion towards winning another Naha Dragon Boat Race. This is what most spectators observe on May 3-5 at Tomari Port. Teams from all over the island, racing for a variety of reasons and purposes, all there with the same goal in mind—WIN! But what most spectators don't see, is what leads up to this momentous day.

## Dedication

For the US Navy Dragon Boat Team/Summer Dragons, it all starts with dedication. Beginning in February, paddlers meet at Kadena Marina three days a week to practice in the very early morning hours.

Meeting together consistently is what makes a team of 32, become a machine on one. Stroke after stroke, every practice is a chance to teach and refine our skills as paddlers.

It's not easy getting up at 4 a.m., but you do it because you are part of something bigger than you ever thought you would get a chance to do in this short time on Okinawa.

It also opens the door to more after May 5. What most people don't realize is that May 5, also known as "Big Boat Season," is the beginning of what we call the "Summer Season." Every Sunday, somewhere on the island, there is a race hosted by a local port that uses smaller 10-person boats. These races are a chance to see some individual traditions, as each port has unique boat designs, events, and festivities that you won't see at any other time of year.

## Determination

Dragon Boat paddling isn't easy. It's a sport that will work muscles you never knew you had. It gives you a unique

perspective into this location that some wanted to come to, and others were appointed as their next duty station. As many have discovered, they didn't know a thing about dragon boat, and now have a fierce love in their heart, and a newfound skillset, that they can take with them all over the world.

## Determination

Some ladies hear us on the radio or see posters advertising the upcoming season at a variety of MCCS Okinawa locations. They join for a variety of reasons. What many have said after they have gotten to experience of what true the dragon boat is all about, is the surprise at how much we do together.

It's not just about one day. It's the practices of course, but also the knowledge, background, and personality of each paddler. It's the unexpected way we meet, come together, and fight tooth and nail, for the common love we have on the water. It's the memories that last a lifetime, and continue on all over the world. It's the heart of a sport that continues on, in the most unassuming place, at the most unassuming times of day.

The US Navy Dragon Boat Team/Summer Dragons will be holding their official tryout season starting Wednesday, Feb. 19. Contact us at usnavydragonboatteam@gmail.com for more information.



Photo by Fealofani Peau, U.S. Navy Dragon Boat Team

MISAWA YOKOSUKA ATSUGI ZAMA YOKOTA FUJI IWAKUNI SASEBO OKINAWA MISAWA YOKOSUKA

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OKINAWA MISAWA YOKOSUKA ATSUGI ZAMA YOKOTA FUJI IWAKUNI SASEBO OKINAWA MISAWA



# Space-A

## A way to

STRIPES OKINAWA

A privilege to Uniformed Forces personnel, their dependents, retirees, and others who support the mission, the Space-Available travel program may be a great option for seeing the world on a budget ... if the timing is right. The program is nicknamed Space-A, and although that A is short for "available," it could also mean "attitude." Learning how to navigate the program with a positive attitude, plenty of leave and a back-up plan is key for a successful "hop."

### What is Space-A?

The program allows authorized passengers to occupy surplus seats after all space-required duty passengers and cargo have been accommodated. Most Space-A flights are offered through the Air Force's Air Mobility Command (AMC) or the Navy and are usually free of charge. On commercial, Patriot Express flights, a small tax (usually under \$30) is charged per seat and per leg. Common destinations include the Continental U.S. states, Hawaii, Alaska, Germany, England, Spain, Italy, Japan and South Korea. In spring of 2020, flights between Seattle and Guam were added on a bi-weekly, proof-of-concept basis. Flights may even go to South and Central America, Africa and Australia. The best time to obtain seats is when DODEA schools are in session.

**Patriot Express Guam to Sea-Tac**

New in 2020, the Defense Department will add charter flights between Guam's Andersen Air Force Base and Seattle-Tacoma International Airport starting in March, officials announced in Dec. 2019. The flights, part of a service called the Patriot Express, will begin on a bi-weekly, proof-of-concept basis for six months.

### Have a back-up plan

Because this program is a privilege, it is imperative to understand the circumstances may change due to mission mobility. Flying exactly where you want to go at the time or day you want to fly is not always possible. The first obligation of the AMC is to fill seats for military missions, therefore available seating could change at any time. So, if you have a specific itinerary for your destination or your return, you may want to reconsider using Space-A for those travel plans. This program is designed for those who have

enough available leave, to wait or change their schedule. For example, it may be to get seats on the first flight to return, you could wait for available space. Or, you could go to another country to wait for travelers attempt to catch flights at base terminals. Remaining being flexible will help. You be ready for anything.

### Who can fly Space-A?

The program was created to improve the lives of personnel by providing respite; recognize the career have served; and extend categories of passengers served. Uniformed Services personnel, USO personnel who also. Passengers may not use the gain, in relationship to either house or for other prohibitions.

Qualified travelers need to completed the proper procedure the required documentation. For instance, active duty before they can register for of active duty flying unaccompanied. Unaccompanied Command his or her spouse's command valid for one round trip to craft, describes the reason category of passenger travel also mandatory for travel passports, social security agency contact information tion.

### How do you register?

There are many ways to A. For in-person registration minimal and visit the helpdesk. You can also register via through www.takeahop.org register for up to five days five countries of destination offers a smartphone app with dollars, users can quickly



# Space-A travel to see the world

time and flexibility to include.

It's a breeze to sign up for a flight, but when you try to book several days for availability, you may even be dropped off in the queue for a flight. Sometimes you may get a hop at neighboring terminals. Stay calm, positive and patient. When flying Space-A,

Space-A?

Space-A is used as a way to enhance mobility by creating an avenue of opportunity for members of veterans who do not have a privilege to other categories such as dependents of active personnel, Red Cross and other support the mission. Space-A flights for personal employment, to find a job and other activities.

Make sure you are sure they have the necessary procedures and also have the necessary documentation needed for travel. You must be on leave before you can fly Space-A. Dependents of active personnel need an affidavit of Sponsorship from the sponsor. The letter is required to travel via military aircraft for travel and the necessary documentation. The following are required: military ID cards, passport numbers and emergency contact information at the final destination.

How to register?

To register for Space-A, you can go to the terminal or self-help kiosks. You can also register via email, fax, or online. Passengers can register at departure airports and terminals. The website also provides information where, for a couple of days, you can sign up for the flights

and destinations. Also, save time by monitoring terminal activity via the phone app.

Once registered, your information remains active for either 60 days, or for the duration of your leave orders or authorization of flight, whichever occurs first. Print a copy of your registration to keep on hand at the terminal. The time and date stamp of your registration determines your position and priority within your Space-A category.

Each passenger is assigned a passenger category for travel. These categories designate the order by which you may be boarded on Space-A flights. The following list is generalized.

**Category I** – Emergency travel on a round-trip basis in connection with serious illness, death, or impending death of a member of the immediate family.

**Category II** – Environmental Morale Leave (EML) and dependents.

**Category III** – Active duty ordinary Leave and dependents; convalescent leave; permissive TDYs; Unaccompanied dependent of deployed servicemember for more than a year.

**Category IV** - Unaccompanied dependent of deployed servicemember on EML status.

**Category V** – Unaccompanied military dependent of non-deployed servicemember.

**Category VI** – Retirees, Reservists.

## Baggage requirements

Passengers may check two pieces of checked baggage, 70 pounds each, up to 62 linear inches in size. You and your family can pool your baggage allowances as well. Carry-ons must fit in overhead bins if they're available or under your seat. Hand-carried baggage must fit under the seat or in the overhead compartment, if available. Do note: it is best to travel light as baggage weight could be restricted for your flight.

## Getting a Space-A flight

Decide which terminal you think would be the best chance for Space-A departure and head out. It helps to phone the terminals that you requested for departure and to monitor recent schedules. Check online and on Facebook for your favorite Space-A terminals' information.

Available seats are now identified between

two to five hours prior to departure, but being at the terminal early will help you vie for seats. At the terminal, verify you are indeed registered for departure on the correct date, time and the correct number of passengers in your party. Be "travel-ready" with the proper luggage, any dependents and paperwork, your car parked or rental returned, etc.

## It's show-time for the roll call

You now wait for the "show-time" of the particular flight you'd like to be selected (manifested) for, as well as the upcoming flight's "roll call" of names of those who are designated for the flight's Space-A seating. The priority of your assigned category, the day and time that you signed up to travel and number of available seats will determine if your name makes the roll call. Remember, be travel-ready! If your name is called and you are not physically present to hear the roll call, your name will be put at the bottom of your category list, and you may not make that flight.

## Parting tips

A hop flight could be either on a military plane or commercial airline. If you travel on a military plane, be aware that accommodations and services are different, from fold-down jump seats along the wall, cargo in front of you and a plane that is either pretty warm or cool, depending on the time of year of travel and location. Open-toed or open-heeled shoes should not be worn on military planes. So, wear appropriate footwear, bring jackets, blankets, snacks, bottled water and things to keep you busy, like books, games or electronic devices. Available plugs for charging are along the walls. Remember to stay flexible. Travel during off-peak seasons (stay away from summer break and major holidays) and keep a positive attitude about this great privilege. If you look at the program as an opportunity to have a new adventure, plan accordingly and have a back-up plan, you are sure to have a great time, wherever you land.

# PACIFIC LOCATIONS

## OKINAWA

### KADENA AB

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## MAINLAND JAPAN

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Facebook.com/AtsugiTerminal

### MCAS IWAKUNI

Bldg. 727

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Facebook.com/IwakuniPassengerTerminal

### YOKOTA AB

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## KOREA

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# GACHAPON

Souvenirs of the absurd

BY TAMATHA ROMAN,  
METROPOLIS MAGAZINE

Every once in a while, I add to my “gachapon” collection. First, it was a cat puking. Then it was a

parakeet cleverly disguised as a peeling banana. Most recently, it was a salaryman bending over, ready to kancho — the mischievous act of sticking your index finger up someone’s butt. In looking for authentic Japanese souvenirs of the absurd and often obscene, gachapon never cease to disappoint.

Gachapon is the generic name for Japanese toy capsule machines, seemingly another branch of the rampant vending machine culture that rules supreme in the country. Inside each machine’s see-through display lie brightly-colored plastic balls, encasing a variety of toys, set to a theme. And although most machines are released as a complete set of this theme, displayed on the front of the unit, you receive your toy at random. Sometimes it takes a few tries before you’re awarded the one you covet ... but often, it never comes. A few twists of the knob—which makes a “gacha” sound, thus the name—and your toy is dispensed with a pon (clunk) in all its glory. Machines only take ¥100 coins or equivalent tokens, and toys usually cost between ¥100 to ¥500.

Generally, the toys are of the keychain, cellphone strap, or mini figurine variety. But the miniature world of gachapon extends beyond the mundane to include gems like tiny condiments, car models, anime characters, street signs, and even rare limited-edition items.

And although the objects

inside are referred to as “toys,” gachapon are most popular with adults, due to their more often than not mature themes. It’s not surprising to stumble across gachapon that feature well-endowed female characters, themes involving poop, or overt stereotypes. (Chubby American soldiers anyone?) The toys are of a higher quality than their predecessors found in the United States: more intricately molded, made with

**The machines themselves have spread around Japan like a plague since they were imported from the U.S. in 1965.**

stronger plastic, and often more valuable as collectors’ items due to their pop-culture status. The machines themselves have spread around Japan like a plague since they were imported from the U.S. in 1965, hitting their heyday in the 1980s. You don’t have

to venture far in Tokyo to find one; they consistently pop up in movie theaters, department stores, and at train stations. There’s even dedicated gachapon shops, wherein avid collectors can stand guard over a favorite machine until an employee refills it. Perhaps the gachapon mecca

can be found at Akihabara’s Gachapon Kaikan. Here, you can choose from over 430 machines, with 50 new “titles” available each month.

Whether you fancy a new desktop ornament or something to confuse your friends abroad, gachapon is a cheap alternative to classic omiyage (“souvenirs”)—and often far more amusing.

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# Stripes Sports Trivia

Four non-quarterbacks have scored four career touchdowns in "The Big Game," while only one has five – Emmitt Smith. While Smith's five may seem pretty impressive, who's the far-and-away all-time leader with eight career TDs in the NFL's featured game.

**Answer**

Jerry Rice

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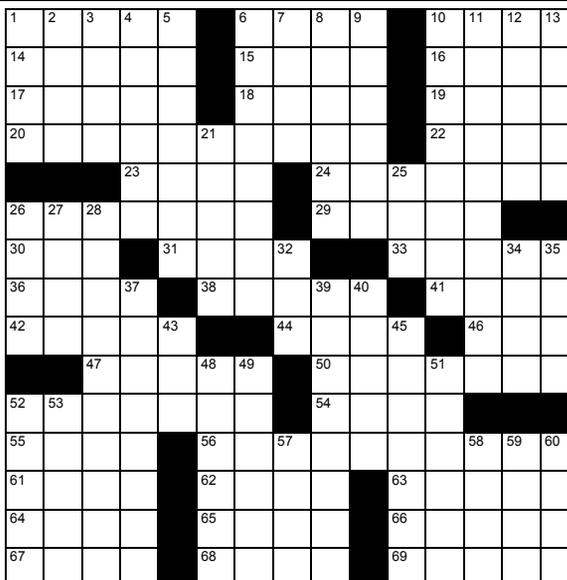
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## The Weekly Crossword

by Margie E. Burke

### ACROSS

- 1 Philatelist's purchase
- 6 Copycat's request
- 10 Open, a little
- 14 Study aide
- 15 Positive aspect
- 16 Millennium Falcon captain
- 17 Overhead
- 18 Worst finish
- 19 She, on the sea
- 20 Payment
- 22 Storybook start
- 23 Pond denizen
- 24 Trainee
- 26 Series featuring Joe Friday
- 29 Ready for a refill
- 30 Headstone abbr.
- 31 Consider
- 33 Sum up
- 36 "The Sound of Music" backdrop
- 38 Word before school or route
- 41 Cowgirl Evans
- 42 Equestrian command
- 44 Spare parts?
- 46 "What'd I tell ya?"
- 47 Regarding, old-style
- 50 King who wrote "Joyland"
- 52 Cowboy's pal
- 54 Church bell sound
- 55 Beginning to cry?
- 56 Gymnast's roll
- 61 Chris who played Captain Kirk
- 62 Minnesota player
- 63 Orphan of comics
- 64 Circle parts
- 65 More or \_\_\_\_\_
- 66 Weighed down
- 67 Anagram for 68-Across



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- 68 "Anything \_\_\_?"
- 69 Freshwater fish

### DOWN

- 1 Have the lead
- 2 Toothpaste holder
- 3 Molecular bit
- 4 Bekins specialty
- 5 Role-play, say
- 6 Painter's problem
- 7 Shepard in space
- 8 Hired goons
- 9 Think highly of
- 10 Like chocolates in a sampler
- 11 The Man in Black
- 12 Lewis Carroll heroine
- 13 Rodeo performer
- 21 Canary's call
- 25 30-day mo.
- 26 Downer
- 27 Nettle
- 28 Make an \_\_\_\_\_ (stop by)
- 32 GPS predecessor

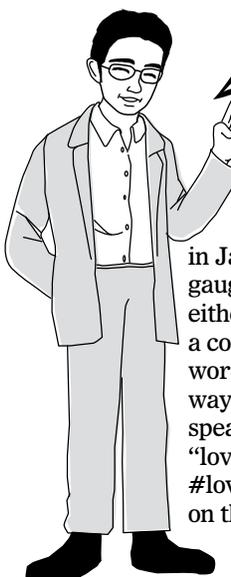
- 34 Aweather's opposite
- 35 Ball-\_\_ hammer
- 37 Summer attire
- 39 Give out
- 40 "Door's open!"
- 43 Slammer
- 45 Gourmet seasoning
- 48 Get cozy
- 49 Bricklayer's tool
- 51 Two-dimensional
- 52 Kind of cross
- 53 In flames
- 57 Magnolia State, briefly
- 58 Menu option (replacing)
- 60 Campsite sight

### Answers to Last Week's Crossword:

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



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**DID YOU KNOW?**

For this week's edition, I turned to Tofugu for their take on like vs. love in Japan: The concept of "like" and "love" in Japanese may be a little difficult for you to gauge because the word "suki" could mean both/ either "like" or "love." More simply, aishiteru has a completely different weight to it than than the words suki or even daisuki (really like). In many ways, it holds more gravity than when English speakers say "I love you" because people can "love" donuts or movies or even use it the hashtag #love to describe a picture of something they took on their phones. Aishiteru, however, is used for only one purpose. Aishiteru is when the words aren't just said, but felt as well.

**Kanji of the week**



Ai/ito(shii) (Love)

**Language Lesson**

Let's meet at the station.

---

Eki de aimashoo.

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## SUDOKU

Difficulty: Medium

Edited by Margie E. Burke

### HOW TO SOLVE:

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

### Answers to Last Week's Sudoku:

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

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**GOOAAAALLLLL!!!**

# Pro soccer gears up on Okinawa

STORY AND PHOTOS BY SHOJI KUDAKA, STRIPES OKINAWA

**W**hen it's winter on the mainland, major league baseball players aren't the only ones to travel to the islands for off-season training. Okinawa is also a destination for professional soccer players looking to tune up their kicks and tricks for the upcoming season.

Starting in mid-January, you'll find 20 teams from the J-League, Japan's professional soccer league, practicing and holding exhibitions through the end of February.

This is a great time to catch some professional soccer around the island. And if you're lucky you might catch well-known players like Andrés Iniesta with the Vissel Kobe and Jô with the Nagoya Grampus, showing off their skills on the field.

Best of all, the practices and games are free to watch, so don't miss out on J-League spring training while you're on the island!

kudaka.shoji@stripes.com

## J.League (Division 1)

### Hokkaido Consadole Sapporo

**DATES:** Feb. 3 - 15  
**LOCATION:** Kin Town Athletic Stadium (near Camp Hansen)  
**GPS COORDINATES:** N 26.453745, E 127.912870

### Vegalta Sendai

**DATES:** Jan. 13 - 28  
**LOCATION:** Nishizaki Sports Park  
**GPS COORDINATES:** N 26.146818, E 127.660798

### Urawa Reds

**DATES:** Jan. 14 - Feb. 9  
**LOCATION:** Kin Town Football Center (near Camp Hansen, Jan. 14 - Feb. 2), Kochinda Sports Park Soccer Field (Feb. 3 - 9)  
**GPS COORDINATES:** N 26.458429, E 127.943065 (Kin Town Football Center), N 26.157036, E 127.716582 (Kochinda Sports Park Soccer Field)

### FC Tokyo

**DATES:** Jan. 7 - 21  
**LOCATION:** Kaigin Field Kunigami  
**GPS COORDINATES:** N 26.725281, E 128.161727

### Kawasaki Frontale

**DATES:** Feb. 2 - 9  
**LOCATION:** Gosamaru Athletic Field  
**GPS COORDINATES:** N 26.258929, E 127.793832

### Gamba Osaka

**DATES:** Jan. 13 - Feb. 1  
**LOCATION:** Tapic Kenso Hiyagon Stadium (Jan. 13 - 22), Gosamaru Athletic Field (Jan. 25 - Feb. 1)  
**GPS COORDINATES:** N 26.308545, E 127.821276 (Tapic Kenso Hiyagon Stadium), N 26.258929, E 127.793832 (Gosamaru Athletic Field)

### Vissel Kobe

**DATES:** Jan. 26 - Feb. 2  
**LOCATION:** Zanpa Premium Zanpa Misaki Ball Park (near Torii Station)  
**GPS COORDINATES:** N 26.437010, E 127.716666

### Sagan Tosu

**DATES:** Jan. 17 - Feb. 3  
**LOCATION:** Yomitan Athletic Field (near Torii Station and Kadena Air Base)  
**GPS COORDINATES:** N 26.399455, E 127.745315

### Nagoya Grampus

**DATES:** Jan. 31 - Feb. 8  
**LOCATION:** Koganemori Koen Athletic Field  
**GPS COORDINATES:** N 26.189998, E 127.733070

### Yokohama F. Marinos

**DATES:** Jan. 12 - 20  
**LOCATION:** Ishigaki City Soccer Park Akanma  
**GPS COORDINATES:** N 24.424758, E 124.210235

## J.League (Division 2)

### FC Mito Holly Hock

**DATES:** Jan. 18 - 28  
**LOCATION:** Tomigusuku Sogo Koen Athletic Stadium  
**GPS COORDINATES:** N 26.173512, E 127.691611

### Omiya Aldija

**DATES:** Jan. 13 - Feb. 2  
**LOCATION:** Nishihara Chomin Athletic Park (Jan. 13 - 22) Tapic Kenso Hiyagon Stadium (Jan. 25 - Feb. 2)  
**GPS COORDINATES:** N 26.235621, E 127.756451 (Nishihara Chomin Athletic Park), N 26.308545, E 127.821276 (Tapic Kenso Hiyagon Stadium)

### Giravanz Kitakyushu

**DATES:** Feb. 1 - 8  
**LOCATION:** Tomigusuku Sogo Koen Athletic Stadium  
**GPS COORDINATES:** N 26.173512, E 127.691611

### Fagiano Okayama

**DATES:** Jan. 19 - 26  
**LOCATION:** Akama Sogo Athletic Park Soccer Field  
**GPS COORDINATES:** N 26.471906, E 127.841919

### V. Varen Nagasaki

**DATES:** Jan. 13 - 25  
**LOCATION:** Koganemori Koen Athletic Field  
**GPS COORDINATES:** N 26.189998, E 127.733070

### Tokyo Verdy

**DATES:** Jan. 26 - Feb. 7  
**LOCATION:** Nishihara Chomin Athletic Park  
**GPS COORDINATES:** N 26.235621, E 127.756451 (Nishihara Chomin Athletic Park)

### Kyoto Sanga F.C.

**DATES:** Jan. 23 - Feb. 2  
**LOCATION:** Kochinda Athletic Park Soccer Field  
**GPS COORDINATES:** N 26.156951, E 127.716120

### F.C. Machida Zervia

**DATES:** Jan. 20 - 26  
**LOCATION:** Kin Town Athletic Stadium (near Camp Hansen)  
**GPS COORDINATES:** N 26.453745, E 127.912870

### Jef United Ichihara Chiba

**DATES:** Jan. 13 - Feb. 1  
**LOCATION:** Nanjo shi Athletic Stadium  
**GPS COORDINATES:** N 26.145052, E 127.769773

## J.League (Division 3)

### Vanraure Hachinohe Football Club

**DATES:** Feb. 1 - 11  
**LOCATION:** Motobu cho Athletic Park  
**GPS COORDINATES:** N 26.675014, E 127.895142

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**Shark Nuggets**

**Night Aquarium Specials (Limited Qty)**

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Original Churaumi trading cards (2nd edition) presented to visitors during this period. \*Only while supplies last.

**DATE** **2020 28**  
**Through February [Fri]**

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**Event Time:** 18:00 - 21:00 (\*Last entry at 20:00)  
**Illumination Hours:** 17:00 - 21:30 (until 19:00 on 2/8, 14, 21 & 22)

**Okinaawa Churaumi Aquarium**  
**Hours:** 8:30-21:00 **Tel:** 0980-48-3748

STARS AND STRIPES®

# A Taste of Okinawa

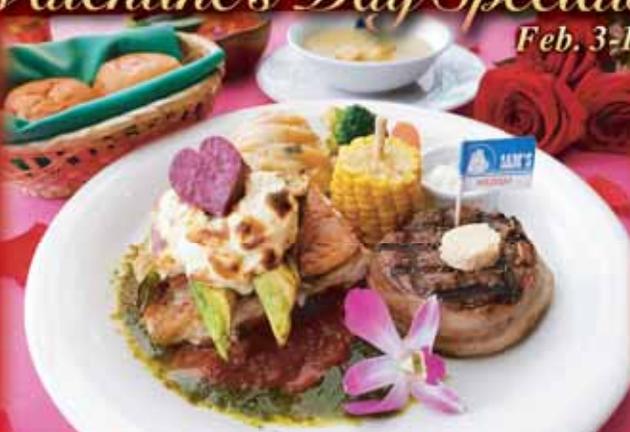
8-page pullout

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

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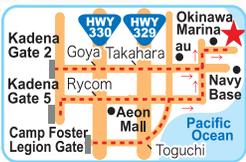
**50th anniversary specials** Jan.16- Mar.31

## Catch the surf and turf at Sam's

Stop in at Sam's by the Sea to satisfy your seafood and steak cravings whether it's for a special or casual dinner. The popular restaurant with a nautical-themed interior and exotic Hawaiian and Polynesian décor was elected "Best Date Night Restaurant" in Stars and Stripes' Best of the Pacific 2019 edition. Take in the view of the ocean as you and that special someone enjoy a tasty full-course dinner by candlelight. Join us at any of Sam's Restaurant Group stores for our great 50th anniversary special deals from now until Mar. 31. Enter to win great prizes like a hotel stay and lobster.

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COMPLIMENTARY **APPETIZER**

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- Please present coupon when ordering.
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- Accepted at All Sam's Restaurants
- Expires. Mar. 27, 2020

S&S-20

RESTAURANT INFO



# Serving it up in an instant

STORY AND PHOTOS BY TAKAHIRO TAKIGUCHI,  
STRIPES OKINAWA

**I**t's lunchtime and you're looking for something quick and cheap to eat. But you have your eyes and mind set on either a big bowl of noodles, a hamburger, or curry and rice. Not to worry, you're in Japan and all of these meals can be made instantly at the fraction of the cost of a regular meal.

Instant foods cover a wide range. Everyone knows about the noodles, but there is a variety of other foods. Recent improvements in freeze dried technology enables high-quality coffee, tea, skim milk, cocoa, juices and various soups to be processed into powder. Just add water when you're ready to drink or eat.

Vacuum-packed technology preserves curry, soup, stew or even ingredients for various other dishes. And quick-freezing technology preserves shumai, gyoza, fried rice, pizza and French fries, along with various fishes and vegetables, in wonderful shape.

But, of course, when folks talk about instant foods, noodles are at the tip of the tongue.

"Instant noodles greatly help me hold down my meal expenses," said Kohei Suzuki, a 40-year-old salary man from Tokyo. "I bought instant noodles for around 60 yen (54 cents) at a supermarket and cooked it at home, along with an egg and frozen vegetables. It cost less than 100 yen (90 cent)."

Suzuki serves instant noodles for weekend lunches almost every week.

"I have two kids," he said. "Instant noodles for lunch is very helpful."

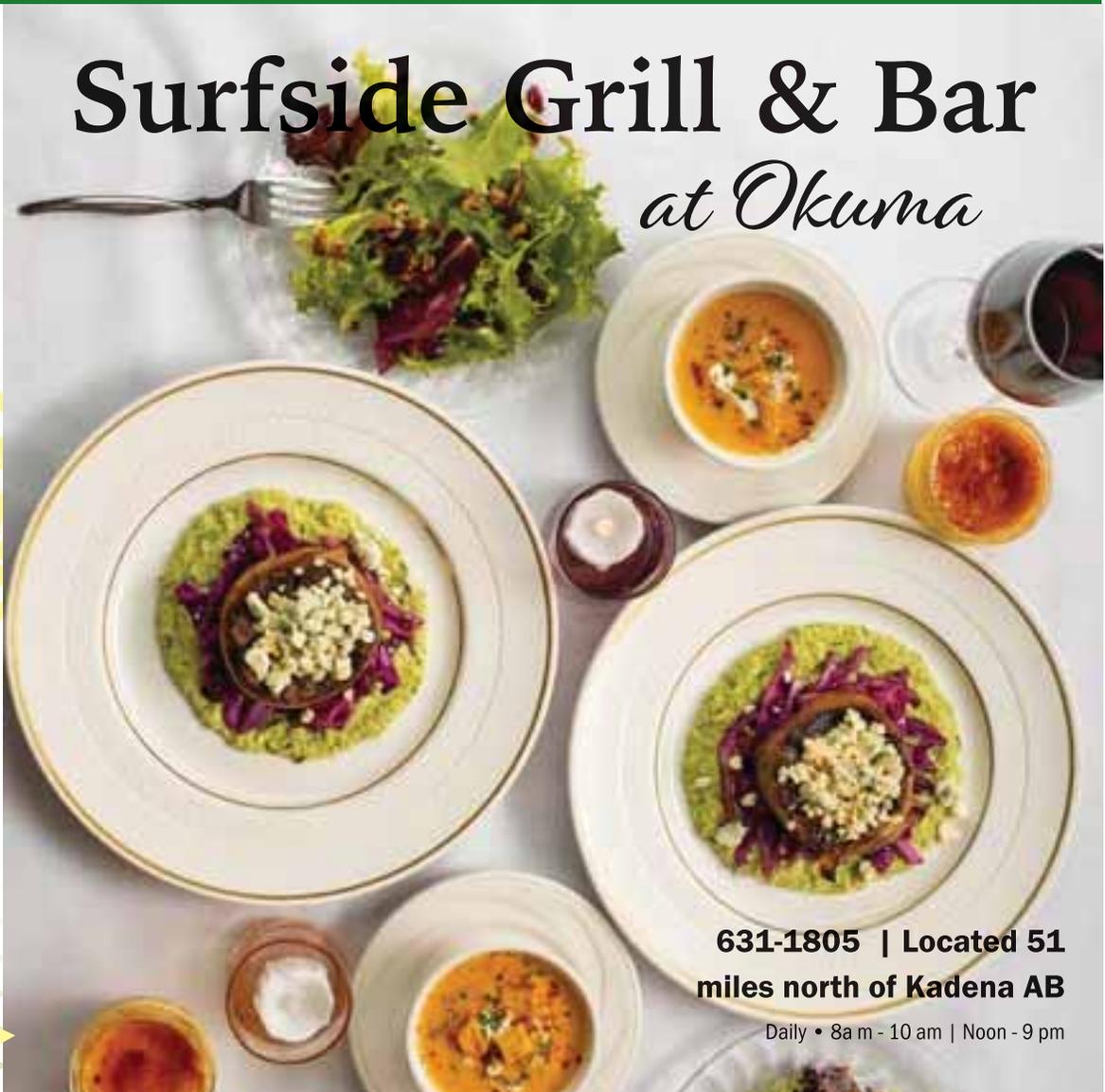
Suzuki said he changes up the flavor of the instant noodles - soy sauce, miso and tonkotsu (pork bones) - so family members won't get tired of a particular taste.

SEE INSTANT ON PAGE 4



# Surfside serving up Valentine's dinner Feb. 15

Surfside Grill & Bar is located at Okuma Beach, a slice of paradise 51 miles north of Kadena Air Base. In February, be sure to make a reservation for our delicious Valentine's dinner, happening Feb. 15! Indulge in entrées like bacon-wrapped filet mignon and crème brulee while listening to a local jazz band. For lunch, bite into our mojo sandwich, a mouth-watering panini with pulled pork, mustard and other yummy toppings! Every morning, Surfside offers a healthy and hearty breakfast buffet, so you can start the day's adventures with a full belly. Take a trip to Okuma to enjoy Surfside!



631-1805 | Located 51 miles north of Kadena AB

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## RESTAURANT INFO

# A Taste of Okinawa

## RESTAURANT GEN & SUSHI BAR



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



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

Open Everyday Cash Only (\$/¥)



## Gen a real gem on Okinawa

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

## RESTAURANT INFO



# INSTANT: Saves money

CONTINUED FROM PAGE 2

“I frequently eat a cup of noodles for lunch at the office,” said Chihiro Ito, 46, vice director of a Tokyo company. “When I need to work at the office during lunch, I go buy a cup of noodles and eat it while doing my work. I feel it helps me to save money.”

In fact, instant noodles is an inexpensive food. As of June 2019, the average retail price of noodles in a bag was 111 yen, and Cup Noodles was 193 yen, according to the Japan Instant Food Industry Association.

Suzuki and Ito both agreed that instant food helped keep the family spending down. But Ito said instant food does more than save money, it save lives.

“I think instant foods sustain the lives of poor young people who are living alone and too busy working or studying to fix food,” Ito said. “Although eating only instant foods may hurt their health, the foods are saving their lives as long as they keep eating them.”

Although that might be a bit of an exaggeration, instant foods are a staple in many people’s lives.

Kunihiko Ishii, 57, an agency temp in Kanagawa Prefecture, admitted he’s lived on various cheap instant foods throughout his life. “With me repeatedly quitting and starting different jobs, instant foods helped me stay alive,” Ishii said.

Actually, the Japanese-Taiwanese inventor of the instant noodle, Momofuku Ando, invented the instant noodle to help feed the poverty-stricken in the post war chaos.

“I think the instant noodle is the most significant invention in the Japanese food industry in the post war period,” says Hidetoshi Hasuo, Secretary-General of the Japan Instant Food Industry Association. “There is no other Japanese food that has had such international popularity.”

Today, there are 5.72 billion servings of instant noodles consumed in Japan every, according to Hasuo’s association. So, technically, on average, a Japanese person eats 45.2 servings of instant noodles every year.

Worldwide, 103.6 billion servings of instant ramen are eaten in one year.

The country that consumed the most instant noodles was China with 40.25 billion servings, the 2nd was Indonesia, the 3rd was India and the 4th was Japan. Can you guess how the U.S. ranked?



## Rapid ramen and more galore

Most Japanese associate instant foods with noodles.

In fact, according to rankings of Yahoo online shopping in the category of instant foods, 16 of the top 20 are occupied by instant noodles. The remaining four were instant powdered soups, various miso soups and sealed pouches of eggs and chicken.

Today, there are 1,538 brands of instant noodles. Of those, 1,279 are cup of noodles. And more than 90 percent of them are manufactured by six major companies: Nissin, Sanyo, Toyo Suisan, House Foods, Myojo and Acecook.

Needless to say, a package of instant noodles consists of noodles and packs of soup ingredients.

The dried noodle block made from flour, palm oil and salt was originally created by flash frying cooked noodles. This is still the main method used in Asian countries, while air-dried noodle blocks are favored in Western countries.

As for flavors, soy sauce and miso are the most common flavors in Japan, while most other countries use chicken, pork and beef flavors, according to Hidetoshi Hasuo, secretary-general of the Japan Instant Food

Industry Association.

“Japan originated the culture, but each region of the world has built its own flavor and culture by now,” Hasuo said. “That shows that the instant noodle has become a global food phenomena.”

So, how different are Japanese instant noodles from others?

“Japanese instant food is authentic food,” Hasuo said. “We actually make a soup from fish or meat and then freeze-dry them into powder, while most of foreign makers use artificial flavors.”

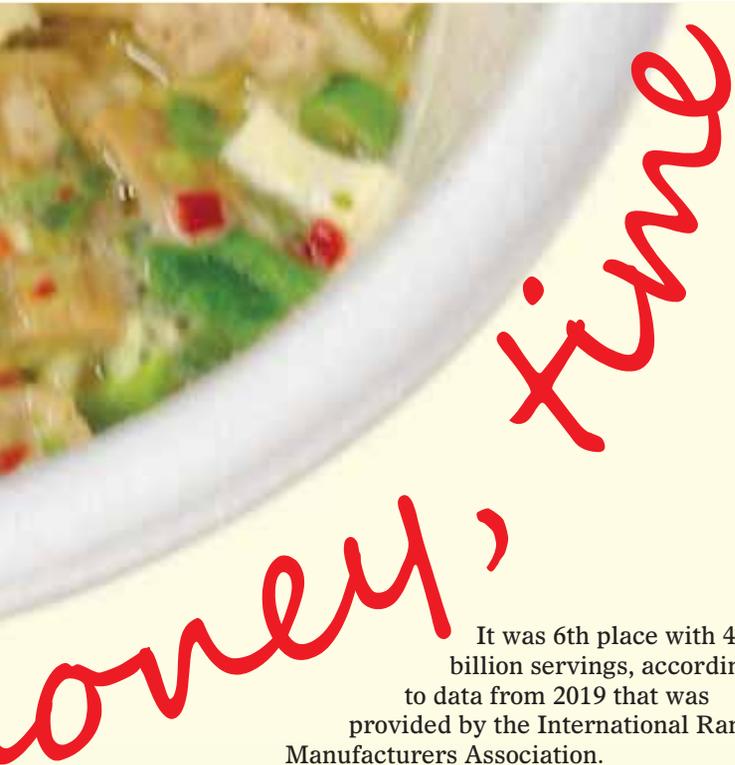
Instant noodles are often criticized as being unhealthy or junk food. A single serving of instant noodles is high in carbohydrates and fat, but low in protein, fiber, vitamins and minerals. To make for that, many makers add minerals, such as calcium, and various vitamins, according to Hasuo.

Instant noodles are considered a great preservation food, too. According to Hasuo, the shelf life of instant noodles range from 6 to 8 months. Their stability comes from the high sodium content with low moisture, and low water activity.



Momofuku

Surprisingly, it as a luxury product at home, and some companies joining Time Magazine. Ando passed



It was 6th place with 4.4 billion servings, according to data from 2019 that was provided by the International Ramen Manufacturers Association.

In the States, instant noodles are often associated with young students. According to Hasuo, in Japan, male bachelors in their 20s or 30s are considered the main users of cup of noodles, while the noodles in a bag are mainly enjoyed by children (cooked by their mother) for a snack.

“Mostly, cup of noodles are eaten at night, often after drinking,” says Jun Oikawa, 49, an employee at a ramen shop in Tokyo. “Although I don’t eat them much, I reserve a couple cup of noodles at home for when I’ve been drinking at night.”

“In terms of instant food, countless variations of miso soup are also impressive,” says Yuko Endo, 52, a housewife and mother for three children. “In a supermarket, you will see at least 10 different miso soups in red or white flavor on a shelf. Just like me, I think most housewives use them to make the daily dinner for their family.

“Without instant foods, I can’t make my kids lunch boxes every day,” Endo added, confessing that she sometimes makes her kid’s lunch boxes using only instant foods.

I think it’s safe to say that she’s not the only one.

takiguchi.takahiro@stripes.com



## The father of instant noodles



u Ando

Instant noodles were invented by Taiwanese-Japanese inventor Momofuku Ando and put into market under the name of “Chikin Ramen” in Japan in 1958.

He then developed “Cup Noodles”, a dried noodle block in a polystyrene cup for the world’s first cup-type noodle product in 1972. Those inventions brought a revolution in the culinary world.

According to Ando, ever since the end of World War II, which left much of the world reeling under food shortages, he wanted to create a product that could be eaten anywhere at any time.

When Ando’s invention was put onto store shelves, people initially saw the product as it priced 35 yen, slightly more expensive than a serving of soup. But consumers quickly embraced the convenience of making ramen. Sales took off. Instant ramen became a staple food in Japan, and other countries followed.

Ando was featured in its ‘60 years of Asian heroes’ in 2006. He passed away in 2007 at the age of 96.



## Winning recipes

The Japan Convenience Foods Industry Association holds an instant noodle recipe of contest every year. For the 2015 contest, there were 1,305 entries. After intense examinations, 12 finalists stepped forward for final competition in Tokyo. Nana Shibuya, 17, a high school student from Fukushima Prefecture, won the championship. Takumi Wada, 15, another high school student from Mie Prefecture, took second.



### “Fukushima’s blessed koduyu ankake ramen”

Nana Shibuya said she made the recipe to highlight Fukushima Prefecture’s local delicacy koduyu soup. Her hometown, Koriyama City, consumes a lot of bonito flakes, so her recipes calls for a lot of that. “By combining the nutritious bonito flake, taro (potato), traditional green shiso flavored miso, I feel I could make a refreshing and somewhat nostalgic tasting noodle dish,” Shibuya said.



#### INGREDIENTS (TWO SERVINGS)

- One pack of instant noodle (salt flavor)
- “Koduyu-an (thick sauce)”
  - 30 grams of carrots
  - 40 grams of konjak
  - 30 grams of lotus roots
  - 40 grams of frozen shiitake mushrooms
  - 20 grams of frozen cloud ear mushrooms
  - 20 grams of kidney beans
  - Ginkgo
  - Tofu
  - 30 grams of frozen shellfish adductor
- Soy sauce and salt
- Starch powder
- Water
- 160 grams of bonito flake
- 120 grams of taro
- Kelp dashi broth
- Green shiso miso
- Yuzu (orange)
- Japanese honewort
- Fruit of the matrimony vine

#### RECIPE

- 1 “Making Koduyu-an (thick sauce)”  
Dice up a carrot, konjak, lotus root, defrosted shiitake, defrosted cloud-ear and kidney beans into bite-size pieces and boil with ginkgo. Put tofu into water. Put defrosted shellfish adductor and shiitake into 200 cc of water. Mix half of soup paste that comes with the instant noodles with the water of shellfish and shiitake and make a thick sauce by adding starch powder.
- 2 Bring to boil and add bonito flake, grinded taro, kelp dashi broth and the remaining half of the attached soup paste.
- 3 Boil noodle, cut finely and mix it with green shiso miso.
- 4 Spread 2 on plastic wrap, put 3 and wafer-wrapped green shiso miso. Heat in microwave for 2 minutes and half in 600 w.
- 5 Put 4 into a bowl, then pour 1. Finally, put yuzu, Japanese honewort and fruit of the matrimony vine.



### “Sakutto ankake sushi”

A unique fried roll sushi dressed by thickened “ankake” sauce containing various vegetables.



#### INGREDIENTS (TWO SERVINGS)

- One pack of instant noodle (salt flavor)
- 1 carrot
- 1 asparagus
- 3 shiitake mushrooms
- 120 grams of fine sliced meat
- 30 cc of sake, 15 cc of soy sauce, 80 grams of sugar (a)
- 6 grams of sliced onions
- 1500 cc of dashi broth
- 80 cc of soy sauce
- 1 sheet of nori (seaweed)
- 200 grams of tempura powder
- 40 grams of starch powder
- 1 lemon

#### RECIPE

- 1 Make 3 plum blossom shaped carrots; thinly slice remaining carrot (15 cm long). Using peeler, peel the asparagus and cut into size same as the carrot. Boil thinly sliced carrot and asparagus till soft. Then strain. Slice shiitake and put into dashi broth to boil. Add soy sauce and sugar.
- 2 Wrap the thinly sliced carrot, asparagus and shiitake with thinly sliced meat. Skew it and broil.
- 3 Boil the plum-shaped carrot.
- 4 Flavor 2 with (a)
- 5 Cut welsh onion into round slices
- 6 Boil noodle and move onto strainer.
- 7 Mix attached soup paste with dashi broth and soy sauce, then boil.
- 8 Wrap 6 and 4 with nori (seaweed). Skew it, cover with tempura powder and fry.
- 9 Put starch powder into 7.
- 10 Put 8 and 3 into a bowl. Decorate it with slices of lemon peel. Pour 9 onto it, then sprinkle 5.

– Japan Instant Food Industry Association



## Rose Garden serving up Valentine's special

Create a great Valentine's Day dinner memory with your special someone at the Rose Garden. We have a special course that will surely make for a memorable evening. Choose between Grilled Tenderloin steak with red wine reduction or pan seared Sea Bream with sauce sabayon. The meal (¥3,200 per person) also comes with Shrimp Tartar and tangerine aioli, Milano Minestrone, green papaya with island chili pepperoncino, Strawberry tart and hot coffee or iced tea. We also have other delicious menu items to choose from, as well as a great wine selection. Let Rose Garden make it a Valentine's Day to remember!



Tenderloin Steak with Red wine reduction



Pan seared Sea Bream with sauce sabayon



**The Rose Garden**  
TEL 098-932-2800

- 8:00 ~ 23:00 (L.O. 22:00)
- Open Everyday. □ Free Parking.
- \$/¥ available. □ Bilingual Staff.



### RESTAURANT INFO

# A Taste of Okinawa

## All-You-Can-Eat Deep-Fried Skewered Foods.

Customers can choose their preferred ingredients from varied choices and deep-fry the food themselves.



### STRAWBERRY FAIR



All-You-Can-Eat		Adult	Child
<b>Lunch</b> 11:00~L.O.16:00	Weekday	90 min ¥1,650	¥913
	Weekend and Japanese Holiday	70 min ¥1,870	¥1,023
<b>Dinner</b> 16:00~23:00 (L.O.22:30)	Weekday	90 min ¥2,750	¥1,243
	Weekend and Japanese Holiday	90 min ¥2,860	¥1,353

※Under 3 years old is ¥528.

☆ Open Everyday. ☆ Yen Cash & Credit Card.

**AEON MALL Rycom 5F**  
TEL 098-933-9444



## 串家物語 KUSHIYA MONOGATARI since 1997 KUSHIYA MONOGATARI

## Fry your own kushiage at Kushiya Monogatari

Head to Kushiya Monogatari for kushiage, deep-fried skewers made popular in Osaka. In this buffet-style restaurant, pick your skewers and fry them at your table! Kushiya Monogatari uses healthy oil in all of its table fryers and offers over 30 ingredients for its skewers. Pick from shrimp, beef, pork, chicken and veggies in this all-you-can-eat setting. Have fun battering the skewers and cooking them up right in front of you. Dip your skewers in a variety of sauces and spices available. Also included are curry and rice, fresh salads, cakes, fruit and ochazuke. Your family will love this unique experience!

### RESTAURANT INFO



## Enjoy great **views**, great food at Transit Café

Welcome to the Transit Café where you will experience an extraordinary time! Enjoy a delicious meal as the blue sky gradually changes into hues of yellow and orange and the everlasting blue ocean reaches out before you. This momentary “transit” is a great time to reflect before heading to your next destination. Relax with a tropical cocktail or smoothie decorated with delicious fruits. Savor some of our lunch or dinner items off our gourmet menu or try one of our many creative desserts. Transit Café is conveniently open every day and is a nice place to stop and pamper yourself.

098-936-5076

[www.transitcafe-okinawa.com](http://www.transitcafe-okinawa.com)



@transitcafe.okinawa



### RESTAURANT INFO

# A Taste of Okinawa

Hale Noa French Toast with creme brulee and berries

Elvis French Toast

Smoothie

Salmon Poke Bowl

Macadamia Nut Pancakes

Big Wave Benedict

Loco Boy Breakfast

◀ Kadena 58 Naha ▶

Chirugua soba P Nishimatsuya baby store San-A

Araha Beach

|| **Open 7 days a week** ||

7 a.m. - 4 p.m. (last order: 3 p.m.)

Phone: 098-911-7614



## Taste the **Hawaiian** vibe at Hale Noa Café

Owned by a chef in Hawaii, Hale Noa Café has been attracting a wide-range of foreign customers. With its Hawaiian vibe, Hale Noa serves up the some of the best of the 50th state’s favorite foods. We choose the freshest ingredients for the best taste made from scratch. Enjoy Macadamia Nut Pancakes, Hawaiian Bowl, Fresh Poke Bowl and more! Hale Noa’s fluffy French Toast with berries and crème brulee sauce is to die for! Afterwards, wash it all down with one of our healthy and home-made smoothies. Start your day with a superior breakfast at Hale Noa Café.

### RESTAURANT INFO



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

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

### RESTAURANT INFO

Credit card accepted



## STEAK HOUSE FOUR SEASONS

TEPPANYAKI SINCE 1972 [www.the4seasons.jp](http://www.the4seasons.jp)

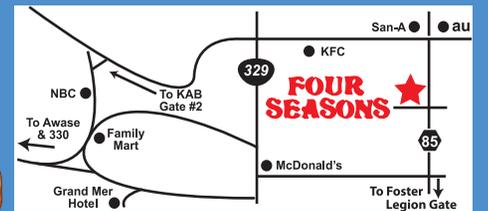
### Welcome to Four Seasons Awase

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

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

◆Current Prices

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



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

# A Taste of Okinawa

Credit card accepted



## STEAK HOUSE FOUR SEASONS

TEPPANYAKI SINCE 1972 [www.the4seasons.jp](http://www.the4seasons.jp)

### Welcome to Four Seasons Urasoe

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

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

◆Current Prices

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



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



## Japanese Teppanyaki a tasty treat for all

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

### RESTAURANT INFO