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Community Publication

OKINAWA

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Mental Notes with Hilary Valdez



ISOLATION AND
QUARANTINE
PAGE 2

DID YOU KNOW?

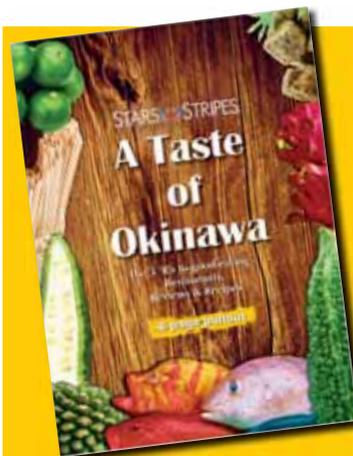
An aspect of Okinawa
that just might
surprise you



PAGE 7



WHIPPING UP
PUMPKIN PANCAKES
PAGE 8



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pullout inside!

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Photo courtesy of Happy Surfing Okinawa

Yokosuka spouses launch children's book series

STORY AND PHOTOS BY CAITLIN DOORNBOS,
STARS AND STRIPES

YOKOSUKA NAVAL BASE — Some folks spent their coronavirus lockdown bingeing on Netflix and home shopping; Navy spouses Sarah Murphy and Amy Dobbins wrote a book.

Between January and June, a period that encompassed a stringent, three-month, stay-at-home order at Yokosuka, home of the 7th Fleet, the women created “Good Morning Yokosuka,” the first title in a series for military children. The book went on sale during a virtual unveiling July 25.

The pair dreamed up their brand, “Good Morning Military,” at a picnic table outside their neighboring on-base townhomes.



Amy Dobbins, left, and Sarah Murphy prepare for the virtual launch of their children's book, “Good Morning Yokosuka”. They are joined by Dobbins' 2-year-old daughter, Brinley.

SEE SPOUSES ON PAGE 3



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Mental Notes with Hilary Valdez

BY HILARY VALDEZ, STRIPES OKINAWA

Isolation and quarantine

Well, here we are. Social distancing, sheltering-in-place and wearing a mask. Doing our part to help flatten the pandemic curve. Many places are shut down, so it's not even a choice about whether or not to maintain social isolation. Isolation separates sick people from healthy people. It's not fun but preventing the spread of infection is necessary and the standard precautions range from least to most difficult. Hand washing, wearing a mask and self-isolation are probably the easiest. Quarantine can be difficult, and can occur in a hospital, at home, a hotel, or a deserted tropical island with palm trees.

Alone in quarantine

Quarantine has its challenges. For instance, it can test how much contact we can tolerate with family, friends, or relatives. During imposed quarantine, being alone, without companionship, or social contact includes a risk for depression and anxiety.

When a stay-in-place quarantine occurs, anxiety can occur that includes feelings of worry, nervousness, or dread. Occasional moments of anxiety are natural and sometimes even productive for your mental health. Moments like this test your character and tolerance. Keep your sense of humor. And in your quiet moments, explore the meaning of your life and what is important to you.

Social isolation

Here's the rub. People in relationships need time to themselves. When we are

isolated, family interactions intensify. Isolation time can be a time for getting close to others. It can be a moment to share ideas and feelings. Time to be transparent: talk about your happiness, grief, fears, anger, and possibly love. Don't let closeness scare you. It's a precious moment to bond. Don't just sit there. Do something. Create something. Find meaning and purpose in this situation.

Being in close quarters is a time to discuss how we think about the situation and how we feel about it. It's a time to let down our defenses. "Lower the bridge-don't raise the gate." Sure, social isolation can increase loneliness if discussions focus on arguing about problems; this could lead to depression. Keep it positive and, if you are alone, reach out to others.

Break down the walls, build bridges

Finding solutions to curb chronic loneliness and isolation is very challenging, especially for older adults (Call your grandparents and parents!). Isolation, when caused by environmental conditions beyond your control, is stressful. Social isolation is a major health risk that can increase the risk of premature death. It's the feelings of loneliness or sense of social isolation that is mentally and emotionally disruptive. So, step one: stop building emotional walls; and two, start building bridges between one another. As humans,

we need social connectivity combined with our need for human loving-kindness. (Have you had a hug today?)

Humans are social creatures and it is inherent to our cognitive and mental health to connect with others. Being connected to others socially is a basic human need, important for well-being and survival. So, while you're harrumphing around, connecting with others with a gentle smile and a hello are a good start. Or, maybe, a grumpy "Good morning," with coffee.

Re-frame your attitude

In any case, when the cabin fever starts to set in, re-frame your attitude about social isolation, feeling lonely, or feeling sorry for yourself. Rejoice! If you act happy, or laugh out loud, you'll be happy. This is called a "paradoxical intention." Try it. It sounds silly, and it is, but it will make you laugh and shift your attitude.

This temporary moment of isolation is an opportunity for introspection and interpersonal growth. Don't hold back. Engage in meaningful conversations. Reach out! Have a "tele-dinner" or "tele-coffee" with friends on Zoom or Skype. Don't sit around eating Humble Pie. Regardless of age, color or gender, we all need about the same amount of love and human connection.

Hilary Valdez is a retiree living in Japan. He is an experienced Mental Health professional and Resiliency Trainer. Valdez is a former Marine and has worked with the military most of his career and most recently worked at Camp Zama as a Master Resiliency Trainer. Valdez now has a private practice and publishes books on social and psychological issues. His books are available on Amazon and for Kindle. Learn more about Valdez and contact him at www.hilaryvaldez.com or at InstantInsights@hotmail.com



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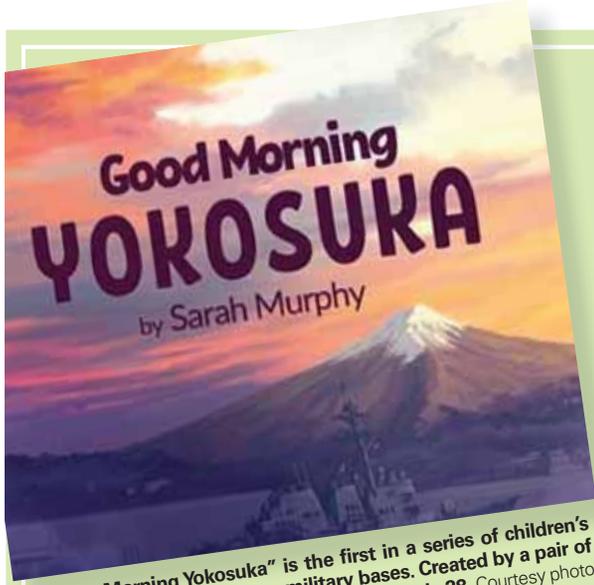
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딸기이슬



“Good Morning Yokosuka” is the first in a series of children’s books that celebrate life on military bases. Created by a pair of Navy spouses, the book went on sale on July 28. Courtesy photo

SPOUSES: Passion project inspired by military children



Purchase your copy of “Good Morning Yokosuka.”

other people and say, “This is a really special part of our growing up,” Murphy said.

The concept soon became their passion project, and from January to June they dedicated their time to developing the first book. Murphy said she coined the idea and authored the book while Dobbins did its graphic design and launched their website.

“We are two military wives and we live abroad, and this really is just a story of us meeting each other and deciding to build this brand from the ground up,” Murphy said during the book’s virtual launch event. “This is a total backyard project.”

Murphy also recruited a stateside family friend, artist John Molinero, to paint versions of pictures she and Dobbins took of the base for the illustrations, she said.



Navy spouses Amy Dobbins, left, and Sarah Murphy unveil their book, “Good Morning Yokosuka,” at Yokosuka Naval Base on July 28.

CONTINUED FROM PAGE 1

“Due to the coronavirus, that’s all we did,” Murphy said. “We just sat and talked about it constantly.”

The self-published children’s book includes lifelike illustrations of key places on base and in the surrounding Japanese community on 16 pages of thick paperboard.

The inspiration for the 6-inch-by-6-inch board book came from bedtime stories Murphy read to her four children, she said.

A variety of children’s books help them learn about the world around them, but the two women found a hole in the market for a book about life on military bases.

“We want to give military children a really unique keepsake that they can share with

The book’s cover features a guided-missile destroyer sailing toward Yokosuka as Mount Fuji rises against a sunset in the background. Other locations featured inside the book include the base’s Chapel of Hope, Sullivans Elementary School, a playground and one of the installation’s gates.

One page features a moving a truck, a sight familiar to the military child’s experience with regular permanent change of station moves. Illustrations of Dobbins and Murphy’s families also make appearances in the book.

“[The book] helps them remember the places they grew up that are unique to only military children,” Dobbins said.

The storyline is simple, with little more than a sentence on each page. The book is appropriate for early readers, the pair said, but its novelty makes it a souvenir for all ages.

The women had planned to launch their new book and brand with an in-person event before coronavirus precautions became necessary, Dobbins said. Instead, they hosted an online reveal via Facebook Live, transforming Murphy’s living room into a makeshift TV studio.

The women decorated their “set” with black and white balloons and a creative display of their book. A child’s high chair served as the camera tripod and two carefully positioned

standing lamps provided studio lighting. Murphy said she’d stayed up the night before watching home-shopping shows for ideas on how to present the book during the livestream.

With the help of Murphy’s husband, Cmdr. Micah Murphy, commander of Afloat Training Group Western Pacific, the team immediately sold about a fourth of their stock of 500 books in less than an hour.

“They turned their passion project into a professional opportunity,” Micah Murphy said.

The women continue to work together on the “Good Morning Military” brand, leaving their children with their husbands on Saturday mornings to focus at an off-base coffee shop “when we really want to hunker down,” Sarah Murphy said.

“If we even had a weekend alone, we could probably run for president,” she said, jokingly. “We could get so much done – but you know, that’s just women.”

The pair are now developing the second book in their series, “Good Morning Okinawa,” which they plan to publish with profits from the Yokosuka book. They said they plan to expand the series to include military bases across the world and from all service branches.

doornbos.caitlin@stripes.com
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Ocean Expo Park HALLOWEEN

Ocean Expo Park Cosplay Photo Session

Cosplay photo session in Ocean Expo Park!

- Location:** Ocean Expo Park
*Excl. some areas (aquarium, etc.)
- Date:** Oct. 24 (Sat), Oct. 25 (Sun)
- Hours:** 10:00-16:00 (Last entry 15:30)
- Cost:** 200 yen, cloakroom 300 yen
- Capacity:** 100 people/day

Please register at the Oceanic Culture Museum first.

Halloween Maze

A Halloween-themed cardboard maze for children and adults!

- Location:** Oceanic Culture Museum
- Date:** Sat. and Sun. from Oct. 3 (Sat) to Nov. 1 (Sun)
- Hours:** 10:00-16:00 (Last entry 15:30)
- Cost:** Adults: 190 yen; Junior H.S. students and younger free

Kite Flying

Nationwide kite-flying to wish for the end of the new coronavirus.

- Date:** Oct. 17 (Sat)
- Hours:** From 14:00
- Cost:** Free
- Capacity:** 20 people

Eco Bag & Mask Making Experience

Draw your picture and make your own bag or mask!

- Location:** Oceanic Culture Museum
- Date:** Sat. and Sun. from Oct. 10 (Sat) to Oct. 25 (Sun)
- Hours:** ① 10:00, ② 11:00, ③ 13:00, ④ 14:00 *First come first served
- Cost:** Mask 200 yen, Eco Bag 400 yen *Separate admission fee
- Capacity:** 10 people/session

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Catching a wave in Y

BY SHOJI KUDAKA,
STRIPES OKINAWA

As another hot summer sun beat down on Okinawa, me and a group of five fellow surfers paddled out off Yomitan in search of our next wave. With only two more hours before the sunset, the clock was ticking. Lucky for us, we had pro surfer Danny Melhado to guide us.

This was my second time surfing and I chose Happy Surfing Okinawa for the one-day surf lesson taught by Melhado. My first attempt off the mainland in Shonan-Enoshima Beach in Kanagawa Pref. was fun, so I knew I wanted to try on my home turf here on the island.

With Melhado's, guidance, the six of us headed to the launchpoint where Melhado would direct us into what would hopefully be a successful ride on a wave.

As I paddled into the water, I began feeling a little nervous. Although the water wasn't very deep, waves were continuously crashing at me, making the advance a little daunting. Compared to the waters at Shonan-Enoshima, the waves at Yomitan seem to come in quicker.

As the others in the group reached the launchpoint, off they went catching waves, one after another. Danny, already at the launchpoint, assisted his students into the oncoming waves. As I waited for my turn, I could

see other students glide above the water with smiles on their faces. Although some of them said they were beginners, from my viewpoint they looked like they had done it before.

Soon, it was my turn. Danny cued me as I transitioned from a paddling position and pushed up to bring my feet to the middle of the board. Before I knew it, however, I was thrown under water, my body too tight and unable to maintain a balance on the surfboard. I laughed it off and paddled back to the launchpoint to keep trying.

As I was paddling against the waves, a concern crossed my mind; What if I just keep falling off, not having even one single successful ride? Feeling pressure mounting in my mind, I went for my second try.

This time, however, my body reacted before my mind was crushed by the pressure. Bringing my feet to the center of the board, I found myself in a balance as if it was meant to be. It was probably because I was using a longboard which has good buoyancy. At that moment, my mind stopped thinking and worrying, just letting the wave carry me toward the shore.

Although it had been almost a year since I first tried surfing, muscle memory kicked in and I was reminded again of the unique and exhilarating feeling I experienced during my first attempt at riding a wave.

I went for more attempts with the aim of achieving that feeling and the balance I had already managed. I fell several times, but I did accomplish some decent rides. But then then the exhaustion from paddling against the waves began to set in.

After about 10 rides, I felt so tired that I could barely walk on my own. But it felt good feeling the fatigue because I knew it was good

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Students of Happy Surfing Okinawa have fun catching waves.
Photos courtesy of Happy Surfing Okinawa

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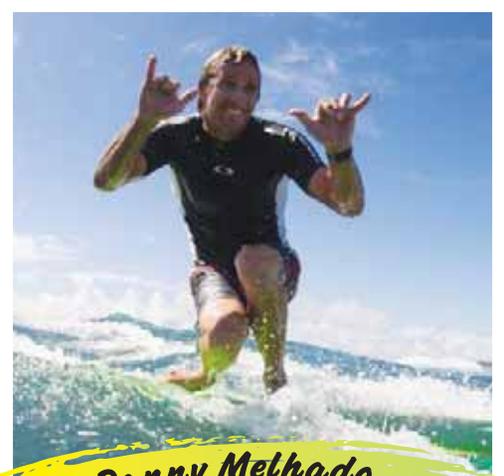
er the session, the others looked tired yet happy, too. veau from Kadena Air Base was one of the other mem- ed me on the waves that afternoon. This was Corriveau's ing and she admitted that though she was st, she had a good time. the hang of it. It was fun. I plan on com- ,” Corriveau said. adeline Prine from Camp Kinser is regular surfer, but she learned a lot and eived good feedback in the session with hado. Having someone out there, who knew t they were doing and who was able ve me guidance was very beneficial,” e said, adding that she’s surfed at other tions around the island like Sunabe Sea- and Suicide Cliffs. I think surfing is one of the sports that really fun because it’s so challenging,” e said. “When you have to work for ething, and you have that payoff of actu- a wave and going out, standing up and surfing. On top of lly, really good work out.” y second time jumping on a surfboard, and though it austing than the first time, it was also more fun this time rreplaceable thrill of finally catching a wave is one that ome already had me thinking of when I’d go back and



Q&A with pro surfer

S&S: Please tell us about yourself, how you started surfing, your passion for surfing, your achievement as a surfer, etc.
MELHADO: I started surfing at the age of 10 in Florida. I competed from the age of 14 and became a member of the United States Surfing Team alongside world surfing champion Kelly Slater. I became an East Coast professional champion and competed worldwide on the World Surf League. After retiring from traveling as a pro surfer, I began teaching surfing in Hawaii. I have been teaching surfing now for 15 years, 10 of which have been here at my surfing school in Okinawa, Happy Surfing Okinawa. I have 37 years surfing experience around the world.

S&S: What is surfing like in Okinawa compared to other popular surf locations?
MELHADO: Okinawa has some world class amazing waves. It’s all reef breaks, which is not much different than Hawaii. The great thing about reef breaks is the wave is mechanical where it breaks in the same place every time and you have a channel of water to paddle back out so you’re not having to push through waves. Now the hard facts about surfing in Okinawa: It’s very tidal (around 6 feet of water) so most places are not able to surf at low tides. Okinawa is a wonderful place for small wave surfing long boards and beginner surfing. In the winter or summer typhoon season, we see bigger swells, which tend to be more expert-only waves as they are generally fast and hollow.



Danny Melhado
 Photo courtesy of Happy Surfing Okinawa

S&S: Do you have safety tips for surfing in Okinawa?
MELHADO: As far as surfing safely in Okinawa, you want someone to help teach you about tides, and each break is very different as well as each day is very different. You want to get to know the spots you frequent and have the best local knowledge you can get before just jumping into a new place. You can get so much out of a few guided tours, whether it is beginner school or getting introduced to a new spot.
S&S: Please tell us about your surf school. What should students expect from the program?

SEE WAVE ON PAGE 6





WAVE: Surfing great way to stay fit

CONTINUED FROM PAGE 5

MELHADO: The lessons are set up a couple days prior via www.happysurfingokinawa.com and vary depending on the best location for your level and the day's conditions. We meet at the school at a set time according to the tide and the drive time it takes to get set up in the water. We limit lessons to a maximum of 5 people or less, so everyone gets great hands-on training and advice. We have a range of boards and will put you on what is best suited for your size and ability. We also have wetsuits and reef boots if needed.

S&S: You have been to many places as a surfer. Could you give some advice on surf travel?

MELHADO: Surfing has become a popular worldwide sport and it's wonderful to travel and experience all the waves, cultures and foods. There are lots of surf camps and schools around the world. I would always recommend you do your homework. Talk to people who have been there and what their experience was. If you're going to get a surfing lesson, make sure you are being taught from a professional. Just because someone puts up an ad does not mean they are a good teacher. Just like anything, there is a lot of bad apples out there just jumping on the wagon and you will get what you pay for. So do your research before your purchase.

S&S: What other advice do you have for those interested in surfing?

MELHADO: Surfing is a great way to stay fit, to get in touch with nature, and to give yourself time away from the stresses on land. You will be looking to improve your focus, balance, endurance (not muscles) and understanding of the ocean. Grace, finesse, style..... smooth like butter. I look forward to sessions with you soon!



A group photo taken before the class. Photos courtesy of Happy Surfing Okinawa





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Stripes Sports Trivia

Some already argue Mike Trout is the best player in MLB history. The Angels outfielder has finished top 2 in AL MVP voting in 7 of his first 8 seasons. Quite the start for the 25th pick in the 2009 draft. 25th!!! Your team likely passed on him for someone that's not as good, but there was one player no one passed on because he went No. 1 overall. Who was he?

Answer

Stephen Strasburg



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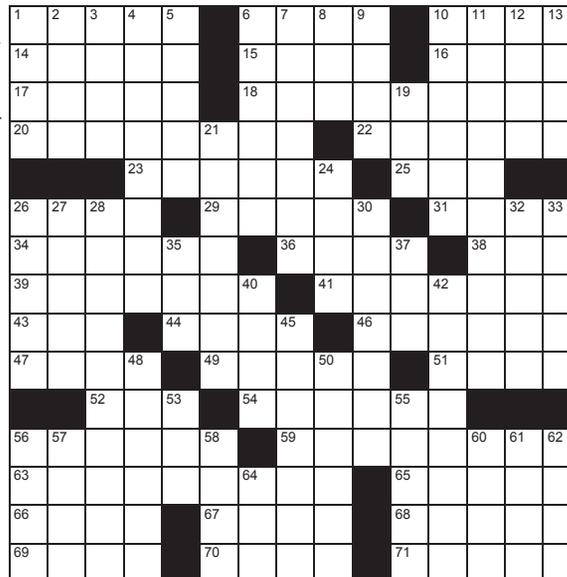
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Crossword

by Margie E. Burke

ACROSS

- 1 Alligator's abode
- 6 Lift with effort
- 10 Eden dweller
- 14 Dot on a computer screen
- 15 Storybook monster
- 16 Sonny who sang
- 17 Circus site
- 18 Three-fingered saluters
- 20 Full, as a voice
- 22 Morsel
- 23 Felt topper
- 25 Hair raiser?
- 26 It may be furrowed
- 29 Bye lines?
- 31 Religious offshoot
- 34 Overhaul
- 36 Galley gear
- 38 Halloween cry
- 39 Go through again
- 41 Halftime speech
- 43 Mess up
- 44 Like a certain McCoy
- 46 Fire worshiper
- 47 Wind indicator
- 49 Treat a wound
- 51 PGA part, briefly
- 52 Friendly greetings
- 54 UN member
- 56 Lathe, e.g.
- 59 Crichton creature
- 63 Waterproof cloth
- 65 Safari sighting
- 66 Feel the ___
- 67 Put up drapes
- 68 Brilliant success
- 69 Draft, maybe
- 70 Like Santa's cheeks
- 71 Manner



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- 2 Undercover device
- 3 Sends packing
- 4 Combat ships
- 5 747, e.g.
- 6 Rub elbows (with)
- 7 Braggart's vacation?
- 8 One way to cook
- 9 SAT or GMAT
- 10 Igloos and yurts
- 11 Stringed instrument
- 12 Part of ABM
- 13 Lion's share
- 19 Pack item, slangily
- 21 Took as one's own
- 24 Resting on
- 26 French cheeses
- 27 Nostalgic style
- 28 Pad the bill
- 30 Becomes involved
- 32 "Unforgettable" singers
- 33 Coin substitute
- 35 Scratch up
- 37 Luxurious resort
- 40 Make, as money
- 42 Cut across
- 45 Introductions
- 48 Smoked herring
- 50 Tight-fisted
- 53 Coral or Caspian
- 55 Exudes
- 56 Concert memento
- 57 Aesop racer
- 58 River to the Rhine
- 60 With proficiency
- 61 Russian mountains
- 62 Hourly charge
- 64 Asian language

Answers to Previous Crossword:

P	O	R	T	S	C	A	M	A	S	S	E	T
U	T	A	H	T	A	C	O	S	H	E	A	R
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DID YOU KNOW?

There was a U.S. Army Major nicknamed "The Man Who Saved Kabuki." Under the occupation of Allied Corps, Maj. Faubion Bowers believed in the preservation of Kabuki, although Gen. Douglas MacArthur held the view that it should be banned due to its portrayal of the feudal values that had raised Japanese militarism. Bowers also contributed to the rebuilding of Kabuki Theater in Tokyo in 1950.

Kanji of the week

泡

Awa or hou (foam/bubble)

Language Lesson

It's scary.

Kowai desu.

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SUDOKU

Edited by Margie E. Burke

Difficulty: Medium

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

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

Answers to Previous Sudoku:

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

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'Tis the season for pumpkin pancakes

STORY AND PHOTOS BY ALLIE WHALEN, STRIPES OKINAWA

These are the fluffiest and yummiest pumpkin, plant-based pancakes I've made so far! I stumbled upon a similar recipe on Pinterest but then knew I had to make it my own. If you've seen my other pancake recipe on the blog you know my normal jam is making veggie-packed pancakes. My kids usually expect to see green pancakes so these Homemade Pumpkin Pancakes made them giddy to try something new and orange!

This recipe only requires one bowl and a whisk and can be made in under 30 minutes. No need to break out the blender for this one!



adding another 1/4 cup of milk. The batter will also change in thickness depending on the type of flour you use.



5 Flip the pancakes after a minute or two of cooking on each side and you'll be ready for a feast! The texture of these pancakes was so perfectly fluffy we could easily eat these year around. In fact, when I ask my kids what they want for dinner at least one of them requests these. :)

6 You can click on the printable below to save the recipe to your Breakfast Pinterest Board or your phone for a shopping list! Please make sure you tell me over on Facebook or Instagram if you enjoyed these Fluffy Pumpkin Pancakes! And show me your photos of the delicious homemade Pumpkin Pancakes!

1 First, you will want to prep the "flax egg" so it can sit and coagulate for 5 minutes. It's so easy I don't know why I haven't been doing this sooner! You simply mix 1 tbsp of flaxseed meal and 3 tbsp of water and let it stand while you prep the other ingredients. (Of course if you'd rather just use an egg then you can easily make that swap.)

- 2 tbsp sugar
- 1 tbsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1 tbsp homemade pumpkin pie spice (if you haven't tried homemade this will take your baking up a notch!)



4 Heat a skillet to medium heat, coat it with a little coconut oil, and scoop about 1/4 cup batter for each pancake. The pancake batter will very thick but this is good! The thick batter will create beautiful, fluffy pancakes. If the batter is just too thick you can try

- 3 Then you will whisk the wet ingredients into the dry:
- flax egg
 - 2/3 cup canned pumpkin (this one is my favorite!)
 - 2 tbsp coconut or avocado oil
 - 2 cups coconut or plant based milk of choice

Allie Whalen is a culinary artist and amateur photographer with a love for the outdoors. She has recently begun sharing her experiences online where she talks about natural and healthy ways to take care of your body and the world around you. She is a military spouse based in Okinawa near Camp Hansen. Allie and her family are excited make beautiful Okinawa their best move yet. There they enjoy the rugged, tranquil life on the northern parts of the island. You can find Allie's blog at alliemwhalen.com, where she details her travels, basic conservation techniques, home education, and leading a healthy lifestyle.

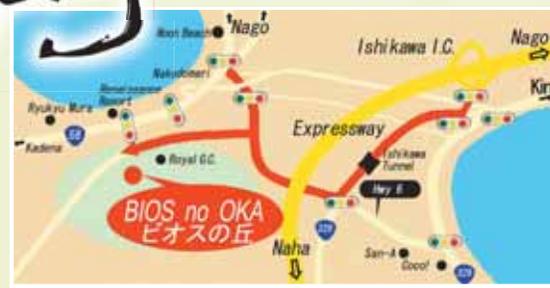
2 Second you sift together the dry ingredients: 3 cups flour

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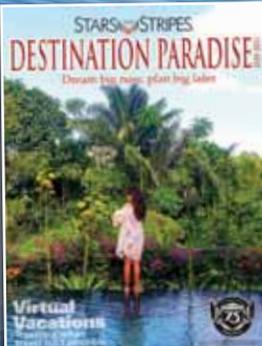


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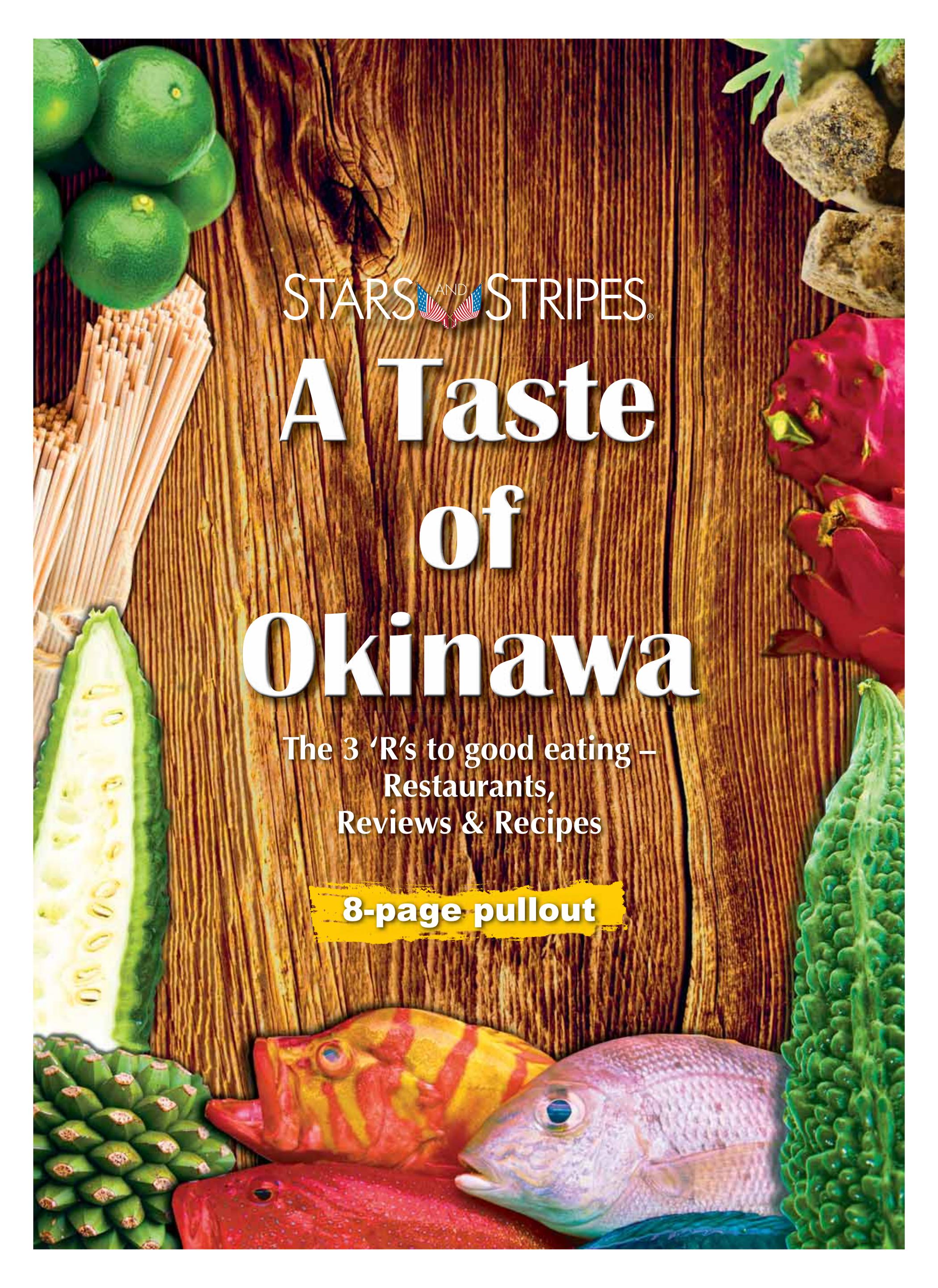


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A Taste of Okinawa

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

8-page pullout



CARBS on CARBS

Top 5 weird ways Japan took baked goods to another level

LIVE JAPAN

When it comes to food, some of the most unique culinary creations found in Japan are not limited to high-class restaurants, but can be found at the humble convenience store or supermarket. Often they no longer resemble the

original inspiration in terms of appearance, but are distinguished by their rich and interesting flavor combinations as well.

When most people think about “bread,” usually a vision of baguettes, rolls or sandwiches comes to mind. In Japan, these common varieties are joined by a unique genre known as souzai pan (“pan” being

the word for bread in Japanese). Despite their being found practically everywhere in Japan, since souzai pan blend in with their common counterparts so well, most are not immediately recognized by foreign visitors. But if you know what you’re looking for, you’ll find just to what extent bread is as much a food as it is an artistic medium.



1 PIZZA BREAD

Imagine a handy sized pizza just for 100 yen, but without the messy sauce or drippy cheese – that’s the concept behind pizza bread in Japan! It tastes almost perfectly like a pizza and since it’s wrapped in a pouch, it’s a highly portable snack for when you’re on the go. Occasionally, you may even see a delectable homemade version of this – pizza toast – at local cafes and eateries. Eaten cold or toasted hot, pizza bread can really hit the spot. Varieties can range from the standard tomato sauce with cheese to a more unique tuna and mayonnaise mix.



2 YAKISOBA SANDWICH

Stir-fried noodles in a hot dog bun! When traveling around Japan, you may notice people munching on these at lunchtime, particularly in parks or outside convenience stores. Although the taste of noodle sandwiches may be a little difficult to imagine, there’s definitely some magic happening between the savory yakisoba and light sweetness of the bread that makes them taste unexpectedly great!

Not only will you find yakisoba sandwiches in Japan, but also Naporitan – a version containing spaghetti, tomato ketchup or sauce, plus onions, mushrooms and other vegetables.



3 CURRY BREAD

Visitors to Japan are often surprised by the extent to which Japanese love curry. It is possibly one of the all-time favorite foods for Japanese kids and a number of varieties have developed over the decades – including the curry donut. People outside of Japan would probably wonder why Japanese would take a spicy dish and place it inside a sugary pastry. That’s precisely where culinary creativity meets innovation: the curry filling tends to be on the milder side, while the deep-fried shells tend to be savory, resulting in a marvelous marriage of flavor and texture. Once you taste one you’ll love it too!



4 MELON BREAD

When you wander about a convenience store, supermarket or shopping street, you’ll undoubtedly come across a bread with an outer texture reminiscent of a pineapple, often coated with sugar granules. This is the almighty melon bread that’s very popular as a treat for kids and adults alike. Not only does it have a light honeydew melon flavor, but it has a somewhat crispy crust and tender inside.

These days there are varieties made using maple syrup or whipped cream which are especially popular with kids. Particularly in the cooler months, shops may even serve these delectable rolls hot – a recommended indulgence indeed.



5 CHOCOLATE CORNET BREAD

Many dessert breads in Japan resemble their namesake, and the chocolate cornet is no different. A simple smooth, lightly sweet bread that’s filled with thick nutty chocolate custard, chocolate coronets are popular as a breakfast item or as a mid-afternoon sweet at work. These yummy treats are equally enjoyed for dessert or as an evening snack.

How to brew a fantastic cup of coffee

BYTESS BERCAN,
BUSAN HAPS MAGAZINE

When you wake up in the morning, what's the first thing on your mind? For many, the answer is simple. It's coffee.

It's a given that this intoxicating beverage is adored, but like the sought after yet elusive utopia of Atlantis, does the perfect brew actually exist? We checked out what a few professionals had to say on this topic, and came up with a some suggestions.

Tips for Getting the Perfect Cup:

Clean Your Equipment Often
You want your equipment clean and fresh, free of all

bacteria or other contaminants that add up with use.

Check the water's temperature

The Black Bear Micro Roastery – an authentic roastery that's dedicated to researched quality in beans – made an online guide that discusses the issue of water. It mentions that, ideally, you want your water to be between 195-205°F (91-96°C). It's essential to get just the right temperature. Water that's even slightly too hot will burn the coffee, and water that's a touch too cool cannot properly extract a bean's flavour.



www.busanhaps.com



Use quality water

The Black Bear's Roastery guide also suggests that the water shouldn't add anything extra to your coffee's flavour. A lot of the times tap water can contain chlorine or other substances that affect the taste. Choose filtered or bottled water as an option.

Bean freshness matters

In his brew guide, Garret Oden, coffee expert at Yellow House Coffee in Texas, reminds us that as soon as beans are ground and exposed to oxygen, the freshness declines quickly. To ensure prime quality in your

sipping experience, buy coffee beans in smaller amounts and grind them day by day. This grind-as-you go routine keeps your coffee as true to quality taste as possible.

Use the pour-over method of brewing

The pour-over is a hand brew method of pouring warm water over the coffee grounds. Grounds are placed in a filter that is held in a cone, such as the Kalita Wave or Chemex. In an interview with Real Simple Living – a website that provides solutions for everyday life – barista champion Katie Carguilo explained that the pour-over is her favorite brew method. It offers a combination between an even saturation of grounds

and removing of sediment, leaving a strong yet clean brew. How to use the pour-over method effectively? First choose your apparatus (such as the Hario V60, Kalita Wave, Chemex) or check out a local cafe for pour-over options. Be sure to rinse your cone and filter. After that, place the freshly ground beans in your filter. Pour the warm water over the grounds in an even manner. Give it time to soak in the water, and pause the pouring. Allow the liquid to drip through, then begin the pouring again. Basically, you want to repeat the steps of pouring and waiting until you have the amount of coffee you want. Follow the tips above, and your patience will pay off with a divine cup of homemade joe.

A Taste of Okinawa



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RESTAURANT INFO

1. NORITAMA

The classic furikake rice seasoning choice

Marumiya is one of the biggest names when it comes to furikake, boasting its own extensive “furikake series.” The Noritama flavor combines nori (dried seaweed) with tamago (egg) and is the most popular long seller among colorful furikake products.

Japanese people immediately recognize the characteristic taste of the subtly sweet egg granule and the aromatic shredded seaweed, recognizable from the very first bite ever taken.

The nori is a blend of seaweed from various production areas while the egg granule also features two different

kinds of flavors – for what seems like a simple furikake, there is a lot of commitment inside the package.

Since its release in 1960, the Noritama furikake rice seasoning has been renewed a total of eight times, reducing the salt content and the seasoning according to changes in both the tastes and lifestyle of modern consumers.

It’s a famous best-seller that ranks high in popularity for decades! With a slow, careful evolution in accordance with the taste of the time, Noritama provides a classic, satisfying flavor to enhance your rice with.



Both the popularity and the taste hasn’t changed in 50 years and counting.



The shredded seaweed and yellow egg of this furikake looks colorful!

10 best Furikake will make y



Every furikake pack of this fun mix has a different Pokémon on it.

2. YUKARI

Aromatic, carefully selected red shiso

The “Yukari” furikake of red shiso (beefsteak plant) is a staple seasoning on tables all around Japan. It is characterized by its vivid color and unmistakable aroma, and the more Yukari red shiso varieties the company behind this famous product develops, the more commitment to quality goes into the process.

Since Yukari’s release in 1970, there have been a variety of flavors on top of plain beefsteak plant: ume (Japanese apricot), sesame, seaweed, ginger, and so on.

Especially “pen-type” furikake has gained a lot of attention, serving the sprinkles in a literal pen to be shaken out, easy to carry and fun to use.

Yukari is also a female name in Japan and carries the meaning of “fortune” and “destiny,” coming from the ancient belief that purple grass is something auspicious.



Red shiso furikake has a characteristic purple color and rich aroma.

4. POKÉMON FURIKAKE MINI PACK

Great for lunch boxes, not only for kids!

These handy little bags are perfect for lunch boxes. One pack of Marumiya’s Pokémon Furikake Mini Pack is just right for one serving of rice.

It is an assortment of 20 individual bags that comes in four different flavors that are especially beloved by Japanese children: egg, salmon, bonito soy sauce with finely chopped bonito flakes, and vegetables.

Different Pokémon are printed on the little bags, so this flavorful rice topping is a highlight for fans of all ages! Extra calcium is added as well, giving you a nutritious boost!

3. TARAKO OCHAZUKE

The original flavor of rice with tea

Ochazuke is a traditional Japanese dish that features hot tea, broth, or water being poured over a bowl of rice topped with various ingredients.

In 1952, a company called Nagatanien developed an instant ochazuke, instantly successful as a simple and quick dish.

The Tarako Ochazuke is based on a soy sauce infused with the umami flavor of scallops and bonito while also featuring little arare rice crackers made of rice and seaweed, the staple ingredients of ochazuke.

Of course, the tarako (spicy cod roe) flavor is wonderfully rich and brings a nice balance to the mix.



Pour some hot water over the furikake rice bowl and enjoy a savory broth.



There’s plenty of wakame seaweed and salmon in the bag!

5. MAZEKOMI WAKAME SAKE

An authentically Japanese flavor with seaweed and salmon

Another classic dish is wakame gohan, blending wakame seaweed with rice.

Marumiya’s “Mazekomi Wakame” furikake series lets you enjoy this staple rice dish with a simple yet flavorful bag. The rich umami flavor is rich in the ingredients, characterized by being delicious even if the rice has cooled down.

The sake (flavor) has received an upgrade, adding even more salmon to the mix and thus making for a richer, saltier umami experience.

In general, the Mazekomi Wakame series comes in 24 varieties, including limited and premium flavors such as bamboo shoots or grilled eel.

6. OTONA NAGATANEN WASABI

A flavor geared to

Nagatanien created a furika palate of adults called “Otona on which flavors sharply decline people older than 12 years.

This has led to a bag that p nori seaweed by using freeze-d carefully chosen ingredients th among adults such as wasabi, stay away from.

That’s what differentiates th



This rice topping boasts the crispy and fresh flavor of seaweed.

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years.

rice seasonings our tastebuds sing!



LIVE JAPAN

Have you heard of Japan’s furikake? In Japanese, furikake means “to sprinkle over.” Furikake are seasonings of various dried ingredients such as egg, seaweed, or sesame, made to top a bowl of plain white rice.

In Japan, it is common to enjoy rice just as it is while the West knows it as a side to go with something else, and this is why furikake is rather prominent in Japanese daily life. A simple bag of furikake rice seasoning adds a flavorful kick to every bowl, inspired by dishes and ingredients such as eggs and seaweed, sukiyaki, and cod roe!

Try this fun way to enjoy rice for yourself with our 10 recommended furikake rice seasoning choices!

7. SUKIYAKI Beef hot pot as a unique seasoning

Launched in 1963, Marumiya’s “Sukiyaki” furikake celebrates its 55th birthday in 2018. Sukiyaki is a beef hot pot and one of the Japanese dishes that is fairly well-known around the world.

When this Japanese rice seasoning launched, beef was fairly expensive, so this product was developed to let people enjoy the flavor easily and affordably at home. It was the very first meat furikake back then and the beef flakes were even patented. To commemorate its 55th anniversary, the original packaging is on sale as well.



The bags are adorned with cute illustrations of cows.

8. MINION FURIKAKE MINI PACK Gentle flavors for kids

There’s hardly anyone who is not familiar with the Minions of the Despicable Me movies. These Minions are the stars of the “Minion Furikake Mini Pack” by Marumiya, a collaboration that makes for a wonderful souvenir for the little ones at home.

Egg, salmon, bonito soy sauce with finely chopped bonito flakes, and vegetables are the four flavors of this mix, especially loved by children. All of them hold back on saltiness and instead focus on a gentle flavor after the most recent renewal.



The Minions are extremely popular in Japan.

9. MAZEKOMI WAKAME SHIRASU Rich flavors of both the sea and the land

This is another recommended furikake of Marumiya’s “Mazekomi Wakame” series. Shirasu are boiled young white sardines, sweetfish, or herrings that are often used as a topping for rice, tofu, and so on.

The back of the package of this furikake also features recipe ideas, such as adding the flavorful mix to pasta.



This furikake is rich in calcium and comes with plenty of shirasu.

10. MUTENKA FURIKAKE MINI No colorings, no preservatives, good for the body

These furikake are free of any additives and the set of 20 bags comes in five different varieties: ume with bonito, bonito, egg, small fish, and nori seaweed.

Tanaka Foods, the company behind this product, is a long-established manufacturer from Hiroshima, founded in 1901. It’s also a pioneer of furikake seasoning for a single serving, releasing “mini furikake” way ahead of the competition in 1975.



The base color of the Japanese furikake package is white.

Without any colorings, preservatives, or other additives, one of these bags promises an authentic and natural flavor experience, completely relying on the taste and aroma of the ingredients alone.

Especially the rich sesame fragrance positively stands out. Even toddlers can enjoy this product without worries.

WHERE TO BUY JAPANESE FURIKAKE RICE SEASONINGS?

You can find a selection of Japanese furikake rice seasonings at most supermarkets and even convenience stores.

Keio Store is a supermarket chain that is all about the daily life around Keio Electric Railway’s lines. As of right now, there are 33 individual stores including the affiliates Kitchen Court and Keio Store Express, all of them loved by the locals.

We hunted for the best furikake rice seasonings at the Sakuragaoka Store, right next to Sakuragaoka Station, and also recommend its other diverse product selection, ranging from fresh foods to alcohol and miscellaneous goods.

Keio Seiseki Sakuragaoka

Address: 1-11-1, Sekido, Tama-shi, Tokyo, 206-0011

NEAREST STATION: Seiseki-sakuragaoka Station (Keio Line), right next to the station

PHONE NUMBER: 042-337-2511

HOURS: 10:00 a.m. – 11:30 p.m. (2F is open until 9:00 p.m.)
Closed: January 1, irregularly twice a year

*This information is from the time of this article’s publication.

*Prices and options mentioned are subject to change.



Say cheers with these 18 popular Japanese drinks

BY JAMES KRICK, BYFOOD

Japan is of course a country that is famed for its cuisine. Across the globe, Japanese food is revered for its depth, flavor and its subtlety. Ask anyone from New York to Hong Kong about sushi or ramen and you will no doubt receive an enthusiastic response! However, for many first time visitors to the country, Japanese drinks remain something of a mystery. Today, we will look at some of the most famous and unique Japanese drinks that are just as interesting as the food and can be the perfect compliment to your meal.

Japan is a country where both the traditional and the modern live in tandem. This is an aspect of the culture that can also be seen even when we look at what people drink in modern Japan. We start with perhaps the most important and famous Japanese drink of all, the humble green tea.



Popular non-alcoholic Japanese drinks

1 Green tea

Green tea first originated in China and legend states that the first green tea seeds were brought to Japan by two Buddhist monks, Saicho and Kukai, in the early 9th century. These seeds were then planted in Uji, near Kyoto, which then became the birthplace of Japanese green tea (specifically Uji matcha) in Japan.

Today, there are about 20 different variations of green tea that exist in Japan. The green tea flavor has also become a symbol of the country and can be found in everything from Kit Kats to soap! However, nothing truly symbolizes the importance of green tea to Japanese culture more than the traditional tea ceremony, chado (茶道) or “the way of tea.” This ritual with Zen Buddhist origins, which uses the matcha tea variation of green tea, has come to represent Japanese culture to the outside world and is all centered around the presentation and enjoyment of the humble beverage.



2 Royal milk tea

In keeping with the different teas of Japan, another unique drink that is very popular amongst Japanese people is Royal Milk Tea. This blend of “English” tea (a combination of Assam and Darjeeling leaves) is brewed and then a healthy measure of milk is added. This can then be sweetened with either milk or honey to taste. This is a drink that can be enjoyed either hot or cold and is a year-round favorite.



3 Bubble tea

Originally an imported drink from Taiwan that is a fairly recent fixture to menus in the big cities of Japan, bubble tea has now become a massive hit, particularly amongst the younger generations. In its original incarnation, this tea is milk tea (not dissimilar to Royal Milk Tea) that can be made with black, oolong, or jasmine tea leaves and added tapioca balls. The tea is usually served sweet with added sugar.



4 Flavored soy milk

Soy milk, a natural byproduct of making tofu by grinding soybeans, has long been an alternative for dairy milk in Japan. It is a beverage that again holds a place of special importance in Japanese cuisine, and is used to make yuba or the skin from boiled soy milk. It is also used as the base for a special winter stew called tonyu nabe (soy milk hotpot). However, in recent years the popularity of soy milk as a stand alone beverage has soared with many flavored options such as banana, sakura, and of course matcha! There are even limited edition flavors such as pudding-flavored soy milk!



5 Yakult

Today a drink that is famous the world over, this probiotic, fermented milk beverage was first invented by the renowned Japanese scientist, Dr. Minoru Shirota in 1935. This small but mighty drink has been scientifically proven to help maintain a healthy stomach and increases the amount of good bacteria in your system. The drink is so popular in Japan that not only does it come in different flavors, but it is delivered from door-to-door and to offices each day and it even has a baseball team (the Yakult Swallows) named after it!



6 Aloe drinks

Okinawa is famous for many different tropical fruits and vegetables. Perhaps one of the best known is its aloe vera plant, which is cultivated year round. The plant contains over 200 active compounds and vitamins and is acknowledged by the people of Okinawa as one of their secrets to long life! Aloe vera juice and aloe yogurt drinks are now among the most popular drinks in Japan and are widely available.



7 Melon soda

An absolute favorite amongst young Japanese high school students, melon soda is widely available and is a particular treat at karaoke bars and other places where students congregate! For a particularly decadent twist, add a scoop of vanilla ice cream for a melon soda float.



8 Calpis

Calpis is a non-carbonated soft drink with a very unique taste. It has a somewhat sweet and milky texture and a light, slightly sour aftertaste not unlike Yakult. It is a drink that is popular with all age groups and is found throughout the country. Interestingly, Calpis is based on the ancient Mongolian drink airag, which the inventor of Calpis, Kaiun Mishima, tasted during an expedition to Mongolia.



9 Pocari Sweat

In the summer months, Japan can be punishingly hot and humid, so it is important to stay hydrated! Pocari Sweat is the drink (with a somewhat off-putting name) that will help you do just that! Strange name aside, Pocari Sweat is in fact a non-carbonated isotonic sports drink that contains important minerals and electrolytes that keep you hydrated and well-supplied with nutrients. The drink is available in convenience stores across Japan and is a favorite with athletes and sports teams.





10 → **Ramune**
 A summer favorite which is available at all matsuri (festivals) and is one of the most uniquely Japanese drinks on this list (despite first being introduced to Japan by a Scottish pharmacist during the Meiji era), Ramune is a carbonated soda that comes in a variety of different flavors and is served in its distinctly-shaped glass bottle for a refreshing summer treat. Sometimes referred to as “marble soda” abroad, to open this beverage you must push the marble that seals it into the narrow neck of the bottle.



11 **Amazake**
 Amazake is perhaps the most unique drink on this list and has one of the longest histories. This sweet drink is made with fermented rice, and it can be alcoholic or non-alcoholic. Sometimes it is made with the sake kasu that’s left over from the Japanese sake brewing process, giving it a delicious tang. It can be served either hot or cold but is more traditionally enjoyed hot in winter to warm up winter revelers through on the chilly evenings. This drink is also a traditional New Year’s beverage that is offered at temples and shrines during hatsu-mode.



12 **Coffee**
 While Japan may be seen by many as the nation of green tea, make no mistake Japan is also a coffee drinker’s paradise. The most popular drink in the world after water, coffee can be found absolutely everywhere in Japan, from convenience stores and vending machines to tiny shops run by coffee purists who sell some of the most expensive and rare coffees in the world. Visitors to Japan should not miss the opportunity to sample a cup of one of Japan’s drip coffees which is the preferred method of brewing across the country.

1 Browse tea farm tours in Japan

3 Check out our blog post 6 bubble tea shops in Tokyo to read more about the bubble tea craze in Japan!

11 Learn more about hatsumode and oshogatsu in our article about Japanese new year traditions!

12 To get your caffeine fix, check out these 8 Tokyo cafes and roasteries with killer coffee!

13 Browse Japanese sake tastings in Japan

14 Browse Japanese beer tastings in Japan

15 Browse whisky tastings in Japan



Popular alcoholic Japanese drinks

13 **Japanese sake (Nihonshu)**
 The grandfather of Japanese alcoholic drinks, nihonshu, or sake as it is known outside Japan, is a rice wine that is made from rice, rice koji, and water. It is believed that sake is the oldest alcoholic drink in Japan and there is evidence of sake consumption dating back to the third century!
 This is a drink that can be served cold in summer and hot in winter and certainly should not be missed by any visitor to Japan. Sake has a huge number of different varieties and regional specialities. You can also find a great number of specialty sake bars that will give you the opportunity to try a wide variety.



14 **Japanese craft beer**
 Much like the growth of Japanese whisky, Japanese craft beer has also experienced a real boom in recent years. There are now many different craft beer pubs dotted around the country that offer some fantastic Japanese interpretations on beers such as IPAs and stouts but also some truly unique Japanese flavors such as beers brewed with sakura or yuzu!



15 **Japanese whisky**
 In 2014, the world of whisky experienced a shock when, for the first time in history, a Scottish whisky was defeated and a Japanese whisky was named the best in the world. Japan takes its whisky very seriously indeed and this can be seen with the wide and varied selection of local brands available. For those who are very interested in the process, the major Japanese distilleries also offer guided tours and sampling!



16 **Umeshu**
 Umeshu or Japanese plum wine, is a sweet, plum-flavored liqueur with a rich taste and a honey-colored look. This alcoholic favorite can be drunk straight but is also delicious when mixed with soda water or even with a splash of water.



17 **Shochu**
 A staple of the izakaya, shochu is a clear alcoholic drink that can be distilled from a variety of ingredients such as sweet potatoes, barley, or rice. Regional variations of shochu can be drunk all over Japan and this is a very popular drink amongst salarymen and women during work parties.



18 **Chuhai**
 The university and college students’ drink of choice, chuhai, is a combination of shochu and a sweet, flavored soda. The most popular variant of the chu-hai is lemon flavor but there are tens of different flavors available. Chuhai is readily available in all convenience stores but a tastier and more refined variation of the drink can be found in many izakaya and bars where fresh fruit is used to mix.

All in all, Japan has a huge variety of different, unique and wonderful drinks to try. Many of these can be seasonal and completely unique to the region, meaning that for the visitor, there is an endless galaxy of flavors to experience!
 Expand your palate. Browse tastings in Japan and become an expert on Japanese sake, whisky, tea, and more!

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





Emery Lanes Strikers Café rolls out food special

Emery Lanes Bowling Complex is a hidden gem for food specials! Whether it is one of their unique burgers of the month, or their famous grilled cheese, you should stop by on your lunch break! But did you know, they also have Okinawan local favorite Soba noodles? Every Thursday Strikers Café features the local dish for the bargain price of \$6.50. Soba noodles are unique to Okinawa! The thin noodle dish is served up hot with a delicious broth, pork and scallions. A great way to experience local treats right here on Kadena!

Strikers Cafe



RESTAURANT INFO

A Taste of Okinawa

Check our Instagram!
@halenoacafe

Break fast

Aloha Bento

Smoothie

All menu items can be take out.
You can pick up your order items and pay at our parking space.

If you call before you come, we can have your order ready.
You can check out our homepage menu here: www.halenoacafe.webnode.jp

LIMITED TIME
Volcano Bowl

Macadamia Nut Pancakes

Big Wave Benedict

Acai Bowl

◀ Kadena 58 Naha ▶

Chirugua soba, Araha Beach, Nishimatsuya baby store, San-A

Open 7 days a week
7 a.m. - 4 p.m. (last order: 3 p.m.)
Phone: 098-911-7614

Breakfast and Lunch



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 homemade smoothies. Start your day with a superior breakfast at Hale Noa Café.

RESTAURANT INFO