

H&R BLOCK®

GET YOUR TAXES DONE VIRTUALLY!

Contact us at Japan@hrblock.com

STARS AND STRIPES. **OKINAWA**
Community Publication

VOLUME 17 NO. 15

JULY 18 – JULY 31, 2024

FREE

SUBMIT STORIES TO: OKINAWA@STRIPES.COM • OKINAWA.STRIPES.COM • [FACEBOOK.COM/STRIPESPACIFIC](https://www.facebook.com/stripespacific)

Yonabaru Tug of War returns

BY SHOJI KUDAKA, STRIPES OKINAWA

Come Aug. 3-4, the Yonabaru Ootsunahiki (tug-of-war) festival will be coming back to this town on the southeast coast of Okinawa's main island for its 42nd installment.

Deemed as one of the three major tugs of war, along with those in Naha and Itoman, Yonabaru Ootsunahiki boasts more than 450 years of tradition. This event made a full-scale comeback in 2023, after being canceled or subject to some limitations for the COVID.

The two-day festival includes live music, food and game booths, fireworks, and more. Fireworks take place on Aug. 4, starting at 8:30 p.m. at Yonakohama Koen (see the coordinates below). The highlight is the tug-of-war that takes place in the afternoon of Aug. 4.

Before the tug of war kicks off at 5 p.m., Aug. 4, there will be a parade called "Michi June" on Routes 331 and 329 where the huge rope for the contest will be carried. Since this is a giant rope that weighs five tons and runs 90 meters in total, it will take a lot of muscle to carry. You can be part of the parade and help carry the rope. To do so, meet at the locations listed below by 3 p.m. on Aug. 4.

Locals dressed as historical figures will ride along on the rope. The sound of drums and trumpets will pump up the mood even more. It's quite a sight to see!

The parade as well as this tug-of-war can be physically demanding, so be sure to wear shoes, not sandals.

Come to Yonabaru and pull the rope together!

kudaka.shoji@stripes.com



MORE INFO & VIDEO



Watch out for Habu!

PAGES 4-5

A Taste of Okinawa

Pullout inside!

IT'S HERE, IT'S NOW **AFN | now**
Streaming video service
afn-now.myafn.net

Ready, Set, **AFN go**
LISTEN NOW
afngo.net



Max D. Lederer Jr.
Publisher

Laura Law
Chief Operating Officer

Lt. Col. Marci Hoffman
Commander

Scott Foley
Revenue Director

Chris Verigan
Engagement Director

Marie Woods
Publishing and Media Design Director

Chris Carlson
Publishing and Media Design Manager

Eric Lee
Revenue Manager

Kentaro Shimura
Production Manager

Rie Miyoshi
Engagement Manager

Denisse Rauda
Publishing and Media Design Editor

Publishing and Media Design Writers
Shoji Kudaka
Hyemin Lee
Luis Samayoa
Takahiro Takiguchi

Layout Designers
Kazumi Hasegawa Mamoru Inoue
Yuko Okazaki Kayoko Shimoda

Multimedia Consultants
Max Genao Doug Johnson
Hans Simpson Chae Pang Yi
Benjamin Yoo Gianni Youn
Robert Zuckerman

Graphic Designers
Yukiyo Oda Kenichi Ogasawara
Yosuke Tsuji

Sales Support
Ji Young Chae Tomoyo Hoshino
Dong Ju Lee Yoko Noro
Yusuke Sato Kanna Suzuki
Saori Tamanaha Toshie Yoshimizu

For feedback and inquiries,
contact Customerhelp@Stripes.com

To place an ad, call DSN 645-7419
okinawa.stripes.com/contact



Check out the video



Kayaking on Hija River

STORY AND PHOTOS BY SHOJI KUDAKA, STRIPES OKINAWA

Though Okinawa is home to beautiful beaches to enjoy the crystal waters surrounding the island, you can also enjoy an adventure while kayaking in some of the area's rivers.

Hijagawa is a river running along Kadena Air Base's north side. You may have crossed the river before while driving between Kadena and Torii Station.

The river is one of the biggest on Okinawa's main island with a 50 km2 basin area, according to the Okinawa Prefectural Government. The riverhead is near Okinawa Zoo and Museum, runs a total of 13.4 kilometers and feeds into the ocean near Kadena's Gate 4.

Hijagawa is a great place to cool off and enjoy kayaking along calm waters and is known for being home to many crabs, gobies and a few mangrove trees.

Safety first

To start my kayaking adventure, I headed to the Kadena Fishing Port to join a tour with Okinawa Umiashibi.

After donning a life jacket and joining 10 others, we received a safety briefing from our instructor, Ami Ida, covering skills like how to use

an oar to go forward or backward or make a turn.

It was my first time in a while to pick up a paddle, so I was a bit anxious, not sure if I could paddle without losing my balance. Once I got in a kayak, however, I soon felt at home. There were tourists from foreign countries among us, but Ida gave instructions in English as well, so all participants were soon on the water without difficulty.

It was shortly past 11 a.m. when we launched, and the waters were calm. There were some currents in the water that turned my kayak left and right, and it took several strokes of the paddle to get me back on the right track.

Enjoying nature

Shortly after we departed from the port, we went under Hijagawabashi, a red bridge that I have crossed many times to go back and forth between Kadena Air Base and Torii Station. Looking up at it from water level for the first time, I realized that the bridge was beautiful. The red color stood out among the green shrubs and water that spread underneath.

There was also a riverbank underneath the bridge where some families, possibly residents of apartments nearby, were enjoying the cool breeze near the water.

Enjoying nature while still being close to the familiar local neighborhood felt very relaxing.

Once past the gate, we were welcomed by

Mangrove Kayak Tour

FEE: 5,800 yen for ages 15 and over, 4,800 yen for ages 2 to 14 and under.

*Several discounts are available, including a 500-yen discount during summer vacation (through August 31) and a 300-yen discount for online reservations.

POINT OF DEPARTURE: Kadena Fishing Port (26.361760, 127.747210)

*Participants of kayak tours are advised to park their cars on the side of a road nearby, not in the fishing port.



WEBSITE

mangroves. Although they were not as thick as you might find in other parts of Okinawa, they still made me feel like I was an explorer in uncharted wilderness. Some of the people in the tour struggled to maneuver their kayak around the trees' knotted roots, but that was part of the fun.

Indiana Jones

At one point, there was also a big Gajumaru banyan tree on the riverbank. Going through a gap in the curtains of vines hanging from branches overhead, we posed like Indiana Jones for a photo. The tree also provided shade to temporarily escape from the strong sunshine.

Up to this point we'd kayaked for over an hour, so taking time in the shade under the banyan vines was a nice break. After this, we made a U-turn and headed back to the dock.

This time, we were following the current going toward the mouth of the river. It felt much easier than paddling upstream. When we got back at the port around 1 p.m., my feet were burning after being exposed to the sunshine for more than two hours. I was a little sad that I could not find any crabs or gobies that the river is known for, but it was still a good, safe trip.

Though Okukubigawa near Camp Hansen or Gesashigawa up in the northern part of the island are other great kayaking spots on the main island, Hijagawa is a wonderful option near Kadena for a fun-filled adventure. Check it out!

kudaka.shoji@stripes.com

Use Your GI Bill to Earn an American Degree in Tokyo. TEMPLE UNIVERSITY Japan Campus. Admissions Counseling Office 1-14-29 Taishido, Setagaya-ku, Tokyo 154-0004, Japan

HAMAGAWA LODGE. CALL FOR RESERVATIONS! Friendly English speaking staff (098)-936-7139. Office 9-6 Mon.-Fri., 9-1 Sat., closed Sun. 72hamagawa@gmail.com

Bios Orchids Garden Bios no Oka. Open 9:00-17:30 (Last entry 16:15) Yen only. Tel. 098-965-3400. 961-30 Ishikawa Kadekaru Uruma City Okinawa www.bios-hill.co.jp



STREETKART

**JAPAN LIKE
YOU'VE NEVER
EXPERIENCED BEFORE!**

Book Us Directly!

E-mai :booking@streetkart.com

TEL: +81-80-8899-8899



Booking QR Code

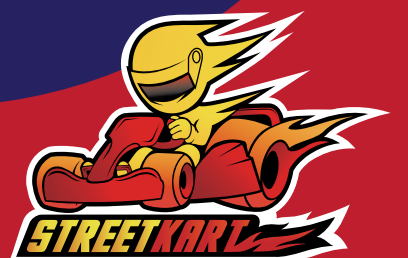
We at Street kart has our own reservation center in Japan. Please book us directly through our QR code or email us at booking@streetkart.com or call us at +81-80-8899-8899. It is faster, to book directly and easier to find a date and time that will best fit your schedule. No hassle going through a third party such as travel agents or travel websites.

TOKYO 14,000 yen/ 1 hour and 17,500 yen/ 2 hour

OKINAWA 6,500 yen/ 1 hour and 8,000 yen/2 hour

※Okinawa price is a special US Armed Forces pricing ※full coverage insurance not included in prices above

To enjoy our wonderful tours all you need is a valid SOFA license OR a ACTIVE MILITARY ID and STATE SIDE DRIVERS LICENSE!!



Watch out for Habu

Speakin' Japanese

Habu Ssssssssspeak

“Habu” is a native Okinawan poisonous snake whose bite can cause nausea, vomiting, hypertension and possibly death. In fact, every year, from May through June, the local government issues a warning to be on the lookout for habu snakes, as the creature becomes active during that time. Although the snake is dangerous, it is often used to make “habushu” with Okinawan traditional distilled liquor “Awamori.” Since ancient times, habushu is believed to have various medicinal properties, including being a kind of “Okinawan Viagra” for men. So, be careful not to let a habu bite you on your street walk, but enjoy the taste of this sweet and tasty liquor.

“Konoatari wa habu ga demasuka?” = Are there habu about around here?
(Konoatari = around here, demasuka? = does make frequent appearances?)

“Ano hebi wa habu desuka?” = Is that snake a habu?
(Ano = that, hebi = snake, desuka? = is it?)

“Habu ni kamare mashita.” = A habu bit me.
(Kamare mashita = got bitten by)

“Byooin wa doko desuka?” = Where is a hospital?
(Byooin = hospital, doko = where)

“Habu shoo wo mini Nanjo-shi no Okinawa World ni ikimashoo.” = Let's go to the Okinawa World in Nanjo City to enjoy its habu show.
(habu shoo = habu show, wo mini – to see, shi = city, ni ikimashoo = let's go to)

“Kono mise niwa habushu ga arimasuka?” = Do you have habushu in this shop/restaurant?
(Kono = this, mise = shop/restaurant, ga arimasuka? = is there -?)

“Habushu wo ippai kudasai.” = Give me a glass of habushu, please?
(ippai = a glass of, kudasai = give me, please)

- Takahiro Takiguchi,
Stripes Okinawa

A Taiwanese Beauty Snake is held by a pest management technician at the on-base Entomology Pest Management Section on Kadena Air Base.
Photo by Senior Airman Kristan Campbell



STORY AND PHOTOS BY SHOJI KUDAKA, STRIPES OKINAWA

You may not believe this, but I once saw a habu beat a mongoose in a cross-species duel when I was a kid. Back then, the death match between the venomous snake found on Okinawa and surrounding islands and the predator from India, was a famous attraction at Gyokusendo Park, now known as Okinawa World.

It was mostly meant to be a one-sided match to witness the notorious serpent being defeated by the cute-looking mammal. But what I saw that day instead, was a nasty habu sink his fangs into the adorable face covered with dark brown fur. Although I was not seated close enough to see any bleeding or yellow poison gushing out of the habu's fangs, I could still feel an unnerving mood smothering the venue. We had witnessed something we were not expecting. It was equal to James “Buster” Douglas knocking out Mike Tyson.

I don't know what happened to the poor mongoose. But I could not avoid imagining the mammal's face oozing pus from its nose and eyes and staggering to stay on all fours. I had seen



1 Habu



Himehabu 2



Abhhhhhh!

Photo by Senior Airman Kristan Campbell, US Air Force

Habu!

→ photos of people with their fingers and toes necrotized by habu bites.

On that day, I learned an important lesson in my life and something blasted on AFN regularly: Don't mess with habu! Even if you are as dexterous as a mongoose, which maybe doesn't matter anyway, you can still be a victim of a habu's poisonous fangs.

Basic facts

There are eight species of snake on Okinawa, but only four pose danger to humans: **1.Habu (originated on Okinawa), 2. Himehabu, 3. Sakishimahabu, 4. Taiwanhabu.** These habu are active at night, especially when it is warm and humid.

3 Sakishimahabu



Mating among these snakes takes place between March and May, followed by egg-laying from late June through July. Two to five eggs around 2.36 inches in length are laid at a time. Baby habu hatch from late August through September.

They are about 15.7 inches in length, and are already venomous.

Habu feed on small mammals such as mice and muskrats. Their fangs carry enough venom to be used several times. New fangs come out several times a year.

kudaka.shoji@stripes.com

4 Taiwanhabu



If you are bit

Don't panic

Confirm that it is a Habu snake (not other kinds of snake) that has bit you. If it is a Habu, there should be two (sometimes one or three or four) teeth marks left on your skin. The affected part will swell and severely hurt in a few minutes.

Ask for help

Ideally get someone to give you ride to a hospital. If you move fast, it will help the venom go deep in you system quickly. If you need to walk to a hospital, you should do it slowly. Contact U.S. Naval Hospital at 098-971-9355. Or you may call 119 for local fire department, which will coordinate with the Naval Hospital.

Go to the hospital

Loosely tie the part of your body that was bitten with a soft fabric or belt that is closer to your heart than the affected area. For example, if you are bitten on the hand, you could tie a tourniquet around your arm to slow down blood circulation (Don't tie too tightly). Loosen the tourniquet once every 15 minutes.



Learn more about habu

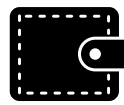
I recommend going to Habu Museum Park to see the different types of habu, along with valuable photos and materials. Better yet, you can touch a big snake and take a photo with it during the park's daily snake shows. Being a part Okinawan World, this museum is actually a fun place for a family visit.

Habu Museum Park

HOURS: Every day, 9 a.m. - 5:30 p.m. (Last admission at 4 p.m.)
GPS COORDINATES: N 26.14037, E 127.74856
TEL: 098-949-7421



WEBSITE



Useful tools available at local stores

Mr. Sonan, who is in charge of selling the above at Makeman, a local do-it-yourself store in American Village gives his take on protecting yourself against habu: "Even if you apply the 'Habu Knock Neo' spray directly on a habu, the snake can still get violent and strike back at you. Ideally, the product should be used like a repellent to drive the creature away. Whatever the case is, direct attacks on habu should be avoided. The two repellent 'Hebiless' and 'Mogura Hebi Mukade Z' are commonly used by campers to keep the snakes off their camping sites. When you use the triangle trap, make sure you set it up along a fence or a wall because that's where Habu snakes crawl."

Makeman

HOURS: Every day, 9:30 a.m. - 8 p.m.
GPS COORDINATES: N 26.31707, E 127.75645
TEL: 098-982-7300



WEBSITE (JAPANESE ONLY)



ヤイヤマヒバ

Travel back in time to the Edo Period!

A full day of traditional activities, shows, and entertainment for the whole family at Japan's favorite culture park!

Show military ID at the ticket window for ¥600 off for each person in your group!

Adult: ~~¥5800~~ → ¥5200
Child: ~~¥3000~~ → ¥2400

*offer valid till March 2025
 〒321-2524 Tochigi Prefecture, Nikko, Karakura 470-2
 Check our homepage for more information!
 edowonderland.net ☎ 0288-77-1777

EDO WONDERLAND
THE ESSENCE OF JAPAN

Enjoy snorkeling, diving at Okinawa's Gorilla Chop

STORY AND PHOTO BY SHOJI KUDAKA, STRIPES OKINAWA

If you are looking for a snorkeling/diving spot where you can enjoy water activities easily and safely, Gorilla Chop is a destination on Okinawa you don't want to miss. In the peaceful waters, innumerable coral and tropical fish are waiting for you. Let's hit the beach and meet clownfish, damselfish, and more.

kudaka.shoji@stripes.com

TIME TO EXPLORE SEOUL!

6 Days / 5 Nights Room Package

Stay at Dragon Hill Lodge to be right in the center of Seoul's attractions and also enjoy onsite access to services and facilities serving our U.S. military and DoD communities.

USAG YONGSAN reservations@dragonhilllodge.com
 DSN: #315-738-2222 or #02-790-0016 ext.1 www.dragonhilllodge.com

GSA in Okinawa

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

Customers can order using GSA websites (GSA Global Supply or GSA Advantage!®) or via existing customer logistics platforms (e.g., GCSS-Army). GSA's systems recognize the items stocked in Japan and fulfill orders locally. Other items will ship from the mainland. An electronic catalog is available.

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

Cynthia McKeague

Check Out GSA's Japan Catalog!

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

Stripes Okinawa is A Stars and Stripes Community Publication. This newspaper is authorized for publication by the Department of Defense for members of the military services overseas. However, the contents of Stripes Okinawa are unofficial, and are not to be considered as the official views of, or endorsed by, the U.S. government, including the Department of Defense or the U.S. Pacific Command. As a DOD newspaper, Stripes Okinawa may be distributed through official channels and use appropriated funds for distribution to remote and isolated locations where overseas DOD personnel are located. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement of those products by the Department of Defense or Stars and Stripes. Products or services advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user, or patron.

Stripes Sports Trivia

With one of the most successful programs in NCAA men's basketball history, Duke has had some of the biggest names in college hoops. From Zion Williamson most recently, to Bobby Hurley, Grant Hill and Shane Battier, the list is endless. But, with all the stars to shine at Cameron Indoor Stadium, which one is the Blue Devils' all-time leading scorer?

Answer

J.J. Redick

Large or small, standard or custom, we have a wide range of printed products to suit your project!

STARS AND STRIPES DoD authorized printer

PRINTSHOP

printshop.stripes.com

Get a quote or place your order at printshop.stripes.com or call (315)229-3438

NEW TO THE PACIFIC?

Contact CustomerHelp@stripes.com to get your free copy of Welcome to the Pacific magazine!



STARS AND STRIPES

Digital edition also available. Download online.



FOLLOW
STARS AND STRIPES
ON THE
SOCIAL MEDIA
PLATFORM
OF YOUR CHOICE!



youtube.com/StripesChannel



@StarsandStripes
@StripesPacific



facebook.com/StripesMedia
facebook.com/StripesPacific



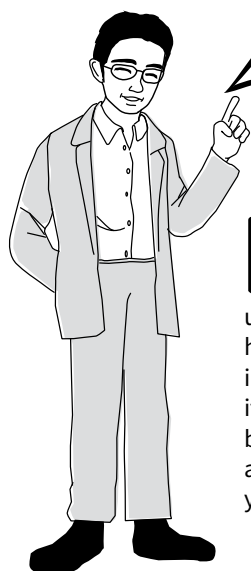
Stripesphotography
@starsandstripespacific



@StarsStripes
@StripesPMD



pinterest.com/Stripesnews



DID YOU KNOW?

Daisuke Inoue is believed to be the inventor of karaoke. Inoue was a businessman and a musician who used to sing popular songs at parties. When his band was a no-show at one party, he improvised, and it was a huge success. Seeing its potential, he invented the 8 JUKE in 1971 by combining a guitar amplifier, a tape player and a timer that ran for 5 minute when a 100-yen coin was inserted.

Kanji of the week



Kusa/sou (grass)

Language Lesson

Don't touch me.

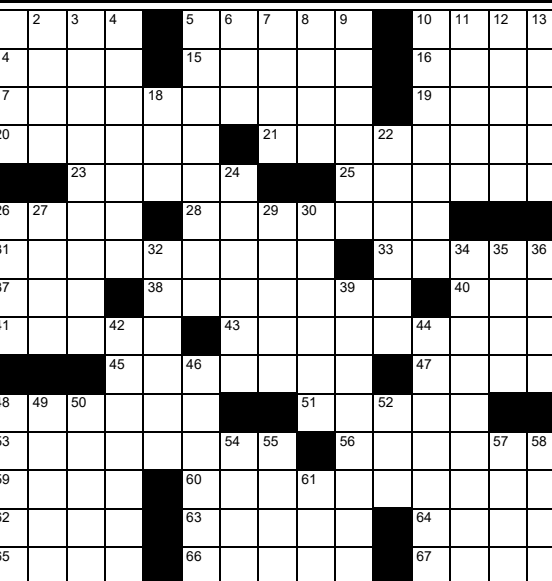
Sawaranaide.

Crossword

by Margie E. Burke

ACROSS

- 1 School subj.
- 5 Cut corners
- 10 Seeing things
- 14 Woodwind
- 15 Gyro holders
- 16 Prom night ride
- 17 One way to be sold
- 19 Student overseer
- 20 Like some pets
- 21 Big name in tires
- 23 Fonda flick, "Easy ____"
- 25 Barely at all
- 26 Dismal
- 28 Gym weight
- 31 Rescue ring
- 33 A and B, e.g.
- 37 Thrilla in Manila boxer
- 38 Make, as a meal
- 40 Regret
- 41 Parking sticker
- 43 Raven's remark
- 45 Spotty ailment
- 47 Proton's place
- 48 Stands out
- 51 Mick Jagger, for one
- 53 Able to practice, say
- 56 Annoyance
- 59 Bulb flower
- 60 Like some milk
- 62 Small change
- 63 Oregon's capital
- 64 Tear to bits
- 65 Provocative
- 66 Shoot from cover
- 67 June 6, 1944



Copyright 2024 by The Puzzle Syndicate

- 6 Word with mess or press
- 7 Tabloid
- 8 Algeria neighbor
- 9 Freudian topic
- 10 Getting on in years
- 11 Triangular traffic sign
- 12 Send, in a way
- 13 Heavyweight Liston
- 18 Clear (of)
- 22 Summertime top
- 24 Baltimore squad
- 26 Tickled
- 27 Aggravate
- 29 Throw off
- 30 2021 World Series champs
- 32 Abdominal organ
- 34 Held a sit-in, maybe
- 35 Currency since 1999
- 36 Come across as
- 39 Retirement place
- 42 Official pardon
- 44 Multi-slope roof
- 46 Take stock of
- 48 Pizza serving board
- 49 Brought on
- 50 Cake topper
- 52 Rowing need
- 54 Steve Carell flick, "____ Almighty"
- 55 Mustachioed artist
- 57 Horne or Olin
- 58 Circular current
- 61 Zing

Answers to Previous Crossword:

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

SUDOKU

Edited by Margie E. Burke

Difficulty: Easy

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

HOW TO SOLVE:

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

Answer to Previous Sudoku:

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

Copyright 2024 by The Puzzle Syndicate

Find local restaurant reviews, travel information, community news and events in

STARS AND STRIPES OKINAWA

Community Publication



Submit your own reviews, articles and organization's information at okinawa.stripes.com





VIEW VIDEO!

Things to know

TOGUCHI PORT GPS COORDINATES: 26.659302, 127.889365
Minna Island (Minna Port) GPS COORDINATE: 26.650747, 127.817912

*A ferry shuttles between the above-mentioned locations between around 9 a.m. and 4:30 p.m. The schedule varies depending on the season. For example, from Sept. 21 through Oct. 31, the ferry departs four times a day from Toguchi to Minna (at 9 a.m., 10 a.m., 1 p.m., and 4 p.m. respectively).



THE FERRY'S TIMETABLE



Mini trip to Minna Island

STORY AND PHOTO BY SHOJI KUDAKA, STRIPES OKINAWA

Unwind on Minna Island off Okinawa's Motobu Peninsula. This small crescent-shaped island has many fun water activities to enjoy including snorkeling, parasailing, banana boat rides and more.

Relax on Minna Beach, grab a bite to eat just down the road and explore other parts of this incredible getaway. Just off the coast, uncover what's beneath the crystal blue waters with a refreshing snorkeling tour. Check it out!

kudaka.shoji@stripes.com



VIEW VIDEO!

Photo courtesy of Kadena FSS

Stationed on Okinawa? Head to Okuma Beach!

BY SHOJI KUDAKA, STRIPES OKINAWA

On Okinawa there are many beaches perfect for a fun day for visitors to choose from. But, Okuma Beach managed by Kadena FSS is one you won't want to miss.

This piece of paradise is only a two-hour drive away from Camp Foster and is host to many fun activities. Hit the links at their golf course, or putt-putt course. Ride waves, paddleboard, snorkel and more! It's a great spot for the whole family to enjoy and relax.

kudaka.shoji@stripes.com

Things to know

GPS COORDINATES: N 26.737533, E 128.159075

CORAL CONNECTION SNORKEL EXCURSION COSTS: \$27 per person (minimum \$65 departs at 10 a.m. and 3:30 p.m.)

MINIATURE GOLF COSTS: \$7 (ages 13 and over), \$5 (ages 5 and 12), free for ages 4 and under.

JET SKI RENTAL COSTS: \$35 per 20 minutes (16 years and up)

BANANA BOAT SLED COSTS: \$15 per person (6 years and up/20 minutes/\$45 minimum)

CAMP SPOT COSTS: \$11 per tent.

TURTLES' NEST BEACH HOUSE COSTS: \$210 per night.



WEBSITE

Welcome to the ultimate Okinawa experience!
Fly 42ft over the ocean on Okinawa's exciting 800 ft MegaZIP zipline.
*Min. rider weight 55 lbs max 286 lbs. Weight restriction may be changed depending on the weather.

Safe and fun!

Located at the Sheraton Okinawa Sunmarina Resort

Reservations are not accepted. Please fill out the consent form on our website and refer to the "Current Operation Status" on our website in advance for conditions.

Tel: 050-5236-7550 www.panza.co.jp/okinawa/en/

THE NIGHT ADVENTURE BEGINS!

CHURAUMI NIGHT AQUARIUM
Date: Aug. 1st (Thu.) - 31st (Sat.)
18:00 - 21:00,
Hours of operation: 8:30~21:00 (last entry 20:00)

SPECIAL VIOLIN PERFORMANCE
Let a live violin performance by Ryoma enthrall you while whale sharks and reef manta rays glide by.
Date: Aug. 2 (Fri.) - 4 (Sun.)
Time: 18:30 and 19:30 (20-30 minutes each)
Place: By the "Kuroshio Sea" tank

CHURAUMI NIGHT FOOD TRUCKS
Food trucks serve gourmet foods by the aquarium!
Date: The dates will be posted on the official website as soon as available.
Place: Churaumi Plaza (outdoors)

Please note:
• Visitors entering the Aquarium after 4 p.m. will receive an original Aquarium trading card.
*One / per person.

Experience the ocean at night with the lighting of the aquarium!

Visitors are provided mats to relax on in front of the "Kuroshio Sea" tank.
*Limited quantity.
This is a chance to observe nocturnal sea creatures at night!

OKINAWA CHURAUMI AQUARIUM

OKINAWA CHURAUMI AQUARIUM
<https://churaumi.okinawa/en/>

We do best for your smile

- Cleaning exam
- Cosmetic dentistry
- Cavity treatment
- Invisalign and more

English speaking service

Thu. and Sun. closed
10:00 ~ 14:00, 15:30 ~ 19:30
Wed. 15:30 ~ 19:30

Appointment at 080-4149-0711
dentalrycom@gmail.com

RYCOM DENTAL CLINIC
ライカム デンタル クリニック



STARS  AND  STRIPES[®]

A Taste of Okinawa

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

8-page pullout



Courtesy photos

Guide to awamori

Classic Okinawan alcohol

LIVE JAPAN

If you think of alcohol and Japan, then the first thing that springs to mind is sake – but there are other alcoholic drinks too, one of which comes from the island of Okinawa! Awamori is an alcoholic drink which is also known as shimazakae, or island sake.

It dates back hundreds of years, not quite as old as sake which is at least 1300 years old, but not soon after the start of agriculture in Okinawa. Using long grain indica rice, the origins of the Awamori brewing technique can be found in

Thailand, and even today as local production of this rice is not sufficient indica rice from Thailand is imported to make this celebrated drink. It has an alcoholic percentage ranging from around 30° – 60° and in Okinawa it is drunk at pretty much any social occasion, whether that be celebrations or just a casual gathering of friends. Not so well known as its older cousin sake, Awamori is gradually making its presence known and is increasingly sought out by adventurous visitors to Japan who want to try everything this amazing country has to offer.

●What is awamori?

The rather original manufacturing process for distilling Awamori came from Thailand and involves black koji (a kind of yeast) mold being added to long grain indica rice and water, this is then left to age in order to create a mold. This is distilled in pot stills, in some ways it is similar to the production of shochu, and the resulting brew is actually 100° pure alcohol. Once it has been distilled it is put into storage, it needs to be stored for an extended period of time in order to improve its mellowness. A characteristic of this drink is how its taste and aroma are enriched by a natural aging process. The distilled awamori is then aged in clay pots, usually kept in cool underground store-rooms.

It is the black koji that is used in the fermentation process which gives it its unique flavor. This variety of yeast produces a lot of citric acid, which incidentally helps prevent the souring of the moromi (the rice and water mixture). It is very effective in extracting the taste and character of the mixture. Black koji was found in Okinawa and it has been found to be resistant to high temperatures and humidity. The name of the resulting alcohol,



Awamori, is thought to refer to the appearance of the mixture during the distillation process where one can see a lot of bubbles rising and swelling (in Japanese ‘awa’ means bubbles and rising/swelling is ‘mori’).

The distillation takes place in a traditional still, heated directly by a flame with oxygen supplied by large fans. The solid mass of swollen rice grains is distilled once, and after about 4 hours the alcohol percentage reaches 70°. Water is added to arrive at the final product with an alcohol percentage of around 30°, except for a product called hanazake that is around 60°.

In a similar style to sake and shochu, Awamori is sold in large bottles of 1.8 liters, and also smaller sizes of around half that volume. In general it is quite inexpensive, but unlike sake this alcohol can be aged and becomes more valuable as it gets

older. There are around 48 local distilleries dedicated to making varieties of awamori in Okinawa. These labels vary in taste, from mild to strong, and various accents depending on the containers they are distilled in, from stainless tanks to earthenware pots and even casks.

●How to drink awamori

As Awamori does have a strong alcoholic content it is usually served together with water and ice, you can drink it straight with some ice, dilute it with water or even add it to a cocktail. No further special equipment required!

As Awamori is actually sugar free with no amino acid content, it has a lower calorie level than other



comparable drinks, so it is perfect for people with high blood sugar. Some people like to use something slightly different to water to mix their Awamori with, such as sparkling water, but you can also

see locals adding coffee milk to their drink! This makes it very easy to drink!

●Awamori is essential for knowing Okinawa

Just as to a certain extent sake embodies Japan, and is therefore an essential drink to try when visiting Japan, Awamori embodies the islands and culture of

Okinawa. To try this drink is to impart some of the local culture, and to add some koregusu will mean literally imparting some Okinawan fire!

Different types of awamori

Kusu

Once Awamori has been aged for three years or more it is given a new name of Kusu, although in the rest of Japan the pronunciation

koshu is used, but anyway this literally means old sake. Japanese law dictates that the bottled spirits must be at least 3 years old, but Awamori producers often mix older spirits with younger spirits to preserve the stock of older spirits. Before World War Two there were records of two to three hundred year old kusu, but unfortunately these were all lost.



Habushu

You’ll see bottles and large jugs of lethal-looking habushu (“snake liquor”) all over liquor shops and souvenir shops in Okinawa. Pit vipers are soaked in awamori, herbs and honey for a dramatic-looking drink. The liquid has a yellow hue and is believed to have

medicinal properties and libido-enhancing qualities. Sometimes the snake is drowned alive in the awamori, alternatively the snake made unconscious from freezing, then gutted before being sewn up, before dying in a violent manner - what the producers are looking for. The snake is then preserved in an ethanol bath for a month before soaked in awamori.



Hanazake

On an Okinawan island called Yonaguni, which is also Japan’s westernmost island, there are three distilleries which are producing a variant of Awamori called Hanazake.

Literally meaning “flower sake”, hanazake drink packs a punch with an alcohol percentage of 60°, and is normally drunk straight. Originally it was intended for religious ceremonies, but today you can see brave souls drinking this for pleasure and social occasions.



Flavor-infused Awamori

Japan being Japan it is no surprise that other flavored varieties of Awamori has been created, for example there is a plum version which is perfect for around the beginning of spring when the plum blossoms are out, and for locals who love their Awamori with coffee milk there is now a ready-made coffee flavored version too. In general a number of flavors have made their debut, normally

with local fruits, such as passion fruit or mango, in order to broaden its appeal to a wider range of people.



Koregusu (Hot Sauce)

In particular the people of Okinawa like spicy food and a popular local condiment is koregusu is just the ticket for adding some heat to any dish. It is made from chili peppers, which are washed, and then soaked in Awamori for at least 10 days. It

can be bought in supermarkets, but it is often homemade. It is then added on pretty much anything, whether that is rice or Okinawan noodles, or sonki-soba. Unlike a regular chilli sauce, koregusu has a wafting fragrance of Awamori that adds depth as well as heat to the dish.





Kadena FSS food choices will feed your **cravings**

Hungry for something delicious? Whether it's burgers, pizza, seafood, ramen, craft beer, fine dining, smoothies, or hand-crafted coffee... you name it, we've got it! At Kadena Air Base, you'll find a variety of food choices to feed your cravings across its FSS facilities and restaurants. Don't forget the monthly specials and limited time offers! The options are endless. Check out Chili's, AirPower Café, Seaside Restaurant, Café Latte, and more! Visit www.kadenafss.com (or scan the QR code) for a complete list of Kadena FSS restaurants, including eateries from our detachment unit at Okuma Beach. Next time you're hungry, don't forget we've got you covered!

3

Eat! With
KADENA FSS

QR Code

kadenafss.com/food | Connect with us! @KadenaFSS

Facebook, Instagram, YouTube, and FORCE Support Squadron logos.

RESTAURANT INFO

A Taste of Okinawa

RESTAURANT & SUSHI BAR GEN

STARS & STRIPES BEST OF THE PACIFIC 2013 WINNER

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

Open: Thursday through Tuesday
Close: Every Wednesday
Time: 11:30-22:00 (Last order 21:00)
Cash Only(\$/¥)

Map showing location near Foster Chapel, Globe Gate, MCB Fire Station, and Spot Gate.

Gen

Gen a real gem on Okinawa

Learn how to prepare mouthwatering dishes that will leave your dinner guests begging for more, all from the comfort of your home in a virtual cooking class hosted by Luca Manfe, winner of Master Chef Season 4. Fish tacos, braised beef short ribs and homemade gnocchi are all on the menu for the remaining courses. By attending a class, you are automatically entered for a chance to win a private virtual cooking class, and an in-person gala dinner at your installation cooked by Chef Luca! Sign up now at www.kadenafss.com/blog/af-campaigns and watch your cooking skills become five-star level!

RESTAURANT INFO

35 unique ice cream flavors you can try in Japan



BYFOOD

Humid weather throughout most of the country is the perfect breeding ground for creative twists on a classic frozen treat. Japanese companies and independent producers take their ice cream game very seriously — if you're visiting Japan, you can expect to be spoiled for choice when it comes to flavors.



It goes without saying that you'll easily find classic ice cream flavors like vanilla, chocolate, and the extremely controversial chocolate mint. But if the opportunity presents itself, traveling foodies should give one of these 35 unique twists, ranging from fruity varieties to there's-no-way-that's-good flavors.



1. Ramune (Japanese soda)

Let's start with one you probably already know about: ramune. This Japanese soda, one of Japan's must-try drinks, is a popular flavor for all types of sweet treats, but it is especially popular among children and adults alike when it comes in ice cream form.



MUST-TRY DRINKS

2. Milk

Milk-flavored ice cream may not be exclusive to Japan, but it can be hard to find outside of Asia. Milk ice cream is creamy (duh), rich and filling. It's also a perfect flavor to pair with almost any other ice cream flavor, including ramune and fruit sorbets. It's best used as a mixer if you're ordering a double or triple cone.

3. Shirasu

Shirasu (or Japanese whitebait) are small white fish. In the Kanto region, they are most commonly associated with Kamakura in Kanagawa Prefecture. Typically, you'll find shirasu as a topping in kaisendon (seafood bowls) or mixed in a tamagoyaki batter as a savory street food, but you can also find ice cream topped with shirasu in select shops in Kamakura and Enoshima. This one is definitely for adventurous eaters!



SHIRASU

Photo courtesy of Stripes Japan

4. Gyoza

Yes, you read that right. Gyoza izakaya Dandadan Sakaba has gyoza ice cream on its menu. This unique dessert comes with two gyoza skin senbei, in case you crave the crunch. Definitely a flavor that's out there and makes for a great night-out story.



Dandadan Sakaba is a chain with locations around Japan, but here's a quick list of their locations in Japan's top destinations:

- Dandadan Sakaba Shibuya (Tokyo)
- Dandadan Sakaba Naka-ku (Nagoya)
- Dandadan Sakaba Namba (Osaka)
- Dandadan Sakaba Chuo-ku (Fukuoka)



5. Adzuki (Japanese red beans)

Adzuki is a quintessential ingredient in wagashi. It's not overwhelmingly sweet but still satisfies if you're in the mood for a treat. Japanese company Imuraya's adzuki bar has consistently been one of Japan's best-selling ice cream products. If you're already planning to travel to Hokkaido, chances are you can find hard or soft-serve ice cream, too.

6. Shine Muscat grape

Grape is another staple summer flavor in Japan — specifically the Shine Muscat variety, which was first grown and harvested in Japan in the late 1980s. This luxurious Japanese fruit is generally considered a late summer flavor, though you can find Shine Muscat ice cream throughout the warm season.



7. Lavender

Did you know you can find lavender-flavored ice cream if you visit a lavender farm? Furano in central Hokkaido is famous for its lavender fields, but you can visit these three lavender farms around Tokyo to get a taste of creamy, lavender goodness without leaving Kanto.

8. Yubari melon

Yubari melon is a type of cantaloupe melon grown in Hokkaido in the town of Yubari, not too far from Sapporo. This melon is known to be especially sweet and fragrant — and also particularly pricey. Definitely on the top of the list of Japan's luxury fruit lineup, but you can taste Yubari melon without splurging too much by searching for Yubari melon ice cream.

9. Kyoho grape

That's right, there are not one but two Japanese grape ice cream flavors on this list. Kyoho grapes are purple grapes that have been cultivated in Japan since the 1930s. They are significantly more sweet than the Shine Muscat varieties. If you like grapes and you like sweetness, then opt for Kyoho grape ice cream!



10. Sakura (cherry blossom)

It'll come as no surprise to know that in the spring, you might also find sakura-flavored ice cream (sometimes even sakura mochi-flavored ice cream). The flavor will be subtle and light, much like the shade of pink this ice cream tends to be, but it makes for a refreshing dessert nonetheless.

11. Chestnut

Continuing with seasonal flavors, around September and October, keep your eyes peeled with chestnut-flavored ice cream. Like some of the others on this list, this flavor is usually seasonal and available for a limited time only!

12. Miyazaki mango

Another luxury fruit flavor on this list (yes, there are many) is Miyazaki mango. Nissei, one of Japan's leading producers of soft cream, produces an array of limited-edition premium flavors under its Japan Premium brand, and one of its summer flavors is Miyazaki mango. You need to plan a trip to Miyazaki Prefecture to try this one, but it might just be the best mango ice cream you'll ever taste.



13. Amaou (Japanese strawberries)

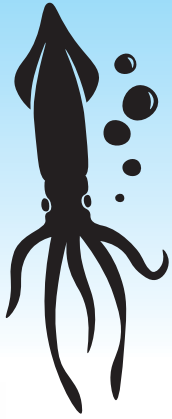
Strawberry ice cream is obviously available in plenty of other countries, but only in Japan can you find Amaou-flavored ice cream. If you're thinking that Japanese strawberries are not that different, think again. These strawberries, primarily grown in Fukuoka, are known for their size and rich flavor.

14. Corn

Japan does have a penchant for savory ice cream flavors. Nissei has an Aomori-exclusive corn flavor. If you like sweet corn, you might like corn ice cream. Sure, it's a bit of a trip to get there, but hey, northern Japan is way cooler in the summer.

15. Rice

Continuing with exclusive flavors, in Akita, you can find rice ice cream, also courtesy of Nissei. This Tohoku prefecture is known for its high-quality rice, so of course, the natural course of action is to turn its top export into a not-savory-but-not-too-sweet dessert.



16. Squid ink

Another fishy flavor makes the list! This time, it's squid ink, an exclusive Nissei flavor that you can only find in Fukui. Unlike shirasu ice cream, squid ink ice cream is more visually striking than it is an attack on the taste buds — makes for a cool photo, though!

17. Olive

Shodoshima, an island off the coast of Kagawa, is Japan's leading producer of olive oil. If you want to know how it claimed the number one spot, you should visit the Shodoshima Olive Park and learn about the island's rare characteristics that make it a prime location for growing and tending to olive trees. Here, you can also find olive ice cream. Try it in a cone or in a cup. If you've feeling extra adventurous, opt for an extra dash of olive oil.



18. Soy sauce

Did you really think there would be no soy sauce flavor on this list? Often thought of as a simple pantry staple, soy sauce comes in different variations. Soy sauce makers who offer factory visits will also offer eclectic soy sauce treats, including (you guessed it) ice cream.



19. Amazake

Amazake ice cream (sometimes amazake sorbet) is less commonly found at the grocery store but not uncommon at wagashi specialty stores. Amazake, literally "sweet sake," is a sweet non-alcoholic rice drink. Amazake ice cream brings the distinct flavor of this Japanese drink without its usual grainy texture.



20. Onion

This next flavor might just be the rarest on this list. You can find onion ice cream in Hyogo Prefecture. Onions are a beloved ingredient for a good reason: their sweetness is key to most of your favorite Japanese dishes! You can even order onion ice cream.



21. Unagi

We're back at it again with a sweet and salty combination! One Japanese company is almost entirely dedicated to making unagi-flavored ice cream — yes, unagi like the eel. You can buy this eel-flavored ice cream online.



22. Salt

Occasionally, you'll find salt ice cream, which is essentially milk ice cream with double or triple the amount of salt. For lovers of snacks that combine sweet and savory, this one is for you.

23. Tofu

Recently, you can find soy milk ice cream in supermarkets and convenience stores, but did you know you can also find tofu ice cream? If you visit Nikko in Tochigi, you'll find local shops with tofu ice cream on offer since the area is known for its yuba (tofu skin)!

24. Soba (buckwheat)

Savory buckwheat noodle ice cream is a surprisingly popular flavor in Japan. It has a nutty taste with a hint of bitterness. It's tricky to find, but your best bet is to hit traditional neighborhoods and roadside stations in rural areas.



25. Wasabi

The same company sells wasabi ice cream, though wasabi ice cream is fairly common all around Japan. You can find wasabi soft cream or vanilla soft cream with a plop of freshly grated wasabi. This spicy dessert is especially easy to find throughout the Izu Peninsula.

26. Mountain yam (tororo)

One last shoutout to Unagi Ice, this time to share that they also make a mountain yam (tororo) ice cream. If creamy potato soup works, why wouldn't creamy potato... ice cream?



27. Sea grapes

Sea grapes, a type of seaweed, add a puchi puchi or "bursting" texture to this unique ice cream. They also have a slightly salty flavor. This one is definitely more of a novelty flavor, but if you see it in the wild (most likely in Okinawa), don't hesitate to try it!



28. Wakame

Another seaweed-infused ice cream, wakame adds a refreshing taste of the sea. It has a mild seaweed flavor and something like a crisp texture. You can find it at Shiokaze-no-sato Tsunoshima in Yamaguchi.



29. Hibiscus

Hibiscus ice cream offers a tart and floral flavor, perfect for a summer day. It's made from the hibiscus flower and has a beautiful pink or red color. The easiest way to find this flavor is to look at Blue Seal's offerings at one of their stores.

30. Okinawa salt cookies

Being a brand that's most commonly associated with Okinawa, Blue Seal sells Okinawan shortbread-flavored ice cream. These sweet and salty cookies are one of the most popular food souvenirs to bring back from Japan's tropical region.

31. Ube

Ube (or purple sweet potato) is a delicious vegetable that's widely consumed in Asia, and its vibrant purple color makes it a great ingredient to add a pop of color to any sweet. Ube is a popular topping for baked foods and even as an ice cream topping, but ube die-hard fans should just go full steam ahead and get ube-flavored ice cream.



32. Ryukyu tea warabi mochi

Our last Blue Seal recommendation is the brand's Ryukyu tea warabi mochi flavor. Just as you might expect, this is essentially wagashi in a cup. With swirls of kuromitsu (brown sugar syrup) and chunks of warabimochi, this one is for those who like texture in their ice creams.

33. Royal milk tea

A popular flavor year-round, if you love royal milk tea's comforting sweetness, you'll love it in ice cream form. In 2024, Häagen-Dazs released a limited-edition caramel royal milk tea flavor, which you can find in select convenience stores and supermarkets.



34. Yuzu

Though yuzu is usually considered a winter citrus, many still prefer its bitter and sweet taste over lemon or even orange. It's not uncommon to find yuzu-flavored ice cream at specialty shops or even among limited-edition flavors in the ice cream section of a Japanese supermarket.

35. Chocobanana (frozen chocolate banana)

If you attend a summer festival in Japan, in addition to coolers filled to the brim with ice and ramune bottles, you'll also find chocobanana stands. This frozen treat is a hot weather staple and has become such a nostalgic flavor for older Japan citizens that you can find chocobanana-flavored ice cream, too. Same cooling effect, significantly reduced risk of it sliding off the stick and falling on the sidewalk.

Chocobanana is a flavor offered at Ushigoyaice, an eclectic ice cream shop in Hokkaido that offers 16 different flavors every day pooled from a rotation of 50-plus recipes!



USHIGOYAICE

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!

Okinawa's juicy, sweet pineapples a summer treat

STORY AND PHOTOS BY SHOJI KUDAKA, STRIPES OKINAWA

In Japan, pineapples grow in only two prefectures: Okinawa and Kagoshima. Though the majority of the pineapples are grown in Okinawa, the sweet and tangy fruit requires acidic soil, well-drained land and high temperatures found in only certain parts of the prefecture.

Conditions for the fruit to thrive exist in the farms up north in Okinawa's Yambaru region and Ishigaki Island. Higashi Village, which provides the bulk of pineapple production in the prefecture, has roughly 180 farmers growing 10 juicy varieties, according to Ogimi

Village's tourism association.

Okinawans were first introduced to the fruit in the mid-19th century when a plant washed up on Ishigaki island in 1868, probably from a Dutch ship stranded nearby.

Soon pineapple was being farmed on Ishigaki Island and on Okinawa's main island. Back then, the plants only provided small pineapples. It wasn't until the Showa Era (1926-1989), according to the Higashi Village website, that Okinawa finally had pineapples as we know them today.

Japan Agricultural Co-operative (JA) notes that the fruit is produced in Okinawa from May through July.

Supermarkets across the island and Japan's mainland stock up on the delicious fruit during this time.

During the season, you'll find ways to enjoy the juicy, sweet fruit fresh, canned or in sweets like Ryukyusu cookies and more. Restaurants even serve up Hawaiian pizza, curry rice with pineapple and subuta, a sweet and sour pork dish made with delicious Okinawan pineapple.

You can even visit Okinawa's Pineapple Park, a theme park dedicated to the fruit. Here, you can see various types of pineapple growing there, and even ride an electric-powered train through the jungle-like park.

There are plenty of ways to enjoy pineapple on the island, so make sure to take advantage of the season to sample Okinawa's juicy, sweet varieties.

kudaka.shoji@stripes.com



Pineapple types to try

Smooth Cayenne

This type has a good balance between sweetness, sourness, and juiciness. This is one of the most common pineapples in Okinawa.

Pokotto Pineapple (Snacking pineapple)

With this type, you can tear it open with your hands and eat it like you do with snacks. Its Japanese name came from the sound you would hear when you tear its flesh.

Peach Pineapple

Also known as "Milk Pineapple", this type has white flesh. You may find it not much different from the other kinds of pineapple in terms of how it looks from the outside. Once you slice it, though, this fruit delicately smells like a peach.

Gold Barrel

This is a rare and precious kind of pineapple, accounting for only one percent of all the pineapples domestically produced. It takes three years before being harvested. The name came from the fact that the fruit has gold flesh and a figure of barrel. Averaging 1.4 kg to 2.8 kg in weight, it weighs twice as much as regular ones.

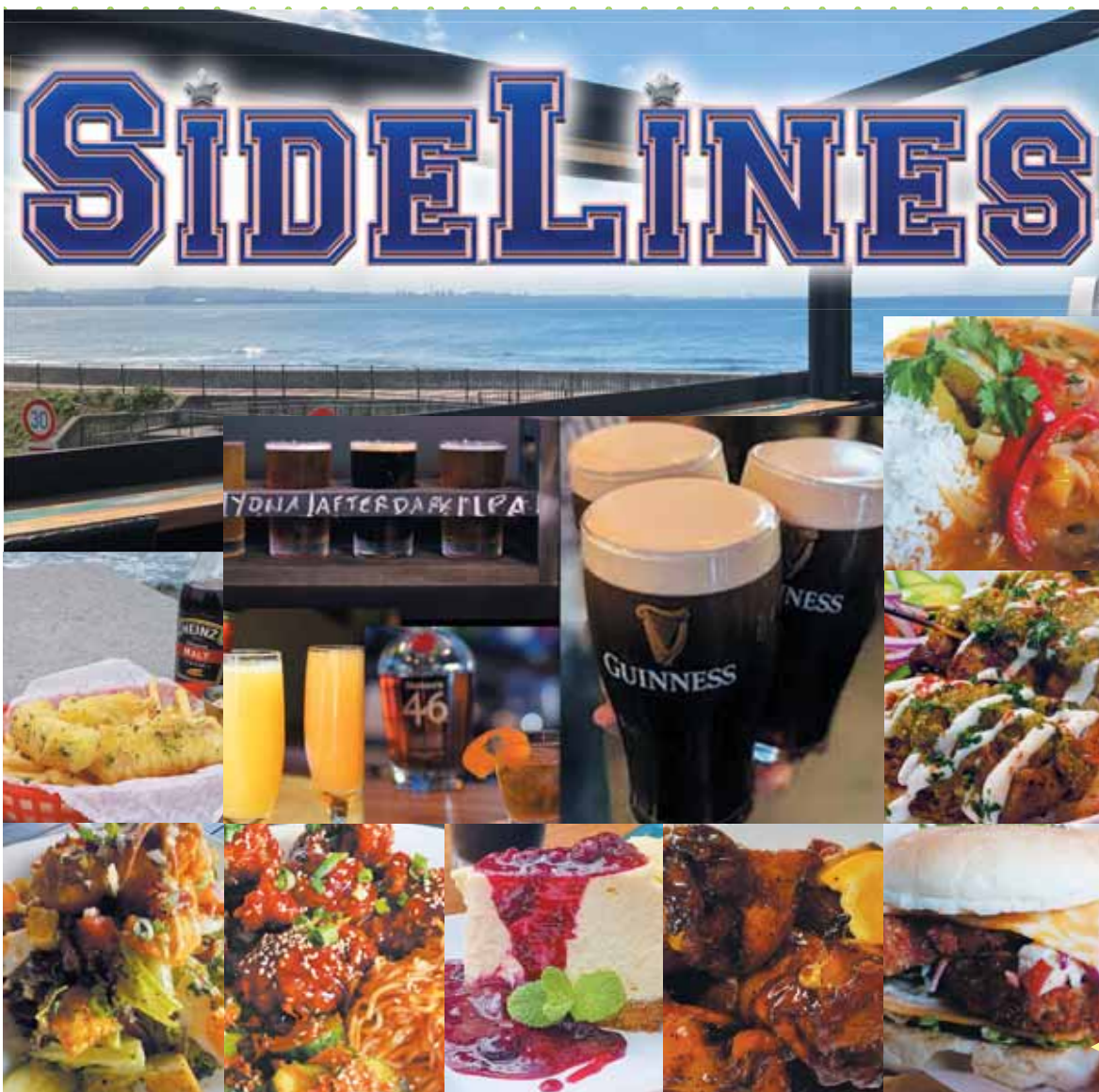
Jewelry Pineapple

This type is known for its plump flesh and rich sweetness that comes home to your taste buds. Its name came from its rich juiciness and flesh that looks like a gem.

**Information from Orion Beer Co., Ltd.

Pineapple Park
HOURS: 10 a.m. – 6 p.m. (Last admission 5:30 p.m.)
GPS COORDINATES: 26.61650, 127.96958
ENTRANCE FEES: Adult (16 years old and over) 1,200 yen / Child (4-15 years old) 600 yen / Under 4 years old: Free

A Taste of Okinawa



Tasty food, great drinks, fun events at Sidelines

Est. 2012, Sidelines is a family-owned, upscale sports-themed restaurant. Our menu offers fantastic homemade options including Classic American, Vegan dishes, kid's menu and delicious weekly Specials. Try our Fish & Chips and Creamy Homemade Cheesecake, both undoubtedly the best in Okinawa. Join us for Trivia Tuesday, Wiener Wednesday, Game Night Thursday, Weekend Mimosa Specials and of course, to watch Live Sporting Events on our 20 indoor & outdoor TV's! You'll love our unrivaled service, full bar, ample outdoor seating, and the unbelievable Ocean View from our upstairs bar! Visit us soon and become part of the Sidelines Family!

RESTAURANT INFO

Chinese Kitchen

Simple recipe for sweet and sour pork dish subuta



STORY AND PHOTOS BY
SHOJI KUDAKA,
STRIPES OKINAWA

Growing up, subuta, a sweet and sour pork dish, was not my favorite. The dish featuring pork and sliced pineapples has its roots in a Chinese dish called “古老肉 (gǔ lǎo ròu).” During the time of Qing (1616 – 1912), slices of pineapple were added to the dish to make it fancy and impress guests from Western countries, according to Oggi, a Japanese magazine for women’s style.

Whenever there was something to celebrate, my relatives would often gather at a Chinese restaurant for a dinner party. We’d pass around dishes of delicious, spicy mapo tofu and ebi chili. My heart would soar with these flavorful Chinese dishes, only to sink when the subuta would arrive.

To me, subuta seemed to be a way of making veggies less detestable to consume by covering them with the sweet and sour taste of pineapples and vinegar. It’s a popular dish even at the supermarket deli, but I’ve steered

clear and likely would have continued to had I not found a recipe to make my own.

As I searched for a pineapple recipe to try, subuta was everywhere. Witnessing its popularity, I decided it was time to revisit the dish I’d avoided for a long time.

Among many recipes I found on the web, I picked the one below by Ajinomoto. Although it was simple enough for a beginner like me to follow, the results turned out great.

One bite and the sweet, sour flavor that I had disliked so much growing up captivated my taste buds this time.

The sauce was so good that I even devoured the veggies. My parents, who live with me, liked it as well. Although it was meant to feed four people, the three of us finished almost all of it. After the meal, we even talked about cooking it again, and adding more slices of pineapple.

Try it for yourself, and you may just find this flavorful dish makes eating all your veggies worth it.

kudaka.shoji@stripes.com

Ingredients (for four)

- Pork shoulder (300 g)
- For mixture A (for seasoning pork)
- Soy sauce (22.5 cc)
- Cooking sake (15 cc)
- Grated garlic (a clove)
- Ginger juice (a little)
- Dogtooth violet starch (appropriate amount)

Vegetables

- Bamboo sprout (100 g)
- Onion (one)
- Green pepper/paprika (three)
- Dried shiitake mushroom (three)
- Carrot (3/4)
- Canned pineapple (two slices)

Mixture B (for deep fry batter)

- Dogtooth violet starch (60 cc)
- Egg (1/2)
- Water (30 cc)
- Sesame oil (appropriate amount)

Mixture C (for seasoning vegetables)

- Water (250 cc)
- Powdered chicken broth (7.5 cc)
- Sugar (45 cc)
- Soy sauce (30 cc)
- Vinegar (45 cc)
- Tomato Ketchup (45 cc)

Mixture D (for thickening sauce)

- Water (45 cc)
- Dogtooth violet starch (22.5 cc)

Recipe

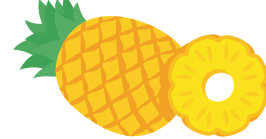
1 Randomly chop bamboo sprouts and cut an onion in half-moon slices.



2 Rehydrate shiitake mushrooms and slice (shave) them diagonally. Cut green pepper/paprika vertically in half and slice them into four pieces. Randomly chop three-quarters of one carrot and boil the slices until they become soft. Cut pineapple into eight pieces.



3 Dice pork shoulder to bite-sized portions and marinate the pieces with mixture A.



4 Mix ingredients B in a bowl. Add diced pork to the bowl and coat meat with the mixture before frying them in oil at 170 °C (338 °F)



5 Heat oil in a frying pan and fry slices of bamboo sprout and onion. Add and fry green peppers, shiitake mushrooms, and carrots before adding mixture C and simmering the vegetables.



6 After simmering the vegetables, make the mixture thick by adding dogtooth violet starch (D). Add in diced pork and slices of pineapple. Mix the ingredients quickly.



STARS AND STRIPES

Unlimited Digital Access
Web+Mobile



Get access at stripes.com/digital



STEAHOUSE
FOUR SEASONS
TEPPAN YAKI SINCE 1972 www.the4seasons.jp

Credit card accepted
VISA JCB MasterCard

Four Seasons will dazzle you in Awase & Urasoe

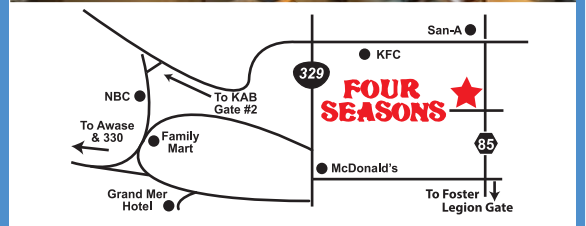
Four Seasons Teppanyaki Steak House in Awase and Urasoe will not only dazzle you, but also tingle your taste buds! Watch as our talented chefs slice, dice and cook up your entrees right at your table. It's more than a meal, It's a special event! Our restaurant is the perfect place to relax, unwind and simply enjoy some foodie fun with your family, friends or that special someone. If you haven't had the pleasure of enjoying Japanese teppanyaki, come in for a visit! We promise that you won't be disappointed, so what are you waiting for? Reservations recommended.

RESTAURANT INFO

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



Four Seasons Awase
Renewal open! 4-12-13 Awase, Okinawa City
TEL: (098)937-0029 / Open Hours: 11:00-



<p>Lunch Hours: 11:00- </p> <p>Lunch Steak Set ¥1,595-</p>	<p>Dinner Hours: 17:00- </p> <p>Dinner Steak Set ¥2,090-</p>
<p>Seafood & other menus are widely available. All sets come with soup, salad, bread or rice, tea or coffee.</p>	

Four Seasons Okinawa City
3-1-25 Sonda, Okinawa City / TEL (098)933-5731

Four Seasons Mihama
2-5-2 Chatan, Mihama Town / TEL (098)926-1329

A Taste of Okinawa



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

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

<p>Gushikawa Main City Branch</p>	<p>Naha Main Place Branch</p>	<p>Urasoe West Coast Parco City Branch</p>
-----------------------------------	-------------------------------	--

RESTAURANT INFO