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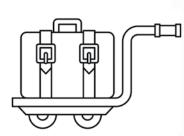


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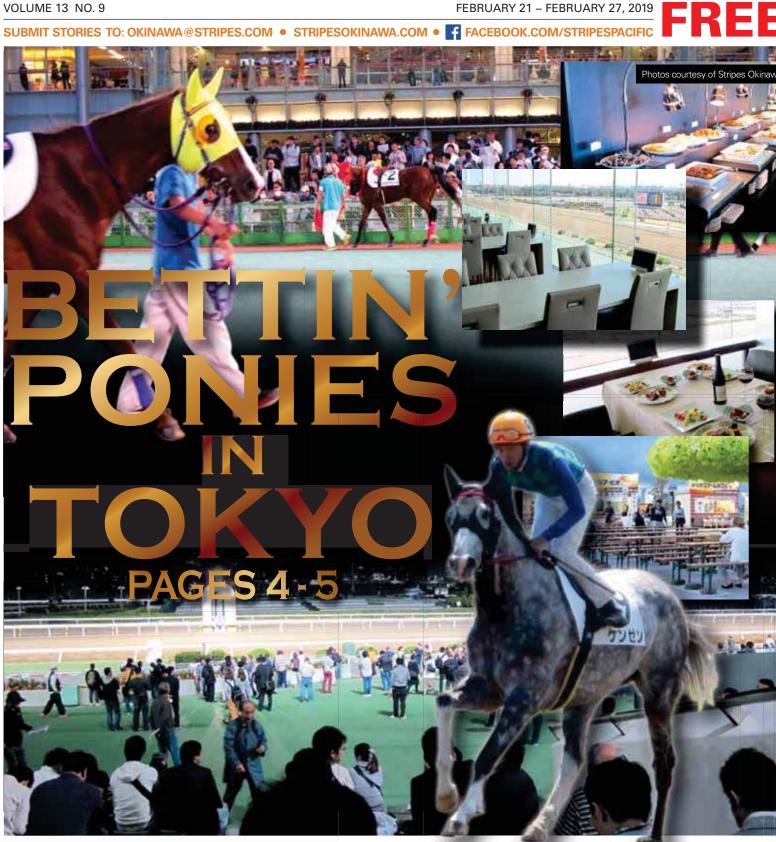




BRING ON THE BURGERS PAGE 3



DON'T FORGET THESE ON YOUR NEXT VACATION PAGE 6





More than just a cup of joe Okinawa coffee farm serves up a side of fun PAGE 8

STARS AND STRIPES JOB ANNOUNCEMENTS STARS STRIPES.

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o you think the First Amendment is important and should be protected? Would you like to follow in the footsteps of journalists Andy Rooney and Steve Croft? Comic book illustrator Tom Sutton? Authors Gustav Hasford and Ralph G. Martin? Are you passionate about providing the members of the military community independent news content of value, delivered how and when desired? If you answered YES, then Stars and Stripes is the place for you!

Multimedia Sales Manager

NF-04 (World Wide) - US Citizens and Non-Citizens Salary \$50,000 - \$70,000 per year

Stars and Stripes is looking for an employee to work out of our Tokyo, Japan office. If selected for this NF-04 position, you will be responsible for the development and performance of all sales activities in the assigned market. If you have previous supervisory experience and you have experience with revenue management then this is the opportunity you have been waiting for. Ability to speak conversational Japanese is a plus but not required.

www.usajobs.gov/GetJob/ViewDetails/522721200

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Stars and Stripes is looking for an employee to work out of our Okinawa office. If selected for this NF-04 position, you will be responsible for providing client program solutions by mixing appropriate amounts of newspaper print, web and other digital applications, special magazines, inserts, commercial print, circulation, events and other promotions that fit within the client's budget. If you have three years of related experience or a bachelor's degree in marketing, advertising



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a simple menu make Restaurant a standout

STORY AND PHOTOS BY AYA ICHIHASHI, STARS AND STRIPES Published: Jan. 31, 2019

ver the years, some women have felt reluctant to openly express their love for so-called 'manly" food like hamburgers and steaks - but thankfully, the rising trend of high-protein diets and weightlifting routines created specifically for women means that burger lovers like myself no longer have to hide our appreciation for all things meaty.

On Okinawa, there are a variety of restaurants residents can flock to whenever a craving for red meat strikes. But Ralph's Burger Restaurant, which opened in early 2018, is now my go-to local spot for those times when I need a burger fix.

Right away, diners know Ralph's isn't a typical

Okinawa restaurant. The building exterior is decorated in stylish ranch **EXCLUSIVE NEWS FROM:** motif, like something you'd see in small-town Texas, while the interior has a trendy vibe with concrete walls and dark wood furniture. The decor sets the tone for the meal to come — and keeps

the restaurant nice and cool. Once inside, patrons order and pay at the counter before taking their seats in the dining area. Ralph's menu is straightforward, with just six burgers to choose from: A hamburger (860 yen, or about \$8.00); a cheeseburger (970 yen); a double cheeseburger (1,290 yen); an avocado cheeseburger (1,080 yen); a bacon and egg burger (1,080 yen); and a lamb burger (1,190 yen). All are served with french fries.

Ralph's uses burger buns that are baked fresh daily at the restaurant using locally grown wheat from Ie Island.

The restaurant also takes pride in its burger patties, which are made of 100 percent beef and do not use fillers such as bread crumbs, which are often used at other burger restaurants in Japan.

I ordered the avocado cheeseburger with a side of onion rings (380 yen) and a soda (220 yen).

The onion rings were brought out as a starter. I am a big fan of onion rings and am very picky about how they are prepared. Ralph's did not disappoint. The onion rings were fried to a perfect golden brown, and the batter was nice and even, not too thick or thin. The onions weren't soggy or raw, but rather sweet with a nice texture.

The onion rings set a high bar for Ralph's, and I was pleased to find that the burger also lived up to my expectations.

When the staff delivered my avocado cheeseburger to the table, I couldn't help but smile - not just because I was happy to eat my burger, but because the burger was served with a fried potato in the shape of a smiley face. The burger featured fresh lettuce, a thick-cut tomato,

STRIPES

www.stripes.com

grilled onion and a generous serving of avocado. While the

burger was so big that it was difficult to take my first bite, I noticed immediately how tasty the bun was. It was grilled perfectly and slightly crisp on the edges, which paired nicely with

the charbroiled and juicy beef patty. Ralph's special mayonnaise sauce provided the perfect finishing touch and wasn't too overpowering. Ralph's also offers take-out orders, in case

you want to enjoy your burger from the comfort of vour own home.

Inside the restaurant, a quote from Bob Marley adorns the wall: "Love the life you live, live the life you love." But, based upon my experience at Ralph's Burger Restaurant, I think another quote might be more fitting: "Eat the burger you love, love the burger you eat." ichihashi.aya@stripes.com

Ralph's Burger Restaurant

LOCATION: 1 Chome-2-28 Sonoda, Okinawa 904-0022 DIRECTIONS: From the Camp Foster Legion Gate, turn left onto Route 330 toward Koza Music Town and drive for about 5 km. Ralph's Burger Restaurant is on the right side of the road across from the Hotto Motto. The restaurant does not have its own parking lot, but coin parking is available nearby.

HOURS: Open from 11 a.m. to 8 p.m. Closed Thursdays. The restaurant will often close early if the burgers sell out. **COST:** Prices rage from 860 yen (or about \$8) for a basic

hamburger to 1,290 yen for a double cheeseburger. Toppings can be added for an additional fee. Soft drinks are 220 yen with the purchase of any burger. Sides such as onion rings and spicy fried potatoes (380 yen each) are available. INFORMATION: www.instagram.com/ralphs.b.r





Admissions Counseling Office 2-8-12 Minami Azabu, Minato-ku, Tokyo 106-0047 E-mail: ac@tuj.temple.edu Tel:+81 (3) 5441-9800 www.tuj.ac.jp #TUJapan





Purchasing a race ticket is fairly easy at TCK. You just mark the racetrack, race number, horse number, type of bet and the amount you are wagering on the betting slip before inserting it along with money into a ticket machine, which spits out your ticket.

The forms are in Japanese, but the Japan Racing Association has an online guide in English (japanracing.jp/en/index.html), so Englishspeakers can enjoy the races.



Horse racing was introduced to Japan by a group of British residents • in Yokohama 153 years ago. The Japanese government made it a publicly operated industry, in part, to encourage quality breeding and training that could be used for military horses. Eventually, the pastime caught on with the locals.

Despite its continued popularity, however, horse racing isn't what • it used to be, thanks to the recession and competition from other forms of amusement. The industry shrank from 45.5 trillion yen (\$422 billion) in revenue and 27 million participants in 1993 to 34.5 trillion yen and 15.5 million participants in 2003.

3. About 20,000 horses are actively racing at any given time. While the average lifespan for horses is around 30 years, the average career of a race horse only last 3-4 years.



Tokyo (Yokota) LOCATION: 1-1 Hiyoshicho, Fuchu City, Tokyo

URL: www.jra.go.jp/facilities/race/tokyo

Nakayama

LOCATION: 1-1-1 Furusaku, Funabashi City, Chiba Pref. URL: www.jra.go.jp/facilities/race/nakayama

Kawasaki (Yokosuka)

LOCATION: 1-5-1 Fujimi, Kawasaki-ku, Kawasaki City, Kanagawa Pref. URL: kawasaki-keiba.jp

Morioka (Misawa)

LOCATION: 10 Kamiyagita, Shinjo, Morioka City, Iwate Pref. URL: www.iwatekeiba.or.jp

Kokura (Sasebo)

LOCATION: 4-5-1 Kitakata, Kokuraminami-ku, Kitakyushu City, Fukuoka Pref. URL: www.jra.go.jp/facilities/race/kokura/

Saga (Sasebo)

LOCATION: 3256-228 Nishitani, Ejimacho, Tosu City, Saga Pref. URL: www.sagakeiba.net/index.html

And they're off ... online

Japan Racing Association: japanracing.jp/en/index.html Central Horse Racing ticket service: www.jra.go.jp/dento Local Horse Racing ticket service: www.keiba.go.jp/ipat

ust like in America, horse racing is one of Japan's popular pastimes. Who dare can resist the excitement? Horses bolting from the

starting gate amid a cloud of dust. Hooves clopping and whips cracking as tens of thousands cheer them on. In Japan, about 15.5 million fans attend about 21,000 races annually.

Among the 25 horse tracks available throughout mainland Japan, Ohi Racetrack aka Tokyo City Keiba (TCK) is one of the most popular racetracks as it is located in the center of

Tokyo. More than 600,000 people visit the track each year.

Besides its great location, the late races, called "twinkle races", make this racetrack

TCK offers horse racing are actually held at night, as late as 9 p.m., allowing people to attend after a long day of work.

> Recently, a group of coworkers and I visited TCK on the way home to enjoy the late races.

> A 40-minute train ride from Hardy Barracks got us to TCK around 5 p.m. After paying 100-yen (\$0.90) to get in, I found thousands of people busily studying and marking up race programs. The majority were Japanese salarymen in their 40s or

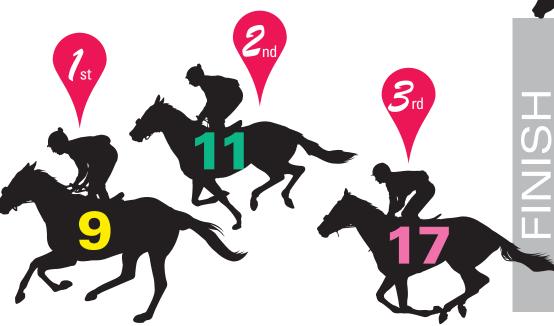
older, but there were quite a few younger som people, couples and groups of women, as I hor qui

Frankly speaking, I'm a beginner.



well.

Check it out



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Photos courtesy of Stripes Japan







ving been to the track a couple of times, as still unsure of what to do.

'hankfully, one of my colleagues has n attending the races for 30 years, so he sure to come in handy.

Although it's no guarantee, some knowle of horses, jockeys and race conditions help. Either that or a stroke of luck and nack for picking good horse names or nbers will help," He said with a chuckle. Ie said he'll often buy tickets numbered 6, as that can read Koichiro, his first ne, in Japanese.

Ie suggested that as a beginner I should k with betting on a single horse to win sho) or place (fukusho) rather than ething riskier.

agreed and started looking for a single se to bet on at the paddock. The rather et paddock was a fun experience. We

under the track lights.

I spotted a majestic-looking brown horse who gave me a glance. He had the look of a winner. I was confident in him winning the race, despite the odds saying otherwise.

The cheapest ticket is 100 yen, but I tried a 500-yen place ticket, so I needed my horse to finish in the top 3.

The crowd began to roar as the thirteen horses bolted out of the starting gate all at once, galloping along the one-mile track at breakneck speed for less than two minutes.

My large brown horse, unfortunately, was completely off the mark and I lost my 500 yen.

Luckily, there were five more races to come. And I was feeling lucky.

TCK set a record for the largest payout in 2010 when a 100-yen ticket paid out roughly 25 million yen (\$225,000). Why

The next race I bought several different combinations of horses, but made sure not to forget my coworker's suggestion and picked a single horse for my tansho ticket, as well.

Other colleagues of mine picked various horses - some guided by information on race papers or their phone and others by the funny names.

Again, the crowd got loud and the horses were off. And, wouldn't you know it, my horse came in first place this time, and a 300-yen tansho ticket won 900 yen. All my other tickets became trash, but I at least had one winner!

When all the races ended around 9 p.m., I found myself down nearly 5,000 yen. But, although I lost more than I won, the races were very exciting and a great Tokyo experience at night - one I would suggest you try while staying in Japan.

takiguchi.takahiro@stripes.com







A fancy horse-drawn carriage for kids.

An unexpected first experience at the track

BY YUKO OKAZAKI, STRIPES OKINAWA

y first impression of horse racing was negative. It made me think of gambling, addiction and people losing money. However, in recent years, television commercials promoting the sport have targeted a younger audience and feature popular actors. These commercials show horse racing as a sport that can be enjoyed by everyone and the track as an attractive place for an outing spot. So, when some coworkers said that they were going to go to the races, I told them that I'd go along. I was curious to see what horse racing was all about.

We arrived at the track a little past 5 p.m. The facility was big and open. I felt refreshed as I looked at the track and sky above. It was great being outside. And I'll have to admit that I was surprised how clean it was. Because I had such a bad impression of horse racing and gambling in general, I imagined a gray and grimy atmosphere where gamblers spent all their hard-earned money.

But, it was a lot different than that.

There was a wide variety of people there: groups of friends, salarymen, couples on dates and even some families with children. And I quickly found that for most people there, it wasn't all about the gambling. It was about the process of horse racing. Before each race, we were able to get a close look at the horses as they paraded around in a small area. They were muscular. Some were calm. Others were very active. It was fun looking at them and deciding which one you thought would win.

Before I arrived at the track, I had given myself a 3,000-yen limit for betting. I had no idea what I was doing, but it was enjoyable process to decide what horse I should pick.

For the evening, I bet a total of 2,500 yen. It was so exciting cheering on my horses. And after three and half hours I cashed in my tickets. I got 1,700 yen back. I was kind of disappointed because I wanted to win enough to pay for my food and drinks.

But, when thinking about it, I had hours of fun while only losing only 800 yen. We laughed, cheered loudly and had a lot of fun. It was something different. A good break from going to a restaurant or bar.

I am looking forward to my next trip to the track!



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10 MUST-HAVES FOR IRIFTY TRAVEL

BY KAREN BRADBURY, STRIPES OKINAWA

easoned weekend trippers know the value of traveling light. But even those winging it on a budget airline flight know there are some things it pays to have along in a travel kit. Here are ten things you might find handy to have along on your next weekend getaway:

SAFETY PINS: when buttons fall off, there's not always time to sew them back on, so it's essential to be able to perform a little wardrobe first aid when necessary. Pinning a bag closed can make its contents slightly less susceptible to theft, as can linking the two zippers on the compartment of a backpack together. Pinning keys to the inside of a pocket is a good idea when visiting an amusement park with lots of twisting and turning rides. Other uses for safety pins include holding together first-aid bandages, retrieving lost drawstrings in hoods and sweatpants, or as a stand-in for clothespins or fish hooks.

DENTAL FLOSS: Not only essential for removal of kebab from between the teeth, but dental floss also makes a fine makeshift clothesline, thread for emergency sewing jobs, or a shoelace. Use it as fishing line, or as a quick fix should

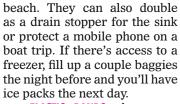
the screw affixing an arm to a pair of eyeglasses go missing. **SPOON** AND

FORK: the cheapest place for a meal on the

go is often the supermarket. With cutlery in tow, you can always enjoy yogurt or a premade salad on a bench in the closest park. (A plastic knife is also handy and won't be taken away at the airport security check like a metal one would be.)

PLASTIC ZIP BAGGIES: these are essential for putting your liquids in when passing through airport security. They're also great for taking away the leftovers of a great meal, eking another day's use out of a nice-smelling bar of soap, or storing the

beach glass or pretty rocks you collected on the

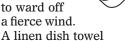


ELASTIC BANDS: these are handy for emergency repairs to bicycles or sports equipment, or as part of a first-aid kit. They can serve as wrist straps or handsfree holders for telephones or flashlights or

can be used to bundle clothing into tiny wads, keep books closed and their pages neat, or organize essential travel docs.

SMALL THIN TOWEL: a towel bigger than a washcloth but smaller than a hand towel won't take up much space but can prove invaluable as something to dry off with after a swim or to sit on at the beach. It's great for wicking sweat off the face, and with a wet corner, it

becomes a facecloth. А dry one, in a pinch, can work as a scarf to ward off a fierce wind.



in a waffle weave might just become your best travel companion instantly.

KITCHEN DISH SPONGE: the uses of a dish sponge are many, from washing stains off of clothing to whisking the raindrops off a picnic table. Shoe rubbing in the wrong place? Borrow a pair of scissors, cut off a chunk and place the makeshift pad where it's chafing. Anyone who's ever tried to get clean just by rubbing shower gel over his or her body in the shower might wish to pack

an extra one to use as a shower

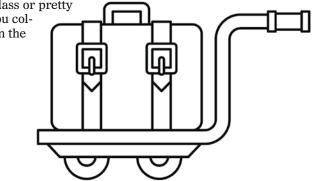
DUCT TAPE: not only

scrub.

handy at home, wrap

a wad around a

pen or pencil to have an emergency store of this wonder material allowing you to patch or attach virtually anything while on the go





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a check out Kim Talen, Ohinaw

Matayoshi Coffee Farm serves the coffee and the fun

STORY AND PHOTOS BY SHOJI KUDAKA, STRIPES OKINAWA

f you're a coffee lover always looking for the best and freshest coffee around, Matayoshi Coffee Farm is here for you.

The property, surrounded by sprawling trees, is more than just a nice place for a coffee break. The farm offers you the opportunity to harvest, process and then roast coffee beans for your very own cup of joe.

A walk through the farm's 24.5 acres, deep in the forest of Higashi Village in northern Okinawa, costs a reasonable 500 yen (\$4.50) and provides a close-up view of the cherries growing in abundance now. It is from these coffee cherries' pits where coffee beans come from.

Before they had beans, Matayoshi Coffee Farm grew roses. But, significant typhoon damage on the farm nipped the roses in the bud, making coffee the farm's second life.

There are optional tours available to offer some of the farm's history and a hands-on look at the inner workings of growing coffee from seed to cup.

When I visited the farm in January, there were already many green and red coffee cherries hanging from the trees.

Takuyuki Matayoshi, president of the farm, said the trees begin to bear the cherries before the start of a new year.

"The high season of picking is expected to be sometime in mid-March through April," he said.

The coffee farm is partitioned into several sections, each of which is enclosed in netting to protect the fruit from birds. Only non-feathered visitors are allowed inside.

During the two-hour coffee cherry-picking tours offered at the farm, visitors can go through the process of harvesting, processing, and roasting coffees beans before brewing their own cup.

"Only 10% of coffee cherries from a tree are good for coffee," Mizuki Wada, a farm employee, said. "Whatever coffee - from canned ones to expensive coffee - a lot of time and effort go into that. I want people to understand that through our tour."

And that hard work is beginning to pay off, as more locals and foreigners are starting to visit.

"Coffee is something people can relate to wherever you come from. Plus, our sign probably looks familiar... as they drive by, because they would not see boards with alphabet letters (or English) at other places," Matayoshi noted.

ATVS, CAMPING AND MORE

The farm, with its prime location, also provides something for adventurers. Into camping? Matayoshi is home to its very own camp site for those who want to rough it and cottages for comfortable overnight stays.

Those seeking a little more can also drive ATVs or ride horses on the property. Participants of ATV tours also get to enjoy a ride on a TUK-TUK under the shade of the coffee trees.

And if you get hungry or want to relax while your family enjoys the extreme sports, there is also an on-site café serving up shaved ice for cooling off and organic breads and cakes which pair perfectly with their locally-sourced and roasted coffee.

At Matayoshi Coffee Farm you'll come for the coffee, but you'll stay for the landscape and other fun activities. It has something for everyone even for those looking for something beyond a solid cup of joe. kudaka.shoji@stripes.com

MATAYOSHI COFFEE FARM

- GPS COORDINATES: N 26.609947, E 128.143898
- **HOURS:** 9 a.m.-5:30 p.m.
- **PARKING:** free
- **CONTACT THE FARM:** (info@matayoshicoffee.jp)
- **URL:** www.matayoshicoffee.jp/
- FACEBOOK: Facebook.com/matayoshicoffeefarm/
 DIRECTION: Go north on route 58 and make a right to route 14. Go straight on route 14, which merges onto route 331, takes you to the farm.

COSTS

- ADMISSION: 500 yen (includes a cup of coffee at café)
- **COFFEE CHERRY PICKING TOUR:** 8,000 yen per person
- COFFEE ROASTING WORKSHOP: 3,000 yen per person
- ATV AND TUK TUK RIDE TOUR: 7,000 (16 years and older), 5,000 yen (10-15), 1,000 yen (4-10). (For reservations, call 0980-55-8118)
- **HORSEBACK RIDING:** 2,000 yen per person for about 20 minutes; 500 yen for one round of the paddock

GROWING COFFEE

According to the Okinawa Coffee Association, coffee farming existed in Okinawa about 100 years ago. It wasn't until recently, however, that large-scale farming began on the island.

According to a 2014 survey referenced in the Wall Street Journal, the Japanese were consuming around 11 cups of coffee per week with the number expected to grow.

LOCATION

According to the National Coffee Association, ideal locations of coffee farming are in "The Bean Belt," which is found near the Equator between 25 degrees North and 30 degrees South. Located at 26.6 degrees North, Matayoshi Coffee Farm is close to the coffee belt.

TEMPERATURE

The temperature is also an important factor. With Okinawa's average temperature being above 15 degrees Celsius (or 59 F) the farm also checks that box.

"Frost is a killer. Coffee trees will die if the average temperature goes lower than 15 degrees," said Mizuki Wada, a farm employee.

TIME

The NCA says that depending on the variety, there is a 3 to 4-year-wait for newly planted coffee trees to bear fruit. For Matayoshi Coffee Farm, the coffee cherries took about four years to bloom.

