



## Use art to elevate your breakfast toast

STORY AND PHOTOS BY  
SHOJI KUDAKA,  
STRIPES OKINAWA

Browsing through your Instagram feed during this pandemic may have inundated you with a variety of creative food posts ranging from breads and pastries with life-like interpretations of cherished TV or videogame characters like Pikachu or Mario.

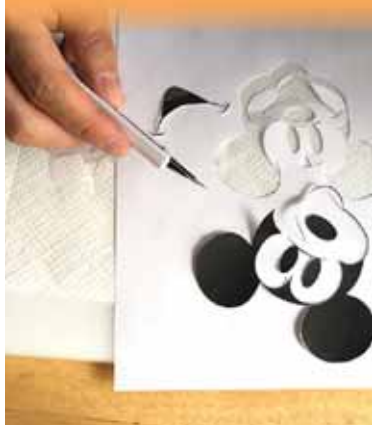
In the land of kawaii culture where anime characters and cute designs never stop finding new canvases to pop up on, it's no surprise that "toast art" is now one of them.

Just like Japan's Kyaraben (decorative bento) took social media by storm, colorful designs and characters recreated on toasted bread are now drawing attention, especially since the COVID-19 pandemic moved more to cook at home. Staying at home to cook more also means people are finding new ways to change up their daily meals.

While some draw simple cartoon characters and designs, others recreate artistic works such as Japanese Ukiyo-e or cover art of Vogue magazine.

Recipes for toast art vary a great deal as well. On one hand, there are simple ways such as cutting aluminum foils in the shape of characters and patterns to put

SEE TOAST ON PAGE 3



# STARS AND STRIPES. OKINAWA

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### Quick trip

## Smokestack near White Beach

STORY AND PHOTO BY SHOJI KUDAKA,  
STRIPES OKINAWA

There's a spot on Okinawa where you might not see many people, but it offers a picture perfect view and an intriguing historical insight for visitors.

The remains of Heshikiya Sugar Factory are a stone's throw away from White Beach Naval Facility. Built in 1940 as a steam-powered factory, it had rooms where the juice from sugar cane was boiled in pots.

The factory included three smokestacks. After a U.S. bombing raid in October 1944, the factory closed business. The factory was later destroyed by the U.S. military later in the war.

However, to this day, one lone red-bricked smokestack stands in a field overlooking White Beach. If looked at from afar, this smokestack presents the same posture it did before the war. But when looked at closely, holes on its surface attest to the fierce battles that took place.

The grounds also include remnants of a cement water reserve tank and a path that takes you behind the stack and to a beautiful view of White Beach from above.

To get there, take the last right before entering the naval facility and drive about 200 meters up a hill. The stack stands out, so you'll have no problems seeing it. Next time you visit White Beach, take a little detour first.

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# TOAST: Breakfast fun

CONTINUED FROM PAGE 1

them on bread before toasting, advanced ones require you to cut vegetables in specific shapes or draw characters with fruit jam, whipped cream, peanut cream, etc.

If you are not confident of your drawing skills with food but still want to replicate your favorite characters on your slice of bread, an easy way is to make a stencil using pasteboard or plastic sheet, just like I did for a Mickey Mouse. Once the mold is ready, all you have to do is just trace it with coconut powder, cinnamon sugar, etc.

Let's get creative and become a toast Picasso, too!  
kudaka.shoji@stripes.com



WATCH  
VIDEO!



## MATERIALS NEEDED

- Printed design
- Paste board or thin plastic sheet. (You can find these at the 100-yen store or even use a sheet protector.)
- Toast
- Butter
- Cocoa powder, cinnamon, matcha powder, or any sweet powder you want to decorate your toast with.

## DIRECTIONS

- 1 Draw or print out the character you want on a piece of paper.
- 2 Put the drawing over a paste board or a plastic sheet.
- 3 Cut out outlines and facial features using scissors or a paper cutter. (Have an adult do this for you).
- 4 Toast the bread and smear butter on it.
- 5 Place the stencil over the toast, then sprinkle generously with cocoa powder.
- 6 For my design, I also added a dollop of strawberry jam for my characters mouth.
- 7 Carefully remove the stencil.
- 8 Bon appetite! Get your picture for the 'Gram, then enjoy!

# OKINAWA PREFECTURAL MUSEUM and ART MUSEUM

Nature, history, culture, and art of Okinawa all in one place!

**Museum**  
The permanent exhibition of a chronological display of the history of Okinawa and five themed exhibition rooms (Nature, Archeology, Arts and Crafts, History, and Folklore).  
A multilingual audio guide is available.

**Living**  
"Ethnic traditions and living" introduces the Okinawan islands with the focus on the structure of the village, religion and festivals, clothing, food, and shelter.

**The Bell of the State Hall at Shurijo Castle**  
The bell's engravings boast of the prosperity of the Ryukyu Kingdom.

**Ryukyu Kingdom**  
For about 450 years, the Ryukyu Kingdom prospered by conducting intermediary trade between China, Japan, and Southeast Asia.

**Okinawa after the war**  
The exhibition introduces the history of Okinawa from the end of American rule in 1972 through today.

**Art Museum**  
Art Museum Collection Exhibit  
The exhibition focuses on modern and contemporary Okinawan art with oil paintings, watercolors, sculptures, prints, photographs, and videos.

Admission	Adults	high school and university students	children 6-15 of age	preschool age children
Museum	¥530	¥270	¥150	free
Art museum	¥400	¥220	¥100	free

\*Admission to the permanent exhibition only.

**Okinawa Prefectural Museum and Art Museum**  
**Hours** 9:00 - 18:00; Fri & Sat until 20:00 | **Closed** Mondays | **Tel** 098-941-8200  
\*Entry permitted up to 30 minutes before closing time | New Year's holiday Dec. 29-Jan. 3 | **URL** <https://okimu.jp/en/>  
**Okinawa Prefectural Museum and Art Museum / 3-1-1 Omoromachi, Naha City**

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# Special exhibition

## EVOLUTION FOR EVERYONE

### All Life Is Connected

Every living creature has an evolutionary history and drama spanning about 3.8 billion years. This exhibition introduces the story of the evolution of living creatures with many fossils and specimens. Everyone, adults and children alike, are invited to enjoy the wonder of evolution.

**Wed**

**Jun. 21 - Sep. 20, 2021**

**Mon (Nat'l. Holiday)**

**Place** Okinawa Prefectural Museum & Art Museum  
Museum Exhibition Room

**Open** 9:00 to 18:00 (Fridays and Saturdays until 20:00)  
※ Last admission 30 minutes before closing

**Closed** Every Monday, Aug. 10 (Tue)  
※ Open on Aug. 9 (Mon) and Sep. 20 (Mon)

**Admission** Adults ¥1,200  
High School, University & College students ¥600  
※ One person with a disability certificate and one caregiver pay half price

**Elementary and Junior High School students are free**

**Tree of Life**  
All creatures are connected by evolutionary thread and "evolved" from just one single-cell organism.

**Miracle of Evolution**  
Episodes of "evolution" show visitors the joy of seeing creatures from an evolutionary perspective.

**Story of Our Ancestors**  
Tracing the evolutionary history of humans through various fossils and creatures.

**Ryukyu Archipelago, a Stage for Evolution**  
Knowing Okinawa and the Ryukyu Islands from the evolutionary perspective helps understand Okinawa's treasured nature.

**Darwin's Idea**  
Charles Darwin's theory of "natural selection" has not faded even as science has advanced.

**Okinawa Prefectural Museum and Art Museum**  
3-1-1 Omoromachi, Naha City | **Tel** 098-941-8200 | **URL** <https://okimu.jp/en/>





# Diving in at Okinawa's

STORY AND PHOTOS BY SHOJI KUDAKA,  
STRIPES OKINAWA

**G**orilla Chop is a huge rock sitting on the west coast of Motobu Town, near Sesoko island. It is unknown who came up with this funny name, but with a look at it, the idea would be self-evident.

If you are new to the island, this location may seem low-profile in comparison with some other locations nearby such as Sesoko island or Expo Park. However, this rock in the shape of a giant ape doing a knife-hand strike draws many searching for a good snorkeling and diving spot. I heard that I could catch a glimpse of tropical fish such as clownfish and damselfish, so I decided to jump in for some snorkeling to have a look.

I picked a sunny weekday in early June and



Island Movie



the hot sun made me forget that the rainy season was yet to be over.

When I pulled into the parking lot of Saki-Motobu Ryokuchi Kouen, a park adjacent to the beach area, its modern look surprised me a little. Neatly mowed grass surrounded the parking space and a shower room and bathroom were housed in a white building just like a park in an urban area. There was also a hill by the parking space, with a pavilion overlooking the sea. From there, I could spot many coral dotting the waters and noticed many more coral near the shore.

With high expectations, I went down a slope leading to the beach area. After a warmup exercise, I put on fins, a snorkel mask, and a lifejacket, I went into the water with a GoPro in hand.

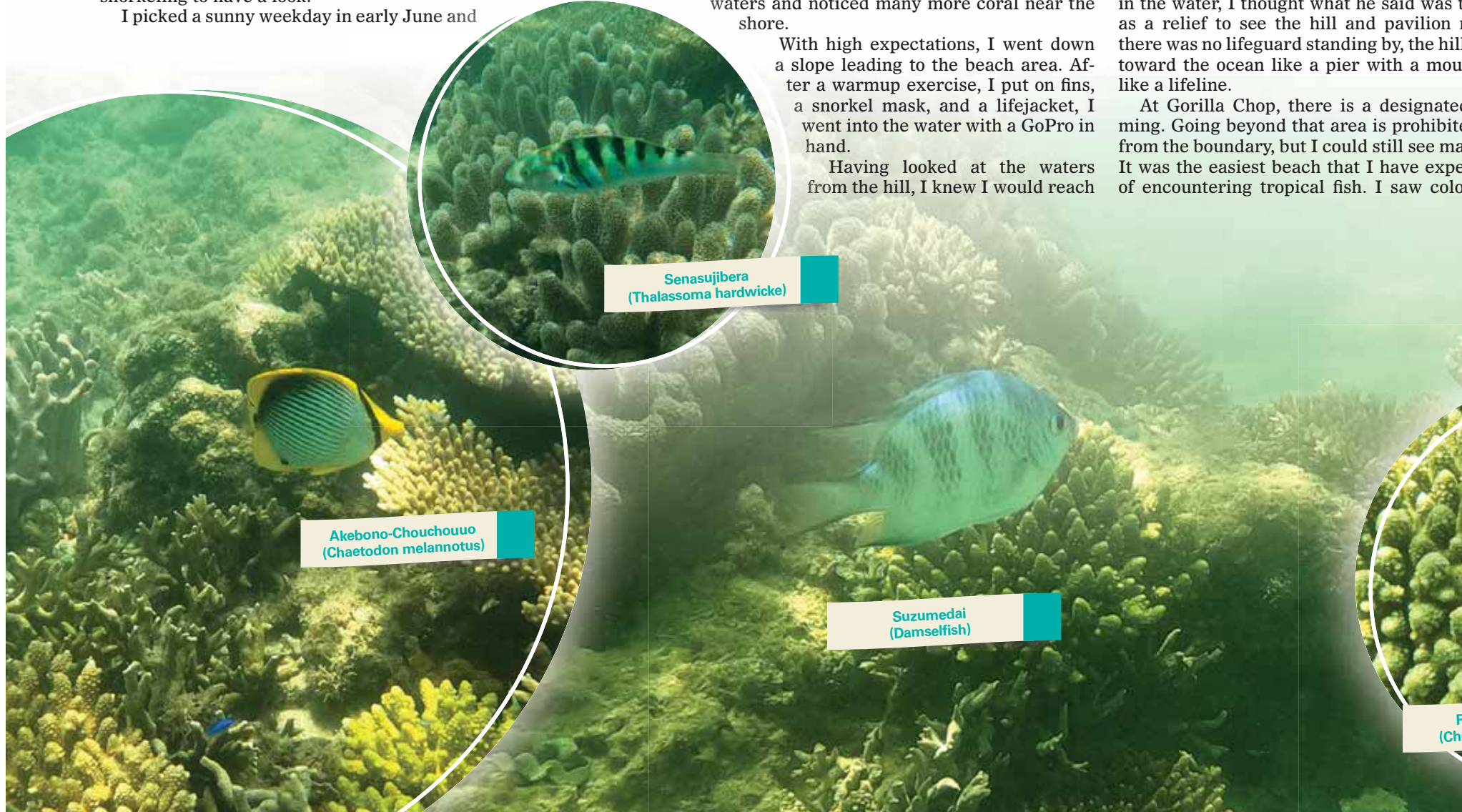
Having looked at the waters from the hill, I knew I would reach

a batch of coral soon. But it still surprised of various shapes emerge after less than a the water. There were spiky ones, while s branches.

The tide was low, so I often struggled als with my fins. Recently, I've heard that damaged or destroyed when snorkelers carefully swam with minimum movement avoid being cut by the spiky coral and to the eco system. Still, it was fun to just floa ter carry me. Fortunately, the current was ful, so I didn't worry too much about rip c

I had heard a diver say that the location Motobu Peninsula and Sesoko Island from creating mostly peaceful water around Go in the water, I thought what he said was t as a relief to see the hill and pavilion there was no lifeguard standing by, the hill toward the ocean like a pier with a mou like a lifeline.

At Gorilla Chop, there is a designated ming. Going beyond that area is prohibite from the boundary, but I could still see ma It was the easiest beach that I have expe of encountering tropical fish. I saw colo



Senasujibera  
(Thalassoma hardwicke)



Akebono-Chouchouuo  
(Chaetodon melannotus)



Suzumedai  
(Damselfish)



F  
(Ch





# Gorilla Chop

l me to see corals  
few minutes into  
ome had rounded

not to touch corals  
many corals are  
get too close. I  
t in an attempt to  
avoid disturbing  
at, letting the wa-  
s slow and peace-  
currents.

on is protected by  
m the north wind  
rilla Chop. Being  
true. It also came  
nearby. Although  
l, which stretches  
nd, looked to me

d area for swim-  
ed. I stayed away  
any fish and coral.  
perienced in terms  
rful fish such as

## Things to know

**GPS COORDINATES:** N 26.636285, E 127.883049

\*Additional parking space is available at Saki-Motobu Ryokuchi Kouen (N 26.637316, E127.882411), which is available between 9 a.m. and 4 p.m. Shower room is available between 9 a.m. and 3:30 p.m. Shower room and bathroom can be closed when a state of emergency is in place.

Senasujibera (*Thalassoma hardwicke*), Yamabukibera (*Thalassoma lutescens*), Rurisuzumedai (*Chrysiptera cyanea*), and Akebono-Chouchouuo (*Chaetodon melannotus*). They did not seem to be scared of humans. They just kept swimming around me as if they expected me to feed them.

Under the strong sunshine, I had a lot of fun. When I got back to the shore after spending one and a half hours swimming, my calves were sore not because of muscle pain, but sunburn. If the time allowed, I would have spent a lot longer there, looking for a clownfish, but I decided to save it for the mid-summer.

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Kugibera  
(*Gomphosus varius*)



Rurisuzumedai  
(*Chrysiptera cyanea*)



## Captain Kangaroo

Captain Kangaroo is a hamburger joint you would not want to miss. If you have lived long on the island, you have probably heard about their shop in Nago City. Now the shop is located just a five-minute drive from Gorilla Chop. In October, Captain Kangaroo opened this new location in Motobu Town, while their previous shop in Nago shifts its focus to serving up taco rice.

After swimming with tropical fish, I decided to swing by this new location and try their famous Sparky Burger (1,100 yen, approximately \$10). This large-size hamburger is an Instagram star thanks to its unique look with the “sparky” bacon. They have hamburgers such as Mexican Taco Burger and Great Teriyaki burger as well. But their signature menu item looked just too attractive, especially after an hour of swimming.

With one bite, various textures spread in my mouth. Crispy bacon, sweet onion fries, juicy tomato, fresh lettuce, and greasy beef (seemed to) work like an all-star team. The sweet and sour BBQ sauce plus mayonnaise brought the flavors together making this burger with a bulky look disappear five minutes after I started eating.

The ginger ale (200 yen as a drink set) I ordered made the burger taste even better. Its sweetness and sourness added a kick to the greasiness of the hamburger.

Having the tasty Sparky Burger over the view of Gorilla Chop and the ocean made my day.



## Things to know

**GPS COORDINATES:** N 26.622806, E 127.890425

**HOURS:** 11 a.m. – 9 p.m. (last call 8 p.m.)

\*Subject to change

**WEBSITE:** <https://www.roo-bar.jp/>

**FACEBOOK:** <https://www.facebook.com/captainkangaroo84/>

**INSTAGRAM:** [https://www.instagram.com/captainkangaroo\\_okinawa/](https://www.instagram.com/captainkangaroo_okinawa/)





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## Speakin' Japanese

BY SHOJI KUDAKA,  
STRIPES OKINAWA



Crafting is one of the fun things you can enjoy at home. With the current situation of the COVID-19 being what it is, it would be a good idea to try some at home. So today's phrase is:

**Watashi no Shumi wa Nichiyo-daiku desu.**  
**= My hobby is crafting.**

- watashino = my
- Nichiyo = Sunday
- daiku = crafting
- shumi = hobby
- wa = a postposition to put after a noun which functions as a subject
- desu = is



VIDEO LESSON

## Repainting of Zuisenmon is complete!

The repainting of lacquer on the Zuisenmon in Shurijo Castle Park that has been ongoing over the past five months is complete, and the gate has its bright red color back. The Zuisenmon was restored initially in 1992. For the following 29 years, the paint on the walls and flat surfaces of the turret has deteriorated because of exposure to Okinawa's harsh sunlight, heavy wind, and rain. From now on, the new painting continues to protect the gate for a long time, and visitors can now see it again as it was at the time of the original restoration. Please take this opportunity to see the colorful Zuisenmon, carefully repainted by the master lacquer craftsmen in the prefecture.





**Shurijo Castle Park**  
<https://oki-park.jp/shurijo/en/> Tel: 098-886-2020  
See the official website for the latest information.




## GSA in Okinawa

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Cynthia McKeague

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

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## Stripes Sports Trivia

Upon returning to the National League, this outfielder's career featured a surge in power, going from 26 to 31 and then 57 homeruns during a three-year stretch. Oddly enough, the biggest hit of his career wasn't a homer, but a blooper off one of the game's great closers to win the World Series. Who was player who shared a nickname with a Muppets character?

**Answer**

Luis Gonzalez

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STARS AND STRIPES

## DID YOU KNOW?

One of Japan's World Heritage sites, Mount Fuji is actually an active volcano. While it repeatedly has small-scale eruptions, those of the large scale have occurred most recently in 864 and 1707. Some volcanologists say this symbol of Japan may erupt sometime soon. So, if you're planning to climb the 12,388-foot mountain this summer, you better sleep on it and maybe try to avoid the day it erupts.

Kanji of the week

赤

Aka/seki (red)

## Language Lesson

No onions, please.

Onion nukide onegai shimasu.



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STARS AND STRIPES

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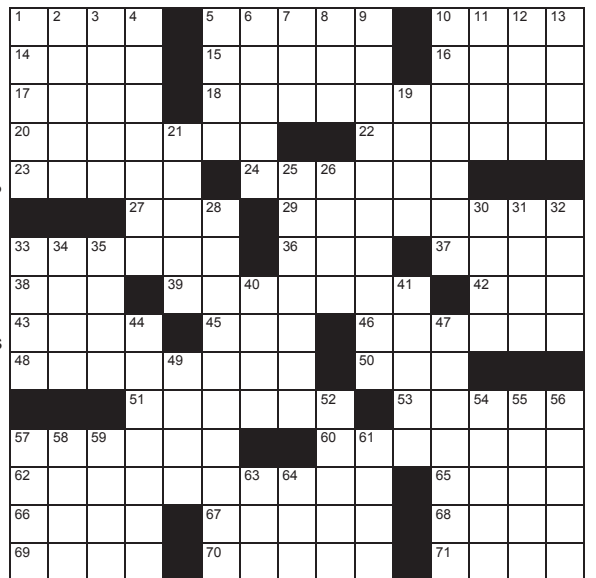


## Crossword

by Margie E. Burke

### ACROSS

- 1 Mountain goat's perch
- 5 Something to debate
- 10 Anagram for "beat"
- 14 Circle overhead?
- 15 La Scala offering
- 16 Blacken on the grill
- 17 Emanation
- 18 Timothy Bottoms plays a law student in this 1973 film (with "The")
- 20 Pine or cedar
- 22 Talkative
- 23 Mournful chime
- 24 Monotony
- 27 Once around the track
- 29 The element carbon, e.g.
- 33 Deli meat
- 36 Bit of baby talk
- 37 Gaming cubes
- 38 Lunch hour
- 39 Blow up, in a way
- 42 West ender?
- 43 Water-filled ditch
- 45 Balloon filler
- 46 Wiped the slate clean
- 48 Carried out, as laws
- 50 Fishing equipment
- 51 Tree-covered
- 53 Western wear
- 57 Tear into
- 60 Most desirable
- 62 Snake oil salesmen, e.g.
- 65 Went horseback
- 66 Player's cards
- 67 Long-extinct birds
- 68 "You bet!"
- 69 Breakfast staple
- 70 To the left, at sea



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### DOWN

- 1 Wheel stopper
- 2 Harmful household gas
- 3 "\_\_\_ Again (Naturally)" (1972 #1 hit)
- 4 Silverback, for one
- 5 Hit the bottle
- 6 Dizzying designs
- 7 Gusto
- 8 Steamed state
- 9 Cancer-causing substance
- 10 Red-faced
- 11 Rhythmical accent
- 12 Magi's origin
- 13 Deuce taker
- 19 Some fish bait
- 21 Love interest
- 25 Fencing words
- 26 Armoire feature
- 28 Coconut flavored cocktail
- 30 Office neckwear

- 31 One to grow on?
- 32 Give for a bit
- 33 "\_\_\_ Like It Hot"
- 34 Before long
- 35 It's out on a limb
- 40 Fudged the facts
- 41 Put up
- 44 Facing
- 47 Eager, long ago
- 49 Muddy
- 52 Blood giver
- 54 Stevie Wonder's "My Cherie \_\_\_"
- 55 San Diego slugger
- 56 Smooth and glossy
- 57 Masseur's target
- 58 Kind of carpet
- 59 Told all
- 61 "Hey...over here!"
- 63 Pinnacle
- 64 Bustle

### Answers to Previous Crossword:

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

## SUDOKU

Difficulty: Easy

Edited by Margie E. Burke

### HOW TO SOLVE:

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

Answers to Previous Sudoku:

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

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

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# ANNOUNCING THE BEST OF 2021



STARS AND STRIPES

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# Papaya pickles a healthy snack, rice topping

STORY AND PHOTOS BY SHOJI KUDAKA,  
STRIPES OKINAWA

Growing up on Okinawa, I enjoyed papaya more often as a vegetable than as a fruit. Every once in a while, I would have some of the ripe orange fleshy fruit, but mostly it was ao papaya (blue papaya in Japanese) or green papaya we'd have at home.

Papaya irichi, a stir-fried

papaya dish, was one my mother cooked up often with the unripened ao papaya. As a child who was not a big fan of vegetables, hearing the word "papaya" would make my face cloud over. However, in hindsight, I can't appreciate my mother enough for serving up dishes with this delicious vegetable because it is one of the healthiest foods you can have.

According to Japan Agricultural Cooperatives (JA),

the fruit/vegetable is rich in vitamin C, minerals, and an enzyme called "papain," which dissolves fat. Thus, papaya is drawing attention as a diet food, JA says.

Some, like the Japan Superfoods Association (JSA), give papaya a superstar treatment by ranking it as number one among superfoods in 2020.

healthy food into a tasty pickle. All the ingredients are available at local supermarkets,

takes only about an hour to prepare and will have you enjoying the salty-sweet flavor right away.

The pickles would be a great gohan-no-otomo (rice escort in Japanese) or try it as an appetizer for alcohol.

There is nothing wrong with eating papaya fruit, but you're missing out on its health benefits before it ripens. Give it a try!

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View Video!

## INGREDIENTS (for a jar of pickles)

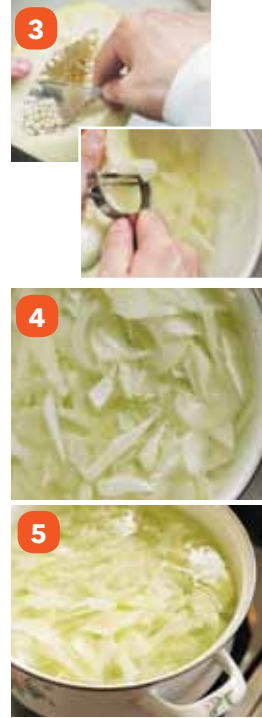
- Ao Papaya .....1kg
- Sakiika (dried shredded squid) .....33g
- Shio Konbu (salted kelp) .....33g
- Ginger .....33g
- Garlic .....33g
- Soft brown sugar .....167cc
- Ajitsuke-su (seasoned vinegar) .....15cc
- Soy sauce .....266cc

## RECIPE

- 1 Rinse papaya with water.
- 2 Slice off papaya's skin.
- 3 Slice papaya into a few chunks and remove seeds. (Slice it into more pieces if necessary). Cut them into thin slices by using a peeler.

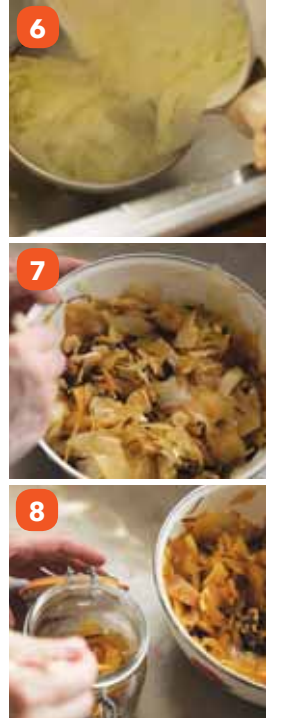


- 4 Soak the slices in water for 10 minutes. Drain the water.
- 5 Boil water in a pot. Turn off the stove once water boils. Let the slices soak in the hot water for a few minutes. Turn on the stove again before putting the slices in the pot.
- 6 Drain the hot water.
- 7 Put the slices in a bowl and mix them with dried shredded squid, salted kelp, sliced ginger and garlic, soft brown sugar, seasoned vinegar, and soy sauce.
- 8 Put the mixture in a jar. Refrigerated, the pickles will hold for at least a month.  
*Note: Since this recipe doesn't use a lot of salt, these*



*pickles can go bad quicker in comparison to other pickles.*

- 9 Enjoy it over rice or alone as a healthy tart snack. いただきます (Bon appetite)!



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