



Air Force Tech Sgt. Kenny O'Brien prepares for dive operations outside Tham Luang cave last year. Photo by Jessica Tait, U.S. Air Force

Airman reflects year after cave rescue

BY MATTHEW M. BURKE,
STARS AND STRIPES
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CAMP FOSTER — When a call came last summer for volunteers to don scuba gear, swim into Thailand's flooded Tham Luang cave and help rescue a youth soccer team trapped inside, Tech. Sgt. Kenny O'Brien stepped forward.

The dramatic rescue captivated audiences around the globe. All 12 boys and their coach were freed after being sedated and pulled 2 1/2 miles through the flood waters using ropes and pulleys.

O'Brien, 30, of Bunker Hill, Ind., a section chief with the 353rd Special Operations Group, 320th Special Tactics Squadron, at Okinawa's Kadena Air Base, has been chosen as one of the 12 Outstanding Airmen of the Year for 2019. The Air Force-wide selection was announced July 23.

In addition to participating in the Thai cave rescue, O'Brien

SEE RESCUE ON PAGE 2



ZENTO EISA MATSURI RETURNS
PAGE 6

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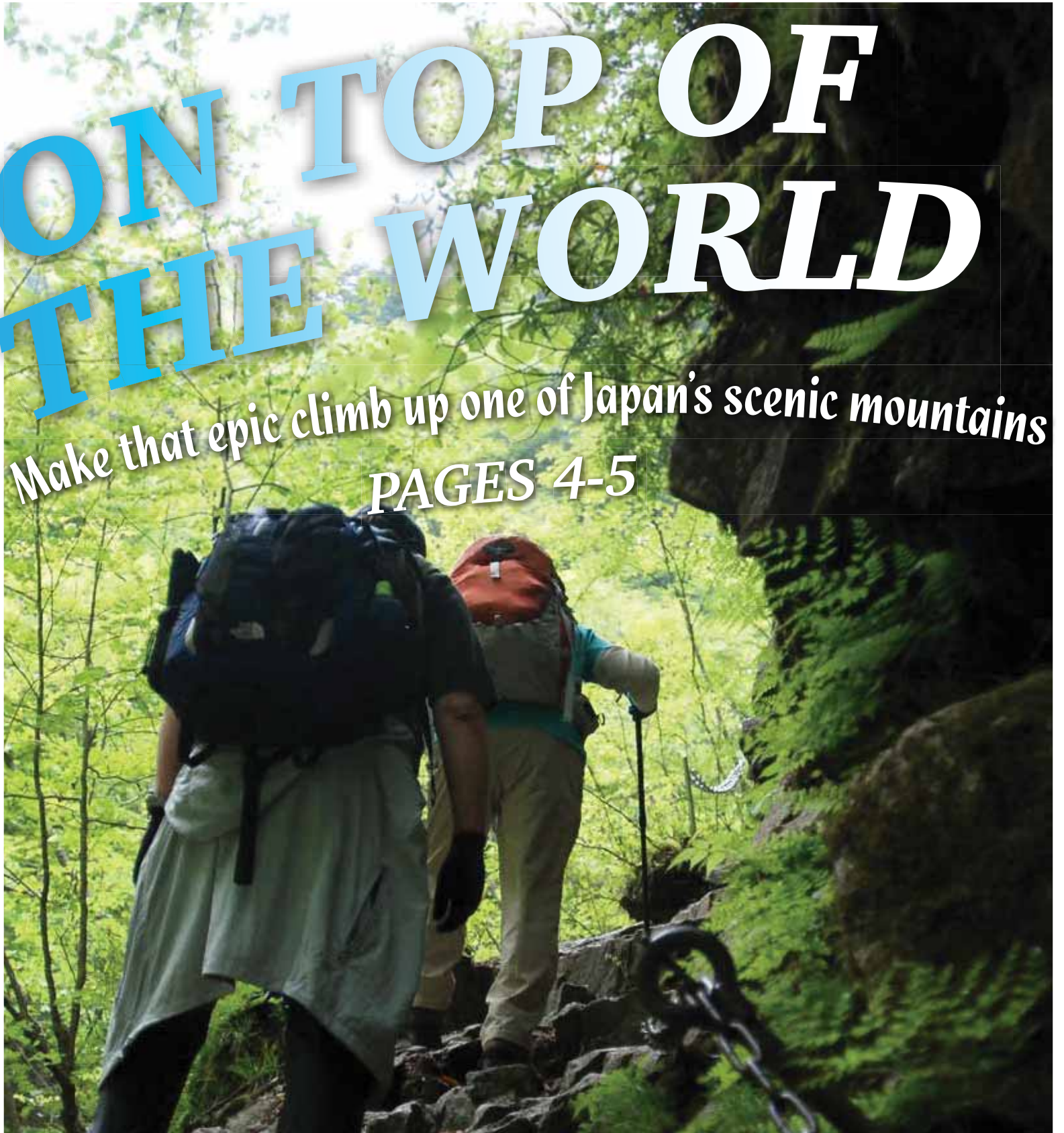
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RESCUE: Pararescuemen train for dangerous tasks

CONTINUED FROM PAGE 1

helped save a Korean national from a tractor crash in South Korea in March 2018. Just a few months later, he was one of only two airmen on President Donald Trump's security team during his first summit with North Korean leader Kim Jong Un in Singapore. He also has three combat deployments to Afghanistan under his belt.

"If someone needs someone to go do something dangerous, I volunteer to go do that," O'Brien recently told Stars and Stripes at Kadena Air Base. "If someone needs to lead something, I volunteer to do that. ... I happened to be in the right place at the right time for multiple big events."

Few events in 2018 garnered as much international attention as the Thai cave rescue, an ordeal that lasted 18 days in June and July. O'Brien found himself in a front-row seat, spending nine days in the frigid cave waters.

The Wild Boar youth soccer team was reported missing from the mountains overlooking their village in Thailand's rural Mae Sai district on June 23, 2018. The boys' bicycles and other belongings were found at the cave



Air Force Tech Sgt. Kenny O'Brien, third from left, descends into Tham Luang cave in Chiang Rai, Thailand, ahead of dive operations. Photo by Jessica Tait, U.S. Air Force

entrance.

They were reportedly caught off guard by a flash flood and found themselves stuck on a small rocky shelf, separated from freedom by rising flood waters.

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The Thai government contacted the U.S. embassy for assistance June 26, said 353rd SOG spokeswoman 1st Lt. Renee Douglas. One day later, a crisis action team made up of 353rd SOG and 18th Wing personnel departed for Chiang Rai and arrived June 28.

Douglas did not respond to multiple emailed requests

seeking more information about the mission.

"We were just getting ready to go do dive training of all things, actually, and then they told us to stop what we're doing, and we were on the ground in Thailand, I think, 19 hours after that," O'Brien said. "We got there, and we first had to figure out what was going on and who was in charge – and that took a very long time – and then how we could help."

Dramatic rescue

Pararescue is one of the 353rd SOG's specialties, O'Brien said. Called "PJs," pararescuemen are the Defense Department's

primary personnel recovery force.

They made a name for themselves during the war in Afghanistan, often lowering themselves down from helicopters in the middle of firefights to evacuate severely wounded personnel from remote mountainsides.

It is also the Air Force's most highly decorated enlisted force, according to a fact sheet by the service. Awards include at least one Medal of Honor, at least a dozen Air Force Crosses and more than 100 Silver Stars.

We're tasked with getting "someone out of any bad situation you can think of, whether it's in the ocean or the middle of a firefight on the side of a mountain," O'Brien said. "We are trained and qualified to get to them and treat any medical needs they have."

The special tactics squadron also specializes in setting up airfields and creating mission support sites, O'Brien said. It can be attached to other special forces units, including Green Berets or Naval special operations, or SEALs, for support. Members generally must be adept at many skills, but individuals often pick one area, such as medicine, as a specialty.

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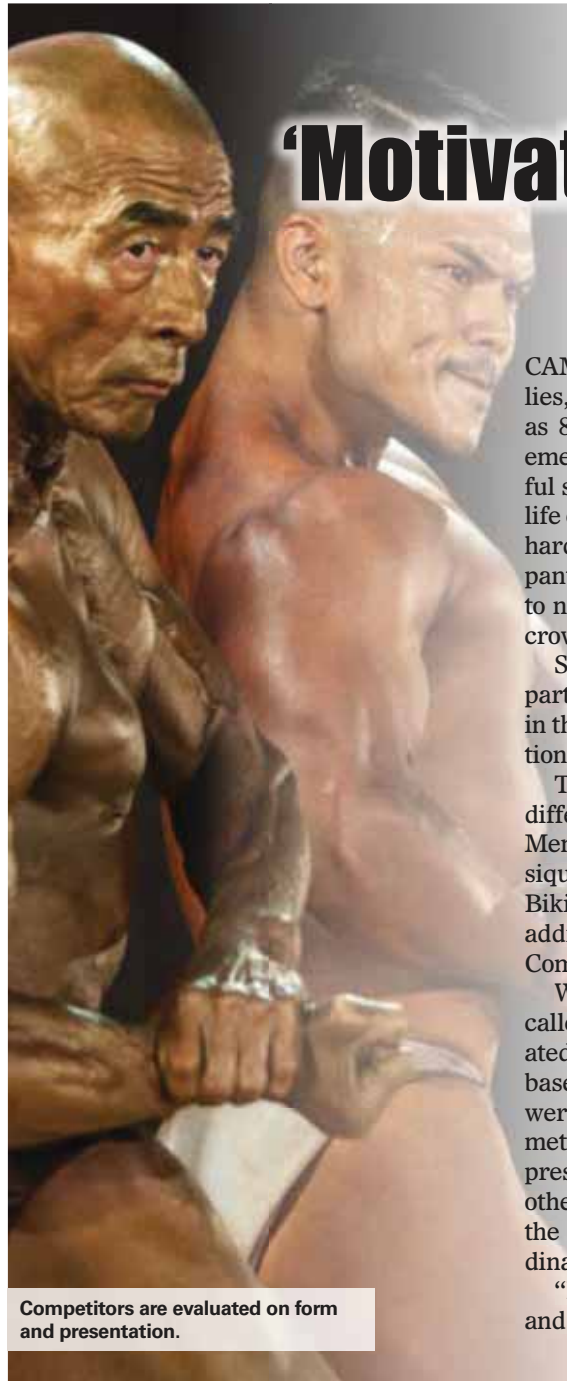
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2019 Far East Bodybuilding Competition 'Motivated' competitors take stage

STORY AND PHOTOS BY
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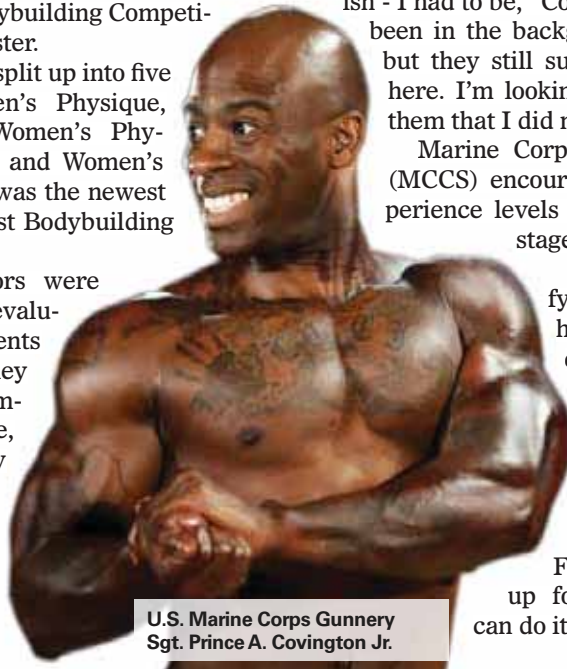
CAMP FOSTER – The curtains opened - families, friends, and fans erupted in excitement as 82 bodybuilders in peak physical condition emerged onstage from the thick fog and colorful strobe lights. People of all ages and walks of life entered the competition, and displayed their hard-earned physiques to the audience. Participants attempted to surpass one another in order to not only stand out to the judges, but give the crowd just a glimpse of what was to come.

Status of Forces Agreement Personnel and participants from around the world competed in the 2019 Far East Bodybuilding Competition, Aug. 4 on Camp Foster.

The competition was split up into five different divisions: Men's Physique, Men's Bodybuilding, Women's Physique, Women's Figure, and Women's Bikini. Women's Bikini was the newest addition into the Far East Bodybuilding Competition.

When the competitors were called upon, they were evaluated on various components based on the segment they were competing in. Symmetry, muscle tone, poise, presentation, and many other key factors lead to the victory of extraordinary individuals.

"I am very excited and very motivated,"



U.S. Marine Corps Gunnery Sgt. Prince A. Covington Jr.

said Gunnery Sgt. Prince A. Covington Jr., an avid bodybuilder and postal chief with Headquarters and Support Battalion, Marine Corps Installations Pacific. "It's great networking and is also awesome to see a bunch of individuals who worked hard for this day."

Covington, like many other competitors in this event, put in many hours of hard work and dedication. It not only pushes physical boundaries, but mental boundaries as well. Sleep, comfort, and time with family are sacrificed to achieve the desired physical condition for the event.

"I just want to say thank you to my wife and my three beautiful children - 'Daddy' was selfish - I had to be," Covington said. "They've been in the background for a little bit, but they still support me and will be here. I'm looking forward to showing them that I did not waste their time."

Marine Corps Community Service (MCCS) encourages people of all experience levels to come and take the stage.

"There are no qualifying events that you have to compete in to do this," said Mikala Cerda, a MCCS Adult Sports Coordinator. "Whether this is something you train for everyday or you decide last minute on Friday you want to sign up for this event, anyone can do it."



Champal J. Lee was named champion of the Far East Bodybuilding Competition's Women's Physique and Women's Figure divisions.

Competitors are evaluated on form and presentation.



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Iwakisan or Mount Iwaki
LOCATION: Aomori Prefecture
ALTITUDE: 5,331 feet
APPROX TIME: 6 hours
LEVEL: advanced - expert
DESCRIPTION: Mount Iwaki is often called "Tsugaru Fuji" means northern Japan's Mount Fuji. It was once worshiped as a holy mountain and had a pilgrimages to the shrine at the top. Senninburo, Sugayu hot spring, Oirase Kokusai Hotel

Tanigawadake or Mount Tanigawa
LOCATION: Gunma and Niigata Prefecture
ALTITUDE: 6,486 feet
 Average time: 5 hours
DIFFICULTY: advanced - expert
DESCRIPTION: There are several water falls on the trail. You can also take a Tanigawadake Ropeway for those who want to enjoy the mountain's views without hiking. Tanigawadake is also famous for its beautiful fall foliage as the leave changes during September through October.

Hakkodasan or Mount Hakkoda
LOCATION: Aomori Prefecture
ALTITUDE: 5,200 feet
APPROX. TIME: 5 hours
LEVEL: beginners
DESCRIPTION: Mount Hakkoda is Included among Japan's 100 Famous Mountains. It is known for its panoramic view with wonderful fertile volcanic cones and spectacular marshlands. There are some hot springs around the area.

Mikuradake or Mount Mikura
LOCATION: Hiroshima Prefecture
ALTITUDE: 2,303 feet
AVERAGE TIME: 5 hours and half
DIFFICULTY: advanced
DESCRIPTION: Large parking area, nice camping site and beautiful nature trails make this mountain very popular hiking spot in this area. The panoramic view from any of those three peaks is simply breathtaking.

Takaosan or Mount Takao
LOCATION: Tokyo
ALTITUDE: 1,965 feet
AVERAGE TIME: 5 hours
DIFFICULTY: beginner
DESCRIPTION: Even though it takes only 50 minutes by JR Chuo Line from Shinjyuku, it offers great nature hiking trails and beautiful scenery.

Kujyusan or Mount Kujyu
LOCATION: Kumamoto and Oita Prefecture
ALTITUDE: 5,863 feet
AVERAGE TIME: 4 hours and half
DIFFICULTY: advanced
DESCRIPTION: Mount Kujyu is one of the central peaks of Kujyu mountain ranges. The beautiful trails offers majestic volcanic wonderland view with beautiful lakes. Don't miss to dip yourself in outside hot-springs in the area.

Akadake or Mount Aka
LOCATION: Nagano Prefecture
ALTITUDE: 9,511 feet
 Average time: 9 hours
DIFFICULTY: expert
DESCRIPTION: My favorite hiking mountain is Akadake in Yatsugatake or 8 peaks. Yatsugatake is a volcanic mountain range nestled on the border of Nagano & Yamanashi prefectures, which are very popular among hikers. I recommend you to stay overnight in a mountain shack on the top and see the stars and sunrise. On a clear day, the views are unbelievable gorgeous.

Mount Fuji
 There are several starting place to climb Mount Fuji.
■ YOSHIDA-GUCHI (YAMANASHI PREFECTURE)
OPEN: July 1 to September 10
STARTING ALTITUDE: 7562 feet
AVERAGE HIKING TIME: up 6 hours, down 3 hours and half
■ SUBASHIRI-GUCHI (SHIZUOKA)
OPEN: July 10 to September 10
STARTING ALTITUDE: 6561 feet
AVERAGE HIKING TIME: up 5 hours 40 mins, down 2 hours and half
■ FUJINOMIYA-GUCHI (SHIZUOKA)
OPEN: July 10 to September 10
STARTING ALTITUDE: 7874 feet
AVERAGE HIKING TIME: up 5 hours, down 2 hours and 40 mins
■ GOTEMBA GUCHI (SHIZUOKA)
OPEN: July 10 to September 10
STARTING ALTITUDE: 4724 feet
AVERAGE HIKING TIME: up 7 hours and half, down 3 hours and 10 mins
NOTE: Average time does not include a break time. Add a couple hours for breaks when you plan.

Yonahadake or Mount Yonaha
LOCATION: Okinawa Prefecture
ALTITUDE: 1,650 feet
AVERAGE TIME: 2 hours
DIFFICULTY: beginner
DESCRIPTION: Mount Yonaha is the highest mountains in Okinawa main land. On the top of the mountain, you will enjoy a stunning panoramic view of northern Okinawa. The best season to hike is fall and winter season because it gets very humid during the summer. Be careful for habu snake.

Hiking Japan's high

STRIPES OKINAWA

As you near the summit the breeze caresses your face and the air gets clearer with every step. Finally, you reach the peak. Taking a deep breath, you eye the conquered mountainside and panoramic view of natural beauty.

You are on top of the world.

Hiking is one of Japan's most popular pastimes. It's especially true in the past five years or so for the younger generation. There's even a trend of so-called "yama girls," or mountain girls; 20- to 40-something-year-olds known for their colorful brand-name climbing outfits and penchants for outdoor fashion and physical exercise. They add to an army of hiking enthusiasts of all ages here.

As everyone knows, the most popular mountain to climb in Japan is Mount Fuji, the nation's highest peak at 12,389 feet. Thousands of hikers, locals and tourists alike, look forward to climbing

this United Nations-certified World Heritage site every year. More than 280,000 climbed it in 2017, according to Japan's Ministry of the Environment.

Mount Fuji is typically open to hikers from early July to mid-September via Yamanashi and Shizuoka prefectures. Keep in mind that climbing Fuji is so popular that it can be very crowded on weekends. So weekdays are best if you can swing it. The most popular starting point is the Yoshida-guchi entrance. It's about 10-hour hike to the top and back.

"To climb Mount Fuji safely, it's very important to check the weather forecast before going," said Yoshio Ogata, executive director in Japan Mountaineering Association. "When you climb Mount Fuji, you can drive up to 7,562 feet via Yoshida-guchi and then start climbing the rest of the way. Be aware that the temperature can drop as much as 43 degrees Fahrenheit every 3,280 feet depending on the weather. It's always good to be prepared."

Mount Fuji, however, is not the only mountain to climb in Japan. In fact, about 70 percent of the country's landmass is mountainous. There are so many ideal mountains to hike, from casual climbs to serious mountaineering, Ogata said, that you can plan excursions according any level of experience.

"With four distinct seasons, Japan has very unique mountains," he said. "Surrounded by ocean, Japan gets westerly winds which make a good amount of snow in the winter. Even though our mountain altitudes are not very high, they offer spectacular scenes throughout the seasons. Over all, the best season to enjoy mountaineering here is after the rainy season around July 20 to the middle August because typhoons will start to come after that."

One of the most well-known mountainous regions for hiking here is the Japan Alps, or Nihon Alps, which are composed of three ranges: The Central, or Chuou, Alps in Nagano Prefecture; the North,

or Kita, Alps which cover Toyama, Gifu, Nagano and Niigata prefectures; and the South, or Minami, Alps in Nagano, Yamanashi and Shizuoka prefectures.

Popular mountains for hiking in this region include Tateyama, Kamikochi and Komagane, which attract local as well as international hikers and climbers. One well-known tourist attraction is the historic town of Hida Takayama and Shirakawago Village, which are relatively near Mount Kamikochi. This area is a perfect place to visit a traditional Japanese mountain village and hike some beautiful nearby mountain ridges.

The origins of mountain hiking in Japan are rooted in religious pilgrimages. Many of the mountains here were considered sacred and were worshipped by locals for thousands of years. Mounts Fuji, Hakusan in Ishikawa and Tateyama in Toyama are Japan's three most well-known sacred mountains, and they are all great mountains for hiking and mountaineering, according to Ogata.

CHECKLIST

Before you go ...

1. MAKE A HIKING PLAN

Make a schedule. Plan with your hiking buddies. Use a map to familiarize yourselves with the area with map prior to hiking.

2. PREP YOUR EQUIPMENT

It is very important to prepare in any emergency. Don't forget food, water proof wear, jacket, headlamp, water bottle, map and compass, first aid kit and a fully charged mobile phone.

3. CONSIDER YOUR PHYSICAL CONDITION

Don't push yourself and know your limits.

4. LEARN THE BASICS

Learn how to read the weather. Practice how to use a compass. Understand how to read a map, how to properly hike in the mountains.

5. STUDY EMERGENCY RESPONSE

In the event that you or another hiker is injured or gets sick, knowing basic emergency response techniques is advisable. Consider taking a First Aid / CPR training course.

6. KNOW WHAT CAUSES OF ACCIDENTS

Falling, getting lost and sliding from elevated areas are the main causes of accidents. Keep that mind when hiking.

7. NEVER LEAVE TRASH

Take everything that you bring with you into the mountains with you when you leave.

– Japan Mountaineering Association

ghlands

"A long time ago when Japanese wanted to enter sacred mountains, they could stay at lodges called 'shukubo' where monks gave talks at night about the mountains and the gods," said Ogata. "The next morning, they would purify themselves in waterfalls and then these trained ascetics would guide them through the mountains. Europeans once believed that the Alps were the devil's home and were awed by their majesty. But the Japanese worshipped the mountains as the place of gods through Shintoism."

There are still places where you can find Japan's ancient mountain ascetics such as Mount Hakkai in Niigata. You may see people wearing white clothes and blowing a conch shell as they walk through the mountains.

It's should be no surprise that Japan's mountains inspire such awe and mysticism. This is a volcanic archipelago with 10 active volcanos – of which only 51 are monitored, according to Ogata, who

added that they are all monitored by the government.

Hikers, therefore, are responsible for the risks they may take when entering such mountains. Last November, for example, Mount Ontake in Nagano and Gifu prefectures erupted suddenly, killing more than 57 hikers (six are still missing).

"Most people don't realize that some mountains are volcanic until they see the actual smoke like the recent volcanic activity at Owakudani in Hakone. The fact is there are many volcanic mountains that are just taking a break from being active."

The Japan Meteorological Agency provides information about volcanic activity for hikers (in Japanese) on its website (www.jma.go.jp). Anyone planning a hike should check it out.

So, plan your next hike well in advance then head for the hills, or rather the mountains, to climb to the top of the world.



Speakin' Japanese

"Let's go hiking!"

In Japan, summer is the season of beach days, freezing kakigori and long hikes. School's out and families are out and about enjoying the break. Why not take a nice, cool hike in the surrounding mountains? The following words and phrases will help you enjoy your hike in Japan.

"Haikingu ni ikimashoo." = Let's go hiking.
("haikingu" = hiking, "ikimashoo" = let's go)

"Takaosan ni ikitai desu." = I want to go to Mount Takao.
("Takaosan" = Mt. Takao, "ikitai" = want to go)

"Obento wo tsukuri masu." = I will make a box lunch.
("Obento" = box lunch, "tsukuri masu" = will make)

"Roopuei ni norimasu ka?" = Shall we take a ropeway?
("Roopuei" = ropeway, "norimasu ka?" = Let's get on .. shall we?)

"Aruite nobori mashoo." = Let's go up on foot.
("Aruite" = walking, "nobori mashoo" = let's climb)

"Ii nagame desu ne?" = A great view, isn't it?
("ii" = good, "nagame" = view)

"Atsui desu ne?" = It's hot, isn't it?
("Atsui" = it's hot, "desu ne?" = isn't it?)

"Kokage de sukoshi yasumimashoo." = Let's take a quick rest under the tree.
("Kokage" = under a tree, "sukoshi" = a little, "yasumimashoo" = let's take a rest)

"Tsukare mashita ka?" = Did you get tired?
("Tsukare mashita" = got tired)

"Daijobu desu." = I'm all right.

"Yuudachi ga kisoo desu ne." = it looks like a shower will come.
("Yuudachi" = shower, "kisoo" = seems to come)

"Tanoshikatta desu ne?" = It was fun, isn't it?
("tanoshikatta" = it was fun)

- Takahiro Takiguchi,
Stripes Okinawa

Pronunciation key: "A" is short (like "ah"); "E" is short (like "get"); "I" is short (like "it"); "O" is long (like "old"); "U" is long (like "tube"); and "AI" is a long "I" (like "hike"). Most words are pronounced with equal emphasis on each syllable, but "OU" is a long "O" with emphasis on that syllable.

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Zento Eisa Matsuri returns Aug. 23

BY SHOJI KUDAKA, STRIPES OKINAWA

The 64th Okinawa Zento Eisa Matsuri, a major festival to celebrate summer in Okinawa, will return Aug. 23 – Aug. 25.

The three-day event draws around 300,000 people every year, and like last year, the festival is expected to conclude with Kachashi, a dance for everyone to take part in before the fireworks display.

On the first day of the event, an Eisa parade takes place on local streets around Goya

intersection on Gate 2 street. On the second and third days, Eisa dance teams from all over the island come together to perform at Koza Sports Park.

Also, like in years past, this will be a joint event with the Orion Beer Festival, which is set to take place at a playground in the sports park. The stage will be filled with live music, while event goers can enjoy freshly brewed Orion beer.

Eisa and beer are two things that surely represent summer on Okinawa.

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The 64th Okinawa Zento Eisa Matsuri & Orion Beer Fest

DATES: Aug. 23-25, (Beer Fest on Aug. 24 and Aug. 25)
TIME: Aug. 23: 6:30 – 9 p.m.; Aug. 24-25: 3 – 9 p.m.
ADMISSION: free admission to both Eisa and Orion Beer festivals; bleachers are subject to fees for the Eisa Festival.
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<p>Yokosuka</p> <p>PARTY ENTERTAINER</p> <p>Planning a party? Let Mrs. Cooper join and make it more fun and memorable! Face painting, glitter tattoo, and balloon spark service available anywhere in Kanto area. Service fee is from \$80 for 2 hrs. (Transportation fee will apply outside of Yokosuka) For more information visit http://www.kirakiraart.com</p>	<p>BEAUTY</p> <p>Facebook @bodybyning</p> <p>Eye brow Microblading Eye brow shading Eyeliner tattoo Lip color Eyelashes extensions full set Eyelashes perm and tint Micro needling hair growth Micro needling skin Rejuvenation Massage</p> <p>www.sisaketbodyrejuvenation.com</p>	<p>Yokota</p> <p>PERSONAL ASSISTANT</p> <p>LITTLE BLESSINGS PERSONAL ASSISTANT</p> <p>Spread Joy Through Acts of Kindness</p> <p>Services include: home cleaning, home organizing, grocery shopping, pick up & delivery, errands, and local travel planning</p> <p>For more information and appointments, please email ashleyphillipslittleblessings@gmail.com</p> <p>*Base Approved</p>
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File photo

Stripes Sports Trivia

SAY MY NAME! After being selected 12th overall in 1987, I proved size doesn't matter – unless you hold the record for being THE SMALLEST to ever ball in the NBA, like myself. At 5-foot-3, I spent 14 years in the NBA, including my rookie season as a teammate of 7-foot-7 Manute Bol. Who am I?

Answer

Muggsy Bogues

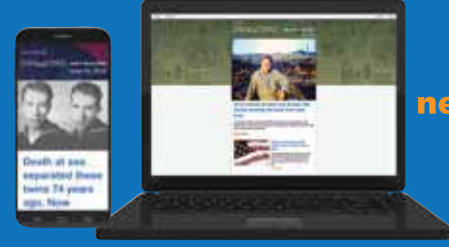
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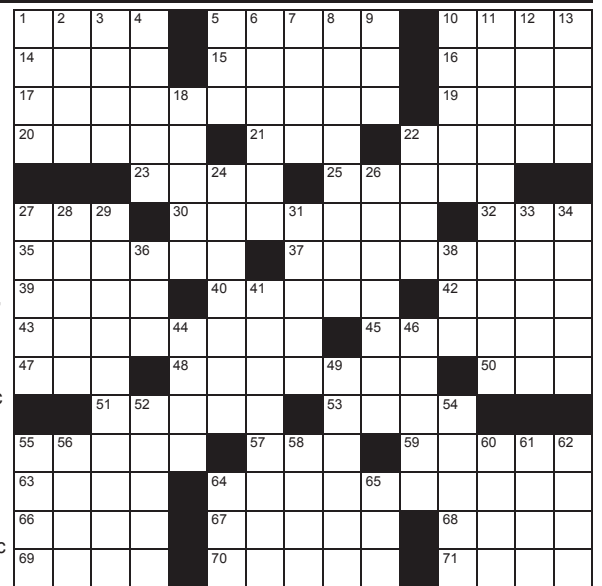
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The Weekly Crossword

by Margie E. Burke

ACROSS

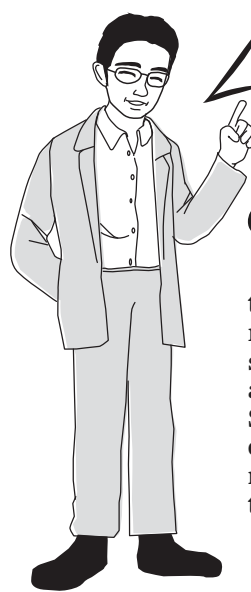
- 1 Speech defect
- 5 Frugal fellow
- 10 Flight segment
- 14 Smoothie berry
- 15 Unable to relax
- 16 Like some broadcasts
- 17 Reimburse
- 19 Anagram for aide
- 20 Prepare to pray, sometimes
- 21 Drop the ball
- 22 TV spy Maxwell
- 23 Campaign tactic
- 25 Bay window
- 27 Steamed state
- 30 Whole number
- 32 Kind of station
- 35 Hot dog topper
- 37 Perform a magic trick
- 39 Genesis victim
- 40 Think out loud
- 42 Calling company?
- 43 Very tired (with "out")
- 45 Vole or mole
- 47 NY time zone
- 48 Religious recluse
- 50 Sargasso, e.g.
- 51 Beginning stage
- 53 Coral ____
- 55 Atomizer output
- 57 Fertility clinic stock
- 59 Pirate's cry
- 63 Warty hopper
- 64 Two-masted vessel
- 66 Voting "no"
- 67 Welcome desert sight
- 68 Way, way off
- 69 Ballpark beverage
- 70 Jack of "Shallow Hal"
- 71 Off-color



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- 2 Screen symbol
- 3 Identical
- 4 Water conduits
- 5 Stallone flick, "Demolition ____"
- 6 Newspaper supplement
- 7 Marquee name
- 8 Female steroid
- 9 Deli bread
- 10 Snail trail
- 11 Powerful ocean surges
- 12 ____ and anon
- 13 Gardening moss
- 18 New York's ____ Island
- 22 Voice of the iPhone
- 24 Knock from the saddle
- 26 Daydream
- 27 Breathing fire
- 28 Picture puzzle
- 29 Those with the vote
- 31 Skip over, when speaking
- 33 Answer (for)
- 34 Gossipy gal
- 36 Class
- 38 Youngest Lincoln
- 41 Push-up target
- 44 Like pie?
- 46 Atlantic, for one
- 49 Very unfortunate
- 52 Point of greatest despair
- 54 "____ Attraction" (1987 film)
- 55 Wild guess
- 56 Southern corn bread
- 58 Big name in plastic
- 60 Widespread
- 61 Bite like a beaver
- 62 Grazing group
- 64 Go up and down
- 65 "Don't ____!"

Answers to Last Week's Crossword:



DID YOU KNOW?

“-san”, a simple honorific title equivalent to Mr. Mrs, Miss or Ms. can be very convenient. The title may be applied to most Japanese regardless of gender, age and social status. “Tanaka-san” can be either a senior gentleman or a young girl. So, when you need to write a letter or email to someone whom you have never met before, be sure to use this title.

Kanji of the week

桃

momo/tou (Peach)

Language Lesson

Where is bathroom?

Toire wa doko desuka?



us on Facebook!

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STARS AND STRIPES

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 Last Week's Sudoku:

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

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

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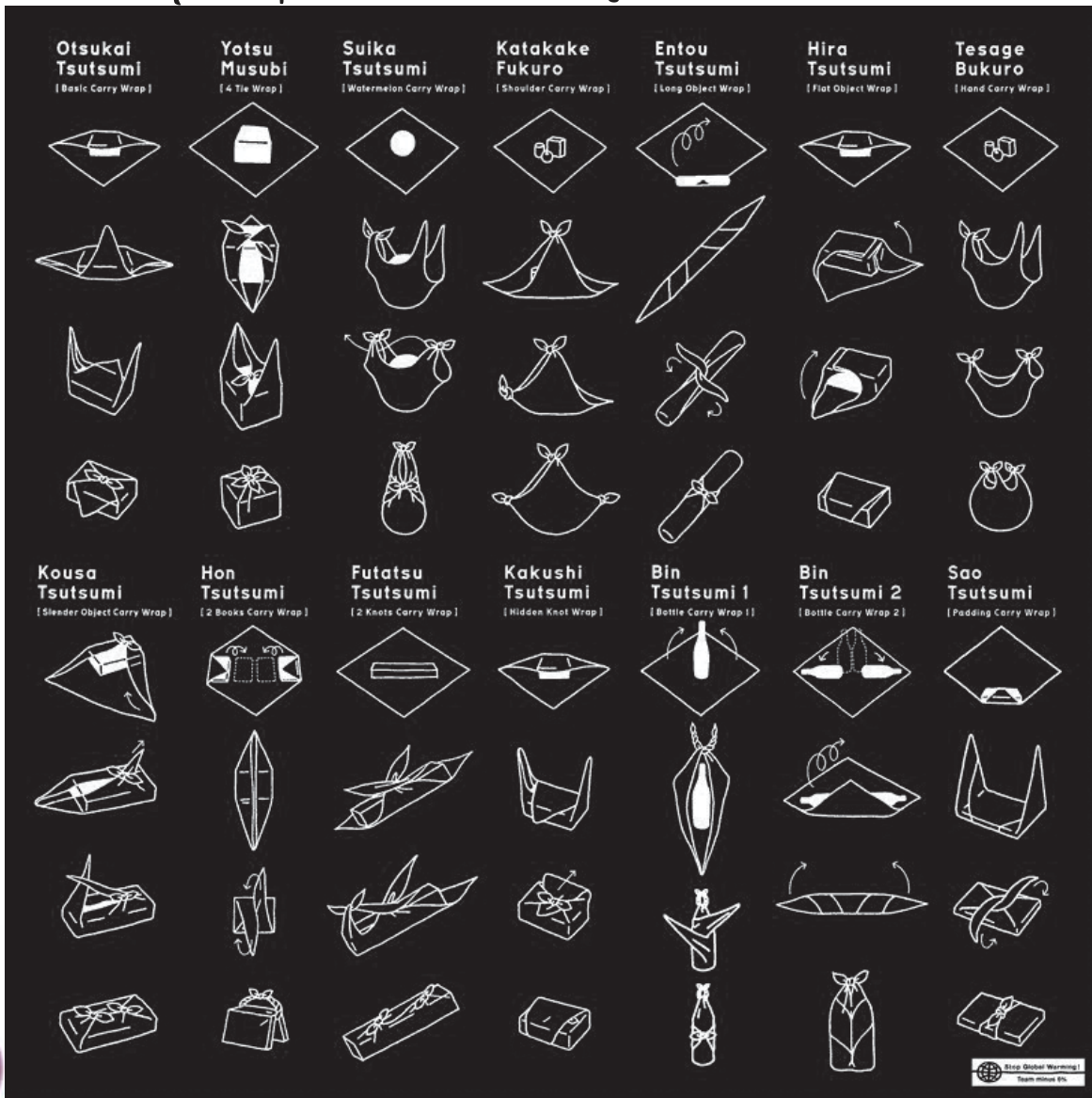
STORY AND PHOTOS BY ANDREW DECK, METROPOLIS MAGAZINE

A 1,000-year-old wrapping cloth that is equal parts beauty and function

Equal parts beauty and function, furoshiki is a kind of traditional wrapping cloth that has been used in Japan for over 1,000 years. Dating back to the Nara period (710-794 AD), furoshiki—literally “bath spread”—were originally used to carry belongings to the sento (public bath). The richest bathers would unfold their furoshiki, taking advantage of its alternative use as a bath mat. These decorative cloths soon spread beyond bath house walls, gaining popularity among merchant classes as fine packaging material. And in the era of everyday kimono (often pocketless garments) furoshiki functioned as ornate handbags.

While the traditions of furoshiki have evolved over time, they haven't veered far from these simple origins. Furoshiki today remain a way of using ornamental cloth for packaging and transport, but that now includes toting everything from lunch bento to wine bottles and souvenir gifts.

One of the distinct advantages of using a furoshiki is its shape-shifting ability, taking on numerous



older generations, they had been pushed aside in favor of the convenience of plastic bags—but a furoshiki revival has been in full force over the last several years thanks to a push to be more environmentally-conscious. Furoshiki has even been dubbed the “world's first eco bag.” Many argue the recyclable, multipurpose furoshiki exemplifies the Japanese philosophy of mottanai—a sense of regret over leaving anything to waste.

Today, furoshiki isn't limited to formal gifts or kimono-clad women. Instead, it's been welcomed into the mainstream with pop-culture textile patterns and everyday functionality.

Since her days as Minister of the Environment, current Tokyo Governor Yuriko Koike has embraced furoshiki as a way of both promoting traditional Japanese culture and eco-friendly practices by replacing toxic plastic bags with the recyclable wrapping cloth.

As part of this renewed support for the traditional cloth, the Tokyo Metropolitan Government is trying to promote international recognition of furoshiki through an exhibition in Paris. Planned for November 1 – 6, the installation FUROSHIKI PARIS will take place at the city's famed Place de l'Hotel de Ville, a historic plaza that stands in front of the municipal government building. A giant, larger-than-life-sized box wrapped in furoshiki will be erected at the center of the square. Visitors will be able to enter the installation where they'll find an exhibit on the history, practice and art of this simple, yet striking Japanese tradition.



forms to accommodate different loads. Centuries of experimentation have developed dozens of established methods for tying a traditional furoshiki, which is usually slightly longer than it is wide. The series of folds you choose could be motivated by aesthetics or used to adapt to unique package shapes or create handles.

Otsukai zutsumi refers to a furoshiki that has been knotted just once, while the yotsu musubi features a double knot, creating a sturdier handhold used for carrying heavy objects.

Textile diversity is also central to the tradition. Each use is an opportunity to match your cloth to the occasion. Oftentimes furoshiki, which can be made from cotton or silk, will mirror

the seasons—sakura-infused patterns in the spring, maple leaf designs in the fall. In more formal settings, such as weddings, graduations or funerals, furoshiki may come emblazoned in regal purple. Cranes, on the other hand, are often included in designs to symbolize longevity.

For a good half-century, furoshiki had gone out of style here in Japan. Considered a relic of

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Adult(Over 13) ¥900 Child(4-12) ¥600



Photos courtesy of DODEA

DODEA Pacific ready for another great year!

DEPARTMENT OF DEFENSE
EDUCATION ACTIVITY

More than 22,000 students are beginning the 2019-2020 School Year in Department of the Department of Defense Education Activity (DoDEA) schools in the Pacific Region.

The DoDEA Pacific Region, headquartered in Okinawa, Japan, has 45 schools in three districts located in Japan, Korea and the U.S. Territory of Guam.

DoDEA schools educate children of our Nation's Servicemembers and the civilians who support them in eleven nations, seven states and two territories. Overall, the DoDEA school system operates 164 schools serving more than 73,000 students

in the United States, Europe and the Pacific through a worldwide network of 8 school districts and approximately 11,000 full-time employees.

The DoDEA Pacific 2019-2020 School Year begins Monday, August 26. The Pacific Regional School Calendar can be found at: <https://bit.ly/2z8SgDL>

Visit individual school websites for more detailed school calendars.

College & Career Ready

The DoDEA vision of Excellence in Education for Every Student, Every Day, Everywhere, continues to be possible through the on-going implementation of the College and Career Ready Standards (CCRS) along with the DoDEA Comprehensive Assessment

System (DoDEA-CAS). DoDEA recently completed its second-year administration of the summative assessments, posting gains in literacy and mathematics in the first possible year of comparative measurement for the criterion-referenced examinations.

More than 50,000 military-connected students from grades three through high school completed the course-specific assessments, 99.7% of which were completed online, providing DoDEA educators vital information to support student achievement.

The summative assessments, aligned to DoDEA's rigorous CCRS curriculum, measure students' skills, progress and mastery of a subject rather than their performance relative

to other test takers. The assessment focuses on problem-solving, critical evaluation and higher-order thinking skills – the kind of skills students need to succeed in school and in the workplace.

In literacy, students demonstrated a 4.8% increase, from 48.3% to 53.1% of students meeting or exceeding standards.

In mathematics, students improved on last year's baseline by 2%, from 40.6% to 42.6% of students meeting or exceeding standards.

These results reinforce other testing outcomes, like the National Assessment for Educational Progress, that show DoDEA is continuing an upward trajectory as it is in the final stages of implementing College and Career Readiness Standards.

The increases in student performance, distributed across student demographics and throughout DoDEA's 164 schools worldwide, compare favorably to similar state school systems and indicate quicker growth in student literacy – a key element in student success.

For more information on DoDEA's Summative Assessment, Comprehensive Assessment System or College and Career Readiness standards, visit our website at www.dodea.edu.

Tips for supporting your child's education

Supporting a child's education is one of your most important responsibilities. By cultivating a love of learning and knowledge at a young age, you can set up your child for success. Here are some strategies to help you build a foundation of learning for your child.

Nurture learning at home

Learning doesn't stop when the school day ends. A child absorbs as much or more at home and through his or her experiences as through a textbook.

Try some of these tips to encourage learning at home:

- **Keep to a routine.** Make homework part of the routine by sticking to the same spot and time of day. Make sure your child has a quiet place to study.
- **Monitor homework.** Check your child's homework every night, not just to see whether it's done, but also for quality. Help your child carve out chunks of time to tackle larger projects.
- **Praise your child's efforts.** Children learn best by positive reinforcement. Whenever you have an opportunity, praise your child for a job well done.
- **Encourage learning at home.** If your child is interested in insects, buy an ant farm. Talk about something in the news or a book he or she just read. Fostering full-time learning is one of the best ways you can equip your children for life after graduation and future success.

Relationship with school

Your relationship with the school will demonstrate to your child and the school's staff the importance you attach to education. Even if you relocate often or are temporarily

deployed, there are ways you can build a relationship with the school and your child's teachers to help your child perform as well as possible:

- **Meet the teacher.** Allowing your child's teacher to put a face with your name is a great way to show your investment in your child's education.
- **Attend events.** Being present at back-to-school nights, school board meetings, open houses and school fairs can help both you and your child feel more connected to the school.
- **Volunteer.** There are dozens of ways to give your time to your child's school, so it's just a matter of finding a way to volunteer that suits your schedule.
- **Join the parent/teacher group.** Attending PTA/PTO meetings can be a great way to stay in the loop about what's happening at the school and how you can get involved.

Tap into resources

Providing the best possible education for your child is not a one-person job. Be sure to tap into the support and resources of your military community.

- **Home-schooling resources** are found on your installation, such as school liaison officers; child, youth, and teen programs; and activities through your installation's Department of Defense Education Activity school.

Give your child the best chance for success. Foster an appreciation for learning — it can help your child meet his or her potential and develop life skills that extend far beyond the classroom.

— Source: militaryonesource.mil

DoDEA Pacific Student Enrollment
Current enrollment for each DoDEA Pacific Region
<https://www.dodea.edu/datacenter>

DoDEA Pacific Region Leaders



Ms. Lois J. Rapp
Director for Student Excellence



Dr. Judith Allen
Pacific East (Mainland J. District Superintendent)

About DoDEA

DoDEA plans, directs, coordinates education programs for school-age children who are not otherwise have access to a high-quality education in the Pacific, Western and Southwestern United States.

Free education

Whether you are considering going back to school, your 5-year-old is starting kindergarten, or your 20-year-old is heading back to college, an education consultant at Military OneSource can ease back-to-school transitions. These free and confidential one-on-one sessions with a professional knowledgeable about education resources can give both your child and you a shot of confidence.

How can they help you?

Consultants look into education options for you, refer you to education services that best meet your needs and connect you to a wide variety of resources. They can answer your questions and provide information about services and benefits.

You can arrange a consultation for help with:

Get your child the right start with Sure Start

Sure Start is a Department of Defense Education Activity program for command-sponsored children stationed at overseas installations. If you're a qualifying military family, it could be a great fit for your child. The program provides:

- Education services
- Lunch and snack provisions
- Health and nutrition services
- Social and parent-involvement services
- Dental, medical and developmental screenings

Sure Start: Is your child eligible?

Sure Start assists qualified preschool-age military children living overseas. To qualify, your child needs to turn 4 years old by Sept. 1 of the current school year. Your child also must meet one of these requirements:

- Lives in a single-parent household
- Had a low birth weight
- Has a severely disabled older sibling
- Lives in a home with four or more kids close in age

An eligible child also must have at least one parent who meets one of these criteria:

- Ranks between E-1 and E-4 or rates the civilian equivalent. Exceptions may be made, but these kids are given

priority.

- Did not graduate from high school
- Was a teenager when the child was born
- Speaks anything but English as their primary language
- Is on a remote assignment or temporary duty for at least three months

Sure Start or Head Start?

Sure Start is built on the same foundation as Head Start but fits better into the Department of Defense Education Activity culture and regulations.

Both Head Start and Sure Start:

- Use a four-tiered delivery system: education, health and

nutrition, social services and mandatory parent involvement

- Run medical, dental and developmental screenings for students and provide follow-up assessments if needed
- Provide no-cost, nutritious lunches and snacks
- Encourage family involvement
- Cater to students' ages, individual needs and cultural environment, curriculum, materials, routines and activities
- Follow a full-day program

How is Sure Start different from Head Start?

- The Department of Defense Education Activity oversees the Sure Start program.



Enrollment

A Pacific school district and region can be found at [enrollment_display.cfm](#).

Partnership



en
apan)
rintendent



Dr. Jeff Arrington
Pacific West (Korea)
District Superintendent



Mr. Jim Journey
Pacific South
(Okinawa and Guam)
District Superintendent

and manages Pre-Kindergarten through 12th grade aged children of Department of Defense personnel who would high-quality education. DoDEA schools are located in Europe, East Asia, Cuba, the United States, Guam and Puerto Rico.

Education consultants

Referrals to in-home tutors and tutoring centers in your area

Public and private school information if your family is moving

Choosing a college based on your desired degree or specific request

Sources for financial aid and scholarships

Profiles on specific colleges and their credentials

Finding military-friendly schools and institutions that allow you to transfer previous college credits

Help getting your credentials converted and diplomas translated to meet specific state or country requirements

Contact information to help eligible military spouses find tuition assistance for certification through the MyCAA Scholarship

Information on the SAT and ACT test preparation programs.

Who is eligible?

An education consultant can help eligible service members and family members. For example, they can help you with information about colleges and financial aid for yourself – and they can help find a tutor in the area for your child.

Connect with a Military OneSource education consultant to access the information and resources you need to meet your education goals.

Set up your consultation by calling Military OneSource at 800-342-9647.

– Source: [militaryonesource.mil](#)

Sure Start

Sure Start considers a military sponsor's rank its first priority for enrollment, while Head Start uses income to determine eligibility.

Sure Start does not use a child's disability status to determine eligibility, while Head Start reserves at least 10 percent of slots in each classroom for children with disabilities.

Parent involvement in Sure Start is mandatory.

Sure Start staffs two adults for every 18 to 20 students. Local or state licensing boards determine Head Start's staff-to-child ratios.

Sure Start staff work with Department of Defense Education Activity special education staff to determine the best placement and services for a child.

Sure Start programs follow the Department of Defense Education Activity's Pre-K Foundational Standards curriculum. Head Start chooses curriculum at the local level.

If you think your preschooler may be a good fit for the Sure Start program, contact your school liaison, your installation's elementary school or your Military and Family Support Center.

– Source: [militaryonesource.mil](#)



Plan ahead with Choices360

DoDEA's Choices360 is a systemic career and academic online planning tool that will enable students in grades 7-12 have access to high quality learning experiences around exploring, planning, and preparing for life after high school. Choices360 is a one-stop shop for college and career resources that will allow students to Make A Plan - Own Their Future.

This program is a comprehensive career and academic online planning tool that will help students prepare for life after high school. DoDEA school counselors will implement Choices360 to help students in grades 7-12 to engage in rigorous course planning, understand the college application process, explore college and career options. DoDEA Choices 360 is found at www.dodea.edu/choices360/.

School Year 2019 - 2020 Calendar

First Semester (89 Instructional Days)

Monday, August 26	Begin First Quarter and First Semester
Monday, September 2	Labor Day: Federal Holiday
Monday, October 14	Columbus Day: Federal Holiday
Thursday, October 31	End of First Quarter (46 days of classroom instruction)
Friday, November 1	No school for students -- teacher work day
Monday November 4	Begin second quarter
Monday, November 11	Veterans Day: Federal Holiday observed
Thursday, November 28	Thanksgiving Day: Federal Holiday
Friday, November 29	Friday: Recess Day
Monday, December 23	Begin Winter Recess (23 December - 3 January 2019)
Wednesday, December 25	Christmas Day: Federal Holiday

2020

Wednesday, January 1	New Year's Day: Federal Holiday
Monday, January 6	Instruction Resumes
Monday, January 20	Birthday of Martin Luther King, Jr.: Federal Holiday
Thursday, January 23	End of Second Quarter and First Semester (43 days of classroom instruction)
Friday, January 24	No school for students -- teacher work day

Second Semester (86 Instructional Days)

Monday, January 27	Begin Third Quarter and Second Semester
Monday, February 17	Presidents' Day (Washington's Birthday): Federal Holiday
Thursday, April 2	End of Third Quarter (45 days of classroom instruction)
Friday, April 3	No school for students -- teacher work day
Monday, April 6	Begin Spring Recess (6 - 10 April)
Monday, April 13	Instruction Resumes - Begin Fourth Quarter
Monday, May 25	Memorial Day: Federal Holiday
Tuesday, June 9	End of Fourth Quarter and Second Semester (41 Days of classroom instruction)
Wednesday, June 10	No school for students -- teacher work day. Last day for non-administrative educator personnel



The **New** TUJ Campus

Open from
Fall 2019



Showa Women's University (SWU) and Temple University, Japan Campus (TUJ) have agreed to share a campus at SWU's location in Sangen-jaya, Tokyo. TUJ has moved its entire operation to a brand new six-story building on SWU's campus. The two universities will share some existing facilities at SWU including sport fields and gyms, auditoriums, and cafeteria.



New Address (from August, 2019)

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