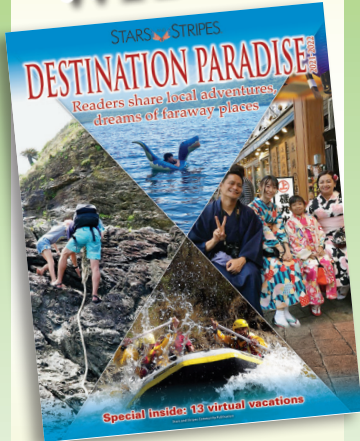


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Destination Paradise  
mags



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Community Publication

VOLUME 15 NO. 22

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## Mount Katsuu ...could be island's most challenging climb

Pages 4-5

### INSIDE INFO



**TASTE OF CHINA**  
MAKING DELICIOUS  
CHAHAN AT HOME  
PAGE 3



## A trek to Ta-taki Waterfall

Page 5

Ready, Set, **AFN go**  
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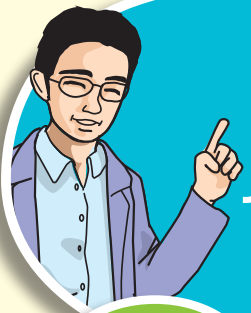
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## Speakin' Japanese

BY SHOJI KUDAKA,  
STRIPES OKINAWA

**Daijoubu desu.**

### Leaving your office

Usually, when you leave your office and go home, you might say “see you” or “have a good one” to your coworkers still in the office. In Japan, however, people say “**osaki ni shitsurei shimasu**” instead, which roughly means “**excuse me for leaving before you.**”

- Osaki ni = early/before
- shitsurei suru/shitsurei shimasu = leave

Let's use this phrase and communicate well with your Japanese coworkers.



VIDEO LESSON



Stay safe and keep an eye out for the next Speakin' Japanese lesson!

### No, thank you

Sometimes it's hard to say no, especially when someone is offering you something with good intentions.

Here's a useful phrase to say no in a gentle way:

“**Daijoubu desu**” or “**Kekkou desu**”, which means “**No thank you.**”

- daijoubu = ok/good
- kekkou = good
- desu = am/is/are

Please note that these phrases also mean “I'm good” or “that's good” depending upon the context. Chances are that these are not good enough to get your point across. If that's the case, you need to just say “**irimasen**” or “**hitsuyou arimasen**,” which means “**I don't need that.**”

### I'm in trouble

When we ask for help from someone, we will need to let him or her know that we are facing some kind of difficulty. Here's a phrase to help us explain our situation.

“**Komatte imasu**” means “**I'm in trouble.**”

- Komatte = in trouble/facing difficulty
- imasu = be ~ing

“**Anata no tasuke ga hitsuyou desu**” means “**I need your help.**”

- Anata = you
- no = of
- tasuke = help
- ga = a particle to indicate a subject
- hitsuyou = need/needed
- desu = is

Let's communicate well and ask for help when we need it.



VIDEO LESSON



VIDEO LESSON

### Gasoline prices keep rising!

Following trends from last year, the price of gas continues to rise in 2022. Just like in other countries, the increasing cost is becoming an issue in Japan and Okinawa.

If you tune in on a Japanese TV, you may see news reports on the price hike with the phrase,

“**Gasorin ga neagari shiteimasu**”, which means “**Gas prices are rising.**”

- gasorin = gas/gasoline
- ga = a particle to support a subject
- neagari = rise/hike
- Shiteimasu = be doing ~

Ok, let's save energy and resources.



VIDEO LESSON

### Beach babble

When you go to the beach, try using the following phrases.

“**Beach (biichi) ni ikou!**” = **Let's go to the beach!**

- ni = to
- ikou = let's go

“**Dono biichi ga osusume desuka?**” = **Which beach do you recommend?**

- dono = which
- osusume = something you would recommend
- desuka? = do you~/ is it~

“**Parasailing to surfing (saafin) ni chousen shitai desu**” = **I want to try parasailing and surfing.**

- chousen = challenge
- shitai desu = I want to do ~

“**Biichi parasoru wo motte kimashitaka?**” = **Did you bring the beach umbrella?**

- parasoru = umbrella/parasol
- motte kimashitaka? = Did you bring~?



FULL LESSON

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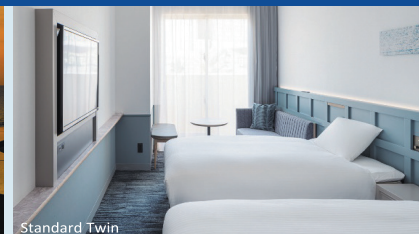
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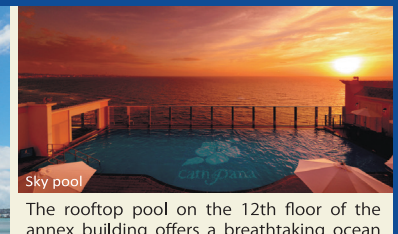
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# Taste of China

## Making delicious Chahan at home

STORY AND PHOTOS BY SHOJI KUDAKA,  
STRIPES OKINAWA

**C**hao fan (Chinese fried rice) is loved around the world. Commonly called “chahan” or “chaa-han”, this Chinese food has many fans in Japan as well.

It is an indispensable menu item for many Chinese restaurants in Japan. At ramen joints, chahan is commonly considered a perfect side to the noodles along with gyoza.

TV shows and magazines in Japan often feature unique fried rice recipes to tickle the appetite of the chahan enthusiasts. According to Kocho, a restaurant in Yokohama Chinatown, the oldest documented case of cho fan is fried rice cooked with eggs, which Chancellor Yang Su of Sui dynasty (581-618) loved.

This chao fan was called “Yang Zhou Dan (egg) chao fan”, which later was changed to “gomoku chahan” in Japan. According to the restaurant, it was brought to Japan sometime between the 7th and 9th centuries. A document of Heian era (794 – 1185) indicated that this fried rice was meant to be cooked with sesame oil.

As chao fan spread across the globe, it led to recipes such as “pilaf”, “paella”, and “jambalaya.” In Japan, various adaptations of chahan such as “curry chahan,” “tomato chahan” and “kimuchi chahan” were introduced.

Because it’s relatively easy to cook, many Japanese make chahan for lunch or dinner. During the pandemic, the food drew even more attention among those who tried their hands at cooking at home.

It was for that very reason that I tried cooking it myself. Although I don’t dislike chahan, it is not on the top of my list when it comes to what I would eat at Chinese restaurants. Still, after I saw chahan featured so many times on TV, I could not resist the desire to make it on my own.

Luckily, there are a variety of recipes now shared on the web. I spent some time searching for something simple enough for a beginner like me.

The one I picked is probably one of the easiest you can find. This recipe feature a little trick: mix rice, beaten egg, and mayonnaise before frying them in a pan. This way, you can easily mix the ingredients and let the eggs and mayonnaise coat each grain of rice.

To add some flavor, I also mixed them with pickled leaf mustard, which gave a nice accent. If you are into spicy food, this is one ingredient I would recommend.

Chao fan/Chahan can be cooked with so many different ingredients. Give it a try yourself, and find your favorite chahan.

kudaka.shoji@stripes.com

- Ingredients for two**
- Steamed rice (200g x 2)
  - Egg (2)
  - Mayonnaise (15cc)
  - Chinese stock powder (5cc)
  - Soy sauce (5cc)
  - Pickled leaf mustard (as much as you want. I added 70g.)
  - Green onion (as much as you want)
  - Salt and pepper (appropriate amount)



### Recipe

Watch Video!



1. Mix steamed rice, egg, mayonnaise, and Chinese stock powder in a bowl.
2. Once each grain of rice is well covered with the egg and mayonnaise, add soy sauce and further mix the ingredients.
3. Spread the mixture in a frying pan, and gradually fry it over medium heat.
4. Shake the pan occasionally and see if each grain of rice is dry or wet enough to your liking. (In Japan, it is often preferred that rice is dry enough not to stick to each other. This state is often called “para para.”)
5. Add pickled leaf mustard and further mix the ingredients.
6. Add minced green onion and mix. Add salt and pepper to perfect the flavor. (For reference, I fried the mixture for 15 minutes in total.)



7. Serve the food in a rice bowl and leave it for 1 minute. Cover the bowl with a plate. Flip it upside down and take the bowl off. You will get a small dome of chahan like the one served up at Chinese restaurants.



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Just past the summit is a giant projecting rock you can hang from. If photographed at the right angle, it gives the illusion that you are hanging from a dangerous height.



# Mount Katsuu...could be island's most challenging climb



STORY AND PHOTOS BY FRANK ANDREWS,  
STARS AND STRIPES  
Published: April 28, 2022

The hike up Okinawa's Mount Katsuu, or Katsuu-dake, is a short distance but is not to be taken lightly. The path is a rugged, sometimes hand-over-hand uphill trek through an enchanting and encapsulating forest. It could be the most challenging short-distance hike you've ever set foot to.

Mount Katsuu is part of the mountain range on the Motobu Peninsula that runs across Katsuyama village and the city of Nago and is a nostalgic wilderness escape from the contemporary atmosphere of the American bases on Okinawa.

I reached the Mount Katsuu trailhead in one hour. Parking is available in a gravel lot.

The trail immediately begins with an escalating ascent into the wild. Most of my journey took me through an engulfing forest of towering trees; their thick roots seemed woven together and their canopies provided complete shade from the sun.

Thirty minutes into the climb, the ground leveled and the trail began to wind over protruding rocks, roots and mud. From there, the top of Katsuu was only a 45-degree scramble away. At the summit, which has an elevation of 1,483 feet, I had a superb 360-degree view of Okinawa's

emerald-blue sea and lush, green hills. Just past the summit is a giant projecting rock you can hang from. If photographed at the right angle, it gives the illusion that you are hanging from a dangerous height – perfect for Instagram, Facebook or TikTok.

I continued past the social media-famous rock and eventually arrived at a three-way fork. The path leading right eventually dead ends into overgrowth. The left-leading path looks even more intimidating. It leads to another peak then descends through coral cliffs. I decided to turn around and head back down the trail.

The trek downhill was even trickier than my ascent. More than once the slick rocks and mud caused me to fall backward.

Although a challenging hike, I enjoyed the many colorful butterflies I saw on the trail, and the scenic view of Okinawa at the summit made it worthwhile. Families with young children may want to skip this hike as the path is extremely slick. Depending on your pace and skill

level, the hike takes less than one hour. I would not suggest getting too competitive on Katsuu-dake. The terrain is always slippery – no rain required.

If you're up for a workout, be sure to wear good hiking shoes and bring bug spray.

andrews.lynn@stripes.com  
Twitter: @FrankAndrrws

EXCLUSIVE NEWS FROM:  
STARS AND STRIPES  
www.stripes.com



Website

**Location:** Mount Katsuu, Motobu Peninsula, Okinawa  
**Directions:** From the Okinawa Expressway, go north to Nago.  
**Hours:** Check sunset time and weather forecast on the day of your trip.  
**Costs:** No admission fees. Parking is free.  
**Food:** Base Camp is off the main road and has a limited cafe menu and a supply of cold drinks.

Watch Video!



GPS Coordinates  
Hours: 8:00 AM - 5:00 PM  
Parking: Free  
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Catsun  
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# A trek to Ta-taki Waterfall

STORY AND PHOTOS BY SHOJI KUDAKA,  
STRIPES OKINAWA

Waterfall

**F**or adventurous minds on the island of Okinawa, Ta-taki Waterfall in Ogimi Village is worth a visit. Getting there requires a fun and challenging trek with plenty of twists and turns. I set out to visit one late autumn day when I'd grown tired of long days of seclusion while working from home. Since it was no longer beach weather, I chose this hike and location instead of heading to the coast. Plus, I am not a huge fan of water activities.

From Camp Foster, I made the 1.5-hour drive to the northern part of the island. The parking lot for the waterfall was well-maintained and looked more like a parking space for a theme park. This gave me the perception that the trek to the waterfall would be nice and easy— boy, was I wrong!

I headed out on the trail and soon had arrived downstream from the Henan river. From here, the signpost indicated, it would be another 30 minutes to reach Ta-taki.

The riverbanks are narrow, so I found myself literally walking through the river. The current wasn't fast at first, and I stopped a few times to admire the relaxing sounds of the water and the fish swimming by.

Halfway through, I reached a pond with deep green water. A stream splashed down hard at the far end of the pond, a sample of what was waiting at the end of this hike.

As I'd mentioned before about not being a fan of water activities, the irony was that this trek forced me deeper into the water. I couldn't find a detour to stay dry, so into the water I went. Soon, the level of water reached my chest and then I was swimming a breaststroke toward a log up ahead.



SPS

**Coordinates:** N 26.636986, E 128.092952 (parking lot)  
**Hours:** 9 a.m. – 5:30 p.m. (last admission at 4 p.m.)  
**Fees:** 500 yen (approx. \$3.87) for up to 2 hours. An additional fee of 50 yen will be charged every 30 minutes beyond that.  
**Time:** It takes roughly 30 minutes to get to Tataki waterfall.  
**Recommendation:** Recommended to bring water shoes.  
**Warning:** Watch out for sudden increase in water level, which often happens at the site after heavy rain. Several times in the past, visitors have had to receive emergency evacuation due elevated water levels.

I reached the log, and I crawled upon it like a bug. When I managed to get to the top, I was absolutely soaked to the skin. So was my backpack.

I looked beyond this small setback and saw huge rocks dotting the river with fast-flowing water. For me, this was a challenge straight out of American Gladiators. This was no longer the easy trek I had assumed I was undertaking.

Even though I was already tired, I carried on. My sneakers had decent grip, which were a great help in avoiding tripping and another soaking.

A few minutes later, the route leveled, and I reached the tall rock wall with two vertical streams of water connecting at the bottom of the basin. Tataki, some say, means two waterfalls.

According to Ogimi Village, Ta-taki is just above 10 meters high. Still, up close the waterfall seemed no less magnificent than Hiji Falls, the biggest waterfall in Okinawa with a height of 25.7 meters, which I visited about a year ago. Lost in the wonderful sight, I kept gazing in wonder, not noticing that the splashing water got me soaked to the skin once again.

On my way back, I took the same route as I did on my way to the waterfall. And once again, I got in the water and swam to get past that pond. It wasn't until after that I learned of a route that would have kept me and my backpack dry.

According to Ogimi Village's Tourism Association, the water level of Henan River doesn't change a lot from one season to another, but rain will have an impact, for sure. You would need to watch out for an increase in water after rain or during the rainy season. Sometimes the weather can change quickly, trapping trekkers in the middle of the river.

If you plan to visit, take some precaution ahead of your trip and know you will most likely get wet, so bring a swimsuit or trunks. The office managing the waterfall recommends brining a lifejacket or wetsuit, which might be a good idea for young children. Don't miss Ta-taki for a splashing fun time!

[kudaka.shoji@stripes.com](mailto:kudaka.shoji@stripes.com)





# Watch out for Box Jellyfish

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Photo courtesy of photoAC

BY SHOJI KUDAKA,  
STRIPES OKINAWA

**O**n June 1, the Okinawa Prefectural Government issued a warning against box jellyfish. The warning expected to be in place until the end of September.

Commonly known as “habu kurage (jellyfish)” in Okinawa, this marine creature’s poisonous tentacles can cause serious damage and pain to humans. According to the OPG, there are 100 to 200 cases on average each year where people are stung by jellyfish.

The local government also notes that June is the month when the marine creature grows big enough to inflict damage to the human body. It’s also the month that the number of beachgoers increases.

To avoid being stung by box jellyfish in the ocean, it is advised not to expose skin and don’t swim outside of jellyfish prevention nets. It is also recommended to bring vinegar in case you are bit.

Don’t panic if you are stung by box jellyfish. If you are, you should get out of the water and ask for help. And here’s what to do or not to do: Avoid moving too much. Don’t rub or scratch. Pour a lot of vinegar on the spot of the sting. Remove tentacles and cool down the spot with ice and cold water. Perform first aid and get medical treatment at a hospital.

Jellyfish may be curious and fun to watch in the water, but they can cause some serious problems. So be ready and safe when you hit the beach.

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## Stripes Sports Trivia

In 1986, Argentina edged out West Germany, 3-2, to win the World Cup in front of more than 100,000 fans in Mexico City. It's the last time Argentina won the Cup and it's most known for Argentina's quarterfinal match with England, which featured the "Hand of God Goal." Who scored this famous goal?

**Answer**

Diego Maradona

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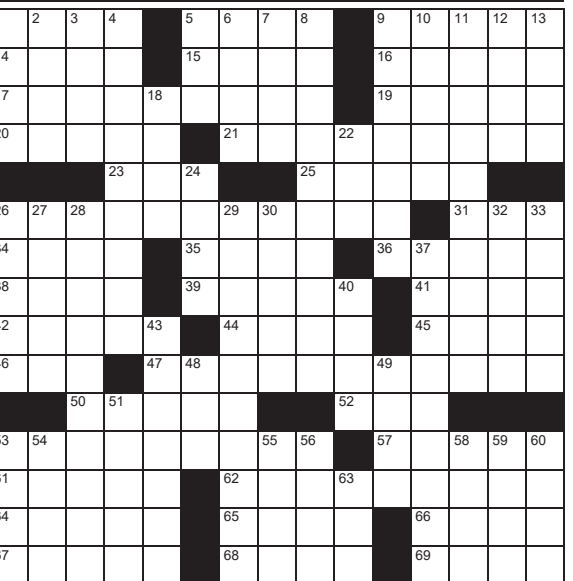


### Crossword

by Margie E. Burke

#### ACROSS

- 1 Kitchen bag brand
- 5 Elvis, once
- 9 Partially melted snow
- 14 \_\_\_\_ of passage
- 15 "Fame" singer
- 16 River craft
- 17 Kind of triangle
- 19 Enthusiasm
- 20 Rhino relative
- 21 Mediate
- 23 Doublemint, e.g.
- 25 Grinder
- 26 Done secretly
- 31 That \_\_\_\_ then...
- 34 Caesar's 66
- 35 Glowing sign
- 36 Talk bad about
- 38 Actress \_\_\_\_ Rachel Wood
- 39 "The Lost City" actor
- 41 Sgt. Snorkel's dog
- 42 Gymnastic apparatus
- 44 Overfill
- 45 Hospital fluids
- 46 Hobby shop buy
- 47 Fried foods are high in it
- 50 Gather bit by bit
- 52 Chop down
- 53 Knight's garb
- 57 Academy in Maryland
- 61 "Stormy Weather" singer
- 62 Symbol of biblical wrath
- 64 Church leader
- 65 Green shade
- 66 Sicilian volcano
- 67 Like an untended garden
- 68 "NFL Live" carrier
- 69 Coral formation



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- 2 Middle child on "The Simpsons"
- 3 Perched on
- 4 Burke sitcom, "\_\_\_\_ Women"
- 5 Bar stock
- 6 "Melting Watch" artist
- 7 "Working Girl" character Trask
- 8 Like some changes
- 9 Color in a Hawthorne title
- 10 Cocoon contents
- 11 Submerged
- 12 Very shortly
- 13 \_\_\_\_ and now
- 18 Caked deposit
- 22 Long, long time
- 24 Base or case closer
- 26 Counter worker
- 27 One more than 34-across
- 28 On the cutting edge
- 29 Like some temperatures
- 30 Wreck beyond repair
- 32 Jetsons' dog
- 33 Sand bar
- 37 Scented splash
- 40 Fit together
- 43 Overlook's offering
- 48 Holiday entree, often
- 49 Till stack
- 51 Like some jackets
- 53 Tobacco wad
- 54 Place for an ace
- 55 Bearded flower
- 56 Walk unevenly
- 58 Go to the polls
- 59 "Green Gables" girl
- 60 Plant part
- 63 Restroom sign

#### Answers to Previous Crossword:

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



## 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

南

Minami (south)

## Language Lesson

Why?

Naze?

## 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.

Answer to Previous Sudoku:

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

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

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