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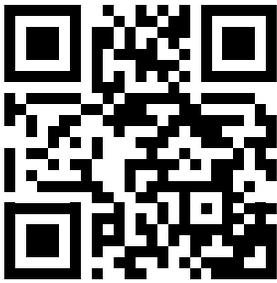
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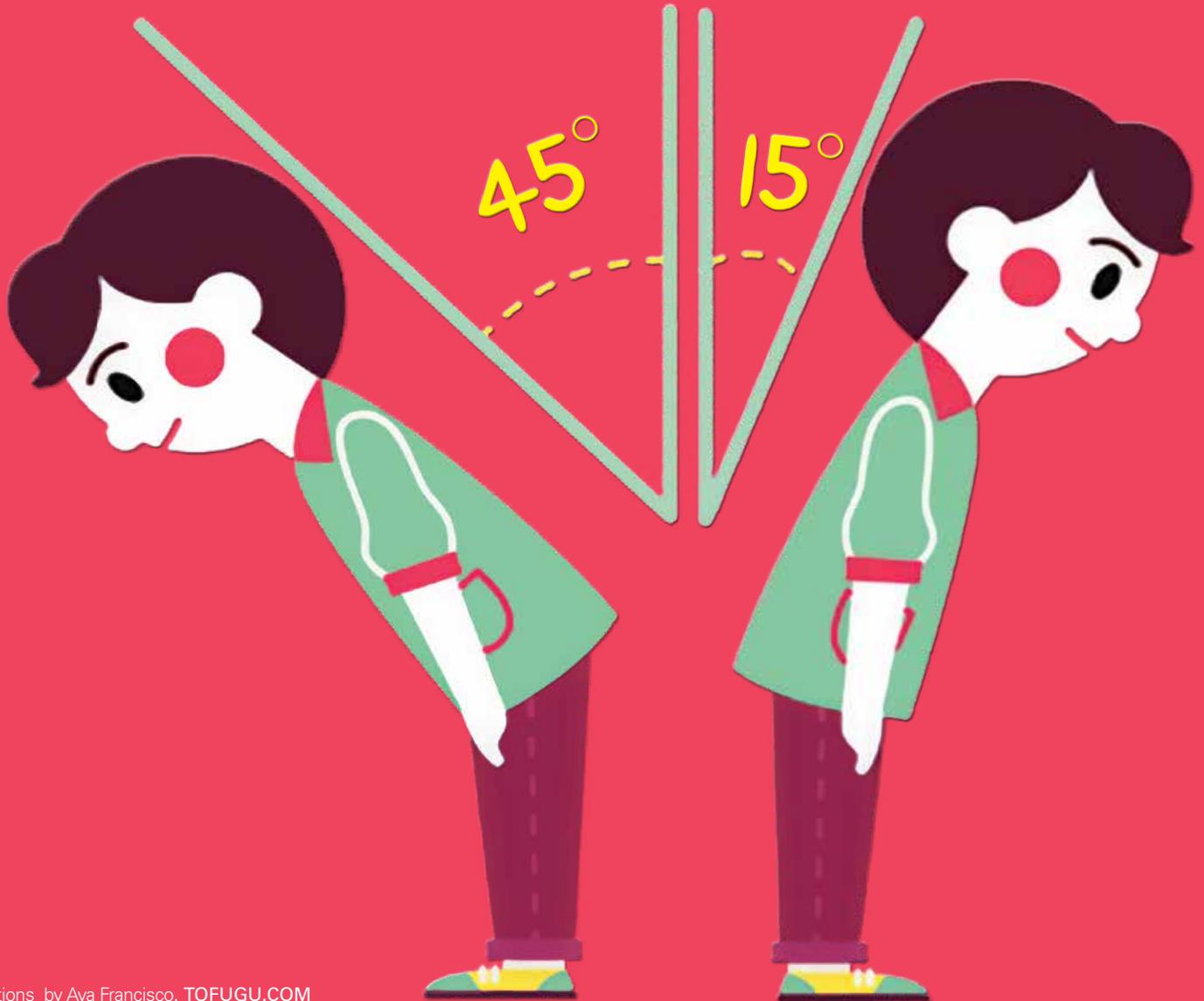
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Illustrations by Aya Francisco, TOFUGU.COM



The Shureimon Gate at Shuri Castle was built during the reign of King Shosei in the mid-1500s.

Shuri Castle reopens, revealing 2019 fire destruction

STORY AND PHOTOS BY AYA ICHIHASHI,
STARS AND STRIPES
June 25, 2020

Shuri Castle, often described as "Uchinanchu," or Okinawa's heart and soul, was ablaze on Oct. 31 and burned for more than 11 hours.

More than 170 firefighters responded, but the fire consumed several buildings, including the castle's iconic main hall, the Seiden. The blaze

began in the Seiden, then spread to the Hokuden and Nanden buildings, destroying seven buildings in total, according to the Naha Fire Department in October.

On June 12, portions of the site reopened to the public, so you can see for yourself the extent to which fire destroyed this symbol of Okinawa, as well as chart progress of its restoration.

SEE CASTLE ON PAGE 3



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Hold on to good habits formed during lockdown

Editor's note: At Stripes Okinawa, we love to share your stories and share this space with our community members. Here is an article written by Cpl. Kyle Daly, a Marine stationed at MCAS Futenma. If you have a story or photos to share, let us know at okinawa@stripes.com.

BY CPL KYLE DALY,
STRIPES OKINAWA

A white, dry erase board, about the size of a school notebook, sticks to the side of my wall locker.

For any visitor to my barracks room, the writing on the board is hard to miss. In black marker, at the top of the board, there are three words written in capitalized letters: JUNE RUNNING MILES. Underneath these words is a number.

Almost every day, in clothes drenched with sweat, I walk toward the board, erase the previous number, and write down a new number. On Monday, June 15, I wrote: "91.23."

These are my miles.

In the first half of this humid, summer month, I have run more than 90 miles. The simple joy of logging these miles via a white board began in April, when the COVID-19 pandemic prompted the military to place restrictions on the liberty of service-members in Japan. Gyms were closed, and the world outside the base gates became off-limits. Base trails began to fill with joggers. At the same time, my unit, VMM-262 on MCAS Futenma, began a running competition that challenged unit members to log as many miles as possible during the month. I had already been an avid runner,



Cpl. Kyle Daly, left, stands with 1st Lt. Sam LaPorte from his unit, Marine Medium Tiltrotor Squadron 262, 1st Marine Aircraft Wing. In April, the unit participated in a running challenge in which Daly logged over 200 miles. Photo by Lance Cpl. Ryan Persinger

but the habit of logging miles and tracking progress became a new obsession.

As restrictions begin to ease on Okinawa, and the old ways of life begin to return, let us not forget the lessons we learned and the good habits we created during the lockdown.

At the end of April, a University of Southern California study reported "large percentages of Americans said they want to maintain the lasting effects of changes in their lives that began during the pandemic." This included increased time with

family, more work at home, and increased online purchasing, according to the study, titled "The Coronavirus Disruption Project: How We are Living and Coping During the Pandemic."

The worldwide lockdown caused me to reflect on the nature of my own personal habits – both good and bad – and how they are formed. I don't need to be a scientist to understand that many habits are situationally dependent, that is, a reaction to my environment. The lockdown – a situation no one expected or wanted

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IMPORTED

➔ – might have broken a few bad habits: spending money on cab rides (habit broken), filling up on that chai tea latte from Starbucks (habit broken). It may also have formed some: Netflix binge watching (habit created), beer in the fridge (habit created).

For enlisted servicemembers, we all experienced the power of breaking bad habits and forming good ones during boot camp. Do you recall that week after boot camp when you reentered the slow-paced civilian populace? I remember it well. I woke at 5 a.m. without an alarm. I walked faster than anyone in my family. The first thing I did, every day, was make my bed. Perhaps that was just me. But I had a great desire to maintain the good habits that had been beaten into my head by my drill instructors.

Four years later, some habits remain. Many have, unfortunately, escaped my grasp. That is what happens when you are given options – when you can choose between pleasures and needs. The Marine Corps has taught me – through basic training and deployments – that I can survive without my cell phone, without alcohol, and without Netflix. The Marine Corps also has taught me that I need exercise, clean food, and to stay hydrated.

While this pandemic might not trigger that boot camp or deployment mindset, it might help remind you what you need versus what you want – and that the needs should become habits.

For me, this moment in history has again placed exercise – particularly running – at the top of my “needs list.”

For weeks, during this pandemic, I shared the same anxieties that other Marines, sailors and soldiers shared. We all asked ourselves, and continue to ask ourselves, what will our future look like? Will tomorrow bring us relief or more restrictions? Boot camp had a graduation date. That deployment had

an end date. But when will this end?

Running helped me, and continues to help me, relieve those anxieties. That “runner’s high” people often talk about, keeps me sane.

According to a 2015 study published by researchers at the University of Montreal, the runner’s high feeling is caused by having lower leptin levels. Leptin is a hormone that helps us control the feeling of being full after we eat, according to the study. When the levels are low, we are driven to physical activity – instinctively, the desire to find food.

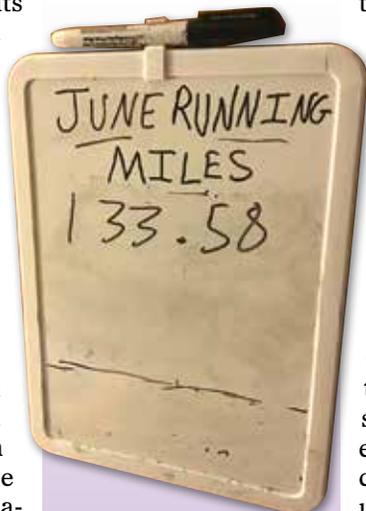
In April, my unit started a run challenge, seeing who could accumulate the most miles during the 30 days of the month. Many of the restrictions that went into place because of the virus outbreak didn’t exist at the start of this challenge. Gyms were still open. Weightlifters were still getting their gains in. But as the layers of restrictions started to build, I’m certain many of us needed that runner’s high to relieve the anxieties that came with them.

The run challenge my unit put on was an additional motivating factor for getting me out the door and on to the trail that circles the outer edges of MCAS Futenma. At the end of the challenge, I accumulated 250 miles.

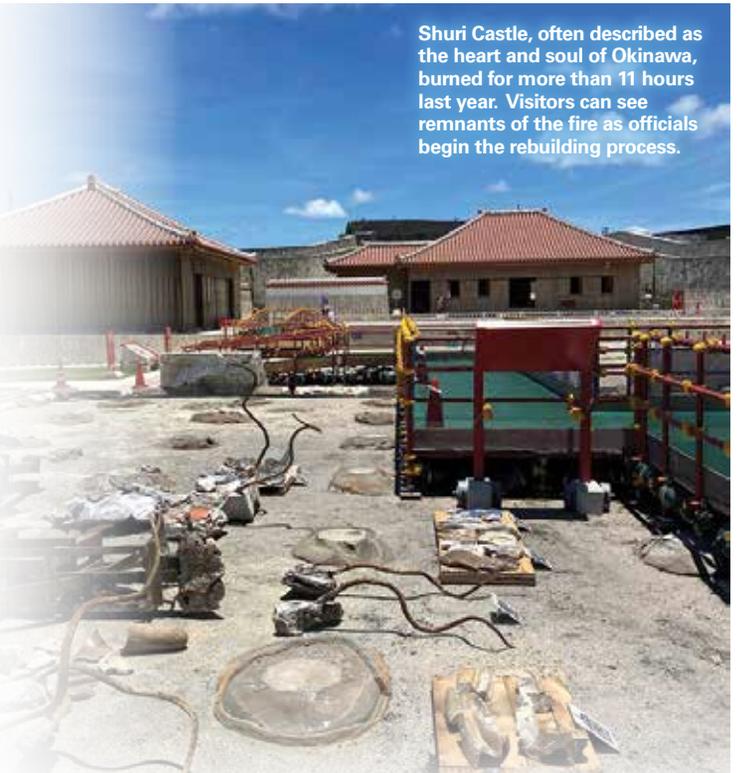
What was even more rewarding was my obsession to continue to log each distance in the days and weeks that followed, via my white board, a new Garmin watch, and a running app.

A good habit – logging miles – was formed.

About the writer: Cpl Kyle Daly is a Marine stationed at MCAS Futenma and a crew chief on the MV-22 Osprey. He holds a degree in journalism from Arizona State University and worked for several publications before joining the Marines in 2016, including the Pacific Daily News in Guam.



Cpl. Kyle Daly logs his overall miles for the month on a whiteboard in his room on MCAS Futenma. Photo by Cpl. Kyle Daly



Shuri Castle, often described as the heart and soul of Okinawa, burned for more than 11 hours last year. Visitors can see remnants of the fire as officials begin the rebuilding process.

CASTLE: Reconstruction to be completed by 2026

CONTINUED FROM PAGE 1

“We chose to show everything as it is to our visitors because we want our visitors to see the whole process,” Yuko Maeda, a spokeswoman for Shuri Castle Park, told Stars and Stripes on June 15. The remnants of the old structure won’t be exhibited when reconstruction of the Seiden starts in 2022, so it is available now for a limited time, Maeda said.

“We want our visitors to see and notice the small progress of the reconstruction as the time goes by,” she said.

This is not the first restoration of the historic site. Shuri Castle, which dates to the 15th century, was destroyed during World War II and rebuilt in 1992. In 2000, UNESCO designated the castle, considered a symbol of Okinawa’s struggle to recover from the war, a World Heritage Site.

The Houshinmon gate, the main entrance to the castle, separates the paid area from the general area. Although it survived the blaze, there are some burnt spots on the roof.

Due to coronavirus concerns, the park closed some facilities in February but reopened on June 1, but only partially opened the paid admission area.

The Seiden, normally in a paid admission area, has been

closed since the fire, but is part of the area reopened on June 12.

In 2019, two million tourists visited Shuri Castle, according to the Okinawa Bureau of the Cabinet Office, but there were only a handful visitors on the afternoon of June 15.

“You are standing on where Seiden was,” a mask-wearing security guard said while pointing to the ground.

“And that flat area with white foundation on your right, Hokuden was there; and on your left, Nanden was there, and now it is in the middle of being demolished,” he said.

The underground remnants of the original castle structure survived the fire and is open to the public.

The cause of October’s fire is still undetermined, a Naha Fire Department spokesman said June 15.

“In March, we closed the case as an unknown cause of fire as everything was burned down so badly, we could not find or conclude what caused the fire,” the spokesman said.

“Okinawa Police also concluded that there was no foul play suspected.”

As of June 11, about \$17.1 million has been donated to the Okinawa prefectural government for Shuri Castle reconstruction fund, according to the Okinawa prefectural website.

ADDRESS: 1-2 Kinjo, Shuri, Naha City, Okinawa Pref. A 25-minute drive from Camp Foster.

HOURS: Hours vary by season. Open 8 a.m. to 8:30 p.m. July-September.

COSTS: Park admission is free. Paid areas cost 400 yen for adults, 300 yen for high schoolers and 160 yen for other students. Parking is 320 yen for up to three hours.

FOOD: Restaurant Suimui and Cafe Ryuhi offer Okinawa soba (760 yen), soft twist (380 yen), taco rice (970 yen) and more.

WEBSITE: oki-park.jp/shurijo/en



Marine Corps spouse Mari Gregory helped raise more than \$11,000 through a GoFundMe campaign and donated the money to Okinawa’s governor in February.

Prime Minister Shinzo Abe vowed in November to rebuild the Shuri Castle as soon as possible with financial support from the central government.

According to minutes of a March 27 Cabinet meeting, Chief Cabinet Secretary Yoshihide Suga said the central government “will aim to start the reconstruction of Shuri Castle’s Seiden in 2022 and complete it by 2026.”

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San-Ae

HEY, TAKE A BOW

BY MAMI SUZUKI,
TOFUGU.COM

Japanese bowing is something that comes up a lot here at Tofugu. It seems that people, whether they're preparing for an upcoming trip or living in Japan as a foreigner, are often at a loss regarding what exactly they're supposed to do when a bow is required. They have a vague, physical understanding of how Japanese bowing works, of course, but worry about missing the subtle nuance and offending their hosts or colleagues.

These questions always give me pause since bowing is so deeply-ingrained in Japanese culture that I don't give it much conscious thought. To be honest, another thing I take for granted is the fact that not many foreigners will even think to bow in the situations where a Japanese person normally would—right or wrong, this assumption does give you something of a free pass.

That being said, a well-timed, correctly-executed bow will definitely earn you brownie points while you're in Japan, and that's where this guide comes in! Here, we'll introduce the main types of bows you should know and explain step-by-step how to perform them.

Why bow at all?

It's believed that bowing in Japan started sometime during the Asuka and Nara periods (538-794 AD) with the introduction of Chinese buddhism. According to those teachings, bowing was a direct reflection of status—if you met a person of higher social standing, you would put yourself in the more “vulnerable” position of a bow, much like a friendly dog rolling over on its back, to prove that you didn't harbor any ill will toward them.

In modern Japanese society, bowing serves a variety of functions that go beyond this original intent. Generally speaking, you will bow when doing the following:

- Saying hello or goodbye to someone
- Starting or ending a class, meeting, or ceremony
- Thanking someone
- Apologizing to someone
- Congratulating someone
- Asking someone for a favor or their goodwill
- Worshipping someone or something

More than just focusing on these occasions, though, it's important to remember that bowing conveys different emotions, such as appreciation, respect, or remorsefulness. As you learn

the physical aspects of a good bow, keep in mind what you're trying to communicate through your posture, as this will inform how deeply you bow and for what length of time more naturally.

Sitting vs. standing bows

Before we begin talking about the different types of bows you might perform, let's touch briefly on the two positions from which you can begin a bow in the first place.

The first is a seated position called seiza 正座せいざ. Seiza is the way you will be expected to sit in



Photo courtesy of Wikipedia

almost all formal situations, ranging from participating in a tea ceremony to mourning at a funeral. To get into seiza from a standing position, start by kneeling. Men should kneel one leg at a time, while women should put both knees on the ground at the same time, if possible. With the tops of your feet flat on the floor and your toes pointed straight back behind you, rest your hindquarters on your calves or heels. Keep your arms at your sides and put your hands palm-down on top of your thighs. Try to sit up as straight as possible. If you've never sat this way for any significant length of time, I would strongly recommend practicing at home, as it takes some getting used to.

You can also initiate a bow from a standing position called seiritsu 正立せいりつ. To get into seiritsu, stand and look straight ahead to a spot about 5m 40cm (almost 18ft) in front of you. If you're a man, position your feet about 3cm apart. If you're a woman, make sure your feet are touching. Place your hands lightly on your thighs at a diagonal, keeping a fist-worth of space between your body and your elbows. Finally, remember to breathe with your diaphragm to give a more centered appearance.



The basics of Japanese bowing

Now that we've covered the two “starting positions” of seiza and seiritsu, there are three points to remember for every bow.

First, remember that the slope of your back and the back of your head should form a straight line, rather than a curve. Another way of thinking about this is that you should try to hold yourself in a way that doesn't allow for any gaps between the collar of your shirt and the skin of your upper back.

A straight backed bow and a curved back bow

Second, when bowing from seiritsu, be sure to keep your legs and hips in the same position throughout the entire bow. In other words, don't stick your butt out! To help accomplish this, it may help to image that you're standing with your legs flush against a wall when you begin your bend.

Third, as a rule of thumb, inhale while moving into a bow, exhale while holding the bow, and inhale again while straightening back up.

I bet you didn't think there was so much setup for such a simple-looking gesture, did you? Well, never fear—we've reached the part where I begin telling you about some actual bows!

THE NOD-BOW AND MOKUREI:

Non-bows

...or is it? You see, when you're interacting with people you know very well, such as a friends or relatives, a full-blown bow isn't usually required. Instead, you can incline your head just slightly, as seen below.

In very casual situations, you can even get away with simply casting out a sort of “respectful beam” from your eyes, bowing only in your mind. This is called mokurei 目礼もくれい*, which combines the kanji 目 (eye) and 礼 (bow).

*Confusingly, this word has a homophone, mokurei 黙礼もくれい, which refers to a “silent bow”. Be careful not to get the two confused.

ESHAKU:

The 15° “greeting” bow

When you see an acquaintance of a similar rank, such as a coworker or friend, you should perform an eshaku 会釈えしゃく.

STANDING

1. Stand in seiritsu
2. Bend forward 15° at a natural speed, lower your hands 30cm down the front of your legs
3. At the same time and at the same speed, lower your hands 30cm down the front of your legs
4. Keep your gaze in line with the tips of your fingers, which are in-line with your body and look at a spot about 180cm (6ft) in front of you
5. Return to seiritsu at a natural speed

SEATED

1. Sit in seiza
2. Bend forward 15° at a natural speed, lower your hands 30cm toward the outside of your feet
3. At the same time and at the same speed, lower your hands 30cm toward the outside of your feet
4. Place the tips of your fingers in-line with your body.
5. Keep your gaze down at a natural speed
6. Return to seiza at a natural speed

As you can see, you don't have to rush this bow—just don't appear rushed!



NOTE: This bow can only be done from seiza.

1. Sit in seiza
2. Bend forward 30° over a one complete breath
3. At the same time and at the same speed, lower your hands 30cm toward your knees
4. Men, place your palms on the floor with the tips of your fingers on top of your knees, thumbs touching
5. Direct your gaze to the floor in front of you, which is twice your seated height
6. Hold this position for one second
7. Return to seiza over a one second

Be sure to take your time with this bow. It should appear graceful and sincere.

FUTSUREI OR KEIREI:

The 30 to 45° “respect” bow

When you're interacting with someone who has some sort of power over you, such as your boss or your in-law, you should perform a futsurei 普通礼ふつふりれい or keirei 敬礼けいれい. Futsurei 普通礼 means “ordinary” and kei 敬礼 means “respect”, so think of this as a “respect” bow appropriate for most situations.

STANDING

1. Stand in seiritsu
2. Bend forward 45° over the span of one complete breath



'I bet you didn't think there was so much setup for such a simple-looking gesture, did you?'

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3. At the same time and at the same speed, lower your hands down the front of your legs
4. Stop your hands 7 to 10cm above your knees
5. Return to seiritsu over the span of a slow inhalation

SEATED

1. Sit in seiza
2. Bend forward until your head is 30cm from the floor over a period of 2.5 seconds
3. At the same time, place your hands flat on the floor, making a triangle with your thumbs and forefingers
4. Hold your upper arms close to your body and leave your elbows slightly off the floor
5. Direct your gaze toward your index fingers with your face parallel to the floor
6. Hold this position for 3 seconds
7. Return to seiza over a period of 4 seconds



SAIKEIREI: The 45 to 70° "deeply reverent" bow

Tourists and foreigners living in Japan will rarely have to perform a saikeirei 最敬礼さがいけいれい as it conveys profound respect or regret. Outside of religious uses, which we'll get to in a minute, it's almost entirely reserved for dramatic apologies or audiences with the emperor. In other words, don't break it out for just anyone.

STANDING

1. Stand in seiritsu
2. Bend forward 70° over a period of 2.5 seconds
3. At the same time and at the same speed, lower your hands down the front of your legs
4. Stop your hands when they touch the tops your knees
5. Direct your gaze toward the ground at a spot about 80cm in front of you
6. Hold this position for 3 seconds
7. Return to seiritsu over a period of 4 seconds



SEATED

1. Sit in seiza
2. Bend forward until your face is 5cm from the floor over a period of 3 seconds
3. At the same time, slide your hands toward your knees, leading with your right hand
4. Cup your hands slightly and put them on the ground about 7cm in front of you
5. Form a narrow wedge in the negative space between your hands with the tips of your forefingers touching
6. Direct your gaze straight down—your face should be parallel to the floor
7. Keep your body compact, with your chest lightly touching your thighs, your upper arms close to your body, and the inside of your forearms touching the outside of your knees
8. Hold this position for 3 seconds
9. Return to seiza over a period of 4 seconds, moving your left hand slightly faster than your right
10. Look into the middle distance between you and the person you have just bowed to

When you're practicing this bow in the seated position, pay special attention to step #9, which is the return to seiza. Do so deliberately and wholeheartedly, pausing slightly before you're completely upright. This helps extend the moment and, thus, the amount of respect you're conveying.

Additionally, because this bow lasts ten seconds, there are



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Speakin' Japanese

Take a bow

In Japan, bowing is usually used during daily greetings. But be careful, it is sometimes used to show appreciation, sympathies and apologies. So, remember the following Japanese expressions that can be used when bowing.

"Yoroshiku onegai shimasu." = I look forward to getting to know you. (when you meet someone for the first time or ask someone for something)

"Itsumo osewa ni natte imasu." = Thank you always for your help/kindness.

"Arigato gozaimashita." = Thank you so much.

"Mooshiwake arimasen." = Let me express my apologies.

"Okuyami mooshi agemasu." = Let me express my deepest sympathy. (used during funeral/memorial services)

"Shitsurei itashimasu." = I have to leave now.

"Ogenki de." = Please take care of yourself.

—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.

some special rules for breathing. You will inhale while bending forward, then exhale when you begin holding the bow. After exhaling, wait for a moment—typically measured as "two blinks"—then inhale again as you straighten back up.

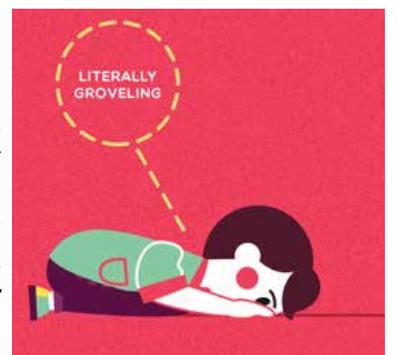
NIREI-NIHAKUSHU: The "worship" bow

When visiting a Shinto shrine, you will be able to make an offering and ring the suzu. After doing so, you will want to perform a nirei-nihakushu 二礼二拍手にわいにはくしゅ.

1. Do 2 keirei bows
2. Clap twice in the air in front of your chest, hands pointed upward
3. Do a single saikeirei bow

DOGEZA: The "begging for your life" bow

Nowadays, you'll probably only see the dogeza 土下座どげざ in samurai or yakuza movies. Someone who is getting yelled at for doing something really disgraceful might do this, pressing their face into the ground out of shame or fear, but I hope you never find yourself in that position, as it is, essentially, groveling.



Special circumstances

- If you are working in Japan, you may find that your company has its own rules about bowing that differ from what I described above. For example, your boss may tell you to place your hands a certain way or to bow to a certain degree. In that case, just do as you're instructed, using your coworkers as examples.
- If you are bowing while seated on a chair, leave some space between you and the backrest and sit up straight. Women should put both knees and feet together, while men should keep their knees and feet separated by about 15 or 20cm. The bowing angles are the same as the standing ones.

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Museum

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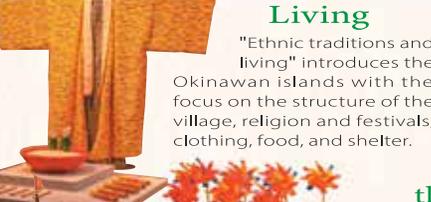
Nature

The exhibition "Creatures Tell the Story of 200 Million Years of Okinawa" introduces creatures evolved on the Ryukyu Islands.



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 Shuri 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.



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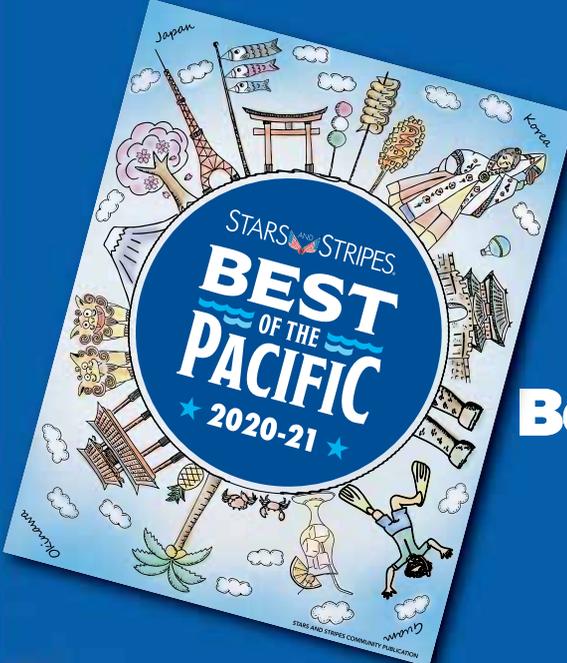
*Admission to the permanent exhibition only.

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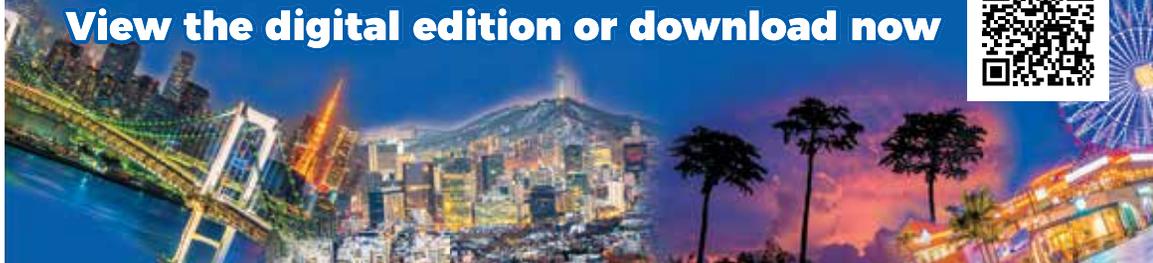
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Read between the lines

3 reasons you should pick up a book

BY JENNIFER BROWN, STRIPES OKINAWA

1 Reading gives you time to yourself

In need of some alone time? Reading is probably one of the best ways to schedule in some. Reading is versatile and can be a group activity especially when you're reading to others, but there is nothing quite like the time a solo reading session affords. When you pick up a book, you are essentially giving yourself, and those around you, a clear signal a desire for alone time. What I personally find most interesting about this phenomenon is that reading on your own seems to bring the library's calm environment into wherever you are. For example, for the most part, when people notice someone is reading, there seems to be a mutual agreement to keep voices low and respect each other's privacy as one would inside a library.

2 Reading is an escape from reality

Just as reading allows you some time to yourself, it also can provide an escape from the physical reality. As a kid, I loved the challenge that would come with filling out reading logs for my local library during the summer. I would set the timer for half an hour every day and let myself become captivated by the characters and scenes that unfolded with the turn of every page. I think this is probably best visually illustrated in the Narnia commercial that used to play on television where a child sitting on a train opened up a book and then was suddenly drawn into another world, in this case, into the land of Narnia. I can certainly relate to that experience! When I read, I can easily find myself getting caught up in the drama and wonders of a book and forget all about the world around me.

3 Reading is a way to connect with others

Lastly, social connection is another benefit I have found from reading. Even under the strict social distancing measures, the simple act of reading can unite us. For example, at work I noticed my colleagues took to reading books on their down time. Eventually, reading led all of us to create a system of sharing books until we'd all read a particular one that we could discuss. We accidentally created our own book club! Nevertheless, the fact that we all picked up reading as a hobby essentially connected us both indirectly and directly to one another. Indirectly, the act of reading allowed us to interact subtly, respecting each other's privacy and need for quiet; directly, reading ultimately sparked conversation not only about the books we shared, but also the deeper meanings behind the stories shared by the authors.

While reading may not be for everyone, I cannot deny the benefits it has given me. Whether we actively practice reading now, we all grew up learning about the important role literacy plays in society and in our daily lives. Whether by book, newspaper article or online, for school, for work or for fun, reading may open a few doors for you. I hope you consider these reasons mentioned above before turning away from reading. You never know where it may take you!

.....

Jennifer Brown is a hospital corpsman at U.S. Naval Hospital Okinawa. Originally from Florida, she joined the Navy in 2018 and has been on the island for over a year. During her free time, Brown enjoys spending time with animals, running, rock climbing, and hiking. She is an alumna of the University of Central Florida and holds a Bachelor of Science in Psychology. Her professional interests include social work, animal welfare, and children.

Stripes Sports Trivia

Every sport has those records that are just plain astonishing. Numbers that every time you see them, you wonder how it was possible for a player to accomplish that once, and as far as breaking it? No chance. The NFL record for sacks in a single game is seven. Yes, seven sacks, one guy. Which Hall of Fame linebacker, who was tragically killed after a car crash in 2000, holds this untouchable record?

Answer

Derrick Thomas



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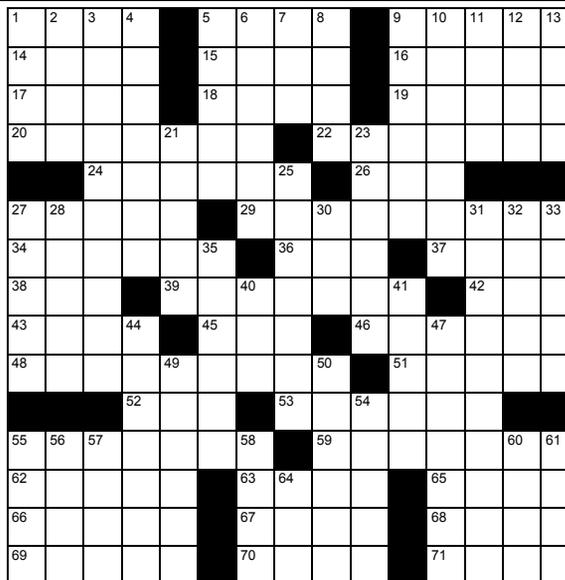
Digital edition also available. Download online

Crossword

by Margie E. Burke

ACROSS

- 1 Down in the dumps
- 5 Acted like
- 9 Loses color
- 14 Litter's littlest
- 15 Quaker's "you"
- 16 Say "y'all," say
- 17 Math computation
- 18 Youngster
- 19 Firing place
- 20 Many May babies
- 22 Wrongdoing
- 24 Olympic lake in NY
- 26 ___-Atlantic
- 27 Small night bird
- 29 Materials for Renoir
- 34 Like some music
- 36 Web developer's concern
- 37 Kind of sign
- 38 Playfully shy
- 39 Acrobat's attire
- 42 Phone's ABC
- 43 Anagram for "ruse"
- 45 Caesar's hello
- 46 Perfume sampler
- 48 Superfluous
- 51 Ball VIP
- 52 ___ no evil
- 53 Figure out
- 55 Field laborer of old
- 59 Maine capital
- 62 Color of honey
- 63 Right on the map?
- 65 Diving bird
- 66 Get a whiff of
- 67 Smart-___
- 68 Surrounded by
- 69 Astronaut Ride
- 70 Kin's partner
- 71 Count (on)



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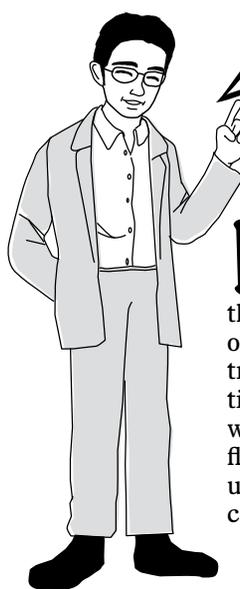
- 2 Fishing item
- 3 Out of work
- 4 Amazon, e.g.
- 5 Room at the top?
- 6 Prefix with "therapy"
- 7 Comics shriek
- 8 Consider to be
- 9 Iran, once
- 10 Finder of a magic lamp
- 11 Place to wait
- 12 Result of honing
- 13 Farmer's purchase
- 21 Birth-related
- 23 BMW, e.g.
- 25 Swell, as the abdomen
- 27 Come to pass
- 28 Which person's?
- 30 Shepherd's locale
- 31 Annoying
- 32 Spa handout
- 33 Siesta sound
- 35 Hard to lift
- 40 In vitro items
- 41 Fix, as software
- 44 Monroe's co-star in "Gentlemen Prefer Blondes"
- 47 Worldly
- 49 Almost
- 50 Child's china
- 54 Like Rembrandt
- 55 Mountain route
- 56 Austen heroine
- 57 Son of Adam
- 58 Boat-building wood
- 60 Work hard
- 61 Opie's dad
- 64 Frazier foe

Answers to Previous Crossword:

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

DOWN

- 1 Boast



DID YOU KNOW?

Moxibustion is a traditional Japanese heat therapy that burns dried small cone of mugwort that is applied directly to particular points on the skin. It is believed to be effective in treating chronic problems, fatigue, digestive problems, insomnia and gerontology while it can help protect against cold and flu strains. This traditional heat therapy used to a form of punishment for Japanese children if they were misbehaving.

Kanji of the week



Kei/hotaru (firefly)

Language Lesson

Sorry to have you kept waiting.

Omatase shimashita.

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:

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

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

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Get cooking with easy Pomodoro pasta recipe

STORY AND PHOTOS BY SHOJI KUDAKA, STRIPES OKINAWA

If cooking isn't your forte, but a nice meal is something you want to try to master, try pasta pomodoro! With a variety of tomato sauces available in your local commissary or grocery store, this dish is easy to cook and a tough one to mess up.

One afternoon, after another Work-from-Home day, I threw on my apron and tried to recreate a familiar recipe from my days as a server at an Italian restaurant about 20 years ago. Although I've

cooked it at home from time to time since then, the results have always been pretty consistent.

There are no secrets to the recipe

below, but I would like to share one tip: fry garlic at the beginning just until it's turned golden brown. Don't overcook because burned garlic will ruin the taste of the sauce. Like people say: the first step is always the hardest.

Give it a try but also make it your own as it goes well with many different toppings and ingredients. Other popular variations include bacon, tuna, and sausage. I love simple and spicy pasta, so I added eggplant, tomatoes, and red chili.

kudaka.shoji@stripes.com

VIEW VIDEO!



INGREDIENTS

- 7 garlic cloves
- Water [roughly 70% of a pot, enough to let pasta soak in]
- 120 grams of store-bought pasta [I used "Ma Ma Spaghetti" a Japanese brand with a thickness of 1.4 millimeters]
- Two tomatoes
- Two eggplants
- A few sprigs of parsley (for topping)
- 180~200 grams of tomato sauce (I used Prego Italian Sauce)
- Two red chilies plus a morsel of sliced red chilies (add as needed)

RECIPE (FOR ONE PERSON)

Before you start cooking, prepare ingredients by chopping garlic cloves into small pieces, dicing tomatoes into medium-sized chunks and dicing eggplants. Also, chop some parsley.



Eggplants



Garlic



Tomatoes



Parsley

1. Bring water in a pot to a boil on high heat.
2. Add the pasta to the boiling water and turn the heat down to medium-heat. Leave the pasta in for about five minutes.



3. While pasta is boiling, fry garlic and red chili with olive oil in a frying pan just until the garlic is golden brown.



4. Add sliced tomatoes and eggplants into the pan and fry for a minute or so until the vegetables are tender.



5. Next, add the tomato sauce and fry for another minute or so, then remove from heat. Wait until the pasta is cooked to the softness desired by the cook.



6. Once the pasta is ready, strain the water and incorporate the pasta into the pan with the tomato sauce. Fry over high or medium-high heat for another minute or so.

7. Plate your pasta and top with chopped parsley.



8. Enjoy!



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