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# STARS AND STRIPES

Community Publication

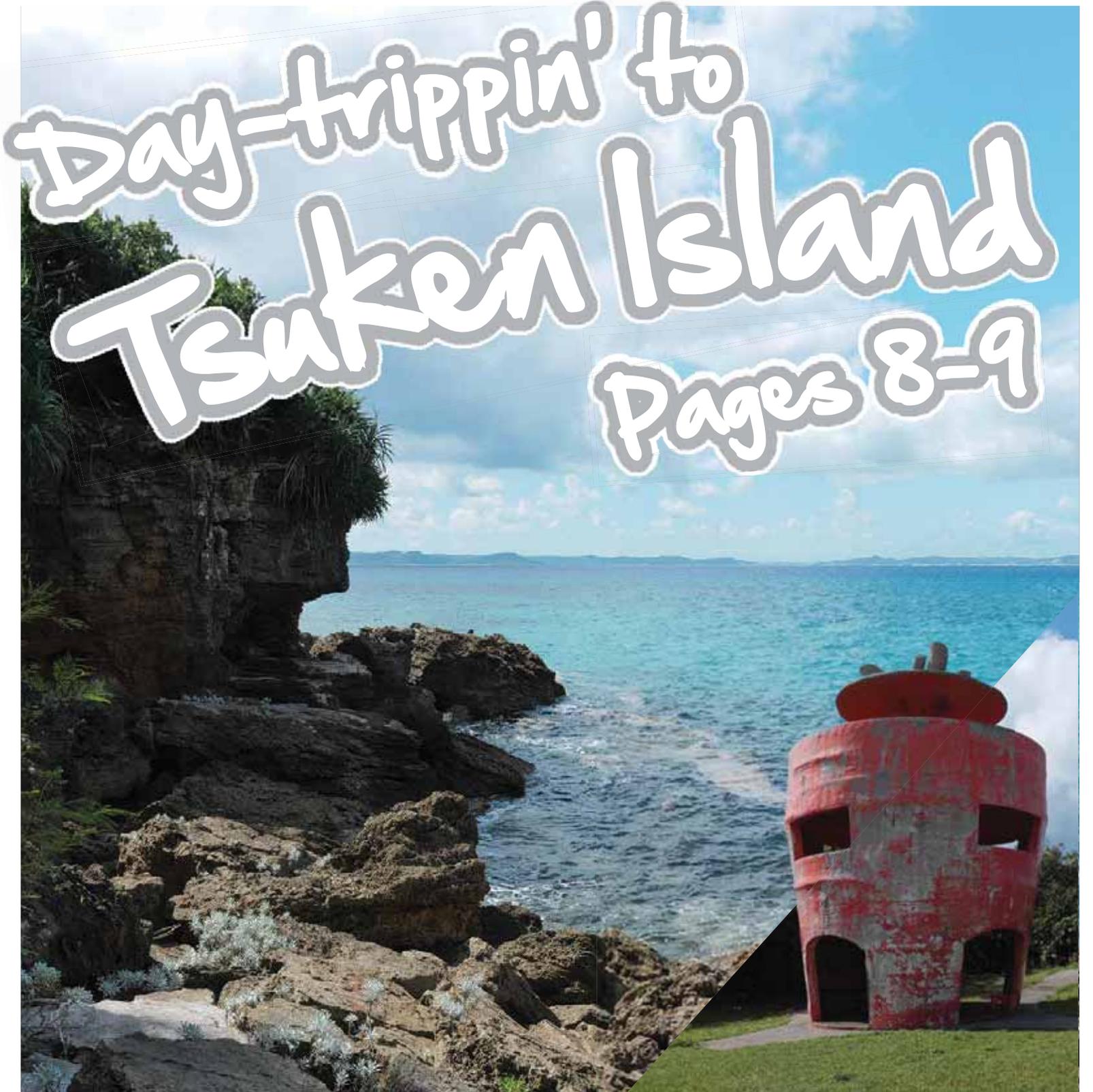
# OKINAWA

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STARS AND STRIPES  
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# Halloween photo contest winners

We loved all of your spooky and fun costumes for this year's Halloween photo contest! Many Stripes readers sent their submissions and many more voted for their favorites. This year, Sara Arellano Santos from Yokota Air Base won the \$40 prize for Best Costume; Aaron Valdez from Kadena Air Base is taking home \$20 for the Best Pet Costume and Lupita La Buena from Camp Foster won the \$40 Special Prize. Check out their submissions as well as some other honorable mentions below. And, don't forget to follow us at [Facebook.com/StripesPacific](https://www.facebook.com/StripesPacific) for more great contests like this!

Winners

BEST COSTUME

SPECIAL PRIZE

BEST PETS



Sarah Arellano Santos from Yokota



Lupita La Buena from Okinawa



Aaron Valdez from Okinawa



Jessica Esparza from Okinawa



Kassie Daniels Mahaffey from Okinawa



Tara Barber from Okinawa

# BLACK FRIDAY

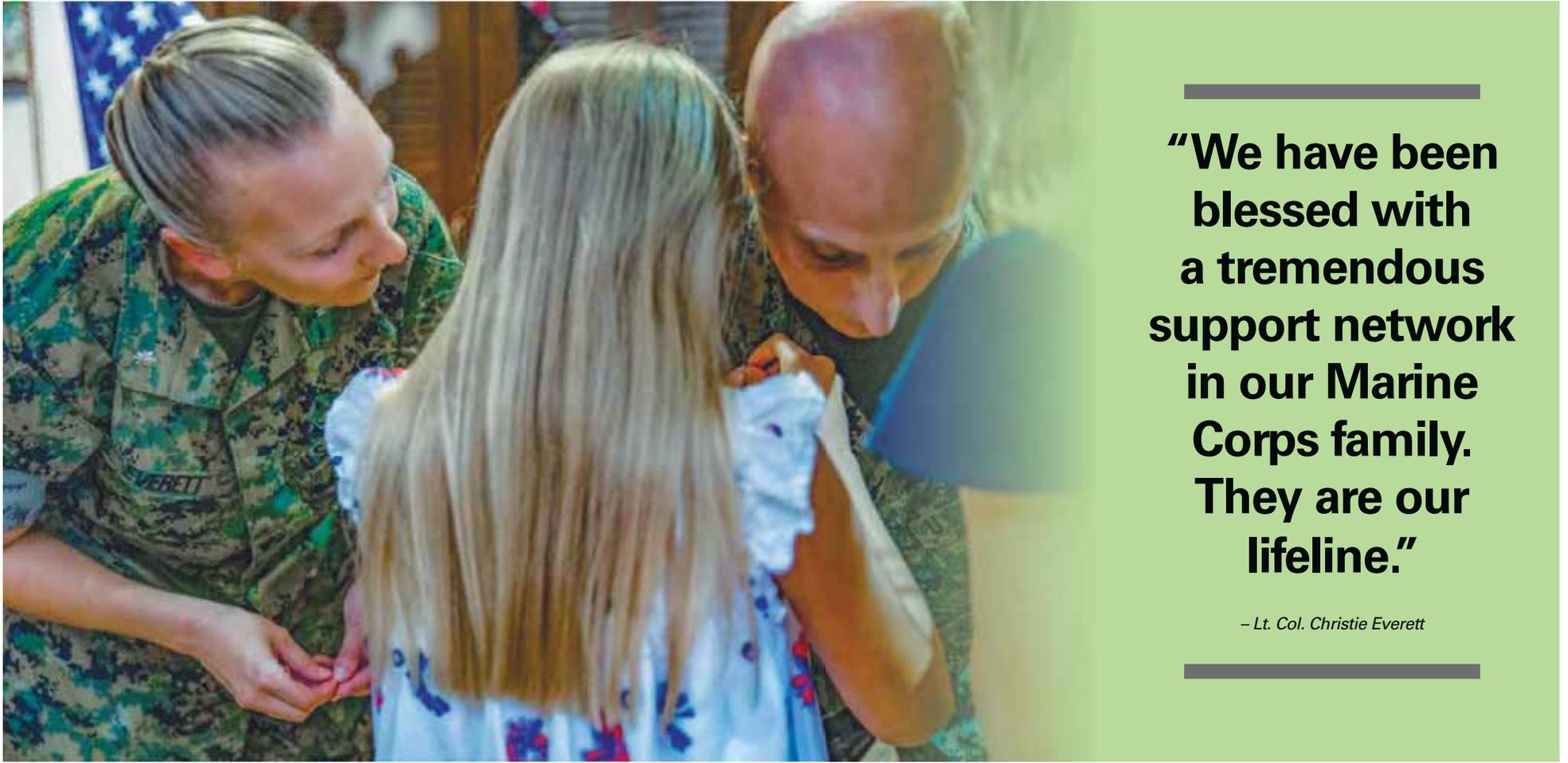
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# SALE

OKINAWA PARCO CITY



PARCO CITY



**“We have been blessed with a tremendous support network in our Marine Corps family. They are our lifeline.”**

– Lt. Col. Christie Everett

# Dual Marine family on Okinawa inspires

BY CPL. LEVI GUERRA,  
3RD MARINE DIVISION

Serving as a U.S. Marine is a challenging experience requiring sacrifice, perseverance, strength, and teamwork to be successful.

Serving as dual-military Marines with a family in demanding Fleet Marine Force assignments overseas can be an even greater, more complex test – one that Lt. Col. Christie Everett and Lt. Col. Brian Everett have passed with flying colors.

The inspirational lives of these two Marines is marked by many unique highlights, yet filled with repetition in the application of unrelenting determination.

“Chesty Puller could not have thought of a more terrific story,” said Maj. Gen. James Bierman, Commanding General of 3d Marine Division, during a dual promotion ceremony for the Everetts Oct. 5, 2021 on Okinawa.

Not only were Christie and Brian both promoted to lieutenant colonel on the same day, they were both slated for command on the highly competitive battalion command screening board.

These results do not happen coincidentally.

Both prior-enlisted Marines hailing from the Midwest – Christie from Indianapolis and Brian from Alton, Ill.; they rose through the ranks based on a combination of work ethic, intelligence, and resolve. Both credit their upbringing with shaping who they are today.

“Hard work beats talent when talent doesn’t work hard,” is a saying their family – “Team Everett” – has embraced, according to Christie.

“Expect nothing and work for everything,” said Brian. “Be proud of what you do in life and find your purpose.”

Brian enlisted in 1989 and is the last Marine still on active duty who served aboard a battleship as part of the Marine Detachment, USS MISSOURI (BB-63). He served a demanding tour as a Marine Corps drill instructor and climbed through the enlisted ranks to gunnery sergeant before earning a commission as a second lieutenant.

Christie – an exceptional athlete and student – had the background and tools to qualify for any military occupational specialty. However, her character as a team player shined through early in 1998 as she decided to enlist in the Marine Corps on an open contract. Her gritty personality was fitting for assignment as a generator mechanic where her leadership skills were recognized and honed as a platoon sergeant, before heading off to college and Officer Candidate School.

In 2006, the paths of Brian and Christie crossed for the first time at The

Basic School in Quantico, Va., where both continued to shine. Christie earned honors as the high shooter in her company of approximately 300 students while Brian took the award for the top prior-enlisted Marine, or “Mustang,” in the class.

From there, both received orders to Camp Lejeune where their relationship developed. Within the year, both would be simultaneously deployed to Iraq in different units supporting Operation Iraqi Freedom, where their lives would change forever.

“Brian asked me to marry him in Iraq,” said Christie. “He proposed to me on top of my Command Post – not the way I envisioned it.”

An engagement within a combat zone is more than fitting for this warrior family.

After returning from the deployment and getting married, Team Everett returned to their roots where Marines are made – the Marine Corps Recruit Depot at Parris Island. Both served as series commanders and company commanders aboard the Depot, an extremely demanding

tour of duty that requires around-the-clock effort seven days a week.

“Do not feel that one of you must give up your military career in order to have a marriage and family,” said Brian while offering encouragement for other dual-military families. “At times, one will be the main effort at work or home while the other is the supporting effort.”

The challenges of the drill field were accentuated for the dual-military couple caring for two young daughters, but the Everetts persisted and thrived.

“We have been blessed with a tremendous support network in our Marine Corps family,” said Christie. “They are our lifeline. People that have shared meals, helped care for our children, and inconvenienced their own families to help us.”

Christie rounded out her tour on the drill field excelling as the first female executive officer for a male recruit training battalion. The Everetts’ outstanding performances were recognized with their selections to attend Expeditionary Warfare School in 2012 with follow-on assignments at

Marine Forces Special Operations Command.

After they obtained the rank of Major, Brian and Christie were once again selected for resident professional military education, this time at the U.S. Marine Corps Command and Staff College in 2016 followed by highly sought after assignments in the National Capital Region.

Christie now serves as the Assistant Chief of Staff, G-1 for 3d Marine Division while Brian is the Executive Officer for Combat Logistics Regiment 3. Both are based in Okinawa, Japan. In 2022, Team Everett will return to Camp Lejeune where they are both slated for battalion command.

When asked for the best piece of advice she has for other Marines, Christie said, “Define your own version of success ... growth and comfort do not always coexist. There were so many opportunities I didn’t think I could attain, but I went for it anyway and people helped me succeed.”

Neither Brian nor Christie would change a thing about their story.

“We have received more from the institution than what we could ever return,” said Brian. “It is not an easy life, but the return both personally and professionally is beyond measure.”



Lt. Col. Brian Everett and Lt. Col. Christie Everett celebrate with “Team Everett” following their promotion ceremonies.

Photo by Lance Cpl. Alyssa Chuluda,  
U.S. Marine Corps



For his Eagle Scout project, Nijrell Jackson turned an empty space at an Okinawa community center into a garden with rows of sweet corn, carrots, daikon, radishes, cucumbers, melons and spinach.



For her Eagle Scout project, Leila Jackson decided to help Okinawa families coping with domestic violence find a place that sheltered children along with women.

# Sibling scouts follow in Marine father's footsteps

STORY AND PHOTOS BY  
FRANK ANDREWS,  
STARS AND STRIPES  
Published: November 4, 2021

**CAMP FOSTER** — Two teenagers with the Boy Scouts of America on Okinawa grew a food garden and built a haven for children affected by domestic violence at a nonprofit community center run by a retired Marine and his wife.

Life Scouts Nijrell Jackson, 15, and Leila Jackson, 13, recently completed the projects as part of their Eagle Scout journey. To achieve the organization's highest rank, they must complete a meaningful service project for their schools, religious institutions or communities.

Nijrell and Leila continue a Scouting legacy begun by their father, Gunnery Sgt. Earl Jackson, a senior noncommissioned officer for an ammunition company at 3rd Supply Battalion on Camp Schwab. He became a Bear Scout at age 9. Today, on his second tour on the island, he's a district chairman, adviser and a leader for Scouts ages 14 to 21.

The siblings volunteered their time to Help Oki, a community center in Misato founded 10 years ago by Chris

Nesbitt, a retired Marine from New Jersey, and his wife, Yuko. The center has a pantry, a large thrift store and a small room that provides shelter for women fleeing domestic violence.

Nijrell turned an empty space at the center into a garden with rows of sweet corn, carrots, daikon, radishes, cucumbers, melons and spinach.

"The whole garden was covered in weeds," he told Stars and Stripes while working in the garden. "The first weekend we cut the weeds. I wanted to do a construction project for my Eagle Scout project, and this is something that I thought would be a good idea for the Help Oki community center."

Earl Jackson, his wife, Maria Jackson, and their children arrived on Okinawa in March 2020. Their involvement in Scouting goes back several years.

The family was active in the Boy Scouts' California Inland Empire Council where Leila became a Cub Scout in 2016. In August 2018, Boy Scouts of America — also known as Scouts BSA — opened its ranks to young women.

Earl Jackson connected

**"I know it will help my future a lot. I know that not a lot of people haven't gotten Eagle Scout before, so I think it's an honor to get something very rare."**

— Leila Jackson



Gunnery Sgt. Earl Jackson is proud of his children, Eagle Scout hopefuls Leila and Nijrell.

with Nesbitt at a meeting of Japanese and American Scout supporters in June 2021 where he came to seek help for the center.

"We do a lot of food drives," Nesbitt said. "We ask BSA or military if anybody would like to drop off food during our normal working hours of operations, that would be greatly appreciated."

Nijrell first showed interest in a project at Help Oki, and encouraged Leila to find an opportunity there, too.

Leila saw a need to help families coping with domestic violence find a place that sheltered children along with women. Nesbitt said many

Okinawa shelters won't accept clients if they arrive with kids older than 13.

Leila discussed several projects — a table or staircase for the center — but settled on turning a room within Help Oki into a place where anyone caught in an unsafe home environment can stay overnight.

"Building a staircase doesn't have much impact on people," she said. "A room can help people a lot more than a staircase, or a table, so I thought it would help a lot of people."

"She said I would love to do that for the domestic violence

haven room," Earl Jackson said. "They got in contact with Chris, and they have been working on the projects for the last three months.

Although an increasing number of young women are becoming Eagle Scouts, it's an achievement that still earns local headlines.

"I know it will help my future a lot," Leila said. "I know that not a lot of people haven't gotten Eagle Scout before, so I think it's an honor to get something very rare."

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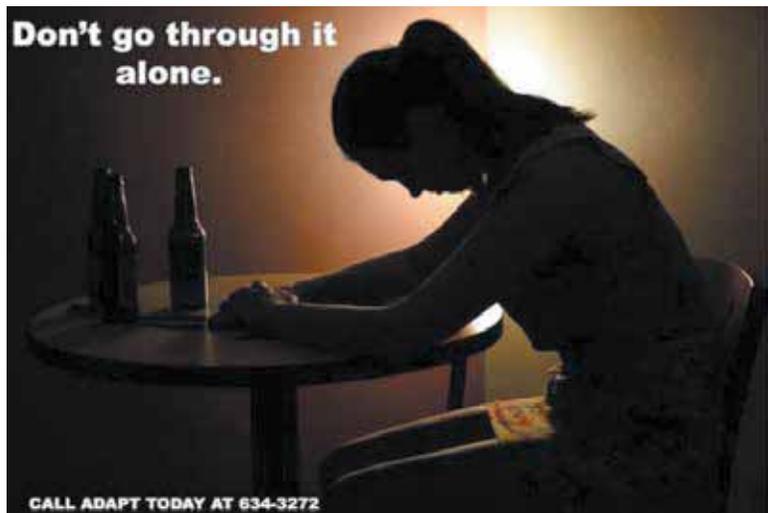


Photo by Staff Sgt. Curt Beach, illustration by Airman 1st Class Yosselin Perla

# Don't wait, ask for help A journey of recovery

BY AIRMAN 1ST CLASS YOSSELIN PERLA,  
18TH WING

KADENA AIR BASE – When a person joins the military, they are provided with a plethora of tools, resources and helping agencies to utilize when life begins to feel overwhelming. Unfortunately, even when equipped with all of these sources of support, asking for help can sometimes be one of the hardest things a person can do. For Senior Airman Tania Crawford, 353rd Special Operations Aircraft Maintenance Squadron electronic warfare journeyman, not seeking help early in her struggles led her down a dark road.

After arriving at her first duty station, Crawford began experiencing feelings of homesickness and turned to alcohol as an avenue of escape.

“Last year around the early summer months I started drinking a little bit heavier,” explained Crawford. “I drank about every other day and on the weekends I would have six or seven drinks. I was drinking to help push the pain away.”

As summer gave way to fall, more emotional turmoil came into Crawford’s life.

“Last September an Airman in our squadron passed away, so that made my drinking problem a lot harder to cope with,” Crawford said. “At that point I knew I was hitting rock bottom, but I didn’t seek out help — I just kept bearing it.”

On November 27, 2020, Crawford was forced to face her problems head on after making an irreversible decision.

After consuming two drinks and waiting for four hours to pass, Crawford decided to drive herself to get something to eat, she explained.

“I got in my car, drove to gate three and [security forces members] were doing sobriety checks,” Crawford recounted. “I blew into

the breathalyzer and it kept beeping so they had me get out [of my car] and took me back to the security forces building. I took another sobriety test and that’s when I blew a .06.”

In Okinawa, driving with a blood alcohol content of .03% will result in an automatic DUI offense.

Following her DUI, Crawford was directed by her commander to go through the Alcohol and Drug Abuse Prevention and Treatment Program, where she learned healthier ways to cope with her emotions.

“Going through the ADAPT program helped me learn more about myself,” Crawford said. “I learned that I struggled with anxiety and some of the things that trigger it. I also learned how to cope with it better instead of going straight to the bottle.”

The ADAPT clinic provides weekly group therapy sessions and individual counseling in which the frequency is determined by the patient’s needs, explained Senior Airman Stephanie Augst, 18th Operational Readiness Medical Squadron Alcohol and Drug Abuse Prevention and Treatment technician.

Crawford now practices journaling and weight lifting to help keep her anxiety at bay instead of using alcohol as a coping mechanism.

Today, Crawford shares her story so that others don’t make the same mistakes she did.

“Don’t be afraid to ask for help,” Crawford emphasized. “I was afraid to go to people and tell them what I was going through. Don’t wait until the last minute to ask for help because if you keep everything balled up, it’s eventually going to explode.”

To learn more about resources, education and treatment options the ADAPT office provides, contact the clinic directly at 634-3272.

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**Paid reserved seats**  
Enjoy our magnificent "Kuroshio Sea" main aquarium with its whale sharks and manta rays from the nine reserved vantage seats for a small fee.

Price: ¥500/40 min. (incl. tax) \*Pay at the Café Ocean Blue entrance. Open 8:30 to 18:00 (last entry 17:20) Ask for your seat at the Café Ocean Blue entrance \* No reservations in advance \* Other seating free.

**Cafe Ocean Blue** **OPEN : 8:30-18:00 (L.O. 17:00)**  
Favorite dish: Churaumi Curry with Drink ¥1,600  
The current menu favorite made with butterfly peas and inspired by the whale shark swimming in the blue sea. Discover the mystery of blue curry!

\* Reduced business hours to prevent the new coronavirus infection spread. Please see our homepage for details.

### Restaurant Inoh

**OPEN : 8:05-18:30**  
Magnificent view overlooking the East China Sea, Relax and enjoy the ocean view and meals changing with the time of day.

- Breakfast 8:05-10:00 (L.O. 9:30)**  
Sausages and thick toast with Motobu-produced Okinawan vegetables. All on one plate.
- Lunch (semi-buffet style) 11:00-15:00 (L.O. 14:30)**  
Motobu Aguu-pork Curry, Taco Rice, Nankotsu Soki Soba and Salad, Dessert, Drink Bar included.
- Sunset Dinner 16:00-18:00 (L.O. 17:30)**  
Dishes beloved by adults to children alike, such as Motobu Beef Steak, Okinawan Wagyu Beef, and Aguu Pork Cutlet.

**OKINAWA CHURAUMI AQUARIUM**  
https://churaumi.okinawa/en/

**! Ocean Expo Park / Okinawa Churaumi Aquarium is closed**  
December 1, 2021 (Wed) and December 2, 2021 (Thu) for a facility inspection.

## Ocean Expo Park celebrates fall in full bloom!

OVER 1,000 POTS FILLED WITH VARIETIES OF BOUGAINVILLEA AND HIBISCUS, THE CLASSIC FALL FLOWERS OF OKINAWA.

### Ocean Expo Park Bougainvillea and Hibiscus Exhibition

Limited supply of free seedlings to visitors during the exhibit. First come, first served.

**2021 NOV. 13 SAT ▶ DEC. 12 SUN**

**Location: Tropical Dream Center**  
**Hours: 8:30 a.m. - 5:30 p.m.** (Last admission 5:00 p.m.)  
**Adults 760 yen** (Children 15 years old or younger are free)

**! Ocean Expo Park / Okinawa Churaumi Aquarium is closed**  
December 1, 2021 (Wed) and December 2, 2021 (Thu) for a facility inspection.

**OCEAN EXPO PARK** https://oki-park.jp/kaiyohaku/en/

## A DRILL INSTRUCTORS JOURNEY

Master Sergeant Larry McNair Retired. Enjoy reading Short Stories about Drill Instructors. Watch the drill Videos and other links. The links are very useful. Stop by [www.adrillinstructorsjourney.com](http://www.adrillinstructorsjourney.com) and enjoy.

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# Say cheers with these 18 popular Japanese drinks

BY JAMES KRICK, BYFOOD

Japan is of course a country that is famed for its cuisine. Across the globe, Japanese food is revered for its depth, flavor and its subtlety. Ask anyone from New York to Hong Kong about sushi or ramen and you will no doubt receive an enthusiastic response! However, for many first time visitors to the country, Japanese drinks remain something of a mystery. Today, we will look at some of the most famous and unique Japanese drinks that are just as interesting as the food and can be the perfect compliment to your meal.

Japan is a country where both the traditional and the modern live in tandem. This is an aspect of the culture that can also be seen even when we look at what people drink in modern Japan. We start with perhaps the most important and famous Japanese drink of all, the humble green tea.



Popular non-alcoholic Japanese drinks

## 1 Green tea

Green tea first originated in China and legend states that the first green tea seeds were brought to Japan by two Buddhist monks, Saicho and Kukai, in the early 9th century. These seeds were then planted in Uji, near Kyoto, which then became the birthplace of Japanese green tea (specifically Uji matcha) in Japan.

Today, there are about 20 different variations of green tea that exist in Japan. The green tea flavor has also become a symbol of the country and can be found in everything from Kit Kats to soap! However, nothing truly symbolizes the importance of green tea to Japanese culture more than the traditional tea ceremony, chado (茶道) or “the way of tea.” This ritual with Zen Buddhist origins, which uses the matcha tea variation of green tea, has come to represent Japanese culture to the outside world and is all centered around the presentation and enjoyment of the humble beverage.



## 2 Royal milk tea

In keeping with the different teas of Japan, another unique drink that is very popular amongst Japanese people is Royal Milk Tea. This blend of “English” tea (a combination of Assam and Darjeeling leaves) is brewed and then a healthy measure of milk is added. This can then be sweetened with either milk or honey to taste. This is a drink that can be enjoyed either hot or cold and is a year-round favorite.



## 3 Bubble tea

Originally an imported drink from Taiwan that is a fairly recent fixture to menus in the big cities of Japan, bubble tea has now become a massive hit, particularly amongst the younger generations. In its original incarnation, this tea is milk tea (not dissimilar to Royal Milk Tea) that can be made with black, oolong, or jasmine tea leaves and added tapioca balls. The tea is usually served sweet with added sugar.



## 4 Flavored soy milk

Soy milk, a natural byproduct of making tofu by grinding soybeans, has long been an alternative for dairy milk in Japan. It is a beverage that again holds a place of special importance in Japanese cuisine, and is used to make yuba or the skin from boiled soy milk. It is also used as the base for a special winter stew called tonyu nabe (soy milk hotpot). However, in recent years the popularity of soy milk as a stand alone beverage has soared with many flavored options such as banana, sakura, and of course matcha! There are even limited edition flavors such as pudding-flavored soy milk!



## 5 Yakult

Today a drink that is famous the world over, this probiotic, fermented milk beverage was first invented by the renowned Japanese scientist, Dr. Minoru Shirota in 1935. This small but mighty drink has been scientifically proven to help maintain a healthy stomach and increases the amount of good bacteria in your system. The drink is so popular in Japan that not only does it come in different flavors, but it is delivered from door-to-door and to offices each day and it even has a baseball team (the Yakult Swallows) named after it!



## 6 Aloe drinks

Okinawa is famous for many different tropical fruits and vegetables. Perhaps one of the best known is its aloe vera plant, which is cultivated year round. The plant contains over 200 active compounds and vitamins and is acknowledged by the people of Okinawa as one of their secrets to long life! Aloe vera juice and aloe yogurt drinks are now among the most popular drinks in Japan and are widely available.



## 7 Melon soda

An absolute favorite amongst young Japanese high school students, melon soda is widely available and is a particular treat at karaoke bars and other places where students congregate! For a particularly decadent twist, add a scoop of vanilla ice cream for a melon soda float.



## 8 Calpis

Calpis is a non-carbonated soft drink with a very unique taste. It has a somewhat sweet and milky texture and a light, slightly sour aftertaste not unlike Yakult. It is a drink that is popular with all age groups and is found throughout the country. Interestingly, Calpis is based on the ancient Mongolian drink airag, which the inventor of Calpis, Kaiun Mishima, tasted during an expedition to Mongolia.



## 9 Pocari Sweat

In the summer months, Japan can be punishingly hot and humid, so it is important to stay hydrated! Pocari Sweat is the drink (with a somewhat off-putting name) that will help you do just that! Strange name aside, Pocari Sweat is in fact a non-carbonated isotonic sports drink that contains important minerals and electrolytes that keep you hydrated and well-supplied with nutrients. The drink is available in convenience stores across Japan and is a favorite with athletes and sports teams.



**10** → **Ramune**  
 A summer favorite which is available at all matsuri (festivals) and is one of the most uniquely Japanese drinks on this list (despite first being introduced to Japan by a Scottish pharmacist during the Meiji era), Ramune is a carbonated soda that comes in a variety of different flavors and is served in its distinctly-shaped glass bottle for a refreshing summer treat. Sometimes referred to as “marble soda” abroad, to open this beverage you must push the marble that seals it into the narrow neck of the bottle.



**11** **Amazake**  
 Amazake is perhaps the most unique drink on this list and has one of the longest histories. This sweet drink is made with fermented rice, and it can be alcoholic or non-alcoholic. Sometimes it is made with the sake kasu that’s left over from the Japanese sake brewing process, giving it a delicious tang. It can be served either hot or cold but is more traditionally enjoyed hot in winter to warm up winter revelers through on the chilly evenings. This drink is also a traditional New Year’s beverage that is offered at temples and shrines during hatsu-mode.



**12** **Coffee**  
 While Japan may be seen by many as the nation of green tea, make no mistake Japan is also a coffee drinker’s paradise. The most popular drink in the world after water, coffee can be found absolutely everywhere in Japan, from convenience stores and vending machines to tiny shops run by coffee purists who sell some of the most expensive and rare coffees in the world. Visitors to Japan should not miss the opportunity to sample a cup of one of Japan’s drip coffees which is the preferred method of brewing across the country.

**1** Browse tea farm tours in Japan

**3** Check out our blog post 6 bubble tea shops in Tokyo to read more about the bubble tea craze in Japan!

**11** Learn more about hatsumode and oshogatsu in our article about Japanese new year traditions!

**12** To get your caffeine fix, check out these 8 Tokyo cafes and roasteries with killer coffee!

**13** Browse Japanese sake tastings in Japan

**14** Browse Japanese beer tastings in Japan

**15** Browse whisky tastings in Japan



**Popular alcoholic Japanese drinks**

**13** **Japanese sake (Nihonshu)**  
 The grandfather of Japanese alcoholic drinks, nihonshu, or sake as it is known outside Japan, is a rice wine that is made from rice, rice koji, and water. It is believed that sake is the oldest alcoholic drink in Japan and there is evidence of sake consumption dating back to the third century!  
 This is a drink that can be served cold in summer and hot in winter and certainly should not be missed by any visitor to Japan. Sake has a huge number of different varieties and regional specialities. You can also find a great number of specialty sake bars that will give you the opportunity to try a wide variety.



**14** **Japanese craft beer**  
 Much like the growth of Japanese whisky, Japanese craft beer has also experienced a real boom in recent years. There are now many different craft beer pubs dotted around the country that offer some fantastic Japanese interpretations on beers such as IPAs and stouts but also some truly unique Japanese flavors such as beers brewed with sakura or yuzu!



**15** **Japanese whisky**  
 In 2014, the world of whisky experienced a shock when, for the first time in history, a Scottish whisky was defeated and a Japanese whisky was named the best in the world. Japan takes its whisky very seriously indeed and this can be seen with the wide and varied selection of local brands available. For those who are very interested in the process, the major Japanese distilleries also offer guided tours and sampling!



**16** **Umeshu**  
 Umeshu or Japanese plum wine, is a sweet, plum-flavored liqueur with a rich taste and a honey-colored look. This alcoholic favorite can be drunk straight but is also delicious when mixed with soda water or even with a splash of water.



**17** **Shochu**  
 A staple of the izakaya, shochu is a clear alcoholic drink that can be distilled from a variety of ingredients such as sweet potatoes, barley, or rice. Regional variations of shochu can be drunk all over Japan and this is a very popular drink amongst salarymen and women during work parties.



**18** **Chuhai**  
 The university and college students’ drink of choice, chuhai, is a combination of shochu and a sweet, flavored soda. The most popular variant of the chu-hai is lemon flavor but there are tens of different flavors available. Chuhai is readily available in all convenience stores but a tastier and more refined variation of the drink can be found in many izakaya and bars where fresh fruit is used to mix.

All in all, Japan has a huge variety of different, unique and wonderful drinks to try. Many of these can be seasonal and completely unique to the region, meaning that for the visitor, there is an endless galaxy of flavors to experience!  
 Expand your palate. Browse tastings in Japan and become an expert on Japanese sake, whisky, tea, and more!

*byFood is a platform for food events in Tokyo, with over 80 experiences to choose from and a fantastic resource for learning about Japan’s thriving food culture! What’s more, byFood runs a charitable outreach program, the Food for Happiness Project, which donates 10 meals to children in Cambodia for each person who books a food event through our platform!*



# Day trip to Tsuk

## Near White Beach and sandy shore

STORY AND PHOTOS BY SHOJI KUDAKA, STRIPES OKINAWA

**T**suken Island, just off the east coast of Okinawa's main island, is also known as "Carrot Island." This wonderous place with interesting landscapes and beautiful views has earned this moniker because Tsukenjima ninjin carrots are its signature product, known for their rich sweetness. Up to 80 percent of the island is covered in farmland, of which up to 60 percent is dedicated to the crunchy, nutritious root vegetable.

Though famous for its carrots, Tsuken Island has other reasons it's a worthy destination for a daytrip. From White Beach Naval Facility, Tsuken Island can be seen along with other offshore islands such as Hamahiga and Ukibaru. This remote island can be accessed via a 30-minute ferry ride from Heshikiya Port on Katsuren Peninsula.

On a Monday in late October, I paid a visit there for the second time in my life. The last time I went there was almost 40 years ago. So, I was curious to see what the island looks like now.

I boarded my ferry at 11 a.m. and paid 1,240 yen for a roundtrip ticket

(approx. \$10.10).

The ride was a smooth one without uneasy choppy waters. On the ferry with me were a few groups of tourists, but nothing compared to the crowded ferries on pre-pandemic weekends.

As soon as I arrived on the island, I went to a small store nearby to rent a bike for 500 yen. Bringing my car on the ferry was an option, but a bike seemed the best option for touring the small island with a 7-kilometer circumference. Another plus was that all the spots I visited could be accessed for free and I wouldn't have to pay for parking.

While locals and visitors are still traveling to the island, it is probably a good idea to plan ahead and bring picnic items with you. The restaurant near Tomaihama beach was closed when I visited due to COVID-19 precautions. During my visit, I also noticed shops on the island selling drinks and snacks but no bento meals, so I bought some bread at the small store as it was close to lunch time when I arrived. If you would like to picnic on the island, Tomaihama Beach, Shinugugama, and Yajirihama Beach are good places to go.

Island almost 1,000 kilometers away. There are reports of pumice stones surfacing on coast of Okinawa, but here there was a slight grey or not much difference.

The mouth of the well looked more rustic. Previously reinforced with concrete, some of the concrete had crumbled, giving it a rustic, prehistoric look. According to the Okinawa Prefectural Government, the well is a precious source of potable water.

Back in the old days, it must have been difficult to reach this hidden spot for this area retains a special feeling and an unusual environment and its back-

### Ninjin Tenbodai

After getting low at the spring, I took me high above the island's top. I visited Ninjin Tenbodai, or carrot well. This three-story structure is the tallest on the island and stands at 39 meters (128 feet) above sea level. From the top, you can see a long stretch of the sandy shore below. The well is located on Katsuren Peninsula. Around the observatory, there are no stores or shops, but I enjoyed the environ-

### Tomai-hama Beach

After my bird's-eye view of the area, I rode for five minutes to arguably the most popular spot on the island — the beach. Covering one kilometer along the western side, the sandy shoreline is a picture-perfect spot for a beach day. The vibrant blue of the water and the sandy shore provides an ocean view that you won't find anywhere else. Unlike Okinawa's main island, Tomaihama Beach is surrounded by thick bushes, Tomaihama Beach's trimmed trees gave the area resort vibes.

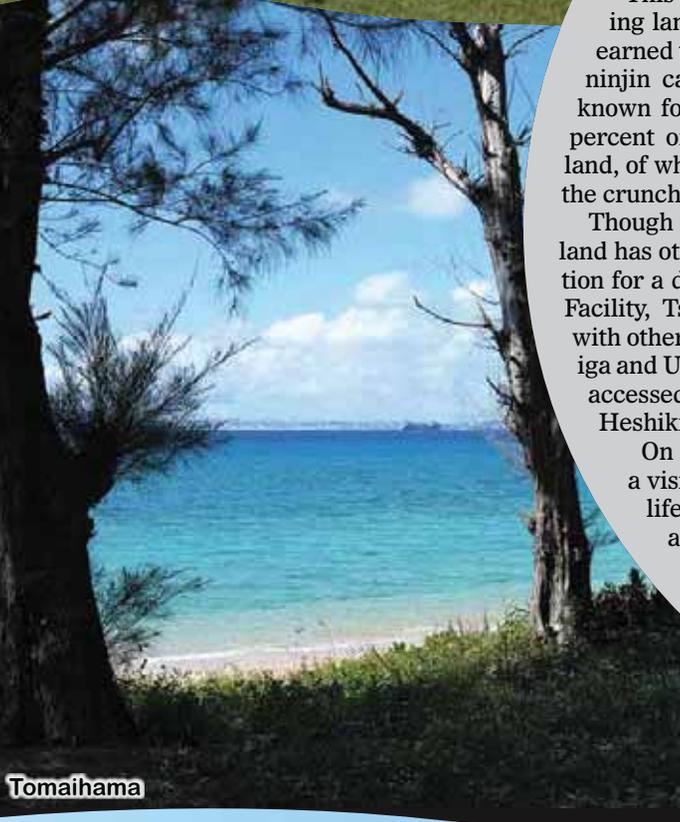
### Shinugugama

After enjoying the beach, I pedaled my bike to a place with a curious landscape and legend. Along the way, I saw some of the fields where the island's carrots are grown.

As you reach Shinugugama, you'll notice how the rocks divide the sandy shore. Weave through the rocks and head south until you reach a hill on your left with the mouth of a cave at the top. It is thought to be the birthplace of Akainko, a famous poet who was a master of poetry, music, and architecture in the 15th and 16th centuries. Akainko is thought of as a master of music using sanshin, a traditional Okinawan instrument.

According to Ryukyu Shimpo, legend has it that Akainko's mother was from Yomitan Village (now a part of the municipality of Torii Station)

Ninjin Tenbodai



Tomaihama

VIEW VIDEO



### Hotoga Spring

My first stop was at the Hotoga Spring, a well on the western coast and about a five-minute bike ride away from the rental shop. The meaning behind the name of this spot is a "spring of pigeons," as a legend holds that the well was discovered by a pigeon. To get there, I had to carefully walk down a set of steps on a steep slope. At the bottom of a cliff, almost hidden by surrounding rocks was the well.

The ocean views from the spring were mostly vibrant blue and seemed unaffected by the recent eruption of an underground volcano near Ogasawara



Shinuguhama

# Tsukun Island

## Carrots, sun and a ferry-ride away

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and hid at Tsuken Island during her pregnancy to avoid danger.

With the rock wall curving as if to hide the cave, this location does look like a safe spot to hide. Whether you know the legend or not, Shinugugama is a special place worth exploring.

### Yajiri-hama Beach

While Tomai-hama may have a bit of a resort beach vibe, Yajiri-hama on the north end of the island is more of a natural beach. Afu Iwa is a small islet nearby easily accessed by foot when the tide is low, according to the Okinawa Convention and Visitors Bureau. To access Yajiri-hama, you need to go on a small road that cuts through bushes. I could not find this road the first time, ended up going all the way around the island just to get there. When I finally found the spot, only 30 minutes were left before the departure of the ferry for the return trip. So, I didn't have time to swim or take a walk to the islet. However, the peaceful view rejuvenated me. It was totally worth the visit.

### Carrot

In total, I spent about three and a half hours touring the island. When I boarded the 3 p.m. ferry for the return trip, I was exhausted from my tour de carrot island. Despite the exhaustion, the beautiful beaches I'd seen lingered on my mind. Equally unforgettable were the peaceful carrot fields I pedaled past on my way to other points of interest.

Speaking of carrots, I didn't want to leave the island without trying its signature vegetable. Unfortunately, it was a little too early for a harvest. I did still manage to get a taste of Tsuken Island back at Heshikiya Port. At the ticket counter I found a vibrant orange bottle of carrot cider for sale.

So, I bought one and tried the juice at the boating dock. Enjoying the delicate sweetness of carrots in the salt breeze, I was imagining my next trip back to the island, this time for swimming in the ocean and trying some carrot dishes.

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

### Heshikiya Port

Ferry Kugani shuttles back and forth between Heshikiya port and Tsuken Island three times a day. Plus, there is a service of a speedboat in the early morning and early evening. Services are available every day for both ferry and speedboat. Prior reservation is not accepted unless you plan to get your vehicle aboard the ship, which costs 10,000 yen or more for a round trip.

\*Although there is a restaurant near Tomaihama beach, it may remain closed due to COVID-19 safety precautions. On the island, some stores had snacks and drinks for sale.



Timetable

Carrot cider



Yajirihama

Hotoga



# Omamori, Ema, and Omikuji

## Why Japanese lucky charms are amazing!

BY NAO,  
LIVE JAPAN

Nowadays, Japanese temples and shrines are widely known by travelers from all over the world, so many people have an idea of what they are like.

But what about a colorful tiny drawstring-bag-looking stuff that are found for sale there? Or pentagon-ish shaped boards hanging together? Or, a paper that some visitors tie up onto a string? Have you got any ideas about what they are?

In this article, you'll find the meanings of these characteristic religious charms, when and how they came into existence, and how the Japanese today take them.

### OMAMORI: About Japan's traditional talismans

These colorful tiny drawstring-bag-looking items are called omamori (written with the Japanese character for "protection").

#### BRIEF HISTORY OF OMAMORI

The idea of talisman already existed in Japan 14,000 -1000 BCE. Then it became the shape of "omamori", in the Heian era, about 1000 years ago.

Back then, temples and shrines had growing power and influence. So, the people called "Oshi", who belonged to and working for temples/shrines, traveled all over Japan to acquire more believers. However, although people wanted to visit the introduced temple/shrine, in many cases, it was impossible to do as there was little choice as a means of transportation.

Therefore, omamori was born. It gave the people, who lived far away from the temple/shrine where the spirit of omamori belonged to, peace and protection.

#### THE KINDS OF OMAMORI

- **HUKURO MAMORI:** A bag type.



Hukuro mamori    Suzu mamori    Omamori ya

- **OMAMORIYA:** An arrow type, most commonly called "Hama-ya". Hama means "to beat evil spirits".
- **OFUDA, MAMORI FUDA:** A wooden type. Also, what is inside of hukuro mamori is this ofuda. It's always wrapped with a white paper as it is believed that the paper protects ofuda's power and cleanness.
- **SUZU MAMORI:** A bell type. It is believed that the clear sound of this Japanese tiny bell scares away evil spirits, hence it protects you.
- **OTHER:** A temple/shrine sometimes has its unique mamori, generally using what it's deeply connected, its symbol, etc. For example, Mikami shrine in Kyoto that symbolizes 'hair' has a small Japanese comb-shaped omamori.

#### WHAT ARE THEY?

Basically, omamori is what protects you. However, some of omamori are for a specific purpose.

#### COMMON TYPES OF JAPANESE OMAMORI

- **GENERAL:** To support you to live peacefully and healthily.

- **HADAMAMORI:** To protect you both physically and mentally. You need to carry it with you all the time. In the past, people sew it onto their hada-gi (underwear), so it is called hadamamori. It is said if something as bad as hurt you happens, hadamamori will sacrifice itself to save you, so it gets cracked or broke.
- **YAKU YOKE:** To protect you from evil spirits, bad people/accidents/etc.
- **YAKU = sufferings, yoke = to avoid.**
- **KENKO (HEALTH) MAMORI:** To protect your body from disease, injury, etc.
- **SHIGOTO (WORK) MAMORI:** To support you to get a nice job, to succeed in your job/project, etc
- **RENAI (ROMANCE) JOJU:** To support you to fulfil your love.
- **EN MUSUBI (WORK, ROMANCE, ETC.):** To support you to connect with others. It is generally believed to help you with matchmaking. However, it can also lead you to good friends or even a nice company as 'en' in Japanese means connection, chance, and any sort of relationship.
- **KIN UN (FINANCE):** To enhance your luck with money.
- **GAKUGYO MAMORI, GAKUGYO JOJU, GOKAKU KIGAN (STUDY):** To support you to achieve the learning target or to pass the exam.
- **KOTSU ANZEN MAMORI (TRANSPORTATION SAFETY):** To protect you from accidents during transportation. The most common use of this omamori is to keep it on a vehicle you drive.
- **ANZAN (EASY DELIVERY):** To support you to deliver a baby with no trouble.
- **PET MAMORI:** To support your pet to live healthily.

#### WHERE CAN YOU GET AN OMAMORI?

You can get them at Jimusho (at a temple)/Shamusho (at a shrine)/Juyosho, which are stands selling a variety of amulets and other items.

It is important to know that while omamori may be cute in appearance, they are religious





Photo by Cooler8, Shutterstock.com

→ items and not something that you ‘buy’ per se. Omamori is given by Hotoke (Buddha) or Kami (Shinto deities). Hence, the money you pass to staff is not a payment but a dedication.

**HOW TO TAKE CARE OF OMAMORI?**

Supposing you acquire a hukuro mamori, you should always have it on you, ideally; this can be seen as similar to a St. Christopher’s medallion or similar. However, if it is a bit difficult, you can keep it at home at a place that’s bright and clean. Also, if it’s possible, you should put it somewhere higher than level with your eyes.

Ofuda and Omamori ya are to keep at home. For these kinds of omamori, it is essential to put them at a bright and clean place that’s higher than level with your eye.

Another important thing to remember is that ofuda is ideally placed facing a bright direction, which is to the south or the east. As for Omamori ya, keep it close to Ofuda if you possess one, and never put arrowhead up to the sky, which is believed to belong to Kami.

**OMAMORI ETIQUETTE**

*Is it okay to open the bag?*

No. To be precise, this bag is just a thing to protect the omamori. What omamori really has is fuda (a holy wooden piece) inside of it. And, as all fuda are blessed by hotoke/kami, it is believed that to remove it from the bag or to see it directly is disrespectful towards hotoke/kami.

*Is it okay to throw it away when it gets old/dirty or when I don’t need it anymore?*

No. You can’t just bin it. The Japanese believe that items such as this must be returned to hotoke/kami, as they filled omamori with sacred power.

There are several ways to give omamori back to hotoke/kami.

**1) Simply bring it back to where you got it.**

All temples/shrines have a place to gather omamori that are no longer needed. You can leave your omamori there with some osaisen (money to dedicate to hotoke/kami) to show your appreciation.

**2) Send omamori back to where you got it.**

If it is difficult for you to come back to Japan, it is worth checking if the temple/shrine accepts returning omamori via post.

**3) Ask a temple/shrine nearby.**

If there are temples/shrines near to you, you might want to ask if they are the same denomination (Buddhism) or sharing the same Kami (Shintoism). If so, they may be able to take care of your omamori



Photos courtesy of Live Japan



Photo by Marco Fine, Shutterstock.com

on behalf of where you originally acquired it.

**4) Burn it at home.**

It might sound a bit barbaric. But, first of all, all the omamori brought back to the temple/shrine are to be burned. So, it might make sense to do it at home when you can’t reach the temple/shrine.

To burn what you have cherished/appreciated is a Japanese religious ritual that can send the item to the top sacred place, akin to heaven in Christianity.

Thus, as a ritual, you must wrap your omamori with a pinch of salt in a clean white paper before putting omamori into a fire. (Salt is believed it can purify evil spirits.)

*Is it okay to have many omamori?*

Yes. You might come across someone who advises you not to have two or more omamori mostly because, considering omamori is a shared spirit by hotoke/kami, they would fight each other. But the predominant belief is that both hotoke and kami possess a merciful heart and will watch over you as long as you are respectful.

Having said that, you might want to consider whether you are getting more omamori than you can take care of properly.

*What do the Japanese think of omamori?*

Although it is said that most Japanese people are not overly religious, many of them still have omamori. In fact, they often obtain omamori on New Year’s day when they make the first visit to a temple/shrine, or when they feel they have something out of hand so they need help from hotoke/kami.

It is also common to give omamori to people they care about, especially on the occasion of a life event. For example, parents give their children a “Gokaku Kigan” omamori when they sit for a university entrance exam.

People dedicate ema when they have a wish or when their wish has come true. The E in ema means ‘picture’, so it’s always got a picture on it. There are not only pentagon-shaped ema but also square-shaped one or other sorts depending on the area or temples/shrines.

**BRIEF HISTORY OF EMA**

In ancient times, people dedicated a live horse to kami when their wish came true. However, not all people were rich enough to prepare an actual horse, and shrines weren’t able to look after all the horses that were brought in. Therefore, this custom gradually changed from a live horse to clay figures of horses and wooden horses, then to a board with a picture of a horse.

And, this is why this wishing board is called ‘ema’ (e=picture, ma=horse).

Nowadays, the picture on the board varies, and you can see the personality of the temple/shrine from the sorts of ema they offer.

**HOW TO WRITE ON AN EMA**

First of all, you might wonder, does your wish have to be written in Japanese? The answer is no. If you write it from your heart, hotoke/kami will understand even though you write it in your own language.

There is not a rule when you write ema apart from to be polite and respectful. It is preferable to write your full name, address, and birthday plus year, so hotoke/kami can know whose wish it is. However, most people only use their name or initials for safety reasons.

*Is it okay to bring them back to home?*

Yes, on condition that you haven’t written your wish on it. Treat it the same as omamori: keep somewhere clean, bright, and higher than your eye level.

*Do the Japanese write ema?*

Yes. Especially before a university/school entrance exam, many students will go to a shrine that has kami of studying as their symbol and write their wish on an ema. Adults also go to a temple/shrine to dedicate ema when they have something they want to achieve.

**EMA: Japanese prayer boards**

Visit most any temple or shrine and you’ll see an area ‘decorated’ with colorful wooden boards. These are ema, Japanese wishing board.

CONTINUED FROM PAGE 11

# OMIKUJI: How to draw your fortune



Photo by nayne, Shutterstock.com

## WHERE TO GET (DRAW) AN OMIKUJI?

Before you try your luck with an omikuji, you should have something specific in mind - a hope, dream, or something else that you would like insight into.

There are typically two styles of omamori at a temple/shrine.

### 1) Omikuji stick version

You'll find this at the Jimusho (at a temple)/Shamusho (at a shrine)/Juyosho. If you ask staff for an omikuji, they will pass you a tubular box. Draw a stick and tell (or show) staff the number on it. Then, they give you a fortune slip with the corresponding number.

### 2) Omikuji paper version

You'll find a box with full of omikuji in the site of a temple/shrine, usually somewhere close to the Jimusho (at a temple)/Shamusho (at a shrine)/Juyosho. In this case, it is simple. Put a coin into Saisen-bako (a separated box attached along with the omikuji box) and draw a folded paper yourself. This will have a number on it which corresponds to a series of drawers. Then take a fortune slip from the drawer with your number on it.



Photo by Petchpirun, Shutterstock.com

## WHEN TO GET AN OMIKUJI?

Many people draw their fortune on New Year's day to see their fortune for the year. However, it is okay to draw an omikuji whenever you want. Just remember to say hello to hotoke/kami first before you dash straight for omikuji!

Is it okay to draw omikuji several times until I get a good one?

This is not advisable. Omikuji is a message from hotoke/kami to you. Accordingly, it can be considered disrespectful to draw omikuji again and again until you get one you like, as it equally means you are rejecting or having doubt about what they told you.

Also, even though you may have drawn a 'bad' fortune, be sure to read the whole omikuji. They always include advice from hotoke/kami as well. So, you might want to listen to their advice instead of turning a blind eye and give it another shot.

Having said that, it is okay to draw an omikuji on another day as your fortune may have changed after a while.

## WHAT DO THE JAPANESE THINK OF OMIKUJI?

As stated above, many Japanese people draw omikuji on New Year's Day. However, it is more of a part of an event of visiting a temple/shrine, that gives you a special atmosphere.

In general, they don't take the result too seriously especially when it tells a bad fortune. Though, at the same time, many Japanese still have religious respect for omikuji, so they bear in mind what they are told.

You might think it is a little bit challenging to try a religious thing when visiting Japan, or might be worried about being disrespectful somehow. Temples and shrines are very inviting and welcoming to people of all backgrounds. Do not hesitate to dive into a whole new culture!

## OMIKUJI: Japanese fortune slips

Omikuji is a type of Japanese fortune that is written on a strip of paper. These days, some temples/shrines may also have English omikuji.

The list below shows the most common kinds of luck they will tell you.

### MEANING OF OMIKUJI SYMBOLS

- 大吉 (Dai-kichi): Super lucky
- 吉 (Kichi): Lucky
- 中吉 (Chu-kichi): Lucky enough, okay
- 小吉 (Sho-kichi): So-so
- 半吉 (Han-kichi): Half-good
- 末吉 (Sue-kichi): It might not be your time for now, but your luck will come later (in the year)
- 凶 (Kyo): Bad
- 小凶 (Sho-kyo): Little bad
- 半凶 (Han-kyo): Half-bad
- 末凶 (Sue-kyo): Bad luck will come later (in the year)
- 大凶 (Dai-kyo): Very bad

## WHAT TO DO WITH OMIKUJI?

Now that you have your omikuji, have a look at it. It's said these will provide some insight into your question.

When your omikuji tells a good fortune: You should keep it.

When your omikuji tells a bad thing: You should leave it at the temple/shrine, so that hotoke/kami can take care of your omikuji and no bad thing will happen to you. This is why people tie up their fortune slips onto a string.



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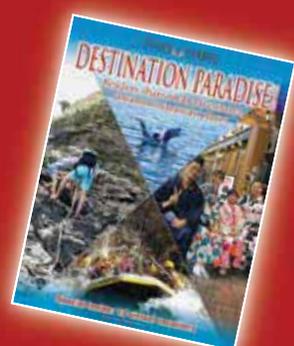


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# ETIQUETTE IN JAPAN

## Are Japanese table manners really that different?

LIVE JAPAN

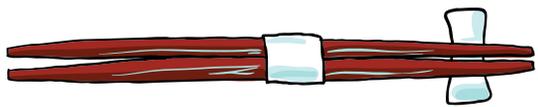
**J**apan puts a strong emphasis on good manners and, being a culture that uses chopsticks, has its very own set of rules involving them. Let's take a look at the basics of Japanese table manners!

File photo



### 1. While eating: holding the bowl just right

It is proper etiquette to hold up the chawan (tea bowl) and the wan (wooden bowl) while eating. Big bowls, however, should be left on the table as they are. Also, like in many other cultures, it is considered impolite to eat while resting your elbows on the table, and blowing one's nose or making loud noises while eating are frowned upon.



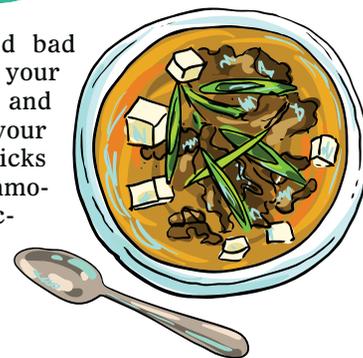
### 2. Chopstick etiquette

If you learn the proper way to hold chopsticks in your youth, you will always be able to hold them well and leave a positive impression with your skill. They might be a little difficult to use if you are unfamiliar with them, but give it a try. Also, there are many particulars regarding chopstick etiquette in Japan. For example, actions like piercing your food with chopsticks, wondering what to choose next while holding the chopsticks, and sucking the chopsticks are all considered bad behavior.



### 3. Don't make too much noise with the dishes

It is considered bad manners to handle your dishes carelessly and noisily. Tapping your plate with chopsticks or making a commotion when placing down bowls, glasses, and the likes is seen as rather rude.



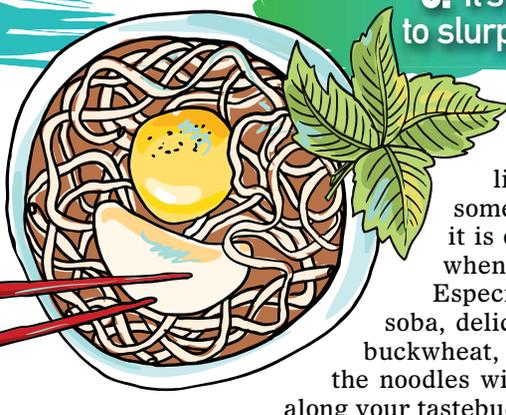
### 4. Mind the volume of your voice

Though it depends on the place you eat, you should usually avoid speaking too loudly. While having fun and joking around loudly might be perfectly alright in an izakaya, people value their quiet time in most restaurants.



### 5. It's okay to slurp soba!

While it may be considered impolite to slurp your food in some countries and locales, it is okay to make some noise when eating noodles in Japan. Especially when it comes to soba, delicious noodles made from buckwheat, it is said that slurping up the noodles will help the flavor spread along your tastebuds.



Photos courtesy of Live Japan

### 6. "Itadakimasu" and "Gochisosama"

There is a custom to begin and end your meal with a greeting that expresses your gratitude toward the food itself. There is a life force that exists within food, and, as you begin to consume that force, you say itadakimasu (literally, "I humbly receive"). Saying gochisosama (literally, "It was a feast") after the meal is a cultural given. Whether you say it out loud or not depends on the situation. When you are at a quiet place or by yourself, wordless appreciation is just as good as saying the phrase out loud.



**Ingredients**

- Sweet potato (3 to 4 pieces, roughly 1kg in total)
- Sugar (30 cc)
- Soy sauce (15 cc)
- Mirin/sweet cooking rice wine (30 cc)
- Salt (1 pinch)
- Black sesame (a little)



**7** Fry the sweet potatoes in a pan for 5 minutes over medium heat. Their surface will become crispy.



**3** Soak the chunks in water for 5 minutes.



**8** Add sugar, soy sauce, mirin/sweet cooking rice wine, and salt in a pot/pan and heat the mixture over medium heat.



**4** Put the chunks on a heat-resistant plate and wrap it with Saran wrap.



**9** Add the fried sweet potatoes once the mixture starts to bubble. Mix the chunks and the sauce well.



**5** Microwave the sweet potatoes for 5 minutes. The sweet potatoes will turn yellow.

**10** Stop heating once their surface starts to glisten. Sprinkle black sesame.

**11** いただきます (Bon appetite!)

VIEW VIDEO



# Daigakuimo

## A taste of college in Japan

STORY AND PHOTOS BY SHOJI KUDAKA, STRIPES OKINAWA

When it comes to the food college students consume, your thoughts may immediately go to instant ramen or a number of unhealthy snacks. But, during Japan's economic recession in 1927, college students at Tokyo University were making do with a simple, flavorful, fried and glazed sweet potato dish called daigakuimo.

The name daigakuimo literally translates to "college potato" as the dish was a hit amongst the college crowd, according to the Nihon Imorui Kenkyu Kai, an association dedicated to potato research. The dish doesn't

require many ingredients but boasts an exceptionally rich flavor thanks to the soy sauce, sugar, and mirin (sweet cooking rice wine), and other ingredients.

Although it may have started as a lifeline for hungry students, daigakuimo's popularity as a beloved side dish and healthy snack has transcended age groups over the course of history.

Today, you'll find daigakuimo in the deli section of your local Japanese supermarket, but the recipe is easy enough to make at home, whether you're a college student or not. So, give it a try!

kudaka.shoji@stripes.com

**Recipe**



**1** Wash and rinse sweet potatoes with water.



**2** Chop them into chunks.

\*The above info is based on a recipe provided by Cookpad, a website dedicated to recipes.  
\*I set the microwave at 600W for this recipe.  
\*Once the food is ready and plated, make sure to add water to the pot/pan to boil. This will help remove excess sauce and prevent it from sticking to the surface of your pot/pan. Then, wash immediately.

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# Stripes Sports Trivia

The WNBA has had its share of superstars. From Sheryl Swoopes to Lisa Leslie, Candace Parker to Maya Moore, the league has had plenty of faces. To no surprise, many of its stars played college hoops at powerhouse UConn, including the league's all-time scorer. Who is she?

**Answer**

*Diana Taurasi*

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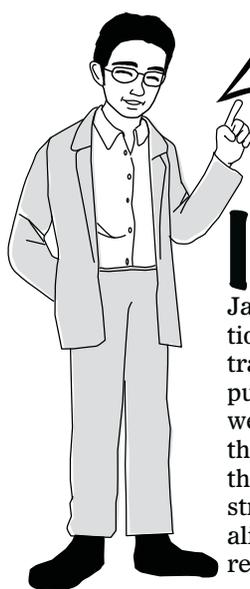
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**DID YOU KNOW?**

In Japan, many believe your blood type tells of your personality and relationship compatibility. Masahiko Nomi, a Japanese journalist, researched the relationship between the four blood types. He tracked the difference of personalities, and published several books in the 1970s, which were a huge success. Nomi's blood-type theory of personality was rapidly accepted throughout Japan, and today, many this a strong strategic tool in learning the personality of others and building effective human relations.

**Kanji of the week**

朝

Asa/choo (morning)

## Language Lesson

How old (are you)?

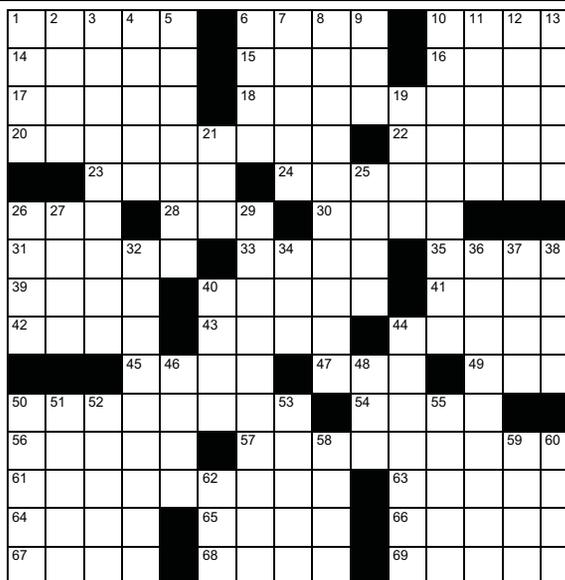
**(Anatawa) Ikutsu desuka?**

## Crossword

by Margie E. Burke

### ACROSS

- 1 Upper crust
- 6 Inside info
- 10 Walking trail
- 14 Outer boundary
- 15 Who follower
- 16 Nabisco classic
- 17 Strike down
- 18 Loan seekers
- 20 South Pole region
- 22 Tube-shaped pasta
- 23 Kournikova of tennis
- 24 Took off
- 26 Work on a doily
- 28 Rock concert equipment
- 30 Cop's collar
- 31 The "A" in "CAT scan"
- 33 Makes a choice
- 35 Laddie's love
- 39 Lumber along
- 40 "\_\_\_ or lose ..."
- 41 Ready, willing, and \_\_\_
- 42 Mail away
- 43 Houston slugger, to fans
- 44 Sundae topping
- 45 Ledger entry
- 47 Suffix with beat or neat
- 49 Guggenheim display
- 50 Felt in the gut
- 54 Smooch
- 56 Banded stone
- 57 Earth orbiter
- 61 Final demand
- 63 Energize (with "up")
- 64 Cut of pork
- 65 "Nebraska" actor Bruce
- 66 Touch up, as text
- 67 Chinese dynasty
- 68 Outdated expletive
- 69 ACT and MCAT



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### DOWN

- 1 Schiaparelli of fashion
- 2 Depict
- 3 Knockoff
- 4 Saturn's largest moon
- 5 Going on and on
- 6 Borrower's burden
- 7 Grape-shaped
- 8 Understanding
- 9 Make a goof
- 10 Takeover attempt
- 11 "\_\_\_ we all?"
- 12 Lead and tin alloy
- 13 In a fix, slangily
- 19 Fictional city in Tarzan novels
- 21 Engine part
- 25 Nuisance
- 26 Lights-out tune
- 27 Wagon part
- 29 USPS manager
- 32 Like nicotine, for many

- 34 Pricing word
- 36 Sandpaper and such
- 37 Speak unclearly
- 38 Back-to-school mo.
- 40 False friend
- 44 Cast-iron pan, often
- 46 Overflow (with)
- 48 Mamie's man
- 50 Olympics event
- 51 Dome dwelling
- 52 Lustrous fabric
- 53 Linney of "Ozark"
- 55 Snail trail
- 58 Crime-fighting turtles, briefly
- 59 REI purchase
- 60 Odds and \_\_\_
- 62 Make sense, with "up"

### Answers to Previous Crossword:

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

## SUDOKU

Difficulty: Medium

Edited by Margie E. Burke

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

**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:

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

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