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tripes writer is sent on a mission: Explore a trio of Okinawan islands over three days and spend less than 30,000 yen. Follow his journey, and plan your own.

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Ready, Set, F

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Pumpkin Spice Latte is back!

BY DENISSE RAUDA STRIPES OKINAWA

hough Starbucks Japan already announced its chestnut-heavy fall drink and sweets lineup, pumpkin spice fans were not left behind this season! Pumpkin Spice Lattes are back!

For many Americans, fall just isn't the same without this coffee treat. So, grab one through Oct. 18, while supplies last!

This will be the second year in a row since 2006 that Starbucks Japan has treated its customers to the cult-favorite with a massive online following. The Pumpkin Spice Latte comes hot or iced and features cinnamon, ginger, nutmeg and clove in a fragrant and flavorful concoction perfect for getting cozy in the cooling tempera-

And that's not all! Starbucks Japan is also introducing a Yakiimo Brulee Frappuccino during the same period. This frozen potion blends "a slightly caramel-flavored sweet potato with ice and milk, adding sweet potato brulee sauce and brulee chips," according to the company's

Make plans to try these two new drinks as well as the chestnut lineup before they're all gone! Prices for the Pumpkin Spice Latte range from 501 yen to 640 yen (about \$4.20 to \$5.36). The Yakiimo Brulee Frappuccino is available in a tall size only for 668 yen for takeout or 680 yen for dine-in.

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Photos courtesy of Starbucks Coffee Company



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Sculptures help promote Nakamura-ya

I f you've traveled out of Camp Foster's Legion Gate and east on Route 81 you may have spotted some terracotta figures along the south end of the base.

Some look like creatures or dogs, cats or pigs, while others take the form of tools or vehicles such as a door, a shoe, or car. Some of them take more abstract forms more like art pieces than anything specific. You'll find the island's coveted shisa guardian dog-lions among them as well.

These figures are part of the "Choukoku Kajimaya Keikaku" project to promote the Kitanakagusuku Village. Each of these terracotta sculptures were made by students of the Okinawa Prefectural University of Arts. You'll find more of these scattered around Oogusku near the Nakagusuku Castle, a great place to visit with a lot of history and a designation for having one of Japan's best streets for a cultural walking tour.

Kitanakagusuku Village is known for the longevity of its female residents amongst all 1,888 of Japan's municipalities in 2015. The terracotta project was to honor that designation. In total, there are 99 terracotta figures for the public to



enjoy which were installed over a 10-year time period beginning in 2004. The number 99 also holds special meaning as it coincides with the age for Hakuju, the final milestone to celebrate longevity.

In Okinawa, longevity is celebrated with Kajimaya, a



local tradition to celebrate 96-year-olds.

Enjoy some art and local history without even getting out of the car! Once you've spotted these, don't forget to add the nearly 80 more you need to spot in Kitanakagusuku Village.

Terracotta on Route 81 GPS COORDINATE (WEST-END): N

26.296389, E 127.781446 (Near Region Gate and Gate 1 of Camp Foster)

Nakamura-ya

GPS COORDINATES: N 26.289867, E 127.800552

HOURS: 9 a.m. – 5:30 p.m. (closed on Tuesdays)

ADMISSION: 500 yen for adult, 300 yen for middle and high school student, 200 yen for elementary school student, free admission for those who are below

elementary school age.
*Free parking space
available



HEY, CHECK THESE PLACES OUT!

> STORIES AND PHOTOS BY SHOJI KUDAKA, STRIPES OKINAWA

A look at Motobu Town's 'Gorilla Chop' rock

B eachgoers to Okinawa's Motobu Town area may have come across a unique rock formation as they check out its surrounding coral and schools of

tropical fish that live there. This huge rock is known as the "Gorilla Chop," a moniker it earned because it looks like a gorilla performing a karate chop. Can you see it now?

You may catch a glimpse of this unofficial landmark on your way to Sakimotobu Ryokuchi Koen, so make sure to stop next time you can travel off base and get a closer look. To me, the

rock seems to pose like a large ape reaching for a blonde star or getting ready for a fight with *Godzilla*.

(No ties to *King Kong* or *Donkey Kong* have been confirmed.)

Huge murals on island grab your attention

f you live on or near Kadena Air Base you may have spotted a series of murals on several buildings of the local Ginten Gai market.

You can spot this art piece consisting of five different murals, each depicting a different era in Koza neighborhood history, starting from the Ryukyu K i n g d o m (1429-1879) to presentday.

Illustra-

tions and graphics of a castle lord in traditional attire, a local comedian in a goofy pose and even Douglas MacArthur on a bulldozer, are highlights from this set of buildings. It is the mural poenting. Voya in the 1960s

representing Koza in the 1960s which is the most thought-provoking as it highlights the area's history as a black town, during which Koza was home to



segregated African Americans. This mural features black musicians, clubs and store-fronts in vivid colors.

The variety of themes attest to Koza's diversity and the paintings are a great way to learn about this area's rich history. Next time you drive, make sure to take a closer look at what the artists expertly portray in these brightly painted murals.

Mural at Koza intersection GPS COORDINATE: N 26.338931, E

127.815391 COIN PARKING AVAILABLE AT: N



Traffic safety figures grab attention

ave you noticed an old statue on Okinawa that resembles a police officer standing by the road?

The weathered man looks like he's waving hello at you.

Well, despite the friendly appearance, the statue is there as more of a warning. If you see him, it's likely that there are kids crossing the street.

Commonly called "Koutsuu Anzen Ningyo" (traffic safety doll), it used to be more prevalent on the island. Now, it is difficult to even spot one. But, those who drive to White Beach from Kadena Air Base might spot them along Route 8.

The statues wear a band that says, "Traffic safety," while their pants say, "Slow down, watch out for kids." Since the messages are in Chinese characters, they may not make any sense at first glance. But, despite the foreign writing, the officer himself should be a sign to heed caution.

Traffic safety statues are not just limited to Okinawa. Other locations throughout the country have them, and they can take

on various "personalities." Some take the figure of a boy who seems like he's about to dart across a street.

They are commonly called "Tobidashi Bouya" (Dashing out boy). There are variations to the name such as "Tobidashi Ningyo" (Dashing out doll), "Tobidashi Kozou" (Dashing out kid) and "Tobitakun" (Mr. Dashing out).

On Okinawa, there are several boy

statues for traffic safety, but they seem to be in no hurry to cross a street. They are commonly called "Sony Bouya" (Sony Boy). In a t-shirt with the name of the tech giant on it, the boy just stands still, coolly casting a gaze on the street.

According to several sources, "Sony Bouya" was a cartoon character before being used for traffic safety. Although he is thought to have once been located throughout the country, the boy is now found only in Okinawa. There is one near Gate 3 of MCAS Futenma.

The unique form of traffic safety figure does not stop there on Okinawa.

Another statue can be seen along a road to White Beach, especially around an intersection called Yokatsu. It is a place where a road to Katsuren Castle and a road to White Beach meet. When you drive by the intersection, the small red octopi-looking things can be seen waving at you.

You might think it's a prank by children, but the statues are in fact installed for

traffic safety awareness.

They are modeled after Kijimuna, a legendary Okinawan demon who is known for being mischievous. Seeing the small creature may put you on guard, but no need to worry.

The concrete brick they stand on says "Koutsuu Anzen" (traffic safety).

Another one can be found specifically in Miyako island. Commonly known as Miyakojima Mamorukun, this police officer has nationwide name recognition. The white-faced officer is so popular that people will often dress up as him to run in races.

Whatever forms or personalities they take, traffic safety statues are designed to advise drivers to slow down and drive safely. Their humorous look hopefully produces smiles as well, making it hard for drivers to get angry. So, the next time see you one along a road, please smile and avoid the road rage.

kudaka.shoji@stripes.com

Japan's unbelievable contemporary embroidery art A new wave of Japanese embroidery artists is hitting social media

STORY AND PHOTOS BY KIM KAHAN, METROPOLIS MAGAZINE

raditional Japanese embroidery techniques such as sashiko are more practical than artistic, but check out this new style of badass embroidery. A wave of Japanese embroiderers are attracting global attention for designs which range from the dark and weird through to comedic and cute.

Spurred in part due to the rise of photo and image-sharing apps such as Instagram and TikTok, which gave the art a global platform to speak for itself, there has been a recent wave of contemporary Japanese embroidery artists flexing their needle-and-thread talent.



Coelacanth Lemon Butter Meunière by Genkakulemon

Take the eye-catching Genkakulemon A.K.A 幻覺レモン, who creates imaginative pieces using 3D embroidery and modeling clay. Newcomer Chika Mizusawa, who held her first exhibition in Tokyo less than one year ago, has seen followers flock to her Instagram page for her surreal embroidery models and details of the painstaking embroidery process. Genkakulemon's most popular piece to date is a bright blue fish with the title 'Coelacanth Lemon Butter Meunière.' Complete with embroidered lemon slices and handmade clay fish bones.

In a prior post she shares the process behind the exquisite piece, showing various steps and where she went wrong. Doing this allows followers to appreciate the time and effort that goes into each piece.



'The Flower-Growing Lobster Present' by Genkakulemon

Other designs include 'The Flower-Growing Lobster Present' which features a bright red lobster - embroidered, of course - resplendent with delicate flowers crawling up its back. Alluding to Japan's love of fish dishes, she displays it on a china plate.

Next up is the serial-memer, HANA. Featuring references from pop culture and Japan-specific topics, her embroidery comes with a smile. Her small, detailed works include Napoleon Dynamite, with his infamous 'Vote for Pedro't-shirt and Salavdor Dali, resplendent with a 3D, twirly mustache.



Vote for Pedro by HANA

Closer to home sees her recreate Taro Okamoto's Tower of the Sun, and another brings a meme to life, that of 'Uncle Reiwa.' Uncle Reiwa is the now-Prime Minister Suga, who spurned a milliard of memes, thanks to his deadpan announcement of the start of the Reiwa era





Dali by HANA

On the 'kawaii' side of things is ume.kaori, a professional embroiderer based in Saitama. Known for her kitsch designs featuring animals from rabbits to kittens and even otters, she regularly holds exhibitions and pop-ups around

Focussing on the 2D, Kaori's brooch designs incorporate beads, pearls and gemstones with a twist. Opulence abounds as rabbits have jewelled bikinis, cats wear elaborate dresses with pearl necklaces and carry handbags. Elsewhere, otters hold gems in the place of the traditional shell.



Rabbit brooches by Ume.Kaori

Another embroidery artist who incorporates materials into their designs is the artist and author, PieniSieni.

Noted on her blog as a 'Bead and Felt embroidery Artist,' she makes the felt flowers which she entwines into her designs, which focus on lifelike botanicals and insects. She is known for devising a method of doing 3D embroidery freehand, which she teaches as a lecturer in the Ikebukuro area of Tokyo.



Dandelion by PieniSieni

PieniSieni regularly holds exhibitions of her work, in which visitors can admire the life-like flowers, ranging from realistic dandelions with roots to bunches of flowers. Eager embroiderers worldwide can learn how to make the designs themselves, as her books have been translated into French and English.

Over in Portland USA, Sawako Ninomiya has held exhibitions with the aim to introduce Japanese embroidery to the world since 2017. Prior to her Portland experience, Ninomiya taught embroidery to disadvantaged communities in India.



Kimono embroidery by Sawako Ninomiya

Now back in Japan, until 2020 Ninomiya ran the Tambourin Gallery in Tokyo, teaching embroidery and holding showings of her works. Nowadays, she works as a consultant and a fashion industry go-to for embroidery in Tokyo. Her designs have been worn by models including Serena Motola and appeared for brands such as APC France.

Her signature style is glitchy, often featuring pop culture figures and artists such as David Bowie and Yavoi Kusama, the latter appearing with two and a half eyes thanks to Ninomiya's block glitch effect. Another notable work was her hefty replica of the world's second-largest mountain, K2, which featured as much yarn as the mountain itself at 8,611 metres.

In a culture in which tradition is valued as much as contemporary designs, these artists are making their mark. Some incorporate flowers into their designs, others have more of a pop culture feel, all are original and

Let's get outside!

ummer is a great time to explore Japan's great outdoors, especially to cool off in the mountains or surfing on the beach. Practice the phrases so your ready to head outside!

Hiking "haikingu" ハイキング:

Let's go for a hike!

= "Haikingu ni ikimasho!" 「ハイキングに行きましょう!」

Where is the nearest trail?

= "lchiban chikai haikingu kosu wa doko desuka?" 「一番近いハイキングコースはどこですか?」

Is there a fee for hiking this trail?

= "Kono haikingu kosu wa yuryo desuka?" 「このハイキングコースは有料ですか?」

How long is the hike to the top of ____ mountain?

= "... no sancho made donokurai arimasu ka?"

「・・の山頂までどのくらいありますか?」



Where is the nearest train station?

= "Moyori no eki wa doko desuka?" 「最寄りの駅はどこですか?」

Backpack "bakkupakku/ryukkusakku" バックパック/リュ

- Sunscreen "hiyakedome rooshon" 日焼け止め ローション
- Water bottle "suito" 水筒
- Protein bar "purotein baa" プロテインバー

Surfing "saafin" サーフィン:

I can't wait to hit the waves!

= "Namininoru noga tanoshimi desu! 「波に乗るのが楽しみです!」

Have you tried surfing before?

= "Saafin wo shitakoto ga arimasuka? 「サーフィンをしたことがありますか?」

Where can I rent a surfboard and wet suit?

= "saafuboodo to uettosuutsu wa dokode karirare masuka?" 「サーフボードとウエットスーツはどこで借りられますか?」

Where is the best surf spot nearby?

= "Konoataride saikoo no saafu spotto wa doko desuka?" 「このあたりで最高のサーフスポットはどこですか?」

- Hiking boots "tozangutsu" 登山靴
- Surfboard wax "saafin wakkusu" サーフィンワックス
- Towel "taoru" タオル
- Beach "biichi/kaigan" ビーチ/海岸
- Surfer "saafaa" サーファー

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



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VIDEO:

UNWIND

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TOMARI PORT

From this port, one to two ferries bound for Aka/Zamami depart. There are also ferries to Tokashiki Island. Ticket counters are set up separately between these two destinations. A ferry ticket from Tomari to Zamami is 2,250 yen, including environmental tax. If purchased as a roundtrip ticket, it's 4,190 yen. To go to Tokashiki from Tomari by ferry will run you 1,790 (3,310 round trip). There are also high-speed boats available between the island and the port, which run 3,300 and 2,630 yen, respectively.

Clerks speak English at ticket counters.







Aka Beach

The ferry to Aka Island went much more smoothly than I had thought. If this were in winter, the waters between Naha and the Kerama Islands would be very rough. The sky was clear with the sun glaring. It was hard to believe that the rainy season had just started five days prior.

I made my way to the cabin, which was close to fully occupied. Although it was supposed to be an off-season, the number of the passengers was telling a quite different story. There seems to be no break for the popularity of Kerama Islands.

I sat facing the right side of the ferry and watched as we passed a few small islands, including Nagannu. After an hour, bigger islands came into view, and before I knew it, the Kerama Islands were right there.

As the ferry approached Aka Island, my first destination, the view of a bridge between Aka and Geruma islands came into focus. Under the bridge, the turquoise blue water shined, presenting a much different layer from the waters in deep blue that I saw in the outer sea.

The ferry docked at Aka port at 11:30 a.m. right on time.

The moment I hit the ground, the calmness of the island was pretty striking. Within five minutes, I could hardly see anybody around the port. It was a fresh view for someone used to the noisy environment on the main island.

After buying my ticket for a boat ride to Zamami Island, I headed to a local

store near the port to rent a bike.

With no bus or taxis available, tourists typically rent a moped or a bike for transportation on the island. In my case, renting a bike for five hours at 1,000 yen was an easy decision. A moped would have been 2,500 yen for three hours.

Dive shop in Aka town

Aka Island is known for having beautiful beaches (SEE SIDE-**BAR).** For tourists who expect beautiful views of the sea the most, going south on Aka Bridge to visit Geruma and Fukaji Islands may not be their first choice. The coastline of these islands are mostly covered with rocks and pebbles, leaving little space for sandy shore.

Still, touring those islands provide great opportunities to see natural beauty.

Fukaji Island offered dynamic views. This uninhabited island had an observatory, which offers a view of Tokashiki Island as well Geruma and Aka Islands. Walking uphill for 10 minutes, I was exhausted by the time I reached the spot. But, it was worth it to get the view of the different rocks off the coast.

I returned to Aka Island shortly after 2 p.m., so lunch was already over at some restaurants in the area.

My Margherita pizza lunch at a café was unexpectedly interrupted by a Kerama deer, which showed up in Aka town (SEE SIDE-BAR). As if to check on tourists or the food, the wild deer was hanging around in a shade near the café.

The local town mostly consists of old houses along small streets. Just like towns on the main island, there were traditional Okinawan houses with red-brick roofs or those with Shisa Dogs sitting at the

However, the town also had an atmosphere of a resort city in a

foreign country. It may be because of the colorful wetsuits hung on the walls of dive shops or the couple of new lodges spotted in the town. But what stood out was the contrast between the sea and sandy shores and the white walls and red ceilings of the structures. With the strong sunlight making each color vibrant, the view felt like a Mediterranean city.

As I walked around, another unexpected encounter occurred. It was at Aka Beach, about a 10-minute walk from Aka town. After hearing a fellow tourist get excited, my attention was drawn to a sea turtle popping its face above the surface of the water.

Unlike the deer, the sea turtle was gone without giving me a chance for photos. I remained there for a while, but the turtle didn't return.

> With the deer and sea turtle encounters behind me, my time on Aka was coming to a close. It was time to head over to Zamami Island.

Mitsushima was the name of the boat I rode. Meaning "three islands" in Japanese, the boat connects the three islands of Kerama. (SEE SIDEBAR)

The last boat of the day departed Aka port at 6:10 p.m. with six passengers. With the sun quickly moving to the horizon, the boat sailed in an orange light. The waters were still peaceful. It was a short 15-minute ride, but it became very dark by the time we arrived on Zamami port.



My first stop on my next island would end up being my final for Day 1: Zamami International Guest House.

My lodging was located right in the middle of Zamami town – less than a five-minute walk from the port.

On the outside, it had a look of a local Okinawan house and pop art mixed together. An Orion Beer lantern hanging under the eaves and Shisa dogs sitting at the entrance gave the building the vibe of a local inn, but brightly colored signs at the door made it look hip. The interior was adorned with artifacts such as fishermen floats, shells and photos of the sea.

It was in the lobby that I had dinner. After walking all day, I



didn't feel like going out to look for another place to eat. It was a choice I made out of a necessity, but the "Classic Burger" I had for 950 yen proved it was the right call. The home cooked hamburger was a good size and was tasty. The burger with French fries and jasmine tea was rejuvenating.

By 10 p.m., every-

body seemed to have gone to bed at the inn. Lights were turned off and music silenced. Given the location in town, it was understandable. The dormitory style room I stayed in was clean and cozy. For 3,000 yen, it was a good deal.

DAYITALLY

Ferry ticket 2,250 yen Bike rental 1,000 yen Food 2,579 yen Boat ticket 300 yen Lodging 3,000 yen

Total 9,129 yen

Island Movie

BEACHES ON AKA ISLAND

Although there are several beautiful beaches on the island, Nishibama beach is the only one approved by the Zamami village office for water activities. It takes about 20 minutes to walk to the beach.

Aka Beach (Maja no Hama) is known as a place where there is a good chance of encountering sea turtles. But there are no lifeguards or shower rooms available on site.



Designated as a protected species, the Kerama Deer are one of the smallest deer in Japan, Aka, Geruma, Fukaji and Yakabi islands are the locations where they live, and some of them will swim in the ocean. Although deer are normally cautious of humans, Kerama Deer are often seen around town.



This boat connects Zamami, Aka, and Tokashiki islands four times a day. Reservations are required depending upon what time of a day it departs. It costs 300 yen between Aka and Zamami islands, while it costs 800 ven between Zamami and Tokashiki islands.

For more info, check out https://zamamitouristinfo. wordpress.com/





If you have a tent, the cheapest place to spend the night on Zamami Island is a campground near Ama beach. It's 500 yen for adults and 250 for children (6-12 years old). The campground also has kitchens, bathrooms and showers. Tents can be rented at the location as well (reservation required.) Camping is prohibited at other locations on the island. Visitors are required to be quiet on site starting at 9 p.m.

For more info, check out https://zamamitouristinfo. wordpress.com/stay/amabeach-campground/













Zamami Island

Asa Town

Zamami Town

Ama Campground Ama Beach Zamami Port 3





Aka Island

NOTES: Known for quiet and secluded beautiful beaches. SIZE: 3.06 km² (1.18 mi²) POPULATION: approx, 260

Visitors can enjoy seeing colorful tropical fish, coral reef, and sea turtles. Ashore, they may encounter wild life such as "Kerama Deer." Ranked No. 58 of the 100 best beaches around the world by CNN.

Furu Zamami Beach

Aka Island

Aka Beach

Nishibama Beach

Aka Port

Aka Town

Kubandaki Observatory

Geruma Island

Fukaji Observatory

Fukaji Island

Geruma Island

View from a hill



SIZE: 1.15 km² (0.44 mi²) POPULATION: approx. 62 NOTES: Connected to Aka and Fukaji Island by bridge. The coastline is mostly pebbles and rocks, but the beautiful ocean around the island, especially the waters between this island and Fukaji island, offers nice and quiet spots for sea kayaking and snorkeling.

Fukaji Island

SIZE: 0.83 km² (0.71 mi²) **POPULATION: NA** NOTES: An uninhabited land. Located at the center of the island is Kerama Air Port, which is used for chartered helicopters coming from Naha Air Port. Fukaji Observatory, located by the airport, provides a good view of the Kerama Islands.





DAY 2 TALLY

Snorkel tour 5,700 yen

Snorkel gear 1,000 yen

Moped 1,800 yen

Boat 800 yen

Lodging 2,600 yen

Food 2,400 yen

Total 14,300 yen

Furuzamami Beach

sland Movie





FURUZAMAMI BEACH

According to the Zamami Village website, the beach earned two Michelin Green Guide

Its 1 km stretch of white sandy shore is often dotted with colorful beach umbrellas and presents a picture-perfect scene. It is regarded as a good place for snorkeling and diving, and has a bathroom, shower room, and food

Items such as beach umbrella (1,500 yen), lifejacket (500 yen), snorkel mask and fins (1,000 yen) are available for rental. The rental shop can also hold luggage for visitors.



AMA BEACH

This beach is a 20-minute walk from Zamami port. Many tourists visit there for the calmness of the sea. There are sea turtles living around the beach. Located in the western part of the island, people can enjoy a beautiful sunset there. There is a campground nearby.



TRANSPORTATION ON **ZAMAMI ISLAND**

Rental vehicles such as cars, mopeds, and bikes are available. A rental car typically costs about 3,500 yen per hour, while a moped is 1,700 yen and a bike 500 yen. To go the to northern part of the island, it would take a car or a moped. There is also a bus that connects Zamami Port, Furuzamami Beach, Asa town Center, and Ama Campground for 300 yen.



FOOD AND ALCOHOL ON ZAMAMI ISLAND

There are many restaurants, cafés and shops on Zamami. Some of them serve up local food such as soba noodles, seafood bowls and bento meals, while others offer western food such as pizza and pasta. Places such as Zamami International Guest House or La Toquee are popular among tourists from foreign countries and are known as good places to have a drink.



This is a dormitory-type lodging, and is arguably on of the most affordable lodging on Tokashiki Island. In addition to the dormitorytype room, this place has a Japanese-style tatami room. A washing machine, kitchen. refrigerator, shower, and bathroom are available. They also provide visitors a free ride to Ahare or Tokashiku Beach. The staff has plenty of helpful info about

where to eat or what to do on the island. For more info, check out kerama-backpackers.com



CAMPING ON TOKASHIKI ISLAND

There is a campground near Aharen Beach where facilities such as bathrooms, showers and kitchens are available. A one-night stay will run 500 yen for adults and 250 for elementary school age and below.



With night No. 1 in the books, I left the inn around 9 a.m. With one hour left before a snorkeling tour I booked, I took a walk through the Zamami town. In the daylight, the town looked even smaller than it seemed the day before. On the outside, it had the same look as Aka town. But somehow, Zamami has a more exotic atmosphere.

After having toast and butter at a café for breakfast, I headed to the dive shop.

It was time to go under the water. It cost me 5,700 yen to join the tour, but since I was traveling alone, it was a choice I made out of safety

The snorkeling spot was a five-minute drive from Zamami port. Under the sunny sky, the boat I took cruised quietly through the sea.

As soon as I went under the water, a vast carpet of coral came into my view. In a sunlight that rippled through the prism of the water, the countless branches of coral presented a distinct look. So did tropical fish in various colors. There was a school of blue fish that went by the branches. On the other hand, a Moorish Idol was swimming alone gracefully. I could also see several clownfish hiding in between sea anemones.

My excitement peaked when I encountered two sea turtles. One of them was staying at the bottom of the sea seemingly eating seaweed. Several tropical fish were staying on the side, as if to expect

a small share. The other one swam alone gracefully.

The tour ended around noon. I made a stop at a store nearby and bought a "Marlin Bowl" and a "fish meat sausage" (550 yen), and ate them by the port. As I was enjoying the texture of fresh meat of the fish, I thought about my game plan for the afternoon.

During the snorkeling tour, a tour guide told me that Zamami

Snorkeling tour

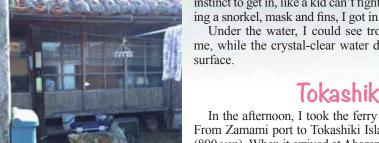
Island had earned two Michelin stars a couple years ago for the beauty of Furuzamami Beach (SEE SIDEBAR). Leaving the island without seeing the beach didn't sound like a wise decision.

So, I rented a moped and headed to Furuzamami Beach. It was my plan to see the beach from ashore, and then tour other parts of the island. But once taking a look at the beach, I changed my mind.

The beach almost looked like a blue cocktail served up by nature. Looking at the unbelievably clear water, I could not resist my

instinct to get in, like a kid can't fight his appetite for candy. After renting a snorkel, mask and fins, I got in.

Under the water, I could see tropical fish swimming all around me, while the crystal-clear water dazzled me above and below the



Tokashiki Island

In the afternoon, I took the ferry Mitsushima for the second time. From Zamami port to Tokashiki Island, it was a 40-minute boat ride (800 yen). When it arrived at Aharen Fishing Port on Tokashiki Island at 5:30 p.m., the sunlight was still strong and hot.



My first impression of Tokashiki Island was that it was big. I knew from looking at a map that Tokashiki is the biggest of all the Kerama Islands. But the hilly landscape, which can be seen from the port, looked overwhelming after having toured smaller islands.

Tokashiki Island is hard to get around without a car. The owner of Kerama Backpackers (SEE SIDEBAR), a hostel I was going to

stay at, picked me up at the port. The lodging was about a 20-minute drive away. On foot, it would have taken an

Kerama Backpackers was similar to Zamami International Guesthouse in some ways, but the mood was very different. The hostel on Tokashiki Island was a lot like a regular Japanese house. I shared a tatami room with a couple of other travelers, and just like staying at someone's house, there were rules visitors needed to follow. The owner and staff were very friendly, and I soon got used to being in the Japanese-style inn.

By the time I finished taking a shower, it was already dark outside. Afterwards, I ventured out in search of food. Although many stores were already closed, I managed to find a restaurant near Tokashiki port and had a sushi plate. Being in a fishing town, it seemed like the right thing to do.

Later that night, I exchanged information with my roommates. Most of them had already spent a couple of days there, and had a better idea of how to get around. The night was sweltering. Luckily, the air conditioner in my room worked OK.







Island Movie

AHAREN BEACH

Arguably the most popular beach on

beach for gear such as snorkel, masks, fins,

beach parasols, SUP boards, and sea kayaks.

There are also cafés and restaurants on the

the sea is calm and many coral reefs can be

seen. From Kubandaki Observatory at the northwest end of the beach, people can enjoy

sunset.

beach. This is a popular snorkeling spot where

the entire view of the beach and also beautiful

Tokashiki Island. There are rental stores on the



Tokashiki Island continued

The following morning, I took a walk and found a small café along the way. I had two rice balls and a cup of espresso for break-

Starting the final day of this trip, I had two destinations in mind: Aharen and Tokashiku beaches (SEE SIDEBAR). On foot, it could take an hour or more to go to those beaches from Tokashiki town, where I was staying. Thankfully, a staffer offered me a ride to Aharen Beach, which took about 20 minutes or so.

The location was right next to the port where I landed the previous night. Shortly past 9 a.m., there were already tourists on the sandy shore.

Standing at the northwest end of the beach was Kubandaki Observatory, which commands a good view of the location. That's where I went first. The route leading up to the viewpoint was surrounded by interesting landscape. First, I went through a huge rock tunnel, and continued under a long arch of trees before getting to the bottom of the observa-

tion deck. The ocean looked beautiful from the viewpoint, reminding me of other beaches of Kerama. But Aharen Beach looked more dynamic with jungles and huge rocks surrounding it.

Along the beach, items for banana boating, sea kayaking, and snorkeling were available to rent. Looking to

do something different from the previous days, I rented a stand-up paddleboard for 1,500 yen for an hour.

Aharen Beach

By the time the one-hour SUP session was over, I was very hungry. Luckily, there were many restaurants along the beach. I had curry rice (650 yen) at one of the restaurants as I thought over what to do in the afternoon. There were only four hours left before leaving the island.

My original plan for the afternoon was to snorkel at Tokashiku Beach, which was a 10-minute drive away. After seeing the crystal clear water as I was paddling on the board, I was leaning toward remaining at Aharen and exploring under the water. But I did not want to leave the island without seeing the other beach. So I stuck to my plan.

For advanced swimmers or snorkelers, Tokashiku Beach won't be difficult to explore. I could see many tourists swimming on their own. In my case, I signed up for a tour (5,400 yen) to locate coral reefs or marine creatures without wasting time.

When I saw sea turtles on the previous day, I could not get close

to them. But this time, the creature was right in front of me. Staying at the bottom of the sea not far from the shore, it seemed to be eating seaweed. As I was pointing my camera at it, the creature suddenly started swimming upward. I followed the move with my camera. When the creature lifted the tip of its face above the water, my

view came above the surface as well. The breathtaking moment

I couldn't stop taking photos and shooting videos. By the time the tour was over around 2:30 p.m., my camera battery was dead.

After 4 p.m., I was on Ferry Tokashiki cruising smoothly eastward. The sky stayed clear and sunny, and the cabins were close to full capacity. Passengers spoke in different languages – very similar to the scene I had witnessed two days prior.

A ferry ticket from Tokashiki to Naha (1,690 yen) was the last purchase I made during the trip.

My wallet became a little lighter than it had been for sure. My goal had been to spend less than 30,000 yen, and I came close. But, in the end I spent a total of 33,169 yen on my journey.

There are definitely ways to make your trip cheaper if you choose. Hopefully you can use this as a guide to planning your next Okinawan island adventure.

On the ferry ride home, I reflected on the past three days, and didn't worry about the cost. As I watched Kerama Island get smaller and smaller, my mind only focused on all the priceless memories I had just made.

kudaka.shoji@stripes.com





Path to Kubandaki Observatory



Beach, this beach is known as a good place for snorkeling. Sea turtles are often seen eating seaweed on the shoal, which runs for about 490 feet from the shore. Unlike Aharen Beach, there are not many buildings around the area except one hotel. So there is a secluded or quiet mood there.





Many areas on the island are hilly. So it takes a lot of time to move around on foot or by bike. Rental cars and mopeds are available for about 3,000 yen and 1,500 yen per hour, respectively. There is a bus that runs between Tokashiki port and Aharen beach, which costs an adult 400 yen and a minor 200 yen.



Aharen Beach, SUP Board













YOUR VOTE IS YOUR VOICE





STORY AND PHOTOS BY ALLIE WHALEN, STRIPES OKINAWA

ne of our favorite parts of Okinawa to explore is Nago. It is mountainous, covered with jungles, and full of areas to check out!

The Nago Castle Park is just one small part and it is beautiful any time of year. It is especially well-known in Okinawa during late January and early February when the stunning cherry blossoms begin to bloom. (It's even been designated as one of Japan's Top 100 Cherry Blossom Spots and has over 200,000 trees!)

The Nago Castle Park is full of history, playgrounds, and hiking trails. It is also huge – close to 175 acres! The history of the castle, that the park is so aptly named after, dates back to the 14th century. The castle served as the home of the Nago Aji, much like a chieftain in other cultures. There is not very much of the old castle left today but the grounds and the views from the park are remarkable.

You could easily spend a full day just exploring Nago Castle Park. You can choose any spot in the park to visit but I would recommend starting at the top. And not to worry, each area is equipped with

picnic benches,
restrooms,
and vending machines. There
aren't any restaurants in the
park so if you
want to spend
more than

a few hours there, I would also recommend bringing a picnic lunch, your favorite snacks, and plenty of water.

The "Cherry Blossom
Area" is the highest point
in the park and the views
here will not disappoint.
There is a 3-story observation
tower that you can climb for 360
views of Nago and the East China
Sea. It is also a great place to get
pictures of Mt. Nago. After you're
done at the pinnacle of the park,
start making your way down (if you
go on foot you'll have to hike back
up!)

The whole park is covered in hills so if you have kids, you'll want to make sure you take sliders so they can have fun on all of the slopes!

Just down the hill from the "Cherry Blossom Area" is the "Umaku Children's Playground." It will also provide your kids (or those young at heart) with hours of enjoyment. There are two different levels with playground equipment including a little bit of everything.

My kids' favorite part of the playground is always the roller slide (another good use for those sliders!) There are also monkey bars, zip lines, climbing walls, and toddler-sized equipment.

There is a sidewalk that circles the whole area so it's a great place for little kids to ride bikes, too. As with other parts of the Nago Castle Park, there are gazebos for picnics and restrooms.

A short walk from the playground is an impressive suspension bridge. It seems to blend into the landscape of the jungle and hills but when you walk up to it, you see it project out of the top of the forest. As you walk over the suspension bridge make sure you look down to appreciate the tile work all the way across it. You will see flower and turtle patterns intricately laid into

the bridge. It is also lined with beautiful sculptures of the cherry blossoms that the park is known for. The attention to detail in Okinawa will never cease to amaze me!

The suspension bridge is a beautiful part of the Nago Castle Park to photograph and a great place to grab a family photo. I hope you add this to your list of places to visit in Okinawa! The city views, playgrounds, sculptures, and forest views will not leave you wondering if there's more to do. In fact, we were ready for a coffee pick-me-up after a full day exploring this park!

Allie Whalen is a culinary artist and amateur photographer with a love for the outdoors. She has recently begun sharing her experiences online where she talks about natural and healthy ways to take care of your body and the world around you. She is a military spouse based in Okinawa near Camp Hansen. Allie and her family are excited make beautiful Okinawa their best move yet. There they enjoy the rugged, tranquil life on the northern parts of the island. You can find Allie's blog at alliemwhalen.com, where she details her travels, basic conservation techniques, home education, and leading a healthy lifestyle.



The season q

METROPOLIS MAGAZINE

very January, after the New Year celebrations end and the decorations get put away, Yayoi Minowa turns her attention to miso. Once a week, from January to March, she will boil beans, measure salt, stir in koji (mold grown on rice that is essential for making miso), smash the beans, and stuff the mixture into 18-kilogram barrels. These will, in turn, be stored in a cool dark place to while away the spring and summer months. Come October the contents have gone a ruddy brown with the fermentation process. They are then hauled out again to be eaten as soup, dip, or any other delicious thing imaginable.

"We usually end in March because we start seeding around then," Yayoi says before bending to peer at the gauge of one of the three giant pressure cookers, which are perched over blue gas flames on this bright February morning. The whole process, she explains, takes three

"On Monday, we steam the rice and mix it with the koji. It's ready by Wednesday so we start soaking the beans. By Friday they are ready to be cooked, and we can make the miso," she explains.

The beans in use are koitodaizu, a local or heirloom variety of soybean from the Matsuo area of Chiba where the Minowa family have lived and farmed for generations. The beans are small and pale with a sweet flavor that locals believe make a perfect miso.

"The amount of salt used depends on the area," Yayoi says, opening the lid of one of the giant pots. She presses a single bean between her thumb and pinky, and nods as it easily squishes. This is a sign that they are fully cooked. "In the North, the miso is saltier, but in Kyushu it tends to be sweet. Although," she reflects, "that may be because they grow their koji on wheat there.

Steam rolls out as she lifts an inner pot that looks like a giant strainer. The beans are spread in a large pan in which they are allowed to cool while the process is repeated with the other two pots. Once lukewarm, Tomohito, Yayoi's son, adds the rice-koji-salt mixture to the beans and begins to blend them by hand. Outside, the sun waves through the branches of bamboo nearby, moving in the spring breeze.

Fifty years ago, miso was made outdoors in a big pot over a fire pit. It took about half a day, Yayoi says, and the beans were mashed using their feet. "Every farm

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The Minowas do not press the mixture with their feet, but use something

made miso for their own family," she

akin to a meat grinder to smash the beans. Yayoi watches as Tomohito pours the beans into the top and then grabs handfuls of the bean-koji-salt mixture as it emerges. She quickly shapes it into a ball and throws it into the barrel she lined with coarse salt.

Throwing knocks out the air," she tells me between tosses, which would make any baseball team proud. The

smack of their landing resounding through the kitchen. She continues this until the barrel is full, pressing firmly on the top and smoothing it before placing the lid securely in place and starting the next one. Local governments began to set up community kitchens in the 1960s to en-

courage rural women to create cottage industries around their traditional food skills. Over time though, as the exodus from the country to the city continued, these kitchens and the traditional knowledge they supported are beginning to disappear.

The Minowas hope to change that. Their annual misomaking workshop brings people together to learn how to do it for themselves and build a little community in the process. A renewed interest in traditional foods and practices has brought people together to make it, to learn, and to socialize. In exchange for a fee that pays for the ingredients and kitchen rental, participants get a hands-on lesson in miso-making and by October, a tasty share of the bounty.

What is harvested from this land is suitable for making miso in this land," Yayoi says as the last barrel is filled and capped. Words to eat by, if you ask me.



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Spice up your dinner with mapo tofu recipe

STORY AND PHOTOS BY SHOJI KUDAKA, STRIPES OKINAWA

s someone who loves spicy food, summer is the time I am most excited about. When the hot season comes around, spicy food is on the menu everywhere in Japan. From curry rice to chicken wings and ramen, many foods don red labels like a change of clothing for the season.

GSA in Okinawa

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On Okinawa, where the heat lasts beyond summer, my love for spicy food remains even through the autumn season. Despite the variety of spicy foods I can have, there is one that I miss from when I lived on the mainland - Mapo Tofu, a spicy dish.

Mapo Tofu is a Japanese adaptation of a Chinese dish, but it is usually less spicy than the original. But when I lived in Tokyo about 15 years ago, I'd head to a restaurant near Gotanda Station that served up a Mapo Tofu so spicy it would burn my taste buds every time. The addictive burn was how I would refresh after a long day of work and felt like I was cleansing my soul with fire.

I miss that spicy dish I'd have in Tokyo, and after a hot day on Okinawa, I wanted to recreate those flavors and burning feeling without requiring a flight to the mainland. I searched far and

wide for the spiciest Mapo Tofu recipe I could find online and soon found Chen Kenichi's version.

Chef Chen is also known as the Szechuan Sage, and is the son of Chen Kenmin, the chef who first introduced the tofu dish in Japan.

The recipe I found came with a YouTube video of the Szechuan Sage cooking up the dish, so I was confident I could follow him stepby-step.

Soon, I realized that it wouldn't be as easy as I'd assumed. First, the recipe calls for silken tofu, a soft ingredient that requires some skill and patience to prevent from crumbling during the frying process. Next, finding touchi fermented black beans, a key ingredient was impossible in my local grocery store. I attempted to substitute this ingredient with extra chili oil and ended up adding way too much spice.

Despite the trial-and-error, my Mapo Tofu was edible, but was too spicy even for me. The other ingredients including the chili bean sauce and sweetened soybean paste did a lot of work to hold my first attempt at Mapo Tofu together. All in all, it was a good first try and though it wasn't exactly like the spicy tofu in Tokyo, but I still enjoyed the process and the result.

Try it for yourself and add a little (or a lot) of spice to your next

Ingredients

Kinugoshi tofu/silk tofu (300 g) Ground pork (100 g) Shredded green onion (thick, 10 cm)

Condiment A

- Chili bean sauce (15 cc)
- Grated garlic (5 cc)
- Sweetened soybean paste (15 cc)
- Chili oil (5 cc)

Condiment B

- Chuka-aji/Chinese taste seasoning (a little)
- Soy sauce (15 cc)
- Oyster sauce (1.7 cc)
- Cooking sake (appropriate amount)
- Pepper (a little)
- Touchi/fermented black beans (20 pieces)
- Chili oil (15 cc)
- Salad oil (a little)

Other ingredients

- Vegetable oil (30 cc)
- Water (200 cc)
- A mixture of starch and water (30 cc each)

Recipe adopted from Chen Kenichi











- 1 Slice tofu into cubes of 1.5 to 2 cm sides and soak them in a bowl of water. Shred a thick green onion (10
- 2 Put grated garlic (5 cc), chili bean sauce (15 cc), sweetened soybean paste (15 cc), chili oil (5 cc) in a cup. In a separate cup, set chili oil (15 cc) aside.
- 3 Pour vegetable oil (30 cc) into a frying pan and add ground pork (100 g) to fry. Loosen the ground pork by pushing it with the back of ladle as it browns. When the fried pork starts to crackle, turn off the heat.
- 4 Add vegetable oil (15 cc) to the frying pan and add in the grated garlic, chili bean sauce, sweetened soybean paste and chili oil mixture in. Turn the heat back on and mix the ingredients to ensure the pork is covered in the sauce.
- 5 Add water (200 cc) to the pan. Turn off the heat, then add touchi/fermented black beans (20 pieces) to the pan and stir a little before leaving them.
- 6 In a separate pot, bring water to a boil and add the sliced tofu. (Sprinkle a pinch of salt over the water before adding tofu.) When each piece of tofu starts moving around like dancing on its own, remove from heat and drain water.
- **7** Return the frying pan with the pork over heat and add in the boiled tofu with a little bit of water. Add a sprinkle of Chuka-aji/Chinese taste seasoning, a dash of black pepper, a splash of cooking sake, oyster sauce (1.7 cc), and soy sauce (15 cc). Sprinkle some umami seasoning and shredded green onion (thick, 10 cm) and stir carefully.
- 8 Next, turn off the heat and add the mixture of starch and water (30 cc each). Add it in two separate pours with the second pour being smaller than the first. Stir well as you add in each pour of starch water.
- 9 Keep stirring and turn on the heat. Make sure the starch is heated well. Add chili oil (15 cc) and vegetable oil (a little).
- 10 As the sauce starts to get shiny, thickens and bubble over the tofu and pork, it's ready. Remove from heat and serve alone or over rice. いただきます(Bon appetite)!

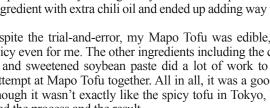










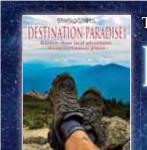


Stripes Sports Trivia

With LeBron James taking his throne to L.A., six of the NBA's top 8 all-time leaders in career points have played for the Lakers. King James will likely become a top-4 scorer during the upcoming season, making the top 4 all one-time Lakers. Who are the two outsiders in the top 8? A hint: one should be a no-brainer. The other isn't quite as easy.

Answer

Michael Jordan & Dirk Nowitzki



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KNOW?

he Japanese arcade industry hauls in 450 billion yen a year. Today, there are nearly 6,000 licensed arcades in Japan while there are 10,297 small game spaces located in shopping malls, hotels, theaters and bowling alleys. Arcades can only be open from 10 a.m. to midnight and laws prohibit those under 18 from entering an arcade after 10 p.m. On Okinawa, those under 18 can't go to an arcade after 8 p.m. Re awarel

Kanji of the week



Language Lesson

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ANNOUNCING



by Margie E. Burke

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Crossword ACROSS 1 Supermarket

- section 5 Strip of wood
- 9 Greyhound fleet
- 14 Vince's "Wedding Crashers"
- co-star 15 Creative spark 16 Open as a bottle
- 17 Refuge 19 Code name?
- 20 Furnish with a
- fund 21 Lift in a gym
- 23 Moray, e.g. 24 Blunder
- 26 Farmer's place,
- in song 27 Like many wines
- 30 Alda or Arkin
- 32 Outback runner
- 33 Word after dial or earth
- 34 Laughing statue 37 Debra of "Will &
- Grace" 39 Season of
- heavy rain
- 40 Recite, as a mantra
- 41 Tropical wood
- 42 Withdraw, with
- 43 Marine growth 44 2011 Spielberg
- movie 46 Ask for I.D.
- 48 Sub sandwich 50 Curtain holder
- **51** Boxing ploy
- 52 Toward the stern
- 56 Make a case for 58 Underwater
- swimmer
- 60 Fixed gaze
- 61 Ticklish Muppet
- 62 "Rosanna" band 63 Start to "got a
- clue"
- 64 Marsh plant 65 Shemar Moore

DOWN

- 1 Amount of medicine 2 Naomi's co-star in "The Impos-
- sible"
- 3 Extend credit 4 1040 entry
- 5 "Elementary"
- actress 6 Changing with
- the times
- 7 Apartment
- amenity
- 8 "Frida" star
- Salma 9 Saddens, with

- 10 Popular card
- 11 Patio entrance
- often
- 12 Art studio item
- **13** Hex
- 18 Doing a '60s dance
- 22 Coastal area 25 Prehistoric period

26 Root beer brand 41 When repeated,

foreboding

on of WWI

35 Brewer's need

36 Poker stake

38 Auctioneer's

closing word

39 Interim period

31 Bozo

29 Chemical weap-

- 27 Patrick's "Ghost" what little stars co-star 28 Sign of
 - 45 Circles the earth
 - **46** 1929 event
 - 47 Largest artery
 - 49 Stair part
 - 51 Stocking
 - stuffers? 53 Declare openly
 - 54 Crumbly cheese
 - 55 Horse gait
 - 57 Ashes holder
 - 59 Silent assent

Answers to Previous Crossword

SUDOKU Edited by Margie E. Burke **HOW TO SOLVE:**

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

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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

Answer to Previous Sudoku:								
3	9	8	1	5	7	6	4	2
2	1	4	3	9	6	5	7	8
6	7	5	8	2	4	3	9	1
1	8	6	4	3	5	9	2	7
9	4	3	6	7	2	1	8	5
7	5	2	9	8	1	4	3	6
8	6	7	5	4	9	2	1	3
4	2	1	7	6	3	8	5	9
5	3	9	2	1	8	7	6	4

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