

The Science of Bento
2014 World Cup Preview
Hyogo Burger Review

Features

The Science of Bento 2014 World Cup Preview

New Navigation!

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All JETs in Hyogo are encouraged to send in articles, musings, poetry, prose, and any ideas to improve the Hyogo Times flor the betterment of the Hyogo JET community, Submit by the 15th of each month to hyogotimespublications@gmail.com

Message from the Editor:

hella!

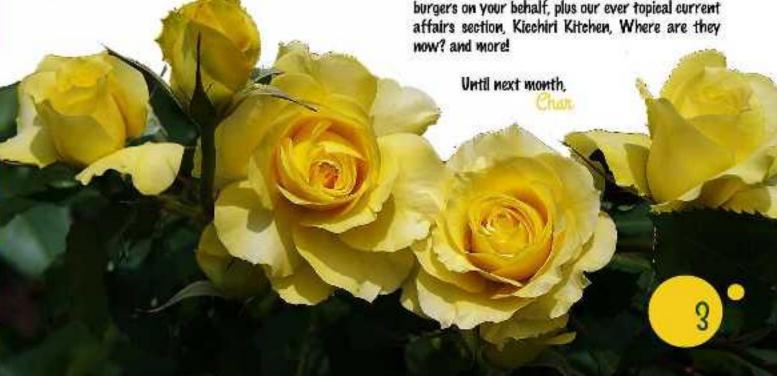
Greetings

Now don't hate me, but I have been craving the arrival of the rains for some weeks now. I know, I know, spring is a delightful time of year in Japan and I should savour it while it lasts, but I just can't. I think it's partly that the season starts so gloriously with all those cherry blossoms that the following weeks just cannot impress me. Plus this year, raging hay fever has most certainly turned me a little against spring, and maybe my roots in the UK's perennially drizzly north are also a factor; I just really feel the need for a good old storm. I took a day this weekend to prepare for the impending downpours. I did four loads of washing to make sure I won't run out of socks for a good few weeks. I also - heavily medicated against pollen - ventured out to enjoy one more spring time bout of blossom viewing before lashings of rain tear the petals away. For this I chose Osaka's Utsubo Park where you can find a spectacular rose garden, literally buzzing with life. It was the perfect way to bid goodbye to spring.

The one thing I don't like about June is the lack of long weekends. May spoiled me with Golden Week,

before that it was spring vacation and now I have to wait until July for another free day? It's just too much! Seriously though, we are incredibly pampered with the national holidays in Japan, and that's set to improve even more in 2016. The government has just announced creation of Mountain Day, an extra day off in August. Ostensibly this is to celebrate Japan's most significant mountains, but word on the street is that It is a last ditch effort to help Japan's overworked who refuse to take their allocated leave. We know our colleagues take a different attitude to the gold dust we call nenkyu and eke out with the greatest care, but for a nation to create a whole new national holiday to avoid attempting going to the root of the problem seems like short-sighted madness to me. Or perhaps that's just the nenkyu-envy talking.

We may not have any extra national holidays to while away reading, but the rains may keep you cooped up indoors a little more this month. Enjoy that time in perusal of this month's issue in which we have a real variety of articles: Sean is helping us all to sound like knowledgeable football fans ahead of the World Cup, Pana's introducing the finer points of her beloved bento box, Cherle and I have eaten many many burgers on your behalf, plus our ever topical current affairs section, Kicchiri Kitchen, Where are they



hella!

message from the PR

What's on your JET Life Bucket list?

I was sitting in my apartment with the windows open (finally), listening to a fantastic album called "Vance, Vance" and contemplating what to write about. As a lot of us enter the final two-ish months of our time on JET. I'd love to know what's on your bucket list? Being a little bit of a glutton, 90% of my JET Life bucket list is food related. I've slowly been whittling down the list I set myself late last year, yaki tori at Ayamuya in Osaka, the wanto burger at Whom in Sannomiya, delectable monjayaki in Umeda (not an oxymoron as I once suspected), dinner at a sum in Kitano, another visit to in Kyoto, and enough ramen and tonkatsu to permanently raise my LDL cholesterol levels. I've got a couple more things to cross off and, in my opinion, there's always room for another bowl of ramen, a slice of

pizza from Chiro in Akashi, or

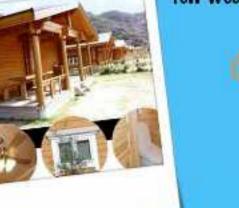
another mouthful of beef short rib

fresh off the yaki niku grill.

For the adventurous amongst you looking for some travelspiration, or for a very worthy cause to donate to, please have a look at a massive fundraising adventure being undertaken by my mate Panny, have. It's called Travels with Chari and it's an epic 2-month, 2000-mile solo bicycle journey from Cape Sata in Kyushu to Cape Sayo in Hokkaido.

I'd like to send a big thank you to everyone's favourite PR, Ryan, fororganizing the Awaji Camping Extravaganza and wish everyone who's leaving luck with your future plans, be they job hunting, more school, travel or wherever life may take you. Watch out for information on HAJET's farewell

party in the next few weeks.



chunky veggie curry udon

kicchiri kitchen





Ingredients

Serves 2
Prep time 10 mins
Cook time 25 mins

Thumb of ginger, grated 2 cloves of garlic, sliced

1 small ordion

2 small potatoes

1 carrot

I small aubergine

I long spring onlow sliced

2 blocks of curry roux (medium

spice)

500ml of dashl stock

1 top soy sauce

A drizzle of olive oil

1 packet of cooked udon

My favourite rainy day activity is cooking. When it rains I always crave a hearty meal, whether it's in cold, drizzly England or humid, wet Japan. This is a rapid, one-pot dish with an element of cheating – the curry blocks here are just too easy to pass up! I've added a few flavours here and there and vegetables everywhere.

Step. One Chop vegetables into chunks.

Step. Two.
On a medium flame, in a deep pot, heat oil and fry garlic, onion and ginger. Fry until onions soften.

Step. Three Pour in dashi stock, carrots and potatoes and simmer for 5 minutes.

Step. Four Remove from the heat, mix in curry roux using chopsticks to break up pieces. Spoon in soy sauce.

Step. Time Return to a low heat and simmer for a further 5 minutes. Step Six Add aubergine and cover pot with lid. Simmer for a final 5 minutes.

Step. Seven. Serve over udon and garnish with spring onions.

Rain rain go away, come back another day (but here's some curry if you stay!)

Cherie Pham



The Science of Bento

What is Bente?

A traditional bento is a complete Japanese meal, with all the side dishes, packed lovingly into a small portable box. A bento lunch should fill the box completely, so that the carefully arranged food doesn't shift during transport, and it should look immensely appealing, so that even the pickiest of eaters will devour it.

The typical way to construct a bento is to fill half the box with rice, a quarter with protein, and fill the rest with vegetable or fruit dishes. Of course, there are as many variations on this theme as there are bento eaters. Pieting bentoists often invert the proportions with half the bento consisting of vegetables and only a quarter rice. The fiber conscious substitute whole grains, brown rice, or options like quinoa. Bento lends itself to a multitude of varieties and accommodations. Today's bento chefs even fill their boxes with things like tortillas, lasagne, and fried green tomatoes. The modern bento can take on any flavour, cuisine, or style, as long as it's a whole meal packed together into a box or box-like container.

The Science:

Each bento box is crafted for beauty and utility. They are measured in milliliters, and if packed property, this measurement should roughly correlate to the number of calories in the meal. For example, this lovely green box holds 510 milliliters. Since I know that inarizushi, my choice of carbohydrate this time, is high in calories, I've filled it using the diet proportions.



Carbohydrate: Inarizushi (rice in fried tofu pockets) - 248 calories

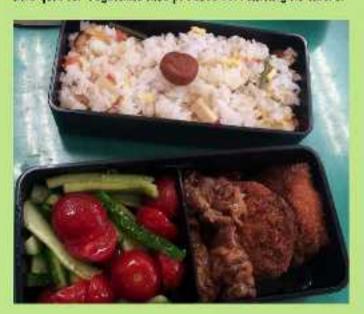
Protein: salsa chicken (some of the chicken is under the rice pockets) - 167 Cal

Vegetable: cucumber tomato salad with Italian dressing -94 Cal

Total: 509 calories

It may not look very big, but the calories match the capacity almost exactly. This is a decent lunch if, like me, you eat snacks through the day. Other bento boxes come in 700 and 800 milliliter capacities that are better suited to a diet of three meals a day without snacks. Even though I didn't know exactly how many calories this meal was when I packed it (I had to look it up later), I knew it would be about 500 because it fit in my box and the proportions matched a quarter carb to a quarter protein to half vegetables. This easy portion control is one of the attractions of bento.

If I opt for a lighter earb, like this mixed rice bento, the traditional proportions of half carb, quarter protein, and quarter vegetable also produce correlating numbers:



Carbohydrate: mixed rice with tofu, carrot, and seaweed - 284 Gal

Umeboshi (the pickle in the middle of the rice) - 5 Cal Protein: leftover yakitori(99 Cal), and cheesy fish croquettes (162 Cal) - 261 Cal

Vegetable: Tomato cucumber salad - 94 Cal

This box holds 640ml between the two tiers. Even with the deep fried fish, the calories total at 644. It's a delicious match!

Another cool science fact concerns the use of pickles. Pickles feature heavily in Japanese meals, and it's not just because they taste good. Bentos are generally made early in the morning and kept at room temperature until lunchtime. The vinegar in pickles can keep the entire bento fresh until it's time to eat it. Even the classic bento passed down from ages past features a bed of beautiful white rice with a single pickled plum resting on top. This pickled plum, or umeboshi, served not only as a delicious counterpoint to the plain rice, but also to keep a farmer's lunch safe while he worked the long hot hours until midday.



The Box

When choosing a box, look for one that fits your diet habits, and your personal aesthetics. Living in Japan brings you a plethora of bento box options. From uber cute to austere, you're sure to find something that suits you. The number and variety of boxes can be daunting, so here's a breakdown:

Most of the boxes you see in everyday use come from the top left category. Plastic models are cheap and versatile. Be prepared to want more than one as they come in more cool designs than you can shake a chopstick at.

Some sets come with cutlery, drink thermos, or a cloth wrapper in matching patterns. However, it's just as easy to accessorize with the chopsticks and water bottles that you already own. Some sets are two or even three-tiered for those who like to separate their food extensively. This is also nice if you want to heat part of your meal in the office microwave, but not all of it.

You can find bento boxes almost anywhere in Japan. From the nearest hundred yen shop, to specialized bento only stores, you're sure to find something in your price range.

Tune in next month for the Art of Bento, where we'll delve into the tools and techniques for filling these beautiful boxes.

Dana Warren



feature 2014 World Cup Preview

コーーールーーー !!!!!!

Can you feel it? There is something special about to happen. There is electricity in the air, a growing rumble underfoot, a quickening of your heartbeat - and the cause is not the new Godzilla movie. In fact, it is the sporting event that puts all other sporting events to shame. It is the FIFA World Cup. For many, it is that moment every four years when petty local club lovalties are put aside and everyone rallies behind the nation. For others, it is the one time when you pretend to like football - soccer for Americans - just enough to use it as an excuse to take off work and start drinking at absurd hours of the day. (Hey don't judge me for having a beer, or five, during a game that starts at nine in the morning. I didn't invent the time zones.) If you happen to fall into the latter group, here is some information on teams representing ALTs from the 4015 2014 come that may be useful in furthering discussion past obligatory national songs and drunken chants.

Castrolia.

Group B: Australia, Chile, Netherlands, Spain

Coach: Ange Postecoglou Well-known player: Tim Cahill

Fun fact*: Australia's national football team's nickname is the

"Socceroos."

Although Americans are considered to have the "Group of Peath," the Aussies prospects are not much brighter. In the first round they will have to face 2010 World Cup runner-ups, the Netherlands, and the consistently dominate Spain, with Chile being no easy push over. Yet in a country notorious for its dangerous animals and neknominations, the Australian team about Germany's national squad this year then you

is perhaps the most prepared to face severe challenges head on.

Group V: Costa Rica, England, Italy, Uruquay Coach: Roy Hodgson

Well-known player: Wayne Rooney

Fun fact*: The only player to score a hat trick in a World Cup final is Geoff Hurst in 1966.

Everyone remembers back in 2010 when

American Robert Pempsey showcased his Jedi mind tricks to score a very preventable goal on England's keeper, Robert Green, Humiliating, ves, and what makes it worse is that England has been the victim of such trickery before. Who can forget the 1986 World Cup match between England and Argentina when Piego Maradona smoothly pulled off his "Hand of God" goal, which must have stunned - literally - England's players so much that it allowed Maradona to score a second goal - a goal that is arguably the best of all time. Yet, even with this past and quite a bit of struggle simply to qualify for this year's World Cup, England is looking to start fresh and make a much stronger showing this time

Group E: Ecuador, France, Honduras, Switzerland

Coach: Pidier Peschamps

Well-known player: Franck Ribery

Fun fact*: Frank Ribery was in a car accident as a child leaving a scar on his face, hence his nickname "Scarface."

Group G: Germany, Ghana, Portugal, United States

Coach: Joachim Low

Well-known player: Manuel Never

Fun fact+: Dermany holds three World Cup titles giving them the third most behind Italy at four and Brazil at

If shivers are not sent down your spine upon hearing

probably were not listening. Germany did not lose a match during the qualifying rounds, winning nine matches and securing a 4 - 4 tie against Sweden. They also had the most goals in the European zone with 36. Germany was given the number two ranking position by FIFA, and it is extremely possible that they will take the cup, if they, like most of their European counterparts, can handle the threatening Amazonian weather.

Korea Republic

Group H: Algeria, Belgium, Korea Republic, Russia Coach: Hong Myungbo Well-known players: Lee Chung-Yong Fun fact*: In 2002 South Korea allowed for the fastest goal in World Cup history when they were scored on 11 seconds into a match.

Metherlands

Group B: Australia, Chile, Netherlands, Spain Coach: Louis Van Gaal Well-known players: Arjen Robben, Robin van Persie Fun fact*: The Netherlands have reached three World Cup finals, but not won a single title.

Russin

Group H: Algeria, Belgium, Korea Republic, Russia Coach: Fabio Capello

Well-known player: Alexander Kerzhakov

Fun fact*: Former player Olea Salenko scored a record five goals in a World Cup match in 1994.

Switzenland

Group E: Ecuador, France, Honduras, Switzerland Coach: Ottmar Hitzfeld

Well-known player: Xherdan Shaqiri

Fun fact*: In the 2010 World Cup. Switzerland was the only team to beat Spain.

United States

Group G: Germany, Ghana, Portugal, United States Coach: Jurgen Klinsmann

Well-known player: Tim Howard

Fun fact*: Goalle Tim Howard was diagnosed with Tourette's syndrome in childhood.

Although the Americans are entering the World Cup after a stellar job in their qualifying matches, fate has dealt them a cruel hand in the initial group play. Up against the German powerhouse, Cristiano Ronaldo-led Portuguese, and Chana, a team that has beaten the United States in the last two World Cups; the United States has little room for error. Yet, if there is one thing Americans love more than soccer - and let's be honest there are hundreds of things Americans love more than soccer - it is a story of an underdog succeeding against all odds.

Of course, it is always good to have a back-up team to keep the engagement and conversations going, especially if your team happens to be one of the unlucky ones to be eliminated sooner rather than later. The Japanese national team is as good as any to choose and could possibly win you some bonus points with your colleagues in the office. Led by Italian coach Alberto Zaccheron, Japan's twenty-three players come from a range of teams and leagues, with over half playing in European clubs. Although up against stiff competition in Group C with Colombia, Côte d'Ivoire, and Greece. Japan's national team has demonstrated their potential by advancing to the Round of 16 last World Cup and winning the Asia Cup in 2011. With such success this team should not be overlooked.

Although a time to demonstrate your national pride in thoughtful and often extravagant ways, let us not forget that the World Cup also provides us with a glimpse of our common humanity. The world of football in general, and the World Cup specifically, is an opportunity to share an experience with millions of individuals across the globe from

> diverse backgrounds So during the games go ahead and cheer for your team, but also raise a class to your neighbor, friend or foe, and recognize that you are each simply seeking enjoyment from moments both ordinary and spectacular in this life.

> > Sean Mulvihill



let's eat!

Making Umeshu

Long before I stepped foot on the shores of Japan I had an ongoing fascination with the sweet boozy nectar that is umeshu 梅酒, a traditional Japanese spirit of which the primary ingredient is green ume 青梅 All too often mistranslated as 'plum wine', both these words are more or less lost in translation. Ume are in fact not plums at all but a variety of Japanese apricot, and since the average umeshu tends to be about 40% alcohol, it's closer to hard liquor than wine!!

In Australia I often drank shouchuu (the liquor ingredient of the umeshu) in place of vodka simply because it was so very, very cheap. Here in Japan though, liquor prices seem to be between 1/4-1/3 of those in Australia (depending on your poison of choice) which has really given me the freedom to drink whatever I like – I can afford it! Needless to say, making umeshu was on my Japan bucket list.

So the basics of any umeshu: You're going to need 5 things, and with a standard batch these are the ratios you will be need –

>> 1 kg of fresh unripened ume (ao-ume 青梅)

I went for the slightly larger variety of what was on offer at my supermarket as apparently the smaller ones tend to be on the sour side of things.

>> 1kg rock sugar

You can use brown rock sugar if that floats your boat.

>> 1.8 Litres of White Liquor (焼酎)

This stuff is sold in huge milk carton type containers and is 70 proof liquor that resembles shochou. Some people choose to omit this ingredient and use brandy instead as it gives the umesho a sweeter flavour. Personally I'm not a huge fan of brandy to begin with and since your white liquor is only going to set you back around 1200-1300 H for the whole carton, not using it is sure to bump up the cost of your brew.

>> A large glass far (4-51) with a double seal

If, like me, you happen to find yourself living in Japan, procuring such a jar will be of little trouble as they sell specially made umeshu double sealed glass jars in the supermarkets with the other ingredients. If not, well

you're not out of luck. Basically, you're looking for a large thick glass jar that can be sealed tightly as its contents may sit in there for years!

>> Toothpicks (Tsumayouji 八楊枝)
Or preferably bamboo skewers, these are used to remove
any remaining stems from your ume to make them 100%
clean and poke holes in them before you subject them to a
year's worth of deliciousification.



A friend of mine, a 3rd year JET who has been making umeshu since he arrived, strongly recommended a variation to the traditional recipe which he claims to be the most delicious beverage he has ever tasted. So rather than going down the straight and narrow I took his advice and my chances and decided to make a cherry brandy umeshu.

To take it up a level you're going to need >> 200 grams of fresh cherries
>> 100-200mls of Brandy (add as much as you like
depending on how much you like brandy)

So now I presume you have obtained all the components for your brew - good job, you're awesome! Now onto how exactly you go about turning these unappetizing ingredients into the nectar of the gods!

1. Clean the glass jar thoroughly, if you can get your



hands on the heatproof variety, boiling water will do the trick. Make sure it is 100% dry before you add any Ingredients.

- 2. Wash and de-stem your ume, ensuring that they are well washed and dry before you put them into the jar. As even a small amount of residual water can cause the fruit to go mouldy under the liquor, I recommend patting them down with a paper towel then letting them air dry for a couple hours before moving to the next step. You will also want to spot check each and every ume for blemishes, removing any that have bruises or broken skin.
- 3. Layer your ume and rock sugar in the jar, if you like you can also prick small holes in the ume with a toothpick before you send them to their boozy graves (2 or 3 per ume). This step is not essential but will help the liquor permeate the ume and speed up the process. Also the whole layering process is pretty much just for aesthetics and completely up to you, as after 24 hours the bulk of your sugar is going to have dissolved and the ume will have floated to the top anyway. I chose to because 1, it is fun and 2, it looks cool =P
- 4. Pour in the 1.8 litre carton of white liquor, if you are comfortable with the wrist tilting action frequently used to add milk to a cup of coffee then I'm sure you will have this step down.
- 5. Adding in additional flavours to personalize your brew. So here is the extra step that I did but is completely up to you, basically there is a plethora of extra ingredients you can add to your umeshu. I simply just cleaned 200 grams of cherries in the same fashion as the ume and added them along with about 200ml of a nice brandy. If cherries and brandy aren't your thing a couple of the other variations I've heard of include garlic, strawberries or grapes in place of the cherries and alongside this you could also use any kind of spirit in place of the brandy. From what

I gather gin or vodka will give you a harsher end product where sweet brandy/bourbon/whisky will make it even more so sweet and delicious (I was considering Canadian club or Prambuie before I settled on Brandy).

- 6. Seal up your jar, put it in a cool dark place (think basement) and forget about it for the next 6-12 months. OK well this isn't entirely true, as for the first couple weeks you're going to want to check up on it every day or two and give it a shake to make sure all the sugar dissolves and none of the ume are going mouldy. Honestly so far I haven't had any issues with the ume but about half my cherries have started to shrivel and die so I have been removing them from the batch as this occurs.
- 7. And now we play the waiting game...... Honestly you can leave this stuff to sit for years if you really want and it's only going to get better with time but assuming you made it at the start of the season (Early June) it should be good to crack open for Christmas, I know I will be packing some of my batch up to bring to my family when I head back home in December.

So there you have it, not really rocket science but certainly a super funway to kill a couple hours on a rainy day if you're bored, also it only cost me about 5000円 to make 2 litres of it so it's certainly affordable. Give it a go!

Daniel Taccone



travel Kami Daigo-ji

If you're looking for a beautiful and challenging hike this summer, take a trip to Kyoto's Kami Daigo-Ji, which is temple number 11 of our 33 temple pilgrimage. Vaigo-If temple grounds is expansive, one of the largest temple complexes in Kyoto; it has three separate sections leach with its own admission): Sanbonin (former residence of head priest), Shimo Paigo-ii (lower Paigo-ii), and Kami Paigo-Ji (upper Paigo-Ji). While the museum and features of the Shimo Daigo-ii area are certainly worth exploring, I'm going to focus on the Kami Palgo-li section, as it is the temple connected with our Kansai pilorimage.

Paigo is the Japanese name for ghee, a kind of milkambrosia made in India which is also a metaphor for the teaching of Buddha. The temple is named for this connection. Unfortunately, when I attempted to visit Kami Paigo-II (without doing enough research), I found the pathway leading up to the upper temple gated, as the area was still under construction following a lightning strike fire occurr in 2008. They were still giving stamps in the lower Paigo-ji area for those pilgrims not allowed to make the climb (because the Juntei-do burned

down





completely in that lightning strike, you will still get your pilgrim book stamped in Shimo Vaigo-ii).

Happily, the path (if not the Juntei-do itself) is now open, and travelers are giving reviews of the strenuous hike to the upper temple. Kami Paigo-Ji is the oldest part of the temple, founded by Rigen Paishi in 874. Upon hearing the chirping of a sacred bird while practicing his mountain asceticism in a hermitage he built on the top of the mountain, he carved two Kannon images: one of Nyoirin Kannon (Kannon with the wish-fulfilling jewel and wheel of Buddhist teachings), which is enshrined in the Nvoirindo on top of the mountain, and one of Juntel Kannon (Mother Kannon), which was enshrined in the Juntei-do. the main temple of the Kami Paigo-ii complex.

Kami Paigo-ji is the only temple in Japan to feature Juntel Kannon as its main enshrined Image (Honzon). Emperor Palgo is said to have prayed to this Kannon for the successful production of an heir, after which his wife gave birth to twin sons who each served as emperor in succession. The image is still thought to bring fertility and easy childbirth.

Until recently, women were forbidden to enter the sacred mountains, being restricted to the Nyonin-do at the base of the trail leading up to Kami Paigo-ji. The hike up the mountain is tough, and is undertaken by pilorims as an offering on behalf of all suffering beings.

As you begin the hike from the Shimo Paigo-il area, you will encounter a series of statues which you can splash with water as a purification ritual. Included among them are Jizo, protector of travelers, Kobo Paishi, founder of the Shingon school of Buddhism, Fudo Myo, the light king, and Amida Buddha.

The hike takes about an hour and fifteen minutes, and along the path you will see ancient stone markers about every 109 meters la measurement called a "cho" and the path is 20 cho in length). You will also see other ancient stone markers and memorials, like the turtle carrying a monument on his back and the bell that pilgrims can ring as they pass.

Halfway up the climb, you will see the shrine and sacred waterfall where pilgrims can drink and make offerings to the mountain ascetic deity. Past this point, the climb gets much steeper, and pilgrims on their way down offer friendly encouragement to those going up. Once you reach the complex at the top you will find several buildings, including the Pure Pragon shrine on the left, and a small shrine dedicated to the source of the spring where Rigen Daishi first built his hermitage in 864. Pure water still flows, and pilgrims may drink and fill bottles to take home. The main temple of Juntel Kannon is still under reconstruction. Those seeking pilgrimage stamps will get them at Shimo Paigo-ji at the Kyudaiko-do (旧大講堂). The Nyoirin-do (where the other image carved by Rigen Vaishi) and Kaisan-do (ounder's all) give impressive views. and you can see as far as Osaka on clear days.

> Happy trails! Emily Lemmon



GCCEAL

To get to Paigo-ji, take a JR train to Yamashina station (5 min and 190 yenfrom Kyoto) and get on the Tozai line (8 min and 260 yen) to Daigo station, then walk 15 minutes to the temple complex. You can also take a Keihan bus (22 or 22A) from Yamashina station. There are also direct buses (Yamashina Express) from Kyoto Station in front of Hotel Keihan leaving every 30 to 50 minutes, on which the 30 minute trip is 300 yen.

http://www.daigoji.or.jp/index.html - Official Paigo-ji website http://www.tripadvisor.com/Guide-a298564-i676-Kyoto Kyoto Prefecture Kinki.html - A helpful description of what you can expect as you head in to hike the Kami Daigo-li path. http://www.tripadvisor.com/ShowUserReviews-g298564d321455-r176398640-Paigoli Temple-Kyoto Kyoto Prefecture Kinki, html - Other traveler information about Paigo-ii (a hiking review from 2013). http://www.daigoli.or.jp/events/events list e.html - annual events at Vaigo-ji

review

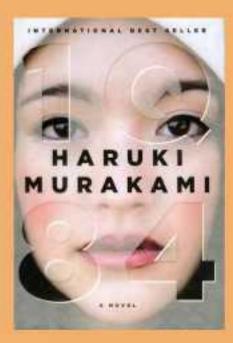
a Fistful of Fun: Five Books You Should Read This Month

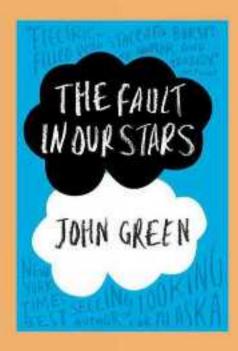
Last month Common Sense Media came out with research detailing somber news: current American teenagers are reading far less than teenagers from previous decades. Although the reasons for such a decline are not completely clear, the study does point to advancements in technology as playing a substantial role. Lacking data to present a comprehensive trend habits teenagers' reading worldwide, one can still venture a guess that as access to technology continues to expand, so too will

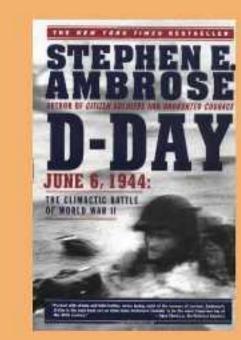
distractions from reading on a global scale. We ALTs may be lucky enough to be past our teenage years, but the majority is only separated by a few years and regardless of age, we are all deeply affected by changes in technology — especially when it comes to advancements like Candy Crush. Furthermore, many will go on to one day raise children—who inevitably become teenagers—of their own. To personally defy this trend while simultaneously becoming a model for generational slackers, here are five books to read this month.

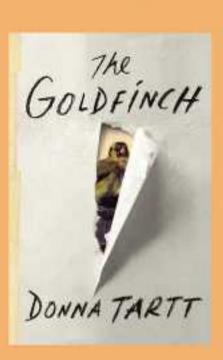
1094 by Haruki Murakami

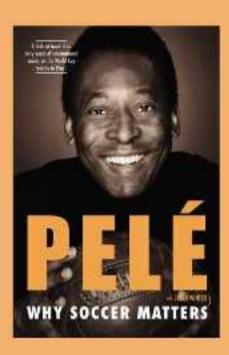
What are you doing Sunday, June 8 th? If the answer is not, "Going to the next Hyogo AJET Book Glub," you have wrongly prioritized your weekend schedule. The Book Glub offers insightful discussions on text with fellow ALTs and if the club was not reason enough to read the book, 1Q84 by one of Japan's most popular authors and Hyogo native, Haruki Murakami. The story follows two characters on separate, yet connected paths, Aomame and Tengo, the former struggling to maintain her sense of reality and the latter falling deeper and deeper into the world of a seventeen year-old girl. 1Q84 is written like a trail of breadcrumbs, where the reader is continuously drawn into Murakami's world, always feeling compelled to follow regardless of the dangers that may lie ahead.











a Fault in Our Stars by John Green

While those in other parts of the world will be flocking to theaters this month to watch this teary-eyed love story, we in Japan will be left waiting for the best version to illegally appear online. However as we all know, the print version is always better than anything Hollywood attempts to reproduce. So while you are waiting, pick up a copy of A Fault in Our Starsand follow Hazel, a terminally-III cancer patient, through her dark times that are made brighter with the introduction of a boy named Augustus. Sure to be filled with laughs and an unreasonable number of tears, make sure you have learned and mastered ティッシュください" beforehand.

D-Day by Repher Embrose

If you were not already aware, I am a total sucker for anniversaries (see last month's article on has and Weezer) and this month is no different. June 6, 2014 will mark the 70thanniversary of V-Vay, the day the Allies bravely stormed the beaches of Normandy during World War II. This same month, author and historian Stephen Ambrose celebrates the 20th anniversary of the publication of his book detailing the very event. If like me all you really know about V-Vay is what was depicted in

Saving Private Ryan, reading the book goes beyond simply learning about what happened: It honors the memories of all those who fought and died during the invasion.

The Goldfirch by Donna Tart

It took Ponna Tart eleven years to finally publish her third novel and in doing so she shows why greatness cannot be rushed. Having been selected as the Pulitzer Prize winner for Fiction this past April, The Goldfinchfollows the story of a boy named Theo who loses his mother at a young age. In dealing with this traumatic event he finds solace in a painting that reminds him of her. This tragic event and the painting go on to influence Theo, for better and worse, as he becomes an adult. At 771 pages in hardcover this book is not only a literary triumph, but will undoubtedly be a triumph for the reader as well.

Why Soccer Matters by Pelé and Brian Winter

Just in time for the 2014 World Cup we are given the chance to hear about the world's most popular sport by arguably its most popular and skilled player. Born in Brazil in 1940, Edson Arantes do Nascimento, better known as Pelé, became a household name even to those unfamiliar

with soccer and helped further the sport's popularity. Based on personal stories of his life both on and off the field, Pelé details soccer's positive impact and why it matters not only to him, but to the world.

Sean Mulnihill

<< Hyaga aJET Book Club >>

Book: 1084 by Haruki Murakami

When: Sunday, June 8th 2-4PM

Where: TBA - meet at Tits park at 2PM

RSVP on the Facebook event page



15°

It's All a Matter of Perspective: Itempting to Reinterpret Japan's Constitution

Most of us know the history, or at least the abridged version, of the Pacific Theater in World War II. Japan became increasingly militaristic in the 1920s and 1930s and went on to invade other parts of Asia before finally deciding to attack the United States at Pearl Harbor. In response, the Americans declared war on Japan and Dermany, which after countless battles fought and lives lost would finally end after the Americans dropped the atomic bomb on both Hiroshima and Nagasaki. As a result, the Japanese surrendered to Allied forces and established a constitution that, among many things, attempts to prevent any militaristic tendencies from ever occurring again. The Constitution of Japan's most important part in limiting future aggression is Chapter II, Article 9, which states:

Aspiring sincerely to an international peace based on justice and order, the Japanese people forever renounce war as a sovereign right of the nation and the threat or use of force as means of settling international disputes.

In order to accomplish the aim of the preceding paragraph, land, sea, and air forces, as well as other war potential, will never be maintained. The right of belligerency of the state will not be recognized.

However, since the constitution's passage there has been constant debate on how to effectively interpret and implement policy under Article 9 given real world predicaments. In response to various political and security situations around the globe that both directly and indirectly affect Japan, Prime Minister Shinzo Abe reconvened the Advisory Panel on Reconstruction of the

his first term as Prime minister) early last year to revisit the legality of actions taken in regard to security. Finally, last month on May 15 the panel revealed their findings and recommendations to the Prime Minister.

haratuto

The entire document can be found here, but to summarize the main theme the panel argues that if the government accepts a reinterpretation of the constitution, certain actions that are currently considered to be unconstitutional are, in fact, admissible. One obvious benefit of a reinterpretation is that by simply interpreting the meaning differently, the Abe government does not need to seek a constitutional amendment, something that would be much more difficult to secure.

In part one of the report, the panel gives a brief history

of Japan's interpretation of its constitution. Pirectly after World War II, it was suggested that Article 9 was to be followed in its strictest sense, meaning that even in regards to self-defense no force could be used. However with the establishment of the United Nations and the advent of the Cold War, this reading of Article 9 was quickly replaced to allow for self-defense. As the Cold War progressed, the debate eventually moved to question the constitutionality of both self-defense and collective self-defense, or simply the defense of one's allies. Yet from the 1950s until present day, collective self-defense has never been granted the same legal status as self-defense.

The panel suggests that such a discrepancy is unreasonable and potentially harmful to Japan's security. A frequently quoted example portraying Japan's current limits is the possibility of North Korea, or another country, firing a missile toward the United States. The current constitutional interpretation prevents the Japanese government from shooting down the missile on behalf of the Americans because such action is a use of force outside the self-defense definition. In other words, the missile is not directed at Japan so the Japanese cannot act. For Abe and the advisory group other elements of Japan's Constitution, specifically the preamble, Article 13, Article 98, and those areas supporting international cooperation, supersede the limiting factors of Article 9.

Nonetheless, it is unlikely that drastic changes will occur quickly. Following the report's release discussions within the Diet are being held and Abe, well aware of the extreme pacifism held by some coalition members, will have to take baby steps in securing change. Protests by Piet members and the public have also already occurred since the panel shared its recommendations. However, Abe has had a degree of success over the past two years in security matters including the passage of a secrecy bill establishment of a National Security Council and more recently, the decision to remove a self-imposed ban on exporting weapons. With the abovementioned successes, it certainly seems possible that some panel recommendations will be considered in the Diet and that Japan under Abe will continue to look for a more proactive role in world affairs.

Sean Mulvirill

PACIFIC OCEAN

On Mercator's Project

Railways thus

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picture courtesy of Policy Mic.com

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let's eat!

Burger-Barmy*

Leaving home for university coincided with my father discovering the entertainment possibilities of the Internet. Subsequently we have maintained a rather sweet father-daughter e-mail communication sharing YouTube videos, rugby match reports and location-related news articles. One such e-mail pinged into my inbox in February: a scanned clipping from the Times about Japanese research into the perfect burger-eating hand positioning. Pops was vindicated because the recommendation followed what he had advised for years Little fingers and thumbs underneath the bun, pointer, middle and ring fingers atop1. The even pressure this grip encourages helps prevent patty slippage and sauce spillage. Conducted over four months by experts in fluid mechanics, engineering and dentistry, the study even included 30 scans to analyse the movements of burger contents during dining.

Japan, like the rest of the world, has gone burgercrazy. No longer a dirty fast-food secret, what was once little more than a glorifled sandwich at McDonald's has become a gourmet experience. Restaurants pride themselves on meat quality, fresh buns, extensive cheese options and a plethora of indulgent extras. It seems like every other restaurant in Japan does burgers, so picking the right one can be tricky. Luckily we're here to help you out. This month I have teamed up with the HT's very own kitchen guru, my friend and restaurant-finding partner. Cherte Pham. In the name of research we have devoured many a burger across our great prefecture (plus sampling outside the ken and country for comparison's sake that's commitment for you) to pick the best options for the next time you're hankering for a





hamburger.

Bo Tambourine, Sannomiva

Echarlotte ate a bacon and cheese burger, Cherie an avocado burger.]

Charlotte says: Everything a good burger should be: Bo Tambourine's has the meat to filling proportions just right and makes a mean milkshake to go with. Next time I'm going to try the BBQ pork option. The staff at Bo T are lovely and with cute coffee cups it's good outside of meal times too!

> Burger: 4/5 Venue: 4/5

Overall experience: 4/5

Cherie says: I'd like to apologise to my first Bo burger. I wasn't in the right frame of mind or stomach istill fighting the intoxications from the night before). I left a sizable portion untouched. To pay respect to the leftover. I revisited and devoured a well-stacked avocado burger. Juicy and crispy in all the right places. Bo Tambourine is

the perfect get-away from the bustle of Sannomiya, tucked away in a corner of Motomachi.

> Burger: 4/5 Venue: 4/5

Overall experience: 4.5/5

Caké Lama, Himeli **Echarlotte** and Cherie both ate cheeseburgers]

Charlotte says: For a café which began as a bakery it's especially disappointing that the buns have let me down every time I've eaten here, being overcooked and crumbling apart at each bite. The café itself has a cool atmosphere though and friends swear I've just been unlucky with the buns.

> Burger: 2/5 Venue: 3/5

Overall experience: 3/5

Cherie says: I have to agree with the bun situation. but I gave Lamp a second chance and they delivered. Even with the cosy place full, they managed to send out well-



seasoned, plump patties to satisfy all kinds of hungry. I like Lamp, but I don't love Lamp. II am prepared to take the consequences of that statement from all devoted Lamp fans in Himeil.)

Burger: 3/5 Venue: 3/5

Overall experience: 3/5

Gwajishima Burger, Nishinomiya [Both Charlotte and Cherie ate cheeseburgers]

Charlotte says: Awailshima Burger is a Hyogo institution and, if blogs and Tripadvisor are to be believed. is often a contender for 'best burger in Japan'. It's a pretty big claim, but the team at this shack-on-the-side-of-a-

> petrol-station are up for the challenge. There's often a queue and there are only four seats in the shed, but it has real rustic charm and the sauce is fantastic - the recipe a closely guarded secret!

Burger: 4.5/5 Venue: 4.5/5

Overall experience: 4.5/5

Cherie says: The smell of fried onions leads the way to burger heaven. Yes you're sat on a plastic seat looking at a plastic sheet but nothing matters after you unwrap the toasty foil

to reveal the secret-sauce covered burger inside (this is when you'll hear angels sing). The crunch of fresh salad and the simultaneous burst of flavour from the hot meat draw textures and tastes together harmonically. Just go.

Burger: 5/5 Venue: 3.5/5

Bo Tambourine

Overall experience: 4.5/5

Wanto Burger, Sannomiya

Echarlotte ate the house special, the Wanto, Cherie a cheeseburger]

Charlotte says: I had to opt for the house speciality. the Wanto, mainly for its description as being a "super special powerful rich burger". It didn't disappoint, but then with a Kobe-beef party, Wagyu steak slices on top, home cured bacon and spiced egg how could it? Not something I could eat for afford) regularly, a Wanto burger is definitely a special treat. I liked the American style diner vibe too and the waiters are a good laugh.

Burger: 5/5 Venue: 4/5

Overall experience: 4.5/5

Cherie says: The Monterey Jack cheese in the burger fitted in well with the old school Coca Cola® signs and squeaky bar stools, but that's as authentic as it oot. I have eaten fantastic cheeseburgers in the States but this imitation did not suffice. It was an unmemorable meal: the one thing I do remember is that it lacked basic seasoning. Are the retro decor and friendly staff enough to entice me back?

Burger: 2/5 Venue: 3.5/5

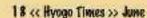
Overall experience: 3/5

We may have gone mad with the excessive intake of cows but we hope this has inspired your very own Hyogo Burger Pilarimage!

Charlotte Griffiths & Cherie Pham

*barmy [British informal] - erazy/mad





Just Ask Ava

Po you have a burning question or cultural panundrum? The Hyogo Times is proud to introduce the schrtillating and savvy Ava Hart, here to answer all your question and concerns in her column dust Ark Ava.

Dear Miss a Hart,

I think I've finally reached my breaking point. I just cannot handle the attention I get anymore. If it's not my "small" face or nose, it's my curty hair or white skin. Seriously, I try to tan, I really do! I'm a total addict to self-tanning lotion at home, it's just impossible to get out here, so I'm back to my natural sickly white with freekles. I try to forget it, but people will, not, stop, talking, about, it! To make it worse I swear every time I get a free sample at a drug store it's whitening lotion — I do NOT need to be any paler! This is something I've been dealing with since high school where everyone was blonde and tanned. I thought coming here would be an improvement and I'd feel super bronzed in comparison. Apparently not. Sure, they see it as a compliment when they mention things about my looks, but why won't people stop commenting on something that makes me feel so insecure?!

This weekend was the worst. I was out at a park, soaking in some rays, trying to take the edge off the white, when I noticed a man taking photos of me. It's happened before and usually it doesn't bother me too much, but when I got up and had a walk the guy actually followed me. True, he was always a good ten meters away, using his zoom, but still! It was just so obvious - couldn't he have asked or something?

Where I come from no one would look twice if you had blue hair, I just don't know how to act when people react so strongly to how I look. Please help me Ava.

Yours,

Ticked off in Tanba



Dear Ticked.

You have my most sincere sympathies. I myself turn heads with every step; it's always been that way and can be a real bore. Take solace, however, and be thankful for the lack of tacky wolf-whistling and horn-honking which can follow one in other, louder countries. In Japan, at least for the most part, admirers are more subtle in their appreciation of exotic charms.

On the rare occasion I find myself without my chauffeur and deign to take public transport (one must test the system now and again), I rather enjoy a game of stare-attack. Whenever I catch someone marvelling at me I take it upon myself to return the favour and consider, very carefully and lengthily, one aspect of said person's own visage. The resulting patting down of hair or checking of their nose in the mirror is quite rewarding. I find.

In your particular situation I would have been outraged. For someone to take a photograph without permission or my signing a release form would be quite intolerable. I advise that the next time this occurs you accost the persona non grata at once and demand suitable reimbursement for your role as model and/or access to the images. Who knows "foreign girl sleeping in garden" could make for a rather elegant coffee table book or drawing room centre piece.

Best,

ava Hart



current affairs

» A confluence of international, bilateral, and domestic conditions has made Japan's chances with the Trans-Pacific Partnership better than widely thought.

On April 23rd, US President Barack Obama met with Japanese Prime Minister Shinzo Abe in Tokyo. The first state visit by a sitting US president since Bill Clinton in 1996, Obama's trip to Japan was meant to signal US-Japan unity at a time of growing tensions in Northeast Asia. Simultaneously, however, the Obama-Abe meeting served to highlight an unresolved challenge facing Asia's most important alliance: the failure to conclude negotiations on the Trans-Pacific Partnership, or TPP.

The Abe government has framed TPP as a core component of Abenomics' "third arrow" of structural reforms. Over a year after Japan's entry into TPP negotiations, however, the United States and Japan are at an impasse that threatens to derail the free trade agreement (FTA). For Japan, this challenge has been driven by the very entity that TPP was meant to reform: trade barriers, with Japanese import duties on agricultural products proving to be particularly politically sensitive.

In spite of these challenges, the Abe government's ability to come to an agreement on TPP is greater than widely thought. Abe has declared TPP to be Japan's "last chance" to remain an economic power in Asia and shape the region's future, noting that, "if Japan alone continues to look inward, we will have no hope for growth." A of international, bilateral, and domestic factors allows Abe to build on the momentum created by his meeting with Obama, putting Japan on the path to reviving long-term economic competitiveness.

Tokyo's TTP Twrning Point?

With tensions in Northeast Asia reaching a post-Cold War high, Abe can capitalize on TPP's timely strategic value in his efforts to pass the FTA. Growing concern over the threat of China and North Korea has inspired increased defense spending and enhanced military capabilities. TPP actively responds to this regional insecurity by increasing trade flows among its members, making them less dependent on trade with China and strengthening their position relative to their increasingly powerful neighbor. Resolution of US-Japan TPP negotiations also has the power to underscore Japanese leadership in the region and on the global stage by setting the gold standard for major trade deals, further enhancing Japanese security in an increasingly insecure region.

The current state of US-Japan relations further improves Japan's chances with TPP by allowing Abe greater room for compromise. The challenges of Japan's dynamic security environment have made the US-Japan alliance all the more important, with one senior Japanese official stating, "The only

realistic path of survival for Japan now is to rely on the United States." However, the past few months have seen a divide come between the two allies following Abe's visit to the controversial Yasakuni Shrine and statements suggesting his government was considering revising a 1993 apology for Imperial Japan's use of "comfort women". Tokyo appears mindful of the need for US goodwill in security matters, recently downplaying nationalism in an attempt to right soured bilateral and regional ties. In return, by connecting the defense of the Senkakus with the TPP negotiations, the Obama administration is reportedly considering how to draw maximum concessions from Japan. In this way, US pressure and Japanese concern provides an opportunity for Abe to negotiate past politically sensitive issues while minimizing blowback.

Even domestic politics, seen as a limit to TPP, have the potential to incentivize progress on the regional FTA. Abe has moved past something of a <u>point of no</u> return in his economic policies, and his popularity, though still strong by the standard of Japanese politicians, is likely to sink as a recent consumption tax hike takes effect. By striking while the iron is hot, the Abe government benefits from the expectation that Japan will have a stable. Abe and LPP-led government for at least two years until both Houses of the Piet face general elections in 2016. Furthermore, a TPP deal would substantially boost confidence in the Japanese economy, likely causing the Japanese stock market to soar as disillusioned foreign investors pile back into the market. Ultimately, with the economy perceived as the key issue by Japanese voters, success with TPP has the potential to redouble Abe's domestic support.

Concluding US-Japan negotiations remains a challenge, but the conditions are right and the conclusion is closer than ever before. Important progress was made during Obama's visit, with Japanese negotiators finally agreeing to a framework that balances future tariff reductions against quicker market access gains. Japan and the United States found "a path forward on the various issues," Abe told reporters, declaring "I want Japan and the U.S. to take a leading role from now on in encouraging other countries to reach a conclusion on the TPP negotiations." In building on beneficial international, bilateral, and domestic conditions, and on progress made in his meeting with Obama, Abe can show the world that not only is TPP is moving forward, but also that, per Abe's declaration, "Japan is back."



Taylor M. Wettach

WATH

Where are They Now?

>> This month former Hyogo Times editor, Australian born, Matthew Stott took the time to answer a few questions about his life since leaving Hyogo. Matt was based in Tarumi 2007 - 2010 when he worked at Akashi and Takatsuka Senior High Schools.

Questions: Charlotte Griffiths

>> What did you do immediately after leaving JET?

My partner was beginning her PhD, and we had just bought a house in Perth, so we didn't have any time to go traveling as some do when their time on JET comes to an end. Within a week of returning to Australia, I started my current job as an ESL teacher.

>> What are the main differences between teaching English in Japan and back in Australia?

The most obvious difference is the student profile: I teach young adults — professionals and university students — from all corners of the globe, including a large cohort of Japanese. My current students tend to be more proficient at English, on the whole, than were my students in Japan — not to mention a lot more confident at speaking. They also have specific motivations for developing their English skills—generally career—and visa-related—so while games and creative activities



How has the experience of living in Japan helped you?

certainly have their place, you have to work hard at selling their benefits. I fondly remember decorating the walls of my Japanese high school classrooms with my students' haikus and cinquains—I also used to show them off at bunkasai—but I think it would be difficult to get away with that in my current position. Perhaps I should give it a try!

>> How did you approach the job search process? Did you wait until you went back home to start?

I started applying for jobs soon after the Conference for Returning JETs in May 2010—chiefly teaching positions, though I also applied for communications and editing jobs, hoping perhaps to parlay my stint at the helm of the Hyogo Times. I had a phone interview with my current employer and on the day before I was due to fly back to Perth he emailed me asking if I was interested in the position. And so here I am.

» Whilst on JET you completed a CELTA course, how did you find balancing those studies with your job, and would you recommend it to those considering teaching English in the future?

I took the CELTA part-time on Saturdays and Sundays over five months. It was a tougher course than I'd expected, but I can't say I had much difficulty fitting in weekly readings and assignments around my ALT duties. I found I had a lot more downtime on JET than in any other position I'd held before or since, so I was able to get a lot of coursework done at school. I'd recommend CELTA to aspiring ESL teachers for two reasons. First, CELTA gives you most of the hard skills you need to survive in an English language teaching environment: how to plan lessons, how to teach grammar and vocabulary effectively, how to concept-check and instruction-check, and so on. Second, for many ESL teaching positions around the world, having a CELTA is mandatory.

Being in Japan and being on JET brought me out of my shell, and I was a lot more adventurous than I had previously been. I think it's a natural effect of uprooting yourself and immersing yourself in a new and different culture: the slate is wiped clean, you become a new person lif only in a small way).

>> What did you hope to gain doing JET? Did you?

Prior to JET I had never been on a plane, let alone to another country. I spoke no Japanese whatsoever before I went to Japan. So what I wanted from JET was exactly what I got: the experience of living in an entirely unfamiliar culture. And in the three years I was there, I never experienced a moment of culture shock: every day on JET—even school days—was like a holiday.

>> What do you miss about Japan and what is your favourite memory of Hyogo?

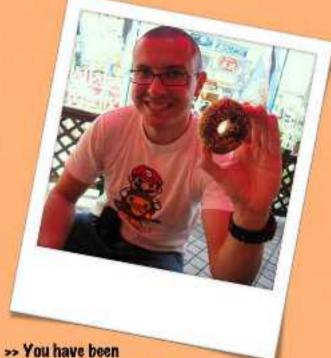
In no particular order: I miss the generosity of my JTE colleagues and my Japanese friends, I miss the convenience, I miss hiking. I miss the onsen, I miss the castles and temples, I miss the public transport, I miss being able to walk to work. I miss playing frisbee on Suma Beach and I miss the cherry blossoms. My favourite memory of Hyogo is hiking from Ashiya across the Rokko Mountains to Arima Onsen, which I would do several times a year, and which I make a point of doing every time I go back.

>> I know you have been back to Japan a couple of times since finishing on JET, if you return again what is top of your list to do?

If we're able to get there in autumn, I'd like to do the Philosopher's Walk in Kyoto. Other than that, it would be great to catch up with old friends.

>> Did you experience the dreaded reverse culture shock when you returned home? How did you manage it if so?

The night before our plane trip back to Australia, I remember sitting in an onsen (of course) feeling very depressed about leaving Japan. I'd say for the first six months to a year the reverse culture shock hit me pretty hard: I was quite negative about Perth and was constantly comparing it to Japan. It wore off eventually, but what helped was that I had a network of friends here, including many who had been on JET with me. I also looked for things to do around Perth that in their own small way replicated aspects of the Japan experience: bushwalking, karaoke, local food and wine festivals (our own version of matsuri), nabe parties. And I got involved with JETAAWA.



Treasurer of the JET Alumni Association of Western Australia since 2012, why did you decide to take on the role and what does it involve?

That was my punishment for always turning up to Committee meetings! But I was looking for something that would give me more responsibility, and while being the keeper of the purse is an important role, it's not especially difficult. JETAAWA is partly funded by CLAIR and partly funded by the Consulate-General of Japan: my role is to do the necessary paperwork—including grant applications, activity reports, budgets, invoices and receipts—to keep the funds flowing and ensure we can hold awesome events like quiz nights, hanami pionics (involving jacarandas rather than cherry blossoms), and okonomiyaki BBQs.

» Do you have any advice for ALTs moving home?

Before you go home, make sure you go the Conference for Returning JETs: it's full of great advice for moving on to the next phase of your career. Be prepared for reverse culture shock, especially if you've been in Japan for several years. Keep yourself busy: find ways to pursue those interests and hobbies you picked up on JET, and get involved with your local JETAA—they offer networking opportunities and career advice (particularly for Japan-related jobs), and they run events and activities that will help you feel connected to Japan.

Alomni we need you! Please contact hyogotimespublications@gmail.com if you are willing to be interviewed for this feature.



