

# THE WARBLER

AN EDUCATIONAL WEEKLY

ISSUE

120

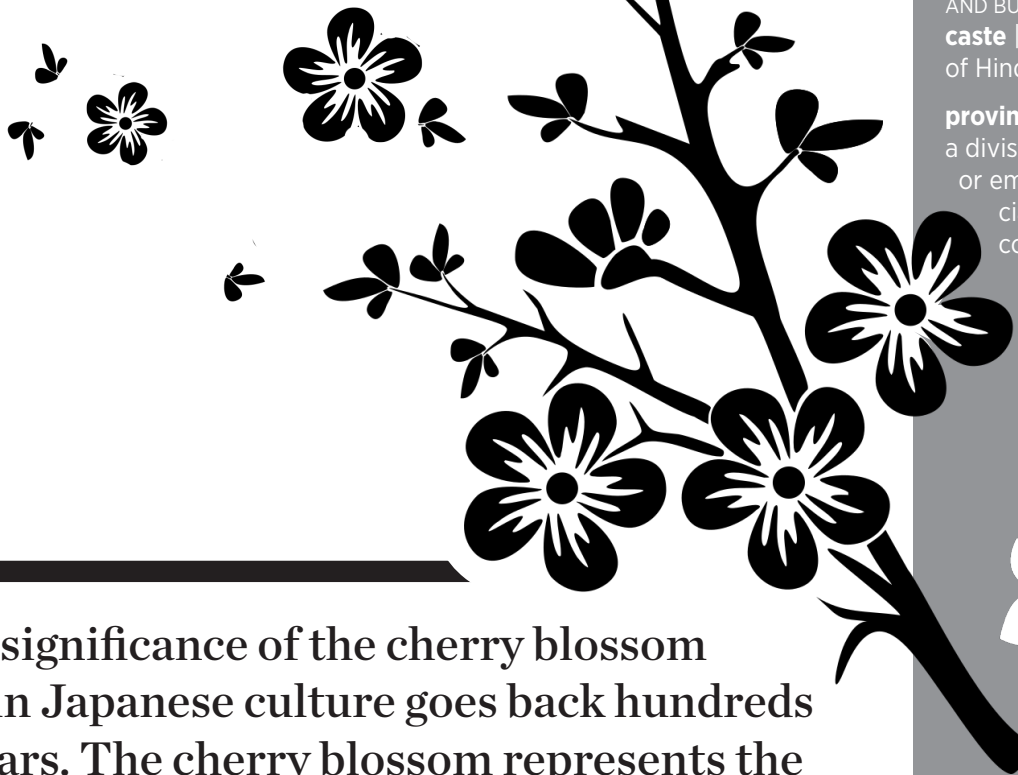
JULY 27, 2022

## Dear Student, Artist, Thinker, Friend,

This week we are bringing you Japan!! What a beautiful land full of ancient architecture and rich in culture. Just imagine touring the many temples that have stood for generations or visiting the lush islands that make up this nation. I had heard about square watermelons, but never imagined they would have a specific purpose!

This week in *The Warbler*, we will bring you information about a nation across the ocean. The first human inhabitants of Japan date back to around 30,000 BCE and their population has grown to over 126 million people currently. Did you know there are over 28 Nobel Peace Prize winners from Japan and that there are over 118 volcanoes? Baseball is one of Japan's most popular spectator sports, sumo wrestling originated here, and green tea is a beverage of choice. There is so much about this community that we can learn from and we hope you enjoy this week's newsletter!

*The APAEP Team*



“The significance of the cherry blossom tree in Japanese culture goes back hundreds of years. The cherry blossom represents the fragility and the beauty of life.”

HOMARO CANTU // American chef

### WORDS INSIDE

FOUND INSIDE “THERE’S A GIANT ROCK ...”

**retinue** | A group of advisers

FOUND INSIDE “JAPANESE SNOW MONKEYS ...”

**onsen** | Japanese hot springs

FOUND INSIDE “SAMURAI AND BUSHIDO ...”

**caste** | Hereditary classes of Hindu society

**provincial** | a province is a division within a country or empire, to be provincial means the person comes from a specific province



## FOOD

## Food in Japan

### FROM FOOD IN EVERY COUNTRY

Japan is an archipelago (chain of islands) made up of about 3,000 islands. Over two-thirds of the land is too mountainous for development, so almost all the people live in cities, most of which were built on the country's flat land (plains area).

Some mountainous areas have been terraced (had step-like areas cut into them) to allow farmers to grow rice and other crops. The climate is good for farming, with rice being the chief crop. About half of Japan's arable land (land able to be farmed) is devoted to growing rice. From the 1970s to the 1990s, the production of Japan's livestock farmers doubled. Japan accounts for about 8 percent of all the fish caught in the world.

Japanese cuisine has been influenced by the food customs of other nations, but has adopted and refined them to create its own unique cooking style and eating habits.

The first foreign influence on Japan was China around 300 B.C., when the Japanese learned to cultivate rice. The use of chopsticks and the consumption of soy sauce and soybean curd (tofu) also came from China.

The Buddhist religion, one of the two major religions in Japan today (the other is Shintoism), was another important influence on the Japanese diet. In the A.D. 700s, the rise of Buddhism led to a ban on eating meat. The popular dish, sushi (raw fish with rice) came about as a result of this ban. In the 1800s, cooking styles became simpler. A wide variety of vegetarian (meatless) foods were served in small portions, using one of five standard cooking techniques. All foods were divided into five color groups (green, red, yellow, white, and black-purple) and six tastes (bitter, sour, sweet, hot, salty, and delicate). The Japanese continue to use this cooking system. Beginning in the early 1200s, trade with other countries began bringing Western-style influences to Japan. The Dutch introduced corn, potatoes, and sweet potatoes. The Portuguese introduced tempura (batter frying).

After a ban of more than one thousand years, beef returned to Japan during the Meiji Period (1868–1912). Western foods, such as bread, coffee, and ice cream, became popular during the late twentieth century. Another Western influence has been the introduction of timesaving cooking methods. These include the electric rice cooker, packaged foods such as instant noodles, instant miso (fermented soybean

paste) soup, and instant pickling mixes.

Rice and noodles are the two primary staples of the Japanese diet. Rice, either boiled or steamed, is served at every meal. Noodles come in many varieties. Among the most popular are soba, thin brown noodles made from buckwheat flour; udon, thick white noodles made from wheat flour; and ramen, thin, curly noodles, also made from wheat flour. Soy sauce and other soybean products are also staples in Japan. These include miso (fermented soybean paste) and tofu (a soybean curd that resembles custard). Other common ingredients in Japanese food include bamboo shoots, daikon (a giant white radish), ginger, seaweed, and sesame seed products. Japanese pickles called tsukemono are served at every meal. Green tea is the national beverage of Japan, although black tea is also available. Sake (SAH-kee, wine made from rice, usually served warm) and beer are also very popular.

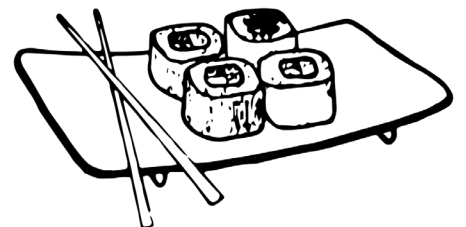
Two uniquely Japanese foods are sushi (fresh raw seafood with rice) and sashimi (fresh raw seafood with soy sauce); both rely on freshly caught fish or seafood. Dishes prepared in a single pot (nabemeno) are popular throughout Japan. Sukiyaki is a dish made up of paper-thin slices of beef (or sometimes chicken), vegetables, and cubes of tofu cooked in broth. Shabu-shabu is beef and vegetables, also cooked in broth but then dipped in flavorful sauces. Each region has its own selection of favorite foods. People living on the cold northern island of Hokkaido enjoy potatoes, corn, and barbecued meats. Foods in western Japan tend to be more delicately flavored than those in the east.

The Japanese are known for using very fresh ingredients in their cooking. They prefer using fresh, seasonal foods for their meals, buying it the same day it will be cooked. The people of Japan live long lives and have a low rate of heart disease because of healthy eating habits. ●

“In Japanese, sushi does not mean raw fish. It means seasoned rice.”

GUY FIERI //  
American television  
personality

● Edited  
for space



## HISTORY

# There's a Giant Rock Formation Off Japan's Coast and No One Knows if it's Manmade

BY EMILY BLACKWOOD | *allthatsinteresting.com* | March 18, 2020

The Yonaguni Monument wasn't discovered until 1987, and in that short time, it's already become a tourist attraction off Yonaguni Island.

For decades, people thought that the most impressive natural sight you could see near the Japanese island of Yonaguni were the frenzy hammerhead sharks that circled the shores during the cold winter months.

That all changed in 1987 when local scuba diving instructor and director of Yonaguni-Cho Tourism Association Kihachiro Aratake discovered something underwater that was far more interesting than sharks.

According to a paper written by American author and lecturer John West titled "Diving For Lemuria," Aratake was scouting out new spots to take his clients when he stumbled upon an underwater rock formation that took his breath away.

It was a gigantic "cliff-face cut into a series of immense geometric terraces, with broad, flat horizontal surfaces, and sheer vertical stone risers," West writes. "It might have served as a grandstand for the retinue of whoever the Japanese equivalent of Poseidon may be; a place where gods convened to watch titanic underwater spectacles."

## Underwater Mystery

The formation is mostly composed of sandstone and mudstone, while various structures connect to the rock beneath them. The most prominent part of the Yonaguni Monument is a giant slab of rock that is nearly 500 feet long, 130 feet wide and 90 feet tall. The distance from the surface of the water to the top of the monument is around 16 feet.

What makes many people — including some scientists — believe that the monument is more than just a giant piece of rock underwater is the variety of details that point to human influence. There are what looks like couple of pillars, a stone column, a wall that is 33 feet wide, a road, and even a star-shaped platform.

Not long after Aratake's discovery in 1990, a group of scientists from the University of the Ryūkyūs made an expedition to visit what was being called the Yonaguni Monument.

A Ryūkyūs professor named Masaaki Kimura was among them. A marine seismologist, he was mesmerized by forgotten and lost ancient civilizations — including Lemuria, a legendary land rumored to have drowned in the Pacific Ocean centuries ago.

## The Japanese Atlantis

Kimura visited the Yonaguni Monument repeatedly

and meticulously studied it until concluding that it was either entirely humanmade or at least enhanced by humans at some point. He estimated that it was around 2,000 years old and would not have been underwater when first constructed.

However, the mudstones that the monument is made of are believed to be over 20 million years old.

Still, the professor believed.

He even went so far as to argue that the whole structure might be evidence for the lost Pacific continent of Mu, and that he can point to a pyramid, castles, roads, and a stadium in the monument that are remnants of the 1st-century country of Yamatai.

If they are ruins of Yamatai, then Kimura believes they date back at least 5,000 years due to evidence in underwater caves he found while diving around the monument. He also claims to be researching a relief on the site that has a painting of what resembles a cow.

## Natural Beauty

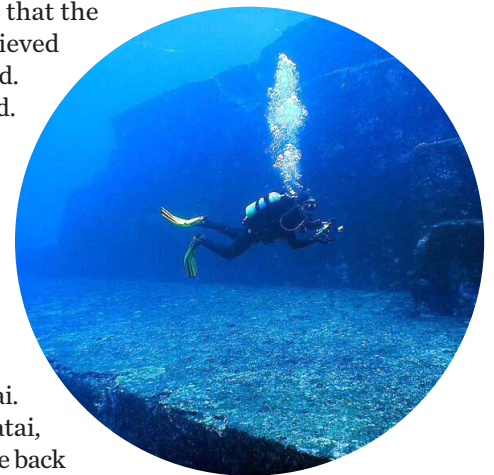
To this day, no one is quite sure what the Yonaguni Monument is or where it came from, but there are plenty of logical theories the structure. Some people believe it is merely a unique natural formation due to the many parallel fractures and joints on the rock.

Since Yonaguni is in an earthquake-prone area, it would make sense for these fractures to form. The walls on the monument could only be platforms that fell into a vertical position due to erosion.

While there is evidence of communities of stone-workers in prehistoric Yonaguni, many scientists claim that they wouldn't be able to make giant stone sculptures.

Still, there's also ample evidence that the monument is humanmade. Some of the rock's details seem too exact and too precise for natural methods, like a trench that features two 90 degree angles, and two megaliths with straight edges and sharp corners. Erosion usually leads to softened and curved edges. And when's the last time anyone's seen a perfectly square rock?

There's also a triangular depression in the monument with two large round holes beside it, which could be proof of attempts to separate the rock using wedges. ●



Divers checking out what is often described as the main terrace of Yonaguni Monument.

Photo from  
Wikimedia Commons

“I don't really know what feeling Japanese or Haitian or American is supposed to feel like. I just feel like me.”

NAOMI OSAKA //  
Japanese  
tennis player

MATHEMATICS

# Sudoku

#239 PUZZLE NO. 6708419

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

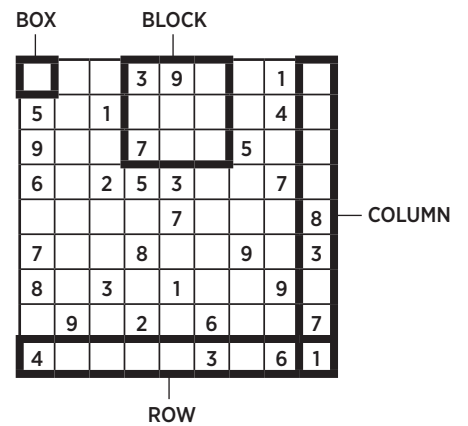
#240 PUZZLE NO. 4239571

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

©Sudoku.cool

## SUDOKU HOW-TO GUIDE

1. Each block, row, and column must contain the numbers 1-9.
2. Sudoku is a game of logic and reasoning, so you should not need to guess.
3. Don't repeat numbers within each block, row, or column.
4. Use the process of elimination to figure out the correct placement of numbers in each box.
5. The answers appear on the last page of this newsletter.



What the example will look like solved

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



“In Japanese culture, there is a belief that God is everywhere – in mountains, trees, rocks, even in our sympathy for robots or hello kitty toys.”

RYUICHI SAKAMOTO // Japanese composer

DID YOU KNOW?

Mount Fuji is the highest point in Japan

Animated Japanese films and television shows (i.e. Anime) account for **60%** of the world's animation-based entertainment. So successful is animation in Japan, that there are almost 130 voice-acting schools in the country.

Japanese trains are among the world's most **punctual**: their average delay is just 18 seconds!

**Square watermelons** are grown by Japanese farmers for easier stack and store.

Around **24 billion** pairs of chopsticks are used in Japan each year.

In Japan there is a train that "floats" above the tracks by **magnetism**, reaching 550km/h (311 mph).



THE **FORTUNE COOKIE** DATES BACK TO THE 19TH CENTURY AND WAS FIRST MADE IN KYOTO, JAPAN.

Source: [www.spendlifetraveling.com](http://www.spendlifetraveling.com)

**Maze** ▶

This maze is a collection of paths, where there is both a start and ending point. The player starts from the start point and follows a path of their choice, which leads to the end point.

福

HAPPINESS

誠

GENTLENESS

順

SINCERITY

清

CLARITY

信

DEVOTION

空

HOPE

武

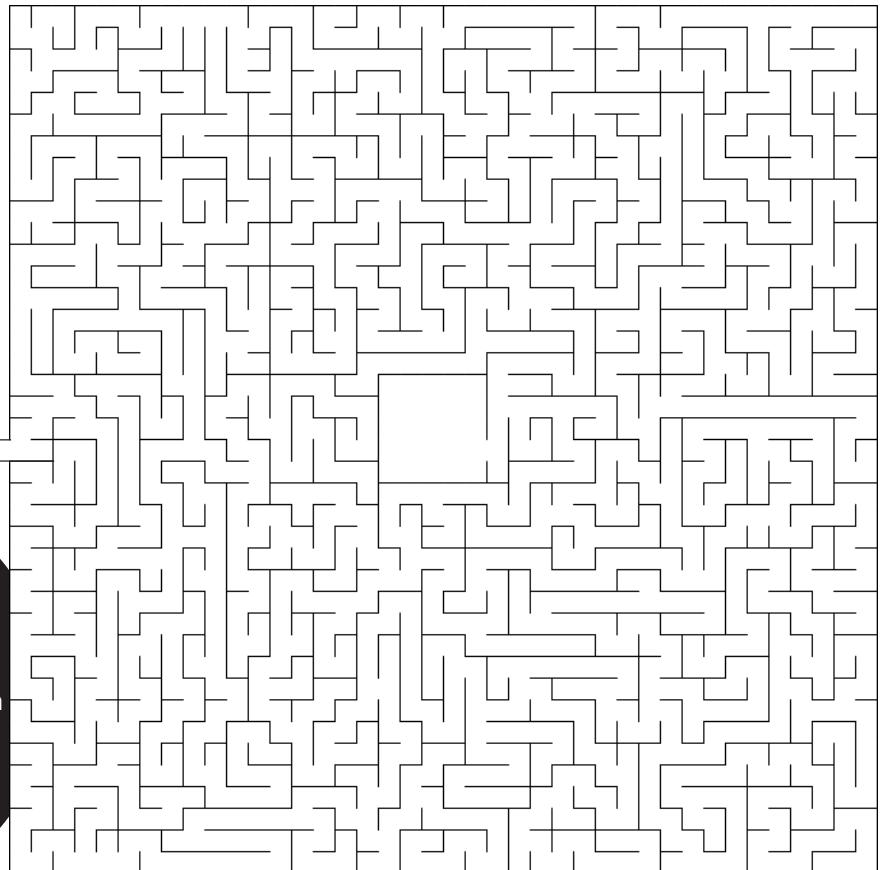
MARTIAL ARTS

情

PASSION

老

TEACHER





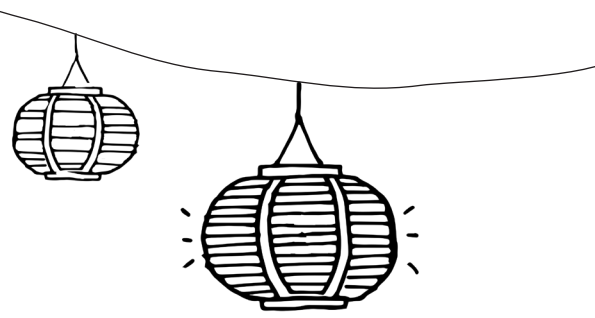
ART + CULTURE

# Japan that sank under the sea

BY SATORU SATO

When night falls,  
 Japan that sank under the sea  
 (Possibly it may have sunk, for next morning  
 I found myself between the blind clouds  
 And the old inhuman water.)  
 Comes up afloat in the heavens,  
 Like a lantern hanging.  
 Yes, that is an antique paper-lantern,  
 A candle-light muffled with an amber-colored Japanese  
 paper.  
 There, the surrounding darkness is deep,  
 Especially deep because of the vague candle-light.  
 But, where are the crowds of people  
 so familiar to me?  
 What swells up the darkness  
 Is the thick glossy foliage.  
 What fortune is told by this sight?  
 I don't see Tokyo anywhere; don't see anything  
 modern.  
 Only the lantern remains,  
 Only the antique silence  
 Keeps in form the melancholy of the long history.

From far down below some noise is heard  
 A noise like that of waves . . . or is that..?  
 It is too early to reveal itself.



**WRITING PROMPT**

Satoru Sato describes a melancholy when reminiscing on the beauties of Japan. Describe a time when a view stole your breath. How did the sight make you feel? What colors and textures can you recall? Share these feelings in a blog, short essay, poem, or illustration.

## Word Search

F	I	Y	L	O	H	C	N	A	L	E	M	N	C
A	A	A	F	L	O	A	T	A	I	S	N	W	L
I	P	M	K	D	A	O	R	R	K	H	S	G	L
N	O	L	I	T	R	O	E	T	E	E	A	N	Y
O	T	I	C	L	O	T	T	I	N	A	S	I	N
A	D	A	C	L	I	Q	A	I	D	V	S	N	H
N	O	O	N	A	E	A	W	K	A	E	E	R	J
T	O	J	N	N	Q	A	R	U	M	N	N	O	A
I	W	N	F	T	N	S	E	I	I	S	K	M	P
Q	A	A	R	E	R	D	D	N	T	A	R	N	A
U	R	K	E	R	T	W	N	N	O	Y	A	H	N
E	L	A	I	N	H	O	U	L	W	N	D	R	E
T	O	K	Y	O	Y	R	N	P	N	A	M	Q	S
T	O	S	G	E	O	C	R	R	O	R	E	E	E

- |            |            |             |          |
|------------|------------|-------------|----------|
| CROWDS     | MELANCHOLY | FAMILIARITY | HEAVENS  |
| MORNING    | TOKYO      | AFLOAT      | DARKNESS |
| UNDERWATER | LANTERN    | ANTIQUE     | JAPANESE |

“When you look at Japanese traditional architecture, you have to look at Japanese culture and its relationship with nature. You can actually live in a harmonious, close contact with nature — this is very unique to Japan.” TADAO ANDO // Japanese architect

ZOOLOGY

# Japan’s Snow Monkeys De-Stress in Hot Springs

BY JOSHUA MELLIN | *CNN Travel* | December 9, 2019

The Japanese macaques in Jigokudani Monkey Park begin most days with a relaxing dip in their own private hot tub.

Located in Joshinetsu Kogen National Park in Japan’s Nagano prefecture, the primate-only onsen is world-famous as the preferred simian hot spring.

But life hasn’t always been so simple for the snow monkeys of Jigokudani (“The Valley of Hell,” named for its natural hot springs). They were initially forced from their habitat in the 1950s by the development of nearby ski resorts.

As a result, they moved into nearby towns and quickly found trouble, raiding fruit from local farmers’ orchards. The farmers petitioned the government and were granted the right to hunt the animals.

Legend has it, the manager of Kourakukan, a nearby ryokan (a traditional Japanese inn), began feeding the animals in 1957. Enlisting the Primate Research Institute of Kyoto University, the inn’s manager put the monkeys on the radar of researchers as well as a Nagano Railway Company worker and local nature enthusiast, Sogo Hara.

Hara and his group visited the ryokan, which included outdoor onsen for guests’ enjoyment. One day in 1961, so the story goes, an errant apple fell into the human’s onsen. A young monkey tested the steamy water and emerged with the apple. He didn’t exit the waters immediately, though, and many of the monkeys looked on as their buddy quietly enjoyed the water.

It wasn’t long before other young monkeys began mimicking the water-loving monkey’s behavior.

Within months, all of the female monkeys had taken to bathing in the hot springs.

This soon led to the establishment of the Jigokudani Monkey Park in 1964, thanks to the efforts of many invested parties. Today, this is where the snow monkeys live, freely soaking in their dedicated hot springs peacefully.

Damage resulting from Typhoon No. 19 had impacted the spring’s water levels and temperature but restoration work is now underway and the park is open to tourists.



## A relaxing soak

The snow monkeys’ onsen practice isn’t solely about warming their bodies or bobbing for apples — like the Japanese and visitors to Japan, they seem to appreciate onsen for its stress-reducing properties.

Since the macaque’s thick coats keep them warm, and they take a dip even when there are no apples in sight, researchers’ studying the monkeys at Jigokudani believe hot springs function primarily to ease their tension.

Staff encourage the macaques to keep the park’s onsen in their daily routine, offering a steady diet of soybeans, barley and, of course, apples.

Researchers also discovered the monkeys’ indifference to the nearly 500 daily visitors to the park. In other words, their stress hormones did not increase as the number of park visitors increased.

Even during the busy tourist season, the monkeys meander nonchalantly about the park, climbing in and out of the hot spring as humans snap photos and ooh and ahh in delight.

Unlike some of Japan’s other open animal experiences, such as Nara Deer Park, touching or feeding the monkeys is strictly prohibited. But this rule doesn’t detract from the joy of sitting poolside as the macaque play leapfrog. ●

Japanese macaques in Nagano love soaking in onsen in the park that was made for them: Jigokudani Monkey Park.

Photo Courtesy of Joshua Mellin

● Edited for clarity

<i>tis Relax</i>	<b>whIONCEle</b>	<b>BURNS</b>	<b>BURNS</b>
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**WORD PLAY** A Rebus puzzle is a picture representation of a common word or phrase. How the letters/images appear within each box will give you clues to the answer! For example, if you saw the letters “LOOK ULEAP,” you could guess that the phrase is “Look before you leap.” *Answers are on the last page!*

## FEATURE

# Samurai and Bushido

FROM HISTORY.COM | August 21, 2018

The samurai, members of a powerful military caste in feudal Japan, began as provincial warriors before rising to power in the 12th century with the beginning of the country's first military dictatorship, known as the shogunate. As servants of the daimyos, or great lords, the samurai backed up the authority of the shogun and gave him power over the mikado (emperor). The samurai would dominate Japanese government and society until the Meiji Restoration of 1868 led to the abolition of the feudal system. Despite being deprived of their traditional privileges, many of the samurai would enter the elite ranks of politics and industry in modern Japan. More importantly, the traditional samurai code of honor, discipline and morality known as bushido — or “the way of the warrior” — was revived and made the basic code of conduct for much of Japanese society.

## Early Samurai

During the Heian Period (794-1185), the samurai were the armed supporters of wealthy landowners—many of whom left the imperial court to seek their own fortunes after being shut out of power by the powerful Fujiwara clan. The word “samurai” roughly translates to “those who serve.” (Another, more general word for a warrior is “bushi,” from which bushido is derived; this word lacks the connotations of service to a master.)

Beginning in the mid-12th century, real political power in Japan shifted gradually away from the emperor and his nobles in Kyoto to the heads of the clans on their large estates in the country. The Gempei War (1180-1185) pitted two of these great clans—the dominant Taira and the Minamoto—against each other in a struggle for control of the Japanese state. The war ended when one of the most famous samurai heroes in Japanese history, Minamoto Yoshitsune, led his clan to victory against the Taira near the village of Dan-no-ura.

## Rise of the Samurai & Kamakura Period

The triumphant leader Minamoto Yoritomo — half-brother of Yoshitsune, whom he drove into exile — established the center of government at Kamakura. The establishment of the Kamakura Shogunate, a hereditary military dictatorship, shifted all real political power in Japan to the samurai. As Yoritomo's authority depended on their strength, he went to great lengths to establish and define the samurai's privileged status; no one could call himself a samurai without Yoritomo's permission.

Zen Buddhism, introduced into Japan from China around this time, held a great appeal for many samurai. Its austere and simple rituals, as well as the belief that salvation would come from within, provided an ideal philosophical background for the samurai's own code of behavior. Also during the Kamakura period, the sword came to have a great significance in samurai culture. A man's honor was said to reside in his sword, and the craftsmanship of swords—including carefully hammered blades, gold and silver inlay and sharkskin handgrips—became an art in itself.

## Japan in Chaos | the Ashikaga Shogunate

The strain of defeating two Mongol invasions at the end of the 13th century weakened the Kamakura Shogunate, which fell to a rebellion led by Ashikaga Takauji. The Ashikaga Shogunate, centered in Kyoto, began around 1336. For the next two centuries, Japan was in a near-constant state of conflict between its feuding territorial clans. After the particularly divisive Onin War of 1467-77, the Ashikaga shoguns ceased to be effective, and feudal Japan lacked a strong central authority; local lords and their samurai stepped in to a greater extent to maintain law and order.

Despite the political unrest, this period—known as the Muromachi after the district of that name in Kyoto — saw considerable economic expansion in Japan. It was also a golden age for Japanese art, as the samurai culture came under the growing influence of Zen Buddhism. In addition to such now-famous Japanese art forms as the tea ceremony, rock gardens and flower arranging, theater and painting also flourished during the Muromachi period.

Portrait of Tokugawa Ieyasu by Kanō Tannyū (1602-1674)  
Image from Wikimedia





### Samurai under the Tokugawa Shogunate

The Sengoku-Jidai, or Period of the Country at War finally ended in 1615 with the unification of Japan under Tokugawa Ieyasu. This period ushered in a 250-year-long stretch of peace and prosperity in Japan, and for the first time the samurai took on the responsibility of governing through civil means rather than through military force. Ieyasu issued the “ordinances for the Military Houses,” by which samurai were told to train equally in arms and “polite” learning according to the principles of Confucianism. Though bushido varied under the influences of Buddhist and Confucian thought, its warrior spirit remained constant, including an emphasis on military skills and fearlessness in the face of an enemy.

In a peaceful Japan, many samurai were forced to become bureaucrats or take up some type of trade, even as they preserved their conception of themselves as fighting men. In 1588, the right to carry swords was restricted only to samurai, which created an even greater separation between them and the farmer-peasant class. The samurai during this period became the “two-sword man,” wearing both a short and a long sword as a mark of his privilege. The material well-being of many samurai actually declined during the Tokugawa Shogunate, however. Samurai had traditionally made their living on a fixed stipend from landowners; as these stipends declined, many lower-level samurai were frustrated by their inability to improve their situation.

### Meiji Restoration & the End of Feudalism

In the mid-19th century, the stability of the Tokugawa regime was undermined by a combination of factors, including peasant unrest due to famine and poverty. The incursion of Western powers into Japan—and especially the arrival in 1853 of Commodore Matthew C. Perry of the U.S. Navy, on a mission to get Japan to open its doors to international trade — proved to be the final straw. In 1858, Japan signed a commercial treaty with the United States, followed by similar ones with Russia, Britain, France and Holland.

The powerful clans of Choshu and Satsuma combined efforts to topple the Tokugawa Shogunate and announce an “imperial restoration” named for Emperor Meiji in early 1868. Feudalism was officially abolished in 1871; five years later, the wearing of swords was forbidden to anyone except members of the national armed forces, and all samurai stipends were converted into government bonds, often at significant financial loss. The new Japanese national army quashed several samurai rebellions during the 1870s, while some disgruntled samurai joined secret, ultra-nationalist societies, among them the notorious Black Dragon Society, whose object was to incite trouble in China so that the Japanese army would have an excuse to invade and preserve order.

Ironically—given the loss of their privileged status—the Meiji Restoration was actually engineered by members of the samurai class itself. Three of the most

influential leaders of the new Japan — Inoue Kaoru, Ito Hirobumi and Yamagata Aritomo — had studied with the famous samurai Yoshida Shouin, who was executed after a failed attempt to kill a Tokugawa official in 1859. It was former samurai who put Japan on the road to what it would become, and many would become leaders in all areas of modern Japanese society. ●

Edited  
for space

## RANDOM-NEST

### Regions in Japan

BY AMANDA BRINEY | INFORMATION TAKEN FROM THOUGHTCO | 2020

Japan’s four main islands, from north to south, are Hokkaido, Honshu, Shikoku, and Kyushu. The Ryukyu Islands, which include Okinawa, are a chain to the south of Kyushu.

Together, the islands form the Japanese archipelago. It has 47 prefectures which are in turn geographically divided into eight regions: Hokkaido (island), Tohoku, Kanto, Chubu, Kansai, Chugoku (in Honshu island), Shikoku (island), and Kyushu (including Kyushu and Okinawa islands).

**1. Hokkaido** | The new Hokkaido Shinkansen has some of Japan’s most beautiful national parks, top ski resorts, and popular summer destinations.

**2. Tohoku** | Tohoku, in the north of Honshu islands, is one of Japan’s most scenic regions. Known for its mountains and great skiing spots, lakes, hot springs, castles and samurai residences. Its capital, Sendai, is known as the “city of trees” and is home to one of the most popular summer festivals in Japan.

**3. Kanto** | Kanto region is Japan’s most populated region as it’s home to the greater Tokyo area. You can also find Gems like Yokohama, Hakone (and its five lakes), and Kamakura, an ancient city full of historic treasures can be found there.

**4. Chubu** | The Chubu region is located in central Honshu, Japan’s largest island. It is very diverse, including the cities of Nagoya, Takayama and Kanazawa, the Japanese Alps and the mighty Mount Fuji.

**5. Kansai** | The Kansai or Kinki region is the western region of the island of Honshu and includes the cities of Himeji, Kobe, Kyoto, Osaka, and Nara. It is the cultural and historical heart of Japan and the second-most populated after Kanto.

**6. Chugoku** | Chugoku, also known as the Sanin-Sanyo region, is the westernmost region of Honshu island. This region has the Izumo Shrine, Okayama (and its Korakuen Garden), Hiroshima and Miyajima.

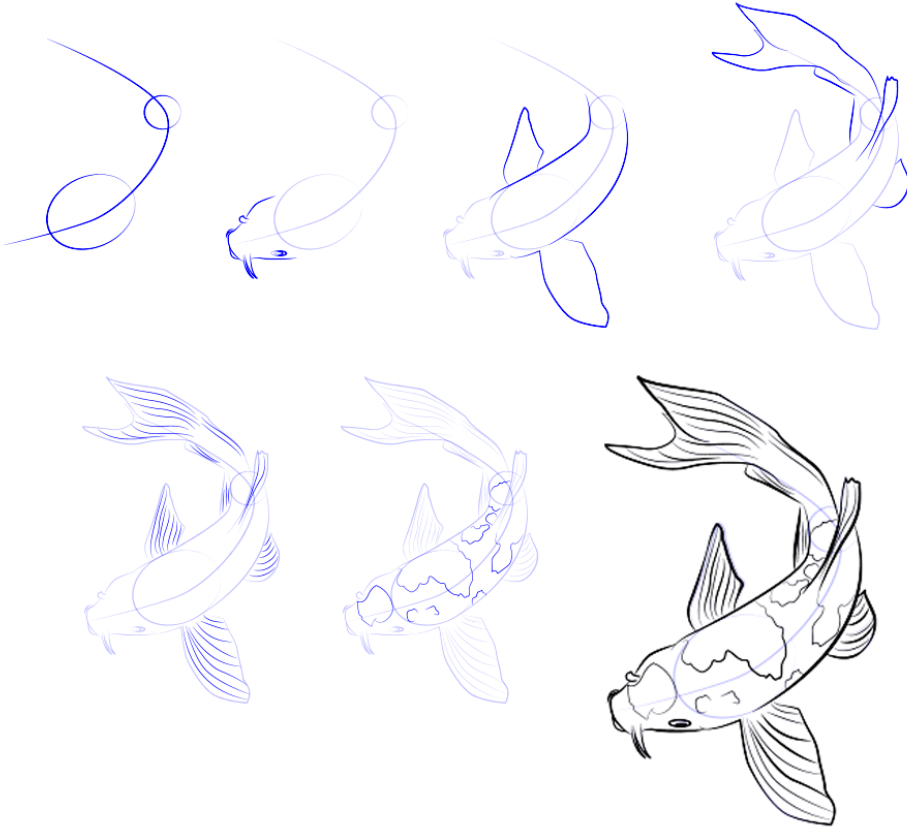
**7. Shikoku** | Shikoku is Japan’s smallest island and region and probably the most peaceful one. It is known for its abundant nature, beautiful rivers, and wonderful onsen, and it is the home of the 88 Temple Pilgrimage as well as Matsuyama and Takamatsu cities.

**8. Kyushu** | The Kyushu region includes both Kyushu island and Okinawa islands. Kyushu offers a perfect mix of history, natural beauty, and modern cities like Fukuoka.

*Edited for space and clarity*



## HOW TO DRAW A KOI FISH



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## Words of Encouragement

This week's issue brought us some interesting information about Japan. Whether it be monkeys that have found the value in relaxation in the hot springs or a mysterious pyramid under the sea, there are so many things about Japan I was unaware of. I always try to appreciate the differences I find in another person's community and Japan is definitely different than anything I grew up understanding. I think that is what makes the world so interesting, our varying perspectives and ways of life.

We would love to be able to offer you support this week. OAA (Offender Alumni Association) is based out of Birmingham and able to offer support and resources for individuals both within facilities and those who have begun their paths to reentry. Their current address is 1000 24th Street South, Birmingham, AL 35205. Feel free to reach out to them with any questions or concerns you might be having.

We hope you enjoyed this week's edition of *The Warbler*, and that you are able to have a peaceful week. We are always interested in your opinions and any suggestions you might have for us. If you have some topics you would like us to bring to you, please feel free to write to us at the address listed below or pass on anything through your instructors. Talk to you soon!!

*Tammy and the APAEP Team*

## Answers

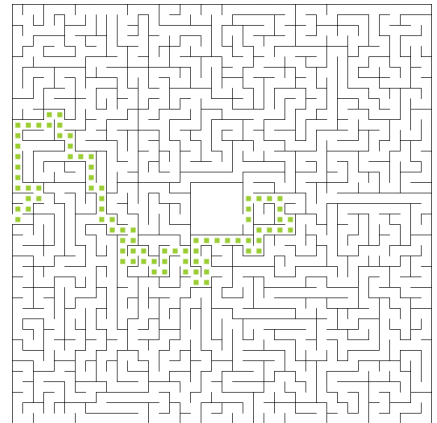
SUDOKU #239

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

SUDOKU #240

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

Page 5 MAZE



## Rebus Puzzle

Page 7

1. Sit back and relax
2. Once in a while
3. Sideburns

UNTIL NEXT TIME !