

Nattou – fermented soy beans



Nattou in the styrofoam package it comes in

Recently I've been eating a traditional Japanese food called [nattou](#) nearly every day for lunch. Nattou is also known as "sticky beans." Click the photo to see why! Normally people eat it on top of rice, but I often eat it right out of the package with chopsticks after sprinkling on the soy sauce that comes with it. Nattou is very nutritious and good for health.

When I first ate nattou shortly after coming to Japan, I didn't like it very much then, but I've grown fond of it over the years. It's an [acquired taste](#). I often ate nattou on the road in the early days because it's the cheapest protein available.

Not all Japanese eat nattou. The people in the Kansai area (Kobe / Osaka / Kyoto) don't eat nattou as much as the Kanto (Tokyo and surrounding area) people do because they don't like the smell.

Did you know there is a major difference in health benefits between fermented and unfermented soy? Fermented soy like nattou and [Miso](#) are good for you, unfermented soy like tofu and soy protein powder are not.

Second hitchhike adventure 2010



Hitomi (27) who took me back home

Princess the little Shih Tsu dog I am temporally taking care of was taken to be shampooed, and this set me free from caring for her to do other things. It's a beautiful sunny day in normally cloudy Niigata and so I just had to grab the opportunity to get out again, hitchhike and meet people.

The first driver was a man who appeared to be in his upper 60s, maybe lower 70s. He drove at least 10 kilometers out of his way to take me to a convenient location from where to continue my trip. I left him with an Activated Magazine.

Usually, older Japanese people who pick me up have traveled abroad, or have had something to do with foreigners, but the man said he has never been out of Japan. Later he said that his daughter lived in England for 6 months as an exchange student and was hosted by a British family. Ah ha! Japanese have a deep sense of obligation when helped by others, or even if any member of their family was helped, and this man's motivation was probably to return the favor. It doesn't matter to the Japanese if the foreigner in question had nothing to do with helping his daughter, any Caucasian-looking foreigner will do. □

A single lady by the name of Hitomi took me back to the area where I left my bicycle not far from home. I gave her an Activated Magazine, one that had an article exposing [Darwin's delusion](#). The Japanese, as you may know, are not very religious people. In spite of that, their culture reflects very much in many ways the teachings of Jesus such as being kind to strangers, helping those in need, etc. They hate falsehood. When I explain that Evolution is one of the falsehoods they have been fed since childhood, most of them receive it.

Snowy winter in Japan



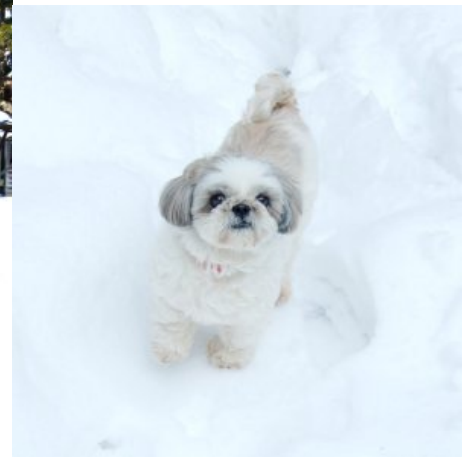
The photos below shows bamboo trees bent over with the tops stuck in the snow! The snow causes the trees to bend over till the top of the tree touches the snow on the ground. Further snow buries the top branches tying the top of the tree to the ground, and it will stay like that until enough snow on the ground melts, even though the original snow that bent the tree in the first place melts first like it did shown in the photos.



Bamboo bowed over
with snow



Princess in snow



Princess

This winter of 2010 has the most snow I've seen in the Niigata area of Japan since moving here in January 2002. A couple days ago it snowed again, and the trees were covered with snow, but it melts in the daytime. Only at night the temperature will drop before freezing. In spite of the snow, I consider the winters in Niigata to be pretty mild compared to that Siberian like city in America where I grew up – Chicago. And to think that a few newspapers in the United Kingdom ten years ago ran a story that snow would be a thing of the past by the year 2010. Ha!

WordPress power



I realized today it's been a little more than a year since I started to use [WordPress blogging software](#). My first post was on January 7, 2009. I've grown used to it and think it's probably better overall and easier for me than the HTML / CSS hand coding coding method I used to use. Not that it's not good to learn HTML and CSS. Because I know these technologies, I can do things with WordPress that others cannot who do who do not know them.

WordPress blogs are easy for me to keep up with. Since my friend in Taiwan started to use WordPress for his [Paradise Post](#) blog, I can now keep up with him much better than when he used his former method of making web pages. What that was I do not know, but my Firefox browser didn't seem to like it. It would freeze up on his older web site – on my Linux PC with near state of the art technology, a CPU not even a year old, (AMD Phenom II) and 4 gigs of DDR 3 RAM!

I consider the Weaver II theme to be the best theme for WordPress ever! The free version is much more powerful and tweakable than most of the paid version's I've seen, and it even has a pro version to boot! So far I haven't seen the need to upgrade to the pro version.

PC security issues



I noticed the performance of a certain Windows XP PC was down again, even though I cleaned it from malware only a few months ago. I installed and ran [Super Anti Spyware](#) and it found over **1500 security issues!!** The browser was hijacked and a **fake anti-virus** program called [Antivirus 2008](#) was installed. [SuperAntiSpyware](#) cleaned it up and its running fine again.

The particular user of that machine is a young adult who uses a peer to peer file sharing application known as [Bearshare](#). I'm sure she affected her PC again as a result of poor Internet browsing habits. I certainly do not recommend file sharing networks and software such as Bearshare but recommend [Bittorrent](#) instead for downloading large files. My favorite Bittorrent client is [Deluge](#). It's better security, and especially so in Linux, Mac, or a Windows PC when the user is logged in with limited privileges, and not as the Administrator.

Did you know that the [German government has warned web users to find an alternative browser to Internet Explorer](#) to protect security? I highly recommend [Firefox](#). It's much better security, open source, and heavily supported by software developers from around the world, and not just by a single cooperation like Microsoft whose bottom line is always money. I believe they have often put the priority on user convenience, and to do that, they sacrificed the user's security. Not requiring the user to always log in with limited access (as in Mac / Unix / Linux) is one example of this.

[First hitchhike adventure of 2010](#)



Kevin and Yuriko

Jan. 10: I had to make an emergency trip to Oyama city in Tochigi prefecture to fix a PC. Oyama city is a good 270 kilometers from home. It was snowing this morning, not a particularly good day to hitchhike! In order to save time and avoid hitchhiking during the snowfall, I took a train to a station about 30 kilometers away from where I hoped to walk to the Sakae parking area on the Hokuriku Expressway. Later I found it was way too far to walk to Sakae parking, but a kind man who was going to Kashiwazaki took me to Ozumi Parking which was even better for me.



Snow piled up 3 meters next to a service station in Yuzawa

This winter Niigata has had 3 major snowfalls so far, about twice as much snow as was last year. The traffic moved slowly at points on Kan'etsu expressway due to the snow and following the snowplows at only 40 kilometers an hour. It promises to be a good season for the ski resorts. The mountain of snow in the photo on the left is way over my head or about 3 meters (9 ft.)

Kevin from America and his Japanese wife Yuriko took me to Komayose parking area which is just before the junction of the Kita Kanto expressway that goes east toward Oyama.

The last driver was Mohammad from Pakistan. Most Pakistanis who live in Japan are in the used car sales business, and Mohammad is no exception. He was quite surprised that I would hitchhike, and asked me why I didn't come by train. I usually tell people it's more fun to hitchhike. Mohammad was interested to hear my views of the world, and especially about American foreign policy. I told him that it's easier for me to better understand politics and policy living outside of the U.S.A., but there are Americans living in America, albeit a small percentage (5~10%?) who have not succumbed

to [mass media mind manipulation](#).

[Hitchhiking stats compared](#)



The year is almost over and I probably won't be going on the road again this month. Last night I added up the distances hitchhiked this year and they totaled to 19,530 kilometers. This is nearly 1000 more kilometers traveled compared to my previous record of 18,537 kilometers hitchhiked in 2005!



One of my goals for 2010 is to surpass the 20,000 kilometer mark.

I don't travel by hitchhiking merely for the sake of traveling. Every time I go out it's for some purpose, and often to visit friends and contacts to cure their Microsoft Windows ills. Thanks to the [inherent security holes in Windows](#) that lets in viruses, malware, and trojans, I'll never lack for a way to support myself. □ Of course, poor practices of the end user have a big part of the blame too. That's a big reason why I favor Linux. It's practically idiot proof. The user cannot hurt the system, even maliciously, without root access, and no user of my Linux machine will ever have root access, only me, the administrator.

[New Home Member](#)



Princess with her toy

I took an overnight bus from Tokyo to Aomori City and met up with Judy who gave me her Shih Tzu dog, Princess. Judy and her family can no longer give 6 year old Princess the care she needs after moving to a new house where dogs are not allowed inside. I offered to take care of Princess. She now stays clean and warm and spends most of her time in my bedroom. ☐

[December 2009 hitchhike adventure in central Japan](#)



The red line shows my trip.

From November 30th to December 5th, I circled central Japan and reached my year-end goal of 90,000 kilometers distance hitchhiked from August 2003. In 16 vehicles I covered 1420 kilometers passing through Tokyo, Nagoya, Kyoto

and Osaka. This trip also broke my previous record of 2005 of kilometers traveled in one year.

An interesting person I met on the way to Tokyo was a man who lived in Iraq for 5 years during Saddam Hussein's administration and 6 months in Iran during the Shah's reign. He is a soil specialist. He was driving a dirty truck and didn't look like the scientist and specialist he turned out to be. He also surprised me with his good English. I asked him if he enjoyed his time in Iraq and he replied that he thought he would die several times! He often had to work in the desert suffering both heat and cold. He said that the mental attitude in that part of the world holds those who are robbed more evil than the robber!



Mother with daughter who
caught the H1N1 flu virus

The first car was a lady with her 12 year old daughter. I asked why they were wearing face masks and the mother replied that her daughter just caught the swine flu! At that point, I wanted to get out of the car, and especially so when she said she would take me to a train station which was a bit out of my way. But when I asked the lady to take me only up to the next major intersection, she replied that she would take me to route 8, a major highway going to the Sanjo interchange. I decided to accept her offer.

A truck driver leaning way back in the driver's seat picked me up and took me to the interchange.

In Kawasaki city I pioneered a new way to get to the Tomei Expressway: Take the Denentoshi line to Fujigaoka and walk to the Kouhoku Parking area which is only about 1.5 kilometers distance from that station.

On the way to Kouhoku, it started to rain. At first, it was only a fine drizzle and I hoped it wouldn't get worse because I had no umbrella. I walked into a shop to ask for directions and the shop lady, seeing I had no umbrella, offered me one. I was so thankful to have that umbrella later because it really started to pour when hitchhiking at Kouhoku.



Laid back trucker

Dr. Sato, a professor of medicine in Niigata University took me back home. It's always interesting for me to meet highly educated men. We always have deep conversations about life, health, relationships, politics, science, the economy, etc., etc. No matter how erudite they are, or think they are, I keep up my side of any conversation with them despite the fact I barely graduated from high school. God gave me a marvelous education as a missionary in Japan.

November Hitchhike Adventure to Aomori



University professor Dr. A. Kusumi who took me to Niigata from Hirosaki city in Aomori Prefecture

Again I went to Aomori city and back, 1060 kilometers, this time in 12 vehicles which includes two trucks. The highlight of the trip was to meet A. Kusumi, a professor who teaches environmental research at a university in Nagoya. I met him at the entrance of the Tohoku Expressway near Hirosaki. His car was packed with his belongings and at first he told me there was no room for me to sit. But after rearranging his gear I was able to squeeze my feet into a small space on the floor and sit in the front passenger seat. Dr. Kusumi was on his way home to Nagoya and said he would take the expressway all the way. I rejoiced knowing this would take me all the way home because the route passes through Niigata!

Dr. Kusumi became very tired after passing Sendai and stopped frequently at parking areas to rest. My home is about half way to his destination and I suggested that he spend the night as my guest. He accepted, took me home and met the rest of my family. I was so glad to return a favor to this kind man for taking me 550 kilometers back home for free and even buying me dinner along the way. Dr. Kusumi lived in Israel and studied at the Hebrew University of Jerusalem for 3 years. (Click on his photo to have a closer look at his sweatshirt.) You can bet we had quite a few interesting discussions. □

This trip took me over the 89,000 kilometer mark since I've been keeping stats from August 2003. I think I can surpass the 90,000 kilometer mark before the end of the year by making another trip. I'm planning one that will take me to Tokyo, Shizuoka and the Kyoto / Osaka / Kobe area, and this will bring me well over 90,000 kilometers.

Picked up by two Nichiren ladies



November 29, 2009: While hitchhiking to town I noticed a lady walking toward me from a distance with what appeared to be her car parked by the side of the road behind her. I correctly assumed she was going to offer me a ride. She had another lady friend with her who was the driver. They seemed a bit overly impressed to meet me which caused me to become suspicious.

I asked them, “Do you want to sell me something?”

“No!”

“Are you folks into some kind of religion?”

“No!”

They asked me if I had eaten lunch yet and invited me to a restaurant to talk. I accepted the invitation because I wasn't in any hurry and knew it would give me an opportunity to share my faith with them.

In the restaurant I offered to give them two Activated magazines. As soon as I pulled them out of my briefcase, they turned them down. The only kind of Japanese who refuses to accept literature from me are people into some type of religion, and sure enough, these two ladies turned out to be [Nichiren Buddhist](#) people, and their intent was to try to convert me!

Most Buddhists are very tolerant of other religions, and they have no problem toward Christians in general. The Nichiren sect is the **notifiable exception**. They will flatly tell you to forsake Jesus Christ and pray to their idol using their chant instead. Every time they chanted that horrible chant to me, I started to pray the “Our Father” prayer and told them that prayer works for me. To their credit, they did listen when I told them why Jesus died on the cross, and for what reason, to save all of mankind from sin.

Normally when a Japanese person invites me to a restaurant or coffee bar, they will pick up my tab. I fully expected this to happen but to my

embarrassment I walked halfway out of the restaurant and was told I hadn't paid my bill yet! Next time I'll be more wary when a person seems overly interested in talking to me even though we just met. Either they want to convert you or sell you on some network marketing type of product. ☐

[October Adventure to Aomori](#)



A man who took me to Murakami City in Niigata Prefecture

October 30, 2009: I needed to be in Odate City in Akita Prefecture on November 1st for an appointment at 9:00 AM. Odate is the birthplace of [Hachiko, the faithful dog](#) that would come to meet his master at Shibuya Station in Tokyo when he arrived returning from work. Hachiko continued to do this every evening – even after his master died – for a period of 10 years!

Rather than stay in a hotel in Odate, I opted to stay in Aomori city with friends. Taking the 7:10 train from Aomori would get me in time for my appointment.

The first ride was a truck driver carrying a power shovel. I think this is the very first time I rode in a truck with such a heavy load. In the photo just in front of the truck you can see the two pieces of language I was carrying.



Hosaka Takayuki

I made it as far as Akita City that day in 4 vehicles.



Sachiyo who took me to Akita City

The next morning Hosaka Takayuki took me to just outside of Akita City from where I caught a ride with Sachiyo, (22) whose car was loaded with luggage. She said that she was moving from Akita back to her home town in Aomori. She saw the Akita sign that I was holding, past me once, and then turned around and offered me a ride. This kind lady even went 60 kilometers out of her way

to take me to my specific destination in Akita!

Sachiyo was my audience for the next three hours while I shared stories from the Bible with her. Most Japanese know about Adam and Eve in the Garden of Eden, and they know about the great worldwide flood and Noah's ark, but they don't understand the significance of these historical events. It's always a joy for me to share God's good Word with the dear Japanese people. In Sachiyo's case she was already inclined to believe in the existence of the Great Creator and so she readily prayed with me to accept Jesus Christ as her Savior after we reached our destination.

[Upgrade to Fedora 12 beta](#)



November 2: [Fedora Linux](#) version 12 is due to come out on November 18, but I couldn't wait to try it out and installed the yet beta version.

Improvements from Fedora 11 that I've noticed:

- The default video driver recognized my dual monitor setup and automatically gave me the correct screen resolution and spanning monitors.
- Gnome seems to run faster. Terminal now comes up instantaneously.
- Many of the applications appear to load faster.
- Pulse audio now works as it should without quirks. In Fedora 10-11 I could not use other audio applications when Firefox was accessing a flash media file.
- Mplayer plays my MP3 files without the irksome shuddering sound it used to have during the first couple seconds when playing the file. This was a problem in Fedora 10 and 11 but now seems fixed.
- Bluefish HTML editor doesn't crash anymore when I do a spell check as it used to do in Fedora 10 and 11

- The new version of [Dansguardian](#) Internet content filter now runs. I couldn't get the latest version to work in Fedora 11. Dansguardian has improved with options to weed out unwanted pop-ups and advertisements. Using the Fedora Linux – Firefox – Dansguardian combination gives me the safest browsing imaginable! Eat your heart out, Windows 7!

The downsides of upgrading to Fedora 12 beta:

- In the beginning Firefox crashed a couple of times. It seems to be stable now after a week.
- I can't yet install the Nvidia video driver. But this only means I can't run applications that take a lot of video power such as Google Earth. Video files play perfectly fine.
- Wine doesn't run anymore. I have to wait for a Wine upgrade to fix a conflict with Pulse audio.

All of the above are fixed now after Fedora 12 came out with the final release, and also thanks to the good advice on [Fedora Forum](#). I found a fix for Wine by installing the 64 bit version with the command:

```
yum install wine.i686 -y
```

[Photo of Gary Sinise](#)



My friend Daniel sent me this photo of him with [Gary Sinise](#), the actor who played Lt. Dan in the film "Forest Gump"! He seems to be a really nice guy to pose for a photo with one of his fans. I learned that Gary was born in Blue Island Illinois which is only 9 kilometers (5.6 miles) from where I was raised in Hegewisch, a neighborhood of Chicago.



Gary Sinise with my friend Daniel

[A driver's mistake helps me to get home](#)



Asari Toru who drove me a distance of 200 kilometers

October 25: I'm in Aomori city and on the way back home to Niigata. Rather than go back the way I came along National Route #7, I decided to try the Tohoku expressway that runs through Sendai.

The first driver was on his way back home to Akita City after attending a Rugby match in Aomori. He offered to take me to Route 7 in Akita city. Because he would be taking the expressway a major part of the way, I knew I would make good time, but I also knew getting to Akita even as early as 1 PM would still leave me hitchhiking in the dark by the time I got to Tsuruoka in Yamagata with 150 kilometers left to go. I hoped rather that I would be able to continue on the Tohoku expressway, but I knew that the Hanawa Service Area where I needed to get off at was past the driver's exit. Amazingly the driver missed his exit and ended up taking me to the Hanawa Service area anyway!

It was a 3-hour wait at Hanawa before I caught the second ride. It's not easy on me physically to stand for three hours waiting for rides, but I knew if I could catch a good one, it would be worth the wait. A 30-year-old man, Toru, took me all the way to Miyagi Prefecture just before Sendai. He drove at a good clip which gained me some time. Toru listened intently while I shared with him the Bible from Genesis to Revelation. I told him if he even only knows, understands and believes in the first 6 chapters of the book of Genesis, he'll be smarter than most of the professors of Tokyo University, the top school in Japan! And I'm not kidding when I say that.

After that, a sweet older couple from Morioka who were on the way to Yokohama

took me to Adatarara which is just before the Ban'etsu expressway junction that leads home. Morioka is a conservative town deep in the country, but because their daughter married a man from the U.K. and is living there now, they both felt an affinity toward foreigners.

Though I still ended up hitchhiking in the dark at the Adatarara Service area, going the remaining 150 kilometers home meant just one good ride rather than several on Route 7. A chiropractor from Fukushima picked me up after a 40-minute wait and took me all the way home.

[Adventure hitchhiking to Aomori city on Route 7](#)



The red line shows route 7

The good Lord blessed my efforts and a man driving a truck, Mr. Kawamoto, picked me up after only a few minutes and took me all the way to the door of my destination! At first Mr. Kawamoto said he would take me to Hirosaki, about 3/4 of the way to Aomori City, but then he said if I wasn't in a hurry, he would take me to Aomori city after a brief stop over for some business in Hirosaki. I agreed to that.

Mr. Kawamoto is a very talkative man. He asked me many questions about America, where I traveled in Japan, and how I learned to speak Japanese. I gave him an [Activated Magazine](#).



Mr. Kawamoto who took me 200 kilometers from Akita City to

Aomori City.