

OKINAWA

L I V I N G



BERRY
Sweet
Season



NEW PARENT SUPPORT PROGRAM



16TH ANNUAL **AGES** *and* **STAGES** OPEN HOUSE



You've got a friend in me
March 7, 10 a.m.-noon
Foster Community Center Auditorium

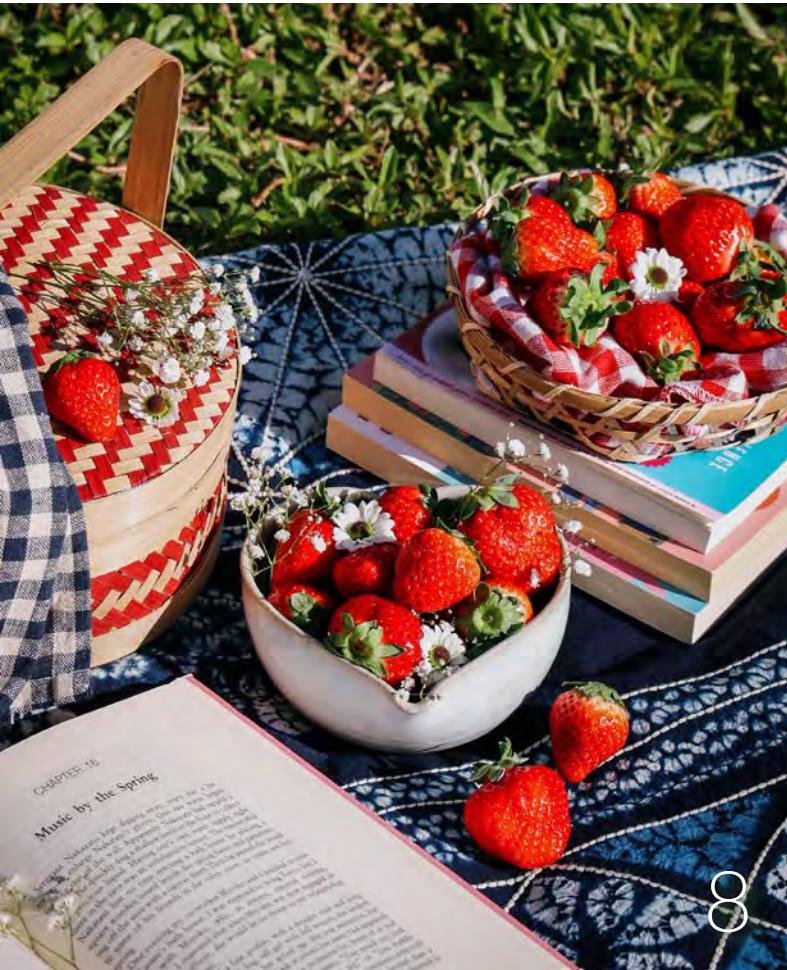
Join us to celebrate families and learn about developmental milestones, available resources and more at this interactive event featuring rides, bounce houses, entertainment and more!



This event is FREE and open to all branches with SOFA status expecting parents and families.

contents

February 2026



8



16

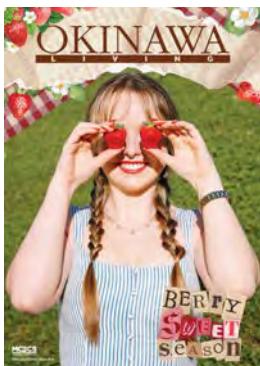
56

features

8

Berry Sweet Season

While winter may be a slow season for seasonal produce on Okinawa...it marks the long-awaited return of the *ichigo* (strawberry) to grocery store shelves, those bright red sweet morsels we wait all year for. Trust us, once you get a taste of local fruits you will be changed forever!



On the cover

February is all about the sweets! Read more about local strawberries and how you can hop on an all-you-can-eat strawberry picking tour!

56

Unplug and Unwind: Wintertime Adventures in the Great Outdoors

Okinawa and nearby isles offer ample hiking trails, campsites and opportunities for outdoor adventure. It's the perfect time of year as winter temperatures allow adventurers the luxury of enjoying clear starry skies while camping as a bonus!

restaurant review

42

Sushi on La Cienega Dinner with a View

When moving across the Pacific Ocean from the U.S., it's rare to find American-style sushi dipped in tempura batter, deep fried and topped with spicy mayo, but Sushi on La Cienega is here to satiate patrons with a taste of familiarity from back home.

BALANCE in
Medicine
 & BEAUTY

DISCOVER THE JOY OF BODY CONTOURING



DR.TAKAHARA

Ken Arashiro, M.D., Ph.D. and Eisaku Takahara, M.D., Ph.D., both board-certified Aesthetic and Plastic Surgeons, provide appropriate and advanced medical services in a high-quality space that inspires comfort and confidence.



Active Member of The American Society for Aesthetic and Plastic Surgery (ASAPS) and The International Society of Aesthetic and Plastic Surgery (ISAPS)

PLASTIC SURGERY KC OKINAWA
098-866-5151

Sciton BBL HERO Available



BBL HERO treats pigmentation, sun damage and redness on both the face and the body.

Face

- Face Lift
- Neck Lift
- Thread Lift
- Blepharoplasty
- Brow Lift
- Rhinoplasty

- Lip Augmentation
- Botox & Skin Fillers
- Spot & Wrinkle Treatment
- Advanced Skin Care by SOTHYS
- HIFU
- Acne Treatment

A VARIETY OF PROCEDURES ARE AVAILABLE

Body

- Liposuction
- Tummy Tuck (Abdominoplasty)
- Arm Lift (Brachioplasty)
- Thigh Lift
- Buttock Lift
- Mole Removal
- Laser Hair Removal

Breast Surgery

- Breast Augmentation
- Breast Reduction
- Breast Lift
- Inverted Nipple Repair
- Implant Revision
- Fat Transfer

Times Building 6F, 2-2-2 Kumoji, Naha City 900-0015



Google Map Coordinates: 26.215782, 127.678933

Open 9:30 a.m.-5:30 p.m. Tuesday through Sunday

Closed Mondays & Japanese Holidays

Consultation Fee: ¥3,300



Check out our website and Instagram for more details.

WWW.KOKORO-MANZOKU.COM/EN/



contents

February 2026

fitness + fun

27

Whale Watching Season Is Here

The Perfect Winter Water Activity

Okinawa may be synonymous with the summer season thanks to its warm temperatures and beaches with crystal-clear waters, but don't sleep on the winter season. This time of year brings much-appreciated cool weather along with some fun guests—humpback whales!

29

Battle of the Branches

Represent Your Service

Although the military has several branches that serve with pride...which branch is *really* the best? Calling all active-duty personnel to report to the Camp Foster Fieldhouse for the Battle of the Branches to find out!

31

Taiyo Friendship Match

Building Friendship Through Golf

Golf brings out our competitive spirit and melds it with camaraderie and friendship. The Taiyo Friendship Match is held every year to foster stronger ties with our Okinawan hosts.

marines + families

33

Go Red for Women

Raise Awareness for Heart Health

February, the month of love, is brimming with heart decorations of all kinds. But did you know it is also designated as American Heart Health Month? Join MCCS Health Promotion in spotlighting the Go Red for Women movement by wearing red on February 6.

35

Romance is Weird...

...Love is Real!

Add the Foster Library to your Valentine's Day plans! Gather up all your bookish pals and fellow bookworms and join your friendly neighborhood librarians as they celebrate the stranger side of romance.

37

Fiesta Fever

Salsa Dancing Class

This FREE event will provide an opportunity for couples to improve their non-verbal communication through dance and build connections through couples' activities throughout the night.

dining + entertainment

39

Good Times at...

...Hansen Festival

Celebrate the impending arrival of spring and the break in the dreary weather at Hansen Festival—two full days of spectacular festivities on Saturday, February 14 and Sunday, February 15.

41

Galentine's

at Ocean Breeze

Looking for a venue for your upcoming Galentine's Day celebration? MCCS has got you covered! Grab your besties and join us on Sunday, February 15 for an adult-only private brunch complete with a themed dessert bar and mimosa station!

kids + parents

45

16th Annual Ages and Stages

Supporting Families in Every Phase

Although there is no textbook to guide your parenting journey, the New Parent Support Program is here to support you as a parent through all the stages of development in your child's life. Don't miss the 16th Annual Ages and Stages Open House on Saturday, March 7 to increase your awareness.

47

EGA Birthday Parties

Flip, Flip, Hooray!

Turning another year old means serious business—especially for tiny tots and pre-teens. Why not throw your child the best birthday party they could ever have at the Excellence Gymnastics Academy (EGA)?

49

Valentine's Day

Family Fun Nights

There's no better time to get into the spirit of the season than by celebrating with the ones you love this Valentine's Day. If you're looking for something to satisfy the entire gang, MCCS is hosting not just one, but *three* Family Fun Nights that are sure to yield good times and lasting memories.

services

51

Typhoon Motors Sales

Your Car Needs Loving Too!

In this month of love, why not brush up on those love languages and show your car some much needed loving too? Let's be real—you spend a lot of quality time in it and without it you wouldn't get to experience all the beauty that Okinawa has to offer.

53

Spend a Special Valentine's...

...in a Winter Wonderland!

Celebrate the season of love with a romantic Valentine's Day at the Mountain View Inn on Camp Fuji. Guests can enjoy cozy lodging, scenic Mount Fuji views, access to local wineries and distilleries as well as relaxing dips in a Japanese onsen (hot spring bath).

extras

5

From the Heart of the Community

7

Feedback & Show Us!

67

Living on Okinawa

70

Marketplace Guide

MBC

INTERNET • CABLE TV

FIBER BROADBAND **INTERNET**

*The **FASTEST** Internet on **ALL** Bases*

GET INTERNET AS **EASY** AS **1-2-3**

- 1** Sign Up Online at MBCOkinawa.net or in-person at any on-base office.
- 2** Pick Up equipment in one of our offices or schedule a delivery right to your door.
- 3** Complete a **FREE & EASY** Self-Installation for immediate activation!



IT'S **EASY**
TO GET MBC
CONTACT US ORDER SERVICES

mbcokinawa.net

Paid ad. No federal endorsement of advertiser intended.

OKINAWA

LIVING

FEBRUARY 2026 | ISSUE 336

COMMANDING GENERAL, MCIPAC
Major General Brian N. Wolford

ASSISTANT CHIEF OF STAFF, MCCS, MCIPAC
Michael S. Gieseck

DEPUTY ASSISTANT CHIEF OF STAFF, MCCS MCIPAC DIRECTOR, MCCS, MCB BUTLER
Hyun Woo Chang

DEPUTY MCCS DIRECTOR BUSINESS & SUPPORT, MCB BUTLER
Christopher G. Cowdery

DEPUTY MCCS DIRECTOR MARINE & FAMILY PROGRAMS, MCB BUTLER
REGIONAL CHIEF, NAF HUMAN RESOURCES
Jerry W. Bosken

CHIEF MARKETING OFFICER
Bobbie Brock

EDITOR-IN-CHIEF
Mike Daley

MCCS ART DIRECTOR
Henry C. Ortega

OKINAWA LIVING ART DIRECTORS
Alora Wilson, Airi Igashri

GRAPHIC DESIGNERS
James Rieth, Taylor McFarlane,
Danielle Bedard, Nina Son-Lagos

DIGITAL MARKETING MANAGER
Thomas Alan Smillie

PHOTOGRAPHERS/VIDEOGRAPHERS
Mia Cox, Alex Steward

EDITORIAL
Swetha Gogue, Laura C. Pita

DIGITAL & SOCIAL MEDIA
Claire Wilkinson, Tiara Supakitt, Brittany Cole

CULTURAL RESEARCH SPECIALIST
Ayako Kawamitsu

ADVERTISING SALES & SPONSORSHIP MANAGER
John Dailey

ADVERTISING SALES & SPONSORSHIP
Yoshihiro Shinzato, Hiromitsu Horikawa
Tsutomu McCoy, Hiroko Poole, Wataru Yamanoha

MARKETING ACCOUNTS MANAGER
Andrew Menges

MARKETING ACCOUNTS
Amber A. Padilla, Marissa DeSmet, Julian Hong

DISTRIBUTION
Shohei Ikene, Homare Hanashiro

We welcome your comments.

Please send letters to editor@okinawa.usmc-mccs.org

For advertising | 広告掲載のお問い合わせ (日本語可)
098-970-2245 (phone)
sales@okinawa.usmc-mccs.org (email)

See our advertising rates at
www.okinawa.usmc-mccs.org/advertise

MCCS MARKETING BRANCH
MCB Camp S.D. Butler OPC 557 Box 40, FPO AP 96371-9001



Okinawa Living is published by MCCS Marketing. Its purpose is to inform the military and civilian community about events and programs offered by MCCS or available in the local market. Dates and times may change. Copyright ©2026 by MCCS. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transferred in any form, by any means, electronic, photocopying, recording, or otherwise without written permission of the copyright owner. No federal or Marine Corps endorsement of advertisers and sponsors MCCS is not responsible for editing content of non-MCCS ads.

Okinawa Living Magazine is printed with



From the Heart of the Community

I'm honored to share my first *Okinawa Living Magazine* letter with you! While my role with MCCS Okinawa is new, the Marine Corps, MCCS and supporting our warfighters and families have been part of my life for over 20 years—both as a Marine Corps family member and as part of the MCCS team. Stepping into this position feels less like starting something new and more like coming home.

MCCS has grown into so much more than a support system—it's an eclectic community built exclusively for Marines and their families. Think of it as your lifestyle hub, where world-class dining, health and wellness, indoor/outdoor recreation, childcare and family services all come together seamlessly. At MCCS Okinawa, we're entering an exciting era of intentional change and progress. These initiatives are designed to make Corps life on Okinawa even better for you.

In this issue, you'll find plenty of ways to unplug and enjoy the season—from winter adventures to Valentine's Day celebrations, including our first-ever Galentine's Day event at Ocean Breeze. It's also strawberry season in Japan, so don't miss out on Tours+ strawberry-picking excursions. Plus, Hansen Festival kicks off as the first of five camp festivals this year and we'll give you a sneak peek of a NEW exclusive recreational resort offering coming to northern Okinawa in our March issue.

I'm committed to ensuring *Okinawa Living Magazine* is a true reflection of Marine Corps professionalism and the high standards we uphold, while celebrating the uniqueness of our people, programs and services—and the rich *chanpuru* culture of our host nation.

I want MCCS and *Okinawa Living Magazine* to be your premier resource for everything that defines our community and enhances quality of life. Connect with us on Facebook and Instagram, explore our website and share your ideas with us!

I'm honored to be part of this journey and excited for what's ahead—Let's Go! **OL**

Bobbie Brock
Chief Marketing Officer



Take us on the road

Enjoy *Okinawa Living Magazine* on your favorite mobile device! Visit www.okinawa.usmc-mccs.org/ol for the latest issue.



VALENTINE'S DINNER AT
Taiyo Steakhouse

FEBRUARY 12-15, 6-9 P.M.



*Enjoy an extra special meal with
your extra special Valentine.*



RESERVATIONS REQUIRED, CALL 622-2020.

TAIYO
STEAKHOUSE

feedback

from the ICE Program
and Facebook

The [Hashmarks] E-club on Camp Courtney is awesome and I recommend it to everyone I can. The food is great, the bartender is excellent and the staff is very helpful. It's a shame that I never see many people here or see many advertisements. It's a truly underrated place and deserves more attention.

—via ICE

Gina Leidig, Cecille Pike and their team went above and beyond to make NIOSC's Friendsgiving event a huge success on Wednesday, November 12 at Tengan Castle [on Camp Courtney]. The food was phenomenal and included delicious turkey, chef's green bean casserole and decadent desserts. Gina, Cece and their team worked diligently to ensure that all needs are met. In addition, the whole team works tirelessly to ensure the decor and layout were aligned with the theme—even down to the colored napkins. I was also impressed with the team's work at NIOSC's Halloween Bunco event at Legends. A job well done and they deserve to be highly praised for their outstanding efforts!

—via ICE

We had dinner at the Ocean Breeze [on Camp Foster] on October 23. Our server Yuki Inafuku made our experience so amazing that I felt the need to leave a review for him. Yuki went above and beyond as our server. He was the friendliest and most polite server we have ever had (overseas or in the states). He was extremely attentive and made sure we had everything we needed. We were blown away by the speed and quality of his service. I would love to see him get some recognition for his kindness and skill. Please pass along my appreciation to him and give him any kind of employee acknowledgment that is possible. Additionally, the food was delicious! We will most definitely continue eating at the Ocean Breeze. Thank you for your time.

—via ICE

Cristin Garcia, Beau Blew, Allan Chua and the team at Marine Corps Family Team Building assisted our team with a level of experience and expertise that we did not possess. They took time and taught us the steps to help us be successful in the future. Their hard work and effort are greatly appreciated.

—via ICE

We held my daughter's party at EGA [Excellence Gymnastics Academy on Camp Foster]. Ms. Tiffany [Mills, Gymnastics Program Manager] was very helpful. She even opened a party time for us. As dual active-duty parents, we are doing our very best to give our kids everything they need, so helping us out with scheduling was invaluable. We showed up and Ms. Tiffany and Ms. Nunko had everything set up. They kept the kids (all 18 of them ranging from 3 to 8 years old) entertained and they all enjoyed the experience. All of the other parents said the party was great and are even looking to book a party themselves. Thank you!

—via ICE

Give MCCS Feedback—ICE Program & Facebook

Let us know how we can better serve you or thank us for a job well-done. Go to www.okinawa.usmc-mccs.org and find the ICE link in the "MORE" section of the homepage or find us on Facebook to share feedback. Comments on this page may be edited for clarity or length.

@okilivingmag

Show us your island adventures and favorite food finds!

@satyinokinawa

Don't wait for the perfect moment to explore Okinawa.

📍 Kin Sunrise Beach Seaside Park



@tamthetran4

Did someone day, "sweets at the library"?... Umm, why not?

📍 58 Sweets (Foster Library)



@calgoesmooo

If there's a tulip field, grab your friend. 🌸

📍 Tropical Dream Center

Domo arigatou gozaimashita and thank you for your posts! We can't wait to see what else you love about Okinawa!

—The Okinawa Living Staff

OKINAWA
GUIDE

MCCS TV
CHANNEL 15 / 115

YouTube



BERRY

Text by: *Laura C. Pita*
Layout by: *Nina Son-Lagos*

A move to Okinawa may entail leaving the comforts of home as well as stateside conveniences, which means leaving the land of bountiful year-round fruits for the land of seasonal produce. It can be quite the adjustment for most, especially when considering the higher prices and smaller portion sizes... but eating seasonally fosters an appreciation for quality over quantity and an excitement for the harvests to come.

While winter may be a slow season for seasonal produce on Okinawa...it marks the long-awaited return of the *ichigo* (strawberries) to grocery store shelves—those bright red sweet morsels we wait all year for. Trust us, once you get a taste of local fruits you will be forever changed.

W E E T

season

THE
GARDEN

FAMILY PHOTO

Capture your family's happiest memories in Okinawa.



Official Site

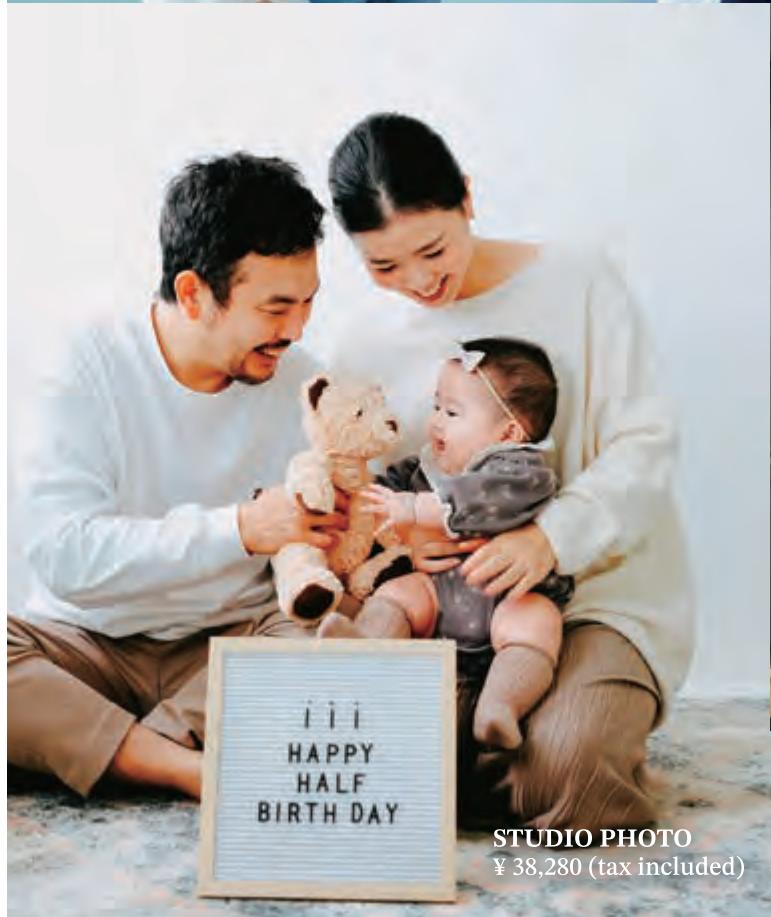


Choose your style — a relaxed beach or park location, or a serene studio session. A variety of outfits are available at our salon, and guests are welcome to bring their own attire. Preserve your precious moment in time, naturally and beautifully.

Contact us via Facebook Messenger. ►



LOCATION PHOTO
¥ 43,780 (tax included)



STUDIO PHOTO
¥ 38,280 (tax included)



All plans include 50 high-quality photo data and a photo panel.

*Photo panel available for in-store pickup only.

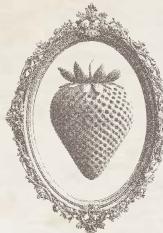
BEREL PHOTO STUDIO

HiStory

Strawberries were introduced to Japan from the Netherlands through the Nagasaki Ports in the late Edo period (mid-19th century) and it wasn't until the Meiji era (late 19th century) that they were recognized as edible fruit.

The *Fukuba*, Japan's first homegrown strawberry, was developed by Dr. Hayato Fukuba in 1899 and served as the foundation for the country's large scale strawberry production. The development of greenhouse cultivation in the Showa era (mid-20th century) gave farmers the ability to control temperature, watering and other conditions to produce higher-quality berries indoors. With the introduction of experimental techniques (like selective breeding) varieties that were suited to the country's climate began to be developed.

Japan is currently the leading contributor to the worldwide strawberry industry, with over 300 out of 600 varieties—ranging from blood red to snow white—grown in the Land of the Rising Sun. Japanese strawberries are a highly sought-after luxury around the world and known for their flawless appearance, rich fragrance, exceptional sweetness and mild acidity, a product of the dedication of strawberry farmers and research across the country.





UNIVERSITY OF MARYLAND
GLOBAL CAMPUS in Asia

EARNING COLLEGE CREDIT STARTS EARLY **GET A HEAD START AT A REDUCED TUITION RATE**

Students enrolled in a U.S. regionally accredited or state-approved high school or a home-school program may take up to 7 credits per semester at University of Maryland Global Campus (UMGC). Applicants must be 13 years or older. Reduced tuition for high school students: \$125 per credit hour.

Learn more about Dual Enrollment:

[asia.umgc.edu/admissions/
high-school-dual-enrollment](http://asia.umgc.edu/admissions/high-school-dual-enrollment)



Come visit your local UMGC office today!

asia.umgc.edu/locations



Japan's MOST BELOVED VARIETIES

Amaou - named after the initials of four Japanese words *akai* (red), *marui* (round), *okii* (large) and *umai* (delicious).

This variety hails from Fukuoka Prefecture and lives up to its name with their deep crimson hue, plump round shape and substantial size. They are considered to be the sweetest strawberries you'll ever eat.

Tochiotome - named "Tochigi Maiden" after its birthplace and feminine appearance.

This variety hails from Tochigi Prefecture, or Japan's "Strawberry Kingdom," and is the most commonly sold variety across Japan. Their meticulously cultivated blend of sweet notes and tartness makes them a favorite among locals.

Beni Hoppe - *beni* meaning red and *hoppe* meaning cheek.

This variety hails from Shizuoka Prefecture and was named after the Japanese saying "*hoppe ga ochiru*," or "cheeks fall off," a traditional way to praise food. This variety boasts a long, conical shape with vibrant red skin and an aroma reminiscent of roses.

Shiroi Houseki - named "White Jewel" after their distinct color (or lack of color you may say).

This variety hails from Saga Prefecture and was introduced to the market in 2012, a result of years of vigorous experimentation and minimal exposure to sunlight. They are white, both inside and out, with red seeds and are larger than their red-hued counterparts, with multiple varieties already in the market.

Japanese strawberries can be enjoyed straight from the grocery store packaging (after rinsing), fresh from the plant or inside a wide variety of sweets like *ichigo daifuku* (a whole strawberry wrapped in sweet red bean paste and mochi), the iconic strawberry shortcake, roll cakes, parfaits and seasonal snacks that you can pick up at your favorite convenience store.

Limited-time **JUMP SHOP** PARCO CITY in OKINAWA



2026 01.28 Wed. – 02.15 Sun.

[PLACE] 2F Center Plaza [TIME] 10:00 – 20:00

Free admission

Paid ad. No DoD, Marine Corps or MCCS endorsement of sponsors intended or implied.



PARCO CITY HP

PARCO CITY
OKINAWA'S PREMIERE MALL
OPEN 10 A.M.-10 P.M. *SOME STORE HOURS MAY VARY.



MILITARY DISCOUNT

STRAWBERRY PICKING

Strawberry farming on Okinawa began in Ginoza Village (near Camp Schwab) in 2003, with prior attempts not yielding results due to the subtropical island's high temperatures and strong UV rays. The season takes place from December to May, with multiple family-owned farms around the island opening their doors to a different kind of fruit picking...the all-you-can-eat kind. Instead of frolicking through *Strawberry Fields Forever* and filling up a wicker basket, it's more of a walk through the greenhouse raised beds as you gorge yourself on the sweetest of Mother Nature's treats.

Looking for a berry fun activity to enjoy during the cool winter months? Let MCCS Tours+ handle booking and transportation down to Chura Ichigo, Nanjo City's strawberry farm. Once there, enjoy all-you-can-eat strawberries for 40 minutes (with condensed milk available for purchase) and if you don't get your fill, visit their café to indulge in cakes and parfaits as well as purchase pre-packed strawberries to take home.

But wait, there's more! No trip to Nanjo is complete without a stop at Costco, so take the opportunity to do some shopping before heading home. Bring additional money, reusable shopping bags, comfortable clothing and shoes. For more information on the Strawberry Picking & Costco Shopping Tour, call 646-3502 or visit www.okinawa.usmc-mccs.org/tours.

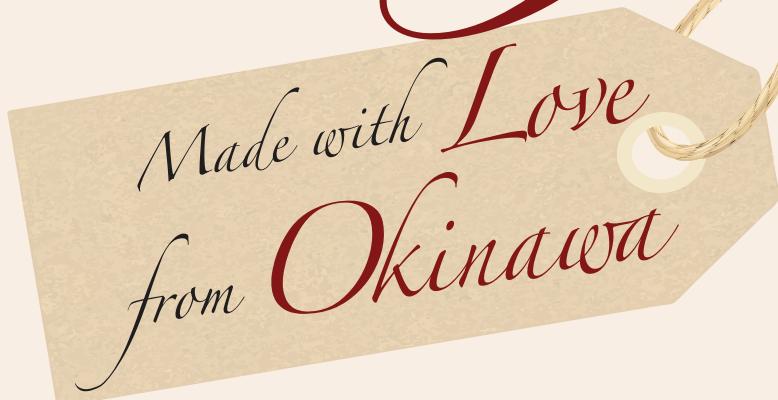


OL



February is bursting with love from Valentine's Day, why not make this season of affection one extra special with do-it-yourself gifts?

DIY Valentine's Day



Text by: *Swetha Gogue*

Photography by: *Mia Cox*

Layout by: *Airi Igarashi*

After all, the most meaningful gifts are those that are well thought out—whether it be through spending quality time together, physically crafting an item or an act of service. This month, we've curated activities for you and yours with an Okinawan flair!

FUSA Handmade Rings

Save a memory as a souvenir at FUSA - Handmade Rings. Visit a workshop on Okinawa where you and your loved one create a lasting tangible keepsake to remember for a lifetime from earthen elements such as silver (925), gold (available in 18K yellow or in 10K yellow or pink for rings) and platinum (900 Pt) as you chat, enjoy the creative process and express yourself with one another. The process is easy with guidance from a fully bilingual staff fluent in both English and Japanese. From choosing your ring size, shape, finish, texture and engraving—the friendly team members are here to assist with their wealth of knowledge in jewelry making to deliver a well-polished professional experience while accommodating according to personality and skill set (no experience required).

“FUSA is a living organism. What I give to them [my team], they give to customers. The love you give comes back to you double,” owner Olga Oba shared.

Sessions are approximately one hour long with an

emphasis on providing a sensory experience—from warm lights and minimalistic interior that incorporates vintage pieces and rustic cypress tables to the scent of Palo Santo burning—and everything in between. With the rings being simple by design, they are the perfect addition for everyday wear. Every ring purchased at FUSA comes equipped with lifetime aftercare that includes polishing, crack repair, distortion and size adjustment at no additional cost. Ring prices begin at ¥3,850 (1.0mm for silver) and range up to ¥250,000 (5.0mm 18K yellow gold). Besides hammering rings to your personal preference, workshops for creating your own one-of-a-kind bangle are also available starting at ¥12,000 (2.0 silver).

This Valentine’s Day FUSA will offer a special with engraving included at no additional cost on February 14! Reservations are highly recommended and everyone is welcome—from couples to friends to parents and children. For more information about FUSA, visit them on Instagram [@fusa_okinawa](https://www.instagram.com/fusa_okinawa).



► 25



MONOFILM A601

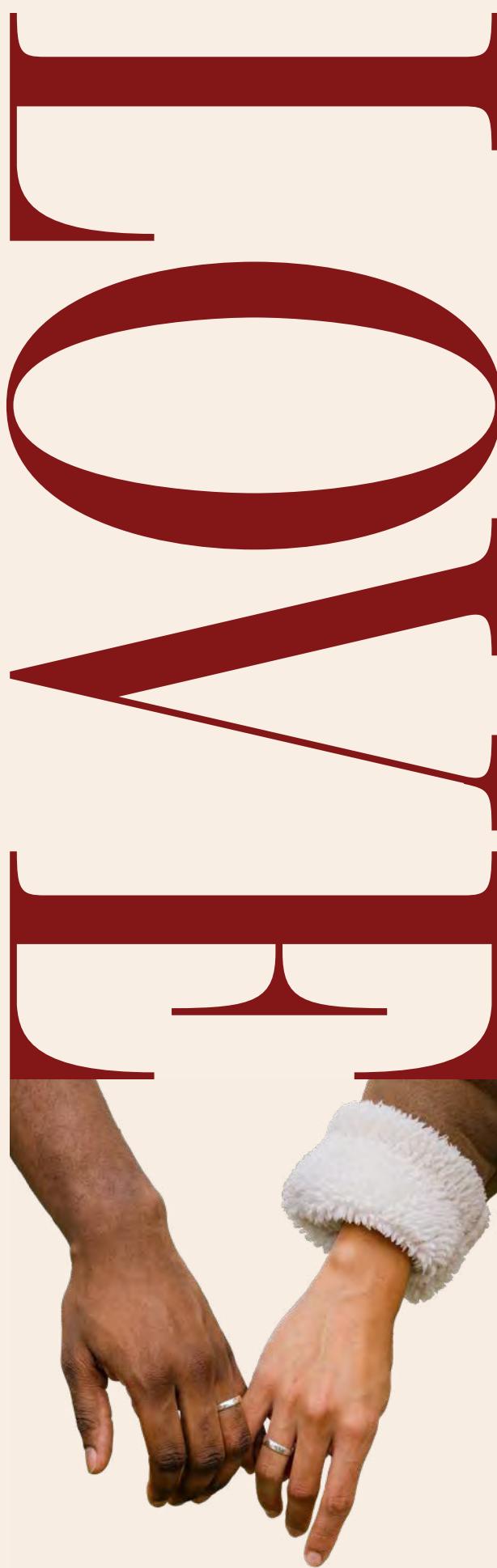
► 26



21A

MONOFILM A601

► 25



MONOFILM A601

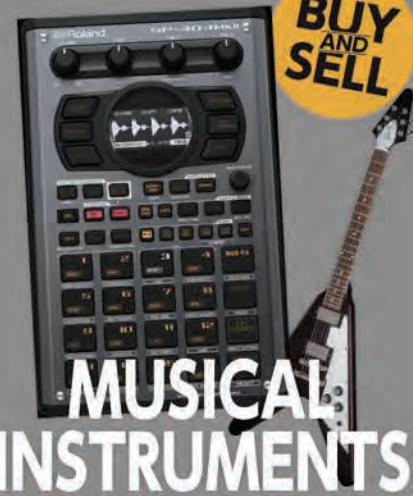
21A

MONOFILM A601

► 26



TOYS



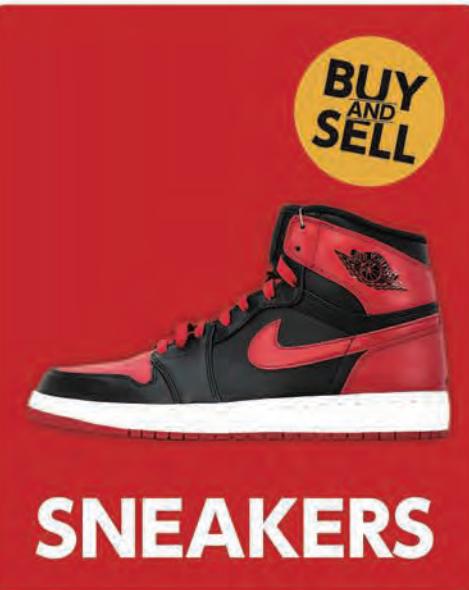
MUSICAL INSTRUMENTS



VIDEO GAMES



TRADING CARDS



SNEAKERS



CLOTHING



VINYL RECORDS



AND MORE...



SECOND HAND SHOP

MANGA SOUKO

2024.2 OPEN! **MANGA SOUKO NAGO**

479-5 Biimata, Nago City, Okinawa Pref.

OPEN 9 A.M. - 10 P.M. [Open all year round]

お宝発見
マンガ倉庫
20th Anniversary

NAHA

3-1-12 Takara, Naha City, Okinawa Pref.
MAIN BUILDING OPEN 9 A.M. - midnight [Open all year round]
ANNEX OPEN 9 A.M. - 9 P.M. [Open all year round]

URASOE

2689-1 Gusukuma, Urasoe City, Okinawa Pref.
OPEN 9 A.M. - midnight [Open all year round]

AWASE

3-13-1 Yogi, Okinawa City, Okinawa Pref.
OPEN 9 A.M. - midnight [Open all year round]

Subtropical Bouquet

Ditch the cliché red roses and spruce up your bouquet game at your local JA farmer's market! Okinawa is home to subtropical flora and fauna with a wide variety of blooms depending on the season. From striking florals of lilies, orchids, heliconia, birds of paradise and red ginger to durable leaves of monstera, areca palms and dracaena—arrange a unique subtropical bundle to be displayed this Valentine's Day. All plants sold at the JA Farmers Markets are produced within the prefecture by local farmers who proudly bring you a "farm-to-vase" approach that allow you to bask in the beauty of what can only be found here.

Feeling intimidated? There is no "right" or "wrong" way...get creative! But if you must insist on having some structure then focus on foliage, focal point and fillers; the rest will come naturally to what looks and feels right to you. Choose a color palette or a monochromatic look, remove excess leaves, cut stems at a 45-degree angle then assemble flowers and foliage. Focal flowers anchor the weight while foliage and fillers add dimension through textures and height—it's important to think about the length of each stem and how they sit to create body.



LOVE THROUGH THE LENSES:

FOUR LENSES COUPLES DATE-NIGHT EXPERIENCE

SATURDAY,
FEBRUARY 21

5-8 P.M.

TENGAH CASTLE
CAMP COURTNEY



Join us for a Four Lenses couples' workshop to learn about temperament awareness, communication styles, love and appreciation, stress responses, intimacy and parenting in an intimate learning environment. Light refreshments provided.

MC&CS
MARINE CORPS COMMUNITY SERVICES | 645-3689

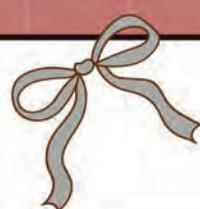
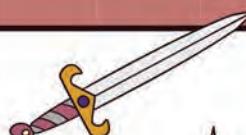
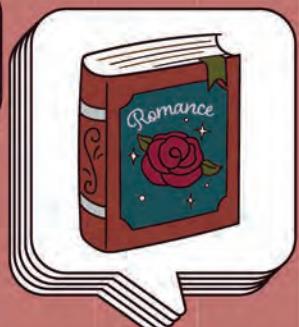
MARINE & Family | Marine Corps Family Team Building

ROMANCE IS WEIRD,

FOSTER LIBRARY

Saturday,
February
14
2-4 p.m.

Love is
Real



MARINE & Family | Library Program



Botanical Beverages

A color is all about giving you the feels, elevate your evening through visuals and taste—take this evening from ordinary to *extraordinary* with colorful drinks. The role of beverages on a romantic night is set on a pedestal with champagne and the finest of wine selections, but how about transcending a refreshment as a testament of your true love? While on island, use the freshest ingredients from carefully cultivated mint, bounties of tart *shikuwasa* available and stunning blooms of butterfly pea and hibiscus to formulate tried and true recipes, but with an Okinawan twist. Explore beyond the imaginable variety of local flavors; for instance, substitute honey or granulated white sugar with sugarcane derived

kokutō (Okinawan dark brown sugar) simple syrup for an island depth of sweetness as it is also packed with key minerals such as calcium, potassium and iron. When making your concoctions, select fresh buds or dried loose leaf tea packets which can be interchangeable (a slight difference in taste and color may occur).

Delight your special someone to enjoy an elixir of life as you pour a liquid love letter in a glass. Whether you choose to create simple recipes like a mojito swapping out ingredients to localize the mix or experiment with blooms for vibrant hues, the artistry of this day is a momentous one to remember. Prepare an atmosphere that captivates the heart and leaves an unforgettable memory.

Galentine's

AT



OCEAN BREEZE

Sunday, February 15

10 a.m. - 3 p.m.



SUN
FEB
15
AP



Grab your bestie and join us for a private brunch with a themed dessert bar and mimosa station.



645-3666 |
098-970-3666



Scan to Register



Spa Day at Home

Blessed with fertile landscapes all around, there is no shortage of nature's bliss found on Okinawa. From eye-catching violet *beni imo* (sweet potato) growing abundantly in farmlands to naturally occurring nutrient dense *mozuku* (seaweed) in the azure ocean, produce grown within the Ryukyu Islands contributes to longevity—nourishing both the gut and radiating the outer appearance. What if there was a way to reap the benefits of Okinawa right in your own home? Well, you can with one of the many topicals produced right here on island!

Instead of making an appointment for a spa day, driving and waiting at the lobby...do it yourself in the comfort of your own home. Transform your haven into a luxury spa by playing relaxing music over your speakers, lighting candles for a warm glow, diffusing essential oils with scents derived from citrus and using easy-to-use face masks from Ryu Spa (located in Chatan and Naha). We recommend the Kucha Face Pack as it is sustainability sourced from Okinawa's deep-sea mud and *mozuku* seaweed to cleanse, moisturize and rejuvenate skin. With a spa day at home tending to oneself, you can exemplify both mood and appearance.



This Valentine's Day, treat yourselves to unique activities and products that can only be found on Okinawa. Make this special occasion remarkable—to cherish forever. And remember, it's not about the lavishness of items, it's about the love that makes the world go 'round. *lol*

Indulge your sweet tooth



**Frozen yogurt, cakes, macarons and more
at the Foster Library**



www.okinawa.usmc-mccs.org/58sweets

JAPANESE TEA CEREMONY

**MARCH 6
11:30 A.M.-1 P.M.**

CAMP FOSTER, BLDG. 445 (ROOM 201)

DISCOVER THE HISTORY AND HEALTH
BENEFITS OF JAPANESE MATCHA AS
WELL AS LEARN HOW TO USE A
TRADITIONAL TEA WHISK THROUGH
LIVE DEMONSTRATION.



MARINE & Family | Information,
Referral and Relocation



Whale Watching Season Is Here

The Perfect Winter Water Activity

Okinawa may be synonymous with the summer season thanks to its warm temperatures and beaches with crystal-clear waters, but don't sleep on the winter season. This time of year brings much-appreciated cool weather along with some fun guests—humpback whales!

Adult humpback whales are typically around 60 feet long and weigh roughly 80,000 pounds. They have long pectoral fins that can grow up to a third of their body length and help propel them gracefully through the water. They are well known for their crowd-pleasing aerial behaviors, which can be witnessed around the Kerama Islands during your MCCS Tours+ Whale Watching Tour.

You might be asking yourself...why do they come to Okinawa of all places? These majestic creatures live in all oceans and have one of

the longest migrations of any mammal on the planet. They spend their summers feeding in the northern seas around Russia and Alaska, and in the fall, they begin their trek down to the warm waters of Okinawa to mate and give birth. Female whales raise their young during the winter before they begin their return northward, where the cycle begins again. These roundtrip journeys can be up to 10,000 miles long!

If you are prone to seasickness (or just cautious), we strongly recommend taking anti-motion sickness medicine. For booking and more information visit www.okinawa.usmc-mccs.org/tours. Participants must be ages three years and older to join the tour. The registration deadline is one week prior to your preferred tour date. For more information, call Tours+ at 646-3502. **101**

Hanoi and Ha Long Bay

Memorial Day Tour

Looking to explore the land of *pho*? Vietnam has everything from rich culture and history, stunning natural wonders, a vibrant street food scene, a fascinating blend of ancient temples and modern cities that will offer a unique Southeast Asia experience. All of this and more can be experienced during the six-day Hanoi and Halong Bay Memorial Day Tour with MCCS Tours+.

The tour includes a two-day, one night cruise along Ha Long Bay, which is a must-visit destination, known for its emerald waters and towering limestone islands. During the cruise there will be options for enjoying a *sampan* (bamboo boat) experience through a pearl farm for leisure sightseers, or kayaking through Luon Cave for the active adventurers, with additional stops along the way.

The tour also includes four nights in Hanoi, Vietnam's capital

city, nestled in the northern region of the country and known for their masterful blend of Western and Eastern influences. There will be a full-day bus tour of Hanoi and a walking tour of the Old Quarter where you will experience the quintessential scene of bustling streets teeming with scooter, bicycle and car traffic as they effortlessly weave through pedestrians and each other in a hypnotizing dance, with stops at all of the iconic sites.

Join MCCS Tours+ for their Vietnam Memorial Day Tour on May 22–27, which includes roundtrip airfare, transportation, hotel accommodations, MCCS English-speaking tour guide and local tour guides in Vietnam. Register at any Tours+ office by April 1. For more information, including pricing, visit www.okinawa.usmc-mccs.org/tours. **101**

LUNCH & BOWL



MONDAYS, WEDNESDAYS & FRIDAYS

Buy any meal over \$6 from Shisa Pizza or Bulldogs Burgers and bowl up to THREE games for \$1.50 each!
Shoe rentals not included.

MCSC
MARINE CORPS COMMUNITY SERVICES



Emergency Oxygen Provider

Learn how to:

- Recognize scuba diving injuries and illnesses.
- Aid a diver with decompression sickness.
- Assemble an oxygen unit and administer emergency oxygen.

Participants must have active PADI® Club Membership to be eligible for FREE books.

Saturday, February 21 • 9 a.m.–1 p.m. • Camp Foster

645-4206
www.okinawa.usmc-mccs.org/scuba

TSUNAMI
SCUBA
OKINAWA • JAPAN

MCSC
MARINE CORPS COMMUNITY SERVICES



Battle of the Branches

Represent Your Service

Although the military has several branches and all of them wear their respective uniform with well-deserved pride...which branch is *really* the best? Calling all active-duty personnel to report to the Camp Foster Fieldhouse for the Battle of the Branches to find out! On March 14, from 8 a.m. to noon, get ready to test your grit, performance and camaraderie to prove why your branch is the best.

Battle of the Branches brings service members together for a head-to-head challenge

across multiple functional fitness benchmarks. Participants will take on select components from each branch's signature physical fitness tests—from the Marine Corps CFT to the Navy PRT and more—showcasing strength, endurance and branch pride.

Think you're ready to represent your branch? Register via Eventbrite; registration opens February 9 and ends on March 8. For more information about this event and other offerings from Health Promotion, visit www.okinawa.usmc-mccs.org/healthpromotion. **IOL**

Kinser Softball Tournament

Aces on the Bases

With the weather on the cooler side this time of year, why not take advantage of your time outside to play some softball? Gather your friends and stretch your legs while you sprint base to base or snag a few fly balls in the outfield at the Kinser Softball Tournament! On March 7–8, compete against teams to find out who will reign supreme. Awards will be given to 1st, 2nd and 3rd place winners.

Don't miss this opportunity to play against both local and military members of the community. Deadline to register for the Kinser Softball Tournament is March 2 (1 p.m.) via Eventbrite for \$200 per team. This event is open to all 16 years and older.

For more information on the Kinser Softball Tournament and upcoming Semper Fit Adult Sports events, call 637-1869, email adultsports@okinawa.usmc-mccs.org or visit www.okinawa.usmc-mccs.org/adultsports. **IOL**

FFI/WARR Skills Clinic

Hands-on Coaching and Tactical Instruction

Now that the new Warrior Athlete Readiness and Resilience (WARR) Center is open on Camp Foster inside Gunners Fitness Center, warriors now have access to a cutting-edge space designed like a professional/NCAA D1 training facility. To take advantage of this new offering, the Health Promotion team is hosting FFI/WARR TFL SKILLS Clinics on February 4, 18 and 25 from 8 to 9:30 a.m. targeted at Marines and CPTRs who are ready to refine their technical skills and elevate their unit training capabilities.

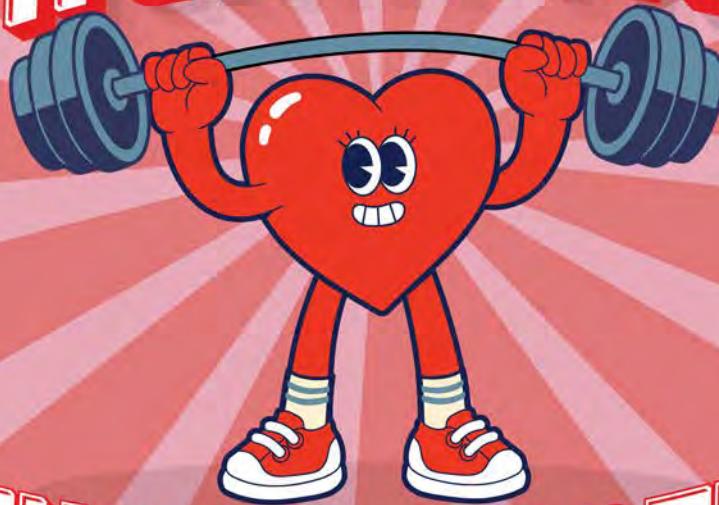
Each session will focus on key performance modalities vital to the Warrior Athlete including Olympic weightlifting, kettlebell techniques as well as speed and agility drills. Participants will receive hands-on coaching and tactical instruction aimed at improving movement efficiency, enhancing power output and developing command presence when leading Marines through advanced training sessions.

These FREE clinics are limited to 10 slots and will give you the tools to lead with confidence. For more information on FFI/WARR TFL SKILLS Clinics, visit www.okinawa.usmc-mccs.org/healthpromotion. **IOL**



FREE

HEART FIT



FUSION PARTY

• Camp Foster,
Gunners Fitness Center

(AEROBICS ROOM A&B)

■ February 7.

9:30–11:30 A.M.

GET YOUR BLOOD PUMPING

AND TRAIN YOUR CARDIOVASCULAR
SYSTEM DURING OUR AEROBATHON IN TWO,
50-MINUTE BACK-TO-BACK SESSIONS!

Open to all with base
access 18 years of
age or older.
Individuals 12–17 may
attend with a
parent/legal guardian
present with Youth
Gym Authorization.



MC&CS
SEMPER FIT

645-3910
facebook.com/mccsokinawa.sempertfit

OKINAWA LIVING ART & POETRY CONTEST

“WHAT I LOVE ABOUT BEING A MILITARY CHILD”

January 1–
February 15

Age
categories:
5–8, 9–12
& 13+



Sponsored in part by:



*No DoD, Marine Corps or MC&CS endorsement intended or implied.

Are you in a Bit of a Pickle?

It's Time for a Game of Pickleball!

Pickleball is a fun, competitive athletic game that combines three sports: tennis, badminton and ping-pong. It was invented in 1965 on Bainbridge Island, a short ferry ride from Seattle, Washington, according to usapickleball.org. Three dads—Joel Pritchard, Bill Bell, and Barney McCallum—are credited for creating the game to entertain their bored kids. Since then, the sport has become a worldwide phenomenon.

Now, it's time for you to jump on the pickleball bandwagon at the Foster Open Pickleball Tournament! Taking place from 9 a.m. to 4 p.m. on February 14–15 at the Camp Foster tennis courts, this tournament is open to participants island wide 16 and older. Awards will be given to 1st, 2nd and 3rd place winners. Be sure to register before February 9 (1 p.m.) via Eventbrite for \$40 per participant. For more information, call 645-4866, email adultsports@okinawa.usmc-mccs.org or visit www.okinawa.usmc-mccs.org/adultsports. **IOL**



2026 Taiyo Friendship Match

Building Friendship Through Golf

Golf is a game steeped in history. With its manicured fairways and greens, majestic views and ample opportunities for socializing, golf also brings out our competitive spirit and melds it with camaraderie and friendship. The Taiyo Friendship Match is held every year to foster stronger ties with our Okinawan hosts using camaraderie and the game of golf as the reactants of choice.

This year's tournament will take place on Saturday, February 28 for both juniors and adults. The event kicks off at 7:30 a.m. (shotgun start) and the format will be

individual stroke play. The age brackets for juniors are 7–10 (9 holes), 11–13 (18 holes) and 14–18 (18 holes). This year's event will feature special guest Sakura Yokomine—a professional JLPGA golfer with 25 tournament wins.

The Taiyo Friendship Match is open to both SOFA and non-SOFA golfers island wide with a registration deadline of February 25. For more information on this tournament, call 622-2004/2006, 098-954-2004/2006 or visit www.okinawa.usmc-mccs.org/taiyo. **IOL**



Tsunami Scuba

Specialty of the Month

Throughout 2026, Tsunami Scuba will be offering discounts and promotions on monthly PADI® Specialty Courses to enhance divers' lives on Okinawa. In February, they will be highlighting the Emergency Oxygen Provider course which teaches divers how to better respond to emergency situations. Sign up for this class on Saturday, February 21, from 9 a.m. to 1 p.m. on Camp Foster, to learn how to recognize scuba diving injuries and illnesses, aid a diver with decompression sickness and assemble an oxygen unit and administer emergency oxygen. Participants must have active PADI® Club Membership to be eligible for FREE books to participate in specialty courses.

Been thinking of earning a PADI® Master Scuba Diver rating? Each specialty course a student completes will get them closer to earning the "black belt" of recreational scuba, which includes five Specialty Diver certifications, Open Water and Rescue Diver certifications as well as 50 logged dives.

For more information on Tsunami Scuba offerings, visit www.okinawa.usmc-mccs.org/tsunamiscuba, call 645-4206 or email mccstsunamifoster@okinawa.usmc-mccs.org. **IOL**

Winter in the Sun

Now–March 26

Valid Sunday–Thursday
(excludes holidays)



Winter feels brighter at Okuma Beach. Enjoy peaceful days, gentle sunshine and huge savings with our "Winter in the Sun" deal—**save 60% on any room.**

*Rules and restrictions may apply. For more information, call our Reservation Desk at 098-962-1991/1992.

Now–March 26

Manager's Massage Deal

Book a massage and enjoy \$10 off your stay! Choose from our extensive menu, featuring Hawaiian massage, facial & decolletage, and more. Explore our package specials and couple discounts for added relaxation.

For details, please call 098-962-1990 or 090-6856-8276, between 8 a.m.–5 p.m.

Appointments available: 10 a.m.–6 p.m.

*Some restrictions may apply.

*24 hours in advance reservation required.

Okinawan Massage

\$65 • 50 mins

Hawaiian Massage

\$70 • 60 min | \$95 • 90 min | \$115 • 120 min

Facial & Decolletage (NEW!)

\$105 • 60 min | \$145 • 90 min

Shiatsu Massage (dry massage)

\$60 • 45 min

Ear Reflexology

\$40 • 30 min

February 6–8

Camping with Pets \$5 • Per camp spot

Pet-friendly camping at Hillside Campground with access to West Beach available!

Sign up at Outdoor Recreation Equipment Rental (Bldg. 121). Spaces are limited and will be allocated on a first-come, first-served basis. Restriction may apply.

*Pets must be properly immunized and proof of vaccination records are required.

Now–March 26

Camp Under the Stars \$1 • Per night

Snuggle up by the campfire, enjoy the sound of the waves and treat yourself to s'mores under the stars. Cozy nights don't get better than this at Okuma Beach.



Okuma Beach

Contact Information:

-  Kadenafss.com/okumabeach
-  facebook.com/theokumabeach
-  @okumabeach

Okuma Beach • 631-1991

Lodging Reservations • 098-962-1991

Surfside Grill & Bar • 098-962-1805

Okuma Outdoor Recreation • 631-1815

Massage Reservations • 090-6856-8276



Go Red for Women

Raise Awareness for Heart Health

February, the month of love, is brimming with heart decorations of all kinds. But did you know it is also designated as American Heart Health Month? Cardiovascular disease (CVD) remains the leading cause of death for women in the United States, claiming over 400,000 lives annually, according to the American Heart Association. For this reason, it is important to raise awareness about cardiovascular health.

On the first Friday of February, individuals across the nation are encouraged to wear red in support of the fight against cardiovascular disease and stroke in women. Go Red for Women is a passionate and emotional social initiative designed to empower women to take charge of their own heart health.

This year, join MCCS Health Promotion in spotlighting the Go Red for Women movement by wearing red on February 6. By participat-

ing, you will help spark conversations, spread awareness and empower women to take charge of their cardiovascular health through lifestyle changes and preventative care, as women who lead sedentary lifestyles and follow poor diets are at a significantly higher risk of developing CVD as they age.

For more information on Go Red for Women, the Health Promotion team will be offering resources and information at MCCS Fitness Centers throughout the island this month. To find out about more MCCS Health Promotion initiatives and upcoming events, visit www.okinawa.usmc-mccs.org/healthpromotion. For questions you may have, call 645-3910 or email mccshealthpromotions@okinawa.usmc-mccs.org.

Together, let's take a stand and support women's heart health—because every heart-beat matters. **IOL**

New Year... ...NEW Me!

As we enter the second month of 2026, how are your New Year resolutions going? Each year, we commit to bettering ourselves with promises to go to the gym regularly and cutting back on our Doritos consumption. But, while these are worthwhile resolutions that'll help make us healthier, are they really enough to transform you into a "new you" in 2026?

New Year, New Me—offered by Marine Corps Family Team Building (MCFTB) during the first three months of every year—is designed to inspire an overall positive change. By focusing on fostering a positive attitude, self-advocacy and resiliency, New Year, New Me will help you approach all challenges with renewed optimism.

This year, sessions will focus on "Attitude and Actions—Choose your Response and Change the Outcome." At each session, participants will pick up practical tools that can be used immediately to enhance communication skills, build confidence during tough situations, strengthen resilience, sharpen problem-solving skills and recognize that the right mindset can drive real-world results.

New Year, New Me is FREE and open to all DoD ID card holders island wide. The next session will take place on February 6 at 1:30 p.m. in Bldg. 1220 on Camp Kinser with another session happening on March 6 at 2:30 p.m. in Bldg. 445 (Rm. 201) on Camp Foster. Registration is required and is available via Eventbrite (search MCFTB New Year, New Me Attitudes and Actions). For more information on this offering, call 645-3698. Visit MCFTB online at www.okinawa.usmc-mccs.org/mcftb. **IOL**



PLAZA HOUSE 1954 KOZA

Japan's oldest shopping center, offering a world of style, taste, and travel-inspired living.

LOWER PLAZA
HOUSING AREA

AEON MALL
OKINAWA
RYCOM

PLAZA HOUSE
SHOPPING CENTER

CHUBU TOKUSHUKAI
HOSPITAL



Great American Spit Out

Through with the Chew

Join others across the globe on February 22 during the DoD Great American Spit Out, a yearly awareness event held to encourage smokeless tobacco users to quit for at least one day. If you've ever thought about quitting, now's your chance to drop the dip for good!

According to the CDC, nicotine dependence often leads to repeated cessation attempts and treatments. This means that even if you have previously tried to quit and returned to your habit, then the endeavor to try again is worthwhile. Commit to being "through with chew" by signing a pledge to stop using smokeless tobacco for at least 24 hours. Although quitting takes a plan, set yourself up for success by telling a friend or someone in your unit that you're going to quit—choose someone you trust and who will hold you accountable. Be prepared for cravings by having something to do to avoid the urge, like chewing sugarless gum or going for a walk.

Utilize resources available to you—MCCS Health Promotion provides resources such as FREE tobacco cessation classes and unit briefs to help you and your Marines and Sailors stay tobacco-free. For more information and support, visit www.okinawa.usmc-mccs.org/healthpromotion or call 645-3910 with any questions. **IOL**



Romance is Weird... ...Love is Real!

Add the Foster Library to your Valentine's Day plans! Gather up all your bookish pals and fellow bookworms and join your friendly neighborhood librarians as they celebrate the stranger side of romantasy.

Into Werewolves? Dragons? Aliens? Mothmen? If you answered yes to any of the above, then head to the Foster Library on Saturday, February 14 from 2 to 4 p.m. for their Romance is Weird, Love is Real event!

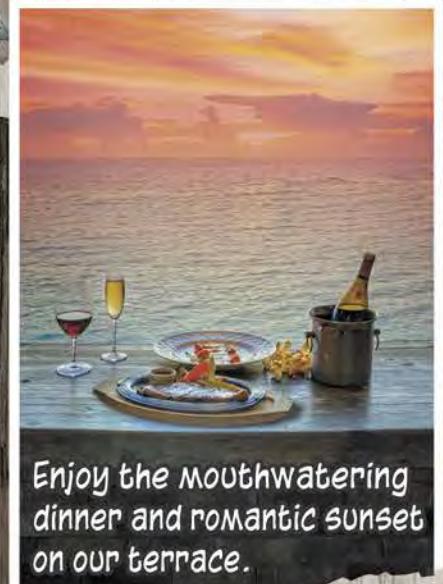
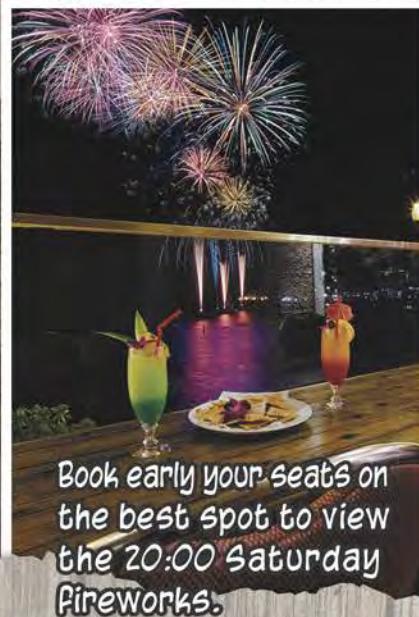
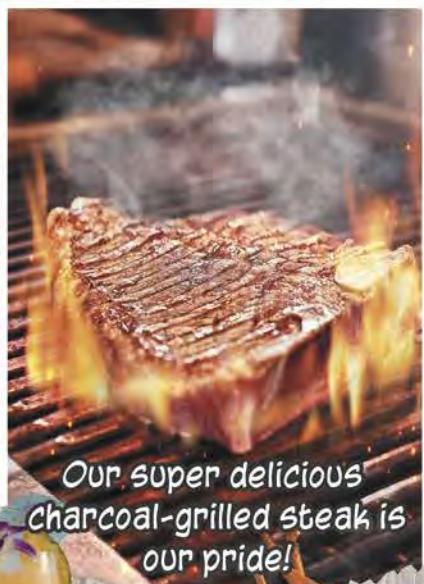
This special adult-only library offering will feature cheeky crafts, cultured conversation (wink, wink) along with tasty snacks. Polish

your tiara, straighten out your fairy wings and indulge yourself at the library this Valentine's Day. Don't worry, after your afternoon of fun, you'll be on your way with plenty of time to prepare for your date night or stay-in-and-read plans.

Romance is Weird, Love is Real is open to all adults with base access island wide. For more information on this event, and other upcoming offerings at Foster Library, call 645-7178 or visit MCCS Libraries online at www.okinawa.usmc-mccs.org/libraries or facebook.com/mccsokinawa.educationandlibraries. **IOL**

For the Best Times and Real Food, Beefy's is the Place!

BEEFY'S SEASIDE STEAK



OPEN DAILY

Lunch : 11:30 - 15:00 (L.O. 14:30)

Dinner : 17:00 - 22:00 (L.O. 21:15)



INSTAGRAM

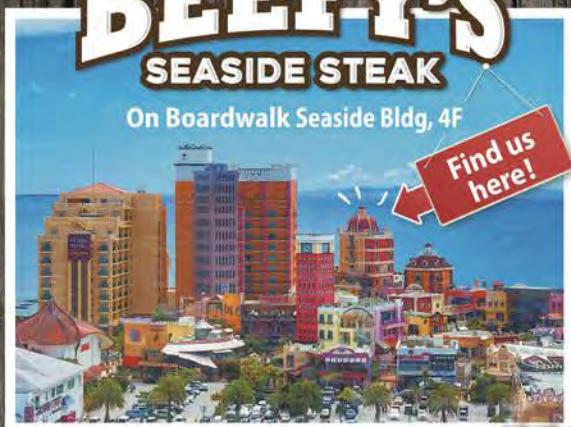


OFFICIAL SITE

BEEFY'S SEASIDE STEAK

On Boardwalk Seaside Bldg, 4F

Find us here!



Depot Island Seaside Bldg. 4F Tel: 098-982-7566



EmBARC on a Journey of Healing...

...with the Family Advocacy Program

The Family Advocacy Program is committed to fostering strong and meaningful relationships within the military community. They firmly believe that every relationship deserves a solid foundation based on trust, love and understanding. These foundations can be cultivated through a wide range of resources, educational opportunities, support and intervention.

Empathically Building a Resilient Connection (EmBARC) is an 8-hour workshop about coping with conflict in relationships, and will touch on communication, coping and conflict

resolution skills, relationship attachment styles and values, and most importantly the effects of high levels of conflict and/or domestic violence on children.

The Family Advocacy Program will be hosting full day workshops every first Monday of the month from 8 a.m. to 4:30 p.m. on Camp Foster. The EmBARC Workshop is beneficial for anyone who is currently or has previously been in a relationship with high levels of conflict and looking to gain helpful skills to enhance their relationships. Register for the workshop by emailing caitlin.e.mroz.civ@usmc.mil. **IOL**

New to Military Life?

Attend L.I.N.K.S. Foundations!

Military life can be hard to navigate. Service members and their families often face unique challenges such as understanding rank structure, navigating pay and entitlements, adjusting to different communication styles and managing deployments and PCS moves.

Enter L.I.N.K.S.—a mentoring program for Marine family members led by experienced Marine spouses who provide a great opportunity for family members to connect, share and learn from one another. At a L.I.N.K.S. Foundations workshop, understand these challenges while gaining valuable resources, knowledge

of Marine Corps history and traditions as well as practical skills to support you along your journey. Sessions are interactive and include a mix of videos, group discussions and more.

Interested? The next workshop takes place at Legends on Camp Courtney, February 11 from 9:30 a.m. to 3 p.m. Snacks and beverages will be available, and children are welcome (please note that childcare will not be provided).

For more information, visit [www.okinawa.usmc-mccs.org/links](http://okinawa.usmc-mccs.org/links), email mcftbokinawa@okinawa.usmc-mccs.org or call 645-3689. **IOL**



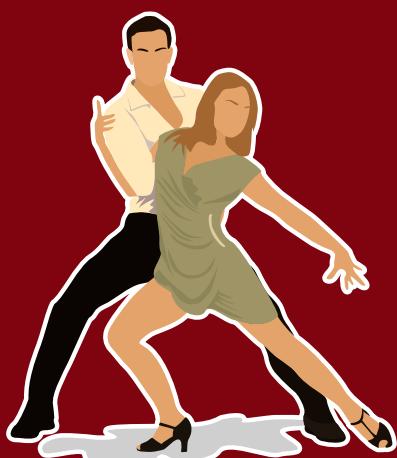
Fiesta Fever

Salsa Dancing Class

The MCCS Family Advocacy Program consistently strives to find new and innovative ways to provide tools and resources to our community. On Friday, February 20 they will be hosting Fiesta Fever, a salsa dancing class, from 6 to 9 p.m. at Butler Officers' Club on Plaza Housing. This FREE event will provide an opportunity for couples to improve their non-verbal communication through dance and build connections through couples' activities throughout the night.

During Fiesta Fever, they will be increasing awareness about resources available to the community, build communication skills and encourage positive social norms, access to services and emotional regulation, all of which are proven protective factors that safeguard against domestic violence.

Register for Fiesta Fever via Eventbrite by February 19. This event is open to all DoD ID card holders and authorized guests 18 years or older. For more information, visit www.okinawa.usmc-mccs.org/fap, email fapprevention@usmc.mil or call 645-2915. **IOL**





NICE TO MEAT YOU

yakiniku with UME(plum)



▼ web site ▼



▼ LINE ▼



- LOCATION -

MIHAMA - chatan
ISO - urasoe
TOMITON - toyosaki

Table Order Buffet

ALL YOU CAN EAT

Yakiniku Restaurant

we are OPEN 365 days! we can't wait to welcome you!



okinawa goen



Free Parking Credit Card OK



▼ WEB site ▼



燒肉
五苑



Good Times at...

...Hansen Festival

The dismal days of Okinawa's winter are finally coming to an end—which means it's time to head outdoors to celebrate! So, before the blazing heat arrives, get out and enjoy the perfectly crisp air and the fleeting remainders of *sakura* (cherry blossom) season with a real Carnivale!

Celebrate the impending arrival of spring and the break in the dreary weather at Hansen Festival—two full days of spectacular festivities on Saturday, February 14 and Sunday, February 15 from 1 to 9 p.m. both days. Open to DoD ID card holders, Japanese and American citizens island wide, this event is kicking off at the The Palms parking lot.

Enjoy FREE live music and entertain-

ment, while the kids marvel at Fun Land carnival rides and military static displays. This year's headline entertainer is Kid Ink, known for platinum singles "Be Real" and "Body Language" as well as quadruple-platinum single "Show Me." Catch his FREE performance on Saturday at 7 p.m. On Sunday, local Hip-Hop artist OZworld will perform at 7:30 p.m.

Once a hankering for food and drink develops, chow down on your favorites such as succulent smoked pork shoulder and BBQ brisket from Hickory House or the ever-so-satisfying burgers from Bulldogs. Alternatively, you can take your tastebuds on a journey with Miami-inspired cuisine

from 305 Latin Bistro or grab your go-to-order from food trucks La Cocina or Island Grindz—nothin' like the comfort of tacos, burritos or classic Hawaiian lunch plates! You can wash it all down with an adult refreshment from Kanpai Lounge, just do so sensibly and responsibly.

Pets, glass bottles, alcohol, coolers and large bags/backpacks must stay at home, as they are not permitted at this event. Furthermore, DoD ID card holders may access the event via Gate 3. Visit www.okinawa.usmc-mccs.org/festivals for information regarding the festival, entertainment schedule as well as gate access information. **101**



Lunch & Sweets Buffet
Strawberry Buffet
The Princess's Garden of Eternal Spring

2026 1/24^{SAT} - 5/11^{NOW}

SAT SUN MON P.H.

Double Tree by Hilton Okinawa Chatan Resort (2F) Restaurant "MaTiira"

43 Mihamachi Chatan-cho Nakagami-gun Okinawa 904-0115, Japan
TEL 098-901-4600 FAX 098-901-4601

TIME 12:00~14:30 PRICE Adult ¥4,900/Child ¥1,800 [6-12]

*L.O. 13:45

*Price includes tax and service charge





Galentine's...

...at Ocean Breeze

While many people may believe that Valentine's Day is a "Hallmark holiday," a commercial holiday popularized by greeting card and candy companies, it does in fact have ancient roots. Galentine's Day, however, is an unofficial holiday invented just 16 years ago by Amy Poehler's beloved character, Leslie Knope, on the popular TV sitcom *Parks and Recreation*.

"What's Galentine's Day? Oh, it's only the best day of the year. Every February 13th my lady friends and I leave our husbands and boyfriends at home and we come and kick it breakfast style. Ladies celebrating ladies," says Leslie Knope. After the episode aired in 2010 women have adopted the holiday as their own. It's the perfect day to recognize and honor female friendships (and platonic love) by

spending quality time with your friends as well as shower them with love and gifts.

If you're looking for a venue for your upcoming Galentine's Day celebrations MCCS has got you covered! Grab your besties and join us on Sunday, February 15 from 10 a.m. to 3 p.m. at Ocean Breeze on Camp Foster for a private brunch complete with a themed dessert bar and mimosa station. This is an adult-only event. Register via Eventbrite by February 12 at 3 p.m. for \$35 per person.

For more information on Galentine's at Ocean Breeze, call 645-3666. To learn about other Valentine's Day offerings at MCCS Clubs, visit www.okinawa.usmc-mccs.org/clubs. **10L**

Valentine's Day at the Clubs

Treat Yourselves

This year on Valentine's Day, let your significant (or family member) other know just how special they are by treating them to an evening at an MCCS Club or Restaurant. Whether it's a one-on-one fancy dinner or one to spend quality time with all members of your household, we've got you covered.

For the sweetheart in your life, the Butler Officers' Club will be hosting Be My Valentine's Dinner on February 14. Doors open at 6 p.m., dinner will be served at 6:30 p.m. and this unforgettable night will feature a seven-course dinner, complimentary champagne and hors d'oeuvres as well as LIVE music provided by a DJ. Express your love with roses and champagne as you can surprise your significant other by pre-ordering fresh long-stem roses or a floral bouquet (available in small, medium or large sizes) and/or Cristal champagne, Dom

Perignon, Prosecco wine and more. Tickets are \$65 per person and are available via Eventbrite. For any questions including pre-ordering florals and champagne, call 645-7530. Taiyo Steakhouse will also be offering Valentine's dinners February 12–15 from 6 to 9 p.m. Reservations are required and can be made by calling 622-2020.

With so much love flowing in your household, why not share it with the ones who mean the most? Enjoy a Valentine's Day-themed Family Fun Night with the whole family on February 19 from 5 to 9 p.m. at Kinser Surfside, Ocean Breeze and Tengan Castle. Dress in red, pink or white to get into the spirit as you feast on a family-friendly buffet and create Valentine's Day cards. Family Fun Nights are \$12.95 for adults and teens, \$6.95 for children (5–11) and FREE for children under 5. For more information, visit www.okinawa.usmc-mccs.org/clubs. **10L**





Sushi on La Cienega

Dinner with a View

Text by: Swetha Gogue | Photography by: Mia Cox | Translation by: Wataru Yamanoha

When moving across the Pacific Ocean from the U.S. it's rare to find American-style sushi dipped in tempura batter, deep fried and topped with spicy mayo, but Sushi on La Cienega is here to satiate patrons with a taste of familiarity from back home. Whether it's the country music playlist with songs recommended by customers playing on rotation, the California Rolls filled with cream cheese or even naming select dishes after longtime regulars such as Spicy PAPPY and Handsome SPEEDY—this is one establishment that will make you feel at home.

On the west side of the island, Chatan Fisherina is a charming waterfront that hosts boats, ocean sports and a million-dollar sunset view, which guests can marvel at when dining during golden hour at Sushi on La Cienega. Specializing in Japanese-American fusion, this establishment is an upgrade from your typical Friday night conveyor belt sushi dinners. In fact, the menu itself is quite impressive serving over 40 different types of sushi along with homemade sauces such as *ponzu*!

Before restauranteur Saya-san became owner in 2024, she worked at the location for over 8 years. "I came here as part of the opening team from Sushi on La Cienega which is named after a famous boulevard in California," Saya-san shared. This year marks their 10th anniversary of plating up beautiful sushi creations.

For starters, we recommend the Spicy Tuna Biscuit, it will rock your world with its complex medley of flavors and textures. The crispy rice biscuit vessel dolloped with spicy tuna, beautifully thin slices of avocado that sits atop of slightly thick *unagi* (eel) sauce is an experience you *must* taste for yourself.

After making our way past their Signature Dishes, Saya-san prepared us a sushi feast...and let us preface by saying that everything exceeded expectations! From the Spicy CT Roll filled with creamy avocado, *kanikama* (imitation crab made

from shredded whitefish) and seasoned with *shichimi togarashi* (Japanese 7-spice blend) and paired with sweet soy sauce to the Y.T.J. featuring thinly sliced raw yellowtail with special jalapeño sauce, all are a hit. For *sashimi* that truly fuses Western and Eastern flavors, we recommend the Albacore Garlic, which is so simple, yet so delicious with the mild tuna being the perfect fish to carry on crispy garlic chips alongside their homemade citrus sauce. Here, every dish possesses its own unique flavor profile that will win your heart and tastebuds to become your newest go-to spot for sushi night.

And, if you're looking for vegan or vegetarian rolls, they've got that covered for you, too! From fresh to cooked rolls, there's surely something to appease everyone in the crowd with the sheer variety of choices they offer such as the Avocado Cut (or Hand) Roll to the Veggie Tempura Roll (filled with sweet potato, green beans, carrot and pumpkin tempura). If you've got a truly picky eater (or a toddler), don't fret, for Popcorn Chicken, Gyoza and French Fries are also available.

For something hot off the grill, the Grilled Yellowtail Collar is highly recommended. Each order comes with one huge collar, which has been roasted on the grill and seasoned minimally with salt, bringing out the true essence of the *hamachi*; the meaty white flakes are juicy and when paired with the crunchy skin it's *utterly* divine—you'll find yourself scouring the bones clean.

Although *sashimi*, *nigiri* and *maki* rolls are plentiful across the island, it's quite difficult to find a restaurant that serves over 40 kinds of sushi—vegan and vegetarian options included—that offers indoor and terrace seating as well as a breathtaking sunset view. Pets are also welcome to dine with you outdoors.

So, if you're looking for a taste of America when it comes to sushi, stop by and enjoy Sushi on La Cienega for your next evening meal. For more information, find them on Instagram @sushionlacienega. **lol**

Location
51-3 Mihamama,
Chatan, 904-0115

Hours of Operation
Mondays, Tuesdays,
Thursdays & Sundays,
5-9:30 p.m. (L.O. 9 p.m.)
Fridays & Saturdays,
5-10 p.m. (L.O. 9:30 p.m.)
Closed Wednesdays

MILK BOMB's sister store
Orb-Espresso Coffee-
Yomitan



Focaccia
Steak and
Cheese
Sandwich



1137-1 Sobe Yomitan Village
near Torii Station
OPEN 9:00~17:00 (food L.O 16:00)

TASTY
TERRA

We're cooking up something
fresh and delicious, just for you!

645-1249 • www.okinawa.usmc-mccs.org/terra

MCCS
MARINE CORPS COMMUNITY SERVICE

Sushi Rolls AND MORE

Sushi on La Cienega



**PET-FRIENDLY
OUTDOOR TERRACE
SEATING ALSO AVAILABLE.**

BUSINESS HOURS

- SUN-THU:** 5-10 PM
(Last Order 9 p.m.)
- FRI & SAT:** 5-10 PM
(Last Order 9:30 p.m.)
- CLOSED WEDNESDAYS**



MCCS Youth Sports Baseball & Softball

Off the Couch and into the Batter's Box

Other than a much-needed break from the couch and the Nintendo Switch 2, team sports—especially at a young age—can go a long way in improving both mental and physical health. Sports not only promote co-operation, teamwork, sportsmanship and critical thinking, they also help improve motor skills, lower stress, build endurance and facilitate muscle growth. Socially, sports are a great way to make new friends (especially important for military kids when overseas), build self-esteem and develop feelings of belonging to the community. And oh, by the way, kids can also have a blast! It's time to go to bat for your kiddos by registering them for Semper Fit Youth Sports' baseball and softball season.

Teams will play games once or twice per week on Camps Courtney, Foster or Kinser and team-specific schedules will be announced by individual coaches.

This offering is open to children ages 5–18 (of SOFA ID card holders island wide), including 4-year-olds who will turn five before the season ends. To sign up our child, visit www.okinawa.usmc-mccs.org/youthsports or stop by any staffed MCCS Fitness Center during the registration period of April 1–May 31. If you have any questions, feel free to touch base with Semper Fit Youth Sports staff by calling 645-3533/34, emailing youthsports@okinawa.usmc-mccs.org or visiting their office on Camp Foster in Bldg. 5952. **IOL**



16th Annual Ages and Stages

Supporting Families in Every Phase

Parenting is filled with moments of discovery, growth and connection; it's a journey that brings new experiences at every turn. Although there is no textbook to guide your journey, there is the New Parent Support Program (NPSP) to support you as a parent through a child's earliest and most important years.

NPSP is comprised of a team of professionals that include nurses, licensed counselors and social workers designed to provide reliable guidance, encouragement and practical support for families on their parenting journey. The program offers FREE home/office visits, classes and groups that promote positive parent-child bonding and attachment as well as balancing family and military life.

Regular offerings from NPSP include Baby Boot Camp, Parents in Uniform, Infant Massage and Play Morning and in addition to these offerings, NPSP will be hosting the 16th Annual Ages and Stages Open House on Saturday, March 7 from 10 a.m. to noon at the Camp Foster Community Center Auditorium. This event highlights child development and showcases community resources for expecting families as well as those with young children (ages 0–6). The promotion of protective factors that help in the prevention of child abuse are also featured. The Ages and Stages Open House is open to SOFA-status personnel from all branches and ranks targeting families that are expecting and those with children under 6 years old.

For more information about the New Parent Support Program, email npspokinawa@usmc.mil, visit www.okinawa.usmc-mccs.org/npsp or call 645-0396. **IOL**



Everything starts with a smile.

At Rycom Dental Clinic, we offer cleaning services, dental examinations, cosmetic dentistry and more for both you and your family.

 **RYCOM DENTAL CLINIC**

ライカム デンタル クリニック

Open: Mon, Tue, Fri & Sat; 10 a.m.–1:30 p.m. & 3:30–7:30 p.m. | Closed: Wed, Thu & Sun

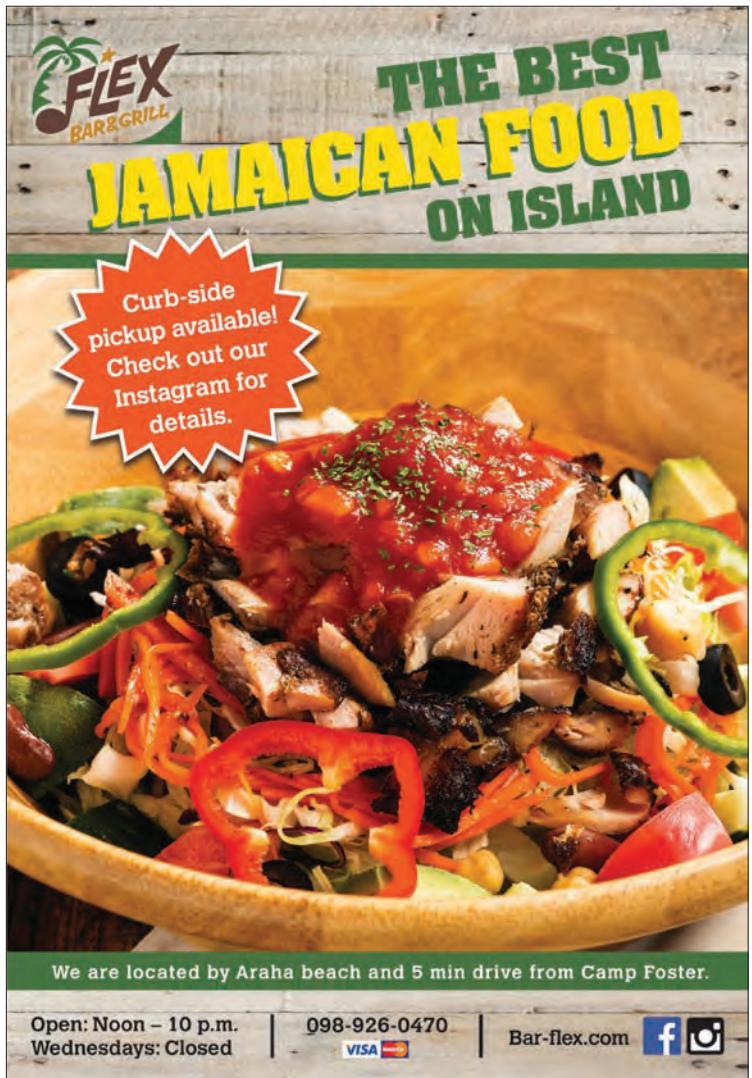
English-speaking staff!

080-4149-0711

Email: dentalrycom@gmail.com



We are located on the 2nd floor of AEON Mall Okinawa Rycom



**FLEX
BAR&GRILL**

**THE BEST
JAMAICAN FOOD
ON ISLAND**

Curb-side pickup available! Check out our Instagram for details.

We are located by Araha beach and 5 min drive from Camp Foster.

Open: Noon – 10 p.m. | Wednesdays: Closed | 098-926-0470 | Bar-flex.com |



The first step to welcoming a new family

2-7-3 Chatan, Chatan-cho Nakagamigun, Okinawa
Located off 58 across from Camp Foster
Tel 098-989-5222

**Payment plans available
DM for inquiries!**



PETSHOPPUPPYLUV





EGA Birthday Parties

Flip, Flip, Hooray!

Turning another year old means serious business—especially for tiny tots and pre-teens. It's a time to celebrate all that aging encompasses from expanding horizons, learning new things and discovering different passions. Why not throw your child the best birthday party they could ever have at the Excellence Gymnastics Academy (EGA)?

Afterall, at that age, all kids want to do is run around and play with family and friends! EGA offers birthday parties for children ages 10 months to 13 years old. Attendees will get to experience one hour of structured time at the facility and will have the opportunity to work on the Balance Beams, Obstacle Course, Uneven Bars and more, all while being joined by their family and friends on their very special day.

EGA, located inside Gunners Fitness Center on Camp Foster, offers an array of programs for the youngest of infants to the oldest of adults with classes like Booming Bundles (35 minutes for children 10-17 months) and Adult FITnastics (55 minutes for ages 18 and older) and much, much more. Registration for classes is available online through portal.iclasspro.com/mccsokinawa year-round. EGA also offers competitive training and competitive experiences to athletes Levels 1-10 through U.S.A. Gymnastics Women's Developmental & Optional Program.

To start your birthday planning, email ega@okinawa.usmc-mccs.org or call 645-1602. For more information about EGA, visit www.okinawa.usmc-mccs.org/ega. EGA is open Monday through Friday from 10 a.m. to 8 p.m., Saturdays from 9 a.m. to 1 p.m. and closed on Sundays. **IOL**

Okinawa Dolphins Swim School

Nurture a Love for the Water

While it's true that taking your little one for a dip in the pool is a great way to de-stress and exercise, why not nurture their love for the water into a lifelong passion at Okinawa Dolphins Swim School? Who knows, they may be a budding Olympic medalist the making! Sessions for February are slated to begin on February 3 and end on February 25. Classes are offered on Tuesdays or Wednesdays and will occur once a week depending on the day you select. Any classes cancelled due to weather or other unforeseen circumstances will be refunded at the end of the month. Each practice is 30 minutes long and is held once a week on the same weekday for four consecutive weeks at the Camp Hansen Aquatic Center, so mark your calendars!

Your kiddo will learn about water safety and the technicality of various swim strokes to improve their swimming skills and become more comfortable and confident in the water. After all, swimming is an essential lifelong skill and what your child learns at the Hansen Aquatic Center will be useful as they age and move around. Swimming is also great exercise that tones all muscles in the body while remaining low impact on the joints.

If you have any questions about upcoming classes, events as well as tryouts for the Okinawa Dolphins Swim Team, please email mccsaquatics@okinawa.usmc-mccs.org. To see more upcoming ODST and MCCS Aquatics events, visit them online at www.okinawa.usmc-mccs.org/aquatics. **IOL**

Best Date Night Restaurant



SAM'S BY-THE-SEA

Fresh Island Seafood & Charbroiled Steaks

Feb. 9 - Feb. 15

Valentine's
SPECIAL

Roasted Tenderloin Steak
Surf & Turf Valentine's Plate



Okinawa City Awase
098-937-3421 
■ 11:30~14:00 L.O.13:30 
■ 17:00~23:00 L.O.22:00 
Call for Reservations 098-932-1819



Foremost Blue Seal
welcomes you!

Happy
Double
Day



BUY A SINGLE SCOOP
OF ICE CREAM AND
GET THE SECOND
SCOOP FREE ON THE
8TH, 18TH AND 28TH
OF EVERY MONTH!



PARTY ROOM ACCOMMODATING UP
TO 12 PEOPLE CAN BE RESERVED AT
THE BLUE SEAL MAKIMINATO
BRANCH NEAR CAMP KINSER.

*Note: Scroll to the bottom of the webpage to the language menu box. Select "English" to proceed with your reservation.



YOUR ONE-STOP-SHOP FOR
TWO OF YOUR FAVORITE THINGS.



ESPARZA'S

TACOS & COFFEE

SCAN FOR UPDATES AND
A MAP TO OUR LOCATION

Hours of Operation

Weekdays: 11 a.m.-9 p.m.

(L.O. 8:30 p.m.)

Weekends: 8 a.m.-9 p.m.

(L.O. 8:30 p.m.)

*Breakfast available from 8 to 11 a.m.



Valentine's Day

Family Fun Nights

Spring is in full swing on Okinawa with flowers already in bloom and seasonal *sakura* (cherry blossom) treats on the menu—there's no better time to get into the spirit of the season than by celebrating with the ones you love this Valentine's Day. If you're looking for something to satisfy the entire gang, MCCS is hosting not just one, but *three* Family Fun Nights that are sure to yield good times and lasting memories.

Join us for a Valentine's Day-themed night with the whole family on Thursday, February 19 from 5 to 9 p.m. at Surfside on Camp Kinser, Ocean Breeze on Camp Foster and Tengan Castle on Camp Courtney. Dress in red, pink or white and enjoy a family buffet as well as Valentine's Day card crafts. Family Fun Nights are \$12.95 for adults and teens, \$6.95 for children (5-11) and FREE for children under 5. For more information, visit www.okinawa.usmc-mccs.org/clubs. **101**



Strong Roots

The Deeper the Roots, the Stronger the Foundation

Children, as well as a parents' relationships with their kids, share a vital trait with trees—the deeper the roots, the stronger the foundation. Developing strong roots not only builds a strong foundation, it gives both trees, children as well as relationships to grow strong and withstand adversity.

As kids grow and develop, the ways in which parents interact with them, their expectations of children and parents' ways of disciplining them must change as well. Strong Roots, offered by the MCCS Family Advocacy Program, is a 4-week group workshop that focuses on building resilient

parenting practices as kids age. Topics include coping skills for parents, discipline, empathy-building and adding tools to the parenting toolbox. Each session is intended to build parenting skills and meet kids where they are through each phase of their lives.

Join the Family Advocacy Program for Strong Roots on Wednesdays from 11:15 a.m. to 12:45 p.m. on Camp Foster. To register for the workshop, email caitlin.e.mroz.civ@usmc.mil. For more information, visit www.okinawa.usmc-mccs.org/fap or call 645-2915. **101**



EFMP

Family Case Work

The Exceptional Family Member Program (EFMP) is designed to aid military families with special medical and/or educational needs—with the goal of improving quality-of-life through community resources and support.

The Individualized Education Program (IEP) meeting is a critical step in securing the appropriate support and services for your child's success, but it can often feel overwhelming and confusing for parents. EFMP's Family Case Workers are dedicated to ensuring your family is not alone in navigating the complex world of special education and empowering parents to become their child's best advocate. They are here to demystify the process, work alongside you to understand your child's strengths and needs as well as help you prepare for these important discussions.

For more information, contact your assigned Family Case Worker; if your assigned Family Case Worker is not known, contact the Camp SD Butler EFMP Installation Office for assistance. To learn more about EFMP, call 645-9237, email efmp@okinawa.usmc-mccs.org or visit www.okinawa.usmc-mccs.org/efmp. **101**



Kinser Surfside | Ocean Breeze | Tengan Castle



Thursday, February 19 | 5-9 p.m.

**Dress in red, pink or white and come celebrate
with the ones you love! Enjoy a family buffet
and Valentine's Day card crafts.**

**Adults & Teens: \$12.95
Children (5-11): \$6.95
Children (under 5): FREE**



Sponsored in
part by:



www.okinawa.usmc-mccs.org/clubs





Typhoon Motors Sales

Your Car Needs Loving Too!

In this month of love, why not brush up on those love languages and show your car some much needed loving too? Sure, your ride may not be the newest whip in the streets, but it does a great job of taking you from point A to point B, make sure you shower it with some words of affirmation. Let's be real—you spend a lot of quality time in it and without it you wouldn't get to experience all the beauty that Okinawa has to offer.

Why not do some acts of service and book an oil change? Typhoon Motors will

be having 20% OFF complete oil changes at locations island-wide during the entire month of February. It is recommended to change your car's engine oil every 8–12,000 kilometers or every 6–12 months. Regular oil changes improve your engine's performance, extends the longevity and helps your car achieve its peak gas mileage. All important things to keep in mind for when the time to PCS and re-selling your car nears.

Already intimate with the inner workings of your vehicle? Express your love and affection by renting an indoor stall and lift

for only \$1 during the Typhoon Motors Presidents Day Special. This promotion is available February 16–17 at Camps Foster, Courtney, Hansen and Kinser.

More of a gift giving kind of person? Head over to Typhoon Motors on Camps Foster and Kinser from February 16 through 27 to take advantage of their Presidents Day Special Speaker Sale. They will be offering 20% OFF all speakers (excluding subwoofers). For more information on Typhoon Motors locations, hours and services, visit www.okinawa.usmc-mccs.org/typhoon-motors. **10L**

COUPON:

SHOW THIS COUPON
AND REDEEM A FREE
EMERALD ORIGINAL
LEMONADE

MONDAY-FRIDAY

LUNCH:
11:30 A.M.-3:30 P.M.
(L.O. 3 P.M.)

DINNER:
5-9 P.M.
(L.O. 8:15 P.M.)

SATURDAYS, SUNDAYS
& JAPANESE HOLIDAYS:
11:30 A.M.-9 P.M.
(L.O. 8:15 P.M.)

FAMOUS FOR OUR SIGNATURE 1 LB. RIB STEAK!

46
YEARS
IN
BUSINESS



PUB LOUNGE
Emerald
SINCE 1979

ACCEPTED PAYMENTS:



CASH PAYMENTS IN JAPANESE YEN ONLY (U.S. DOLLAR CASH NOT ACCEPTED)



100%

REAL LEMON

LEMONADE

100%

REAL LEMON

Stay in the Loop with the Liberty App

Now with NEW Features!

Sure Wikipedia is great...but don't you wish it had specific info on your current duty station? Like, what's the current heat index flag condition on Camp Hansen?

Well, wish no more! The MCCS Okinawa Liberty App is like having a whole platoon of information about being stationed on Okinawa—and right at your fingertips no less.

You'll have access to command information (including PCS details and base policies), liberty tools (including important phone numbers), transportation options and much more to keep you in the know.

The Liberty App's latest update introduces the new "Workout of the Day" feature—which provides users with a rotational 30-day schedule of combat-focused workouts designed to enhance agility, functional strength and overall mission readiness. Each day's workout is presented in a format that is intuitive and accessible to users of all fitness levels.

For leisure activities, the Liberty App still features icons to help you find events galore. Multiple program calendars are included under "Events" and, in addition, you can find where to shop, eat, visit and stay—both on and off base—if you tap the "Things to Do" icon. If you need a ride back home after participating in an event or an outing, the app has you covered there—including an expanded listing of on-base and off-base taxi and daiko services to make sure you have a safe way home.

The app even includes a yen rate calculator, heat flag and sea conditions, typhoon readiness information (TCCOR) and English to Japanese translations of some common phrases.

Last, but not least, a total fitness tool is included to help you find wellness resources and track your health when it comes to four fitness factors: mind, body, spirit and social.

Best of all? The MCCS Okinawa Liberty App is FREE! Visit www.okinawa.usmc-mccs.org/liberty for details or download yours from either the App Store or Google Play. **IOL**



Spend a Special Valentine's...

...in a Winter Wonderland!

Looking for something new to do this Valentine's Day? How about a romantic off-island escape to a winter wonderland? Celebrate the season of love with a romantic Valentine's Day at the Mountain View Inn on Camp Fuji. Guests can enjoy cozy lodging, scenic Mount Fuji views, access to local wineries and distilleries as well as relaxing dips in a Japanese onsen (hot spring bath).

Guests can even take advantage of RV rentals for extended outdoor trips in the Fuji region to visit locales such as the Gotemba Kogen Winery, the Kirin Fuji

Gotemba Distillery, Gotemba Outlet Mall, nearby hot-spring facilities such as the Rembrandt Fuji Gotemba Onsen and more!

This year, couples will receive \$10 OFF their room rates on February 13–14! This offer is based on room availability and slots will fill up fast so don't wait!

For more information on the Camp Fuji Mountain View Inn, or to make reservations, call 055-089-6102 (Extension: 224-8501) between 6:30 a.m. and 8:30 p.m., or email FujiMVI@okinawa.usmc-mccs.org. Visit them online at campfiji.usmc-mccs.org/lodging. **IOL**



COCK SPA



Manicures • Pedicures • Facials • Massages

NOW ACCEPTING ONLINE RESERVATIONS

BOOK TODAY!

*Register via QR code



Check out our website at cocok.net/en

Call us today at 098-921-3081

Google Cocok Spa for our location.



OKINAWA WHITE DENTAL CLINIC

Your smile is a treasure worth the best of care.

- Registered TRICARE provider for Active-Duty family members
- Using TRICARE, we will file your claims; no up-front payment is necessary for most services
- We will also provide necessary documents for other insurance holders

3-MINUTE DRIVE FROM KADENA GATE 5

OPEN: 9:30 A.M.–1 P.M.
& 2:30 – 5:30 P.M.

CLOSED: THURSDAYS, SUNDAYS
AND JAPANESE HOLIDAYS

English speaking doctor and staff.



English service available at 098-989-3780
Visit us online at okinawawhitedental.com

OKINAWA WHITE DENTAL CLINIC

Valentine's List

Mounjaro



strongest diet treatment available!



A prescription for Mounjaro will be issued after a doctor's consultation.

BREAST ENHANCEMENT



Mentor's SMOOTH Memory-Gel available!

Fat Transfer & Fillers available



PDO Mono Thread + N-COG Lift



Before
After

Lunchtime lifting with dissolving threads !!

UPPER EYE LIFT



Surgical or Non-Surgical Available

TATTOO REMOVAL



with PicoSure, the latest tech

OZEMPIC for weight loss



Most sensational diet med !
Ozempic or Wegovy now available !



SYRINGE METHOD LIPO



Before
After

The safest & most effective surgical method!

JUVEDERM for valentine



cause Valentine's kiss certainly on the list!

The EXTREME REJUVENATION



Three techniques combined for less downtime
Before
After
(Full Face)



宮城美容外科クリニック

Miyagi Cosmetic Surgery

098-860-9120

★Bilingual doctor available

Open : Mon.-Sat. 10:30a.m.-6:00p.m.
Closed : Wed. & Sundays
(announced days)

★Free Consultation

Appointment Required
<http://www.miyagi-clinic.info>
E-mail miyagics@woody.ocn.ne.jp



BIG GAME

BREAKFAST

MONDAY, FEBRUARY 9 | 7 A.M.

Cheer for your favorite team at
MCCS Clubs with prizes, snacks
and FREE giveaways!

Buffets

Adults \$15 | Children (5-12) \$8, (Under 5) FREE

Camp Kinser
Surfside

MCAS Futenma
Habu Pit

Camp Foster
Ocean Breeze
(Globe & Anchor)

Plaza Housing
Butler Officers' Club

Camp Courtney
Legends

Camp Hansen
The Palms (Ballroom)

Camp Schwab
BeachHead
Landing Zone

Fast Casual Dining

MCAS Futenma
Thirsty's

Camp Courtney
Bayview

*Events are subject to change.
www.okinawa.usmc-mccs.org/clubs





UNPLUGGED AND UNWIND

Wintertime Adventures
in the Great Outdoors

Text by: Mike Daley | Layout by: James Rieth



okinawa is well known as a subtropical island paradise with beautiful beaches, watersports such as diving, snorkeling, jet skiing and tons of water-related fun in the summertime. But what about during the cool winter months?

Okinawa and nearby isles offer ample hiking trails, campsites and opportunities for outdoor adventure. In addition, it's the perfect time of year for communing with nature, as winter temperatures allow adventurers the luxury of enjoying a blessed lack of hammering heat and smothering humidity...with clear starry skies in the evening. How about getting a good workout on a hike or spending an evening camping under the stars? The following are a few personal favorite sites on Okinawa and neighboring islands where you can enjoy the island's scenic beauty—and actually catch some Zs in a sleeping bag while camping under the stars.





CAMPING



Kudaka Island

Reachable via ferry service from Azama Port in Nanjo City, Kudaka is a tiny islet with a circumference of only approximately 8km. However, this long and narrow island located off the coast of Nanjo is considered to be one of the most beautiful places in the prefecture.

According to local folklore, Kudaka was believed to be the first Ryukyu Island the goddess Amamikiyo created—one she crafted to mirror the beauty of heaven. To this day, certain parts of the island are forbidden to men and other special areas can only be entered by the highest-ranking *noro* (priestesses). Not all parts of Kudaka are forbidden, however, and many are a different kind of “heaven on earth.”

Camping on Kudaka is available at only one location—the Kudakajima Beach Camping Ground. Spaces are available for ¥500 per person with bathrooms (BYO-TP) and coin-operated showers on the grounds.

Call 080-8378-8435 in advance to make your reservations. For more information, send an email to kudakajima.campinfo26@gmail.com. For more information on ferry services, visit kudakakaiun.jimdofree.com.

TOP LEFT PHOTO BY JAMES RIETH



Okuma Beach

Known simply as “Okuma” to those who have been there at least once, this 65+ year-old facility features pristine beaches, cabanas and an ample camping area for those wishing to stay a day or two (or three). Okuma is not only a beautiful place to spend time with family and friends, it can also serve as an excellent base of operations for exploring the northern reaches of Kunigami Village at your leisure—without having to worry about a 2-hour drive back to civilization after a 6-hour long hike.

Amenities at this joint-forces center include a small golf course, various water sports, hiking areas, a restaurant, an Exchange Express and more. For more information on camping at Okuma, visit okuma.kadenafss.com/camping.

Torii Beach

For those looking for a convenient nearby location to camp after a hectic week, Torii Beach is a great choice. Located within Torii Station in Yomitan Village and managed by Army MWR, Torii Beach is an active nesting area for both aquatic birds and sea turtles, making it a great place to commune with nature while enjoying water activities such as swimming, snorkeling, paddle boarding and kayaking.

Visitors can also relax under a parasol or rent a tent and camp under the stars. Each campsite comes equipped with a picnic table, a BBQ grill and space to pitch a tent. Larger covered pavilions are also available for rent. For more information about camping on Torii Beach and other offerings on Torii Station, visit torii.armymwr.com.



Duration: 30 to 90 Days

Data Capacity: 10GB to 30GB

★ Voice calls and SMS
function available

* **TAX INCLUDED \$1=¥156.76**

*Voice call charges apply each time you make a call.



Data Capacity: 3GB to 50GB

★ Monthly fees starting from \$7.65 *

★ Optional Services

① Unlimited Domestic Calls:
Enjoy 10 free minutes on every call

② Life Support:
Daily life support services, including
medical interpretation, via chat
or phone



eSIM
AVAILABLE!

SCAN ME



Key Features

✓ Over 10 years of trusted service —
mobile plans tailored for foreign
residents in Japan

✓ Powered by NTT Docomo for
reliable nationwide coverage

✓ Includes Japanese mobile number

✓ Easy-to-use SIM service
available in Okinawa



GTN Mobile Partner

Apply now at Keystone Agency, conveniently located near Kadena Gate 2

📍 Suite 104, 1-22-18 Chuo, Okinawa City ☎ 050-1808-5608 ☎ 0900-1800 Monday-Friday [Closed on Japanese Holidays]



AEON MALL Okinawa Rycom is one of the largest shopping malls on Okinawa. We have one major grocery and lifestyle store and more than 220 specialty stores plus a cinema and food court restaurants.

AEON MALL

AEON MALL Okinawa Rycom

*All prices include tax.



AEON MALL Specialty Stores 10:00~22:00 | Food Court 10:00~22:00 | Restaurant Area 11:00~23:00 | Grocery (AEON STYLE) 8:00~23:00

Featured Stores

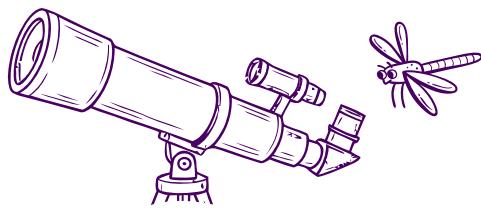


and many more...

Paid Ad. No Federal endorsement of advertiser intended.

60+ stores offer military discounts. Check our stores out now.
*Subject to change without notice. *Cannot be combined with any other promotion offer.

STARGAZING



Enjoying the night sky, especially with clearer air (due to lower humidity) and lack of light pollution (artificial light generated by buildings, streetlights, etc.) makes it a relaxing and enjoyable experience. Head to theskylive.com to see what's visible this month (the sky charts are searchable by date, time and location).

For those looking to try their hand at astrophotography, you'll need a DSLR or mirrorless camera with a manual mode, a sturdy tripod, fast (f/2.8) wide angle lens or equivalent zoom for shooting the moon or other closer celestial objects. For panoramic shots, the shutter should be open for up to 90 seconds (with a remote shutter release using the Bulb function)—experiment with different shutter speeds for the best results. The minimum ISO should be 800, however the better the camera the higher the ISO can go (1600–3200+) for maximum stars without serious degradation of image quality. Don't forget to set focus to manual and set to infinity. Also, spare batteries will definitely come in handy! For more advanced astrophotography using a zoom lens, more advanced equipment—such as an equatorial mount or star tracker—will enable the camera to compensate for the rotation of the earth during long exposures.

RIGHT PHOTO BY JAMES RIEITH



HIKING & DAY TRIPS

Hiji Falls

Hiji Falls, the largest waterfall on the main island of Okinawa, is also one of the most well-known to visiting Americans due to its proximity to Okuma Beach. Hiji Falls is approximately a 3km hike (roundtrip) from the camping area (and parking lot) located downriver from the falls. Pathways and stairs have been built so there is very little danger involved, making it a good trek for neophytes and younger children (around elementary-aged).



Taa Falls

Taa Falls, located on the Henan River in Ogimi Village (a hamlet north of Nago City), is an excellent place to “get your feet wet” so to speak. The forest surrounding the Henan River is home to numerous types of birds and countless other living beings which live in the nooks and crannies between rocks and the dense forest undergrowth of the river’s banks—some of which are endangered species that cannot be found anywhere else in the world. The trek up the river to reach the falls involves copious amounts of climbing and wading through the river’s cool, crystal-clear waters.



Santa Monica
International School
Santa Monica Group Co., Ltd.



Santa Monica International School (SMIS) is a secular English-speaking Preschool and Kindergarten. We are member of International Schools Association (ISA) and Tokyo Association of International Preschools (TAP).



Please call us at 098-936-3656 or visit our website www.smisoki.com for additional information and/or to setup an appointment to visit SMIS.



Zion Christian Academy International



25 years of Excellence

Zion Christian Academy International (Zion) is an Independent Private School. We serve the 1st through 12th Grades and dedicate ourselves to high academic standards, creativity, and curiosity. We are members of the Association of Christian Schools International (ACSI) and an affiliate school of Liberty University Online Academy.

Students who graduate from Zion Christian Academy International's program attend colleges such as: Georgetown University (Washington, D.C.), Columbia University (New York), Kansas State, Virginia Tech, Waseda University, Temple University, Liberty University, Pennsylvania State, and many more.



Please call us at 098-936-9986 or visit our website www.zcaiokinawa.org for additional information or email info@zcaiokinawa to set up an appointment.

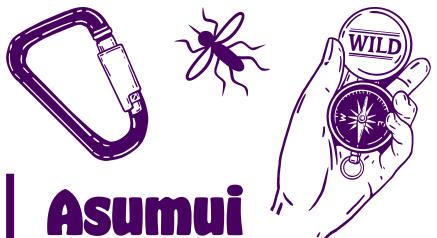


Bay elm.
HAIR SALON

We'll unlock your
INNER BEAUTY
with sophisticated cuts,
dyes and styling.

Male clientele welcome as well!





Asumui

Asumui is better known as Dai Sekirinzan—a park that provides several hiking courses offering breathtaking views of Hedo Point from above, trails that wind through fascinating limestone formations estimated to be hundreds of millions of years old and sprawling banyan trees believed to contain magical powers.

Local legends state that Asumui is where the god Amamikiyo first set foot on the earth. Since ancient times, noro from Shuri Castle journeyed to Asumui to collect sacred water for purification ceremonies in the court. Asumui is also home to thousands of banyan trees which are known locally as *gajumaru*. Since the area was sparsely populated during the war, it escaped the attention of bombs and bullets. Because of this, many of the sprawling banyans survived—a few are hundreds of years old.



Activity Page

Bring this complete activity page into the Foster Library to claim a prize.



. HAPPY.

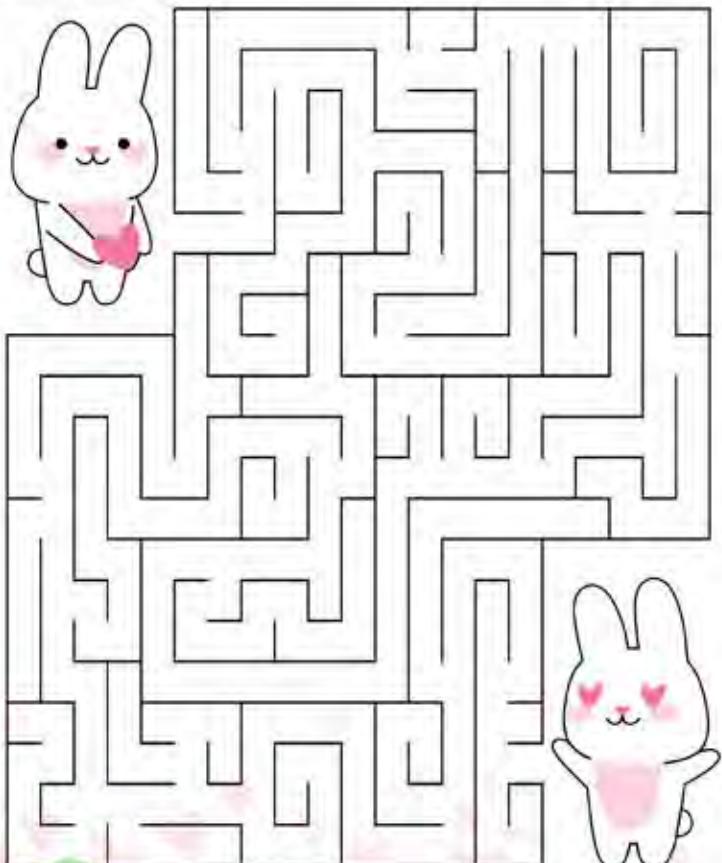
Valentine's Day

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

ALWAYS
BEAUTIFUL
CUPID
DEDICATED
LOVABLE
PASSIONATE
PRECIOUS
ROMANTIC
EVERLASTING
FAITHFUL
FOREVER
HANDSOME
HAPPY
SIGNIFICANT
SPECIAL
SWEET
TOGETHER
TRUE LOVE

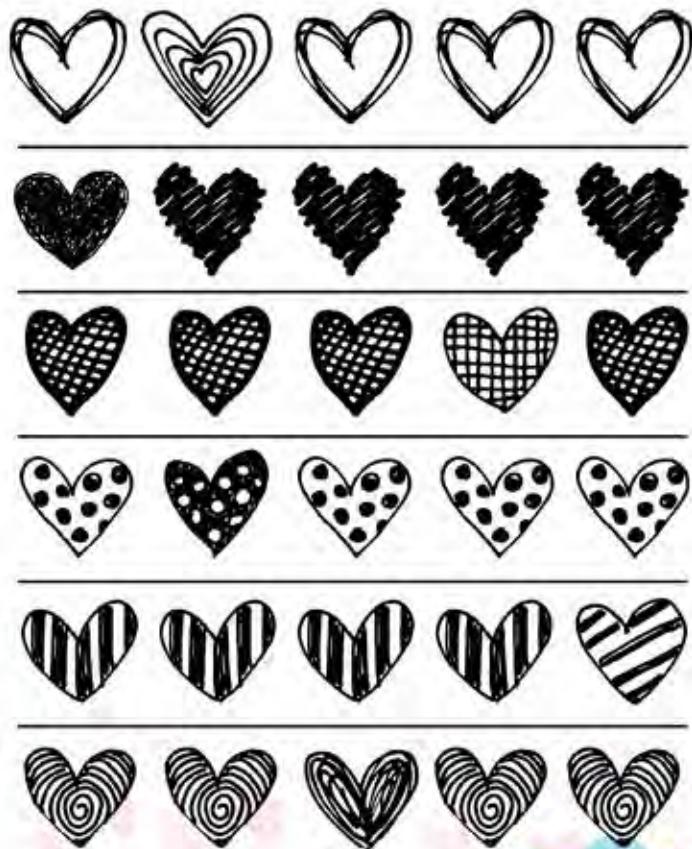
MAZE GAME

Can you help the bunny find his Valentine?



SPOT THE DIFFERENCE

Circle the heart that is different.





Kerama Islands

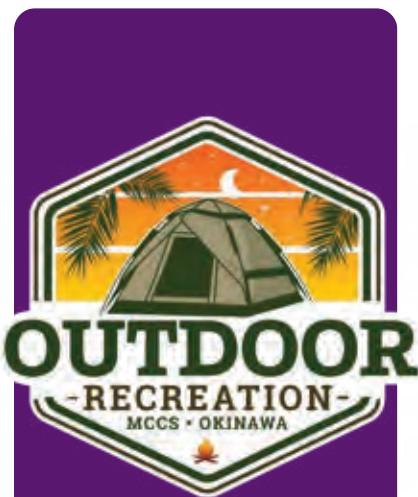
The Kerama Islands are located a scant 32km southwest of Okinawa off Naha. Made up of 22 isles and islets, four of which are inhabited, the Keramas are immensely popular in the summertime for their pristine beaches and numerous world-class snorkeling and diving points. However, due to many of the islands' mountainous (a relative term, of course) areas, the Keramas also feature several rigorous hikes that make a dip in the cool azure waters that much more pleasant.

Tokashiki Island is the largest and most populous isle in the Keramas. Rugged and hilly, the highest point of Tokashiki rises over 200m above sea level. Akamayama, the tallest peak on the island and most challenging hike, rises 227m above the ocean below and offers a stunning 360-degree view.

Zamami is the second largest inhabited island in the small chain. For a rigorous hike on Zamami, Takatsukiyama Observatory located on the highest point of the island offers ample rewards for hikers—a clear view of southern Okinawa on the horizon (weather permitting, of course).

Aka and Geruma Islands also offer spectacular views with observatories such as Nishibama, Nakadake, Fukaji and Amagusuku. If you are quiet on either Aka or Geruma islands, you may run into a creature you would least expect to encounter on Okinawa—deer. Kerama deer were imported over 400 years ago from southern mainland Japan and are now permanent and protected residents of the island chain.

For more information on how to get to the Kerama Islands via ferry, visit zamamitouristinfo.wordpress.com/getting-here for Zamami, Aka and Geruma Islands and tokashiki.okinawa.jp/for-visitor for Tokashiki island.



EQUIP YOURSELF!

MCCS Outdoor Recreation rents out an assortment of camping gear including tents, canopies, sleeping bags, lanterns, grills, stoves and coolers. A variety of items such as tables, chairs, turkey fryers and much more can also be rented for parties and cookouts. Visit www.okinawa.usmc-mccs.org/outdoor_recreation for a complete list of available items and checkout center locations.



The perfect escape from your regular day to day trials and tribulations awaits—whether it's a morning spent hiking and enjoying beautiful panoramas followed by a dip in refreshing waters or pitching a tent and spending an evening under a hundred million stars. It's time to trade that Starbucks run for a hiking trail and that alarm clock for the relaxing sounds of chirping birds to wake you in the morning. **lol**

Google
Review
4.8

Feel Renewed at —Massage Lino— Couples Massage

Valentine's couples massage available in a private room. Relax, reconnect and feel the love!



Online
Reservations

Book Now!
If you're choosing staff.
Book in English!

+81-90-6632-1335



Location &
Reviews

State-of-the-Art Custom Insoles



Our knowledge, experience and technical skills have earned us the trust of many professional athletes and members of the Japanese national team.

Insoles are tailored to your feet and preferred sport.

OPEN Mon-Sat, 10 a.m.-6 p.m. (10 a.m.-4 p.m. on Sundays)
CLOSED Sundays & Japanese Holidays
2 Chome-52-1 Shuriokochacho, Naha, Okinawa 903-0811
Reservations required. 070-5400-6388



Run Design
OKINAWA

The Elegant Way to Slim

MOUNJARO

Innovative Weight Loss Medicine

What's Mounjaro?

Mounjaro is a safe weekly weight-loss injection that:



Slows down
digestion



Controls blood
sugar levels



Suppresses
appetite

Eat less, weigh less.

3
Easy Steps
to Get
Started



Step 1 —
Book Online



Step 2 —
Consult a Doctor



Step 3 —
Get Medication



Your Beauty & Anti-Aging Concierge
BLAZE CLINIC



Contact

Web

Map

*No direct delivery to U.S. military bases. Please contact us for details.
*A prescription for Mounjaro will be issued after a doctor's consultation.

BE MY *Valentine* DINNER

February 14, 6:30 p.m.

(Doors open 6 p.m.)

BUTLER OFFICERS' CLUB

Join us for an unforgettable evening featuring a seven-course dinner, complimentary champagne and hors d'oeuvres as well as DJ music.

Tickets are \$65 per person and are available via [Eventbrite](#).

Surprise your significant other by pre-ordering fresh long-stem roses or a floral bouquet (available in small, medium or large sizes) and/or Cristal champagne, Dom Perignon, Prosecco wine and more.

Butler
OFFICERS' CLUB

645-7530
www.okinawa.usmc-mccs.org/boc

MCCCS
MARINE CORPS
COMBAT SERVICE SUPPORT



002 **홍대 치킨**
Hongdae chicken, ホンデ チキン

KOREAN FOOD & KOREAN CHICKEN

WING WEDNESDAY

50% OFF

Every Week!

Scan for info & Map

No.1 store -
Naha Kokusai Street
080-6494-1235



No.2 store -
Koza(Gate2 street), Okinawa City
080-6495-2130



TACOS & KARAOKE

FLAMINGO

KARAOKE + OKINAWAN TACOS = AN AWESOME AFTERNOON OR EVENING!

**OPEN: THU-TUE, 11 A.M.-2 A.M.
SAT: 11 A.M.-4 A.M.
CLOSED: WED**

¥ **VISA** **Mastercard** **JCB**

FLAMINGO OKINAWAN TACOS

OPEN: THU-TUE, 11 A.M.-2 A.M.
SAT: 11 A.M.-4 A.M.
CLOSED: WED

Scan for info & Map

080-6494-1235

080-6495-2130

FLAMINGO OKINAWAN TACOS

FLAMINGO

The Onigiri

**Serves Four
(two each)**

Ingredients

4 cups of freshly cooked Japanese short-grain rice (preferably Koshihikari)
8 sheets of Mainichinori brand *nori* (seaweed) strips
Sea Salt
Fillings such as *umeboshi* (pickled plums), *ikura* (salmon roe), tuna mayonnaise



Method of Preparation

1. Wash and cook the rice as directed (one cup of cold mineral water per cup of rice).
2. Divide the rice into eight equal portions after cooling a bit (not too much, or the quality of the onigiri will be compromised). Split these portions in two for a total of 16.
3. Wash hands well with very cold water and soak a bit (a crucial step) before sprinkling liberally with sea salt. Some place a salted sheet of Saran Wrap on top of the hand so the rice doesn't stick.
4. Reach in and place one of the portions of hot rice on the flat of one hand and quickly add an *umeboshi* or a heaping teaspoon of your choice of filling in the center

after making a dimple (CAUTION IT WILL BE VERY HOT)
Place the remaining rice on top, covering the filling.

5. Working very quickly, mold the rice into the shape of a right triangle starting at the edges and flipping constantly (cup your hand at a right angle to form each corner). Use enough pressure to keep the onigiri from falling apart, but not too much.
6. Wrap with *nori* seaweed immediately before serving to preserve its crunchy consistency.
7. Remember, practice makes perfect.

Ogres & Soybeans

Setsubun is a Japanese festival that originally descended from ancient China held on February 3—which is considered the day before the first day of spring, according to the lunar calendar. The general idea of *Setsubun* is to drive evil spirits, bad luck and sickness away from the home and welcome in good luck and happiness...all by throwing roasted soybeans.

Here is how it is done: First, throw the beans outside the home from doorways and windows (be careful not to hit anybody in the eyes) while shouting “*oni wa soto!*” (ogres, get out!). Next, toss handfuls of beans inside of the home while saying “*fuku wa uchi!*” (happiness and good luck, welcome inside!) to invite the nice stuff into the abode.

Sometimes the father (and on occasion, the oldest son) will don an *oni* (ogre) mask

and the rest of the family members pepper them with soybeans to frighten the “*oni*” away. This tradition makes the event more enjoyable for children, although many younger kids dread the occasion as some dads and brothers can get a bit too “into” their parts. After all the throwing is done, it is also customary that everyone eat the same number of beans as their age.

Many may be wondering, “why soybeans?” It is thought that because soybeans grow virtually everywhere while also bringing fertility to the soil and nutritious nourishment to all, that they contained magical powers.

If you are planning in joining the many millions of Japanese in bean throwing for *Setsubun* this year, please remember one thing—use roasted beans. Unless you want your yard to turn into a soybean farm! **lol**



Uchinâguchi Corner

English
Love

Japanese
Ai

Uchinâguchi
Aisun

**CALVARY CHAPEL
GINOWAN**
calvaryginowan.com

SERVICE TIMES
Sunday: 8:30am / 10am / 7pm
Wednesday: 7:30pm



ADDRESS:
Akamichi 1-3-5, Ginowan City
〒901-2205



Scan QR to see a personal message from our Pastor



988
KNOW THE NUMBER
098 970 8255



MILITARY/VETERANS CRISIS LINE
DIAL 988 then PRESS 1



MIYAGI Salvage Co.



We'll take it when they won't!

We pay cash
for Town Aces, Pajeros, Hilux Surfs, Land Cruisers, and other cars.

FREE towing is available for unwanted scrap vehicles.
Used auto parts available

Monday - Saturday
8:30 a.m. - 5:30 p.m.
Closed Sunday
Tel: 098-936-4903

VISIT OUR NEW SHOP NEAR CAMP HANSEN'S GATE #2 (PEDESTRIAN GATE)




Commercial Ad Directory

AEON MALL Okinawa Rycom	60
Bay elm. (S&S Co., Ltd)	62
Berel Okinawa	10
Blaze Clinic	66
Cocok Spa	54
DoubleTree by Hilton Okinawa Chatan Resort	40
Esparza's Tacos & Coffee	48
Flex Bar & Grill	46
Foremost Blue Seal	48
GTN	60
HAPPY FACTORY LLC	46
Hongdae Chicken	68
Manga Souko	20
Massage Lino	66
Mediatti Broadband Communications	4
MILK BOMB	44
Miyagi Cosmetic Surgery	54
Okinawa White Dental Clinic	54
okinawan tacos FLAMINGO	68
Okuma Recreation Facility	32
PARCO CITY Shopping Mall	14
Plastic Surgery KC	2
Plaza House	34
Pub Lounge Emerald	52
Run Design Okinawa	66
Rycom Dental Clinic	46
Sam's Restaurant	48
Santa Monica International School	62
Seaside Steak Beefy's	36
Stickywich Sandwiches	52
Sushi on La Cienega (Sally Marche)	44
Tomo Dental Clinic	52
University of Maryland Global Campus	12
Yakiniku Goen	38
Yakiniku Yumemaru	38
Zion Christian Academy International	62

EASTERN THIRD SHIFT
E3S

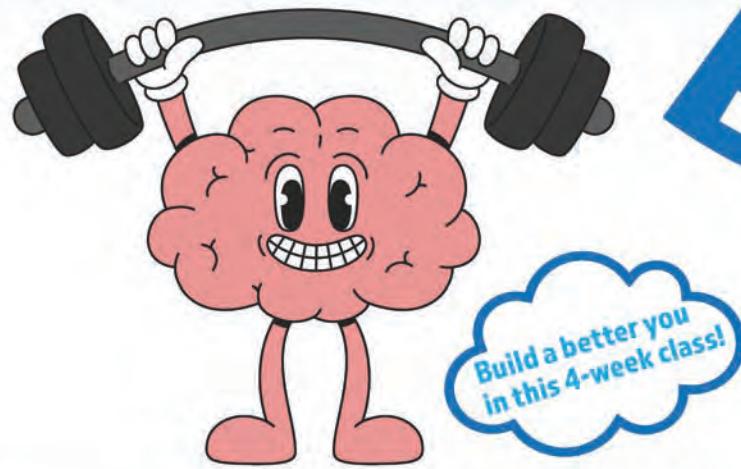
Old Japanese furniture and gifts.
tel:098-960-1039




洲東万右

Make an appointment today! (Just looking & checking welcome)
Feel free to contact me at eastern3shift@gmail.com
We open the warehouse on an appointment-only basis
appointments available from 10:00 to 17:00
Tue,Wed,Fri,Sat (Closed Mon, Thur, Sun)

RE-TRAIN Your BRAIN



We'll be covering:

- Interpersonal Effectiveness
- Assertive Communication
- Stress Management
- Empathic Listening

Camp Hansen

Mondays in February, 9:30–11:30 a.m.

Camp Foster

Wednesdays in March, 11:30 a.m.–1:30 p.m.

Camp Schwab

February 24 & 25, 8:30 a.m.–noon

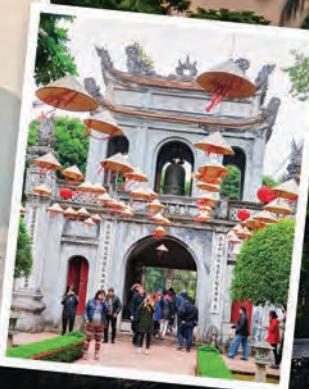


Curriculum is provided by Century Anger Management. This FREE class is open to all SOFA ID card holders island-wide. Preregistration required via the QR code or by sending an email to fapprevention@usmc.mil. • 645-2915 | 098-970-2915

MARINE Family Advocacy Program

Vietnam Tour

HANOI + HA LONG BAY | MAY 22–27



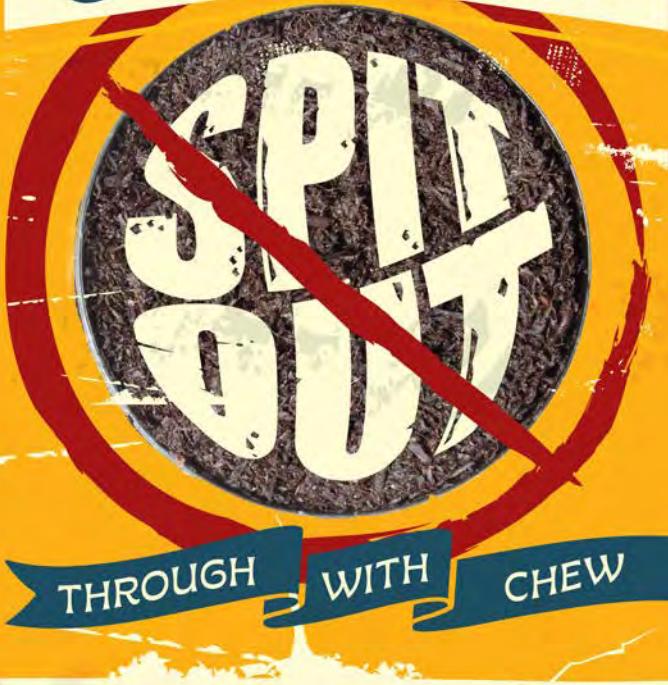
TOURS+

For more information call 098-971-3502,
email tours@okinawa.usmc-mccs.org or
visit www.okinawa.usmc-mccs.org/tours.

MCCS
MARINE CORPS COMMUNITY SERVICES

JOIN US FOR...

The Great American



February 19
10:30 a.m.-12:30 p.m.

Visit MCCS Health Promotion's main office to learn about the dangers of smokeless tobacco and resources to help quit the habit.



MCCS
MARINE CORPS COMMUNITY SERVICES

FEBRUARY IS...



CHRONIC CONDITIONS MONTH



Many chronic conditions are preventable. Reduce your likelihood of getting a chronic disease and improve your quality of life by getting a good night's rest, making healthy choices and visiting your doctor for regular checkups and screenings.

Keep an eye out for Health Promotion updates to learn more.

MCCS
SEMPER FIT

645-3910

facebook.com/mccsokinawa.sempperf

In recognition of Domestic Violence Prevention
Family Advocacy Program & Semper Fit present:

February Fiesta Fever

February 20
6 P.M.

Globe & Anchor
Ocean Breeze

Featuring salsa dancing
lessons and healthy couple
communication activities!

For more information, email
fapprevention@usmc.mil



HANSEN FESTIVAL

FEB 14 & 15
1-9 P.M.

••• PERFORMING LIVE •••

KID INK

FEB 14
7 P.M.



This event is FREE and open to DoD ID card holders, Japanese and American citizens. Do not bring outside alcohol, pets, glass bottles, coolers or large bags.

Sponsored in part by:



CHATAN
HARBOR

SEAFOOD HOUSE
PIER54

No DoD, Marine Corps or MCCS endorsement of sponsors intended or implied.

MCCS
MARINE CORPS COMMUNITY SERVICES

