

OKINAWA

L I N G



Yōkai &
Legends
OF OKINAWA AND JAPAN

COURTNEY FESTIVAL

October 25–26 • 1–9 p.m.

Food • Games • Static Display
FREE Live Entertainment • Fun Land and MORE!

DoD ID card holders, Japanese and American citizens: Access via Gate #12.



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:



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



www.okinawa.usmc-mccs.org/festivals

contents

October 2025



features

8 Spooky Okinawa

In honor of All Hallow's Eve, we have collected a few stories from our readers that may send a chill down your spine—whether you believe in ghosts or not. These stories will put you in the perfect mood to get spooked out of your socks on one of MCCS Tours+ Spooky Sites Tours, running in late October!

16 Yōkai & Legends of Okinawa and Japan

While summertime on Okinawa is still the traditional season for ghost stories, due to the Obon holiday, there are quite a few myths, urban legends and mythical creatures that fit right in alongside witches, vampires, werewolves and other Halloween favorites.

56 Carving the Island: A Look Inside Bokunen's World

Meet Bokunen Naka, an award-winning multidisciplinary Okinawan artist, that draws inspiration for his vibrant art from the flora and fauna that surrounds him.

restaurant review

42 Waikiki Hawaiian BBQ&Cafe Quality Beef and Classic Onolicious Staples

After being captivated by the Hawaiian Islands during family vacations, father and son duo Minoru and Katsuto Kiyuna wanted to bring the aloha spirit to Okinawa; with a desire to share the warm hospitality of the rainbow state to their own subtropical paradise.



On the cover

Looking for new and unique costume ideas for Halloween this year? How about dressing up as a yōkai?



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.

PLASTIC SURGERY KC OKINAWA
098-866-5151



BOTOX
50% OFF
every Tuesday
through Friday
Morning



Sciton BBL HERO Available

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



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

A VARIETY OF PROCEDURES ARE AVAILABLE

Body

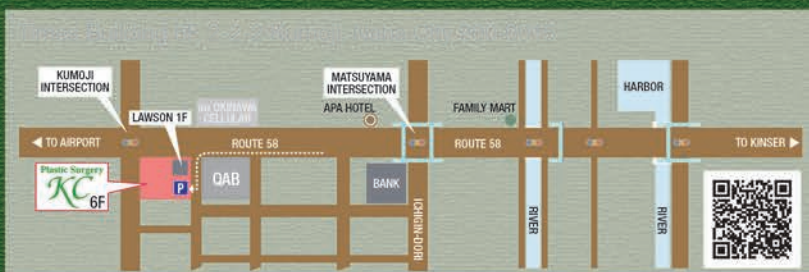
- Liposuction
- Tummy Tuck (Abdominoplasty)
- Arm Lift (Brachioplasty)
- Thigh Lift
- Buttock Lift
- Mole Removal
- Laser Hair Removal

Breast Surgery

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

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



Open 9:30 a.m.–5:30 p.m. Tuesday through Sunday
Closed Mondays & Japanese Holidays
Consultation Fee: ¥3,300
Google Map Coordinates: 26.215782, 127.678933



Check out our website and Instagram for more details.

WWW.KOKORO-MANZOKU.COM/EN/



contents

October 2025

kids + parents

45

Enter the Haunted Library... ...At Your Own Risk

The Foster Library is pulling out all the stops to turn into a Haunted Library with tricks-and-treats, festive embellishments and moments to remember. Enjoy a not-as-spooky story time for all ages and a Frankentoy Workshop for older kids, tweens, teens and adults.

47

Play Morning Cultivate Connections

Looking to bond with other parents and children while having a great time? Join Play Morning, an interactive educational playgroup offered to parents and their children under the age of six.

services

49

Typhoon Motors October Sales

This month, Typhoon Motors is ready to help you trick your ride and treat your wallet with savings. Stop by your nearest Typhoon Motors location for sales sweeter than your kids' Halloween loot.

51

We Want You! Join the MCCS Team

MCCS offers a variety of challenging, career-building opportunities with a priority on hiring qualified family members of active-duty service members and civilian employees stationed on Okinawa. Jobs are available in entertainment, food & hospitality, sports, accounting, marketing, wellness, child development, maintenance, IT, counseling and much, much more.

extras

5

Mensôre

7

Feedback & Show Us!

67

Living on Okinawa

69

MCCS News

70

Marketplace Guide

fitness + fun

27

Vietnam Southern Gems Tour

Looking to explore the land of *pho*? Vietnam has everything from rich culture and history, stunning natural wonders, a vibrant street food scene and a fascinating blend of ancient temples and modern cities that will offer a unique Southeast Asian experience.

29

Warrior Athlete Competition Do You Have What It Takes?

Unleash your inner warrior by signing up for the ultimate test of strength, endurance and tactical skill, designed exclusively for active-duty fitness enthusiasts.

31

Hansen Reverse Triathlon The Ultimate Test

It's the epitome of physical fitness that tests participants stamina and will to win—the triathlon! Take to the streets and swimming lanes of Camp Hansen for the Hansen Reverse Triathlon, a fun and competitive race that will push you to your limits.

marines + families

33

Dive into Fun Pet Plunge

You may be asking yourself...what is a Pet Plunge? It's only the day your pooch has been waiting for all year. For one day—and one day only—the McTureous Aquatic Center will welcome pups of every shape and size for three hours of fun in the sun!

35

DVAM Karaoke Jam

In recognition of Domestic Violence Awareness Month (DVAM) this month, the Family Advocacy Program will be hosting a karaoke contest, but not just any karaoke contest. Take the stage on Camp Hansen and Camp Foster, the top five contestants from each event will compete at a grand finale event for a chance to win big!

37

Okinawa Culture Day... ...at Courtney Library

New to island and looking to learn more about your home-away-from-home's culture? Get a glimpse of the rich beauty of Okinawa's culture through a traditional dance and music demonstration.

dining + entertainment

39

Courtney Festival Cool Breezes & Family Fun

There's nothing like enjoying the cool breezes and family fun, especially at a festival! The good news is Courtney Festival is back on Saturday, October 25 and Sunday, October 26 from 1 to 9 p.m. both days.

41

Halloween Costume Family Fun Night A Spooky Good Time

If there's ever a time to play dress up, now is the time with Halloween right around the corner! It doesn't matter what your costume is—from the creepiest of creeps to the goofiest of goofballs—come dressed in your Halloween best!



INTERNET • CABLE TV

FIBER BROADBAND **INTERNET**

The FASTEST Internet on ALL Bases

12 MONTH PRICE LOCK

MultiGig

LOWEST PRICE EVER

\$109⁹⁵

1Gbps

BEST PRICE ON-BASE

\$89⁹⁵



IT'S **EASY**
TO GET MBC

Sign up now! No Contracts • Free Activation

mbcokinawa.net

For detailed MultiGig promotion information including eligibility, other conditions, and restrictions visit mbcokinawa.net/MultiGig2025.
For detailed 1Gbps promotion information including eligibility, other conditions, and restrictions visit mbcokinawa.net/1Gbps2025.
All pricing is per month.

Paid ad. No federal endorsement of advertiser intended.

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 Cowderoy

DEPUTY MCCS DIRECTOR MARINE & FAMILY
PROGRAMS, MCB BUTLER
Jerry W. Bosken

CHIEF MARKETING OFFICER
Jim Kassebaum

EDITOR-IN-CHIEF
Mike Daley

MCCS ART DIRECTOR
Henry C. Ortega

OKINAWA LIVING ART DIRECTORS
Alora Wilson, Airi Igarashi

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

DIGITAL MARKETING MANAGER
Thomas Alan Smilie

PHOTOGRAPHER/VIDEOGRAPHER
Mia Cox

EDITORIAL
Swetha Gogue, Laura C. Pita

DIGITAL & SOCIAL MEDIA
Claire Wilkinson, Lauren Thobe

CULTURAL RESEARCH SPECIALIST
Ayako Kawamitsu

ADVERTISING SALES & SPONSORSHIP MANAGER
John Dailey

ADVERTISING SALES & SPONSORSHIP
Yoshihiro Shinzato, Hiromitsu Horikawa,
Tutomu 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 ©2025 by MCCS. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted 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



mensôre

"Welcome" to Okinawa Living

This month we will "celebrate" Halloween with costumes, masks, showers of Hershey's, Meiji or Morinaga chocolates along with a healthy dose of chilly thrills and a sprinkling of costumes inspired by anime, Marvel, DC Comics and more.

Halloween is a relatively new phenomenon in Japan; and unlike stateside, this holiday is more about older "kids" purchasing or making costumes and gathering with friends for minor or major cosplay parties, parades and contests.

In mainland Japan, the first major Halloween-themed festival was held at Tokyo Disneyland, and it grew year after year before escaping the Magic Kingdom and making its way into Japanese society. In recent years, larger and larger gatherings have been taking place in the Shibuya and Shinjuku districts of Tokyo. Since 2023, authorities have enacted many measures to curtail many of Shibuya's Halloween festivities.

The history of Halloween on Okinawa is a bit longer than in mainland Japan and is probably more familiar to Americans. Due to a more substantial American presence in the form of military facilities, Halloween is more about younger children going door-to-door gathering goodies.

Looking for new "unique" costume ideas that'll make your kids (or yourself) stand out at the annual Halloween party? Flip to p. 16 for a treatise on a few local mythical "things that go bump in the night" for some fun design concepts!

As always, we thank you for picking up this issue of *Okinawa Living Magazine*. Now, time to turn the page and let your <spooky> journey begin! !o!



Mike J. Daley
Mike Daley
Editor-In-Chief



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.

All 30% OFF!

※Colored contact lenses and lens-care products are excluded

How
to
purchase

①Purchase with existing data

- Please bring an empty contact lens box, blister pack, or prescription.
- You can purchase the same product.

Recommended!

②Purchase after eye examination

- Visit an eye clinic for an examination before purchasing.
- Overseas insurance is not accepted.

for first-time contact lens users

Feels like nothing Stop at nothing^{*1,2}



*1 The feeling of wearing may vary by individual. *2 Dailies Total1 Monadic Claim Trial support. Alcon Data on file, 2024. Study Number: CLU484-P003
●Contact lenses are classified as highly controlled medical devices. Please ensure you undergo an eye examination and receive a prescription from an eye care professional before purchasing.
●Always read the enclosed instructions carefully and follow the recommended handling procedures.●Use your lenses only for the prescribed wearing time and replacement schedule.
(Wearing time may vary by individual. Follow your eye care professional's guidance.)●Regular eye checkups are essential for maintaining eye health.●If you experience any discomfort or notice unusual symptoms, discontinue use immediately and consult an eye care professional.●Never use lenses that are damaged or defective.●Contact : Alcon Vision Care Call Center Japan at 0120-389-103.

Product Name: Dailies TOTAL1® Approval Number: 22400BZX00407000 Vision-correcting colored contact lens for single use
©2025 Alcon Japan LTD.

feedback

from the ICE Program
and Facebook

Mr. Gerald [Ulysse] and his team [at the Courtney Library] are very professional. I routinely use the 3D Printer, check out books and participate in activities, and they help me and my family out every time. Great job!
—via ICE

Mr. Yuki [Inafuku] works at Ocean Breeze on Camp Foster, and he was our server the evening of August 20. He was extremely polite, attentive, checked on us often and always had a smile on his face. One of the best service experiences we've had. He deserves to be recognized for his efforts and care for his customers.
—via ICE

I want to recognize the entire MCCS Tours+ Team. Over the past couple of years, both Mr. Joe Groves and Mr. Chris Majewski provided exceptional Okinawa Battle Sites Tours for my unit. They inspired Marines, young and old, with their incredible knowledge and rich understanding of the island and its role in the Second World War. Joe went out of his way to send battle site tour information and guide materials to enhance the experience. Chris is a one-of-a-kind and irreplaceable tour guide. These gentlemen are treasures for the Marine Corps, III MEF and Okinawa. Their study of history and first-hand experience with hundreds of veterans is something that MCCS must reward and safeguard. Please know that you have a world-class tours team!
—via ICE

I returned from deployment recently and found that my vehicle needed some repairs. I headed over to Typhoon Motors on Camp Hansen where I met John [Musco]. John not only walked me through fixing the problem, he actually sat down and did more than half the work for me; showing me how to fix the problem should I encounter it again in the future. John, I appreciate you big-time man!
—via ICE

John Goudey was our instructor for our [PADI] Open Water Certification. He exceeded all of our expectations and upheld the highest traditions of the Marine Corps. He is very patient with his students; understanding that some need more help on certain subjects or techniques than others. He was also very considerate about my trouble with equalizing my right ear throughout our dives. But, most importantly, he is very knowledgeable in his trade and does all that he can to pass that knowledge down to his students. Thanks for teaching us and showing us a world we'd have never seen without 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!

@amberrrr_ann

Must be the season of the witch 🧛‍♀️

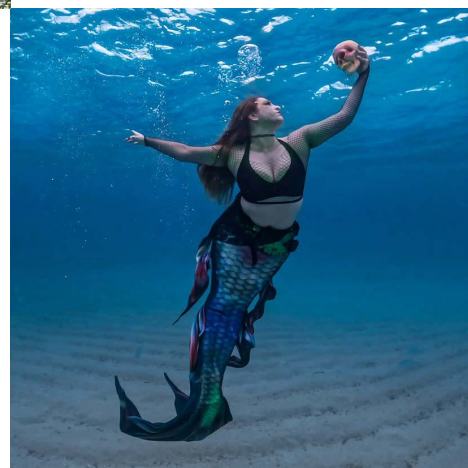


@anastasiyane



@anuste.moon_of_okinawa

Siren spells stir the spooky seas



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

f

Instagram

spooky



Okinawa

Compiled by: Mike Daley | Layout by: Nina Son-Lagos

As the end of October nears, thoughts of candy, scary costumes, cavities and things that go “bump in the night” become more common—even here in Japan’s southernmost prefecture. Although many more are on the lookout for larger late-season typhoons instead of ghouls, ghosts or goblins, there are, of course,

no shortages of scary tales both on and off Okinawa’s camps and bases.

In honor of All Hallow’s Eve, we have collected a few from our readers that may send a chill down your spine—whether you believe in ghosts or not. They have been edited for length, clarity...and other reasons that we won’t discuss.



27TH
ANNUAL
OKINAWA
Wine Festival

\$60 **FRIDAY, OCTOBER 17**
5-10 P.M. **SATURDAY, OCTOBER 18**

Tickets* will be on sale starting
September 15 (8 a.m.) at
www.okinawa.usmc-mccs.org/boc

Wine purchases available.


*Tickets limited to 4 per purchase.

Sponsored in part by:



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






I live on Honolulu on Kadena AB (which is rumored to be very haunted). I had been there a year with no incidences, until it finally happened. I own two dogs, a yorkie and a shih tzu. And when my shih tzu wants to come into my room she scratches at the door. Well, last week I was woken up at around 4 a.m. to...

scratching noises.

My yorkie and I woke at the same time and looked at my door waiting to see if we would hear it again. And clear as day, someone was scratching to come in. I jumped up to open the door for my other dog and nothing was there. I checked the halls and other bedroom doors were closed, the gate was up downstairs and my shih tzu was on the other side of the gate just staring at me without making a sound. I think *something* mimicked my dog because they wanted me to open my bedroom door.

—A. Ortiz



One day my coworker and I were in the office on Camp Foster just making conversation, but then we both heard a man by the door call out my coworker's name as clear as day. We both stopped and looked at each other and she asked if someone had just called her name. When I said yes, we both stepped out the door and saw that...

no one was there.

The way our office is structured it wouldn't have been possible for someone to have been hiding or walking away that fast without us seeing them.

—A. Padilla

Haunted Village

Saturday, November 1

Gate Hours: 5-10 p.m. | Haunted House: 6:30-9 p.m. | Open Gate Event | Free Admission

Get ready for a night of spooky fun at Okuma Beach's Haunted Village – our biggest Halloween event of the season! Brave the haunted house, hop on a creepy hayride, strut your stuff in the costume contest and dance the night away with DJ music. From creepy chills to ghoulish thrills, it's a night of Halloween excitement you won't want to miss!



この秋一番のハロウィンイベント、オクマで開催!
11月1日(土曜日) | オープンゲート | 午後5時 - 10時 | 入場無料

お子様だけの入場は出来ません。保護者同伴でのご参加をお願いします。
16歳以上の方は入場の際に写真付きの身分証明書 (運転免許証、パスポート、マイナンバーカード、学生証など) の提示が必要になります。



Free camping for all volunteers.
Bring your own gear.

** 諸般の事情によりイベント内容は変更・中止になる場合があります
詳しくはOkuma BeachのFacebookをご覧ください。

**Event and information subject to change.

**Photo ID is required for everyone aged 18 and over. Ages 17 and under must be accompanied by a legal guardian. All bags are subject to search upon entry.

WINTER IN THE SUN

OCTOBER 1-MARCH 26, 2026

Valid Sunday-Thursdays (excluding holidays)

Even in winter, you can still soak up that Oki summer sun!

Enjoy 60% off your stay on any room with our Winter in the Sun Deal.

Phone reservations only. Call our reservation desk at 098-962-1991/1992 (8 a.m.-5 p.m.)

*Rules and restrictions may apply.



CAMP UNDER THE STARS

OCTOBER 1-MARCH 26, 2026

\$1 PER NIGHT

Fall is the perfect season for camping at Okuma Beach. Spend your night under the stars, enjoying a cozy fire, the sound of the waves and sweet s'mores with friends and family.



Okuma Beach

Contact Information:

KadenaFSS.com/Okuma

facebook.com/theokumabeach

@okumabeach

Okuma Beach • 631-1990

Lodging Reservations • 098-962-1991

Surfside Grill & Bar • 098-962-1805

Okuma Outdoor Recreation • 631-1815

Massage Reservations • 090-6856-8276

Last year, my older son used to take the yellow school bus each morning from the stop across the street from our home on Camp Foster. One morning, he left for the bus stop as usual but returned a few moments later, confused and asking, "What do you need, Mom? I have to go because I'm going to miss the bus!" When I told him I hadn't called him, he looked puzzled but rushed back out the door. It wasn't until after school that he explained what had happened. He said he clearly saw me standing outside our house, calling him to come back. But as he began walking toward me...

he saw "me" turn
and go back inside.

This happened again, and the second time it did, I had been sound asleep in bed when he came in to wake me, again saying he had seen me outside calling him again.

—R. Uribe

They say if you stop at the Ryukyu Mura bus stop at exactly midnight, something strange happens. At first, it's quiet—just the chirping of crickets and the rustle of the wind through the trees. But if you glance into your rearview mirror... you might see her. A woman, dressed in flowing white standing silently by the bus stop. Pale. Still. Watching. Some people say she's just waiting for a ride. Others say she died waiting for a bus that never came.

But here's the part that chills my spine: if you look away and then check your mirror again... she might not be outside anymore. Sometimes—just sometimes—she's in the back seat. No one ever hears her get in. The doors don't make a sound. But her reflection is clear as day, staring back at you through the rearview mirror. So, if you find yourself near Ryukyu Mura at midnight—don't stop. And whatever you do...

don't look in the mirror.

—K. Nakasone

THE PUREST, MOST LUXURIOUS NATURAL SKINCARE

ANTIPODES from NEW ZEALAND



ROGER'S PASSAGE
MON TRÉSOR



CHINESE TRADITION, TIMELESS ELEGANCE.

CHINESE RESTAURANT
GETSUEN-HANTEN



BALI NOON
BALI MOON



AN AUTHENTIC BALINESE EXPERIENCE



PLAZA HOUSE
SHOPPING CENTER

ROGER'S
FOOD MARKET.




GLOBAL GOURMET, JAPANESE GRACE.



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

PLAZA HOUSE SHOPPING CENTER





This is my second time living in Okinawa. The last time I was here was about 20 years ago, and we lived on Camp Foster in a housing area that is no longer there. Now, most of this story was told to me by my mother because I was very young when all of this happened. Lots of the houses near us were empty, or had people in and out of them, because nobody wanted to live in them due to them being “haunted.” Surprisingly, nothing ever happened to us...

until my imaginary friend appeared.

Now, like I said, most of this story is from my mom. I do not remember all of the details, but I do remember my imaginary friend. She was a little Japanese girl around my age, and she wore a very simple whiteish dress. I remember I couldn't pronounce her name, so I called her “Susiea” (like Susie, but with an ‘a’ at the end). Susiea and I would play and get into trouble all day long. We would paint the doorknobs with nail polish and get into all sorts of things—pretty much driving my mom nuts. One day, my mom had had enough of our mischievousness and told me to tell Susiea to go home. Apparently, I had told my mom that she couldn't because she didn't have any parents. When my mom asked about her parents, I simply said, “They died.” Probably a little shocked, she then asked me, “How did they die?” and I told her “I'm not sure really... Susiea said there was a loud boom, bright lights and then they were gone...”

—M. Roberts

Not enough for you? Then get ready to get spooked out of your socks on one of MCCS Tours+ Spooky Sites Tours, running in late October. Tours+ will be bravely exploring local haunts and watching for ghost sightings around Okinawa. Many of the well-known local ghost stories on Okinawa will deliver a frightening experience and some spooky insight about island superstitions and history. For more information on dates, times and prices, call 646-3502. Visit Tours+ online at www.okinawa.usmc-mccs.org/tours.


Stay safe and happy Halloween
from the staff of *Okinawa Living Magazine!* 101



Yōkai & Legends

OF OKINAWA AND JAPAN

TEXT BY:
MIKE DALEY
LAYOUT & ILLUSTRATIONS BY:
TAYLOR MCFARLANE



As summer winds down into autumn, and the end of October approaches, many in the U.S. begin thinking chilling thoughts of apparitions in found footage, reruns of movies headlined by a gentleman garbed in a hockey mask and maybe some fun and games with a Ouija board.

Compared to the U.S., Halloween isn't as big a deal in most of Japan (except for Disneyland, of course). However, Halloween on Okinawa is a bit more established, mostly due to many years of influence from American installations on the island. And, while summertime is still the traditional season for ghost stories due to the Obon holiday, there are quite a few myths, urban legends and mythical creatures on Okinawa and Japan that fit *right* in alongside witches, vampires, werewolves and Dr. Frankenstein's Monster. They're called "yōkai."

Here are a few of our favorites!

K A P P A

(RIVER SPRITES)

Kappa are malicious water imps of Japanese folklore that are reputed to inhabit lakes and rivers, they prey on children who fail to listen to their parents (this aspect of the kappa legend is probably the product of an inventive parent's imagination). Although the description of a kappa varies from province to province, the general consensus is that they are the size of a 12- or 13-year-old child with a face that resembles a cross between a tiger and a monkey. They have shaggy bobbed hair and

a saucer-shaped depression filled with river water on the apex of their head. The kappa's body is covered with green and blue scales, with its webbed hands and feet ending in razor-sharp claws.

Popular Japanese legends state that kappa tend to be fond of cucumbers and enjoy sumo wrestling. However cute this may seem, they are also reputed for performing unspeakable acts on their victims—such as removing internal organs from their prey via pre-existing orifices and using them in ways that would make Hannibal Lecter grin from ear to ear. Fortunately, kappa are also susceptible to bribery (usually with several cucumbers) and can sometimes be tricked into returning a bow, thereby spilling all the water from the bowl on their heads (the selfsame legends states that this causes the kappa to lose its supernatural strength).





(MOUNTAIN GOBLINS)

There are many different forms of *tengu* in Japanese mythology—each with its own “rank.” Lower-echelon *tengu* are half-human-half-avian creatures with long beaks, glittering eyes, the wings of a bird, in addition to the arms and legs of a human. Higher-ranking *tengu* are a bit different. These creatures have long white hair, a red face with thick shaggy eyebrows and an unbelievably long nose. While these variants usually don’t have wings, they possess many supernatural powers and are usually pictured wearing the garb of a Shingon Buddhist mountain monk/ warriors called a *yamabushi*.

Although sometimes known for their mischievous acts, upper-echelon *tengu* are often represented as benign protectors and transmitters of supernatural powers. They are also known for sometimes taking on students, teaching them mystical martial arts and magic. Many Japanese legends state that the legendary martial artist and swordsman Yoshitsune Minamoto received training on Mount Kurama from Sojobo, the King of the Tengu.

T E N G U

K I T S U N E

(FOX SPIRITS)

One of the more popular *yōkai* in Japanese folklore, the *kitsune* is considered the embodiment of mischief. It is said to be able to change form (oftentimes into humans) and in some cases cause travelers to lose their way on the most familiar path. Known for living long periods (centuries, even), the *kitsune* is said to start growing extra tails after reaching 100 years of age. It is said that for each tail that the *kitsune* grows, it gains a new supernatural ability. A nine-tailed fox, known as “*kyūbi no kitsune*” in Japan, can be found in mythology throughout Asia and is considered the wisest and most powerful spirit.



FOSTER OPEN GRAPPLING TOURNAMENT



FOSTER FIELDHOUSE

October 18, 9 a.m.

October 18, 9 a.m.
Weigh-in/check-in: 7–8 a.m.



Register for \$50 via Eventbrite.
Deadline is **October 15** for SOFA
and **October 8** for Non-SOFA.

This event is open to participants
island wide, 18 years of age or older.

MCACS
SEMPER FIT

EXPERT CARE, *Instant Pain Relief.*

CHIROPRACTIC SERVICES

MYOFASCIAL RELEASE

CUPPING THERAPY

NEW SEITAI HAMMER



@HIKARI.BODY.THERAPY2

OPEN DAILY
10 a.m. – 6 p.m.

CASH ONLY. PAYMENT ACCEPTED IN \$ OR ¥.

**If paying in dollars, the amount will be
calculated based on the daily exchange rate.*

ROKUROKUBI

(YŌKAI WITH A VERY LONG NECK)

One of the more popular and bizarre yōkai in Japanese folklore is the *rokurokubi*. In older Japanese legends, the *rokurokubi* was also known as *nukekubi* (sort of a Japanese version of the mythical Headless Horseman of Sleepy Hollow sans horse). One big difference though—it wasn't the body that you needed to be worried about. Nukekubi's head would detach, float about of its own accord and enjoy late-night travelers as a snack. The more popular incarnation of the *rokurokubi* is a "person" whose neck stretches and extends to impossible lengths so that just the head follows you as you run away while the rest of the body lounges on a bench (a disturbing sight to witness during a late-evening jog in the park).



HINOTAMA

(SPIRIT FLAMES)

The Japanese version of the will 'o the wisp or spirit fire, their name literally translates to "ball of fire." The most popular stories of *hinotama* almost invariably involve visits to cemeteries—as the apparitions are thought to be the souls of the dead that are still wandering the earth. It is thought that these balls of fire flitting between the headstones of graves indicated that a lost soul was visiting.



HALLOWEEN COSTUME PARTY



FAMILY FUN
NIGHT



**THURSDAY,
OCTOBER 16
5-9 P.M.**



**KINSER SURFSIDE
OCEAN BREEZE
TENGAN CASTLE**

WEAR YOUR BEST HALLOWEEN
COSTUME AND GET INTO THE SPIRIT
FOR A NIGHT FILLED WITH SPOOKY
FUN FEATURING A COOKIE
DECORATING SESSION, PHOTO
BOOTH AND POLAROIDS!

**ADULTS & TEENS: \$12.95
CHILDREN (5-11): \$6.95
CHILDREN (UNDER 5): FREE**



Sponsored in
part by:



www.okinawa.usmc-mccs.org/clubs



*No DoD, Marine Corps or MCCS endorsement intended or implied.



(THE “WILD GUN”)

Probably one of the most obscure yōkai out there, the *nodeppō* don't lack in personality. Said to be found in the mountains of northern Japan, this creature looks like a cross between a badger and a flying squirrel. They're known for swooping down from the trees at night and attaching themselves to their victim's faces—like furry versions of our favorite face-hugger. They're not out to lay eggs, however; they just want to suck all of your blood. For those wondering about this creature's name, it comes from their ability to shoot bats out their mouths like bullets from a gun to blind prospective victims or attackers. “Wild Gun” indeed.

N
O
D
E
P
P
O

Y
U
K
I
-
O
N
N
A

(SNOW WOMAN)

This yōkai wanders the snowy mountains during the dead of winter, luring travelers to an icy demise. And while the thought of freezing to death isn't very attractive to many, the legend of the *yuki-onna* is actually more sad than scary.

Once upon a time during an especially harsh Japanese winter, a woodcutter and his partner were caught in a snowstorm as they returned from the deep forests. No longer able to see where they were stepping, they took shelter in a shack. As they slept, they were visited by the *yuki-onna* who stole the woodcutter's partner's breath, body heat and ultimately their life. The *yuki-onna*, however, spared the life of the woodcutter. As she left, she made him promise never to mention the meeting with anyone or she would be forced to take his life.

As many years went passed, the woodcutter finally settled and took a wife, an exceedingly beautiful woman with a ghostly pale complexion. After many years of bliss, the woodcutter had a dream of that fateful night on the mountain and upon waking with tears in his eyes, told his wife about the supposedly evil yōkai that had been kind enough to spare a simple man of meager means. She immediately burst into tears; and to the woodcutter's dismay, began to glow a pale hue and revealed her true form—the same creature who had promised to slay him. Although she had vowed to kill the woodcutter, she chose instead to take her own life and melted away, never to be seen again.



Our super delicious charcoal-grilled steak is our pride!

Enjoy the mouthwatering dinner and romantic sunset on our terrace.

Book early your seats on the best spot to view the 20:00 Saturday fireworks.

FOR THE BEST TIMES AND REAL FOOD, BEEFY'S IS THE PLACE!

BEEFY'S

SEASIDE STEAK



BEEFY'S
SEASIDE STEAK

FIND US HERE!

OPEN DAILY
TEL: 098-982-7566

Depot Island Seaside Bldg. 4F Lunch 11:30 - 15:00 (L.O. 14:30)
Dinner 17:00 - 22:00 (L.O. 21:15)

Korean Dining with Okinawan flair!

Shop's Most Popular
Samgyeopsal



인기
메뉴

Sundubu-jjigae

Angus Beef
Stone-roasted
Bibimbap

Cold Naengmyeon
Noodles with Plum



Savor our Okinawan Agu Pork and Beef Ribs Samgyeopsal!

Korean Izakaya Ame-no Oto

Distortion Seaside Bldg. 2F TEL 098-923-1511
OPEN DAILY 11:30~15:00 (L.O. 14:30) 17:00~23:00 (L.O. 22:00)



Terrace seating available



KIJIMUNĀ

(OKINAWAN SPRITES)

Kijimunā, which are also referred to as *akakanajiya*, *hukazokuku*, *bunagaya*, *kenkenjimuna*, *kideimuna* and other names in various parts of the prefecture, are a common mythical creature recognized throughout the islands with the most popular legends identifying them as wood sprites. Many recognize *kijimunā* from the many statues and pictures found near the Okinawan theme

park, Ryukyu Mura. Ryukyu Mura's sprites are usually portrayed as a small, child-like entity around 4-feet tall garbed in a skirt or a loin cloth made of leaves with red hair and ears like an elf.

Kijimunā are believed to live exclusively among the tangled roots of banyan trees called *gajyumaru*. Although they are harmless in this incarnation, they are also considered notoriously mischievous—sort of like a gremlin. They enjoy eating fisheyes, are terrified of octopi and chickens and are thought to be the cause of *kanashibari*, or sleep paralysis.

While you're out and about enjoying the refreshing autumn evening breezes carrying just a hint of a chill after a long hot summer, be sure to keep your eyes peeled. Sometimes the tingle crawling down your spine can signify something entirely different—like the spindly fingers of a *kijimunā*, the webbed claws of a kappa...or worse.

Happy Halloween from the staff of Okinawa Living Magazine! 101

Happy life with pets

50%OFF
Your First
Visit

New Open



Dog & Cat Grooming, Pet Hotel

Trimming Salon

a la mode

4-1-10 Mihara, Okinawa city

OPEN HOURS

9:00AM~6:00PM

► Vet clinic also available!

SHOP



MAP



Okinawa Living Magazine **Exclusive** Accommodation Plan

Eligible Stay Period: October 14, 2025–March 31, 2026

Room Rates (per night with breakfast)

- 2 guests in 1 room: ¥16,000
- 3 guests in 1 room: ¥22,500
- 4 guests in 1 room: ¥28,000
- 5 guests in a Deluxe Japanese-style room: ¥35,000

Additional Charges

- +¥4,000 per person for Japanese-Style Room with Hot Spring Bath
- +¥20,000 per person for Suite or Royal Suite



Wellness Resort OKINAWA
The Yuinchi Hotel Nanjo

098-947-0111

1688 AZA SHINZATO, SASHIKI, NANJO-CITY



DELUXE
JAPANESE-STYLE
ROOMS



DELUXE
ROOMS



STANDARD
ROOMS



Vietnam

Southern Gems Tour

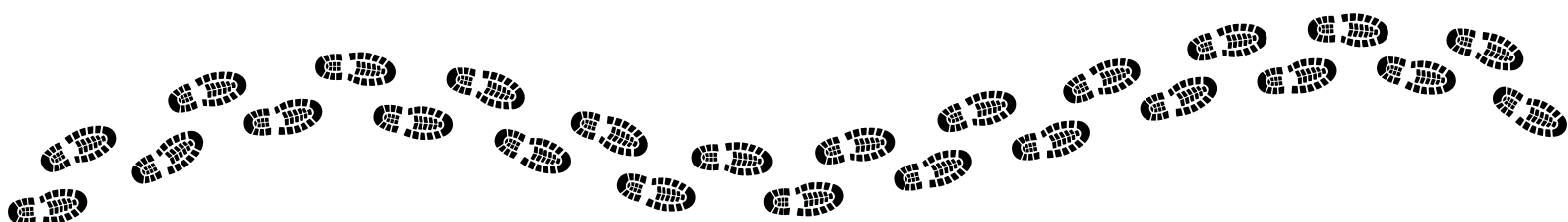
Looking to explore the land of *pho*? Vietnam has everything from rich culture and history, stunning natural wonders, a vibrant street food scene and a fascinating blend of ancient temples and modern cities that will offer a unique Southeast Asian experience. All of this and more can be experienced during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

During the tour, explore Ho Chi Minh City—Vietnam's most populous metropolis nestled in the southern region of the country and renowned as "the city that never sleeps." For a taste of history, walk the Cu Chi Tunnels, an elaborate underground system used by soldiers during the Vietnam War, and the Mekong Delta, a region known for its beautiful landscapes, intricate networks of rivers and

canals as well as distinct local culture. Finish off your time in southern Vietnam with a relaxing tropical escape to Mui Ne Beach.

The Vietnam Southern Gems Tour is scheduled for January 16–21, which includes roundtrip airfare, bus transportation, local tour fees, all meals stated in the itinerary, a tour guide, Vietnam travel visa and hotel accommodations with breakfast included in Ho Chi Minh City and Mui Ne Beach. Additionally, there will be extra attractions in Ho Chi Minh. Register at any Tours+ office by November 5.

For more information, including pricing, call 646-3502, email tours@okinawa.usmc-mccs.org or visit www.okinawa.usmc-mccs.org/tours. For the latest updates, follow [facebook.com/mccsokinawa.toursplus](https://www.facebook.com/mccsokinawa.toursplus). |OL



MCAS Futenma Magic 10-Miler

Run the Futenma Flight Line!

Whether you've been working your way to becoming a long-distance runner or running has always been your preferred method of staying in shape...it is time to fully break in those new running shoes and sign up for the Magic 10-Miler!

Competitors are given the once-a-year opportunity to run on MCAS Futenma's flight line, offering a truly "magical" experience of a lifetime. The race will take place on Sunday, October 5, beginning at 7 a.m., giving runners a chance to bask in the early morning light and take in the view of Futenma Flight Line Festival's military static display before following the perimeter of the fence line and working their way back to the finish line. The race

is open to all participants 16 years and older, with awards given to first, second and third place individuals in each category.

Check-ins for the Magic 10-Miler will be from 5 to 6:30 a.m. on the day of the race, with a mandatory brief for all participants at 6:30 a.m. Those interested in experiencing the magic can register via Eventbrite for \$50 by September 27 for Non-SOFA and October 2 for SOFA personnel. For more information on the event, visit www.okinawa.usmc-mccs.org/adultsports or follow [facebook.com/mccsokinawa.semperfit](https://www.facebook.com/mccsokinawa.semperfit) for updated information. If you have any questions, email adultsports@okinawa.usmc-mccs.org or call 636-2672. |OL

NICE TO MEAT YOU

yakiniku with UME(plum)



▼ web site ▼



▼ LINE ▼



- LOCATION -

MIHAMA - chatan

ISO - urasoe

TOMITON - toyoaki

Table Order Buffet

ALL YOU CAN EAT

Yakiniku Restaurant

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



okinawa goen

Q



Free Parking



Credit Card OK



▼ WEB site ▼



焼肉
五苑

Warrior Athlete Competition

Do You Have What It Takes?

Step up and prove it—unleash your inner warrior by signing up for the ultimate test of strength, endurance and tactical skill, designed exclusively for active-duty fitness enthusiasts, and prove that you're worthy of the title "ultimate warrior athlete." Whether you're a powerlifter, runner, HIIT or CrossFit followers or an all-around athlete, this competition will challenge every facet of your training.

The MCCS Health Promotion team is on a mission to find the most combat fit and combat-ready warrior athlete on Okinawa so they have put together a challenge that will test the endurance, strength, speed and cognitive skill, in order to find the very best of the best. If you're an active-duty service member who thinks they have got what it takes, sign up to represent your branch and unit at the 2025 Warrior Athlete Competition.

The challenge will take place at 8 a.m. on Saturday, October 18 at Field 2, behind Gunners Fitness Center on Camp Foster. This event is open to active-duty personnel of all branches and military issued PT gear is required to participate. Register for this FREE grueling test of mental and physical acuity via Eventbrite before October 13. Event is rain or shine (if there are dangerous weather conditions, event will be rescheduled to October 26).

We encourage and support the participation of individuals of all abilities. Please call 645-3910 or email mccshealthpromotions@okinawa.usmc-mccs.org if accommodations are necessary. For more information on the 2025 Warrior Athlete Competition, visit www.okinawa.usmc-mccs.org/healthpromotion. **101**



Triathlon Training Plans/Coaching

Tailor Your Prep



Wondering where to begin training for a triathlon? After all, you have not one but *three* sports to train for. Whether you're aiming to complete your first sprint triathlon or crush a full Ironman, having a personalized training plan and expert coaching makes all the difference. With guided workouts, structured progression and ongoing support, you'll stay motivated, avoid injury and reach your goals faster. MCCS has got you covered, because MCCS Aquatics has begun offering Triathlon Training Plans and Coaching this year!

Training plans include an 8-to-12-week course and can include swimming, biking and/or running workouts designed to get you to the start line in peak condition. Plans are customizable to your preference and will be delivered online so you can access them anyplace, anytime. Weekly communication with a coach is also included. It's highly recommended that you use a smart watch with GPS and a heart rate monitor chest strap or arm strap.

Private Coaching Sessions are also available for triathletes. These one-on-one sessions will be 30 minutes long and include swimming, cycling, running or related triathlon skills based upon your needs. The swim coaching portion will take place the nearest MCCS Aquatic Center.

Triathlon Training Plans and Coaching is available to SOFA-status adults and youths ages 13 and older. Registration is required via Eventbrite. For more information, including pricing, visit www.okinawa.usmc-mccs.org/aquatics. For any additional questions you may have, call 645-3180 or email mccsaquatics@okinawa.usmc-mccs.org. **101**

OCTOBER IS...

KNOW YOUR NUMBERS MONTH

Your blood sugar, body mass index, cholesterol and blood pressure numbers play a key role in your health. Being aware of these metrics will help you maintain a healthy happy lifestyle.

Talk to your healthcare provider and stay tuned for more information from your Health Promotion team on Facebook and at your Semper Fit facilities this October.



645-3910 | mccshealthpromotions@okinawausmc-mccs.org
facebook.com/mccsokinawa.sempersfit
www.okinawausmc-mccs.org/healthpromotion



Sponsored in part by:



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



WARRIOR *Athlete* COMPETITION

Events will challenge a Warrior Athlete's endurance, strength, speed and cognitive skill.

SATURDAY, OCTOBER 18

8 A.M. | FIELD 2 BEHIND GUNNERS FITNESS CENTER



WARRIOR ATHLETE
READINESS & RESILIENCE

MCCS
SEMPER FIT



Foster Grappling Tournament

Conquer the Competition

What is your favorite finishing move? Is it the infamous guillotine? Do you prefer the more orthodox shoulder lock or the more exotic pace choke?

Or perhaps you prefer to shoot for the holy grail of submission moves—the Marcelo Garcia Back Crucifix Choke! Whichever method you choose, you better hurry before they turn the tables on you!

Go for the tap-out and prove that you're

the number one grappler around at the Foster Open Grappling Tournament on October 18 at the Foster Fieldhouse. Register by October 13 (1 p.m.) via Eventbrite for \$50.

This event is open to participants 18 and older island wide with medals awarded to 1st, 2nd and 3rd place in each respective division. For more information, call 645-4866, email adultsports@okinawa.usmc-mccs.org or visit www.okinawa.usmc-mccs.org/adultsports. **101**



Schwab Kickball Tournament

Kickin' your Opponents to the Curb!

There's nothing more enjoyable than an afternoon of kickball—the nostalgic sound of the ball's distinct “thump” when you make perfect contact, teammates cheering you on as fielders scramble frantically to grab the ball and touch you out, while you cross home plate triumphantly scoring the winning run.

Are you longing to hear that magical echoing thump as you kick your team to victory or just missing the competitive aspect of playing with others? Well, you're in for a treat because Camp Schwab will be hosting an Open Kickball Tournament October 11–12 at

their athletic field for all SOFA and non-SOFA ages 16 and over!

Register online at www.okinawa.usmc-mccs.org/adultsports by Monday, October 6 at 1 p.m. for \$125 per team. Awards will be given for 1st, 2nd and 3rd place winners. For more information, check out facebook.com/mccsokinawa.semperfit.

If you have any questions about the tournament or other upcoming Semper Fit events on Camp Schwab, email adultsports@okinawa.usmc-mccs.org or call 625-2654. **101**

Hansen Reverse Triathlon

The Ultimate Test

It's the epitome of physical fitness that tests participants stamina and will to win—the triathlon! The ultimate test of an all-around athlete, triathlons consist of not only running and biking, but swimming as well.

On Sunday, November 2, take to the streets and swimming lanes of Camp Hansen for the Hansen Reverse Triathlon, a fun and competitive triathlon event in which participants (or teams of three) will run 5k, bike 15k and then swim 400m to the finish line. Awards will go to the 1st, 2nd and 3rd place finishers in all age categories (both males and females), teams as well as to the overall male and female winners of the race.

This event is open to triathletes island wide ages 16 and older. Registration is open until October 29 for SOFA participants and will be accepted via Eventbrite for \$50 (individuals with t-shirt); \$10 (individuals without t-shirt); \$120 (team with t-shirt) or \$30 (team without t-shirt).

For more information on the Hansen Reverse Triathlon, visit www.okinawa.usmc-mccs.org/adultsports or facebook.com/mccsokinawa.semperfit. **101**





Lunch & Sweets Buffet

THE SNOWY & the WITCH'S MIRROR

A Sweet Tale of Snow White

2025 10/4 SAT 2026 1/12 MON

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

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

TIME 12:00~14:30 **PRICE** Adult ¥4,500/Child ¥1,500 [6-12]
* L.O. 13:45 * Price includes tax and service charge





Know Your Numbers

For Your Health

We all know the importance of eating nutritiously dense food, exercising and reducing stress and what all of these can do to improve our overall health, but do you know your numbers? The “numbers” we are referring to include (but are not limited to) cholesterol, triglyceride levels, blood pressure and other key markers of the current state of your body. Being aware of what these metrics are—and at what levels they should be—can help you maintain a healthier and happier lifestyle.

If your numbers have gotten away from you, (for instance, if that blood pressure is ranging at or over 120–129 systolic) consider lifestyle adjustments before they get worse. A fasting blood glucose level above 100 mg/dL can indicate prediabetes, while total cholesterol above 200 mg/dL may point to higher cardiovascular risk.

Even waist circumference is a valuable marker, as excess abdominal fat is linked to chronic disease risk.

Remember though, everyone’s body is different. Look to your healthcare provider for guidance in shifting towards a healthier lifestyle. Don’t be afraid to ask them what your numbers are, and if you’re confused by them, what they mean—as spreadsheets filled with seemingly random numbers on Tricare online can be confusing.

This month you can expect to find more information on knowing your numbers at Semper Fit facilities and on the MCCS Health Promotion Facebook page. Feel free to reach out to them via email at mccshealthpromotions@okinawa.usmc-mccs.org or visit them online at www.okinawa.usmc-mccs.org/healthpromotion. **101**

Dive into Fun

Pet Plunge

Calling all good bois and girls of the waggly tail kind. We’ve got some dog-gone good news, the end of summer only means one thing ... the MCCS Aquatics team is bringing back the Pet Plunge!

You may be asking yourself ... what is a Pet Plunge? It’s only the day your pooch has been waiting for all year. For one day—and one day only—the McTureous Aquatic Center will welcome pups of every shape and size for three hours of fun in the sun! There will be a variety of pool games, with prizes being awarded for things like quickest fetch and farthest jump, in what promises to be a dog-day they won’t forget.

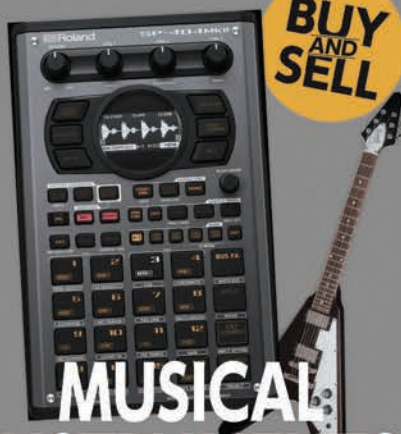
Have a dog that loves to swim or one that is more of a social butterfly? The Pet Plunge is a paws-itively perfect event for furry family members of all sizes to cool off and play. So, pack up your doggy essentials and join us on Saturday, October 18 from 10 a.m. to 1 p.m. on Camp McTureous. Meet fellow dog lovers and watch the goodest bois and girls as they make a splash—you won’t want to miss the coolest canine event of the season!

For more information on the Pet Plunge, email mccsaquatics@okinawa.usmc-mccs.org or call 622-7397. To learn about other MCCS Aquatics offerings, visit www.okinawa.usmc-mccs.org/aquatics. **101**





TOYS



**MUSICAL
INSTRUMENTS**



VIDEO GAMES



**TRADING
CARDS**

**BUY
AND
SELL**



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
10th 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]



DVAM

Karaoke Jam

October is Domestic Violence Awareness Month (DVAM), when victim advocates, survivors of abuse and their loved ones come together to raise awareness about domestic violence, mourn the lives lost, celebrate the progress to end this epidemic and connect with others working to create change.

In recognition of DVAM, the Family Advocacy Program will be hosting a karaoke contest, but not just any karaoke contest. Interested participants will have the opportunity to take the stage at either The Palms on Camp Hansen

(October 3) or Ocean Breeze on Camp Foster (October 17) and the top five contestants from each event will compete at a grand finale event at Ocean Breeze (October 24) for a chance to win big!

Not one for the spotlight? Don't worry, crowd members will also have the opportunity to win prizes as there will be trivia in between contestants. Doors open at 6 p.m. For more information on these events and to register, visit www.okinawa.usmc-mccs.org/fap. **101**

Red Ribbon Week

Commit to Live Drug-Free

The week of October 23 through 31 has been designated as Red Ribbon Week, a national drug prevention campaign that promotes a healthy, drug-free lifestyle through education, awareness activities and community involvement. It encourages individuals and families to commit to living drug-free and supporting substance misuse prevention within the military culture.

Activities will be held throughout the week to engage different segments of the military community on military installations, schools on or near bases, community centers, housing areas, child and youth programs and through

virtual platforms for remote engagement.

Join the Behavioral Health Substance Assessment and Counseling Center to learn how you can aid in fostering a drug-free military community, raise awareness about the dangers of substance misuse and reinforce protective factors which include family support, leadership involvement and access to prevention resources.

For more information about Red Ribbon Week and additional resources from the Substance Assessment and Counseling Center, visit www.okinawa.usmc-mccs.org/sacc. **101**

Dance for a Cause

Help Raise Awareness

October is both Breast Cancer Awareness Month and Domestic Violence Awareness Month. To raise awareness for both, MCCS Semper Fit Health Promotion is hosting Dance for a Cause—an evening combining exercise and education.

To participate in spreading awareness, stop by the Camp Foster Community Center Auditorium on Saturday, October 18 from 9:30 to 11:30 a.m. to take part in a variety of FREE Zumba® and MixxedFit® classes and hear from speakers from the U.S. Naval Hospital Okinawa and MCCS Behavioral Health. There will be informational pamphlets and handouts available as well as ways to discover health resources available here on Okinawa.

This event is open to SOFA ID card holders island wide, and registration is not required. Participants ages 12 to 17 may attend with a parent or legal guardian. To learn more about Breast Cancer Awareness, visit www.okinawa.usmc-mccs.org/healthpromotion. If you have any questions about Dance for a Cause, call 645-3910. **101**



11TH ANNUAL
**SCHOLARSHIP
SPOOKTACULAR**

GET DEAD SERIOUS ABOUT SCHOLARSHIPS

MCCS EDUCATION CENTERS

OCTOBER 31 • 11 a.m.–1 p.m.

www.okinawa.usmc-mccs.org/education
facebook.com/mccsokinawa.educationandlibraries

Open to students of all ages. No registration required.
Please contact 645-7160 if accommodations are required.

MARINE & Family | Voluntary
Education Program

Connect and create with fellow

K-POP

enthusiasts as you craft take-home
cup sleeves, bookmarks and more!

Camp Hansen Library

OCTOBER 16, 5–7 P.M.



MARINE & Family | Library Program



Meet Your Goals...

...with Family Readiness Support

Marine Corps Family Team Building (MCFTB) and Deployment Readiness Coordinators (DRC) work together to build resiliency training and fun into the lives of service members and their families. Whether you're focusing on education, leadership, fitness, or communication, your DRC is here to help you meet your goals.

Here are just a few ways they can assist: strengthen unit bonds by arranging classes on topics such as Four Lenses Personality Assessments, Conflict Management, or High-Intensity Tactical Training (HITT), enhance your personal growth by making connections with volunteer opportunities through MCCS Okinawa Volunteer Services, Family Readiness or the Single Marine Program and achieve career development by guiding you to resources like Transition Readiness and Family Member Employment Assistance programs. No matter if you're active-duty or a family member, your DRC has your back.

For more information, call 645-3689, email mcftbokinawa@okinawa.usmc-mccs.org, or visit www.okinawa.usmc-mccs.org/deployment. **10L**

Premarital Seminar

Build a Strong Foundation

Join Marine Corps Family Team Building (MCFTB) as they host the Premarital Seminar tailored for couples looking to say, "I do." The seminar takes place every second Friday of the month at Ocean Breeze on Camp Foster, from 8 a.m. to 3 p.m.

During each session, learn about the essential tools and knowledge needed to navigate military life together. Topics covered in this comprehensive course include understanding local marriage order requirements, the procedures for marrying in Japan and neighboring countries as well as an overview

of key family programs and resources. Participants will also gain insight into important benefits such as IPAC services, TRICARE and legal support. Additionally, the seminar offers valuable information on immigration procedures, financial partnerships as well as effective communication strategies that are essential for building a strong foundation for marriage in a military environment.

This event is FREE with registration required via Eventbrite. For more information on this and other MCFTB offerings, visit www.okinawa.usmc-mccs.org/mcftb. **10L**

Okinawa Culture Day...

...at Courtney Library

Are you new to island and looking to learn more about your home-away-from-home's culture or have you been on island for a while now and are always looking for any and every opportunity to expose your children to cultural experiences? Well, look no further, because the Courtney Library staff has put together the perfect event to share a glimpse of Okinawa's culture with you and your family.

Join us on Sunday, November 2 from 2 to 4 p.m. and take in the rich beauty of Okinawa's culture through a traditional dance and music demonstration. After the performance, patrons will get a chance to appreciate the instruments up close and get a photo with a dancer! Light refreshments will be provided.

For more information on the Courtney Library's Okinawa Culture Day event, call 622-9280. To learn about other offerings at MCCS Libraries island wide, email your friendly neighborhood librarian at libraryprogram@okinawa.usmc-mccs.org, visit www.okinawa.usmc-mccs.org/libraries or follow facebook.com/mccsokinawa.educationandlibraries. **10L**





UNIVERSITY OF MARYLAND
GLOBAL CAMPUS | ASIA

FIND YOUR NEXT SUCCESS AT UMGC ASIA

University of Maryland Global Campus was founded to bring a respected state university education to working adults like you. With frequent start dates, convenient online and hybrid courses, and a variety of programs in Asia, we are committed to giving you an education to help you build the career and life you've always imagined.

Register to attend a no-cost webinar at asia.umgc.edu/webinars or scan the QR code. If you apply for admission within 30 days of attending an Intro to UMGC Asia or Graduate Programs webinar, your \$50 application fee will be waived!



[instagram.com/umgc_asia](https://www.instagram.com/umgc_asia)



[facebook.com/umgcjapan](https://www.facebook.com/umgcjapan) • [umgcokinawa](https://www.facebook.com/umgcokinawa) • [umgckorea](https://www.facebook.com/umgckorea) • [umgcguam](https://www.facebook.com/umgcguam)

© 2025 University of Maryland Global Campus



Courtney Festival

Cool Breezes & Family Fun

The hot and humid days of Okinawa's extra-long summer are finally coming to an end—which means it's time to head outdoors and rejoice. There's nothing like enjoying the cool breezes and family fun, especially at a festival! The good news is Courtney Festival—which is taking place on Saturday, October 25 and Sunday, October 26 from 1 to 9 p.m. both days—is just around the corner.

The festival will be offering entertainment for the whole family including a military static display, MCCS Fun Land rides, FREE live music and, of course, food! The festival fare will include MCCS food trucks as well as a variety of local offerings. So, once a hankering for food and drinks develops, chow down on 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

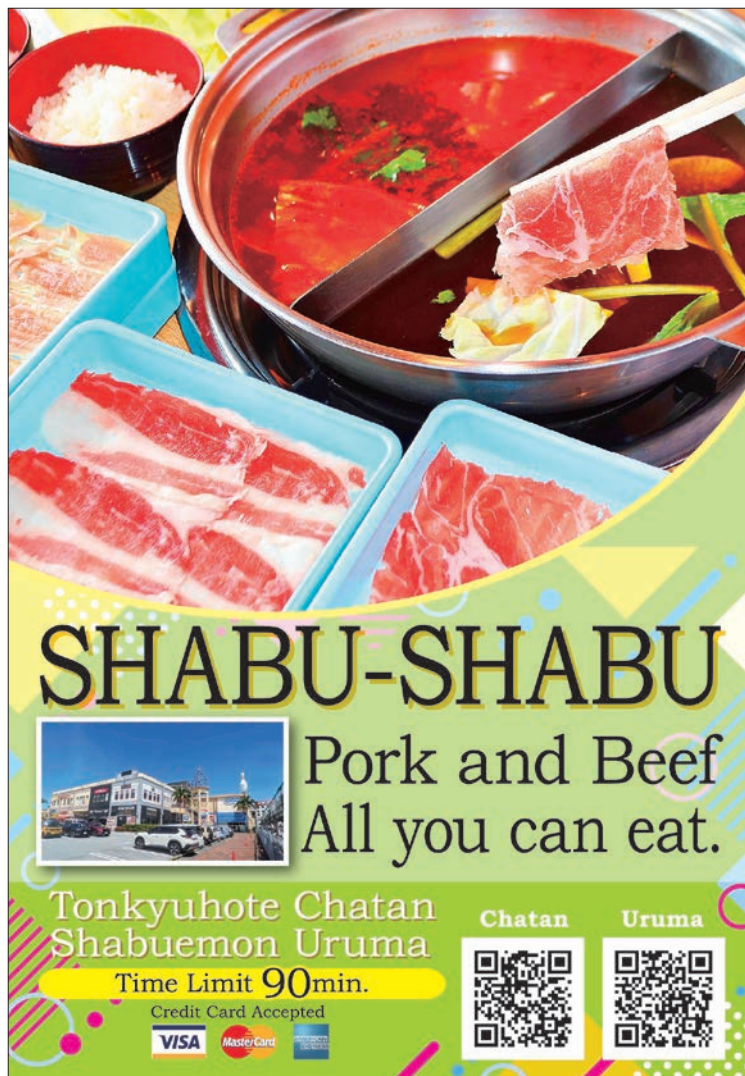
grab your go-to-order from food trucks La Cocina or Island Grindz—nothin' like the comfort of tacos, burritos or classic Hawaiian lunch plates! You can wash it all down with an adult refreshment from Kanpai Lounge, just do so sensibly and responsibly.

This year's festivities will feature FREE LIVE performances all day with headliners both evenings.

Courtney Festival is FREE and open to all DoD ID card holders, Japanese and American citizens. Pets, glass bottles, alcohol, coolers and large bags/backpacks must stay at home, as they are not permitted at this event. Access to Courtney Festival will be via Gate 12 (Commissary Gate) for both SOFA and non-SOFA. Non-DoD ID card holders must present a photo ID that verifies citizenship.

Visit www.okinawa.usmc-mccs.org/festivals for more information regarding the festival, including the entertainment schedule. **101**





SHABU-SHABU

Pork and Beef
All you can eat.

Tonkyuhote Chatan
Shabuemon Uruma

Time Limit 90min.

Credit Card Accepted

VISA MasterCard

Chatan Uruma

QR codes for Chatan and Uruma locations.

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

QR code and dental logo.

PLAZA AQUATIC CENTER

PET PLUNGE

OCTOBER 18
10 A.M. – 1 P.M.

A DOGGONE GOOD TIME

FEATURING SPECIAL EVENTS AND COMPETITIONS FOR LARGE AND SMALL BREEDS WITH PRIZES FOR YOUR POOCH.

ONLY THE "REAL DOGS" ARE ALLOWED IN THE POOL.



MCSCS SEMPER FIT

QR code for more information.

Taiyo Steakhouse

The Best Steaks on Island... and more!

Steak, it's considered by many as the epitome of dining experiences and Taiyo Steakhouse, located at the Taiyo Golf Club, takes special pride in every single one it serves. Prime beef is available in a variety of cuts—all broiled using 1,200 degree heat and seasoned with sea salt and fresh ground black pepper. The flagship is the Taiyo-favorite Tomahawk Ribeye—a magnificent bone-in masterpiece cooked to your specifications and brushed with savory butter.

In addition to their world-class Prime Beef, Taiyo Steakhouse also offer fine-dining options such as their Lamb Rack, Kurobuta Pork Chops, Seared Duck Breast, Porcini-encrusted Salmon and more—including decadent desserts such as Molten Lava Cake (rich chocolate cake with a molten chocolate center under a chocolate globe topped with a warm chocolate sauce) Apple Galette and others.

Dinner is served Wednesday–Sunday (closed on holidays) from 5 to 9 p.m. Brunch is available Monday–Friday from 9 a.m. to 2 p.m. and from 7 a.m. to 2 p.m. on Saturdays, Sundays and holidays. Reservations are recommended (required for dinner) and can be made by calling 622-2020. A full menu is available for viewing at www.okinawa.usmc-mccs.org/taiyosteakhouse. |ol



Halloween Costume Family Fun Night

A Spooky Good Time

If there's ever a time to play dress up, now is the time with Halloween right around the corner! And, yes mom and dad, we're also talking about *you* because who doesn't love to play dress up? Unleash your inner child alongside your kids at the Halloween Costume Party Family Fun Night. It doesn't matter what your costume is—from the creepiest of creeps to the goofiest of goofballs—come dressed in your Halloween best!

The Halloween Costume Party will take place on Thursday, October 16 from 5 to 9 p.m. at Surfside on Camp Kinser, Ocean Breeze on Camp Foster and Tengan Castle on Camp

Courtney. Prices are \$12.95 for adults & teens, \$6.95 for children 5–11 and FREE for children under 5. The night will be filled with plenty of spooky fun for the whole gang with a cookie decorating station as well as a photo booth with take-home souvenir polaroids to remember the chilling good times that were had. Don't miss out on this opportunity to make memories for a lifetime!

For more information about the Halloween Costume Family Fun Night and other offerings from MCCS Clubs including hours of operations, locations, phone numbers, menus and more, visit www.okinawa.usmc-mccs.org/clubs. |ol





Waikiki Hawaiian BBQ&Cafe

Quality Beef and Classic Onolicious Staples

Text by: Swetha Gogue | Translation by: Yoshihiro Shinzato | Photography by: Mia Cox

After being captivated by the Hawaiian Islands during family vacations, father and son duo Minoru and Katsuto Kiyuna wanted to bring the aloha spirit to Okinawa; with a desire to share the warm hospitality of the rainbow state, Waikiki Hawaiian BBQ&Cafe opened in December 2024.

Inside the establishment, the tropical vibes are spread throughout the interior; thoughtfully placed décor greets you with charming plumeria patterned curtains, hand-carved wooden Tiki statues adorning corners, large palm trees sitting pretty in pots and mounted surfboards decorating the walls while 80's American music hits play over the speakers, setting the atmosphere of a relaxing vacation.

With an extensive menu serving both yakiniku and classic Hawaiian staples, Waikiki Hawaiian BBQ&Cafe excels in all its offerings. Setting the standard of only using high-quality products, the yakiniku beef is available in Japanese wagyu from Fukuoka prefecture, as well as imported U.S. grade beef.

“When I lived in Osaka, I learned over the course of three years about the different sections of meat by studying a whole cow sliced in half [from the neck to the hind] from professionals, so the quality of meat is what we strive for. To ensure freshness, we order the wagyu biweekly,” Katsuto-san shared.

Most popular among Americans for yakiniku, the Waikiki Special set comes with four types of meat—Wagyu Loin, Wagyu Special Kalbi, Wagyu Kalbi and U.S. Skirt Steak. A hefty combination of beef to grill, each cut of steak has its own distinct marbling patterns as well as flavor providing you with various textures and tastes. For the best grilling experience, refrain from overcooking to get the softest and most luxurious melt-in-your-mouth feel. Yearning for a bit more than just the pure taste of the finest quality slices of steak? The tender meat pairs exquisitely with the umami-ness of yakiniku sauce (and if you like a bit of twang, the pickled jalapeño cuts the richness of the wagyu and skirt steak).

Although barbecuing indoors can cause unwanted long-lasting odors of smoke, the stainless-steel gas-grills are

water-based, which absorbs the grease in a water-filled drip pan and prevents high temperatures from rising, making smoke practically nonexistent. To further elevate the yakiniku experience, don't forget the *banchan* (side dishes) with three types of homemade kimchi—radish, cucumber and cabbage.

For Hawaiian style fare, the Waikiki Poke Plate comes in three dressings—Garlic Soy Sauce, Ginger Soy Sauce and Hawaiian Spicy. We opted for the Hawaiian Spicy, which comes with large cubes of raw tuna marinated with mayo, slivers of onion as well as *tobiko* (flying fish roe) and served atop a bed of hot white rice sprinkled with *furikake*—creamy, fresh and *onolicious*—each spoonful is a treasure to cherish. For another classic plate lunch, the Garlic Shrimp Plate is served with shrimp topped with a heaping serving of garlic bits, two scoops of rice, French fries and your choice of a lettuce or potato salad.

If that's not enough to satisfy your Hawaiian cravings, the Mochico Chicken Plate will surely be your newest go-to meal. Succulent moist chicken thighs are battered in a blend of *mochiko* (rice flour) and deep fried until golden brown and served alongside a side Caesar salad, two scoops of white rice and French fries. With two original sauces to opt from—Hawaiian Spicy or Honey Mustard—each has their own distinct flavor that exalts the perfectly crispy chicken to its highest degree.

For something refreshing to pair with your meal, cool down island-style with their Hawaiian Tea—a liquid two-toned concoction made with earl grey tea and your choice of pineapple, apple or guava served in an ice-cold tiki glass and topped with a colorful paper umbrella. After admiring the drink, simply give it a swirl and sip into paradise as the earl grey and fruity undertones blend into one beverage you can't stop thinking about.

The restaurant also offers balcony seating that is both pet friendly and smoking friendly. So, go on and treat yourself to a vacation one meal at a time when dining in at Waikiki Hawaiian BBQ&Cafe. **101**

Location

1-Chome-4-25 Kuwae
Chatan, 904-0103

Hours of Operation

Open Daily
(Closed for Lunch
on Tuesdays)
Lunch: 11 a.m.–3 p.m.
(L.O. 2:30 p.m.)
Dinner: 5–11 p.m.
(L.O. 10 p.m.)

Instagram

@waikiki_bbq

Phone Number

098-979-5510



Making the world a better place... ...one smile at a time.

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

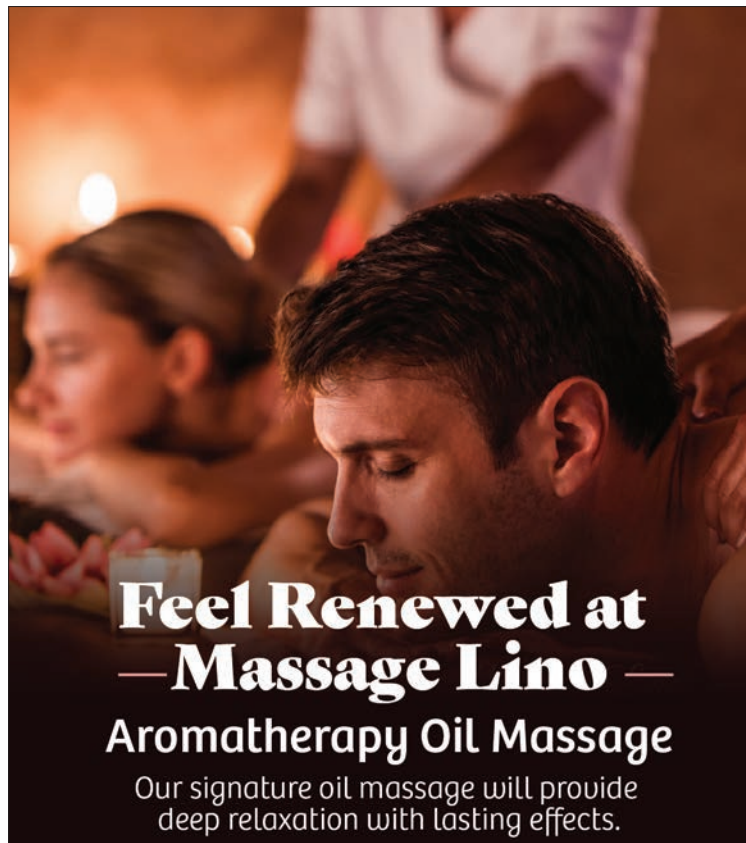
English-speaking staff!

080-4149-0711

Email: dentalrycom@gmail.com



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



Feel Renewed at — Massage Lino — Aromatherapy Oil Massage

Our signature oil massage will provide
deep relaxation with lasting effects.



Online
Reservations

Book Now!
If you're choosing staff.

Book in
English!

+81-90-6632-1335



Location &
Reviews

TAIYO GOLF CLUB

Club Championship

October 18-19

Register by October 15
Two-day, 36-hole, stroke play event with fabulous prizes!

entry fee
\$120
per player



Sponsored in part by:



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





Enter the Haunted Library...

...At Your Own Risk

Do you hear the echoes between the shelves and the creeks beneath the floorboard? No, that's not your imagination playing tricks on you ... that's the sound of the Foster Library transforming from your regular ole' friendly library into a Haunted Library.

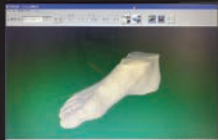
With October being the spookiest time of the year, get into the spirit of the season by dressing in your best costume on Wednesday, October 8 from 4 to 6 p.m. for two hours of Halloween fun! To prepare for the event, we recommend tossing a few pinches of salt over your shoulder, bringing a few garlic cloves to keep the vampires away and ensure they don't come flying through the doors as well as bringing a few of your favorite crystals to protect your energy from being soul-sucked.

As the Foster Library pulls out all the stops to turn into a Haunted Library with tricks-and-treats, festive embellishments and moments to remember—keep your schedule wide open because this is one family-friendly event the whole crew will enjoy with various activities that will keep everyone from the youngest of young and the oldest of old entertained!

The Haunted Library will also be hosting a not-as-spooky story time, with light refreshments provided. Older kids, tweens, teens and adults can channel their inner mad scientist at the Frankentoy Workshop—so don't forget to grab your old or broken toys, dust off their cobwebs and bring them with you! And remember, there are no rules to creating your own Frankenstein-inspired masterpiece from the ground up, the most important thing is to have a blast while crafting and spending time with one another.

The Foster Library is open daily from 9 a.m. to 8 p.m., stop by to gather seasonal books for the whole family! For more information on the Haunted Library and upcoming events offered by the Foster Library, call 645-7178. To view the hours of operation, locations and contact information for all other libraries across the various camps on island, visit www.okinawa.usmc-mccs.org/libraries. For the latest updates, follow MCCS Libraries at facebook.com/mccsokinawa. educationandlibraries.org. |OL

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 Saturdays)
CLOSED Sundays & Japanese Holidays
2 Chome-S2-1 Shuriakahiracho, Naha, Okinawa 903-0811
Reservations required. 070-5400-6388



FULL CUSTOM INSOLE
Run Design
OKINAWA



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.



@blueseal_icecream



HAUNTED LIBRARY CAMP FOSTER

October 8
4-6 P.M.



MARINE & Family | Library Program

ODST Youth Tryouts

Begin a Lifelong Passion

Having a little one that can't seem to stay away from the water can get tiring when all they want to do is swim. Sometimes you may think to yourself, "Is my kid part fish and I just don't know it?" with the way they constantly wish they had gills to breathe underwater and a dorsal fin to help them steer like a sail-fish. Well, why not help turn their love for swimming into a lifelong passion with the help of the Okinawa Dolphin Swim Team (ODST)? Who knows, they may be a budding Olympic medalist in the making!

Tryouts are open for swimmers ages seven or older who have not been part of previous ODST seasons. Participants will be expected to swim a 50m freestyle (front crawl), a 25m breaststroke and a 25m backstroke. A brief rest between the 25m swims is permitted (must be less than 20 seconds). Besides the short rest, each swim must be non-stop with swimmers displaying proper breathing and stroke techniques. The tryouts take approximately 5–10 minutes, and parental interaction is discouraged for the duration of the tryout.

Interested? To schedule a try-out for the upcoming season, email mccsaquatics@okinawa.usmc-mccs.org. Tryouts this year will be at the Hansen Aquatic Center. This is a great opportunity for all the youth swimmers to achieve success at their abilities and swimming level. For more information on the Okinawa Dolphin Swim Team, call 645-2787 or visit www.okinawa.usmc-mccs.org/aquatics. 10L



Play Morning

Cultivate Connections

There are no instruction manuals or fool-proof ways to raise your child to become a great person. But a parent's duty is a serious and vital responsibility that is equal parts empathy, communication and bonding. The New Parent Support Program (NPSP) is here to support parents of children in all ages and stages of development.

NPSP is comprised of a team of nurses and licensed counselors designed to be a reliable resource of information and answers for parents. They offer free home visits, classes and groups to promote positive parent-child bonding and attachment as well as balancing family and military life.

Looking to bond with other parents and children while having a great time? Join Play

Morning every Wednesday from 10 to 11:30 a.m. at Camp Courtney to meet families going through the same stages in life.

Play Morning is an interactive educational playgroup offered to parents and their children under the age of 6. It assists parents in learning developmentally appropriate play techniques, increases social connections for families and helps children improve their social, cognitive, language and motor skills.

These events are FREE and registration is required. For more information on the New Parent Support Program, please email npspokinawa@usmc.mil or visit www.okinawa.usmc-mccs.org/npsp. For any questions you may have regarding Play Morning and other offerings, call 645-0396. 10L

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



TACOS & COFFEE

BRING THIS AD OR SHOW A
PICTURE OF IT, AND YOU
WILL RECEIVE FREE SOFT
DRINKS FOR YOUR GROUP.
VALID UNTIL 10/31/2025

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.

Timeless Beauty Starts Here!

Facial wrinkles

Botox

Sun spots

Laser spot removal

Acne scars / Pores

Microneedle RF (POTENZA)

Sagging

Non - surgical tightening (HIFU / DENSITY)

Beautiful Lips

Lip Filler

Weight Loss

Mounjaro

(Weekly self - injectable medicine)



Your Beauty & Anti-Aging Concierge

BLAZE CLINIC



Web



Map



Typhoon Motors

October Sales

This month, Typhoon Motors is ready to help you trick your ride and treat your wallet with savings. Stop by your nearest Typhoon Motors location for sales sweeter than your kids' Halloween loot.

First up, knock out some routine maintenance by removing and reducing unwanted gunk from your engine to keep it running as smooth as Count Dracula's silk cape. All Typhoon Motors locations will be offering 20% OFF complete oil changes. It's the perfect time to knock this off your never-ending to-do list before the holidays come around and kids are out of school.

Need a fully equipped garage with all the bells and whistles to do some DIY work? From October 12 to 14, Typhoon Motors on Camps Kinser, Courtney and Hansen will be offering the DIY enthusiasts savings they can't say no to, with \$1 Lifts and Stall Rentals. Need to easily access your car's undercarriage? Lifts and stalls can come in handy if you need to realign your tires, fix your suspension, install a

new muffler and much, much more!

Want everyone in the neighborhood to hear "Monster Mash" thumping from your ride like an approaching thunderstorm? Then you'll want to head to Typhoon Motors locations on Camps Foster and Kinser for their Halloween Car Audio Special running October 26–31. This sale offers scary savings—15% OFF subwoofers and amplifiers to dress up your car's existing audio system. You'll love the improved bass range and newfound sound quality while you cruise around the island making sounds that will have others go BUMP in the night.

In addition to these sales, Typhoon Motors also offers regular services for all of your car-care needs. For more information about locations, service prices, phone numbers and hours, please visit www.okinawa.usmc-mccs.org/typhoonmotors. 101

How to survive SEASON of CRAVINGS

mounjaro 15 mg 0.5 mL

Up to 20% OFF discounts available!



OZEMPIC




宮城美容外科クリニック

Miyagi Cosmetic Surgery

098-860-9120

★Bilingual doctor available

★Free Consultation

Appointment Required

Open : Mon.-Sat. 10:30a.m.-6:00p.m.

Closed : Wed. & Sundays
(announced days)

<http://www.miyagi-clinic.info>

E-mail miyagics@woody.ocn.ne.jp

★ Turn left at the second light following Tomari Port.



Please let us know if you are bringing any children with you.

Trick your stress. Treat your body.

1F

Total Therapy



2F

RELAXATION SPACE Raffine



3F

Acupuncture & Osteopathic Clinic



4F

Dr. stretch



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



9/26 (Fri) Renewal Open
2F Sporting Goods



MEGA SPORTS



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

Featured Stores



and many more...



We Want You!

Join the MCCA Team

MCCA offers a variety of challenging, career-building opportunities with a priority on hiring qualified family members of active-duty military and civilian employees stationed on Okinawa. Jobs are available in entertainment, food & hospitality, sports, accounting, marketing, wellness, child development, maintenance, IT, counseling and much, much more.

In addition to career building, MCCA also provides many benefits for employees. On top of medical and dental insurance, options such as a NAF Pension Plan, 401(k), Flexible Spending Account (FSA) and a Tuition Assistance Program (which provides up to \$10,000 per year

for certifications and college degrees up to a graduate level) are also available to advance your career while stationed on island. And, that's not all—a Leave Donation Program, the Family Friendly Leave Act, Family Medical Leave Act, Employee Assistance Program and many more policies are in place for qualified MCCA employees, as well.

To start your job search, head to www.okinawa.usmc-mcca.org/jobs or keep up with the weekly “hot jobs” announcements sent directly to your inbox when you subscribe to our newsletter (www.okinawa.usmc-mcca.org/newsletter). For more information on becoming a member of the MCCA team, call 645-3052. **101**

FREE Stuff

Yes, You Heard That Right!

MCCA offers a wide range of FREE activities that you can take advantage of to make Okinawa a better home-away-from-home for you and your family. And, in many cases, MCCA does it for zero dollars and zero cents! What does MCCA offer for FREE? We're glad you asked!

MCCA Clubs and Restaurants offer tons of FREE entertainment and FREE coffee, tea and soft drinks for designated drivers.

Tsunami Scuba offers FREE snorkeling vest rentals for up to three days so you can experience the island's beautiful underwater world.

Get fit for FREE at MCCA Aquatics' Pools as well as at Semper Fit Fitness Centers which offer FREE fitness assessments, access to world-class gyms, FREE sports and fitness gear issue, FREE fitness

classes and more.

Libraries offer FREE rentals of books and movies as well as FREE programs for adults that include book clubs, crafts, cultural education and more.

Learn even more about Japanese culture and even some of the language with FREE classes with Personal and Professional Development-Resources (P&PD-R).

And, that's just the tip of the FREE iceberg!

Want more FREE stuff? Of course you do! For a full listing of everything that's FREE from MCCA, check out www.okinawa.usmc-mcca.org/FREE. **101**

SISTER SCHOOLS



**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 (TAIP)



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.



LIBERTY UNIVERSITY
Online Academy



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.

2026 Open Season: Monday, Nov 10 – Monday, Dec 8

Worldwide Coverage Wherever You Go

Foreign Service Benefit Plan

Wherever your career takes you,
we've got you covered.

- Competitive premiums
- Comprehensive worldwide medical coverage
- In and out-of-network benefits
- Wellness incentives

Check your
eligibility now!
afspa.org/eligibility



FEHB High Option Plan open to eligible Federal Civilian employees.

All benefits are subject to the definitions, limitations, and exclusions set forth in the Foreign Service Benefit Plan's Federal brochure (RI 72-001)

@afspaCares



afspa
FOREIGN SERVICE BENEFIT PLAN

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

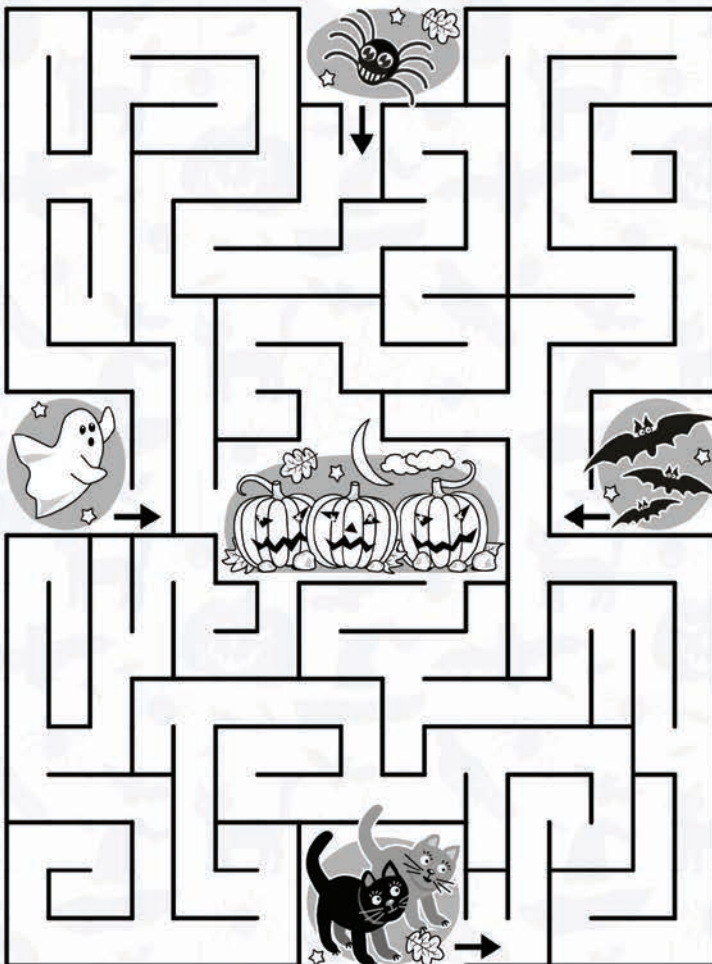


M N E K N Z H M F I S P I D E R K Y
D R S C A R E C R O W G G T X W O O
Z R G B A H W E A H R W O S T Y W K
O M A S Q O R T N A A J S B N Z A A
M H U C K P P J K Y J L W P L Y I I
B E G M U E L E E R B W L H O I K W
I H G H M L L F N I A W Q O C O N G
E Z B Y O Y A E S D C F N Q W B K X
T G Y A L S O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

HALLOWEEN
CANDY
SKELETON
SPIDER
SPOOKY
GOBLIN
BATS
GHOST
MUMMY
ZOMBIE
FRANKENSTEIN
SCARECROW
DRACULA
HAYRIDE
YŌKAI
KOWAI

MAZE GAME

Help the creatures meet in the pumpkin patch



PUMPKIN PATCH MATCH

Draw a line to the matching Jack-o'-lanterns





COCOK SPA



Manicures ▪ Pedicures ▪ Facials ▪ Massages

NOW ACCEPTING ONLINE
RESERVATIONS

BOOK
TODAY!

*Register via
QR code



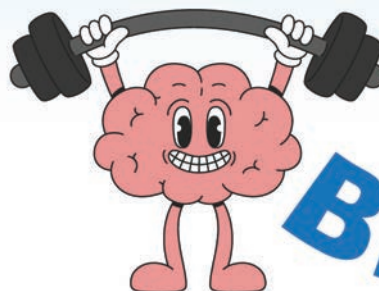
Check out our website at
cocok.net/en

Call us today at
098-921-3081

Google Cocok Spa
for our location.



RE-TRAIN Your BRAIN



Camp Hansen
Mondays, 9:30–11:30 a.m.

Camp Foster
Wednesdays, 11:30 a.m.–1:30 p.m.

We'll be covering:

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

Build a better you
in this 4-week class!

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
Family Advocacy Program

Holiday MEALS-TO-GO

Let the MCCS chefs take care
of the holiday feast this season!



Order and Pick-Up Locations:

Surfside (Camp Kinser)
Ocean Breeze (Camp Foster)
Tengan Castle (Camp Courtney)
The Palms (Camp Hansen)



MCCS
MARINE CORPS COMMUNITY SERVICES



Sushi Rolls AND MORE



PET-FRIENDLY
OUTDOOR TERRACE
SEATING ALSO AVAILABLE.



VISA



AMERICAN EXPRESS

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





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



@FLAMINGO_OKINAWANTACOS



¥ **VISA**  



島在雕刻

Carving the Island

A LOOK INSIDE BOKUNEN'S WORLD



Text by: Laura C. Pita
Layout by: Airi Igarashi

Artwork & Title Calligraphy: Courtesy of Bokunen Naka
Translation by: Koki Kai

There is beauty all around us, some stands out—like a sunset so vibrant it's impossible not to acknowledge whether its on the beach, the grocery store parking lot or the car—and some hidden in plain sight, waiting for a keen eye to take notice. The art of noticing can be achieved through the practice of mindfulness—by intentionally slowing down, focusing on the present moment, taking notice of your thoughts, feelings and sensations while cultivating awareness. Developing this habit can result in an increase in creativity and artists from all walks of life utilize this skill to gather inspiration.

One multidisciplinary Okinawan artist that has mastered this practice is Bokunen Naka. He was born in 1953 on Izena, an island located 30 kilometers north of Nakijin Village and accessible via ferry from Unten Port. From an early age he loved drawing, and with a childhood spent on a remote island with rich natural landscapes including rock formations, beaches, coral reefs, farmland and dense forests, this scenic backdrop of everyday life unsurprisingly influenced his art.



In his 20s, he turned his love of drawing into a career as an illustrator and designer. In 1974, after a brief stint in mainland Japan, he returned to Okinawa and began working as an illustrator for a local design production company. In 1979, along with a friend, they founded their own design production company, Project Core as well as HABUBOX, a t-shirt brand specializing in Okinawan-inspired designs.

In his 30s, a commission request to illustrate a children's book using *mokuhanga*, the traditional Japanese woodblock printing technique, introduced him to the medium of art he would practice for the next 30 years.

“The first time I tried it, I felt like this was something I would do for the rest of my life. I felt a very powerful energy emanating from it,”

shared Bokunen-san. When asked how he formally learned the technique, he clarified that he just went for it—the ability coming naturally and organically to him.

This artform involves carving a design in reverse onto a woodblock (between 0.4 to 1 inch thick) using special knives, the parts of the design meant to receive color remaining uncarved. Water-based inks or pigments are then brushed onto the woodblock before a piece of Japanese *washi* paper is placed atop and pressed with a disk-like tool to evenly transfer the design. Traditional woodblock prints use the *ukiyo-e* technique where separate carved blocks, one for each color, are carefully aligned and printed in succession to build the final image.

Bokunen-san begins a new piece with a prayer, facing the woodblock and visualizing the scene he wants to depict before going straight into carving, which he does in swift fluid motions. When creating he moves into *mushin*, a Zen Buddhist concept referring to “no mind,” a state of mental clarity where the mind is not preoccupied with hesitation or overthinking, instead it operates in a state of total clarity and presence driven by instinct. He credits *tariki*, another Japanese Buddhist concept referring to “outside help,” as he describes the presence of external forces guiding his process and contributing to the work. “It’s not just me,” he added.

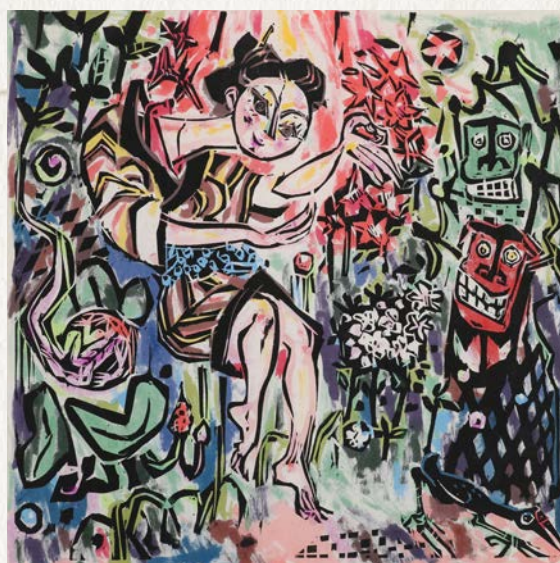


If the piece calls for it (a commission especially) he will draw a rough sketch using *sumi* (black ink), before moving onto carving. However, he values having the creative freedom of just going with the flow. Once the ink is spread over the woodblock, the design is printed and dried, the paper is later placed upside down and color is hand painted to the back, a process called *urazaishiki*.

Like most artists Bokunen-san possesses the ability to see the design in his mind's eye prior to beginning, with the added challenge of the medium being that he must carve and layer colors inverse. The reason he carves quickly is to attempt to capture inspiration before it fades and it's a struggle when it hits him at inopportune times.

"Sometimes I'm driving and I'll see a beautiful picture in my head that I really want to draw. But because I'm driving, I can't. And when I finally face the paper or woodblock to actually work on it, something completely different might come out. I believe inspiration comes by chance and will always be there when I'm ready to work on a piece of art. I need a series of coincidences for the artwork in my head to reflect the artwork that I end up creating. But oftentimes that's where the fun is," he commented.

"I believe inspiration comes by chance and will always be there when I'm ready to work on a piece of art."



COUPON
FREE
SOUVENIR CUP
One coupon valid for one cup.
Valid with lunch or dine-in orders only.
Not accepted with any other offers.
Accepted at All Sam's Restaurants.
Expires Dec. 19, 2023

Best Date Night Restaurant

BEST OF THE PACIFIC
2019 WINNER

SAM'S BY-THE-SEA
Fresh Island Seafood & Charbroiled Steaks

Sam's Group
55th Anniversary
Specials
Aug. 15 - Oct. 31

Ribeye Steak
Quality Grain-fed beef

Kyushu Wagyu Steak with baked Prawns in Savory Lemon Garlic sauce

Okinawa City Awase 098-937-3421 • Open everyday \$¥ OK
■ 11:30~14:00 L.O. 13:30 ■ 17:00~23:00 L.O. 22:00 VISA Mastercard

Call for Reservations 098-932-1819

Google Maps sams-okinawa

988

KNOW THE NUMBER

098 970 8255

**MILITARY/
VETERANS
CRISIS LINE**
DIAL 988 then PRESS 1



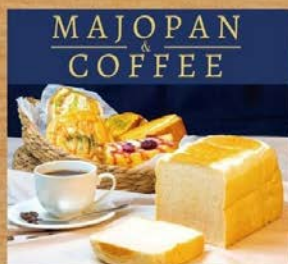
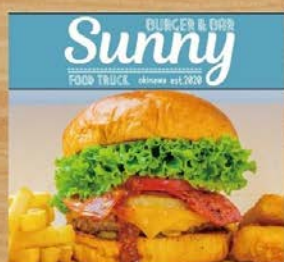
MARINE & Family Community Counseling Program



THE BEST OF OKINAWA, ALL IN ONE PLACE

FOOD HALL

Exclusively here



MINA SHARE
FOOD HALL

3-7-8 Ginowan, Ganeko



@MINASHARE_FOODHALL



When looking through his collection of 2,600 individual works it's impossible not to notice recurrent themes, with Okinawa itself playing the central role, but this is not done consciously. Bokunen experiences moments of pure presence and connection with nature, which deeply influence his art.


“Every experience leaves an imprint, a feeling deep in my core, in my body. When I start the process of creating a piece it all comes out, as if it was stored somewhere inside of me.”

He draws inspiration from his surroundings, something that has always come naturally for him, so it's no mystery that the colorful flora and fauna of the island prefecture and the female personification of Mother Nature are so heavily prevalent in his work. With the landscapes depicting the nature of Okinawa—especially those that show a transition from land, through vegetation, to the sea—being the most popular among visitors at his gallery.

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

VISA

f

ig

LAST CHANCE

Now in its final printing, now's your final opportunity to get your copy of The Best of Okinawa Living

沖縄
THE BEST OF
OKINAWA
LIVING



Share this beautiful island with friends and family back home!

Available at Exchanges and select locations island wide.
www.okinawa.usmc-mccs.org/publications

MCCS
MARINE CORPS COMMUNITY SERVICES



BANZAI BANANA

The Freshest OKINAWAN Banana Smoothie!!

Sugar-free

Mihama

Yomitan

Ashibinaa outlet



Besides woodblock prints, Bokunen-san has created serigraphs (silkscreen prints) and lithographs (planographic prints) based on original drawings created early in his career. These collections include “Maidens of Okinawa,” “Southern Islands,” “Cool Breeze,” “Minaminu Island” and “Wave”—featuring both colorful and monochromatic pieces.

In his most recent collection he has challenged himself to recreate real landscape scenes, something he’s never done before, that caught his attention and he captured with a camera 40 years ago. “Looking back at those photos and then working on these pieces reignited all those feelings that I had back then. Even things I saw in the past inspire me,” he remarked.



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



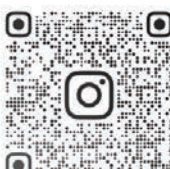
No.2 store -
Koza(Gate2 street), Okinawa City
☎080-6495-2130



OKINAWA

FINE COFFEE
FRESHLY BAKED SWEETS
DELICIOUS MEALS

OPEN:9AM-4PM(L.O.)



@CAFE_MOIMOI_OKINAWA





Although he has been creating art professionally for over 50 years now, Bokunen-san admitted he never would've imagined being able to make a living as a painter, which is why he originally went into design work. At his design and t-shirt companies, many up-and-coming artists seek answers on how he has managed to have such a successful art career.

His advice to young artists is to believe in themselves, to be curious and try to rediscover that honest artistic expression they had as children. The core of his message is that it is not an external force per se that makes you good or bad at art, or to be able to do it.

“The ability to create your own art is already inside of you. Most people don't realize that it's already within them.”

He was just fortunate enough to have that self-discovery early on.

If you're looking for pieces of art to add some much-needed color to your white walls or as souvenirs to remember your time on Okinawa, the Bokunen Art Gallery has moved from its previous location in American Village to the 3rd floor of Plaza House Shopping Center. Art enthusiasts can appreciate a number of beautifully framed original pieces of art, watch a video of Bokunen's artistic process and shop a wide range of products available at all price points. The gallery is open from 10 a.m. to 6 p.m., closed on Tuesdays. For more information on the art gallery, visit plazahouse.net and to see more of Bokunen's body of work, visit gallery.akara.asia. lol



Specializing in Thalasso Spa using
**CERTIFIED GUINNESS WORLD RECORD
 OKINAWAN SEA SALT
 & SEAWEED
 FROM FRANCE**

to aid with muscle fatigue, moisturization, sweating and much more.





FACIALS | COUPLES MASSAGE | BODY AND HEAD MASSAGE

LEARN ABOUT US IN
 OKINAWA LIVING MAGAZINE?
 TELL US WHEN YOU BOOK AND
GET ¥1,000 OFF!
 (CAN'T BE COMBINED WITH OTHER COUPONS)
 COUPON VALID ON WEEKDAYS ONLY.
080-1546-3227


MAP



Beauty Sea Spa

HOKKAIDON

Rice Bowls using the freshest seafood direct from Hokkaido.






TAKE OUT OK

Choose a salad instead of rice or select half rice/half salad.

Visit our new restaurant in Sonda, Okinawa City!
 Open: Mon-Sat, 10 a.m. – 8 p.m. | Closed: Sun
 (*Irregular weekday closures will be announced in advance on our Instagram page.)

KITA no SENGYOJIN

Both cash and credit cards are accepted at both locations.

SONDA LOCATION **MOTOBU LOCATION** **SCAN FOR OUR MENU ITEMS**

TAIYO

STEAKHOUSE



MC²CS
 MARINE CORPS COMMUNITY SERVICES

www.okinawa.usmc-mccs.org/taiyosteakhouse

A Taiyo favorite, the USDA Prime Bone-In Tomahawk Ribeye, cooked to your specification and brushed with savory butter.

Kabocha-no-Nimono

Japanese-Style Seasoned Pumpkin

Serves Four
(two each)

Ingredients

1/2 *kabocha* (a small Japanese pumpkin, usually green)
3 1/2 Tbsp. sugar
1 1/2 Tbsp. soy sauce
1 1/2 cup *dashi* soup (made from dried bonito flakes)

Method of Preparation

1. Scoop seeds out of the pumpkin and peel off the thickest part of the skin.
2. Cut the pumpkin into slices approximately two inches thick, soak in water for 2–3 minutes then drain well.
3. Place pumpkin pieces into a deep pan, skin-side down. Add *dashi* soup and bring to a rolling boil for 2–3 minutes.
4. Lower heat and add sugar until completely dissolved (be careful not to damage pumpkin slices). Cook for 7–8 minutes with heat.
5. Add soy sauce, then cook for an additional 3–4 minutes.
6. Lower heat, cover the pan and simmer until pumpkin is tender (pieces should be easily pierced with a toothpick).
7. Serve and enjoy!



The Naha Great Tug-of-War

In October of 1997, a rope measuring 186m in length (610 ft.) was made from rice straw for the annual Naha City Festival's Great Tug-of-War. This rope, which weighed 40,220 kg (90,495 lbs), was recognized by the *Guinness Book of World Records* at the time as "the largest rope made from natural materials in the world."

While many may consider using a 610-foot-long rope in a tug-of-war contest a *bit* excessive, the rope continued to grow even longer over in subsequent years—becoming the star of a spectacle attended by hundreds of thousands from throughout Japan and the world.

The *Naha O-tsunahiki* (the 'O' means "great") boasts a long history—over 350 years. It, along with smaller contests held in villages throughout the Ryukyu Archipelago, were held to give thanks for an especially good harvest, to pray for rain and to keep away disease.

Naha residents gather in the preceding weeks to weave the separate (called "*mizunna*" and "*ūzunna*" on Okinawa) sections of rope—with the help of cranes and forklifts in later stages. On the day of the

event, the two sections are connected with a gigantic wooden pin called a *kanuchi*. And, after the opening ceremonies, two teams dressed in traditional *mumunchi hanta* (a black costume trimmed in white) jump atop the rope cheering for each side.

Other than the length of the rope and the pre- and post- ceremonies, the rules of the contest are quite mundane—the side that pulls the rope a total of 5m wins. If neither team (the contest is open to all) pulls 5m worth of rope, the side that pulls the rope 2m is declared the victor. If neither team can muster enough gumption to drag their opponents 2m in 30 minutes, the contest is declared a draw.

To celebrate all participants—winners, losers or otherwise—dance the *kachāshi*—a traditional dance that symbolizes joy. After the match is done, participants cut the rope up into pieces and take them home for good luck or as souvenirs of this unique experience. *Note: if you're planning on bringing something to cut pieces of rope for yourself, be sure that it doesn't have a blade longer than 6 cm (fixed) or 8 cm (folding) as anything that exceeds this violates Japanese law.*



Uchinâguchi Corner

English
That startled
(scared) me!

Japanese
Bikkuri shita!

Uchinâguchi
Shikanda!



SNCOs, OFFICERS AND CIVILIAN EQUIVALENTS 18+
636-3081 • www.okinawa.usmc-mccs.org/habupit

Habupit
SNCO & OFFICERS' CLUB

MC&CS
MARINE CORPS COMMUNITY SERVICES

Open
Daily
10 a.m.-7 p.m.

Bay elm
HAIR SALON

We'll unlock your
INNER BEAUTY
with sophisticated cuts,
dyes and styling.
Male clientele welcome as well!

¥ **VISA** **mastercard** **JCB** **AMERICAN EXPRESS**

@BAYELM_HAIR



Congratulations!

MCCS Lauds Winners of the 2025 Food & Hospitality Excellence Awards

Seventeen MCCS Okinawa restaurant and hospitality activities representing MCB Camp Butler continued their winning tradition as they were among 34 facilities across nine installations recognized Marine Corps-wide for their exceptional performance in 2024 with Food and Hospitality Excellence Awards.

The Food and Hospitality Excellence Award Program was established in 1999 by Marine Corps Community Services at Headquarters, Marine Corps to recognize restaurant and hospitality activities that exceed the highest level of operational excellence and service. The award program allows any club, restaurant, snack bar or lodging facility, regardless of size or location, to measure their results against criteria in pre-established categories of customer service, financial performance, human resources development and operational excellence. The criteria for achieving this award goes far beyond financial performance; to achieve an Excellence Award, activities must be agile, seasoned and place the customer at the center of all they do.

Thirsty's Enlisted Club, located on MCAS Futenma on Okinawa, personified this trait as

it was honored as the Club of the Year. Also, here on Okinawa, Mr. Gerald Stokinger, Food & Beverage Manager, MCCS-MCIPAC, was named Hospitality Manager of the Year.

In addition to these accolades, the following MCCS facilities on Okinawa were also honored: LifeJuice Cafes on Camps Kinser, Foster, Hansen, Schwab and MCAS Futenma, BeachHead Consolidated Club on Camp Schwab, The Palms Consolidated Club on Camp Hansen as well as Legends Officers' Club, Hashmarks SNCO Club, Bayview Enlisted Club and Tengan Castle Restaurant on Camp Courtney. In addition, Ocean Breeze Consolidated Club on Camp Foster won awards alongside Butler Officers' Club on Plaza Housing, Habu Pit Officers' / SNCO Club on MCAS Futenma and Surf-side on Camp Kinser.

"Congratulations to the exceptional recipients of the 2025 Food and Hospitality Excellence Awards! Through your passion and dedication, you elevate the standards of service and hospitality, making a lasting difference in the lives of our Marines and families. It's fantastic to see all regions,

from east to west and across the Pacific, well represented. Thank you for your outstanding contributions and for always going above and beyond to deliver our very best to the very best customers," stated Francisco Badiola, Chief of Staff for HQMC, Business and Support Services Division.

"For the third year, HQMC (MR) recognizes two professionals who embody Hospitality in their words and deeds—Mr. Stokinger from MCCS Okinawa and [winner of Hospitality Associate of the Year] Ms. [Octavia] Carter from MCB Camp Lejeune. The many testimonials we received in support of their nominations were overwhelming, and we at Headquarters are very proud of them and their efforts to take exceptional care of Marines and the military community. OOH-RAH MCCS!" added Ric Pomeroy, Branch Head of Food, Hospitality & Commercial Recreation at USMC Business and Support Services Division.

To learn more about these award-winning facilities, visit them online at www.okinawa.usmc-mccs.org. |ol

**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



MCAS Futenma
CALVARY GINOWAN
Drug 11

HELP US HELP YOU!


**SHARE YOUR
SUGGESTIONS FOR
MCCS VIA ICE.**



ICE
SCAN ME!

MCCS
MARINE CORPS COMMUNITY SERVICES

**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)

MCCS
conducts weekly
sales of excess
NAF property



WHEN
Wednesdays
8 a.m.-3 p.m.*

WHERE
Warehouse 5600
Camp Foster

OPEN TO SOFA-STATUS PERSONNEL AND RETIREES
FROM 8 A.M. TO 3 P.M.
ALL OTHER BASE EMPLOYEES AND AUTHORIZED GUESTS ARE ALLOWED TO SHOP
FROM 11:30 A.M. TO 3 P.M.

FOR MORE INFORMATION PLEASE CALL MCCS SUPPLY AT
645-3954 (FROM OFF-BASE/MOBILE PHONE: 098-970-3954).

MCCS
MARINE CORPS COMMUNITY SERVICES

www.okinawa.usmc-mccs.org/warehousesales

Commercial Ad Directory

AEON MALL Okinawa Rycom	50
AFSPA	52
Ame-no Oto	24
BANZAI BANANA	62
Beauty Sea Spa	66
Blaze Clinic	48
Café moi moi	64
COCO SHIRIMP(1/4) & Campfire Café	
Tsuki no Mori(1/4)	71
Cocok Spa	54
DoubleTree by Hilton Okinawa Chatan Resort	32
Esparza's Tacos & Coffee	48
Trimming Salon a la mode	26
Foremost Blue Seal	46
Grill & Bar Flex	62
HIKARI BODY THERAPY ²	20
Hokkaidon	66
Hongdae Chicken	64
Manga Souko	34
Massage Lino	44
Mediatti Broadband Communications	4
MINASHARE (Motors Nakazato)	60
Miyagi Cosmetic Surgery	50
Okinawa White Dental Clinic	40
okinawan tacos FLAMINGO	55
Okuma Recreation Facility	12
PARCO CITY Shopping Mall	6
Plastic Surgery KC	2
Plaza House	14
Run Design Okinawa	46
Rycom Dental Clinic	44
Santa Monica International School	52
Sam's Restaurant	60
Seaside Steak Beefy's	24
Shabu Shabu Restautant Tonkyuhote	40
Southeast Botanical Gardens	(Back Cover)
Sushi on La Cienega (Sally Marche)	55
Bay elm. (S&S Co., Ltd)	68
University of Maryland Global Campus	38
Yakiniku Goen	28
Yakiniku Yumemaru	28
Yuinchi Hotel Nanjo	26
Zion Christian Academy International	52

**EASTERN THIRD SHIFT
E3S**
Old Japanese furniture and gifts.
tel:098-960-1039



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)



Try our signature dish
"Garlic Shrimp"

while enjoying gorgeous
views of Nakagusuku Bay!

Shrimp are fried with organic coconut oil so they're tender and crispy. Dishes are served with rice, veggies and a lemon wedge. Finish your meal with a gluten-free cheesecake!

*Takeout Available
For more details,
scan the QR code.



焚き火カフェ 月森
Tsuki no Mori

Chill by the Fire in Okinawa

"Tsuki no Mori"

Campfire & BBQ Vibes at Takibi Café!

Juicy fire-grilled sausages, crispy pizza, smoky shrimp, even ramen by the flames.

Grab a cold beer, sit back, and relax under the stars.

The perfect spot to chill with friends or enjoy a cozy night outdoors.

*Takeout Available
For more details,
scan the QR code.



Ho Chi Minh City + Mui Ne Beach

JANUARY 16-21



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



FLUTENMA FLIGHT LINE *Fair*

10/14

7 P.M.
FIREWORKS



CANCELLED

1-9 P.M.

ROLLING STONEZ

CAR SHOW, MILITARY AIRCRAFT STATIC DISPLAYS AND MORE!
カーショー、軍用機の地上展示など盛りだくさん！



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



MCSCS
MARINE CORPS COMMUNITY SERVICES

*No DoD, Marine Corps or MCSCS endorsement intended or implied.



December 14

10 a.m. - 7 p.m.

Camp Foster

For more information and to register for the Gold Pass Exclusive, on December 13, visit www.okinawa.usmc-mccs.org/comiccon.

SPONSORED IN PART BY:



Moon Ocean
GINOWAN HOTEL & RESIDENCE

*No DoD, Marine Corps or MCCS endorsement intended or implied.



DANCE for a CAUSE



Join us for 2 hours of FREE fitness classes as we recognize Breast Cancer Awareness and Domestic Violence Awareness month.

Open to authorized ID card holders island-wide (ages 12+). Ages 12-17 may attend with a parent or legal guardian present. No registration required.

Camp Foster
Community Center
Auditorium

October 18
9:30-11:30 a.m.

SPONSORED IN PART BY:



We encourage and support the participation of individuals of all abilities. Please call MCCS Health Promotion at 645-3910 or email mccshealthpromotions@okinawa.usmc-mccs.org, if you need any assistance or require an accommodation.



OKINAWA Tropical Illumination

2025.10.24 FRI ▶ 2026.5.24 SUN



Illumination Admission Tickets: 5 - 10 PM (Admission starts at 4:30 PM)
Adults (15 and older): ¥2,500 | Children (4-14): ¥900 | Children under 3: Free
*Note: From December 20, 2025 to January 4, 2026, and January 10 to 12, 2026,
1 DAY PASS pricing will apply due to special events.*

On November 6, 2024, this event won second place nationwide for the second year in a row at the 2nd International Illumination Awards, praised for its warm, handcrafted display all made by staff.



Tripadvisor
Travellers'
Choice Awards
Best of the Best



2025

**Japan's #3 Most Popular
Tourist Destination!**

**Southeast Botanical Gardens was
ranked the 3rd most popular tourist
attraction in Japan in the 2025
TripAdvisor Travelers' Choice Awards
Best of the Best Tours and Activities.**



美らヤシパークオキナワ
東南植物楽園
SOUTHEAST BOTANICAL GARDENS

info@southeast-botanical.jp
Tel: 098-939-2555
Credit Cards Accepted

Daytime Admission Tickets
9:30 AM - 5 PM
Adults (15 and older): ¥2,000
Children (4-14): ¥800
Children under 3: Free

1 DAY PASS Admission Tickets:
9:30 AM - 10 PM
Adults (15 and older): ¥2,850
Children (4-14): ¥1,200
Children under 3: Free

Advance tickets
available at



TOURAS+